

The background of the cover is a photograph of a calm ocean under a clear sky. The sky transitions from a pale blue at the top to a soft orange and yellow near the horizon, suggesting a sunset or sunrise. In the bottom left corner, a portion of a white, smooth rock is visible, extending into the water. The overall mood is peaceful and contemplative.

# There's Only "HERE"

A Selection of Messages from Sanaya,  
Advanced Teachers in Spirit

Suzanne Giesemann  
Mystic, Medium,  
Messenger of Hope

# There's Only "Here"

The title of this collection is a direct quote from a dear friend who is now in spirit. Her name is Brenda Bollman Baker and she left this earth realm on May 9, 2018. Less than one day after her passing, I felt Brenda's presence and heard her exclaim in her own voice, "Suzanne, there's no blinking. I just woke up!"

Brenda gave me stunning and irrefutable evidence to prove that her words were not my imagination. She shared with me details from a meaningful story that was known only to our mutual friend, Lynette. Brenda continues to visit me and to share her insights from across the veil. As a former teacher, I know she is pleased that you are on this journey to understand more clearly that the physical and spirit worlds are one continuum and that ***There's only "Here."***

With love always,

*Suzanne*

The messages included here have all been received directly from spirit.

Most have been given to Suzanne in her daily meditations which can be found at [www.DailyWay.org](http://www.DailyWay.org).

Others have been received during "Special Sessions with Sanaya" when Suzanne provides a voice for these teachers in spirit at larger gatherings of people. Recordings are available at [giesemann.link/sanaya-sessions](http://giesemann.link/sanaya-sessions)

**You can find more information on Suzanne Giesemann and her work at this link:**

[www.SuzanneGiesemann.com](http://www.SuzanneGiesemann.com)

## Present

*Are your guides with you always? They will tell you themselves, "We are here." Where is here? Here is where you are. Where you are is always here. You are used to a world of coming and going, of spaces and places and time that seems to unfold. Your guides and those who have passed beyond your linear world know only here and now. There is a part of you that always knows this state of be-ing. You, at the human level, can come to know it when you still the mind, take a deep breath and practice presence. And voila: here you are ... in communion with your guides and with All That Is. You are in conscious communion at the soul level, for you can never be apart from here and now..*

*The Daily Way  
June 7, 2018*

## Any Less Present?

*When your loved one is far away, at times they can make a phone call, and you satisfy yourself with that brief contact. When you are no longer in communication, does that make them any less present in your life? What if they have no phone at all? Does that make them any less present in your life? Not at all. What love has brought together, no time or distance can separate. Perhaps your mother or father has gone off on a new adventure with "no service." Does that make them any less present in your life? Are you any less their child? Not at all. Perhaps your child is enjoying a new adventure where you cannot hear their voice today. Does that make you any less their parent? Of course not. Love continues, not as a pleasant concept, but as the reality that never changes. Talk to those who are experiencing life in another form. They are speaking to you. Even if you do not hear their communications, you can feel them in the heart, where love reigns. This bridge that connects you is always accessible. Today and every day, talk to them and know they hear you.*

The Daily Way  
May 12, 2019

## A Short Leap

*It is but a short leap from your world to ours. You think it is a long distance ... another place to which you travel when you pass from this life, but we come this evening to tell you that our world exists simultaneously with your world.*

*The leap is but a step you make with the mind— with your consciousness. You need not go anywhere but alter your consciousness to greet those you thought were lost ... to be reunited with souls who continue to exist eternally without the body in which you knew them.*

*In truth, there is no leap at all except a leap of faith perhaps, on your part. We are here as you are here, only without the physical body, and without the physical body you can perceive us with the eyes of the soul*

*Special Session with Sanaya  
January 1, 2011*

## Connected

*It is all about teamwork. Yes, you can do it all by yourself, but how much easier things flow when you cooperate and collaborate. You are given relationships for a reason. Use them. Now, as you read these words, understand that your relationships extend beyond the physical world. You all have helpers in the unseen realms. How often do you call upon them for help? You do not believe in their presence? Then why do you pray? Who do you think answers your prayers? It is not a separate being apart from you. All that exists is connected. Your prayers set up a vibration that knits together strands in the web of your life, bringing to you just the right beings in the physical world and the unseen world who can help you. This is cooperation. This is collaboration. You do not "go it alone." You could not, for you are never alone. No man is an island. Use your relationships to make your life easier. Call on your helpers to ease your way, for this is how it works at the end of the day.*

*The Daily Way  
July 25, 2014*

## Thoughts

*Inspirers. You have so many of them on the other side. Some of them are your guides and some your family members, lovers, and friends. They do not leave you after they cross. Yes, they have their own lives just as when they walked the earth, but your heart connection draws them near as needed. Those thoughts that pass through your head? They are not all your own, no matter how much they may sound like "my thoughts." Consciousness is shared. Like light-energy, it cannot be divided. So, whose thoughts are they? They are born of the One Mind of which you and those you love are a part. Inspiration comes from above, from those you love and those who care for and about you. You do not walk this path alone.*

*The Daily Way  
April 4, 2017*



## Still Here!

*"Dead and gone." Such finality there is in these words. This is why death brings such shock. One moment one you love is there and in just an instant they have passed. At this point you begin telling yourself you will never see them again, and that is when your suffering begins. First, change your wording from "dead and gone" to "alive and gone on a journey." They are more with you than ever before. If you had suddenly gone deaf and blind, would you stop talking to those around you? Of course not. It is the same with death. Most of you in the physical realm are deaf and blind to those no longer in a body, but trust us: they live on, and your suffering does not help matters. "I'm alive! I live!" they are saying to you across the veil. "It is you who has gone off on a little journey for just a while, and I am back Home. We will be joined face to face, light to light again when the time is right, but I am right here at your side in my spirit body. Alive and gone from your sight. Alive and gone from your hearing, but still so very present. Talk to me, please, as I guide you out of your blindness."*

*The Daily Way  
November 21, 2016*

## Here Now

*You are not alone. We say this quite often, and you may scoff if you look around you and the house is empty or your friends are far away. What if you could see with the eyes of the soul instead of the physical eyes? Would it make a difference if suddenly the veil were to part and you could see the friends who surround you? What are friends, but companions who help you on your journey.*

*You have such friends. Trust us in this. Just because you cannot see them, you need not dismiss them. Instead, invite them to make their presence known through signs, insights that seem to drop into your awareness seemingly from no-where, when in fact they come from now-here. Your ethereal companions are right-here, and they wrap their heavenly arms around you in your greatest times of need. Do not dismiss what you cannot see. That longing in your heart to believe this is so comes from the soul, guiding you back Home to the heart, which knows how very loved you are.*

The Daily Way  
December 7, 2018

## Here and There

*"Are they okay?" you ask of your loved ones who have passed, and we ask you in return, how could they not be? Love is ever-present in your world and theirs. Many times you are not aware of the Love that surrounds you here. Here, across the veil, you cannot help but feel it. "Are they alone?" No more alone than you are, yet in your world you so often are not aware of the many helpful beings of Light around you. Here in our world, you cannot miss them. "Are they happy?" you want to know. As happy as any being of light has the ability to be when you become aware of the Love and light-beings that surround you always, both here and in the everlife. Your two worlds have much in common, most of all, love and light. Allow these into your awareness "here" and you will know they are indeed okay.*

*The Daily Way  
January 25, 2018*

## Heaven

*Speak to your loved ones. They are not in some far off Heaven. Heaven is where you are ... Do you understand this? The only difference between your loved ones who have passed to the other side and you is that for a while you are walking about in a suit made of skin and bones. Otherwise, you are fully connected to those loved ones here by your spirit body. You need merely communicate with them, and you need not do so with verbalization of words. You need not speak aloud, for those in spirit no longer have physical ears, yet they have the so-called ears of Spirit. Speak from the heart, my friends—your greatest tool whilst here on earth, and when on the other side.*

*Special Session with Sanaya  
April 3, 2011*

## In Your Dreams!

*Dream visits are undeniably real. Those you love who have passed will take advantage of the dream state, when your mind is not so focused on the physical, to let you know they are still with you. And what do they do? They use the physical body to get you to say, "But it seemed so real!"*

*You may feel the touch of a hand, pressure on some part of the bed or body, or perhaps a hug. You may shake and quake. All around you may feel solid. Something stands out in the dream that lets you know, "I am here!" The dream state is just another state of being. It is no more or less real than your current state of awareness as you read these words, and that is how it is in the state in which you will find yourself when you cross the veil, for the veil is only a metaphor.*


*There is no veil. There is only Consciousness experiencing awareness in various states. Do not judge reality by the body, by physicality. That is only one way in which Consciousness experiences: through sensation, which is all the body is ... a vehicle for sensation, but you are so much more than that. You are This ... Awareness ... Being. Being what? Alive, with or without the body, for Consciousness is eternal.*

*The Daily Way  
June 2, 2019*

## One Mind

*A butterfly alights on your finger. A bird pecks at your window. Are these random acts of nature or deliberate messages delivered from nature's messengers on behalf of one you mourn? We tell you they are the latter and ask you to believe that the Force of Love is strong enough to move mountains, so how hard is it to send a tiny creature your way in a very specific way to get your attention and make your day? All is Consciousness. When the Divine Mind connects with the soul mind of your loved one in spirit to blend with the consciousness of God's creatures and send you the message, "I AM here," it is all God talking to Itself through the language of Love. The more you get to know your Self, the easier and greater the connection across the veil.*

The Daily Way  
March 3, 2017



There's Only "HERE"  
and  
You are so very LOVED.