

# *Sananda Mystery School*

## Phase 1, Lesson 11 The Higher Aspects of Self

### Opening Prayer:

*Father/Mother God, Source of All That Is, today we ask for Your help in understanding the difficult concepts of our multidimensional nature. Assist us in comprehending the many subtleties of our individual souls. Help us have patience as we seek to understand what is difficult to describe in words. In the name of the Christ within, Amen.*

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

**Greetings, beloveds, this is Sananda. Today we begin to get a little more advanced. If you have trouble keeping up, may I suggest that you discuss your considerations, reservations, difficulties and challenges among the group forum.**

**All is consciousness. The Universe is aware of itself on many levels. You call them dimensions and give specific attributes and names to each one, but in essence, they are beyond names and symbols. Yet within your world, you need names and symbols in order to create a trigger mechanism within your mind.**

**Within your consciousness is the access point to all realms. You hold the key within your mind and heart - within your Holy Spirit. You are a wanderer. You are on an immense journey. On that journey you wend your way through myriad patterns, ideas, thoughts, feelings, impressions and specific realms.**

**All of reality happens at once. We know you have heard this before, but let us explore the idea that all of time exists right now. You have heard that your lifetimes and your various aspects all exist right now in this eternal moment. The key to awakening to your multidimensionality is to learn how to access not only any time and any place within the infinite cosmos, but to learn how to access multiple aspects of yourself simultaneously.**

**It is very difficult to put into words the precise nature of this level of awareness. It is something that must simply be experienced. As you read these words, I will attempt to trigger within you the remembrance of your multidimensionality. Because you are using the linear part of your mind to read these words, I will resort to models and symbols in order to create the trigger point within your higher mind.**

**There is an aspect of yourself that wanders from galaxy to galaxy, universe to universe, past to future, future to past, and all within the eternal present. See if you can tap into that part as I am giving these words. There are geometric patterns and**

**"keys" that unlock the portals, stargates and corridors of time and space within each of these realms. There are mantras, music, keynotes, vibrations, frequencies, geometric shapes, energetic patterns, atomic structures and light configurations all of which act as keys to give you access to specific realms, time frames and worlds.**

**We will be giving some of these triggers over the next set of lessons. We will begin with the image of a fractal. A fractal is an evolving geometric configuration. We recommend you look up the phrase "Mandelbrot Set" on your Internet and print out the progressive graphics of that set. We recommend you explore the various fractals for which you can find pictures. Meditate on each picture. If you have video capabilities within your computers, watch a video of fractals being generated. Also, buy a kaleidoscope if you can and watch the patterns go in and out in geometric patterns.**

**There is a great video called Merkabah, Voyage of a Starseed, by James Hurtak. We recommend you watch that video repeatedly. You are etching in your minds the concepts of fractals and geometric progressions. When you go within and access the deeper parts of your mind, you will experience these progressions and you will learn how to travel the cosmos using these progressions.**

**We will stop for now and give you a chance to do these exercises. I am Sananda and I am always with you.**

#### Discussion #11 - The Nature of the Higher Self

The true magnificence of our individual souls almost defies worldly explanation. Our souls are so immense and have such potential as dynamic evolving energies, it is no wonder that there are many levels to our souls of which we are generally not aware.

Let us clarify - just because we are not aware of the so-called "higher" aspects of our souls does not mean they are better or more desirable than the aspects living here on 3D Earth. In fact, the work that we as individuals are endeavoring to do on Earth has the attention and admiration of our "higher" selves.

Think of our individual pieces and aspects of the soul as different characters in a theatrical drama, much like actors on a stage all taking part in one grand production.

Let us redefine "higher" and "lower" as follows: "Higher" means broader and more all-encompassing, and "lower" refers to specific aspects of the Self enmeshed within individual dramas. This is similar to our definition of higher and lower dimensions, wherein the lower dimensions are contained within the higher ones, much like sets and subsets in mathematics. To reiterate, "higher" aspects are not better, more desirable or more real than the "lower" aspects of Self.

This 3D reality has been maligned and judged as being less real, less worthy and less a part of God than our other-worldly, higher dimensional selves. This is one reason we have had so much trouble manifesting our hearts' desires in this realm.

At the same time, the hypnotic and mesmerizing nature of the 3D realm has caused us to forget much of our higher nature and thus we feel separated from each other and God. The feeling of being trapped in 3D results from two things: (1) judging 3D as less a part of God than higher aspects; and (2) the domination of perception by the physical senses and resulting distractions and addictions. To elaborate, judgment always creates separation and prevents true perception from taking place. When we desire to escape this world in favor of another, we fragment ourselves and lose our appreciation of the present moment. At the same time, our preoccupation with the things of this world keeps us from being aware of our self-created judgment and separation. So this becomes a double-edged sword.

Our work here on Earth is just as great and grand as the work being done by the higher aspects of our soul. We must take time to embrace the difficulties that we experience here on Earth, for we seem to be somewhat separated from the innate knowing of our higher selves. We all have had opportunities to remember our higher selves. These awakenings tend to come in glimpses and flashes, before attention to 3D detail closes back in.

To put this a different way, nearly all of us have an internal conflict between the part of the Self that wants to be here on Earth and experience the joys and pleasures of being in a physical body, and the part of us that desires to escape 3D and explore higher levels of being. Through individual meditation and prayer, we can create more of those moments of clarity and glimpses of higher reality. We can remember what it feels like to embrace our higher selves. However, embracing our higher nature cannot be at the expense of denying the reality of this world. Many of us already tried that in past lifetimes, living in monasteries, temples and caves. This was a valuable experience for our souls, but it was an incomplete experience because we did not fully embrace ALL aspects of the Self, including the physical.

Another aspect of "lower" and "higher" that is worth mentioning here involves the idea of simplicity and complexity of organisms. The "higher" aspects of an organism tend to be more complex, sophisticated and advanced than the "lower" aspects, just as a human being is more complex than an amoeba. This is not to be confused with the idea that truth is simple and straightforward. Going back to Sananda's message on fractals, as a fractal progresses, it becomes more and more complex, yet within the complexity is a simple pattern being regenerated over and over. While all is One in the infinite Universe, there is an incredible array of complexity and variety that is increasing continuously.

In mathematics and most sciences, the higher courses cannot be learned until the lower ones are first mastered. The evolution of the soul is much like that. Yet the higher aspects have a beauty and simplicity within them just as the lower aspects do.

What are the higher aspects of our soul doing? Why are they doing it? How do we become aware of those aspects? These are questions that will be explored in upcoming lessons. We know our higher aspects are on multidimensional, multifaceted journeys. These journeys are all a part of God experiencing Its many parts simultaneously.

Our higher aspects are part of a shared entity we call God. These aspects are experiencing and evolving regardless of whether or not our lower selves are aware of them. At this point, because we are not aware of all that our higher selves are doing, we must take some of this on faith, knowing all is unfolding perfectly according to a higher plan.

### Exercise #11 - Going Beyond the Self-Concept

Imagine for a moment that all you think you are is an illusion, and that all you think you are NOT is who you really are. Let me repeat that: Pretend, just for a few minutes, that everything you think you are does not exist, and that everything you think you are NOT is who you really are. Continue contemplating this idea for several minutes. Do not try to figure it out. Just do the exercise. Now ask, “Who is aware of everything that is not you? How are you able to imagine being that which you are not? Allow your mind to become completely quiet while you contemplate this idea.

### Meditation #11 - Your Higher Self

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.

Now, while deep in meditation, once again contemplate the idea that you are simultaneously in many levels and dimensions all at once. See if you can become aware of one or more of your higher aspects. Just pretend that you are aware of your higher aspects. Imagine what they might be doing. What are they feeling? What are they thinking? Where are they? Where are you? What is the purpose of your soul journey? What is the purpose of your higher parts? What is the purpose of your lower parts? Take a few moments to contemplate these questions while remaining in a very deep state of mind.

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

**Dear beloveds, this has been a difficult subject to try and teach you. Essentially it really boils down to the fact that we are multidimensional beings, irrespective of whether or not you comprehend it, accept it and know it. This is ultimately of no consequence, for truth is happening all around you and within you, simultaneously at many levels. All that we ask of you, is to try and embrace this idea for short moments. They will become longer as you do this more often. Trust in the fact that many levels of your soul are doing exactly what they need to be doing. Yes, indeed, at some level you have all agreed to fragment and do your pieces of the soul journey.**

**We in the higher realms applaud you, with your amnesia, your confusion, and your doubts. We are all doing the same thing in truth. Even I, Sananda, have aspects of my own soul that are doing this journey just as you are doing and have done on Earth. Once again we remind you that the work your higher selves are doing is not better than the work that you are doing on Earth. For in actuality your 3D soul growth is the quickest, fastest and most arduous of the soul's journeys.**

**There is another aspect here of trust and faith that we ask of you and that is to know that your higher selves and your other fragments do indeed have permission to do what they are doing, just as you are doing here on Earth. Someday, somewhere, somehow, these pieces will all become known to you. As we make transitions from different worlds and different realms, we have moments where it**

**all comes together and we all communicate as One. So in closing, my dear and wonderful souls on Earth, remember that we are all aspects of God, and that is all that your soul really is. In my loving embrace, I AM yours, Sananda.**

Closing Prayer:

*Loving Father/Mother God, we are here to embrace all the aspects of our individual souls. We ask to be reminded to have faith, in the ultimate sense, to walk this journey. As we honor our part in the cosmic plan, we honor Your part as well. You help us gently awaken to our magnificence. Thank You, God. Amen.*

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