

**Session with Suzanne Giesemann and Sanaya
Unity of the Villages, Summerfield, FL
January 4, 2015**

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 “A Message of Love” from Frederic Delarue’s CD “Dolphins: A Message of Love.”
4. Many thanks to Bev Garlipp for her transcription and notes of the session.
5. The next scheduled special session with Sanaya will be Sunday, February 1, 2015 at 7 p.m. at Unity of the Villages, Summerfield, FL.

Before the channeling session, Suzanne shared highlights from some of her recent readings including a healing that had taken place as a result of energy sent from her guides to the person sitting for the reading. She described a visit from a young man who crossed over this summer and came to her while she was riding her bike in Colorado. Later the young man’s grandmother asked him (in a reading with Suzanne) how he had found Suzanne to communicate with her from the spirit world because he did not know her on this earth. He explained that we are all connected by “cords” and that the “cord” to Suzanne’s heart was shown to him brightly lit so that he could follow it.

Suzanne shared examples of things that people in attendance might experience during the session such as auras or her face taking on a different appearance as had happened to her when she was studying evidential mediumship at the Arthur Findley College in England. Suzanne described more of how she had first felt the “blending” of her energy with the energy of spirit during her class at Arthur Findley.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: It is quite a pleasure to be here with all of you this evening and to feel the presence of your energy. You come (*to these sessions*) to feel our energy, but you do not realize that we benefit as well from feeling your vibration. For such it is in this group that together you form one entity – one being – the group consciousness - and it is quite high – higher than you will find down the street at your McDonald’s. (*attendees chuckle*)

We are quite pleased to be here this evening and share with you. This one did speak already this evening of the recent experience of reliving the moments when we first gathered with her at that school in the London area (*Arthur Findley College of Psychic Sciences*). This (*her experience of blending with another spirit in the class*) came as quite a shock to her – but it should not have - for she did go there with a very

clear intention of feeling the presence of spirit. Until that point, yes, she was hearing the messages of those in spirit, but was not yet feeling us – feeling that higher vibration that is present when you tune into those who no longer carry around a body. So, she was gifted with a gifted teacher who gave the students the opportunity to practice what you are witnessing here this evening ... that which you refer to as “trance mediumship.” “Trance” is merely an expanded state of consciousness when the human ego steps out of the way - put aside - to allow the soul of the being in physical body to blend more completely with those in spirit. That is what it is: a blending of energy. That energy is present at all times, but when you set a clear intention and allow your field to be permeated with that higher consciousness, then the so-called “magic” happens.

That very first time when this one was put on the spot (*in her class at Arthur Findley College*), she did feel quite safe in doing so. What do we mean by “safe?” Those present in the class were in the same boat as she, knowing that they would be put on the so-called “hot seat” and asked to surrender completely with the possibility of doing what humans would call “making a fool out of themselves.” You are all so concerned about that, are you not? You must maintain a certain role - a certain demeanor - for what would others think? In a safe environment do you not let down your guard? Do you not allow greater aspects of yourself to show themselves? That is what happened at the school near London when this one did sit in the chair and simply surrendered to the experience.

We share this now not to share her experience so much, but to allow all of you to see what is possible for you when you let down your guard. This one let down the guard and felt a shifting - felt the swirling in the head - which she now recognizes as that blending of higher consciousness - and it is a pleasant sort of dizziness ... not one for which you would rush to take medication. Then she was alert enough - alert enough that she could hear her teacher saying, “Oh yes, there they are - a man and a woman (*appearing in spirit form*).” She did have enough trust in her teacher to know that her teacher has the sight - the soul vision - enough to see those in spirit. Thus, buoyed with the confidence of the teacher’s words, (she/Suzanne) surrendered even more. Those present in the classroom with the eyes to see - the relaxed eyes - did see a (*spirit*) man blend his consciousness with this one. All reported seeing this.

This one in that surrendered state did experience what we just repeated for her here this evening - the arm falling to the side without her having consciously done it. (*Before Sanaya started to speak at the beginning of the session, Suzanne’s arm suddenly dropped limply to her side.*) Usually it is the physical body that is taken over by the mind with conscious will: “I will move my arm in order to reach for that apple or to pick up that book.” She had made no such willful intent - instead with its own accord, seemingly, the arm appeared to drop to the side and then as if by magic the arm appeared to float upward buoyed as if by a pillar of air – as if it were being inflated from underneath (*Suzanne’s arm rose slowly as these words were spoken*). Such was the experience that she had never had before and it did cause then a collapse of the connection. For such was the experience that it brought to her the realization that this blending of consciousness is in fact quite real. Those of you who have not had the experience of having body parts move not of your own free will would understand. It is quite an unusual event for you human beings.

It all comes down to belief. Do you believe that you are part of Spirit? Do you believe that you are spirit here and now? We see you - we look about this room and we see not bodies. We see light. We see beautiful rays of light and yes, you are all connected by these cords spoken of earlier. Those cords go off in multiple directions from the heart - from your heart to all of the other hearts. We see your lights. Some of you (*are*) brighter than others - you control the light - how brightly it burns.

Knowing that you are spirit you have part of the equation already of how to feel the presence of higher consciousness: the belief that you are spirit ... the belief that higher consciousness exists. Some of you here have no doubt of this at all. You have experienced it. It is the personal experience which leads to personal miracles. Some of you (*believe that you*) have not yet had the personal experience of feeling it, but you have felt the energy in this room. That is what you are seeking. (*In other words, that IS the personal experience of Spirit*). Allow yourself to believe that this is the experience you seek. Now set the firm intention of having an even greater experience.

You may have it here this evening as you feel our presence. You may feel our presence as the increased heat energy in this room or as a vibration. You may feel your heart opening wider than it has opened before. If you wish to have this experience in private, meditation of course is the key. Sit in the silence of the sanctuary of your own home - wherever you feel safe. Surrender that ego that wants very much for you to remain blinded to who you really are. If you were to experience all at once your true nature - why then ego would be out of business would it not? There would be no role whatsoever for ego to play. You need have no worries, for ego will always have a role here. As long as you walk about in a human costume ego will be present. This is the facade that you wear.

We gave this one quite a lesson earlier this week and we wish to share it with you now: All of you wear this costume (*Suzanne's arms gesture to indicate the human body*).



We are reminding this one at this moment of seeing a young child in your square - your Sumter Landing Square (*the town square where Suzanne lives*). That child was wearing a Spiderman sweatshirt, but this sweatshirt zipped down the front completely covering and obscuring the face. That child was having a ball walking about completely hidden from view - able to see out, but quite aware that none could see in.

Can you imagine how you would feel inside if you knew you did not have to put on a facade? You could just play. That is what you are doing now - you are wearing a costume. This one while observing our words this evening is having a moment of realization, for this image of a child wearing the Superman costume over the head was given to her after the experience we will share with you now. (*To clarify: as Suzanne is being shown this memory, she is also being shown that this encounter with the boy in the zippered sweatshirt happened AFTER a similar and highly meaningful vision was given to her in meditation earlier that very day, before ever having seen this kind of front-zippered hood.*)

Yes, we are always aware of what is going on in your life and what will happen to you.

So, step with us back in time prior to her seeing the Superman costume. Earlier in that day in meditation we showed her a family member with whom there were some challenges, and she was wondering how to deal with those challenges. Of course, what is it that we tell you at all times? "Simply be the presence of love, and your challenges will disappear."

Ah yes, as the teachings fell into the heart and she realized that is always the answer (*to simply be the presence of love*), we showed her that family member in the mind's eye standing before her. She gazed upon him and he reached up and just like the Superman character (*who she would not encounter until later that day!*), unzipped the costume from the top down (*as Sanaya is speaking, Suzanne's hands grab an imaginary zipper at the top of the head and unzip it just to the chin, exactly like the Spiderman sweatshirt*

zipper). Who should emerge (*in this meditative vision*) but the Christ? Quite a shock it was to this one who grew up without the religious teachings, but who has come to have quite a relationship with that one you know as Jesus. It was quite a stunning event to see him step out from behind the costume of the family member.

Quite a message for all of you.

Who are you, children? Aspects of the Great Spirit. You are the Light. What is it that Jesus taught to all of you? All of you are children of the one Father - all carry the same Light inside. Those of you who come to know this have gained “Christ consciousness” have you not? ... knowing that all is One - one Spirit and you are That - the light that burns in all of you is one Light - one Spirit. This was a symbolic image for that one. We share it with you this evening for no matter what your dogmatic religious belief, you can understand the symbolism (*of Jesus stepping out from behind the mask worn by someone with whom you are having challenges*). If the Oneness, the Spirit, the Love, the Source of all of you were to reveal itself from behind the facade that all of you wear, what would you see in each other?

Do you see the disservice that these costumes (*your bodies*) do for you? They allow you to walk around just like the child in your Sumter Landing Square - zipped up behind the costume - putting on an act. You may show whatever face you desire to the world. This is what your body does for you. You may show a happy face, a sad face, a growling face. If you feel not like interacting with others, you may put on an angry face, and does it not tend to have people turn away?

When you remember who is inside of you: a Christ ... one who is aware that there is only one Mind, one Consciousness, one Spirit, and that the very essence of that is what? Love ... then there is no longer any need to remain zippered. Do you see? You can open the hood (and) reveal the true self—the “you” that is inside this costume that you wear, and share it with the world. Allow the world to feel - to see - who all of you are. What a gift!

What are you hiding from, my friends? Can you see how your world would change could you but see all of your family members, all of your friends, all of your neighbors, all strangers ... as not strangers, but as little children in Superman or Spiderman sweatshirts zipped up and hiding from the world?

When they do silly things, and when they do angry things, and when they express parts of themselves that cause you discomfort ... in your mind open the zipper. Peer beyond the costume - and see the Christ inside. It changes everything. You are now connecting from one Christ to another - from one heart to another.

What is the Christ? It is the bridge between the heart ... the human (*heart*) and the One Heart. Connect with all others through this cord that connects you. Turn up the light and oh, what a difference you will make in your world.¹

We hope we have explained these images to you clearly. If you can picture all others in a costume as well as yourself and see beyond it, this will take you to a heightened place such as you have never known. It is so simple, is it not? Yet it is ego who would keep you enslaved - who would keep you hidden behind your

¹ We have highlighted this section because it was so powerful. It is worth listening to on the recording and feeling the energy.

facade. Once again, if you were to show the real you and allow your light to burn brighter and brighter, all that would be left of ego is a little smoldering pile of ashes.

We wish to give you yet another tool this evening: recognizing the limitations of language. You have seen how this one stumbles to put words to concepts and visions we give her ... Superman vs. Spiderman, locations (*such as 'your Sumter Landing Square'*) and such. Nothing does you a greater disservice than your pronouns. The one most troublesome is a single letter and you call it, "I." We ask you this evening to see all of your brothers and sisters as the capital "I." When you speak of yourself, see yourself - the human self with the small "s" as your diminutive little letter "i." The ego will not like this very much. If you can see the written word as you speak and you say, "i did this," "i am going to do that" ... and you do it with your small letter "i" - it immediately shows you that it is the human being who is separate from each other. It is the spirit within who is always conjoined with all other souls and all connected to the One Heart, the One Mind ... the only "I" that exists with a capital "I."

Ego would have you take credit for being the capital "I." There is only one. How can all of you be that one? You are all connected. See yourself as the small "i" when you are wearing your human suit. When you open the zipper you suddenly become the capital "I" and you can be nothing but loving in that awareness. Along the same lines - by the same token - your word "you" when seen with the diminutive "you" refers to the individual "yous." If you use your capital "You," you are recognizing the immanence - another grand word of yours - "the ever present presence" of the One. You can look upon all of your brothers and sisters and remark, "There You are!" with a capital "Y" as you see beyond the facade.

Can you feel the difference between "There you are" - the one with the name Mary or John or Sally vs. "There You are!" - one with the Father with a capital "Y"? Your language is quite limiting, but you can shed the limitations through conscious effort. We ask you to do so upon leaving this safe environment. You will change your world from the inside out.

(Change of topic now)

A question was asked of this one prior to this session beginning and we would like to answer it now in our words for she did not have an immediate answer. It was (*about*) the death earlier this week of a beautiful little girl ... (*who was*) five years of human age. That little one did suffer quite a bit of distress in spite of our best efforts to bring her peace in her final moments. The question was asked, "How was she met? How was she greeted upon passing?"

We wish all of you to know that she was met in the same way that all of you will be met and all of your loved ones who have passed to the other side were met ... by the greatest outpouring of love such that you cannot imagine. Try as you might to imagine the feeling of love that envelopes one who no longer wears this costume (*a human body*) and you would come this close (*Suzanne's thumb and forefinger show a little space*).

The human being cannot imagine it, but the soul remembers and thus longs for this experience. It spends an entire lifetime seeking this experience again, and it is the human belief systems which causes you to have fear in the presence of that which you call death, thinking that nothing but darkness lies beyond it. Yes, you worry about the pain caused to loved ones left behind, and that is a real thing, and we understand that. That is why you are given such a greeting of love, so that immediately - immediately - all fears vanish and you know that everything will be all right. All is well. (*Speaking for the little girl who crossed over...*)

“I am surrounded by love - ah yes, I remember now - this is where I came from. I am truly home now. I had forgotten, and now I can see Mommy and Daddy, and yes they are sad, but I am okay! I am all right. I am once again in the arms of Love! I am all right. You (*loved ones left behind*) will be all right - given time.”

How we wish we could let all of you feel that (*immense love*) now, but you are here for a reason: to remember. You have forgotten for a reason: so that you keep seeking ... so that you keep making efforts to raise your consciousness ... to raise your ability to love your neighbor as your Self, with a capital “S.” The more you do that, my friends—the more you love unconditionally ... the more you reveal the true you and open your heart—the more love you bring in to this world, the higher your vibration, and the closer you come to home. The more you remember where you came from, the more patience you will have to go back to that state, knowing that it awaits all of you.

For now, know that all beings - all creatures great and small - are met with such overwhelming love that they do not wish to go back. Some go back. They are given a choice, but it is the most difficult choice they have ever made. Those who move on towards the Light do so for they remember, and all is well. Do not worry about those who pass over. No matter how much angst they experienced in their final moments, all the angst is immediately wiped away in the comfort of Love. Yes, there will be times ahead for those who still need much soul growth to review that which happened during the human life and to see when one might have done better. (*However,*) the immediacy of the love - the intensity of it - is such that there are no regrets and fear is a thing of the past. May this bring you much comfort.

All are loved. All of you are loved equally. All are special. All are part of Love. There is naught but Love. You are here to remember that. We hope that we have allowed you to feel that this evening - to carry a bit more of that with you as you go from this place and to share it with those who have completely forgotten. You are never forgotten. You are intimately connected with the Source of Love at all times. We thank you for coming here to experience a bit of our love this evening.

We love you all so very much.

Now will you do the same for those around you?

We bid you goodnight.