

Sananda Mystery School

Phase 1, Lesson 16 How to Handle Negative Emotions

Opening Prayer:

Father/Mother God, Source of All That Is, we ask for Your strength in assisting us in processing the many negative emotions we experience here on Earth. As our negative emotions create conflict within us, we implore Your help in transforming these into love. Within that love lies our true essence. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Melissa Hogan

My beloved students, today we are here to discuss the gamut of human emotions. The greatest challenges of living on Earth lie within your emotional body. This is why we are revisiting this subject. The density of your Earth has trapped and recycled negative emotions for aeons. That is why it is so essential that each and every one of you integrate the negativity of your world.

We in the higher realms understand the difficulty here and wish to comfort you in your fear and confusion. There are many negative emotions that surround you. However, the basic truth lies in your ability to accept and transform negative emotions. Lack of love for self and others is at the root of the problem.

You as Earthly beings often run away and try to hide from negative emotions. Rather, one should embrace them, examine them and accept them, for when you do, you gain strength and understanding.

Each of us has the ability to transform any negative emotion into love. When you choose to envelop a negative emotion in love, its power over you dissipates. This takes practice, intention, focus and surrender. The more you do this, the easier it gets. The power you have as individuals is to call upon the higher realms to assist you when negativity knocks at your door. Sit with your fear and please understand that all you need do is ask for our help to transmute negative emotions into God's loving light.

My children of Earth, we love each and every one of you and we want you to know how honored we are to assist you in staying in God's Love with each other. You have heard it said there are only two emotions, love and fear. Every time you choose love over fear you strengthen your emotional body. Over time and with repetition you will come to notice that fewer negative emotions are able to knock you off your

center or take you off your path. Whenever you choose Love there is no room for fear, for it is your natural state to live in Love.

Today's lesson is about garnering the strength to live in Love for each other. The simple act of prayer can offer up and release fear when faced with negative emotions. God's Love flows freely through all challenges. It is up to you to choose Love over fear. When you allow Love to bathe your perspectives, you are simultaneously asking your ego to step aside. Love is gentle. Love is kind. Love is your natural state. God's Love is the most powerful thing in the Universe and we all have the ability to call in that Love, live that Love and be that Love at any moment and in every moment. That is the ultimate journey that our souls desire.

It is easy to remain stuck in negativity in this world. Through ignorance and the inability of the ego to ask for assistance, God's Love is blocked from entering your heart. Today's lesson is essentially about expanding your heart's ability to bathe yourself continually in God's Loving Light. The magnificence of this Love shines brighter than anything and reaches throughout the Universe. We love you, we hold you and we cherish you. As we share this Love, it becomes more powerful than any negative emotion or inharmonious situation. This is the cornerstone of each soul's unfoldment. Let us all live in God's Love.

Lovingly yours, Sananda.

Discussion #16 - Why Are We Going Back Over Negative Emotions?

Have you looked around the world lately? What do you see? Yes, there is perfection in everything and to the extent that is what you see, you are a powerful beacon of healing. But at the same time, you must have noticed that the vast majority of souls in 3D are stuck in negative emotions of fear, anger, sadness and various combinations of these.

It is the observation of these channels that the emotional body is the aspect of self that is most responsible for blocks and impediments on the spiritual path. This is why we are revisiting this topic. Next week we will continue with the astral and etheric bodies, but for now, let us go a bit deeper into the nature of the problem.

Emotions, as we have said before, are a gift. Negative emotions serve us by acting as signposts indicating that we are out of balance in one way or another. Therefore, we must emphasize once again that you must accept ALL your feelings, no matter how eloquent or crude they appear and no matter how evolved you think you are.

There are many gurus and spiritual leaders that have not integrated their emotional bodies. They hide behind lofty-sounding words and phrases. They isolate themselves behind cloaks of purity and robes of pretention. Their disciples fall on their knees and worship the holy one's fountain of wisdom. Yet hardly a decade goes by where there is not some scandal or corruption brought to light on behalf of one or more of these men (or women) of God. Why is this?

As stated in Chapter 19 of Sal's book, "*Life On the Cutting Edge*," many great spiritual teachers go into denial about the fact that they are human as well as divine. All of us are in 3D bodies having an Earthly experience (including Sananda during his life as Jesus). Part of that Earthly experience includes negative emotions. When they are allowed to express, when they are loved and accepted for what they are, they are gently and completely brought to the truth of our Being and are healed. But when they are suppressed, repressed, sublimated, projected, denied or colored in fancy-sounding words, slogans, clichés or beliefs, they fester and boil until one day an eruption occurs. Many disciples become disillusioned and even abandon the spiritual path at that point, becoming discouraged. They might say, "Since swami fell, and I'm so far below swami in my spiritual understanding, how can I ever really experience the peace of God?"

From a higher perspective, every time a "holy one" falls, it is an opportunity to learn a very humbling lesson. Do not shortcut the emotional body in your impatience to get to enlightenment. Very few gurus would consciously fall in order to teach this lesson to their disciples, although those closest to the guru might rationalize in this manner.

It is not more spiritual to have only positive emotions than it is to have a combination of positive and negative emotions. The quality and quantity of your emotions has nothing to do with your value as a spiritual being. Your value is beyond question. You are capable of loving and being loved no matter what you are feeling. Sure, there are many who will reject you if you do not have a smile plastered on your face 24/7. However, happiness is not about pretending you do not have human emotions. It is about accepting them and being completely real and present with them. Yes, there are appropriate and inappropriate ways of expressing them, but nevertheless, you must first acknowledge them before any form of true healing can occur.

Exercise #16 - Becoming Aware of and Healing Your Negative Emotions

Today's exercise is rather lengthy and difficult, but all of you are capable of doing it. You are to sit for at least 15 minutes in meditation and breathe fully and deeply. As you sit in meditation, review EVERY situation in your life that brings up unpleasant feelings.

If you cannot think of something, then go back in time until you find an occurrence that brought up negative feelings. Continue to breathe as you experience each negative feeling. As each negative feeling comes to the surface, find the gift in that feeling. Thank the feeling for being there. Celebrate the feeling. See the perfection in the feeling. This will not be easy, but it is essential for the healing of your emotional body.

Review the situations in your life that give rise to unpleasant feelings. In case you are having trouble thinking about this, here are some examples. You are angry about something your president or prime minister did. You got audited by the tax board. Someone cut you off in traffic. A loved one criticized you. Surely by now you can think of some to add to this list.

Imagine a ball of light about two feet in front of you about the size of a basketball. Imagine putting into this ball every negative emotion you are experiencing. See the ball filling up with your negative emotions. Keep putting them into the ball until it is stuffed full. Keep going back in time until the ball is full. Do not cheat yourself. Fill the ball all the way up.

Imagine a column of golden light straight from the Heart of God descending from the heavens and filling your body and the space in front of you.

Put the ball into the column of golden light and release it. Watch it ascend into the column of golden light until it disappears into the Heart of God. Repeat this process every time you feel a negative emotion coming up.

Meditation #16 – Healing Negative Emotions

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

My beloved students, I will repeat a simple statement. Truth is truth. When you are experiencing negative emotions, the truth includes the fact that you are experiencing negative emotions. You must be completely real with yourself before you can truly transform your negative emotions into expressions of God's Love. A simple analogy has been given many times before. If you are traveling from one place to another on your world, you must acknowledge your starting point and become aware of the details, i.e., road map, that is relevant to your journey. If you are in denial and pretend you are somewhere that you are not, you will not get to your destination properly. You must begin where you are. This may sound very basic, but many of you have a tendency to want to skip the basics. Yes, we are going back to basics briefly. I heard that sigh of relief at the word "briefly." You are a most impatient lot. Is your enlightenment that trite that you would not spend a few more moments making sure you know where you are going?

Some of you are laughing, and that is good. But for those of you who are angry or crying right now, I do remind you that I hold you in my Infinite Love, for my love is the Love of our Creator and it has no bounds. Is it not Love that heals? Let Love come into your heart and lift you out of your self-imposed limitations.

Give your fear, anger and sadness to God. Do not hold on any longer. It is time to move on. Forgive yourself. Forgive all who have angered or hurt you. Do this now and do it completely and without reservation. It is the time of your salvation. Your salvation comes from being completely real and completely honest with yourself. Offer everything up to God. Do not hide any longer. The Universe is depending on you. You are an important part of this Creation. Do not hide behind anything any longer. Come clean. Come with open hearts and empty hands. The time is now. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, may we walk in Your Love today and always. Thank You, God.

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