

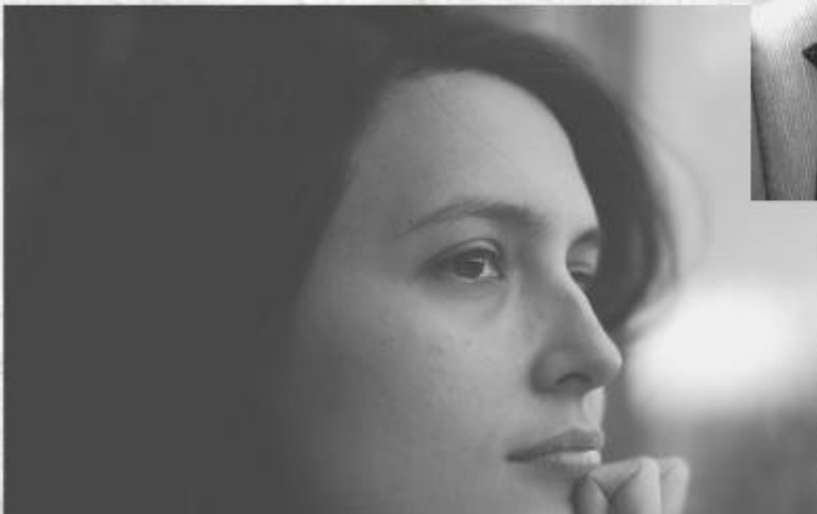
Who Am I?



Sanaya, a group of teachers in spirit provide the answer through ...



Suzanne Giesemann
Medium, Mystic, Messenger of Hope





“Sanaya (pronounced “sah-NIGH-ah”) has told us that they are a collective consciousness of minds with both a feminine and masculine energy. This energy comes from a higher dimension than our own. When I bring through Sanaya’s words, I am “tapping in” to Higher Consciousness.

The answers to "Who Am I?" are selected daily messages from Sanaya and wisdom shared from Sanaya in channeling sessions I've held in the past ten years.

May you feel my gratitude and love as Sanaya takes you back to the knowing of who you are.

Love,


A handwritten signature in black ink that reads "Suzanne". The script is fluid and cursive.

You are One with God

... A disco ball analogy is quite fitting: There is one Light (God) that never goes out, and it is projecting outward through seven and a half billion lenses (humans) for the sheer urge to express itself. Do you understand that? You are the result of the Light wishing to express itself, which is Love. You don't exist separate from the Light...

Who are you without your name? If we could not refer to you by name, those of us in the spirit world would recognize you by the light you are radiating. And yes, you do turn up that light. That light is part and parcel with the absolute essence of you. That light never goes out. To say "I am the Light," is Truth with a capital T. Without the name you remain the Light ...You need not seek the Light; you are the Light.

Sanaya, Channeling October 14, 2018



Poem #108

... Each cell in your body
Is aware of its role.
All work thus together
To enliven the whole.
But just as your cells
And your organs –
your heart
Make up the whole body,
You, too, are a part.
Each system, each human
Is part of something quite large.
Each one individual
Of his self is in charge.
But working together
You form something much greater.
A cell in the body
Of the One Great Creator

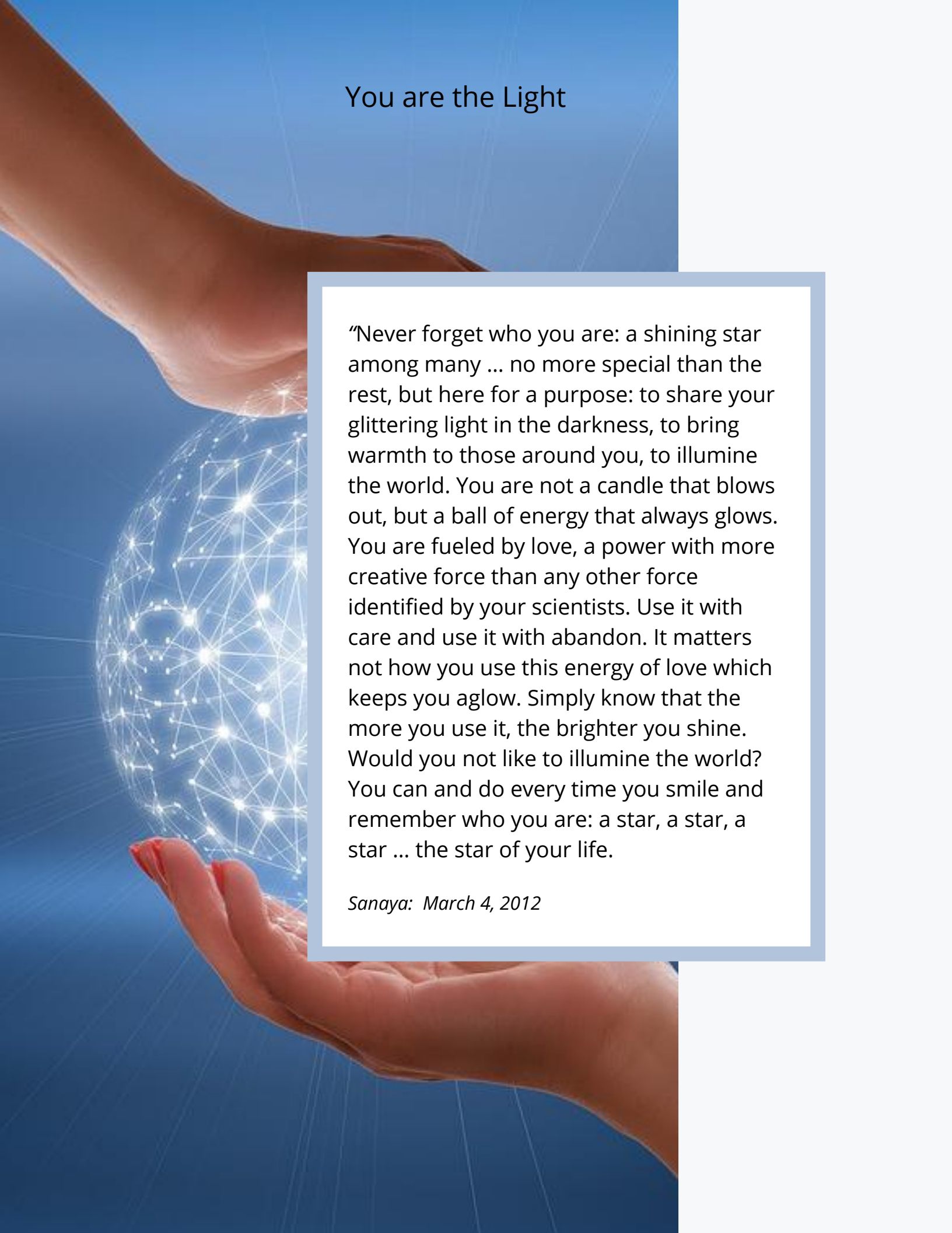
Sanaya, October 29, 2009

A hand is shown from the top right, reaching down to hold a glowing, spherical digital structure. The sphere is composed of numerous bright white nodes connected by thin, light blue lines, creating a complex, interconnected network. The background is a deep blue with a subtle grid of thin white lines. The hand is positioned as if it is carefully holding or presenting the sphere.

You are More than Human

"I am just ..." *"You are just a ..."* Think of when you have heard or used such phrases with the meaning of "only" or "a little bit" ... in some way restricted or limited. It is a be-little-ing term, is it not? "Oh, I was just kidding," and in this way, you take a big remark and try to make it little. "I'm just starting out," you say, as a way of making an excuse, explanation, or rationalization. The English language provides you this word for the ego's use. "I'm just human," you say, and there you err. You are a beautiful soul having a human incarnation. Step into the power this affords you. Do not be-little the self or others. If you think you are less than powerful, worthy, and fully loveable, then you are just deluding yourself.

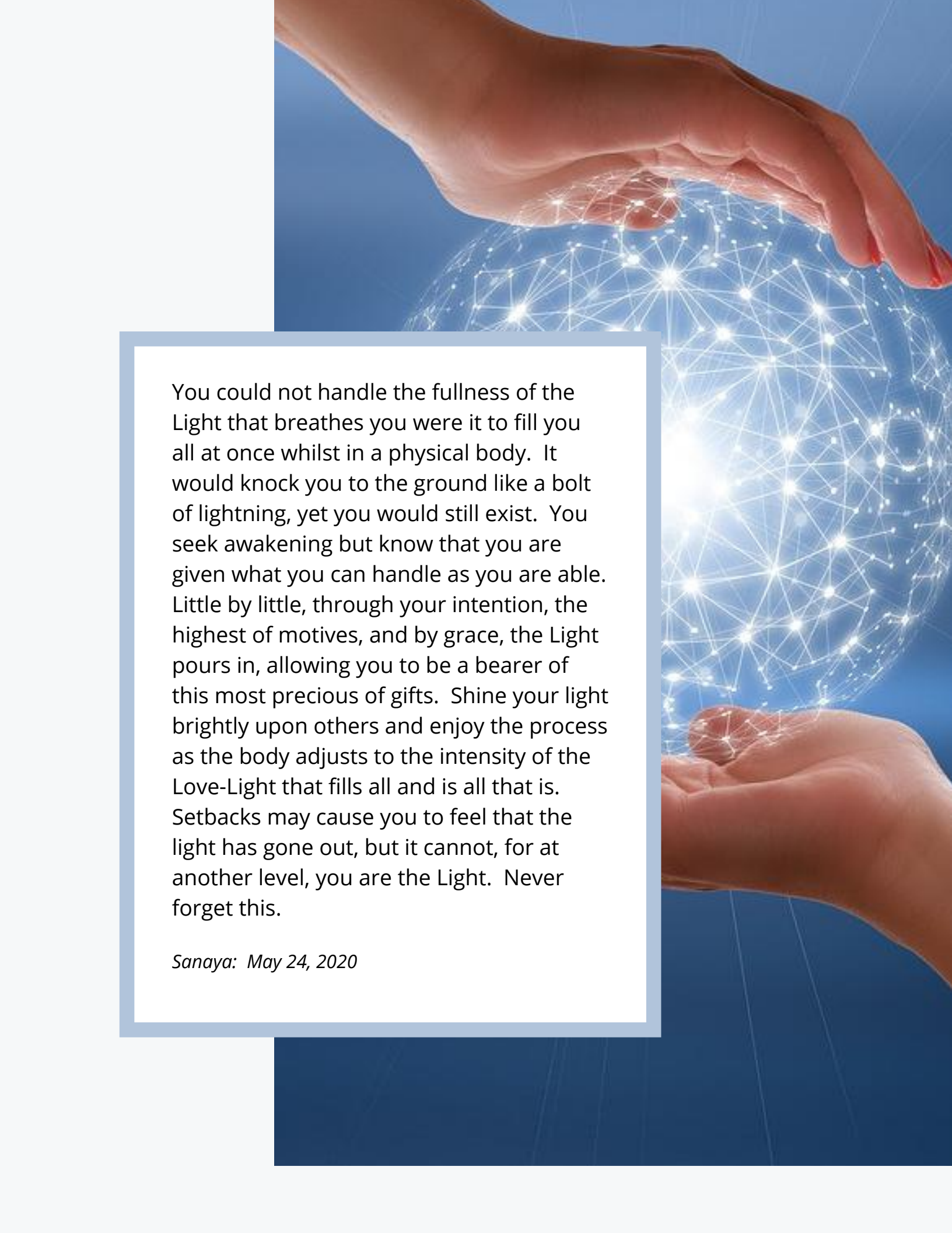
Sanaya: February 2, 2019

A hand is shown from the top left, reaching down towards a glowing digital globe. The globe is composed of a network of white lines and bright points, resembling a constellation or a data network. The background is a deep blue with faint, radiating light lines. Another hand is visible at the bottom, reaching up towards the globe. The overall image conveys a sense of connection, technology, and human impact.

You are the Light

“Never forget who you are: a shining star among many ... no more special than the rest, but here for a purpose: to share your glittering light in the darkness, to bring warmth to those around you, to illumine the world. You are not a candle that blows out, but a ball of energy that always glows. You are fueled by love, a power with more creative force than any other force identified by your scientists. Use it with care and use it with abandon. It matters not how you use this energy of love which keeps you aglow. Simply know that the more you use it, the brighter you shine. Would you not like to illumine the world? You can and do every time you smile and remember who you are: a star, a star, a star ... the star of your life.

Sanaya: March 4, 2012

A hand is shown from the top right, reaching down towards a glowing sphere of light. The sphere is composed of numerous bright points connected by thin, white lines, creating a complex, web-like structure. The background is a deep blue, and the overall image conveys a sense of light, connection, and spiritual energy.

You could not handle the fullness of the Light that breathes you were it to fill you all at once whilst in a physical body. It would knock you to the ground like a bolt of lightning, yet you would still exist. You seek awakening but know that you are given what you can handle as you are able. Little by little, through your intention, the highest of motives, and by grace, the Light pours in, allowing you to be a bearer of this most precious of gifts. Shine your light brightly upon others and enjoy the process as the body adjusts to the intensity of the Love-Light that fills all and is all that is. Setbacks may cause you to feel that the light has gone out, but it cannot, for at another level, you are the Light. Never forget this.

Sanaya: May 24, 2020

“Billions of stars light up your sky, and yet you feel alone. Lie on your back on some clear night, why don't you, and ponder those stars. Who created them? What Source? Are they not magnificent? And Who created you? And are you not magnificent? As you gaze upon the stars, you may not feel magnificent. You may feel insignificant, but you could not be more wrong. You are made of star dust. You are the Light that appears to shine from those stars, but it is merely a reflection of the Light that never dims. That Light burns within you and within all that is. See that Light as you gaze upon all beings, all creations, and shine on, little star, shine on.

Sanaya: December 16, 2016

Since you cannot know the entirety of your magnificence, as you are an aspect of Source, a projection, a ray of the Light that makes up All That Is, why not get to know this little light? And yet, if you are just a fraction of the brilliance that would blind you instantly were you to glimpse it with physical eyes, and all of This is available to you as a Power Source, then why not claim it? The ego wishes to claim Power for its own purposes. What happens when you set ego aside and allow that Power to enliven you as it always has? That is the key. The You who you know intimately is actually Source in flow. Take away the ego and the window dressing, and what are you left with? Source! Follow that ray of light backwards and feel the power surge! Play with these concepts as they speak to your heart-mind. They make no sense to the brain-mind. Roll around in the peace-love-light-deliciousness and awaken more and more of that Light within. You are This, Love.

Sanaya: December 16, 2016

You are Magnificence Itself

Magnificence.

That is what you are. Do you not yet realize this? Why are you drawn to a magnificent view, a magnificent mountain ... magnificence of any kind? It is because like attracts like. You came from Magnificence. Magnificence is all there is, trying so very hard to express itself. Anything that you observe or experience that is less than the full expression of Magnificence is illusion. That is why so many enlightened ones speak of the human experience as illusion. So many walk about deluded, thinking they are less than Magnificence, and that becomes their reality. Rise up, above the illusion and false perceptions. Find and see the Magnificence all around you, then act in accordance with your true nature, and you will be bringing reality to illusion. Now, substitute the word "God" for Magnificence and bring a bit more understanding to your concept of God. You are Magnificence expressing itself, nothing less, but oh, so much more than you imagined.

Sanaya: October 31, 2019

I Am!

