

**Session with Suzanne Giesemann and Sanaya
Unity of The Villages, Summerfield, FL
March 9, 2014**

Notes:

1. All notes in parentheses are made after the session.
2. "This one" refers to Suzanne.
3. The music played before the session was the "Om Kumara Mantra" from Deva Premal and Miten's CD "A Deeper Light".

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: This one was not quite certain that it would be possible to bring us through this evening for quite a human experience did she experience earlier today. We wish to speak a bit about mortality ... the changes that you can experience in but a moment when all is going along quite smoothly and joyously in your life, and suddenly in the blink of an eye all can change, can it not?

Are you not all aware of those moments that have happened to you when someone you love perhaps passes to the other side quite unexpectedly, or a physical challenge befalls one you love, or perhaps to yourself in the form of a diagnosis that is frightening, or other such change that causes your entire life to change? Then you begin to question this life that you have until then taken for granted. Then, as we have used this word "mortality", you begin to question this life.

Mortality is quite a human term, and it is used simply to express that change from what you would consider the physical form to the nonphysical form. It is, as has been discussed already earlier this evening, but a transition, a passing through the veil. (*Suzanne shared an experience regarding transition with the group before Sanaya entered.*) (Death seems) a bit permanent for those of you left behind, but only whilst those of you left behind still enjoy the physical body. But those who have lost their physical body do continue on, and this is why we bring forth the evidence for this one so that she can share it with all of you who need that promise, that assurance that this life is not all there is and that you are actually not mortal beings, but immortal spirit beings.

Yes, the physical body can break, and can break down, and can cease functioning completely, but that is only change that the body encounters, for the spirit maintains a steady state at all times. We hope you all understand that all of you are spirit beings here and now. When you study your mortality, when you sit back and say, "My goodness everything could have changed in that instant!". . . that is coming from the ego which forgets—or perhaps for so many human beings, does not quite remember—that you came into this world as a pure spirit being. You have never lost that state, it has merely been suppressed by the ego and its belief system. This is a programmed system that human beings have taken on. You are all little computers. Did you know that? You have been programmed by your elders from the moment you were born ... programmed how to respond, programmed how to think, how to react, how to behave, how to love, and how to hate.

Hate. Go back and count the number of times we have used this word. It would probably fit on one of your very human hands, for it is not part of our vocabulary at all. Once you shed the physical body and realize you are immortal beings, you will not experience hatred, but love. Hatred and love are two opposite poles of a vibration. This type of love is human love, the one that is the opposite of hate, and you swing back and forth depending upon your programming. But the less you swing, the more you spiral upwards to the true self, and there in the center you find not the human love and hate, but spiritual love—that which never changes ... that which all of you can access when you go to the very center of you ... to the heart. That is the part of you that never changes. That is the part of you that awakens more and more as you remember who you are ... an immortal being.

And so, what happens if the physical body were to break completely, but (still) hang on? Perhaps it no longer would function the same, and there would be what you would call a "handicap." How would you then interpret that? Why, once again, it would come back to the programming - what was put in the mind: "Oh, I am no longer a fully functioning human being." Your fellow brothers and sisters would perhaps look upon you with pity, with sorrow. But do you not know some whose bodies do not function well and yet are some of the most well-adjusted, loving, happy, spiritual, centered, beings that you know? Those whose bodies have broken, but the spirit has chosen to remain, have done so for a reason: for the lessons to be learned by all of you about the function of the body.

When you can look upon accidents and changes, and transitions with equanimity and say our favorite phrase, "Isn't that interesting?" (chuckles) then you have truly learned your lessons. If you are still here (instead of moving on to pure spirit form), then you are meant to share those lessons with others: to serve as an example that one need not become upset when tragedy befalls, one need not become upset when one learns that it is time to move on to the other side.

These brave souls act as your role models. To us it is good to share these types of stories, for it shows all of you what is possible and shows all of you when there is a conflict with your belief system, when there is dissonance with what you have been programmed to believe, perhaps there is another way of looking at all of the situations.

All of you currently are rising in consciousness. You call this the "third dimension," but do you realize it is not just because you are in a world of time and space with three dimensions, but it is a realm that relates directly to the third energy center in the body - the third chakra. You are rising all of you, ascending now as a mass species, as humankind, to the fourth dimension ... to fourth dimensional consciousness. What is the fourth chakra, we ask you? The heart. Exactly. As more and more and more awaken to who you are and why you are here, are you not finding more of a loving attitude, a heart-centered attitude amongst your fellow human beings? This is the true meaning of ascension.

Go back thousands and thousands of years and you will find that humankind was in the first dimension, mostly concerned with survival issues. Is this not so? With safety ... safety and survival, and is that not what you think of when you think of the first energy center? Then mankind began to take on independence and not listen so much with the instinct as other animals do. They

found that they could fend for themselves and so they rose a bit in consciousness from the animals to be in resonance with that second energy center: more involved with relationships, but a bit of survival still going on there.

But over millennia, and yes it has taken lifetimes and lifetimes and lifetimes of being human to advance and ascend in consciousness, humankind has ascended now to the third dimension. Those of you who understand the energy centers known as chakras would know that the main characteristic of the third energy center is power. Power. Do you not see power struggles amongst mankind now? This is the main state of consciousness of humankind - going back and forth, back and forth like a pendulum between a state of power and a state of powerlessness. All of it is completely in the mind, for none of it is of spirit which you would find here in the center. (*Sanaya shows the center of the body, the heart area, with Suzanne's hand motions.*)

And so there are those who play the role quite well of the victim feeling powerless, and there are those who play the role quite well of the one in charge ... the one who must have all the power, Back and forth go the arguments and the power struggles. Because most of your brothers and sisters are in this state of consciousness for their entire lifetime, this is where mankind is at this point in your evolution.

We wish to tell you that there will not be a mass ascension of spirit, but of the state of consciousness of mankind as you now ascend within consciousness, yet still in human form, to the fourth dimension. This is what is in process now, and yes it is a joyful time as more and more of you awaken, for the heart is the bridge. No longer will the mass of man be held in bondage. These are the baser vibrations, the very human vibrations (*power, greed, etc.*). As more and more of you raise your consciousness to that of the heart center ascending to fourth dimensional consciousness, more will love prevail. There will be less of the swinging back and forth, less of the power struggles. And what is the opposite of power struggles? Cooperation ... compassion for your fellow human beings.

We do hope that this instills in you a bit of hope. We also wish to tell you that as consciousness rises, it is a bit infectious. If you look at the history of humankind from the time that mankind did take form at the first dimension, it has been thousands and thousands and thousands of years. But happily, the good news is it will not be that many lifetimes for you until all of mankind understands that this (points to the heart) is where the love is, and the power struggles were never necessary at all.

Quite a different topic this evening is it not? And we will entertain questions for the skeptics in the audience. (chuckles) Is there a question, please?

Questioner: Are spirits that guide us on our daily basis - do they tend to sometimes play jokes with us or have fun . . . ?

Sanaya: They have quite a sense of humor. You have witnessed that here with us. In fact humor is one of the greatest ways of raising the energy, the consciousness, the vibration. We will use whatever tools we can to help you in your evolution. We do like to misplace things for you. (laughter) You may have noticed this. Do you know that it is possible for a spirit being to take

on human form when it is very, very necessary? Some see angels. We just throw that in as an aside and to give you a bit to think about. Do you see the humor here? It happens all the time. And so, we love to see you laugh. Rest assured there will be quite a bit of humor when you pass to the other side as well, for it is all love-based humor. Laughter is good for the soul. Why would we not use it? Thank you for that question. Is there another?

Questioner: I'm wondering if we should concern ourselves with the matters of our environment. The water . . .

Sanaya: Most definitely you should, and it has been abused for far too long. Your earth is a living, sentient being. You do not call it "Mother Earth" for nothing, my friends. It is your Mother, and when you practice the heart meditation that this one has shared in the presentations of late, we ask you to pull up that earthly energy from the core of your earth, drawing into the heart, and to pull down the celestial, spirit energies into the heart to make you a whole being, for you derive the physical body from that earth. You are part of that earth, made of the same earthly materials is your physical body. Some of you do abuse your physical bodies. Some of you do poison your physical bodies with tobacco and other substances that were never meant to be put into this perfect instrument. And yet, do you not poison your Mother's rivers and the air?

Do not pay so much attention to your weather. Yes, we speak of climate change, for the climate is forever changing. That is cyclical. That has been going on for eons, and when there has been warming, this will be followed by cooling, and, this will be followed by warming, and this will be going on and on for cycles, for this is the state of All-That-Is ... All is cyclical, however, no one did instruct you to pour your garbage into Mother Earth.

So yes, we ask you to pay attention to this. Care for your earth as you would care for your bodies. But how are you doing with that we ask? (The insinuation is that we could be doing a better job) Care for All-That-Is, for all is a gift to you. It is not yours to own. Were it not for this earth that supports you with the perfect balance of temperatures and oxygen that you breathe, why then, of course the physical body would not breathe. It is a state of cooperation.

Do you see how the ones who think they have power are using the power against one (*Mother Earth*) who never, ever would struggle with power but merely gives to you?

And another question, please.

Questioner: Following up on your power note. Did Atlantis and Lumuria really exist? And if so, . . .

Sanaya: These were civilizations with beings who you may not recognize, for many of them were not visible in human form. It was a different vibration. The physical eyes could not see them now if they were to appear here. They did self-destruct from the power struggles. This is not to say that this will not happen here, but we are not inducing fear systems in you now, for you are all on a good trajectory. Things are looking good for mankind from our perspective. Do not allow fear to overtake you. Go back to your heart at all times.

You are all rising, and all of you here this evening are messengers of love. Messengers of hope. Your consciousness is of a much higher rate than the mass of humans around you or you would not be here open to these messages. It is you who carry the higher vibrations for those who are not yet ready to hear these messages. It takes but a few messengers to raise the vibration of the whole, and fear will bring the vibration down. Do not look at the past. Yes, you can learn from history. Learn, but do not remain there with your consciousness.

Yes, it is a good message to know that entire civilizations have gone by the wayside, but recall that all beings are immortal. The energy, the consciousness from those past civilizations has been recycled and recycled, and for that reason we do not look back upon lost civilizations with regret, but from the learning that took place from that. So look not back upon those who destroyed their own civilizations, for they did not understand that it is all about love. Look back at that with learning and say, "Now how can I become an instrument of peace? How can I help all to rise to fourth dimensional consciousness and beyond?"

Thank you. We will entertain another.

Questioner: Yes, can you speak more about my Mother, my Father, my God? I want to know more about my God.

Sanaya: Our favorite topic, Sir. Yes, (you can call It) Mother, Father - however you wish to look upon that essence of Love. But the challenge is that many did not have a loving father and mother whilst growing up, and therefore such a word would then associate the being of God with less than the fully loving Source that It is. As well as that word, Sir that you've chose to use, "God," we would invite all of you to try and use a different word when referring to your Source (*because it will change how you perceive God*).

And now we will revert to an analogy that we used quite some time ago in this gathering. We ask you to visualize All-That-Is as a sphere of consciousness—a three dimensional sphere, not to be confused with power struggles (in the 3 dimensional realm), but actually in space, a three dimensional sphere. At the center of it all is this point of light. That point of light decided to expand in consciousness, filling the entire sphere with light. How many points of light do you imagine could fill that sphere? Limitless is it not, points of light, especially if that sphere were to continue expanding indefinitely.

Does this not sound a bit like your big bang? Expanding indefinitely. All of the light – and there is a point of light, and there is a point of light, (Sanaya points at different places) and there is one, but all of it emanations of the original point of light. Now the entire sphere is filled with that exact same consciousness, but now each of these lights as they go farther and farther from the source begin to have experiences of their own. They decide to take on roles and names and labels, and there is now "John" and there is now "Mary," and over here much closer to the center is one known as Jesus, a very bright light. Over here, very close to the center is one known as Buddha. We wish you to understand that the farther you go from the source and the more you identify as "John" or "Mary" the more you forget that you are That (*God*). You are That. There is no difference. It is not a separate light, but the same light. Do you understand that?

How do you divide light? It is indivisible. They are points of light, aspects of the original Source, the original point of light. Some of the lights grow dim, for they have now identified themselves with a personality, and these character traits, and programming. But as each one of you, as individual points of light, remember that you are That, and That is where you came from, and that you have never left that Source, many now burn a bit brighter, and you come into what we would say, "alignment."

As more and more of you come into alignment with the Source and begin to remember once again that you and the Father are one, you and the Mother are one - not a separate consciousness, but the same consciousness, then you begin to experience miracles. Then you hear the voice of the Mother/Father. Of course it can have a voice, for you have a voice ... As above, so below. It is that consciousness that came from the Source ... bestowed upon you as a gift, which links you together.

The more you awaken and become aligned with your true nature, returning to the center of your very being—no longer swinging back and forth from hatred to love, from power to powerlessness, but back to the center from which you came—the center of the sphere—then you understand why you human beings think you are the center of the universe (chuckles) for you are (*the center of the universe*). You are.

All of you are divine, and you are here to remember your divinity. But when we tell you that you are divine, if that puffs up the ego and the power center, then you have not understood our message. If that opens your heart center and gives you a sense of responsibility to go from this room and help to open the hearts of your fellow human beings who believe that they are mortal, then this is a good thing. You have learned your lesson.

We ask you to think of Spirit, of the Source, of the Force, of the Father/Mother-thoroughly loving consciousness that is you . . . and as you think of that, think, "I am That." Allow that into your consciousness, and when you can think, "I am That" with not the slightest threat of ego, but with gratitude and love and the question, "How may I now share that with others so that they too can understand from whence they came?" then you are fully living on purpose.

We thank you for allowing us to share this message with you this evening, to help to awaken you ... which is nothing more than reminding you that you all came from the center. All is cyclical, and so all of you will return to the center again. Whether or not you do that by going to the center of yourselves while still in human form or after the transition is up to you.

Blessings be upon all of you. Know that you are loved for love is your very Source. We bid you goodnight.

Attendees: Good night. Thank you.

Many thanks to Bev Garlipp for transcribing this session.

(To read about Suzanne's "brush with mortality," see the March 10th post on Ty's blog, www.LifeAsTySeesIt.com).