



Sanaya Speaks

Session with Suzanne Giesemann and Sanaya At the Center for Spiritual Living of Saint Louis September 20, 2016

- All notes in parentheses are inserted after the session to help the reader have a clearer understanding of the words spoken and experiences shared.
- “This one” refers to Suzanne.
- The music played before the session was “Om Kumara Mantra” from Deva Premal and Miten’s “A Deeper Light” CD
- The music at the end of the evening was “If Not for Love” by Karen Taylor Good

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Sanaya: Good evening. For some of you this will not be the first time you have experienced our presence. In fact, it is quite a few times that some of you recognize us. We are quite happy to see so many of you who have responded to the call, as this one has said earlier, and it was a call, for some of you heard about “an oddity” ... a woman who enters into trance ... others were just curious, but others felt the calling of the heart.

It is a nudge that cannot be resisted. Once you feel it you would part the waters to be in the presence of Spirit, but we wish to tell you that you are in the presence of Spirit, with a capital S at all times, for you, as you may understand it, are spirit with a small s, for a while – extensions of the Great Spirit.

You are an expression of That. All that is is an expression of That, and that energy, that vibration, is what you would recognize as Love. But when we speak through this one and she writes our

words, always do we direct her to write that particular word with a capital L-o-v-e. Love. For there is quite a difference between the human love that many of you know and call “love,” and that to which we refer now as “divine Love.”

The human love has many conditions upon it, and it can end in an instant if someone does not meet your conditions. How is it that you enter into partnership with some ... you sign a bit of paper and say, “We will love each other forever,” for you both “fell into love” and behaved in certain ways to show your best side to that other.

And then once you feel that that love is guaranteed to you in return, then you begin to slack off a bit, do you not? We jokingly remind this one of the time that the husband did take her camping in 26-degree Fahrenheit (weather), and she did claim to enjoy herself very much, for she was very much “in love.” But now you could not get her to repeat such a situation. (Laughter).

Does this mean that she is out of love with the husband? Not at all. But this is conditional love, and thankfully for the couple there is a divine Love that underlies all of it, with no conditions. That is a bonding of the heart, and that which has been bonded, as your vows say, that which has been brought together cannot be separated.

This is why we wish to assure you that your loved ones who have transitioned across the veil—who have passed to the other side—will be there to greet you. When that bond of love exists, it is always there.

This one has shared with you a story filled with beautiful examples of how those on the other side are watching, paying attention, aware of what is going on in your lives now. For, of course, they are still connected to you.

It is not quite the same as that silver cord that many have seen when a body rises ... the spirit leaves the body and the spirit body rises. There is a silver cord until it is severed and the body—the physical remains--return to dust.

The cord of which we speak is an energetic one, and it is a bond of love. That cord cannot be severed. Hear our words: When you speak to your loved ones who have passed, they hear you as if you were physically present with them.

So many despair. So many suffer here in physical life, for they do not realize the dual nature of the human as human and spirit at all times. If you could but learn to flick that switch ... We have jokingly said it is like changing a channel with one of your remote controls. This one this evening has given you an example of how easy it is to change the channel from a focus on the physical world to the spirit world.

How is this done? With, number one, as you have discussed already this evening, with the belief that you also can contact your guides, your unseen helpers, your loved ones who have passed. The belief is all-important, for belief is intrinsically part of consciousness, and if the belief is not there, that door, that portal to the greater reality will remain firmly closed.

But if you allow into your conscious mind this belief that perhaps there is more, it is the key that opens the door. And then, what allows you through that door is intention. “I wish to connect fully with my guides. I wish to have the kind of experience that this one is showing us now.”

And it is that easy: having the belief and also having the training to quiet the mind, to quiet the doubts, to set the human awareness aside, and then through intention you pass through that doorway, and there we are.

We are not off in some far-away realm. Our world is yours. We did not have to travel as far as this one did to come here this evening. We are with you always. Always. We will not forsake you. Your lives are challenging enough, for it is part of the plan that you have forgotten that you are both human and spirit.

It does seem a bit perverse at times, but if you were to arrive here and not forget your true Home, with a capital H, then what would be the point at all in coming here?

Do you understand our meaning? For then it would be as if you had remained in that realm of Love from which you come and to which you will return, and in which you walk when you are sleeping at night. Yes, it is true: You visit your heavenly realms (at night), visiting your loved ones.

Many of you think that your loved ones drop into your dreams at night, but could it be that you are also visiting them?

The curtain is drawn when you open your eyes in the morning—the curtain between this world and your true home. Why? So that you can continue your lessons in Earth School.

You have come here willingly. We consider you—as we have said many times in the past—the bravest of the brave. Why? For Earth School is one of the most challenging realms. In a world in which Love is the primary Force that animates all that is, but many are blinded to Who they are, and therefore are unaware that Love is their very basic essence, and human will—free will—is gifted freely, many humans use that gift in ways that are contrary to their true nature through their forgetting ... their ignorance of who they are.

And so, the question is often asked, “How can there be evil in our world?” Evil is of the human use of free will, for never forget that you are beautiful souls. A beautiful soul lies within all of you, even those who make your headlines. It is there, but so very _____ to belief systems and through past choices that led to further and further distance from the awareness of who you truly are.

How do you find your way Home? Truly, it is by sitting in the silence and setting your humanity aside for a while. It does not take hours upon hours at a time, but bits and pieces—tastes ... tastes of remembrance of who you are until you cannot go a day without feasting on the memory, without feasting on the experience of remembrance of who you are, for it is already within you.

Peace lies within you. It is not outside of the human being. Lord knows, you would say, that peace does not rule your world. We do not wish to bring the energy crashing down in here, and so we will keep it high by focusing on what the heart longs to hear over and over:

You all do not hear often enough how very loved you are. That is why you enter into what you would understand as unhealthy relationships. It is why many turn to drink and excessive eating, and excessive playing ... all of these designed to bring pleasurable feelings, but they do not last, do they?

In a world of ups and downs made by your own choices, the one true way to find the true peace is to leave the ups and downs to the side and go within. When you can go within, then it matters not what is happening around you. The peace that you find there, that has always been there, that is there waiting for you to rediscover is not found in the human world. That is ephemeral, human peace.

And so, as more and more of you awaken by going inside in the silence and tasting the peace, and tasting the bliss, and bringing that back with you when you come back to the awakened state, then more and more around you will shine ever brighter, and more and more around you will no longer make choices that are contrary to your permanent nature.

We have jokingly said in the past that you despair for you feel that humanity is going backward—but you are not. You have moved on from the Dark Ages. If you will study your human history, you will see that man has been committing evil atrocities upon man for all of mankind's history. In the Dark Ages it was far worse than now, but man is still killing man, is he not?

And so, in a way to bring humor into what is quite a serious subject, we will assure you that you are moving onward, but you are still in what we consider the Dim Ages. (Laughter)

Yes. And so you will appreciate our humor, but you will see that there is a difference between darkness and dim. Ever onward, ever upward. Many of you who have awakened wish for all to experience what you have experienced. You wish for humanity to suddenly change, but this is an ever onward, ever upward trajectory.

Yes, it is increasing (consciousness/the light in your world), but if your world were suddenly to awaken, then it would also dissolve in an instant, and there are yet more lessons to be learned here. And those lessons can be quite painful, but you need not suffer when you remember there are two sides to you ... two sides to all of you. And those who perpetuate your headlines have only seen one side. They have not gone within to find the other side.

You can tell others about it until you are blue in the face, but there is nothing like the personal experience of bliss and love. We are filling this room with a bit of that energy this evening. All of you will leave here a bit changed, a bit brighter. It is why we encourage this one to do these sessions, for if you could see the energetic signature of this group, you would see that as we are talking it is growing brighter.

Could you see it from our perspective, there would be a very bright light on Fee Fee Road (Laughter) growing ever brighter. And darkness does not like the Light. And so, you are serving a purpose here this evening, and like individual fireflies, you will pour forth from this place and shine your light all the brighter on others.

Much of what we are saying this evening is nothing new. You did not come here to learn anything new, necessarily, did you? But to experience the powerful and tangible presence of Love. You can feel it in the chest in a warmth throughout the body. You can feel it in a desire to cry. Why is that? It is the soul saying, "Now do you remember?" And you say, "Yes, I remember. And I want to go Home."

But there is a reason that you are not returning immediately to your permanent Home. You are here for a reason. If it were your time to return permanently Home and take a bit of a rest from this school, then you would cease breathing. But you cannot cease breathing on your own, save through the exertion of free will. And that would be cutting your lessons short.

We wish to tell you that none who take this path (suicide) are met with less than Love, but they are also quite aware that they have cut their lessons short and thus not added to the whole. That is why you are still here: for the learning, for the growth that is taking place through your very presence in this School.

How are you doing in your lessons, dear student?

It is quite easy to succeed in Earth School. Merely open your heart and love with all of your might, with all of your Power ... the Power of the soul. It is not a human power lorded over others at all. Blessed are the meek.

And so, open your heart when the human side wishes to open the mouth and speak in sarcastic terms and speak in judgmental terms. This is what the human wishes to do, and we understand this. There is no judgment of this. Only you will judge yourself when you rejoin us in your so-called heavenly home. And you will say in that instant, "If I had only caught myself and responded with love instead, I could have brought that higher vibration back with me."

All of you come into this life vibrating at a certain frequency. And should you learn your lessons well, you leave this earthly experience vibrating a bit higher. And when we gather 'round you upon your reentry through that door as the physical body begins to return to dust and you bid it farewell, we will say, "Welcome home, dear soul, what have you brought us?"

Do you see the responsibility that all of you carry here? Each and every one of you so very valuable to us. We are part of you. All of us part of the One ... none more special than another, no matter the level, no matter the dimension. The greatest of the masters will tell you this. We revere you. We love you. We feel your love as well, and we are so grateful.

There are those of you here this evening with questions, and we will be quite pleased to answer a few, one at a time, please. Is there one of you with a question that will benefit the whole? Ask it now.

Question: How do we help others to feel this and spread the love?

Sanaya: We always are advising those of you who feel this calling to spread what you have realized from your own awakening to tune in to the heart. For each other on this earth plane is on their own path. Your heart will tell you when one is open to sharing. You will be drawn to new friends the more you awaken. We advise you to spend time in groups such as this so that you maintain your trajectory along your own path.

But show a bit of judgment of the self before opening the human mouth to share what you have learned, for not all are willing and able to hear with the ears of the soul. And so, in short, merely open the heart. Say a few words. Judge how they are received in the heart, and you may find a door opening. Walk through fully. If not, find peace within yourself and know that all is in perfect order always—that that one is on their own perfect path. Even if it may appear that they are

suffering and you feel that you can help them, by merely opening your heart and radiating love it is healing at a level you may not appreciate until you meet again on the other side.

Is there another question?

Question: If someone has harmed us in this human life and has passed over, what happens to the awareness of that harm then?

Sanaya: Immediately upon crossing to the other side, what you have heard of—many of you—as the “life review,” is indeed experienced by each soul. Each memory of a lifetime passing in linear order, but also as if all happening at once. You would understand it like your “surround sound” theaters, but “surround vision.” Every moment of joy that you brought to another, every moment of a bit of pain brought to another, is felt viscerally by the soul.

There is no judgment by those around you, and therefore, those who have harmed you—the perception by a soul on earth that was harmed by another—that soul on the other side feels the effects of their actions on you. Suddenly now surrounded by Love, greeted by Love they wish for nothing else than to make amends. And this is why when a medium will do a session with someone who was harmed by one on the other side, often it is one with an apology who will be the first to speak through that medium, for they wish to make amends more than anything else.

That same nudge, that same pull that brought you to this experience (this session with Sanaya), multiply that a thousand-fold, and you would understand the push that the soul experiences upon reaching the other side to make amends. The eyes of the soul are opened to the effects (of their actions in human form). Now surrounded by Love, they wish nothing more than to return that to those left behind.

Not all souls have the opportunity to speak through a medium. Understand us well that they are trying their best then to make amends in whatever way. It is different for every soul. Some are able to communicate directly with family members and those that they have harmed. Some may not get that opportunity until the loved one passes to the other side.

Can you understand how being harmed may be part of one left behind’s own lessons to be learned in this lifetime? To learn the lesson of forgiveness. And that is a whole other topic.

Is there another question?

Question: What is the awareness of someone who has committed suicide when they reach the other side?

Sanaya: Immediately as we have stated earlier, those who have taken their own life before it was their appointed time to pass are immediately surrounded by Love. Most are taken to what you would understand as a sort of sanatorium—a state of great peace, where others who have indeed taken their own lives are to be found.

They there enter into communion with higher souls who teach them and guide them and show them how they might have made different choices on the other side. There is indeed remorse in many cases, but not all, for there are some cases of taking the own life when understanding—

great understanding—on the other side occurs, such as those who are suffering greatly physically.

We will not go into each example, but again, no judgment. Always understanding. But it is the individual soul who must endure the learning, individually, by seeing before them all that could have happened and the resultant changes in those left behind as a result of their action.

We hope that has answered your question. Is there another?

Question: Does praying or sending good intentions to those who have deceased impact their vibration on the other side?

Sanaya: Every thought that you have, whether you call it prayer or whether it is merely a thought is felt by the object of thought, whether they are in physical form or whether they are on the other side. There is no difference whatsoever. The soul, as we have said in the past, is the soul, is the soul, is the soul.

And therefore, when you are praying for someone here, you are praying for the soul, are you not? And when you are praying for a soul who has passed from the physical body you are indeed still praying for the soul. That connection—that Love connection of which we spoke earlier—remains intact, and therefore, your vibrations of love going towards them are felt. And love is healing. It is a healing balm no matter whether that soul has a physical body or not.

You need not pray for anything to be changed. Merely pray an affirmative prayer that all is well, that all is in perfect order, and indeed in that case your prayers are true.

Is there another question?

Question: Does the animal kingdom have the kind of system after their physical life is done?

Sanaya: We must differentiate between domesticated animals and animals that are in the wild or animals raised for different reason than domestication. Animals who are raised in domesticated households who do take on certain personalities such as those of you who have dogs and cats and would recognize their personality in an instant will indeed see the soul of that animal when you cross to the other side.

We know that this brings great comfort to those of you who love your animals as you love your family members. And it is quite true that that loving bond remains intact. Because those animal souls have developed what you would understand as a personality, you will recognize that aspect of consciousness as an individual aspect when you cross to the other side.

However, animals such as cows, or frogs, or lizards ... Could we go on and on? Yes, but you understand our point ... are part of a certain group soul. And so, as a cow—the physical body—passes and returns to dust ... the soul of that cow joins the great cow soul in the sky. We are trying to put this into language that you would understand (laughter), but you will not necessarily recognize that individual soul, but that cow energy, that consciousness, does then become recycled to come back again as a cow in physical form.

Do you understand our meaning here?

Questioner: Yes, thank you.

Sanaya: Thank you. Is there another question?

Question: Is there peace on the other side for people who were of no faith while they were in the physical plane.

Sanaya: Such an excellent question, and we would like to clear out belief systems that have taught you anything but this.

Do you not know of those in the physical world who were raised with no dogmatic beliefs, and they have lived quite—as you would understand it—“honorable lives” ... making optimal choices, giving love, knowing only love? How could they, without specific belief systems, pass beyond the veil and not experience anything but Love?

We wish to tell you there are no required beliefs to pass to the realm of Love. We will repeat ourselves: There are no required beliefs to pass to the realm of Love.

Even those who perpetuate acts that are not loving are surrounded by Love so that they can feel it and experience it. But they must make amends and continue the soul’s growth to experience fully and participate in the enjoyment of that Love.

But peace is available to all, for peace goes hand in hand with the vibration of Love. It is one of the innate qualities of the soul, therefore, peace is available to all (but must be earned).

We wish to tell you—give you an idea—of what it will be like for those of you carrying around guilt for actions, for decisions taken here in this lifetime. It would behoove you to see yourself as you will see yourself when you leave your physical body: Suddenly you will be surrounded by Love and other souls who you have known for lifetimes upon lifetimes.

And you will view the decisions that are now causing you guilt and angst. And you will understand why you made those choices. And you will be surrounded by so much Love that you will merely feel such a desire to come back again and try again.

Only Love, my friends.

So, can you rise above your guilt now and see yourself as your higher self sees you: as a soul a bit blinded to who you really are? As we have said at the beginning of this evening: all of you blinded for a reason, so that you are asked to make choices.

And is there one of you amongst you who has not made a less than optimal choice? Is there one of you amongst you who has not felt a pang of regret for a bit of pain and angst that you caused another?

Not a one.

Do you not think that we do not know this? Do you not think that we do not know what is in your heart? Feel our understanding now. Take that into your hearts and bestow that gift upon yourself now.

Waste not yet another moment of this precious life in human form berating yourself for human decisions made in the ignorance of who you are. Once your eyes are opened, there is naught but forgiveness.

May your eyes be opened now, so that you do not suffer needlessly another moment. Make amends. If the person who you feel you have harmed is no longer available (perhaps they have transitioned), trust us: You need merely think of them—bring them into your awareness, and make amends mentally, opening your heart as you do so, and the deed is done.

There is forgiveness. There is no need to suffer. Step into the fullness of who you are as a soul and forgive the human. And get on with why you are here: to love fully all those around you as well as the imperfect human. from the perfection of the soul that is you.

It is an honor to help you awaken. We are always at your beck and call. Each of you has your own Team. Call on us regularly to remember.

We love you so, and we bid you goodnight.