

**Session with Suzanne Giesemann and Sanaya  
Unity of The Villages  
Summerfield, FL  
August 2, 2015**

The song enjoyed before the session was “*Let Them See You in Me*” by JJ Weeks Band. The song enjoyed after the session was “*If Not for Love*” by Karen Taylor Good and J. Martin

Before the session started, Suzanne shared highlights of readings and synchronicities on her current tour including her weekend retreat at Unity Village. She gave a brief overview of how she blends her consciousness with her group of guides called Sanaya. You can read more about Sanaya at: <http://www.suzannegiesemann.com/whoissanaya> and read Sanaya’s daily messages at: [www.SanayaSays.com](http://www.SanayaSays.com)

All notes in italics are inserted after the session to help the reader have a clearer understanding of the words spoken and the experiences shared.

“This one” refers to Suzanne.

Many thanks to Bev Garlipp for this transcript.

The next Special Session with Sanaya at Unity of The Villages will be held on Sunday, September 20, 2015 from 7-8:30 p.m.

*The recording of this session with Sanaya is available for listening and download at:*  
<http://www.suzannegiesemann.com/sessions-with-sanaya-2>

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Sanaya: Blessed children, we greet you this evening from the highest possible level. Some of you would recognize the higher energy that is here with you this evening.

For just the briefest of movements w-w-w-e (*Suzanne stutters*) withdrew our energy from this one to give her but a taste of the absence of the special presence that is experienced when we blend the consciousness with this one. There was a bit of fear (*in her*), but we would never leave her or you alone. You are always, always, held in the arms of Love. You are that (*love*) at your very core. If you do not yet know this, you have been deluded. You have allowed that which others have told you and that which you have seen modeled in those who slumber to lead you to believe that you are less than you are ... which is what? Divine.

You are one with the Father. You are one with the Creator. To some of you this would seem blasphemous. To those of you who have felt this in your heart, this is Truth. Can you allow this truth, this awareness that the soul knows, to enter into your heart? Can you crack open that shell that some of you have erected around yourselves as a protective measure, but which in fact harms you? Not (*harm*) in a physical sense, but in keeping you from experiencing the fullness of who and what you are: a child of God, a blessed soul so totally and completely loved that you can do no wrong.

There is no judgment upon reaching the other side, save that which you think and feel of yourself. We wish you to understand this. Those who attend a church such as this (Unity of The Villages) – this Unity belief system -- have done away with words such as “sin.” Such damage words such as this do to children ... to tell a child that it is full of sin lowers vibration, lowers the consciousness. How could an innocent child be filled with anything less than love? How could you be filled with anything less than love? You are that.

In a church such as this, a “sin” is called a “mistake.” You feel the difference in the vibration in this word. Human beings make mistakes. This is how the human being learns, through trial and error. There is beauty in this system. This is why there is no judgment upon the other side.

Hear us well, all must pay for their acts here. It is through personal sensations – awareness and growth - that one overcomes one’s mistakes by oneself. You reap what you sow - this is true. No other on the other side will heap judgment upon you. Judge not yourself for your mistakes. See yourself as human. Listen to the heart, which will never lead you astray and try again and again and again to make better choices. What is a better choice? One based upon love. One based upon knowing that one cannot be separate from the Father.

All is one. There is one vibration, and that vibratory Source is your Source. You are but a perturbation in the one absolute Source of vibration. All arises from the oneness to have an experience as you, and you, and you, and you, and you, and the plants, the flowers, the mountains, the stars. All is for the experience ... the expression of love. You are the expression of love.

You humans have a saying that, “God is Love” and this is so. If God is Love and you are an expression of that which you understand as God, then what does that make you? Love. How are you doing at expressing love? Is this your every thought? Your every action ... is it based upon love? If not, this is but a mistake.

Choose again and again and again. You have this lifetime, and if you so choose, another lifetime, and if you so choose, another lifetime to practice giving, being, sending, knowing, doing love in every thought, every action, and every word. When you reach the point that love is not something “out here” and not only something “in here,” but all that is, then you

may decide not to have another lifetime as a human being. Then you have truly awakened. Then you may decide to help other souls who continue to make but mistakes.

There is one choice that will always lead you higher, and that is a choice for love. Some would say this is a naïve attitude. We are quite aware of your headlines. We are quite aware of your Isis. We are quite aware of your terrorists, and your theater shooters, and all those who make grave mistakes. Though trial and error all learn. Some do not get it right, as you would understand it. Those of you who do understand that there is no separation, that the separation is but an illusion, they are the lights, they are the ones who carry (*hold*) the (*sacred*) space, who raise the vibration for the others.

This room is filled with lights ... filled with lights. It is what brings you back time after time to feel the light. Have we not said again and again that you go forth from this place a changed being with your light burning brighter? You are, as we said in our daily message, the “change agents.” (*August 1, 2015 message at [www.SanayaSays.com](http://www.SanayaSays.com)*) You may feel that your thoughts and actions make no difference. We see the difference in the luminosity from groups such as this, and (*from*) the individual members of groups such as this who go forth and shine upon those who are so darkened that they continue to make the gravest of mistakes.

Despair not. There is hope for humanity. This is an ongoing experiment, and that which many of you consider the greatest of tragedies has always another way of looking at it when you can see from our perspective that each reality is illusory. All that changes is illusion. There is only one thing – if you would call it a “thing” – that does not change. That is what you would know as two words in your English language: I AM. This never changes. That is your birthright. That is what continues. That is what you are here to remember – not to learn – but to remember what the soul came into this existence as a human being knowing. It has never forgotten, but it has become clouded over by living amongst those who continue to make the mistake of believing that that which you see around you is the only reality.

We speak to you now from our reality. Where you place your focus becomes your reality. All of these many realities are merely yet more expressions of the Source ...of Ultimacy: that beyond which there is no more. These words we share with you this evening are not new to many of you here and yet they are new to quite a few. Can you ever hear them too many times? We dare say that you can never hear too often that you are loved, that you are worthy, that you are not a poor sinner, that you are never alone.

We have given this one this day quite a demonstration of the illusory nature of this world, playing quite a trick with her electronic cellular telephone ... doing something that to the human being would seem to be quite impossible with the instant recognition, “Ah yes, they are playing again.” (*Suzanne shared later how a message from Sanaya was inexplicably inserted that day into a text message she was typing when she was trying to*

*control a situation. The message clearly stated, "We have this under control. Trust us to handle it."*)

We wish to advise you to ask for a miracle with the understanding of what a miracle is: merely the intersection of our world with yours ... such an awareness that a helping hand is reaching in from beyond the veil to make its presence known. So there is no magic in miracles. We are sorry to say, Santa Claus is not real. We are as real as you are and we help you at all times. If you ask for our presence to be known in your life, we will be most pleased to respond.

You must be willing to look for our presence, to believe that we will respond, and to know in your hearts that you truly are not alone. You truly are worthy of a miracle. Then perhaps you will come to know that you are the miracle. What did we just tell you? Miracles are the blending of the two worlds: where the two worlds meet and come together. You are a beautiful soul here and now. You are in our world always, but then there is the physical aspect of you which you think is separate from all others. The miracle is coming to know that there is no separation. The miracle is you.

We honor you. We are honored to help in your awakening, for it is joyous to see the light of humanity brighten. You will notice that we said "all of humanity," for as each one of you as individuals opens your heart – turns up that light that burns always within you – the whole of humanity burns brighter. This is not visible to you at your level, but we see it in increments always increasing.

Your light is felt. Your light makes a difference. You matter.

We will entertain questions this evening. Is there one with a question?

Questioner: How many lifetimes does a soul have?

Sanaya: As many lifetimes as it takes to awaken, my friend. There is no predetermined number of lifetimes, just as the human being has choices here. The question was asked, "How many lifetimes does a soul have?" Limitless. All is about the learning. The soul makes a choice after each incarnation to have another go at it, and some choose not to come back in human form.

Understand us well that there is not a lowering of vibration. Always the soul rises higher, so you would not see a human being come back as any aspect of consciousness lower than that which was gained in the previous lifetime. Do you understand? If there is a choice to rise to a higher level, and this has been earned in an incarnation, this will be the next experience. It is different for all beings.

Questioner: The second part of my question is, are those lifetimes being lived at the same time?

Sanaya: Simultaneously.

Ahhh – and you are trying to confuse those which we were trying to protect from the confusion. (*laughter from attendees*) Trying to explain ... now we will go into our record/ LP disc analogy. You do remember LP's, do you not? (*laughter from attendees*) You have been told there is only the now. Yet, you see your reality as past, present, and future. You have been advised to focus only on the now, paying not attention to the past, giving no heed to the future, but being mindful and present. Many of you on the spiritual path are familiar with this teaching.

Many of you have made the mistake of thinking that this means that the past and present no longer exist. This is analogous to a traveler who has passed through one city and now quite silly believes that that city no longer exists, and that the city to which he travels has not yet been built. It all exists at once.

The “now” my friends includes what you would understand as the past and the present and the future. Picture your record disc with you in the center in this moment, but the past and the present still existent. This is how a psychic is able to tune into the past or the future, for all is laid out . . . it does not have to play out in linear fashion. This is but one level of reality.

Imagine your old stereo players with the pole and record upon record stacked up. You recall these do you not? (*murmur of “yes” from attendees*) These can be multiple realities and your over-soul can be having multiple experiences on different tracks on different discs at what you would understand as different times, but in the grand scheme of this reality, simultaneous playing. It would be but a cacophony to you if you were aware of the many lifetimes.

This is how one of you could be having an experience on a different disc in the 1800's at this moment, as you would understand it, and another out cavorting around in space in an unusual suit. Do you understand us? We do not wish to confuse you. The human mind has a very difficult time wrapping itself around such concepts. Do you not have enough challenges focusing on one life? (*laughter from attendees*)

If you sit in meditation and believe it is possible to leave the consciousness for a few moments, knowing that your body will take care of itself and spirit will maintain your heart beating ...you can experience your other simultaneous lifetimes and have quite a trip. An interesting experiment, and there are those who have had such experiences, but it takes quite a bit of courage for the human who believes that if they were to so-called “leave their body” they would not return. This is not so. Consciousness is playing at all times.

You do so in your sleeping state quite well. You call it a “dream”, but we wish to tell you that this (*human existence*) is one of the dreams.

Have we not given you enough to think about? (*laughter from attendees*) Is there another question?

Questioner: Is the earth also in ascension at this time?

Sanaya: Absolutely the answer is “yes” to that. The earth is a living, sentient being – your “mother” as it were. Your physical body derives energy from your Mother Earth, and back to her it will return when this soul no longer needs this body. Do not disrespect your mother. As the earth’s consciousness rises she groans, and grows, and stretches, as do you. No worse than in the past. Do not fear. Study your geological patterns, your meteorological patterns, and you will see that the earth has been growing and stretching for quite some time, and it will continue. She is a very tolerant one – the consciousness of the earth. She has great patience with all of you. Treat her with respect. Send her love. That is what makes the earth go round.

Is there another question?

Questioner: If you have a person who has had a very traumatic incarnation from childhood – who has been abused in the past – is there a special place where that soul goes to recuperate?

Sanaya: A beautiful question. We will repeat it for those who did not hear. The soul has had a difficult, challenging incarnation such as being abused. Is there a place that they go to recuperate? We hope we have repeated this accurately. Know that all souls are received with love. Those who suffer traumatic sudden death may suffer a bit of shock not knowing what happened to them, and they are held in a kind of sanctuary as you would understand it.

Those who take their own lives are surrounded with love and understanding, and also held in a state of sanctuary and rest to come to a state of understanding of where they are and what lies ahead. Those who have suffered abuse and trauma are welcomed home as the brave warriors that they are.

Those who came into this incarnation into a family environment or relationships that lead to trauma were well aware that the potential existed for harmful vibrations. We did explain this at the retreat this one alluded to earlier (*weekend retreat at Unity Village*) that higher consciousness would not send a soul to this earth knowing that it would be the victim of specific violent acts or acts of violent sexual perversion and other such things. Cruelty and what you would understand as “evil” are aberrations of the use of human will.

Those brave souls who agreed to become the offspring or the partners of young souls (*souls who have not learned as many lessons – who are still at a level of not knowing who they are*) who are more prone to making mistakes ...do you understand us ...who are prone to making mistakes for they are young souls who have not yet built up sufficient consciousness to not make such grave mistakes ... those souls who agreed to live with such young souls are the bravest of the brave. They are welcomed home and instantly remember that they did take this on willingly for the growth that would ensue.

We wish to repeat the lesson that we shared many times in the past. What you learn in this lifetime – what your soul gains as it rises in consciousness -- adds to the whole when you graduate from this school of life. There is only one Soul. This is what we were telling you at the beginning of this evening. All is one consciousness. As it divides, if you were, into billions of aspects of light, the luminosity increases, and when this incarnation is finished, you return to the light to add to the whole.

Those brave souls are celebrated. There is gratitude. They are surrounded with love just as all others are. Each soul receives exactly what it needs. What do all souls need whether here or in the hereafter? If you do not yet know the answer, you were sleeping. (*laughter from attendees*).

Some of you have been sleeping too long. It is time to wake up, is it not? It is time to step into your full power – not as a human being, but as a beautiful soul in human garb. It is time to claim your divinity. It is time to be the presence of love. If we impart nothing more to you this evening than that ... it is that you are THAT.

Wake up. Smell the roses. The beauty of the rose was designed to help you recognize the beauty of your soul. You are beautiful. You cannot be other than beautiful in spite of your mistakes. If you have learned from them, set them aside. If you know of one who has made mistakes ... forgive and raise the consciousness. This is why you are here ... to remember.

The very energy of our words this evening is designed for the soul to remember in a tangible way. The extent to which your heart is open is the extent to which you feel this energy. Open your hearts. Let it in, but most importantly let it out. That is why you are here.

Blessings be upon you.

*(Long pause. Suzanne remains in an altered state. A person in attendance stands with hand raised. Sanaya steps back in.)*

Sanaya: We do not need to leave one disappointed. There is another question and we will answer. Ask your question.

Questioner: Do you know what is going on with the oceans? The fish - there are some strange things going on with the fish, and I just wanted to know what is going on.

Sanaya: All is in evolution. All is changing. Species come and go. Change is the natural occurrence of life. Fear not. We ask you not to fall into a pattern of fear, but to rise above and see all of life from our perspective. Recognize change. Ask from a position of detached, neutral compassion, "How can I make a difference?" If change is happening recognize it, allow it, and ask how you can be a change agent. Fear not. All is in perfect order – always. What may appear to you to be chaos leads to growth. Read your history books. It is happening now. There are lessons there for all of you. The "Dark Ages" were truly dark. You are coming into the age of greater light. Enjoy it as you play your role in it.

We thank you. Goodnight.

Attendees: Goodnight. Thank you.