

Special Session with Sanaya
Academy for Spiritual and Consciousness Studies Conference
June 8, 2016
Chapel Hill, NC

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/who-is-sanaya/> and read Sanaya's daily messages at: www.SanayaSays.com

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.

Thank you to Debra Henson for the transcription.

Sanaya: (*The recording started in midsentence*) ... has been in her consciousness all along. Do you see what you do to yourselves with consciousness? This is a conference to examine aspects of consciousness, and we wish to tell you that this evening you are hearing from aspects of consciousness, and if you turn your head to your left and then turn your head to your right – you will notice that we are pointing to your right – then you will be looking at aspects of consciousness; for as many of you here understand, all is consciousness. There is but one vibration. You would understand it as a carrier wave.

Some of you might speak of your human resonance. Others of you might speak of Om. There is one major vibration, and all of the other vibrations are carried within it. You are a vibration and you are a vibration, and each of you has your own particular frequency. This one has made jokes in the past saying that all of you have your own "ringtone." You would understand this, and it is quite an apt analogy. We wish you to pay attention even though there was humor in that phrase, "ringtone." You have music that carries with it emotion, for all is vibration. And when you pass from your physical body, you will take your personal frequency with you exactly what you have earned in this lifetime. In words that you would understand ...have you been loving, or have you been angry and judgmental? Withdrawn? Critical? Do you feel the difference in the energy as we say these words? For in your understanding, the very word "hate," "evil," "anger" carry a lo – lo – lower vibration.

Yes, you're to send love now as you were instructed. As we speak of joy, peace, courage, gratitude, and love, the energy quite by itself quite naturally rises, and the energy steadies out. For that carrier wave, my friends, is love. You are made of that energy. And when you are not radiating that which you are, why, then, you become out of balance, out of resonance [inaudible]. The body is a perfectly primed instrument to play your tune, your ringtone. Your body will tell you if you are in resonance with who you really are. And who

are you? Ah, you are magnificence. You are the Light. You are a beautiful soul temporarily in a vessel that displays that soul to the world, that plays your tune to the world, that shows the world your vibration through your words, through your actions and, hear us well, without words and actions.

Those of you who are sensitive to vibrations will understand that you need merely stand in the energy field of another, aware that energy fields go outward endlessly, but the closer you come to the source of that energy field, the more you can feel a specific frequency that one is radiating. It is why you are drawn to some and repelled by others, are you not? Why is this? You meet one, a stranger, at a party, and it is as if you have known each other forever. And you wish to talk, and you do so; you go into a corner, and you talk and you talk and you talk, and you say there is something about that one. It is resonance, my friends. And then you meet another and you want nothing to do with them; their very presence repels you. That is dissonance. It is the same when you turn music on your dial and you wish to cover your ears for you cannot listen to that particular sound whilst other souls, particularly your younger souls, do enjoy music which is quite dissonant to you as you rise in frequency.

These words may not be new to some of you here, and so we ask you to put our words aside and merely feel our vibration. We do not speak in words; we must put concepts into this one's consciousness which are then given words, which is why she stumbles at times and chooses inappropriate words, but the concepts are understood. We did in one of her sessions show her that concepts go back and forth like hockey pucks, and it is the human mind which must make sense of the vibration and put words to it. In your language words carry meaning, and the meaning carries emotion, and it is all bundled together, but all of it energy. And so the higher the vibration, the easier it becomes to manipulate energy and frequency. And because we are not of your world, because we operate at a different level of dimension of what you understand as reality, we have more of a facility at manipulating energy to us.

It is child's play to give you aches and pains to make a lesson, to tell you to slow down and that you are working too hard. And so it is quite easy to give you a temporary cough or temporary ache in the throat; your guides will do this to tell you "Take a break, why don't you." But what does the human do? (Coughs) It coughs and immediately states, "I have a cold, I am sick," and you have just created your reality, have you not, when if you would listen to the body and act on its signals, you would find yourself in much more of a balanced state, acting more on your own inner guidance, the wordless voice of the soul, which speaks to you incessantly; but those of you more focused on the left brain have tuned out this barometer that you call the body.

This one will go back to her room and call the husband and say, "Susan did turn on the computer this evening and played the song." We are trying, with this very long prologue, to explain to you that all is indeed energy, and all is frequency, and it is indeed child's play for us to play with your electronics, to turn on televisions, to blink your lights to say "We are here, we exist." You cannot see us for we no longer have a physical body, but why would we leave your side what love has brought together? Nothing, not even what

you call death, can separate. You are a soul just as much as we are now souls. We may no longer have a physical body. This does not mean that we are gone, but we will go to great lengths to let you know that we are here at your side.

Yes, from 233 songs on the laptop we are able to choose exactly the one that has great meaning. Do you understand that in a sense it is all just frequency, one note after another? But that particular song, your song between you and your beloved spouse who is on the other side, has great meaning to you and no meaning to another. Suddenly that song comes on the radio, and you say it is a sign from my husband, how did the DJ know to play that song at that moment? And we wish to tell you that that song was planned for quite a while to be played for many to enjoy, but it was your husband who whispered in your ear, "Listen now, pay attention now." And from where you were lost in thought, you listen now, and you say, "My God, it is our song, he sent it to me." But no, he took you to it. He took you to it.

We wish you to know the two worlds, the physical and the nonphysical, are far more interconnected than any of you realize. You have your magical moments of synchronicity and your moments when, as you would put it, it all goes to hell with your electronics and such, and we wish to tell you that both are the result of the interconnection of the two worlds to get you to pay attention and to become aware that all is not as it seems. You are part of a far greater reality where nothing is as it seems in this world. We can manipulate visuals to make you think you are seeing something that others did not see by merely manipulating signals that come into your visual field. We can manipulate auditory signals coming into this instrument you have in your skull that you call a brain. And as most of you here are quite aware, consciousness does not originate in that instrument. We can manipulate your electronic instruments with great facility, and we wish to let you know that it pleases us greatly when you notice and give credit where it is due. We do not need the credit, but we do appreciate your joy and your rejoicing at the awareness that all is one.

All is one body, one being, one soul having billions, in your word, of experiences as what appear to be individual aspects of consciousness but are actually the one Consciousness, with a capital C, experiencing and growing and learning and enjoying. Is that Consciousness enjoying its experiences through you? How is your ringtone? Is it as sweet as it could be or is it a bit out of tune? We wish you to know that in a moment we could step into your life and give you an experience that would rock your world, that would show you beyond any doubt that there was more, but each of you is on your individual path, drawn here to this conference for a reason. Sit in the silence, we ask you, to ask us, "Why am I here. What have I yet to learn? How can I contribute more to the whole? How can I take back with me across the veil to my true home the sweetest possible tone, the greatest possible learning to add as much as possible to the whole so that my time in this challenging existence that we call being human has served the greatest purpose?" That is why you are here at this conference and in this reality.

To the one known as Susan, ten years have passed in the blink of an eye. To all of you, ten years can seem an eternity for that is how reality unfolds for you here. It unfolds with

a purpose so that you learn from your choices. If I make this choice and it resulted in this feeling within this vessel, I did not like that feeling, and so the next time, I will choose more wisely. How do you choose more wisely, my friends? The answer is always to choose love. There is nothing, nothing, that love cannot heal, cure, improve, and solve. Because of your reality with time, you may not see the instantaneous results of choosing love over all else, but we dare say it will be felt in your ringtone, and it will add to the whole when you rejoin us.

We bid you goodnight.