

# *Sananda Mystery School*

## Phase 1, Lesson 15 Understanding the Mental Body

### Opening Prayer:

*Father/Mother God, Source of All That Is, the mental body is one of Your greatest gifts to us. We use this part of ourselves to communicate thoughts, ideas, concepts and values to each other and the world. All of the technology and modern conveniences we have today began in the mental body. Lord, show us how to bring our minds into balance with the rest of us. Illuminate our souls and let this illumination fill our holy minds to overflowing with ideas that uplift all life and bring harmony and balance to our planet. In the name of the Christ within, Amen.*

### Opening Message from Sananda, received by Sal Rachele and Melissa Hogan

**Dear beloveds, this is Sananda. Today's subject is one that has been introduced over and over on your world since the first writing instruments were developed in the early stages of the first civilizations millions of years ago.**

**As you probably know, beloveds, telepathy is the universal language. It is beyond symbols, it is beyond words, it is even beyond ideas. Souls who communicate telepathically have instantaneous comprehension of reality. They literally share reality. They have an inner knowing that goes beyond simple mental comprehension. Yet within your 3D world, the mind still plays a vital role in formulating symbols, languages and other mediums of communication.**

**It is my intention, and the intention of the entire Confederation, to help you develop your telepathic abilities. You began your incarnational journey in what is called 7<sup>th</sup> density. You had your telepathic abilities fully manifested and you lived in a form of what you call paradise.**

**During your descent into matter and the lower densities, you forgot your ability to instantly share realities with other souls and out of necessity you developed symbols, languages and verbal communication. In order to go beyond lower density language, we must use it temporarily as a trigger mechanism. Your mind is the ultimate trigger mechanism for awareness. I can say certain things through this channel and thousands of others and when they are said in a certain way, they trigger an awareness of your higher selves and a remembrance of your experiences in the higher worlds. That is my intention in this lesson – to give you mental ideas and concepts that can take you beyond ideas and concepts.**

**Do not disregard your mental abilities in the 3D world. Within the mysteries of the mind lie all answers. The trick is for you to allow your HIGHER mind to begin functioning from an ethereal level where it is most at home. Your mind can trick you, deceive you and hold you back, but only if you allow it. The focus of this lesson today is for each and every one of my students to reconnect and embrace the higher mind, albeit with telepathy and a deep inner knowing, quieting your surface “monkey” mind and become more peaceful within. The mental body is truly how you propel yourself forward in your soul’s evolution.**

**Have you ever thought about how it would feel to telepathically commune with your higher self? That is the ultimate destination for souls here on Earth. It is your birthright. It is part of why and how you were created. With these channels, may the words comfort you, teach you and help you reach beyond your ego, beyond your fears and beyond your self-imposed limitations. For the mental body has no limitations. It is without a doubt the most powerful part of Who You Really Are. So today we ask you to step aside from your 3D self-limiting perspectives to flow beyond your wildest imaginations into a place you know only too well. We ask that you pay close attention to the exercises and meditations of today’s lesson. For therein lies the key to you unlocking YOUR mental abilities.**

**Your mental body can do anything that you ask of it. You MUST trust in your abilities. Within the veils of 3D are constriction and entrapment. You will rise above them. Today, for all intents and purposes, can be a huge awakening for you to claim some of the totality of your magnificence.**

**I hold you in my loving embrace. I AM Sananda.**

#### Discussion #15 - The Mental Body (Level 3)

Our mind is a powerful tool, but most of us do not use it wisely. The ego controls the lower mind in most humans, and when the ego dominates consciousness, the higher mind is unavailable. The key is to balance the lower and higher mind, and to balance the totality of the mind with the heart. To help you balance your lower and higher mind, it is necessary to reprogram the subconscious aspect of the lower mind. This is a fairly advanced lesson, so if you are unfamiliar with the map of consciousness we are referring to here, please consult Chapters 4 and 5 of Sal’s book, "Life on the Cutting Edge."

It is essential to reprogram your mind to create the things you truly desire in life. As you evolve and grow, the things you desire will be in alignment with your soul’s purpose. Therefore, we will assume that you have already put away the more basic desires of your 3D ego and are focusing on manifesting a life of service, prosperity, love, radiant health and above all, awareness of your God Presence. Therefore, the exercise that follows will use affirmations, invocations and autosuggestions geared toward these goals.

Your mind is like a computer. The quality of your life experience is directly proportionate to the quality of the programs running in your subconscious. The

subconscious part of the mind is like the hard drive on a computer. It is where the programs are stored. Your conscious mind is like the screen of the computer. It is the part you see. It is the result of the programs being executed in the subconscious. The superconscious part of your mind is the programmer. It decides what programs are beneficial for soul growth. You must have your superconscious, conscious and subconscious aspects of mind working together in order to harness the unlimited power of mind.

Having a healthy mental body is the first step. Once you have mastered your mind, you must align it with your heart, and the other ten levels of your being. This is not easy. To help you, there are literally millions of souls on higher levels ready to assist you. Call upon your higher guides and teachers. Call upon Sananda. They are ready to assist you in reprogramming your mind.

In chapter four of Sal's book there is a section on core negative beliefs and "sacred cows." We recommend you review the ideas presented there. They will give you a clear picture of exactly what blocks every one of you from achieving your highest potential while in embodiment on this plane of existence.

To sum up, your mind will do whatever you tell it to do. There are no limitations on what the mind can achieve. You are unlimited beings. You can move mountains. You can heal the sick and raise the dead. Yes, you have free will and you cannot decide for another what he or she will do with free will. This is not a limitation on mind, but rather, a recognition that with all the power your mind has, you must still respect the dreams, hopes and desires of other souls.

Most souls do not realize they are unlimited and will vehemently deny they can do anything they desire. It is your duty and responsibility to learn to demonstrate that they are in error. You do this through full mastery of your own mind. You master your mind by deciding to only put thoughts, ideas and beliefs into it that are in alignment with your higher selves. These thoughts, ideas and beliefs are of unlimited prosperity, abundance, radiant health, loving relationships, intelligent stewardship of the Earth and alignment with enlightened ETs, angels, archangels, ascended masters and God-realized beings everywhere. You are the captain of your ship. Sananda is your trusty guide. He will lead you to quiet waters and you will thirst no more. Amen.

#### Exercise #15 - Reprogramming the Subconscious Mind

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.

Get quiet and visualize a computer screen. If you have trouble visualizing, then do this exercise as a meditation and go through the standard relaxation process to enter into an alpha and theta brain wave state. As a last resort, you can use your own computer and simply stare at a blank screen.

Imagine that your computer is composed of a console (computer screen and keyboard) attached to a large mainframe consisting of banks and rows of computer equipment. Imagine that this computer equipment fills an entire room. This room will be called the "control room" of your mind.

Now become aware that your higher selves are present in the room, temporarily taking the form of human beings. They are programmers, technicians, managers and service personnel that are making sure your control room is working properly.

See yourself sitting in front of the console. Imagine yourself pressing the F1 key on the keyboard. When you do this, a list of ALL programs and files residing in your mind are displayed on the screen. Obviously you will need to scroll down to see them all. There are millions of them. Some are necessary in order for you to function in the 3D world. Examples of necessary files include things like how to dress yourself, how to drive an automobile, how to talk in your native language, etc.

Now press the F2 key on your keyboard. The screen now displays only those programs and files that are detrimental to your highest level of soul growth, happiness and well-being. These will include all negative core beliefs and any other programs and files that are limiting, blocking or preventing you from achieving your heart's desire. For most of you, there will be several thousand of these.

Next, press the F3 key. This will select and highlight ALL the negative beliefs, ideas, concepts, thoughts, programs and files that are keeping you from recognizing your perfection as a spiritual being of light.

Finally, press the "Delete" key. A message will pop up on the screen saying, "Are you sure you want to delete all these files? Y/N."

Select the "Y" key and press ENTER. A message will pop up telling you that a certain number (ALL) of the files have been deleted. You will now have a blank screen.

Press the F4 key. This key will enable to you add beneficial programs and files to your hard drive (subconscious mind). These files will be added to the programs and files you have kept that are already beneficial (such as how to read, write and interact with others). We have selected some special files. You can add your own in addition to these. Here are the files you will add:

"I am a powerful, creative, intelligent and magnificent being of light."

"I deserve to be healthy, happy, prosperous, loving and loved."

"I am eternally innocent, now and forever."

"I am radiantly healthy, prosperous, happy, loved and loving."

"I choose to do what is for my highest and best soul growth, happiness and well-being."

"I am beautiful, capable and lovable."

"I am in clear communication with my all-wise, all-knowing, all-loving higher self."

"I am One with God."

Now add some of your own to this list. When you are finished, hit the SAVE button and see these files being added to your hard drive.

Now, to make this even more powerful, there is a "duplication" key, called F5. When you highlight a positive thought, such as one of the above, then press F5, it multiplies the thought 1000 times. Go ahead and select the first thought above and press F5. See it multiplied on the screen. See the screen scrolling down to reveal the copies. Do the same for each of the thoughts above and your own positive thoughts.

Once again hit the SAVE key, then get up from your console and return to a normal waking state of consciousness.

### Meditation #15 – Reprogramming the Subconscious Mind

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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Once again hit the SAVE key.

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.

Closing Message from Sananda, received by Melissa Hogan

**My most beloved children, your task is to embrace your heart, talk with your mind, and learn your balance points. Each soul has a unique combination of heart and mind, which ultimately will communicate with your higher self and soul. Please do not take this lesson in complacency. We implore you to learn the many levels of your higher mind. When the heart is too fragile, the mind is always there. It is your responsibility and God-given right to balance your heart and mind.**

**The mind is a many-splendored thing, so use it wisely. Know you have the inherent power to reprogram how you think and ultimately how you feel. What we ask of you now is to feel what you think and think what you feel. In the same breath, know you have total control of how your mind thinks.**

**Now have fun and feel a new-found sense of freedom. Know that each of you has the ability to be master of your mind. However, never forget or disregard your heart's**

**desire. Within your heart lies the key to unconditional love of self and every person on Earth. Your mind can grasp this without a doubt. It is up to each of you to listen to your heart, re-educate your mind and take the shining love that we offer and shine it brightly in your world. Each of you is an individual beacon and your light will shine forth always. I am forever yours, Sananda.**

Closing Prayer:

*Loving Father/Mother God, thank You for inspiring this lesson. Thank You for your loving brother Sananda. Thank You for illuminating our holy minds. Thank you, God. Amen.*

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