

# *Sananda Mystery School*

## Phase 1, Lesson 12 The Levels of Being

### Opening Prayer:

*Father/Mother God, Source of All That Is, today we will take a look at the specific levels and dimensions of ourselves. Help us to understand the petals of our flower, the branches of our tree, the grains of sand on our beach, the stars in our galaxy. We are made of all these things and You have given us a Divine Blueprint for unfoldment. Today we take a big step forward in that unfoldment, with Your help and guidance. In the name of the Christ within, Amen.*

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

**Greetings, beloveds, this is Sananda. Today we continue with our exploration of the levels of the Self. In your language the word “soul” has taken on many meanings. It has been an expression that lumps together the various “higher” aspects of your being. It has been described as your true essence, that part of you that is real and exists when all the layers and coverings have been peeled away. However, in the larger scheme of things, your soul is really a multidimensional experience, a composite of many levels and dimensions of Self.**

**Beloveds, have you ever wondered how it is that we in the higher realms are able to come to so many of you simultaneously and work with you and guide you into greater understanding? Yes, this channel has talked about this a few times, both with his spirit guide Leah, and from his own God Self. But how is this accomplished? How am I able to communicate with thousands of you all at once? What am I doing that is different from what you are doing? Is there a magic formula that allows me to do this and if so, what is it and how do you access it?**

**Many of you are saying, “Yes!” This is the reason I joined this school. Some of you are impatient to learn how to do this right now and you don’t want to go through the intermediate steps. Well I have both good news and bad news, as you see it. The good news is that every one of you is capable of doing this and will eventually do this, and these lessons will greatly assist you in moving toward the knowledge and awareness of your higher levels and dimensions. The so-called “bad” news is that you WILL need to take a lot of intermediate steps because there is still much to unlearn. You have taken a very long time descending into lower densities and learning all about limitation and separation. Your egos are still primarily concerned with the survival of the physical body and how to navigate the stormy waters of your relationships.**

**The first step in learning how to function multidimensionally is to learn to recognize and become aware of the dynamics of each of the various aspects of the Self. Today we will use this channel's terminology and add to it to the extent that you are ready to comprehend these ideas. Below, in the discussion portion of this lesson, the channels will lay out a model of the various aspects of Self and we will begin discussing how each level fits into the whole and how each level has its own unique methods of perception.**

**Your Universe is composed of basically 12 levels or dimensions and you have a perceptual mechanism for each of these 12 levels. Your 3D body is appropriate for perceiving the 3D world; your 4D self is perfect for perceiving the realms of 4D, etc. With the help of your channels, we will clarify many of the issues surrounding the levels and dimensions of yourselves and the Universe. I will assist you in grasping these ideas. I will transmit energy packets of information to you. My communication with you will be largely nonverbal during this phase of the lesson, but my channels will put much of it into words to assist your lower minds in aligning with these ideas. For now, I leave you in their capable hands. I AM Sananda.**

#### Discussion #12 – A Useful Model of the Self

One of the issues that stands before us involves the degree of communication between the higher and lower selves. How aware are the higher levels of what we are going through on this Earth? How completely can they assist us and participate in our daily lives? For a long time there has been a veil over this world and our selves. We have felt abandoned by God. We have felt isolated and alone in our quest. Every one of us has been through this experience at one time or another.

We are asking for a certain amount of faith in this process. One of the reasons this school was founded and why we have Sananda as our guide is because it requires a great deal of awareness and compassion in order to pierce these veils. The times we are incarnated in have a great deal to do with this as well because for the first time ever, the veils are thinning rapidly. We have more assistance now than ever before in the history of this planet. Therefore, this is truly the time to awaken.

#### *What are the Levels of the Self?*

Let us begin with a table that describes the levels of Self. This will look similar to Sal's model given in his book and seminars. This information will be modified as new insights are gained into the nature of each of these aspects.

Before we begin, there is likely to be confusion right from the start. We are defining Level 1 as the physical body, even though we think of the physical world as Level 3. It is important to be flexible in our understanding, so let's begin:

<u>Level/Density</u>	<u>Description</u>	<u>Corresponding Dimension Perceived</u>
1 <sup>st</sup> level of being	Physical body	The earth and the physical universe
2 <sup>nd</sup> level of being	Emotional body	Feeling, sensing, sexuality, instinct
3 <sup>rd</sup> level of being	Mental body	The world of ideas, concepts, language
4 <sup>th</sup> level of being	Astral body	Imagination, creativity, astral worlds
5 <sup>th</sup> level of being	Etheric body	Beauty, love, etheric realms
6 <sup>th</sup> level of being	Causal body	Self between incarnations; causal realms
7 <sup>th</sup> level of being	Soul level	“Home base”, lower celestial heavens
8 <sup>th</sup> level of being	Oversoul level	Collective; middle celestial heavens
9 <sup>th</sup> level of being	Monad/Avatar Self	Higher collective; higher celestial heavens
10 <sup>th</sup> level of being	Christ/Buddha Self	Supreme love; lower God worlds
11 <sup>th</sup> level of being	Individual God Self	God manifest as individual souls
12 <sup>th</sup> level of being	Universal God Self	God as everywhere at once

Every soul in Creation has these 12 levels of being. The levels that receive the most focus are the ones that manifest in Creation. That means, for example, that if you focus consistently on Level 5, you will manifest your etheric light body and see the 5<sup>th</sup> density world of great beauty. Levels 1, 4 and 7 are a bit tricky and require careful defining and explaining, due to the wide variety of definitions and methods already available on Earth.

Level 1, in our model, includes the mineral kingdoms, normally known as first density, the plant kingdoms, normally known as second density, and the animal kingdoms, normally known as third density. Anything that can be perceived with the five basic senses, that exists in the natural world, or that exists as solid structure within the world of humanity, is part of Level 1. That includes about 99% of what most people concern themselves with on a daily basis. Level 1 includes your physical body and its senses of sight, sound, taste, smell and touch. It includes the political and economic systems of Earth. It includes the laws of physics and normal time and space relationships.

All levels and dimensions interact dynamically in the eternal now moment. Level 1 is like the tip of the iceberg. The iceberg is whole and complete, but the part above water perceives reality very differently than the part below water. You are a VAST being and a tiny portion called the physical body pokes out of the water and sees things in a unique way. We will continue with Level 2 in our next lesson.

### Exercise #12 – Your 12 Selves

This exercise can be done on its own, or incorporated into the meditation below.

Sit comfortably, preferably in lotus posture, and begin breathing fully and deeply. Become aware of your body. Notice the energy moving through each part of the body. Now imagine that your hands and feet are like the petals of a flower. See yourself having 12 petals, each representing a level of being. Feel your 12 petals growing out from your center and connecting with the Universe. Imagine that you can communicate with each of

your 12 selves. Select a petal and give it a name, such as “physical body.” Then imagine what that level feels and looks like. Imagine being that level. This should be easy with Level 1, the physical body. Move on now to Level 2, the emotional body. Sense and feel what Level 2 is all about. Ask Level 2 to communicate with you and to reveal any information you need for your soul growth, happiness and well-being. Continue with Level 3. Once again, ask that level to reveal itself to you. Seek to understand the variety and sophistication of this level. Know that the higher levels are more complex and all-inclusive and encompass the lower levels. Recognize that the petal analogy is overly simplistic. As you go up in levels, as you move from petal to petal, notice where analogies and models fall away and the higher truth is revealed. Continue this process for several minutes and imagine that you are directly experiencing each level of being.

### Meditation #12 – Levels of the 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.

Now imagine that your hands and feet are like the petals of a flower. See yourself having 12 petals, each representing a level of being. Feel your 12 petals growing out from your center and connecting with the Universe. Imagine that you can communicate with each of your 12 selves. Select a petal and give it a name, such as “physical body.” Then imagine what that level feels and looks like. Imagine being that level. This should be easy with Level 1, the physical body. Move on now to Level 2, the emotional body. Sense and feel what Level 2 is all about. Ask Level 2 to communicate with you and to reveal any information you need for your soul growth, happiness and well-being. Continue with

Level 3. Once again, ask that level to reveal itself to you. Seek to understand the variety and sophistication of this level. Know that the higher levels are more complex and all-inclusive and encompass the lower levels. Recognize that the petal analogy is overly simple. As you go up in levels, as you move from petal to petal, notice where analogies and models fall away and the higher truth is revealed. Take several moments to imagine yourself directly experiencing each level of being, while remaining in a deep state.

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.

Return from meditation in the usual manner.

Closing Message from Sananda, received by Melissa Hogan

**My dear children of Earth, I AM Sananda, from the eighth density. The time has arrived for you to have the knowledge and develop the skills to contact your higher levels of being. This is a message of hope and freedom and engenders a sense of coming home. I am here to assist you at every step. You must remember to ask, for then I shall be there. You are one of my students. I too was a student of the Essenes when I lived on Mother Earth. So practice every day to contact your higher levels of being. Ask and I shall assist you. May your comforts be many and your manifestations great. I am forever yours, Sananda.**

Closing Prayer:

*Loving Father/Mother God, assist us always when we pray to You and our higher selves. Help us understand and communicate with all the levels of our being. You have created us with magnificent petals filled with your Love. May we be eternally grateful for what You have created. Thank You, God. Amen.*

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