

Special Session with Sanaya and Suzanne Giesemann
Mykonos, Greece
Life, Death & Beyond International Conference
October 18, 2013

Before the session started Suzanne shared a brief overview of channeling.

All notes in parentheses 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.

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

You can read more about Sanaya at <http://www.suzannegiesemann.com/who-is-sanaya/> and read Sanaya's daily messages at: SanayaSpeaks.com

Thank you to Teresa Stella for this transcription. Thank you to Danise Rosak for also transcribing this session.

Sanaya: Good evening.

Attendees: Good evening.

Sanaya: We so appreciate the trust of this group, the inquisitiveness, the eagerness to have an experience quite different from that which you have had. Imagine being the age you are and never having seen or experienced the presence of spirit in this manner, and that is exactly what is happening. You are witnessing something that few have the opportunity to witness if you would trust but a thing ... but, trust us, there is a reason that you are here. All of you are at different points of your path of awakening and that is what this experience has been for you, a journey of awakening to greater realities, greater truths.

Your entire life you have lived at a certain level, a certain vibration, and have you not experienced in these sacred places higher vibrations? Some of you could feel it, tangible vibrations, in these locations where gods and goddesses were said to have roamed. Do you not now understand that all of you are gods? All of you are beams of light temporarily in a human body. It is this very costume you wear that hides the truth from you. Were you without the body you would vibrate at such a rate that there you could see all of the lights

around you and realize that your entire life you were a beam of light. But this is part of the magic, discovering this for your self. And such an experience as this is provided to awaken you. To allow you to turn up that light within *you* so that it might burn ever brighter. To take that light back with you to your nation, to your country, and share with your fellow human beings this most unusual experience that you have. Yes, of course, you must show a bit of judiciousness and not share this with all, for all would think you have lost your mind and perhaps left it there in Greece. (Audience chuckles.) But you will have discernment. You need merely go to the heart and ask, "Can I share this with this friend? Will he or she understand that I have had an experience that I wish to share?" For that is what experience is for, to share it with others, to talk about it, to raise each other's vibrations. It is through connection with others that you raise the vibration of the whole.

All of you are leaves on the same tree. You see yourselves as separate, as individuals, and because of this faulty view, you have competition instead of cooperation. You worry that "that one" is more important than I; that "that one" has more belongings than I; that I am not good enough; that I am not worthy. But this is a faulty view. If you could understand that you all come from the same source. All of you are breathed and fed by that same force, it flows through all of you equally, through the branches that unite you, into each one of you, as identical leaves; then, there would be no conflicts, no egos battling for position.

You have your spiritual leaders and even some of them do not understand this concept, do they? They feel there must be a jockeying for position. We wish to remind all of you that all are equal in the eyes of the Creator. All of you are aspects of that One mind and it is consciousness that unites you all. And consciousness is a vibration and that vibration at its highest level is bliss. It is impossible to put into your language, this very high vibration, but you would understand it as this bliss, this joy.

And the more you come into alignment with your true nature, one with the Divine mind, no longer in conflict with others, but in full cooperation, the more you experience states of joy, states of bliss.

If we could remove the physical bodies at this moment you would see naught but vibrations of light, and the light would flow from one to the other. You might picture it as musical notes. Each of you, from the thoughts and actions you have had throughout your life, vibrating just a bit different from each other but all at the human level within the same octave. Those of us speaking to you at this moment normally vibrate at a higher octave. Several octaves higher than you would experience normally; all of it a vibration. And each of you just a bit different and this is the reason why some of you do what you might say as "click" when you meet the other. There is something about that person's vibration that is in perfect harmony with your vibration. And another whilst

they may have a very fine heart, a very loving heart, for some reason does not play in harmony with your note. Perhaps one is sharp and one is flat and this is quite alright. You need not fight it.

All of you are notes in the great symphony of humanity, all of you necessary. Were you to remove some of the notes in this symphony it would take on a completely different tune, would it not? This group plays a very pleasant song, you vibrate very well together, quite a pleasant melody. But you will go back to your individual lives and there you will experience a cacophony of notes. Some of them quite dissonant to your human field and you will feel it and now hopefully you will understand from whence come these uncomfortable feelings and why it is that some beings repel you whilst others attract you. It is all a matter of harmony, dissonance, and resonance – vibration, consciousness at the base of it all. And that is enough of a lesson. We are quite aware that there are those who would enjoy a question and answer session.

So we will entertain the first question, please.

Attendee: Where are you at this point in time?

Sanaya: We are everywhere and nowhere, sir. If you were able to access our dimension, you would enter into what your scientists would understand as the quantum realm, a time of ... a place of no place and no time. Do you see how difficult it is to put this into words? You and your world have locality -- location and place. We can be everywhere at once. If you were to travel around your world so quickly that from one point to the next, one time around your world, were the blink of an eye, how could you locate yourself on that circuit? It is impossible for it is such a quick circuit. It is the same in our dimension, we have no space, we are vibrating so rapidly that you cannot pin point us. We hope this answers your question. The realm of no time and no space. When you go smaller than the level of the atom, you enter into our dimension. That is why when the physical body made of dense matter consisting of atoms and smaller, disappears, you are no longer bound to the physical world but now part of the so called quantum realm of no time, no place, and completely connected with All That Is. Understand you are in that realm at all times, you are in it now as the pure spirit beings that you are but it is this physical body which keeps you from experiencing that. Once you transition to the other side you will experience this realm of no time and no space. Thank you for the question. Is there another?

Attendee: Is God one spirit or many?

Sanaya: Now you have asked us to answer a question that cannot be answered in words, but merely experienced. God is all that is and all is God. If you were to change this word, to delete it from your vocabulary, and try a few different words, perhaps it would help you to understand this more, but so many of you

were raised to imagine a figure, a human like figure, and this is what comes to mind when you use this word, “God” but, please, we ask you to try out different concepts such as the All That Is, the Force, the Source, the Creator, the One Mind, the Divine Mind – there are a myriad of words yet none of them come the slightest bit close to defining or describing that which is limitless.

All of your words and terms and concepts put a form around that which is formless. The closest you have come in your vocabulary is the All Powerful, the All Knowing, the Everywhere – that is as close as it comes. Yes, it is one being, it is all beings, it is all of you, and all that has not yet been created. It is the sea of all possibilities – all that is yet to come and all that has been – the most powerful force in the world. Could it be harnessed, it would change the world, but you have not yet figured out how to do that. We will give you the secret. Become that which you are – be the presence of love, be nothing but love, and then you will have the closest experience that you can have in human form of being God-like.

Perhaps this answer has surprised you a bit. We could go on and on with our favorite topic, getting you to know that you are That. Your organized religions have tried for millennia to make you believe that you need leaders to guide you to the personal experience of your oneness with All That Is. We are here to ask you to go into the silence to experience yourself as the light, the light which breathes you. And once you have had this experience, and your pilot light has been turned up, then we cannot be responsible for what happens from that point on for you will want nothing more than to turn up that light ever brighter and to have more and more experiences of the presence of spirit.

Sanaya: And another question, please.

Attendee: Are we all old souls here and have we all lived together in another life?

Sanaya: We will answer your question, but we are afraid it will cause some of you a bit of angst. Yes, there are such things as old souls and young souls, there are those who have been around the block a time or two and those you would recognize by the sense of peace and joy that they radiate by becoming unruffled, by being less judgmental, by being able to rise above. There are others who are experiencing in human forms and still working out some of the kinks from past life times. Now we do not want you to start looking around and guessing who is the old soul and who is the new one. The point is you are here in this life by appointment, by a contract, all group souls. So, yes, there has been a time when your energy has been in contact before, there are no coincidences. Some of you would recognize friends from the other side, others are not quite at the point where they would understand this nor have that recognition. There is nothing wrong with this. In your life you see old and new as good and bad and this is not at all the case. It is soul school as your

instructor this past week did tell you. That you are all here for the learning, all helping each other through this school, all, once again, leaves on the same tree and we congratulate you for having listened to the guidance and come to this point to experience this great reunion in human form.

Sanaya: A question?

Attendee: What can you share which would be most healing for parents who have lost a child?

Sanaya: Merely the truth – that the child came into their life to add more love to their life. And we are sure that there comes that moment when the parent would ask who would sign up for this kind of experience? And you must understand that the angels and those of higher vibrations look upon the grieving parents with the greatest of respect, understanding that it is only the most courageous souls who would sign up to experience in this world of duality, the grief process. The greatest loss, the loss of a love, in a world in which so many think that death is the end. But, having the understanding that you signed up for this, we understand, does not make it any easier to bear.

We bring you experiences such as this, we give you those who can communicate with the other side in order to come to a new place of understanding that there is more to this reality than simply a beginning and an end that you call death. Life does continue on eternally, you most definitely will see your loved ones once again and you can contact them at this point. This is what this type of learning is about and we do hope that it brings a measure of comfort.

It is merely by learning to rise above the human level to that place of spirit, that world that you enter at all times in your dreams at night, in meditation, when you can rise above this world of duality and access the soul level that you can look down on these hardships that you experience as humans and say, “It is a drama I have chosen to take on this role there must be a reason. May I learn from it, may I grow from it, may I make another’s path a bit easier from my learning for surely there will be others who can learn from what I have learned along this painful path.”

Sanaya: And we will entertain one more.

Attendee: Have we chosen our parents and close ones before we came here?

Sanaya: Most certainly you have, you will understand them as part of your soul group. And once again we would ask that you laugh at yourselves for having taken on some of these odd characters in your family. But can you not see the beauty in it, you get together during your holiday periods and you repeat and you repeat and you repeat the same lessons over and over again. Have you

learned? Sometimes people pass through an entire lifetime and do not learn the lessons that you came here agreeing to learn from each other. But it was a contract that you made and although it may seem unusual for you to accept, some of you have been around the block a time or two with the others before, but in different roles, the roles were reversed, so this is your chance as you say, “get even.” (Audience chuckles) We do use a bit of humor, but it is all for the soul’s growth. That is why you are having these experiences.

And we will leave you with this bit of advice – that your life is so much easier when you understand that you are here for the experience, nothing more. You can choose to learn from it or to learn nothing from it, but the choices that you make are what allow you to grow where you choose to respond with love or where you choose to respond with less than love. Every time that you make a choice from the heart rather than from the head you have raised your vibration and thus that of those around you as well.

Every moment of your life presents a new experience, for the human life is all about change. There is nothing in the human reality that does not change. That which is eternal is that which is change-less and that is you as a spirit being, that which is you in the heart. It is your task, through your choices, through your experiences, to return to the heart to uncover the soul, the part of you that is pure love. If you are not feeling loving inside, do not look outside of yourself for it. Go within, trust that it is there within you. Experience it in meditation. Ask to be bathed in the love that is you. Ask the Great Spirit to allow you to experience your true self, an aspect of that Source.

When you have such an experience, you are changed forever, and you cannot go back, for then you understand that all of the lies you were told through your life, by believing the mass conscious of humanity – that you are separate beings, that you are not worthy of love – have done you a disservice. It is in making that connection with your Creator, with that which breathes you, that you come to know yourself as That, and then there is no going back. Yes, you may stumble a bit, you may return to your human belief system, but always you can rise above to that place in the heart, look back and say, “Ah, yes, I could have chosen a bit wiser, I could have made a more loving response.” and such an opportunity for a choice such as this is yours *every moment of your life*.

When you leave this room, you will encounter fellow human beings – they will say things contrary to your belief system. Is that the human belief system or is that what you know to be truth in your soul? Give it a test on the spot and decide, “Will I respond as a human being in the habitually way I have programmed myself to respond for a lifetime; or, now that I am waking up, now that my pilot light has been turned up, and is beginning to burn ever brighter, will I come from that place of light and respond a bit higher?”

That is life. That is the path you are on. It is a trajectory upward, it can be no other way, for this is evolution. We hope that you will go from this place and make the most loving choices possible but, if you do not, there is no judgment for you are here for the lessons, you are human. But for your own contentment, to have a better experience here, to leave here vibrating a bit more in harmony with All That Is, we do ask you to always come from a place of love.

We thank you for your attention, for your trust, for the loving energy that you have radiated this evening. We ask you to go forth and radiate that love upon those who need it quite badly. You are all so very loved, if you only knew that, there would be no conflict. There would be naught but peace. Know it in your heart, feel it in your soul, and go Home whenever you wish.

We bid you good night.