

Sananda Mystery School

Phase 1, Lesson 13 Healing the Emotional Body

Opening Prayer:

Father/Mother God, Source of All That Is, our feeling nature is one of the most endearing traits of human beings. There are many races of beings throughout Creation and many of them look enviously at our emotional nature. Our emotions make us feel more alive, more real, more passionate about existence. Lord, we are passionate about You. Let us FEEL You moving through our being and healing our emotional body. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Melissa Hogan

My most beloved and loving children, I am Sananda, Lord on High, who once walked with you upon this Earth. As your teacher of these mysteries, I can tell you that I understand the complexities, challenges, excitement and disappointment of living on your Earth. In actuality there are many things I miss about Earth and one of them is having the freedom to make emotional choices in love, life and how we perceive and worship God. The emotional body brings the most challenges – the deep-seated fears, the lofty exalted states and the lonely valleys, and is key to living a bountiful life on Earth.

Today's lesson deals with taking a quantum leap into the higher state of the emotional body. Today's discourse, exercise and meditation all revolve around healing the emotional body. The cornerstone to this most arduous lesson is forgiveness. Each one of you must take a fearless personal inventory of all that is behind you, with you and in front of you. You must embrace and forgive all ill-fated decisions up to this point in time. Today is a very special day as you now have a God-driven desire to heal your emotional bodies.

The reason this lesson is so difficult is because the ego controls much of what happens in the lower realms of the emotional body. However, the higher essence of the emotional body is to embrace the lesson of unconditional love. That is what your higher selves have been doing in one way or another over these many millennia. You must not forget that when a soul chooses to make huge growth spurts in its evolution and ascension, these lessons can start out being painful, but well worth your effort.

“These are the times that try men's souls,” to quote your philosophers. Please ask for our assistance in helping you to understand the importance of self-forgiveness. For one shall never be able to forgive another if he cannot do so within himself.

Today is like no other, for every one of you, as my students, will be asked to formulate a list of errors made and what it is for which you are asking forgiveness. It makes no difference how big or small your “sin.” For the power of this lesson is in the fact that your soul has guided you to this very point in time when you realize there is no sin, only error.

One of the most powerful experiences you will have is embracing forgiveness of yourself and simultaneously discovering your future soul growth. That is the message of today. You will need to practice today’s lesson in some form every day as you, your fellow humans and Earth ascend. All that needs to be healed is being resurrected and brought to the surface. This is painful and arduous, but it is proceeding at a very rapid rate. There are leagues of angels, lightworkers, high level guides and avatars, all here assisting you. In that you can trust. I am lovingly yours, Sananda.

Discussion #13 - The Emotional Body (Level 2)

The emotional body represents the second level of our being. It is composed of four primary emotions plus countless blends and variations on these. The four primary states of the emotional body include three "negative" emotions and one "positive" emotion: Fear, anger, sadness and happiness. For the purposes of our discussion below, we are equating love and happiness when it comes to emotions. Love is far more than just an emotion, but happiness is an indicator that you are allowing love to come in and out of your heart.

The emotional body involves the greatest level of soul growth. It includes your feelings of love, peace and power, as well as many deep-seated fears. On the surface, it often seems to involve the ego's fear of loss of power when love attempts to triumph. Love represents the most naked and unguarded of all emotions. At our innate levels of understanding, we know the power of love. When one surrenders to all that beckons from a loving heart, one can experience peace and serenity. However, most of us have chosen to guard, withhold and withdraw love. For the ego will always attempt to reign in and control the emotional body.

One of the greatest tools that we have as spiritually evolving beings is the ability to call ego to the table. Once you allow the ego's fears to be heard by spirit, you have begun the process of personal empowerment. Embrace your many fears, doubts and dark nights of the soul. Bathe them in God's golden, radiant, loving light and ask that all be purged and healed in God's Loving Name. Be thorough, all-inclusive and fearless in your "moral inventory." For the soul cannot progress into awareness of higher planes of evolution and ascension without this vital beginning step.

Breathe deeply and allow your own soul to be heard. The soul wants to go forward. The soul understands all that is at stake here. Indeed, the restlessness, questioning and sleepless nights have all been spent in trying to allow the soul to be heard. Forgiveness is the lesson of the day. It is your calling. The time is now. Go forth as a fearless warrior.

How Do We Forgive?

In "*A Course In Miracles*," forgiveness is ultimately viewed as an illusion because in truth there is nothing to forgive. However, in this world of emotional upsets, turbulence and transitory feelings, it helps a great deal to be able to simply overlook and release old hurts, resentments, anger, sadness, guilt, shame, remorse, regret, jealousy, envy, vindictiveness, revenge, self-righteousness and arrogance. To forgive is not to pardon, excuse, pretend or suppress a hurtful experience. It is not to pity, scorn, or ridicule another in the name of forgiveness. It is not, "I forgive you, you sorry, wretched thing." Forgiveness recognizes that behind the despicable behavior of another is a loving soul created in God's perfect image and likeness. While the behavior may not be condoned, the soul is forever sinless, innocent and pure for all eternity.

When you can forgive anyone and everyone, including murderers, rapists, callous and indifferent leaders, arrogant controlling authorities and those behaving spitefully and vindictively, then you are well on your way to complete emotional healing.

There are two steps to healing the emotional body:

- (1) You must fully embrace, experience, feel and express your emotions; and
- (2) You must learn to detach and view your personal and planetary drama from a higher vantage point.

The following exercise will give you an opportunity to do both of these and more.

Exercise #13 - The Forgiveness Process

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

Call forth your own God Presence to assist you in this process, using the techniques taught in earlier lessons.

Imagine that you are on a circular stage in an amphitheatre. This is like one of those "theatres in the round" you find in major cities. Begin by imagining that the bleachers are filled with souls from your past and present. Now, ask your God Self to bring three people down from the audience and have them walk onto the stage until they are standing directly in front of you. Allow your God Presence to select the souls that you most need to forgive. Do not allow your surface mind to get in the way and tell you who you should be forgiving. Simply allow these three souls to be in front of you. If you have trouble visualizing, then just KNOW that these three are there. These are the three souls you most need to forgive.

Turn to the first person. Make eye contact. See this person as you remember him or her to be during your most recent upset. If there is anything you would like to say to this person

that you have withheld for any reason, imagine saying it now. The other person simply receives and listens. When you are finished getting everything off your chest, say the following three times silently while breathing fully and deeply:

"I forgive and release you completely now. You are free to go to the light."

Then visualize a golden column of light filling and penetrating this person until both you and this person are glowing with the golden, radiant, loving light of God. Now imagine this person is becoming lighter and lighter until he or she begins to ascend off the stage and rise up in this column of golden light, returning to the Heart of God.

Repeat the above process for the other two people standing in front of you. Do this slowly and with feeling. Do not suppress or hold back anything you feel.

When the last person has been forgiven and released, it is YOUR turn. Say to yourself three times, *"I forgive and release myself completely now. I am free to go to the light."* Then feel yourself becoming lighter and lighter until your feet are barely touching the stage. Then imagine yourself being lifted up into a column of golden light as you return to the Heart of God.

Meditation #13 – Forgiveness and Release

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.

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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 Sal Rachele

Greetings, beloveds, this is Sananda. As you can see, forgiveness plays a central role in the healing of the emotional body. There are many other facets to emotional healing. We will not go deeply into each one, for that is the purpose of

psychotherapy, and this is not a course in psychotherapy. If you are one of those humans who has trouble expressing and feeling emotions, then I recommend you find someone to work with that you can trust, whether that person has a degree or not. In the meantime, no matter whether you are alone or with many loving healers, you can count on me to assist you. I am here and I will hold your hand through the most difficult of times. I do not judge your emotions, no matter how much you might despise yourself for feeling them. When you are tempted to judge yourself for ANY feeling, repeat the forgiveness process given above.

Dear ones, you are far more magnificent and beautiful than you realize. Nothing you have ever done will erase that. Nothing you have ever done has made you a sinner. Nothing you have ever done has made you unworthy of the Kingdom.

Karma is the accumulation of self-judgment for behaviors you have had in the past, whether in this lifetime or another. Stop judging yourself today, right now. Realize that everything you have ever done, felt, believed or experienced has brought you to this sacred moment. You are holy. You are free. You are LOVE. Forgiveness recognizes that you are LOVE. Forgiveness wipes away your tears. On the cross, I said “Father, forgive them for they know not what they do.” Though many souls may behave badly out of ignorance and fear, it is your holy commitment to truth that you overlook the behavior and recognize the shining, innocent soul behind the act.

You are actors on a stage, and some of you play the villain and aggressor, while others play the victim. Detach from the drama and stop indulging in the behaviors. Simply forgive yourself and move on. Today we move into God’s Limitless Light and Perfection. Today we recognize that in this moment you are eternally innocent and eternally free. Love your emotions. Love your emotional body. Allow it to express. But do not be consumed by it. I AM your holy brother, here to assist you in freeing yourself from bondage. I love your emotional body through the love I have for my own. Today, let us exalt our emotional bodies and bring them into alignment with our higher selves. You are blessed, dear ones. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, we are thankful that Your limitless love and perfection continually enfold us. We are wrapped in Your protection. We are bathed in Your light. Through forgiving ourselves, we recognize our magnificence. Thank you, God. Amen.

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