

Sananda Mystery School

Phase 1, Lesson 14 Special Message and Review

Opening Prayer:

Father/Mother God, Source of All That Is, we are grateful for the first three months of our time spent with You and Sananda. We ask that this review bring us greater understanding of Your perfect Divine Plan. Let us be open to understanding on a deeper level than that which You have given so far through Your beloved Sananda. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Sal Rachele

Dear beloveds, this is Sananda. Every so often in your lives, it is helpful to take stock of where you are in your progress. You do this not by judging and condemning your mistakes. A judged mistake becomes a sin, which holds you back on your path. Rather, you honestly evaluate and determine where you need more work and where you are already quite proficient.

Some of the exercises given in the first 13 lessons were easy and straightforward and required very little of your time. Others were more difficult and in some cases, nearly impossible to do the way they were given. You will find that some have brought up uncomfortable feelings in your body and emotions, while some brought feelings of joy and empowerment.

As you should know by now, there are no right and wrong feelings. Every experience is valuable for the gifts contained within it. You are here to learn and expand your awareness. You are here seeking greater knowledge and wisdom. The idea of sacrifice is an illusion, but when you experience it, look for the gifts within. In other words, if you have believed for a very long time that there is no gain without pain (a form of the belief in sacrifice) then at least celebrate the fact that you learned the lesson even if it was painful.

Beloveds, you cannot regret anything you experience. Regret is part of the judgment that keeps pain and suffering locked in place. All of you have experienced pain and suffering. That has been part of your journey. In order to let it all go, you must let it all go. Yes – I know that sounds strange, but the only way to let something go is to simply let it go. You cannot analyze it, reminisce over it, dwell on it, muse about it or continue to entertain it, no matter how justified or validated you might feel by holding on to it.

When I was crucified, it was a very intense experience, even though I left my body right away and ascended unto Heaven. However, after evaluating the lessons learned, I let it go. Most so-called “Christians” are still hanging onto the experience. They are still crucifying me 2000 years later. In reality, they are crucifying themselves, because they have not forgiven themselves for what they (or their ancestors) did. Guilt and judgment are what keeps the pain in place.

Beloveds, it’s time to take the nails out of your own hands and feet. It’s time to remove the crown of thorns. Most of you have done this to a great degree, but to the extent you are still regretting decisions you have made or lamenting past losses, you have not fully ascended from your own cross.

You will note, dear ones, that our review is not limited to the fourteen or so lessons you have received to date in this school. Our review extends back over the spiritual paths you have been on for many lifetimes. If all of you had completely learned the lesson of sacrifice, you would not still be weighing the many decisions in your life and feeling that you must give up something of value in order to gain that which you truly desire. When you have your priorities straight, there is no sense that you are losing something of value in order to gain something else. Therefore, I implore you to examine yourselves completely without bias.

As this channel’s beloved spirit guide Leah recently taught, it’s time to be completely open and honest with yourselves and others. There is no more time for idle chatter or false pretenses. What you see is what you get. That is one of your favorite expressions. So it is time to be completely honest with yourselves first, and then with others. Being completely honest means simply watching, noticing and being aware of which lessons you have integrated and understood at a core level, and which lessons are still giving you trouble.

Do your best, beloveds, at moving through the blockages. Know that I am here to assist you and help you over the larger boulders in your path. I do so completely without judgment. None of you are too slow or dense to grasp the deeper meanings here. You are all magnificent beings of light, well on your way to mastering the illusions of this 3D world.

Do not shortchange yourselves. Give yourselves credit for three months of great work. You have learned far more during these three months than you realize. Even if you did not do every exercise perfectly, you are still perfect and you are still gaining the value of this course. Be gentle but firm with yourselves. Do not let yourselves fall into judgment. Do not let yourselves fall into complacency. You are capable of far more than you have accomplished to date, but you will not accomplish it by demanding and driving yourselves forward. It will happen by allowing your inner wisdom to emerge. These lessons are designed to help you unfold like a precious flower. I give you my heartfelt appreciation and encouragement to keep going forward no matter what is happening around you. Make sure your priorities are straight – your enlightenment is your highest priority.

Your enlightenment will do more to help the world than anything else. I love you greatly and with all my heart. I AM Sananda.

Discussion #14 - The Value of Review

This is the perfect time to pause for a moment and take a look at what you have learned so far in this course. Unlike *A Course In Miracles*, this is an active process that unfolds a little at a time. The channels do not know exactly what is going to be said beforehand. The course evolves according to Sananda's guidance, and the lessons are modified based on what he and the channels perceive needs to take place. If some students are having particular difficulty in one area, Sananda and the channels will add extra emphasis in that area in future lessons. There are limitations in printed material even in this format and a different set of limitations in the group forum process. Truth is dynamic and ever-changing within the eternal changelessness of its core. That may sound like a paradox, but it is an important concept to grasp. We are fluid beings, changing and adapting to a rapidly evolving and transforming climate. If a particular way of doing the lessons does not work, try something else. Some of you try too hard, while others perhaps do not put enough effort into things. Find your own balance point. You will know when you are in balance by the way you feel when you approach each lesson.

Today we will go back over the exercises from the first 13 lessons and you will be asked to answer basic questions about each lesson. Take your time with this, but do not take so much time that you lose the higher perspective. All of you will find certain lessons that are harder than others. As Sananda said above, simply notice this without judging it.

We (the channels and you) are all in human bodies and we WILL have issues to work through. That is part of being in 3D. We have not met anyone, including so-called lofty spiritual teachers, that do not have issues on some level. It is part of being human. We are spirits in human bodies and our higher guides, teachers and masters, including Sananda, feel it is a great honor and challenge for us to be undertaking a human adventure. None of them considers this an easy place to be. It requires great strength and persistence to overcome the illusions of this world.

We urge you to take a few moments with each lesson to answer the questions below. Do this in a journal or into a tape recorder for maximum results. When you have finished, go over what you have written or spoken and simply notice where you are in your progress. Let it be at that. Do not read more into this than there is. If you have a problem expressing emotions, for example, simply acknowledge it and ask Sananda for extra help in that area. Know that what you ask for, you will receive. You are asking sincerely for extra help in some areas. Know that your request is already granted by your own God Presence, as well as Sananda. Have faith that you will get through the tough parts. Believe in yourself. Know your greatness.

Exercise #14 – Taking Stock of Your Progress

Lesson 1: Invoking Protection (exercise from Your Life Purpose)

Have you been invoking protection regularly? If so, have you noticed a difference in your overall well-being? Do you have any resistance to this exercise? If so, why?

Lesson 1 (continued): Your Life Purpose

Are you clear on your life purpose? What do you need to do to gain greater clarity regarding your life purpose? If nothing were stopping you, what would you be doing with your life?

Lesson 2: Bringing in the golden, radiant light of your God Self.

What has been your experience of this? Are you able to visualize it? Can you feel it? Have you been doing this regularly? If not, why not? How do you feel about this exercise? What changes might you make in the way you do this exercise in the future? Are there any ways you can improve on this exercise?

Lesson 3: The "Who Are You?" Process

Who are you? What insights have you gained from asking yourself that question? Is this a one-time process or is this question part of a continuous adventure? Have you changed, or has your perception of yourself changed since you started this course? How do you feel about the question, "Who are you?"

Lesson 4: Contacting Specific Guides

Were you able to do this exercise? Was it harder than some of the other exercises? If so, why? Where are you still doubting in your ability to contact spirit guides? How can you improve on your ability to be aware of spirit guides? How can Sananda assist you with this?

Lesson 5: Recognizing Vibratory Levels of Souls

Did you do this exercise? If not, why not? If you did the exercise, did you go into judgment? Be honest here. Are you able to naturally sense the "vibes" of other people? How do you do this? Be specific.

Lesson 6: Astral Projection

Were you able to astrally project yourself into another place? Were you able to visualize being there? Were you able to feel being there? How confident are you in your ability to astrally project yourself? What can you do to improve?

Lesson 7: Communicating with Elemental Spirits

How aware are you of the natural world? Do you communicate with elemental spirits? Do you take time to contemplate stones, trees, plants and animals? Do you have any totem animals? What are some of the ways you tune into the natural world? Do you have recall of any lifetimes in the faerie kingdom?

Lesson 8: Manifesting

In what areas of your life do you find it easy to manifest? Where is it the hardest? What are the major blocks you have experienced in the past when it comes to manifesting? What can you do in the future to make manifesting more enjoyable and rewarding?

Lesson 9: The Ego

How do you feel about your ego? How can you improve your relationship with your ego? What are some of the ways the ego makes a positive contribution in your life? How do ego and spirit communicate with each other? What can you do to facilitate better communication between ego and spirit?

Lesson 10: Being Still

Why is it so hard to be still? How do you be still? What happens in the stillness?

Lesson 11: Higher Aspects of Self

What are your higher aspects? How do you contact them? Can you experience them directly while in this 3D world?

Lesson 12: Your Twelve Selves

Was this exercise difficult? If so, why? Briefly, what is the value of having a model of the selves? Can you experience your higher selves directly? How?

Lesson 13: Forgiveness

Do you understand what forgiveness is? Have you done a lot of forgiving? Has it been effective? In what ways? Do you need more work with forgiveness? Were you able to truly let go of past hurts and resentments with this process?

Now take a moment to acknowledge all the work you've done on yourselves over this past three months. Congratulate yourself. Take a day off and do something fun. Do not take this too seriously. It is important, but it's not something to beat yourself up about if you didn't do it perfectly. You are doing a wonderful job with yourselves.

Meditation #14 – Acknowledging your Progress

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 take a few moments to review your participation in this course to date. Just observe what is going on within you. Notice how you feel about what you have done so far. Notice if you have any expectations about the future. Just be with yourself for a little while.

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 and Melissa Hogan

Beloveds, take some time to just relax. Take a day off. Do something fun. Let this be a week of review and reflection. Let my love encompass you. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, thank You for guiding us safely through this world. Thank You for Sananda. Thank You for Your limitless Love. Thank you, God. Amen.

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