

Channeling Session with Suzanne Giesemann and Sanaya
The Awakened Way Alaska Cruise
August 15, 2023



Notes:

- Sanaya is the name given to Suzanne's team of spirit guides. This group of spiritual beings consists of masculine and feminine energy. Some have lived human lives and others have not. Some have been identified as having specific lifetimes as well-known scientists, celebrities, and historical figures. Most remain unnamed.
- Comments in parentheses are explanations added after the channeling session.
- Sanaya refers to Suzanne as "This one".
- The recording of this session is available at:
<https://youtu.be/FPnhwDxvyG8?si=OAG7zMHRxkWjF9id>

Sanaya: Good afternoon.

Attendees: Good afternoon.

Sanaya: It's always a pleasure to meet with all of you face to face, as it were. You realize, of course, that we do not have a face, nor do we need one. Yet, we take on the face of this one, and perhaps some of you can see our light shining through this one.

Were you to see with the eyes of the soul, you would see beyond the face of those upon whom you gaze and see a light that would blind you. At times it is good that there is this mask that you all wear. You would be quite surprised what lies beneath and beyond those masks you put on.

Yet those of you who stood patiently in line yesterday for a brief moment with this one - and we thank you for that - did not realize that you were not lining up to meet with a human being but to greet one soul to soul. There was a bit of surprise and shock. A bit of a jarring moment was it not for some of you to look soul to soul upon this one and be seen by the soul. You felt it. It has been quite a while for some of you since you have felt that connection at a soul level.

Is it not good to be seen, to be heard, to be noticed, to be loved, beloved? We love you so very much. These are human terms to say, "I love you." We wish we did not have to speak to you now in words. Can you feel our love, the love of the spirit world for you? If you cannot feel this

now, it is only layers of human conditioning that have built up around your light – energetic density that is a temporary thing. Do not worry at all. All density is temporary.

Your true nature, your true state, is the light and the light flows. Density comes from forgetting who you are. Gazing upon the light, you looked through those liquid pools and saw a mirror of your deeper nature. The self - it is always here within you and yet not limited by this costume. It flows outward, and yet these layers of human conditioning can indeed block that light.

We are here to encourage you to go within and ask to be shown where this density is. Be brave, soul. You have no-thing to fear. Any thing, any thoughts that arise as you ask to be shown what is dense within you that is blocking your light, has simply been waiting to be put in that light, to have the light shined upon it.

Darkness is not a thing at all, but a lack of light. Once you are willing to look at it, you see it for what it is - a mere shadow. Always, hear us well, as you find within you your innate courage - for the soul has no fear - to look at that which you have pushed down out of human fear you have beings of light with you at all times.

You may call them guides or angels. They are beings of light who accompany you always. They will be with you as you notice what needs to be noticed. And when you look at it, you see that this is no-thing at all. You will ask yourself, "What is it that I was afraid of?" You will see that it was all a lie. Anything that has told you that you are less than love itself, is a lie. Humans lie to each other at all times.

You will turn up the energy for as we speak of these lower vibration issues, the energy as a whole comes down. (*Sanaya asking attendees to lift the energy.*) We are sending you love now. As you feel it as a bit of vibration in your aura, if it becomes uncomfortable you need to merely ask your guides to back it off a bit. Some of you may feel a bit of pressure in the head. This is simply the movement of energy.

Fear not, you can look at any of the lies within you and once you see them for what they are, they no longer need remain resident in your energy field. This is very basic teaching for some of you, but new to those of you who most need to know that you have no-thing to fear. It is all simply energy that has stagnated. Your eddy, your field, has a calm center. Think of a drain in a sink and there are things that can clog up that opening to the center of you. All it needs is your awareness to clear it out.

As you are willing to look at these issues, you may go into the human way of speaking and thinking, "I am a victim. I am broken." You cannot be broken. You have already heard that you are the light of awareness. You had an experience or multiple experiences that caused you pain. We do not deny that humans go through much pain, but you cannot break.

You are so very precious to all of us, the bravest of the brave do come into human form. There's not one of you that leaves here unscathed. It is no accident that you are here to sit in this energy, to mingle with others who are eager to remember, "I am the light." That is all it takes – a

bit of a spark - to set your soul once again on fire. Is it not a blessing to warm up after a period of shivering?

We most enjoy taking your questions and we will entertain a few now as you turn up your light and send it this way. You may simply raise a hand if you have a question. We are asking the runners to be snagged by the one that has a question for us. We are stalling now to give you time, runners, to do what runners do.

The one of you who is holding the mic right now. We will enjoy your question.

Questioner: My question is (*inaudible*).

Sanaya: Would you please repeat the question at a higher level so that all can hear you.

Questioner: Would you speak to us about having moved from the dark ages to the dim ages of the present and bright ages for the future? I wonder if you could speak to points with which we might accelerate that movement from the dim ages to the bright ages.

Sanaya: It is true that we have jokingly in the past stated that you are - a bit of you are - going through a stage of impatience for you feel that humanity is going down the drain as you just said. But as you look back in your history, you will see that you have gone through a period that you would have called the dark ages. We jokingly give you hope by saying that the current age is the dim age. There is improvement in this, but we understand that you would like to now be in the bright ages.

We do not wish to disappoint you, but realistically you can see that in your lifetime you will not reach the completely bright ages. Yet, understand that as each one of you turns up your individual light and brings the soul awareness to the forefront, it is like a dimmer switch, a rheostat - it turns up the entire grid of which you are part.

There is one of you in the audience here who has been a guest on the podcast of this one who has spoken of the Noosphere, the human evolution field around your earth. * It is most definitely growing brighter by the day as consciousness is rapidly rising. These are human terms, but in our terms, we can see the lights going on.

One by one, as you all come to understand, "Ah yes, we are souls and our purpose here, is to burn brighter, to learn to understand that we came here to be the light of Source in physical expression. As you come to know this, you radiate a higher energy which is felt by those around you, every one of you here making a difference. You may not feel that it does but trust us. As each light turns up brighter you move from dark to dim to bright. You need merely to read your headlines to see that you have a long way to go.

Why not are we filling cruise ship after cruise ship with those of you who are willing to live The Awakened Way? But you are all emissaries of this way of living. You are all leaving here brighter, simply by being with each other speaking of these things. You need not leave here and proselytize and scare your friends and neighbors, however, you will naturally be shining brighter.

Little by little you will all burn brighter. It is a process. Evolution is a process. You cannot speed up the growth of a flower. You can add fertilizer. You can add just the amount of water that is necessary for it to blossom. However, it knows what it is doing because it is of Source. You are part of a process. You, dear ones, are fertilizer for those around you.

Be the presence of love and help to turn up the lights in others. That is all you need do. You need not share everything with those who do not yet have ears to hear. Merely by being the presence of love you model the energy, the attitude that will change your world.

We thank you for this most important question. We will entertain another (*question*) with pleasure.

Questioner: Are our lives predetermined?

Sanaya: In a way they are predetermined. There is most definitely this process which many of you have heard of which is called “soul planning.” Your guides who are with you every moment of this life, most especially your spirit guide, did sit with you. You may like the image of a table, a council, sitting around and saying, “What would be the best way for this soul to have experiences which it has not had in the past?”

We do feel that this couple over here who is considering having a baby will be the perfect parents for you. But perhaps this one over here and you as a soul knew exactly which family would help you to experience those aspects of the light which you had not yet experienced in a human form. So, you deliberately chose your family, but hear us well, you have been going around and round with certain souls for eons.

Yes, we will joke as we often do when the subject arises that you have played different roles with your soul family in past lives and if anyone is pushing your buttons now, you will have a chance to do that to them. (*much laughter*) Very good energy rising with humor.

We get back to the topic at hand. Yes, some of you did choose certain physical ailments. Some of you did choose to not be in the same mental state as others. Some of you did choose to have family members going through mental illness. Dementia – why would anyone choose such a thing as this?

What did we say in answer to the previous question? You are here to be the presence of love. You are here to remember that you are the expression of love in a human form. How better to do this when challenged by our duties when it is difficult to be loving. How better to do this when challenged by impatience by those who push your buttons. Could you have chosen difficult situations for you have been in human form before and you know that nothing brings out love more dearly than dealing with a challenge and having survived it.

You choose certain relationships and indeed certain career paths. Do you understand that this one and the naval officer were destined to meet? Or the daughter who was destined to pass at a young age for the hundreds of thousands who would come to hear our teaching as a result.

This is not a unique case. Everyone of you has a loved one across the veil and what difference has that person made in your life? Are you now counseling others from what you have learned either in a professional way or one-on-one?

Are you not now able to have more empathy for others from the tragedy that you have experienced at a human level that is not a tragedy at all at our level for we see the end game?

We know that you took on these challenges on this stage you call my life for the growth opportunity. Your soul is already whole and complete and fine. Your soul did not need or have to come into this life to learn a lesson as if it is a punishment. This is your creative experience. This is art school. This is cooking school where you come in and you have various ingredients that you could put into the mix. What are you creating now - how sweet is it or how bitter? What will you take with you ... a beautiful creation or a soufflé that fell flat?

There are certain milestones along the way and yes indeed, exit points when you may choose to leave. The soul knows these. Some of you have lost ones who have made it clear that at a soul level they knew that they would not be here for what you consider a full life. Hear us well, life does not end with what you call death. Birth and death ... opposites. Life is not the opposite of death (*misspoke the word "birth"*). Life is ongoing. There is not an afterlife. There is everlife as we have stated in the past.

When you choose an exit point, it is merely stepping off the stage to the next experience in your everlife. You may make choices using your free will to get off of the main axis that you planned at times. If it is going to keep you from one of these milestones that you signed up for, your guides may gently guide you back by putting thoughts in your head.

If you do not listen there will be pain. Pain is an indicator that you're not listening. It is not a punishment. Some of you, as we said that, are scrunching up the face and you are thinking, "Is pain always an indication that I'm not listening?" Of course not, dear ones. Pain is part of life; it goes along with the physical body. When you're experiencing pain after pain after pain, please listen and ask and say, "I am willing to see another way now. Guide me please."

A very long answer question for a short question. We will entertain one more (*question*), for we would like all of you to have the experience of connecting with a loved one and hear us well they are lining up to speak to you. They are here. Believe this.

Sanaya: The third and final question for this go-round.

Questioner: The SoulPhone** is currently being ... in production. Will it be on the market soon so we can call our loved ones?

Sanaya: Not soon enough for those of you in this room who would like to use your technology to speak to loved ones.

The gentleman in charge of this technology would not like to know that the evolution of the SoulPhone is in line with the evolution of humanity. We cannot release it to all of you until you

are all ready to use it. Like putting a nuclear weapon in the hands of one who is not ready to use it. We do not want to put technology in the hands of those who would use it for ill uses.

It would be quite easy for this technology to be available to all of you now. All we would have to do at our level is put into the awareness of those who are open to our insights how exactly, step by step, to put together a SoulPhone. Why do you think it has not happened yet? For you are not yet ready.

And so, with teams across the veil helping - and this one has indeed been part of that team connecting with former human beings in bodies who are helping across the veil – why have they not yet produced the SoulPhone? For all of you are not yet ready.

What can you do whilst you wait? SIP the Divine dear ones. (*A reference to Suzanne's SIP of the Divine meditation.*) Look at the density within yourself. And as always, we come back full circle to our teaching at the beginning. You are here to turn up your light.

Would we hand you a SoulPhone to talk to your loved ones, where would be the learning for you? Where would be the growth? If you could pick up the phone and say, “Hey, mom, are you with me?” and she answered, would you then sit in the silence and learn to turn up your light? No.

If everything you wanted were handed to you on a platter, what's the point of coming here? How much do you want to hear from your loved ones across the veil? If we hand you a phone and you talk to your loved ones, you might go back to your human ways. But if little by little as you sit in the silence, you notice that something within you has become sweeter, would you not come back for a taste of that nectar time after time?

If we give you just a hint that your mother or your father, or your daughter, your son, your spouse is here, would you not come back day after day into the silence to train your very being to get to know your very being? Would you not, when walking down the hallway, meet another beloved human being eye to eye looking for the soul in that one, in an effort to turn up your light more brightly? Would you not do everything in your very being to be the presence of love so that you could talk to your love across the veil?

This dear ones is why you are not immediately given the technology for this SoulPhone, for you are not yet doing that enough. A bit of tough love here. But is there not a one of you who does not see the truth in our words?

You can all turn up your light more brightly. You are the ones that do this. We are here to help you. We hold your hand as you walk through this place, but you must make the choice for love. And, as you do so, when you wish to say something less than loving to another and catch yourself and say something loving instead, you have removed density. Now when you go into the silence and you say, “My loved one, I wish to hear from you,” they are able to get through more clearly for you have made the choice for love. Do you understand? Yes.

You are the one that made this connection possible. Your loved ones across the veil see you. They need your light to burn as brightly as possible. Those of you in deep grief now may need to give yourself time to heal. Your guides will help you with this.

But, along the way, turn up the light by loving each other and loving yourself. It is that simple and that challenging for the human aspect of you. Be the presence of love as often as possible. And then, guess what? You will not need a SoulPhone for the connection will be just right.

We thank you so very much for your presence here. In being here and partaking in gatherings such as this, you are the presence of love. It is human effort, and we thank you. We honor you. You are so very loved. We bid you good afternoon.



*Note: Jim Krag was Suzanne's podcast guest on October 12, 2022, with a fascinating discussion about the Noosphere. The show was so popular that he was her guest again on October 31, 2022, for "part 2" on the Noosphere. You can find the recordings on YouTube:

<https://www.youtube.com/live/U2zN0Y4TjE?si=79fim-QoVww0HqxH>

https://www.youtube.com/live/m_urEkIRjUU?si=BAAnzEqkTHah0jju1

**The SoulPhone is a project directed by Dr. Gary E. Schwartz at the University of Arizona. You can read more about it here: <https://www.thesoulphonefoundation.org/>

Previous channeling sessions with Suzanne and Sanaya are available in the archives:

<https://suzannegiesemann.com/channeling-sessions/>