

**Session with Suzanne Giesemann and Sanaya
Unity of the Villages, Summerfield, FL
February 1, 2015**

Before the channeling session, Suzanne shared the story of a meditation in which she had visions and heard information about Odin, the “All-Father of gods” in Norse mythology. She told of some stunning synchronicities afterwards pertaining to Odin. Thor is Odin’s son and the Norse god of thunder and lightning. Suzanne showed a slide of her stepdaughter, Susan, taken shortly before Susan was killed by a lightning bolt. Susan was cuddling with her new puppy whom she had named ... Thor.

Suzanne shared other examples of synchronicities and signs from those in spirit and explained that she thinks of our connection to spirit as a “dance.” She showed a slide of the feet of a small child standing on top of the shoes of an adult as the child was “danced” by the adult. She shared that if we surrender and “dance” like this with spirit, our lives flow more smoothly.

- All notes in italics 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.

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Sanaya: Good evening.

Attendees: Good evening.

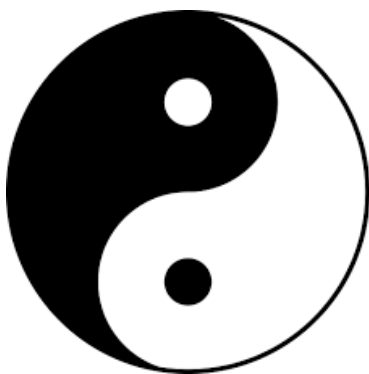
Sanaya: What you have been witnessing (*during two minutes of silence*) until this moment is a process with which many of you are familiar as this one adjusts to the higher vibration of our presence flowing through the physical vessel. She is experiencing various physical symptoms resulting in a bit of the shortness of breath and even palpitations of the heart. All of this is quite normal ... in an abnormal sort of way. You would understand that. We welcome those of you who have not yet experienced our presence. Yes, we speak in the plural for we are a group consciousness - a collection of guides.

We wish you to know that this one is no more special than all of you. All of you have your guides. Why are they called that? We (*spirit guides*) have our own mission, and it is to guide you through life if you are open to hearing our words - our guidance - if you are open to believing in our presence. This one has attuned to us through meditation, but also because it is a bit of a “calling.” Your guides are calling you. Have you heard them? Perhaps not yet, but that which opens the door to the experience of your unseen helpers is first and foremost the belief that they exist.

We did urge this one to share the story of a mythological figure this evening – the one known as Odin. She did not believe that he existed. She did not believe that WE existed until we gave her the evidence which she so needed. This day (*today*) she did give a session to a woman who did not need any evidence at all. She (*the client*) has always been in tune with her guides, her helpers. She merely wanted confirmation of that which she knew in the heart already.

All of you know in the heart that you are spirit. All of you know in the heart that you are not alone. It is only a matter of getting that information from the “heart brain” to the physical brain. Yes, we have chosen these terms on purpose. The heart “thinks” – it does not just feel. In fact it is your first organ of perception. It has its own field through which it perceives vibration. If you can enlarge that field, so much the greater will be your intuition - your connection with the spirit world. We speak to you through the heart. At this time (*during the channeling*) we give this one signals in the way of concepts which she must interpret through the heart, but which go to the brain so that the proper words come out. Sometimes the proper words fail, but the concepts continue, just as when you look at a tree – you know what you are seeing before you give words to it.

There is much in your world for which there are no words, most of all for that concept which you call “God.” We could spend this entire evening talking to you of what That is and still not give you the proper concept of it. You notice we are not using your human pronouns for your concept of God as a “being” – a greater form of you. It is a bit of a teaser - not exactly true. You are part of That – yes, you are created in the likeness of God, but not the physical body. The consciousness, our friends, that is where you are a part of All-That-Is. Your entire reason for being is an experiment in consciousness. You are God in action – the Great Spirit having an incarnation as you. What will you do as God today and tomorrow? How have you done as God until this day? Some of you would squirm in your seats to think of yourself as God. You are not the entirety of that consciousness, but you do have the power of the spirit within you to create miracles in your life. How are you doing at making miracles?



We wish to speak now of the experience of life. This is why you are here ... for the experience. What is life like here in the physical world? (*Suzanne’s hands move in front of her to make a large circle.*) We are drawing a circle are we not? Can you picture your yin yang symbol? It is opposites – the black and the white. Doing what? Exactly as this one was speaking to you earlier – dancing. It is not a straight line that divides that circle – it is a curved one, for the opposites are eternally dancing – seeking harmony. There are many of you here who view your world with quite a bit of angst. You focus on the lower vibrations—the negativity--and you despair. We come this evening to ask you not to despair. See the negativity as part of the dance.

We are filling this one at this moment with images of the encounter she had several evenings ago of the dog that she found wandering free and loose and took hold of until the owner showed up. (*Sanaya is referring to an incident Suzanne described in her “News and Musings” blog on January 29. A link can be found at the end of this transcript.*) Thus ensued quite an encounter opposite to what she expected. She did expect to be greeted with a “thank you” and a bit of relief for finding the dog. Instead, she was given an “in your face” encounter with one who radiated lesser

vibrations than one would hope to experience in this world. The man proceeded to hit the dog and to swing the arm out in an effort to hit this one – missing her, but shouting cruel words. Quite a shock it was, and the encounter did not end at that moment, but continued as he walked away. This is the perfect example of why this is the school of life and why it is all about the dance.

Your world is filled with souls who are in pain. Your world is filled with those who do not realize that all is spirit – that all is love. The gentleman was blinded – the gentleman lives in a world of darkness. Can you picture him within the yin yang symbol on the black side? Many others are on the white side. This is the question we wish to pose to you this evening: “Is the fact that the man is on the black side a bad thing?” Many of you would immediately say, “Yes, this is bad. Yes, he beat the dog. Yes, he did throw epithets at the woman who saved the dog.” We wish to ask you to see this situation from that of spirit where all is simply ... experience. Do you see the peace in that? By viewing all as simply learning opportunities and realizing that your world must have black and white or there would be no use in it -you can find peace.

We hear you rebelling ... “I do not wish to be in a world where innocent creatures are beaten. I do not wish to live in a world in which wives are beaten, in which people hate each other and do cruel things to each other.” We wish to ask you to allow. Can you see that this is all an experiment in consciousness with love as the basis? Were not love the basis of all that is, that experience would not have happened at all. This one would not have been urged to rescue the dog – to feel love for the dog. The two were brought together, for opposites do attract – the dark and the light. How did this encounter serve as a great leaning tool with ripples that proceeded far beyond that encounter and will continue to do so? There was another woman involved who was the partner of the man, and there was an exchange of silent messages between that woman and this one. A message of love passed from soul to soul – a message of understanding – a message of compassion. In that moment that woman had an opportunity to grow. This would not have happened had she not been surrounded by darkness. Do you see the necessity for darkness?

It is an absurd way to live is it not? This is the great paradox of life in human form, but this is the design of your planet ... for the experience. Why has mankind not awakened more throughout the millennia? Growth happens as it will – slowly – individually – as each incarnation of God learns and grows through the interaction of opposites. You have your wars, and you have your cruelty, and you have your blinded ones who have not yet awakened. You have your enlightened ones who know why they are here, and it is those lights which balance out the darkness. You know your world could still go either way – it is all an experiment. You are here for the experience. We on our side do not dismay when we watch these interactions, for we know that all - as you would understand it – signed up for this. It is why we have said in the past, “You are the bravest of the brave.”

There are those in this room – you may count yourself among them – who have suffered greatly. We honor you. You will be justly rewarded – that is the law. It is the law of balance which operates in your world through the dance of opposites, but most justly when you pass from these trials, from the pain and the tragedies and the encounters with other than light, and you pass back to pure spirit. There you fully remember what this dream of life on planet earth was all about and what it is for: the experience – embrace it fully. This is quite difficult. Use the darkness for the learning opportunities that they represent.

This one was able to measure progress in the raising of consciousness in the unexpected reactions within the soul in that encounter. There was no desire to return the darkness, to curse. All of you are here to raise your consciousness. If all were light – if all were white within the sphere of experience on earth, where would be the growth? We repeat our words again ...it is part of the design. Look upon the negatives, and we ask you not to immediately go to a place of conflict where you resist the negatives, but accept and allow. There you will find peace. This does not mean that you do not have your “causes.” (We refrain from using the words, “fight for your causes.” We are trying to give this one another word to use in lieu of “fight.” You understand our meaning.) You may still stand up for what is right. You may still exert your will, following the urging of the heart to bring in more light, but when you resist and say, “This cannot be,” and create angst within yourself by doing so – then you have lost touch with the heart. You can “fight” (for lack of another word) the darkness far more effectively when you do so from that place of peace at the center.

This is one of your greatest lessons – to find that place of peace which always lies within, which is the real you, which is God. That eternal place of rest, of stillness, of pure possibility - that is you – that is God. All arises from this.

You always have choices. When you encounter darkness ... when darkness looks you in the face ... you have a choice. Will you react from the dark side or from the light side? Your world will always have imbalances. It is the lightworkers (*those who come from love*) who shift the balance. One day there will no longer be a need for an experiment, for the world will have shifted so drastically that there is no more yin yang symbol. There will be much brightness, but for now the dream continues: the dance of dark and light.

What is our point? We restate ourselves for understanding: Do not curse the darkness. Understand it is part of the learning. It provides you a chance to love – to be that which you are. When you want to “get up in arms” – where does that urge come from? Most likely the brain, which wishes to fight. When you want to take up arms, drop your arms and approach the situation with the light that is you. You bring in what is missing. You may not see an immediate effect, just as this one saw no immediate effect (*on the man who hit the dog*). Rest assured, where there is love, a difference is made. When you can turn up the light in a difficult situation, you have made a difference. When you can surrender your angst about your world so called “going to hell” (We wish to assure you [*we know that*] this world can be a “hell”), by rising above it you can create heaven-on-earth exactly here (*Suzanne points to her heart*) ... in your very own heart, for that is where God lies. You are That.

Be not distressed by the situation of your world. We have said this in the past, and we hope that you can see it now with greater understanding, that all is in perfect order always.

There will be times when you cry, and wail, and gnash your teeth. “It seems so unfair! Why me?” This is an indication of the human side seeing the utter humanity around you. The heart—the soul—knows “why you.” You are the bravest of the brave and you can handle it. You did sign up for this to add to the whole. The whole of what? Of God. To take back with you the learning. You have an “experience” in this incarnation to take back with you greater vibrations, greater love

than that with which you entered. Those are the rules of the game. When you understand the rules, this makes it far easier to get through the game.

A bit of a heavy lesson this evening, is it not? There are no accidents. There are no accidental encounters. You will look at the (*daily morning*) message that we gave this one (*in meditation*) on the day of the encounter with the dog, and did we not urge her to use a photograph of a dog with that message several hours before this encounter? (*The link to “Sanaya Says, the daily posts, is at the bottom of this transcript.*) Signs are all around you of the interconnectedness of all the worlds—of our world with your world. We are watching over you. You will never be given more than you can handle. How do you handle the tragedies? You surrender and you ask for help from your guides.

We return now to the beginning - a complete circle. (*Referring to Sanaya’s words about spirit guides at the beginning of the session.*) You have guides for a reason. We would never send you into this world alone. It can be a dangerous place when you look at it from the human perspective. Not so dangerous when you understand what this one was trying to show you with the lessons from the spirit world (*in the discussion and slide show before the session*) – that all is spirit – that all there is is love – that love and life are eternal. You cannot die. If all understood this, this world would disappear. There would be no need for the experience of being human. Appreciate the darkness. Learn from it. Bless it with your presence.

We bid you goodnight.

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Many thanks to Bev Garlipp for her transcription and notes of the session.

The next scheduled special session with Sanaya (open to the public) will be Sunday, March 1, 2015 at 7 p.m. at Unity of The Villages, Summerfield, FL.

[LINK](#) to “Suzanne’s News and Musings” on January 29, 2015

[LINK](#) to “Sanaya Says” on January 29, 2015