

Sananda Mystery School

Phase 1, Lesson 10 The Calm within the Storm

Opening Prayer:

Father/Mother God, Source of All That Is, today we ask You to help us remember the silence in which You dwell. There is great peace within that silence. Today let us enter into that timeless realm wherein all is made right in Love. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Sal Rachele

Beloveds, today we are going to take a fresh look at your relationship with this world and how you view your physical presence within it.

Every one of you has gotten caught up in the storm of chaos that has sadly defined your world for a very long time. Whether it is the realm of business, with its endless activity and preoccupation with the mental exercises of counting and disbursing money, or whether it is in the drama of those close to you as they grope and grapple their way through the 3D labyrinth, not a one of you has successfully escaped the ups and downs and variations of 3D living.

In times past, a serious student of the cosmic mysteries would be secluded and sequestered in a monastery, temple or cave high in the mountains, away from the hustle and bustle of daily life. Yet in this time and place on your beloved planet, that is no longer an option. You are firmly entrenched in modern technology, society and the customs of humanity. Every one of you in this course has been dealing with the realms of business, livelihood, relationships, and the chaos and confusion of the masses.

You are truly learning to be masters of this world. By immersing yourself in the cacophony of modern life, yet seeking the serenity within at the same time, you are accomplishing far more than the monk and mystic of yesterday did in the silence of the temple.

Today we once again take a look at the paradox and dichotomy of living in this 3D world. On some levels, beloveds, you have removed yourself from the belief systems of death and destruction.

Yet for so many of you the world still calls loudly and insistently, asking of you this and that, and then more of this and that. You all know of what I speak.

How do you remain calm amidst the storm? In the first nine lessons you have been given exercises, beginning with the golden light technique. As many around you demand your time and energy, some of you forget to do even this basic technique. Yet if we are to progress to more

advanced topics, you need to embrace the basics. Every day you must protect yourself psychically and physically. Every day you have an opportunity to connect with me and enter into my loving presence. I am always here. It is you who go wandering and forget to connect with me.

Yes, I am asking for discipline, but I am not asking for blind allegiance or a sense of obligation. This course is not about being obligated to do anything. This course is about willingly letting go of all distractions and embracing the peace that passes understanding. That peace lives within my heart. It lives within your heart.

Today let us once again move into the silence and peace of our True Being. We share that One Being together, you and I. Today let us celebrate the serenity and peace that comes with the certainty that we are One. Take a moment right now, beloveds, to simply go within and find me. I am here waiting. Allow yourself to rest in my loving arms. I am your elder brother, yet I am really no different than you. We are one and the same. Today let this be more than just words. Today let us go even deeper into the realization that we are together in love.

In your loving embrace, I AM Sananda.

Discussion #10 - Learning to be Still

Most of us have been involved in meditation, in one form or another, for many years. Even if you have not formally meditated, you have contemplated your life many times, gone to psychic readers and healers, and attended various events designed to help you awaken. It is true that daily discipline works wonders. However, for those of us that have busy lives that do not fall into a steady routine, we must learn to meditate while engaged in worldly activities. We must be able to look at our business or romantic partner, with mindfulness. When we conduct a financial transaction or drive on a highway, we must pay attention to what is going on around us and become FULLY PRESENT in our bodies, while at the same time detaching and viewing the stream of our consciousness in a meditative manner.

All true spiritual progress today begins with a heightened awareness of everyday life. No matter how busy we are, how many jobs we are working, how many children we have, we can start, right here and right now, by learning to step outside the drama and view it from a calm place within. Yes, it is difficult, but it is not as difficult as we might believe.

We can start with a simple question regarding what we are doing. “What is the purpose of this activity?” “What is the purpose of this relationship?” “What is the purpose of [fill in the blank]?” There is not one activity, or person, or event, or situation in life that is exempt from this scrutiny. What is the purpose of each activity in life?

Perhaps you work a daily job for eight hours, five times a week. If so, you might shrug your shoulders and say, “Well, this is what I do for a living. I have too many expenses to just quit and spend all day sitting in lotus posture.” Unlike some courses in times past, we are not asking you to do that. Nobody in this course is required to quit their job and spend all day meditating. That would not be very productive for most of you. However, every single one of you who work long hours is capable of improving the quality of your consciousness while you are engaged in 3D activity.

One simple thing you can do is stop every 15 minutes and spend one minute simply watching and observing your thoughts and feelings. In A Course In Miracles, you are often asked to spend five minutes at the top of every hour contemplating the day's lesson. We are not going to ask you to give that much time unless you feel comfortable devoting that much time to this process.

At least once a day, for about five minutes, examine everything you have done during the day and ask the basic questions, "What is this for?" "Why am I doing this?" "How is this moving me toward the accomplishment of my goals, visions and desires?"

This lesson is a little different from the past ones in that within the discussion are some simple exercises. In reality, this world is not separate from truth, but is contained within it. There is really no separation between your 3D life and the life of spirit, even though we conveniently categorize and departmentalize the various areas of our lives.

You have been repeatedly asked to see God in everything and everyone, and what better way to reinforce this idea than to spend a minute every 15 minutes, or five minutes per hour, or at least five minutes at the end of every day, reviewing the purpose and reason behind your 3D activities.

If you forget to do these exercises, DO NOT BE HARD ON YOURSELF. It is not easy to remain awake and aware. Give yourself some slack, but push yourself a little too. Stretch a little. Really make an honest attempt to do these exercises. Keep bringing yourself back to the exercises if and when you forget.

At this time we would like to say a word about cosmic cycles, planetary events, and the influx of new energies coming to Earth and how they are affecting our moods and sleep cycles. A lot of you are having trouble sleeping through the night. You feel restless, agitated or anxious. You may be wide awake at times and exhausted at others. Some of this is due to your body's attempt at assimilating and managing the new energies. The more we go within and find inner peace, the easier it is to integrate these feelings and release the tension surrounding them. We need to ask for assistance from our guides and our God Self as we go through these processes. We need to trust that our prayers are being heard and that we are being given the assistance that we are asking for.

Have you noticed that the more you ask for assistance and trust the process, the faster you are able to move through these concerns?

Exercise #10 - Being Still

There are various reasons why it is so difficult to be still. Many of us have a fear that bad things will happen if we slow down, even for an instant. We think we are the only ones who can perform a given job, and that the world would stop without us. We often feel unsafe if our minds are not constantly weighing, analyzing and evaluating.

Ask yourself, "What would REALLY happen if I took time out for myself? Would the world come to an end? Would I starve? Would everyone abandon me?" Now imagine stopping whatever you are doing and going within. What does that feel like? What results happen in your life?

There was a study done recently where one group of business people worked eight hours a day and another group worked seven hours a day and meditated one hour per day. Can you guess which group was the most productive?

Today's exercise involves writing in your journal. See if you can come up with an entire page on what your life would look like if you devoted one hour per day to the exercises given here. Use your imagination. Be intuitive. Go within.

Meditation #10 – In the Stillness

The meditations within this course are a powerful part of your self-development and higher awareness. You are encouraged to do each meditation daily during the week.

Find a comfortable position, close your eyes and take several 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. Continue to breathe fully and deeply. Now, for at least ten minutes, simply go into the silence and ask for Sananda to share this space with you. Simply ALLOW. Let go and trust. Be grateful for this sacred space. This state of peace is always available to you. Let it enfold you. Let it become you.

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.

Come out of meditation in the usual manner.

Closing Message from Sananda, received by Melissa Hogan

To my dear students and most beloved travelers on Earth, we are all so fortunate to be able to share this loving peaceful time together amidst the overwhelming changes on Earth. I am here to once again remind you of your piece in that puzzle. It is through your diligence and practice of meditation that your peace goes out to every single soul here on Earth. This course is a reminder of why you have come here to Earth at this time. We implore you from the realms above to please stay with your journey and come back into our loving arms whenever you need us, for we are here.

We recognize that your journey on Earth is not easy. But each and every time that you rediscover your magnificence, it is like a tiny ripple becoming a wave on the ocean – it builds and builds. This is what we ask of you – when you are overwhelmed, when you are anxious, when you are sad or confused, please come home to us. That is all that we ask of you now. Our strength is truly your strength. Don't forget to ask.

There are times when we lend you assistance without you even asking, for that is part of the divine dispensation. We from the heavens have agreed to assist you in your Earthly journeys, each and every one of you, as well as helping the Earth herself. Take a moment out of every day of your Earthly life, and attempt to recapture your gratitude. Try to remember that you have chosen to be here on Earth at a most magnificent time of evolution. We are here for you, any day, any hour that you need us. May my loving arms surround you. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, we are thankful for the reminder today that we share our love and peace with each other and with You. Lord, You anchor your souls and give us peace that passes understanding. Thank You, God. Amen.

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