

## ***Sananda Mystery School - Introduction***

***Today is a very special day marking the launch of the Sananda Mystery School. This dynamic program will consist of several phases of study, beginning with simple lessons and progressing to more advanced formats. This first lesson is offered free of charge (or for only a penny, depending on the subscription method). Subsequent lessons will be on a sliding scale donation basis.***

***In addition to the regular lessons, subscribers may receive any or all of the following at no extra charge:***

- \* A chat room or teleconference line to discuss the lessons and answer questions;***
- \* An online forum for additional discussion;***
- \* The lessons conveniently archived at the website; and/or***
- \* Lessons may become enhanced with graphics and links to recommended sites.***

***The lessons will get progressively deeper and more advanced over time. The early lessons may involve some review of ideas and concepts already familiar to you. This is intentional. We are laying a foundation for your future spiritual growth.***

***We encourage you to try the first lesson and follow the daily instructions, even if you decide not to continue. If you do decide to move forward, you are in for a delightful journey.***

***To your happiness,***

***Lord Sananda - Director  
Rev. Sal Rachele - Channel  
Melissa Hogan, R.N. - Channel***

***To subscribe, go to <http://www.salrachele.com/sanandamysteryschool.htm> or <http://www.salrachele.com/orderform.htm> and select the appropriate line item from the Order Form. If you do not wish to use PayPal, you can mail a check to Sal Rachele, P.O. Box 39, Wentworth, NH 03282 USA.***

***Enjoy!***

***[Lesson 1 follows on the next page]***

# *Sananda Mystery School*

## Phase 1, Lesson 1 Purpose of the Course

### Opening Prayer: I Seek Clarity

*Father/Mother God, Source of All That Is, we ask today that our hearts be open and our minds seek to understand the limitless perfection that is all around us. Teach us to see love and abundance in all things. Show us how to radiate Your limitless light to all Creation. Help us to throw off the shackles of past conditioning and programming and be completely ready to receive wisdom from Lord Sananda and his channels. We are empty of all preconceptions. We have Your protection with us now. We are ready to receive that which is for our highest and best soul growth now and every day. In the name of the Christ within, Amen.*

### Opening Message from Lord Sananda, received by Sal Rachele

**This is an exciting day. Those of you reading this message are embarking upon a journey without end. You are awakening to the magnificence of Who You Are. “Come sup with me.” The full meaning of those words will become clear as you move into the higher dimensions of your being.**

**Today we will speak of purpose – the purpose of this school and some of its goals and objectives. The channels will add their own interpretation and sharing regarding this program. This is a collaborative effort between me, the channels, and the entire Galactic Confederation. Those of you who have heard that term but do not fully understand its meaning will be given a discourse on our cosmic family early in the course.**

**My purpose in being your guide for this program is to ignite a spark of remembrance of your greater Self and the nature of your cosmic journey. You are my equals. Yet you do not realize this when you are caught in the web of 3D reality. Diligently studying this material, including the more basic beginning lessons, will greatly accelerate your learning and prepare you to awaken to the full nature of your 12-dimensional Self. You are a Creator God, capable of creating on a level you have never dreamed of, at least not within your Earthly journey.**

**In subsequent lessons we will explore the goals and objectives of this course in detail, but for now, I leave you in the capable hands of your channels, beloved Sal and Melissa. I AM forever yours, Sananda.**

## Discussion #1 – Purpose

Having a purpose in life is essential to your success and happiness. Our course begins with defining the purpose of this school. If you find, after reading the following, that the purpose of this program is in alignment with your personal purpose for being on Earth, then we believe this program will greatly assist you in your spiritual development.

Many of you are confused about your purpose or have trouble defining it. As you read the numbered list below, pay attention to your feelings and see if the ideas and concepts resonate within your being. With anything you do in life, including this course, use this litmus test:

- (1) Does the course of action you are contemplating FEEL right to you?
- (2) Does it promote your overall well-being?
- (3) Does it help you expand your awareness of yourself and others?
- (4) Does it lead to greater appreciation of life?
- (5) Is it likely to have practical applications now or later?

Although the general purpose of the Sananda Mystery School is to help souls awaken, we would like to illustrate some specific points regarding the direction we will take in our lessons:

- We will become aware of the many levels of our being and how to harness them.
- We will achieve greater awareness of Sananda's presence here with us, guiding us in discovering more of ourselves.
- We are here to assist in giving Sananda's messages to mankind through demonstration of the lessons in our daily lives.
- We are not alone in our spiritual quest but have many helpers from higher planes willing to work with us under Sananda's guidance.
- We are being given a road map for dancing between the fourth and fifth dimensions.
- We will go deep into the esoteric mysteries of our I AM presence.
- We are here to rediscover the ancient knowledge and blend it with new information and techniques.
- As a result of this course, students will become more comfortable being in their power and expressing their magnificence as co-creators with Source.

In this opening lesson, we will make an effort to bring everyone onto the same page, and so this first exercise will be somewhat of a review for many. It is important not to skip any steps, as we will be building upon the early lessons. In other words, these exercises will begin with a basic foundation and get progressively more complex.

### Exercise #1: Spiritual Protection

The following is a modified version of "Psychic and Spiritual Protection" given in Sal's website (<http://www.salrachele.com>) and is a prerequisite for the additional lessons in

this school. Without proper protection, you run the risk of inviting in entities that will not assist you in your spiritual development. If you are in a 3D body on planet Earth, you need protection. There are very few souls on Earth that are beyond the need for additional protection. In order to transcend the need for protection, you must already be vibrating at fifth density or above. If you were drawn to this course, you are most likely vibrating at fourth density. You are not too enlightened for protection, or "above" the need for protection. If you believe protection is not for you, then you probably will not get full value from this school.

Begin by relaxing and taking several deep breaths. Now visualize an image of Jesus, one that you particularly like. If you wish, you can substitute another favorite spiritual teacher instead, but since this course is directed by our beloved Sananda, we recommend using his Earthly form.

Say the following statements to yourself aloud three times:

*“In the name of my Holy Christ Self, I now invoke the presence of any and all entities, energies, thought forms, spirit guides, teachers, masters, ascended masters, angels, archangels, enlightened ETs, Creator Gods, and any other entities that are 100% of God’s Loving Light, that are perfect, right and appropriate to assist me in this course and in awakening to my full potential.”*

*“I now ask any and all energies, entities, thought forms, spirit guides, teachers, masters, ascended masters, angels, archangels, ETs, Creator Gods, and any other influences that are NOT 100% of God’s Loving Light to completely LEAVE my space IMMEDIATELY and PERMANENTLY. In the name of my Holy Christ Self, this is so and so it is. Amen.”*

Now visualize a brilliant blue turquoise light encircling your body, about two inches thick, like an envelope. Around that turquoise light, imagine an envelope of golden light extending outward about a foot in all directions. Allow the turquoise and gold casing to remain with you throughout this lesson. Do this exercise at least once per day every day indefinitely. Twice a day is even better.

### Meditation #1 – Visualizing Your Purpose

The meditations in this course are a powerful part of your self-development and higher awareness. You are encouraged to do each meditation daily during the week. This course assumes that you have had some experience with basic meditation techniques. Therefore, we will not go into great detail on how to relax.

We will be giving you statements designed to increase your self-awareness and affirmations designed to enhance your ability to access that part of you that is all-wise and all-knowing.

Make sure you are sitting comfortably and wearing loose clothing. If possible, sit with your spine erect and feet flat on the floor. You can do this meditation lying down if you

are not prone to falling asleep easily, but it may be less effective than sitting. Begin by closing your eyes and taking a few deep breaths. Continue breathing this way throughout the meditation. Try to let any persistent thoughts in your mind just drift away. Imagine that there is nothing to think about and nothing to do but relax and breathe. Know that each time you meditate, it will be easier to breathe deeply and relax. You are safe. You are completely at peace. Nothing can disturb you during this meditation.

Relax the top of your head. Notice how the back of your neck feels. If there is any tension, feel it draining away with each breath you take. Let your shoulders drop. Imagine a wave of relaxation moving down your spine. Let your spine slump a little just for this exercise. Your back is now completely relaxed. Imagine any tension just drifting away with each breath. Move down to your abdominal area. Relax your stomach muscles and feel a wave of warm, peaceful energy moving over your stomach. Feel the weight of your body on the chair. Imagine your relaxation continuing to move down into your upper legs, across your knees and down into your calves and lower legs. Continue to breathe and feel yourself entering a deep sense of peace and tranquility. All tension is draining out through the bottom of your feet. See all tension in your arms, elbows, forearms, wrists, hands, and fingers draining out. With the next breath, let everything go. Feel your entire body relax. There is nothing to worry about, nothing to fear. There is just this wonderful, peaceful, relaxed moment. Spend a few minutes now enjoying this peaceful moment. If any pain, tightness or tension arises anywhere in your body, release it with the next breath.

You are now deeply relaxed. Having breathed yourself into a state of deep relaxation, imagine you are on a mountaintop looking at the evening sky. Notice a bright star beckoning you to step out of the bonds of your limited 3D self and into the stargate of the fourth and fifth dimensions. Within this flight of freedom, you are now discovering how to come back home. Something is drawing you there. It is your knowing; it is your quest; it is your desire for the peace and power that await you there. Let the journey begin.

Know now that the knowledge you are receiving from this course is assisting you in fulfilling your life's purpose. See yourself accomplishing your goals. Visualize what you want your life to look like. What are you doing? How do you feel about it? Notice the flavor, texture and quality of your life the way you are creating it to be. Ask your higher self and Sananda to assist you with this visualization.

You are now developing superior imaginative and creative abilities. The answers to life's questions are within you and you are accessing them now. You are now learning to look deeply into the totality of yourself. With every breath you take, it becomes easier and easier to contact your higher intelligence. You are now in ever-increasing communication with your all-wise, all-knowing self. You are now getting clear about your purpose and goals in life. You are open and receptive to the wisdom of Sananda and this course.

As you continue to breathe, gently come out of meditation and return to a normal waking state of consciousness.

Closing Message from Sananda received by Melissa Hogan

**My dear ones, let me begin by thanking you for coming to the mystery school. We are embarking on a most wonderful journey of self-discovery, self-renewal and self-empowerment. My most fervent desire is for each and every one of you to step into your power once again, feel the comfortableness of being a co-creator with me, with the universe and with your higher self, and ultimately know that you are a part of the I AM.**

**May this school and its channels give you guidance and comfort, but more importantly, may you become more comfortable being in your higher Self. It is time for you to regain the sacred knowledge of your Self. We joyfully render unto you our wisdom.**

**Please embrace our love for you. We are here in ways you cannot imagine yet – or perhaps you can. May we join hands and hearts to begin our journey home. Lovingly, Sananda.**

Closing Prayer:

*Loving Father/Mother God, we are grateful that we have all come together in this place and time. May we bless each other in gratitude, humbled with the greater knowledge that is being imparted to us. May our hearts remain open to receive Your wisdom. Amen.*

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