

**Session with Suzanne Giesemann and Sanaya  
Temple Shalom - Oxford, FL  
December 7, 2014**

Notes:

1. All notes in italics are inserted after the session to help the reader have a clearer understanding of the words spoken and experiences shared.
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.” The music played after the session was “If Not For Love” by Karen Taylor Good and Stowe Daily.

*Before the session started Suzanne shared highlights from some of her recent readings. She commented on a remark by a past attendee who stated “nothing new was shared”. It may be that in Universal Truth there is “nothing new”, but we need reminders over and over again. Suzanne joked that Sanaya did not typically talk about “new” things like extraterrestrials. The one truth that we know Sanaya will talk about always is Love. When Suzanne explained how the session with Sanaya would unfold, she shared that a “twitch” on her upper lip would be noticeable when her guides were present. She cannot make this twitch herself, and has accepted the “silly” looking lip as assurance from her guides.*

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: And yes, those of you who have sat in the presence of our group in the past have noticed the slight twitch on the face of this one as we enter into the field of consciousness. That is an indication to the channel that we are here - a bit of an awkward moment for her for she is aware of how it looks, but at the same time because she is incapable of making this movement it allows her to trust. Trust is what it is necessary for those of you who doubt that there is something greater than simply this physical world.

Already you've had talk this evening of another reality, but we wish to go even beyond that this evening. There were wrong words stated earlier this evening that there is “nothing new”. There is new material here this evening. Many of you believe there is only this physical world and what you would call the spirit world. We ask you to pay attention to the shapes that we are drawing for you this evening (*through the hand motions the guides are making through Suzanne*). If you were to encase your physical world, your entire universe - physical universe - with a border (and it would be a tightly woven border) you would call this the “physical world”. Beyond that you would also put a boundary and call it the “spirit world”. Its border would be a bit more nebulous and that spirit world would be populated with your loved ones who have passed to the other side. This is where this one when working as a medium goes with her consciousness - to the spirit world. Although we show it to you now as a larger sphere encompassing your smaller sphere (which you know as the physical world), it permeates your world. It is all one world.

Your loved ones are with you now energetically for there is no space, no geographical boundaries for those in spirit. This is in reality - in your view of reality - which you have given boundaries, but those boundaries are porous – porous - (*spells it out: p-o-r-o-u-s*). Do you see how we must resort to your English language so that you understand these concepts? In this way we are limited. We wish you to see your physical universe as what you who are into your metric terms would understand as a “set”. The spirit world would also be a "set" and thus your world becomes a "subset" of the larger "set". What are we getting at? We wish you to expand your version of what reality is to understand that there are limitless sets and subsets.

Our world from which we speak to you this evening is but one reality. It has certain "rule sets" just as your physical world has rules ... sets of rules ... such as: if you were to drop an apple it would be pulled to the earth as the force of gravity acts upon it. You are familiar with this rule. You are in a set that has rules such as time and space. You as human beings must use language - words and spelling to communicate with each other. Thus, your world - your experience here - unfolds in a linear fashion. This is the rule of your reality and if anything were to change within this reality it would upset you greatly for this is what you have been accustomed to. In our reality from which we speak to you now -the greater set of which you are a subset - we do not experience the same rule set. We do not have gravity. We do not experience time as you do. We do not speak in words. We communicate with thought vibrations - with thought - with merely movement of consciousness. Entire of ideas and concepts pass instantaneously in a world without time from one being to another. Yes, our world seems as solid to us as yours does to you. Yet, your world to us is porous. For this reason we can walk through walls as you would understand it. We can visit your world for it is of a lower vibration than ours. It is all relative.

Now we take a leap beyond to show you that there are multitudes of other realities - all with different rule sets. Many that you would not understand - that the human mind cannot conceive of at this time. And so we make a bit of a mockery of this one for we will speak of “extraterrestrials” this evening. These you might consider as “extraterrestrials” for they are outside of the earthly realm. They are beyond the universe and so in a way we are not speaking of beings on other planets, but beings - forms of consciousness - in other realities that form their own sets. These are all subsets of greater and greater realities - all governed by higher and higher levels of consciousness. We hope you are catching our drift this evening - so to speak.

What is the purpose of these different realities? It is for consciousness to evolve higher and higher. Ever growing towards what? Greater expressions of itself. What is the basis - the essence - of this consciousness? It is that word which you were promised to hear this evening. It is LOVE. Love is at the very essence of all that is. All of these realities are governed by love and all have different rules sets in order to practice learning to love and to experiment with what works and what doesn't work within the parameters of that particular set. Is not your physical universe the perfect laboratory to practice being love? Causes take time to produce an effect. In our greater set (which you would know as the spirit world) cause and effect are one. The learning is not quite as intense as it is here in the physical world where there is a cause and often the effect can be what you would understand as a tragedy. Then you have the opportunity to practice responding - to make choices - whether or not to respond from an optimal state of consciousness or from a less optimal state.

What we are getting at is that you are very limited when you see yourselves as merely humans in one spirit world. Were that the end of the growth of consciousness, you would be limiting the All – the All That Is. There are limitless opportunities throughout this vast field of consciousness. When you leave this reality with its restrictive rule sets and advance to the spirit world you will be given a choice to return to this

physical world to continue learning in this environment or to perhaps experience other realities within the subset of the spirit world or perhaps another subset equivalent to that spirit world that we inhabit at this time. We hope we are not boggling your minds too greatly this evening, but we did wish to share with you that it is indeed limiting to say that there are only two realities: the physical and the nonphysical. Consciousness is ever evolving. Does this mean that because you are but an infinitesimally speck of consciousness here in this reality that you are unimportant? Not at all. We wish you to know that you are part of that consciousness. Image a ray of light emanating from the Source of all light. Imagine it like your lightning bolts and your at the bottom tip of it here in this subset. The spirit world of which we are a part is a greater aspect of that light, but that light continues going higher and higher with the vibrations ever closer and closer to the highest possible consciousness. You are a part of that. You have access to all wisdom, all love. You are That. That was a bit of dry discussion, was it not? (attendees chuckle) Not nearly as full of emotion as our last gathering here.

This evening should be ...we shift gears a bit this evening and bring a bit more of that which all of you crave. Why is it that you crave love so badly? For part of the rule set of being human is that after entering this reality as a physical being - as a tiny baby - a curtain is drawn. Your inner slate is wiped clean. There is a part within you and it rests here in the area of your heart that always remembers - remembers the true home from which you came and longs always to return to that home. That is why you all have this craving that impels you towards loving moments that causes you to do things that often have no rational explanation. It is the longing of the soul to once again be reunited with the full aspect of who you are - just Love. You came from Love. You are That. Here in human form you are as a prisoner bound by chains. We give you a mantra this evening - an affirmation which will help you to remove the shackles. It is quite simple. You are quite familiar with two most powerful words in your language, "I Am". This short phrase links you with your Creator, for that is what you are now . . . the I Am . . . which means that you exist. This cannot be taken away from you. This I Am is what will continue with you when you close the physical eyes for the final time.

Now we ask you to add one more word to this very important phrase ... "I Am Free". This statement carries multitude of meanings and it will be different for each of you depending on your life experiences to this point. At the very basis of this phrase, "I Am Free" is the awareness that you are not human, but spirit. Those of you here know this. Many of you know this only a little bit, but the soul has been speaking to you - telling you, "You are far more than that". As you repeat these words, "I Am Free" picture your spirit saying this to you. As a free spirit you are no longer encumbered by the rule sets of being human. You are free to do at any time what this one did in the face of an obnoxious comic and rise above. (*Refers to a story that Suzanne told before the session and attendees chuckle*) A free soul can do this at any opportunity. A free soul knows that you are not bound by the human rule sets. Yes, you play the game - you follow the rules as a good human being - but you are free at any time to make optimal choices. What do we mean by that? To make choices in alignment with who you are - a free spirit. Truly not bound to this body. You are not even bound to this body just until you pass, you are free to adventure at any time, but this requires removing the focus from this environment. How do we do that? In the silence.

If you do not feel free, if you feel the weight of the world on your shoulders, we beg you to sit in the silence and ask to be shown - to experience - just exactly how free you are to travel beyond the nonporous borders of your physical universe. As spirit you can indeed walk through walls and you do so in your dreams. That is yet another subset within the larger set of the spirit world. Do not your dreams have their own rule sets?

You are free to wander tonight in your dreams. Can you trust and believe that you are free now to rise above this human experience when it becomes overbearing and experience an entirely new reality for yourselves?. I Am Free.

Another excellent application of this mantra which we wish to share with you is the understanding that freedom refers to freedom from the ego. I Am Free of ego's grip on me. As you repeat this statement "I Am Free" throughout your day, ego will give you numerous opportunities to see just how very shackled you are. By what? By your fears - by your lower vibrations - by anger - by judgment. That is not freedom. Recognize fear when it rears its head within you. Recognize anger, recognize judgment and say, "Ah ha ego - I see you at work, but I Am Free." We wish you to understand the power in that recognition.

There are only two characteristics of the human being at work in you at any time ... love and fear. Love is real - fear is illusion. You are Love. If you maintain this belief – this understanding - this truth that you are free as ego tries to enact its worth in your life, you look it in the face and you say, "Sorry ego, I am free." You have just called its bluff. It no longer holds power over you and it goes away. It has no choice.

I Am Free. Three very powerful words which holds no arrogance over ego. It is a simple statement of fact. You are free - you are spirit. This is why we give this one the examples to share with you so that you know the truth that you are far more than a physical being. Your soul knows this even though the curtain was drawn shortly after your birth. It is the soul's purpose to emerge from beyond the curtain - to be revealed to you in all of its glory so that you may then step forth in all of your glory and shine your light fully on those around you as a free, liberated, spirit. Do you not look upon those who seem to have no fear - who walk with light steps - and call that one a "free spirit". Now can you see the deeper meaning in this phrase?

Your spirit longs to be free. Yes, you are a convert by the human rule set. You must pass through certain trials and tribulations through this world. Physical bodies do die and they die at various times in unpredictable ways that cause great angst, sadness, and grief. We are so aware of this and we so admire you for your courage to come into this subset of consciousness. This learning laboratory where the lessons are often quite difficult, but oh, where the opportunities to love are so great. As you realize this, and remove shackles, you become a teacher for others ... a way-shower for those who are not yet free. What shackles are around your ankles keeping you earth bound? Are you yet ready to remove them? Seek not outside yourself for machines to raise your energy - for energy workers to give you anything at all that you already have in you. It is all well and good to sit with others and exchange higher energy - to go to energy workers, but we merely wish you to know that that power lies within you. It is the human way - part of your rule set - to think that others must give you something in order for you to change. The hard work must be done by you. It need not be hard. It need not be so challenging when you keep in mind, "I Am Free."

May this be your mantra in the coming days and weeks and months. May it speak from the subconscious mind where it has always been buried to the conscious awareness of you, "You were never shackled." It is part of the rule set to think that you are less than the greatest human being that you are. You have always been free. You can go home with your consciousness here and now when you truly understand the meaning of freedom.

We will entertain no questions this evening. We wish you to hold this energy with which we have imbued you this evening. Your soul was listening carefully. Allow it to percolate up to that brain which wishes to keep you enslaved. Know the truth that the heart already knows . . . you are free and with that freedom

comes the awareness that you are Love. You have always been Love. You are greatly loved by all of us and by your individual guides ... and yes, you all have them. They have guided you here this evening. You are loved by those on the other side - that greater reality of which you are a part. Trust us, they are far more free than what they were here (*on earth*). It begs saying that part of that which keeps you shackled is your regrets, guilt, fears related to those on the other side. All is forgiven in that reality that is unencumbered by human rules. Do you understand this? When you do ... then you will experience a greater freedom.

We surround you with love. May you carry this with you as you go from this place of love, this holy sanctuary. You hold such a holy sanctuary within your heart. Set free that energy. It is yours to give. Give it freely.

We bid you goodnight.

Attendees: Goodnight.

*From Suzanne: After Sanaya bid the group goodnight, a woman in attendance raised her hand. She expressed some confusion over the topic of love and being free. I was not clear about her question, but as she spoke, my lip twitched several times. It's ironic (and appears to be no coincidence) that Sanaya explained this lip-twitch in their words during the session earlier in the evening. I'm told that more than a few people in attendance noticed my uncertainty as to how to answer the question and they saw me look upward when my lip twitched. I am so accustomed to this reassuring sign of Sanaya's presence that I knew they were letting me know, "We've got this. Let us answer the question." And so, knowing that Higher Consciousness always has a better answer than any we can provide at this level of consciousness, I asked the group to give me a moment. I closed my eyes, shifted my focus, and "went back in." I surrendered to Sanaya, and asked them to answer the question. These words followed*

Sanaya: We would understand your confusion when many of you here have only had the experience of physical love. We speak not of sexual activity, but of the human way of loving which is quite limited. It is conditional in many cases until you reach that state of freedom of which we were speaking. The love of which we speak is the basis of all that is. It is a very high vibration which you tap into when you are in the silence. It is what the heart recognizes. It is what you would recognize were you able to clear away all blockages within you - the human being. It flows through many of you, but just as a trickle. When you are truly free - when you have freed yourselves from the human ways of thinking - from the conditionalities which you place on all things - then you will understand the true love that is your true nature. It is boundless, limitless, wholeness - it is All That Is. It is powerful enough to knock you off a chair. If you have not yet experienced the true nature of your being then quite certainly you would be confused by this state. Freedom comes truly as you through off the human being existence and so we ask you to practice unconditional loving as you would understand it as a human being. Then in this way you will open up yourself into a greater flow that we are giving you in words and it is difficult for the human being to put words around this aspect of consciousness.

As you practice more and more coming into alignment with your true self, you open yourself more to the flow of true spiritual love which has no conditions. It is merely a state of consciousness, not an act - not a

thing you do - it is not a verb. It simple is Love at the basis of all that is. The soul knows it when it feels it. Many of you through the tragedies of your lives have become shut off from this true flow of love through you. It is still there ... know this or you would not even breathe. It is what gives you life. It is what the soul awakens to as it flows more and more through you. So, if you are confused, we understand this. The only way to truly know true love is to experience it. How do you experience it? By practicing freeing yourself from egoic behaviors. What is an egoic behavior? Anything attached to purely human characteristics. The spirit does not judge. The spirit does not show anger. The spirit is in its purest essence - purely love. You will understand what freedom is as you personally remove the shackles one-by-one. Through awareness, through practice - as you are Love - you know it. We hope this answers your question.