

**Session with Suzanne Gieseemann and Sanaya
at Unity Church, Summerfield, Florida, on February 10, 2013**

(Parenthetical comments were added by Suzanne during transcription. "This one" or "the subject" refers to Suzanne.)

Sanaya: Good evening. Yes, it is a process this one must go through as the body adjusts to the higher energies which come through. And you may notice the increase in the breathing. And you would not notice the rapid heartbeat, but trust us it is there. A blending it is of consciousness, but also of the very physical energy that is present. You might note that as this adjustment takes place, more the physical body does calm down and we can speak more clearly.

And a good evening to all of you. A good evening it is, and a good evening it will be as we share with you yet again our messages of love ... these words which you cannot hear enough. We remind this one of a movie that was viewed upon the large screen this past week (*Zero Dark Thirty*). Quite a bit of violence in this movie, but based on what you know as "real life." Yet more drama. There is enough drama in your lives, yet do you not go out and watch it on your large screens? This seems a bit contrary to logic, does it not?

But this cinematic drama took place in a country far from this one, and there was not a lot of love visible on that screen. This one was quite a bit perturbed by that, feeling insignificant in the efforts to bring more love to this world. Have you not felt that yourself at times? Do you not feel that it is futile to work at being loving, at radiating love towards those around you when all that you need do is turn on your television sets and see how very much work there is to do?

We remind you that perhaps you have seen these satellite images of your earth taken in the darkness in which you can see the lights of your world lighted at night. You can see your dense population areas for the brightness. You can see large areas of your earth where there are no lights ... an actual physical reality. You have seen such photographs, have you not? Quite interesting it is to your logical minds.

We ask you now to make a shift to the spirit and imagine what such a photograph would look like if you were to see the light of the human soul in the condition in which your world finds itself now. How would that map be lighted? We dare say there would be equally large areas of darkness, would there not? And there would be concentrations of brightness.

Yes, it is true, we have asked this one to bring a bit of a prop this evening. (*A round fiber optic light*). We will speak later this evening about the kind of guidance you can receive, even with eyes open ... to do certain things (*in other words, you can receive guidance from higher consciousness to take certain actions, even when not meditating or in trance*). And we did direct this one to bring this very light which you see behind the subject now. (*Note from Suzanne: I thought they were going to talk about another*

aspect of how to see this kind of light. What they shared this evening was a new way of looking at it, which they have never before shared!)



Imagine that this is your earth. This light is not filled in. There are gaps. And this is how we see your earth with the eyes of spirit. Each enlightened soul allows the light of love to shine from within, and this can be seen with the eyes of spirit. To those who have no body it appears as a glow. Those of you who can see the aura see others as a light. Perhaps you see it this evening.

We wish you to envision your own planet as this light, currently with great gaps, not completely filled in, but this is the goal. And some day the entire grid will be filled in. How will that happen when at this point in time it is not even as bright as this prop you see before you, for there are still so many souls who have yet to learn who they are and why they are here? We dare say that most of you here already understand the truth of the spirit: that you are not these physical bodies you are walking about in. You are the spirit being that you have always been and will always be. The more you realize this, the more you allow your true light to shine and thus do help to light up the grid, to light up your world.

You may see large populations of your earth who fight each other, who do not share love with each other and feel that it is hopeless. We beg you not to feel this way. It is never hopeless. Where there is one light it spreads and spreads, turning on the other lights around it until the glow can be seen. You do this. You have a purpose in being here. Not just in this room but in this existence: to help to light up your world.

By the time you leave this incarnation there will still be gaps in this grid of light, but it will be all the more bright for you having been here, and that is what matters most. So do not despair. Do not give up. Know that your efforts to bring in more light are felt and do have an effect.

So keep up the good work.

And now, to the topic of "guidance." This one has become more highly attuned in recent years. Some of you are also as highly attuned. All of you can get to this point. How do you do this? How do you get to the point where you can hear the kind of guidance that tells you what to do from moment to moment, unerringly leading you to positive experiences and more growth with very little pain? Once again, it begins with sitting in the silence, training the mind to be quiet. For, how can you hear this guidance if the mind is constantly chattering?

If you are not yet meditating regularly and you would like to no longer stumble along blindly, this then is the solution. And it takes but a few moments of each day, but quite a bit of discipline, which all of you can develop. It also takes the belief that it is possible to tune into a greater voice than the one which chatters in your brain. Believe it. The voice is your higher consciousness, connected intimately with the Source of it All, as are you. There is no separation.

All of you have the ability to hear that voice. It speaks to you now, but you do not trust it, do you? When you can learn to trust it to the point where you know exactly which page in a book to turn to, or exactly who to call at what moment, what to do from moment to moment, then you have arrived.

But you never truly “get there,” do you? This life is about constant growth, constant learning. This is one of the lessons which is so very hard for most of you to understand. It truly is about the journey and not the destination. The spiral of ongoing growth grows ever larger with no end. No end. Only more beautiful as you grow more loving. More loving. That is the point of life. And so, become not discouraged that you have not yet “arrived,” for you will be given ample opportunity to continue growing, and as you grow the more pleasant will be your experience in this life.

We wish to expand now on a topic of which many of you have quite a few questions. That is the topic that you would understand as reincarnation. This comes up quite a bit in the question and answer periods, does it not? “Is it true that we go around and around and around?”

What would be the point in that, but the continued growth of the spirit? If there were an end to life, there would be no point in returning. But you do return. Hear us well: It is always choice. You need not come back to what can be a hellish experience in human form unless you chose to learn by these difficult challenges.

And so, as you face these difficult challenges which many of you now face, know that you chose to learn from these. As you are mired in the suffering, ask yourself, “What can I learn from this?” and in that way, the suffering is not wasted. And when you realize that you are learning, this alleviates much of the suffering.

And now back to the subject at hand—that of reincarnation. Many wish to know, “What happens if my loved ones reincarnate before I get a chance to see them again, when my turn comes to pass to the other side?”

This brings a bit of fear to those left behind. “I wish to see my loved one again, but what if they are not there?” Rest assured: They will be there for you.

Energy. All is energy. And it can be transformed, but not destroyed. Where have you heard this before? Ask your physicist friend (*who was present this evening*).

Energy is transformed. We will expound upon a topic we have shared previously in smaller groups. You can picture the soul force as one of your physical cells, which do divide, do they not? Replicating

themselves. Can you see this? One cell becomes two and then many, and all containing the same genetic make-up. Yet more science lessons this evening.

All contain an exact copy of the original cell, yet all take on a new role within, for example, the body. What begins as one cell replicates itself with identical make-up, but then goes forth to have a different experience as a different part of the body. We hope you are following us so far, for it is about to take a bit of a turn and become a bit more nebulous (*and literally, it becomes "nebulous" with talk of wispiness!*)

Picture the soul in the non-physical dimension. Now, you wish to see it as having form, but have we not told you there is no form in the realm beyond this one? Merely energy, merely vibration. And so we share with you this evening a new analogy never yet spoken through this one. We wish you to imagine smoke.

Can you picture smoke in your mind? It has a bit of form, but no comprehensive form. This type of smoke we wish you to notice, it has a scent to it. Picture this smoke as a soul. This soul decides to improve itself and add to the whole by learning to be more of its true essence, which is love. It decides to become human. And a bit of that wispiness goes as spirit at the point of conception to join with the physical body, animate it, and experience life as a human being.

As it goes through life as a human being, it takes on characteristics. It (*as a human*) may be a bit grumpy at times. It may be a bit judgmental. Hopefully, it will learn to be loving. But as it takes on what you would know as "personality," it takes on what you would understand as a "scent" of its own. Let us call this a "hickory" scent. At the time of death, "Hickory" returns to the original smoke. It blends, and now it is part of the original smoke again. It determines there is yet more growth. It has expanded and raised the consciousness of the original smoke of it, but now it is going to return and have another go at it.

Hickory scent remains (*in spirit form*), yet the original smoke takes on a new physical form. It now assumes quite a different personality.

We hope you are following us.

This one is yet more loving. This one is less grumpy. This one learns quite a bit from the challenges of its life. Perhaps it suffers a bit of cancer or relationship challenges. We will call this personality "Mesquite." Mesquite. It returns at the point of death to the original smoky form, which is pure energy. Now we have a mixture of hickory smoke, of mesquite smoke, and more of that smoke decides to reincarnate.

Here we have one who can communicate with spirit. You would know this one as a medium. The medium is sitting with this new human being who wishes to know if its loved ones are on the other side. And they are, of course. The medium can tap into those on the other side. The loved ones of this one—

this is getting quite a bit confusing. We understand this—pass to the other side. This one left behind is but an aspect of this greater wiseness.

Here we have the different scents (in spirit form), yet a different one down here (*as a human*). Are you following this? Very good.

A medium taps into aspects of one (*now in spirit form*) who is still here (*as a different human being*). It matters not that this one has reincarnated. The family members would recognize that personality which has walked upon the earth before (*when they get to the other side*). This one in the new form can walk about belonging to a different family, but the loved ones of Mesquite and Hickory would still recognize the original genetic makeup in wave form.

Do you follow this? There is no form. Merely vibration. We use the vibration of the olfactory nerves which you would understand as scent merely to show you that all is vibration. You need not have form. This is what a medium tunes into: the waveform. Vibration. This is maintained. It does not go away. It merely recreates bits of itself, returning to have another go at this human life and then rejoining what you would understand as the “oversoul,” made up of various personalities that have had previous incarnations on earth.

In reality, all are happening at the same time, but this would totally confuse you if we threw that into the mix at this point. (*Laughter*) Come back at a later date and we will delve into that. For now we have merely attempted to give you a new way of visualizing with your senses how it is that the “you” that is part of one greater oversoul can come back in numerous incarnations to return to that great soul that is you and add to the whole.

Can you see how very important it is to grow whilst here in human form? And how do you grow? By responding to every challenge with love. By opening your heart to those who confront you, to those who are different from you, and saying to them, “I know you are different, but I see the soul force within you, and I love that. There you are, my fellow soul ... that spark of the Divine ... I recognize that in you, and we will all return to take our proper place as the pure spirit beings that we all are.”

A bit of odd science we share with you this evening.

Is there a question among you this evening? We will entertain one.

Q: You’ve said how cancer serves the growth of the single soul. Could it serve everyone at the same time?

Sanaya: have you not seen when there is a great challenge to one, how those around that one rally with loving support? No matter the outcome of the cancerous condition, such love is present. Far greater love than if there had been no bumps in the road.

Cancer does serve a purpose, most certainly for the growth of the one who suffers it, but there are ripples that go outward long after the cancer has either been cured or resulted in a transition.

Do understand that life continues. We remind this one of a loved one who is not present this evening who has decided to LIVE, whether that be in this dimension or the next, in spite of the cancer diagnosis which she was given. She truly understands that life is eternal. And with that positive spirit she is helping all of those around her to rise above their own challenges, for they can look upon her and see, "If that one, with such a serious diagnosis, can maintain her loving radiance, can maintain this positive attitude, then what have I to fear? Of what can I complain?"

Do you see how this one woman who suffers from a cancer which no one would care to have is adding to the growth of the whole? Great lessons are there to be learned from all the challenges. If you can see this while suffering the challenge, all the easier will be this experience of this.

We hope we have answered your question. Is there yet another?

Q: We all are about the same age here (*tonight*). How can we reach the younger folks in our ability to get them to realize that spirituality is very important?

Sanaya: Could you have learned these lessons when you were younger, Sir? (Laughter) Most likely not. We ask you yet again to picture the seed. Can you speed up the process of the flower coming to its full growth and blossoming? No. It is all pre-determined in the seed. And when you look upon your own life, can you imagine how your own life would have changed had you blossomed and awakened earlier? It is all part of the perfection.

Yes, when you reach this point of awakening and you feel the love, and you see how love does heal, you wish for others younger than you to grow and experience this. And it causes a bit of frustration. But understand, it is all part of the growth process. Those who are destined to learn these truths will come around at just the right time.

You can add that loving presence. You can add a bit of water and fertilizer to the seeds, but they will grow no faster for it unless that is their path. So feel not frustrated. As we have said in the past, you need not heal the world. Heal yourself, my friend, and in so doing, you send out the ripples.

Thank you so very much for joining us this evening. We hope we have not confounded you with our little analogy. Something to chew upon, and it will take some of you a bit of digesting to do so, but we wish you to get away from visualizing all as form. All is spirit, my friends. You are that. From spirit you came—that wisp of smoke. You have come to this life. You have taken on a personality, and you will go back to rejoin the oversoul, adding to it what you have learned here.

What will you take with you? How much have you grown? Will you rejoin that greater soul and add to it greatly? Those here, we assure you, can answer with a "yes," but there is yet more growth to be had or you would not be here. Know that every decision that you make either adds to the growth or adds nothing.

We ask you to always come from the heart, to look for the soul in your fellow human beings, and to pay attention to that when you see the darkness.



We wish you also to understand that that great oversoul ... ah, yes, picture it as the prop here ... each of those lights represents one of your personalities. See the entire light as the oversoul, but all of this like one tiny cell making up the body of humanity, and all of that making up the body of God. Yes, we remind this one of the sacred geometry: the form known as the Flower of Life. Those of you familiar with it would know it as interconnecting spheres (*Do a Google image search for Flower of Life. Good stuff in light of this conversation!*):



Can you see the sphere that is the oversoul interconnecting as wispy smoke with all of the other souls, all making up the one Great Soul, your Source? But it is limitless. Just as smoke has no form, there is only Energy, and that Energy is Love—your very essence. The more you radiate that love, the more you light up your soul.

Light up the oversoul. Light up the Great Soul, and allow true Love to be expressed. Express it through yourself here and now, and in this way help to light up your world.

It is all so very interconnected. You have no concept of this. Visualize the lights, my friend. It would blind you if all were lighted at once. That day will come. You will experience the brilliance, and you will know that you are truly Home at that point, but once again we repeat: You can bring Home to you here by merely turning on your own light.

We thank you for your presence. May you go forth from this room and light up the world.

We bid you goodnight.