

# *Sananda Mystery School*

## Phase 1, Lesson 17 Clearing the Astral Body

### Opening Prayer:

*Father/Mother God, Source of All That Is, there are many mysteries in your Infinite Universe. Teach us how to appreciate the parts of your Creation that we can never fully understand with our intellects. Show us how to become aware of the more subtle aspects of ourselves. Help us realize the many ways we are connected to one another and to You. We are grateful for the knowledge we will receive today. In the name of the Christ within, Amen.*

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

**Dear Beloveds, this is Sananda. Today I want to talk about something that has brought much contention and dispute among the lightworkers of your world. That is the subject of protection and the astral body. There are students of this course that have a problem with the idea that all of you need protection. You say, “I don’t need it because I am already safely in the arms of God.” Yes, you are correct about that in the ultimate sense, but how many of you are consistently demonstrating this truth in your daily lives? Be completely honest here. Some of you are aware of your intimate connection with your God Self and your Creator some of the time. But how many of you are aware of this connection all of the time? How many of you are manifesting this connection in every area of your lives?**

**This channel has said that you live in a sea of negativity. That might be a harsh assessment, but it is not far from the truth, at least on the 3D plane. Most humans are engaged in what is termed “negative thinking.” Negative thoughts, as you know, are thoughts that impede the progress of the soul’s evolution. We have been over many of these before, so we will not elaborate on the specific negative thoughts floating around in the astral atmosphere of your Earth. However, we will take a look at the astral influences in general, constantly bombarding you while you are immersed in the 3D reality.**

**You must recognize that you do in fact live in a sea of negative thought forms. Even if you reside at high altitudes on Earth, or in sparsely populated desert areas, or on a tropical island, you are still subject to a constant bombardment of negativity. Over the next several years this negativity will change and eventually it will become completely transformed, due to the efforts you, the lightworkers, are committed to making. However, in the meantime there are three things you can do with the negative thought forms floating around in your space.**

**(1) You can allow them to move right through your being without letting them attach to your astral or other bodies;**

**(2) You can transmute them and turn them into positive thoughts; or**

**(3) You can allow them to stick in your aura, astral body, emotional body and even your physical body and cause you to become sick, upset and unbalanced in general. This is popularly known as “taking on people's stuff.”**

**Item (1) above is the most desirable of the three methods of dealing with astral negativity. In this instance, you become like the hollow bamboo, the clear vessel, through which both the good and not so good of life flows through. The difference is that with the negativity you simply let it flow in and through you and out, and it gradually dissipates as it comes into contact with your God Presence and the God Presence of other lightworkers.**

**Item (2) above is a noble and desirable approach, but it is far more difficult that method (1). To truly transmute negativity you must have a thorough understanding not only of the nature of core beliefs and the astral body, but of the difference between your personal space and the space you share with one another as One Spirit. This is an advanced teaching and very few of you are able to consistently transmute the negativity coming your way. When you are able to look with complete love upon EVERY human being, no matter how horrid their behavior, you are moving in the right direction with this one. There will be lessons in how to transmute negativity within this course, but for now we are not going to dive deeply into this method.**

**Item (3) is obviously not for you as lightworkers. Yet you certainly are familiar with this method, as ALL of you have at one time or another fallen victim to negative thoughts. It is this method of dealing with negativity that we will seek to heal in this lesson.**

**Beloved lightworkers, as you can see, without practicality and usefulness in everyday life, this course does not have much value to you. Perhaps it would in times past, but you are all living in a very complicated and confusing world, and very few of you are sufficiently detached from it to render this lesson unnecessary. I urge you as your elder brother to attend this lesson carefully and diligently and to refrain from assuming that you are beyond what is being taught here. Arrogance doth make for a miserable life. Do not be arrogant and assume you cannot be assailed on the astral plane. Perhaps you have truly integrated your astral body, but when I look at you energetically I see room for improvement in all of my students. Enough said on that point, beloveds. I AM Sananda.**

## Discussion #17 - The Astral Body (Level 4)

*What does the astral body look like?*

As defined, the astral body consists of the energies that are the closest to the physical and the most dense without being actually physical. How does this differ from the emotional and mental bodies? The emotional and mental bodies are, in a way, overlaid upon the physical body. After all, you feel emotions in your body, and your thoughts are processed through your brain, which is part of your body (even though the mind itself is not physical). By contrast, the astral body consists of a web of energy that protrudes out from your physical body and rapidly diminishes in intensity as you go further out. Nevertheless, your astral body can influence souls anywhere in the Universe, depending on how it is projected.

The closest analogy to what the astral body looks like is that of a silvery spider web. Your web interacts with the webs of other souls, regardless of whether or not you are aware of this.

*What happens when you dream?*

When you dream at night, you use a combination of your mental and astral bodies. The mental body translates the dream and gives you an experience of the astral realms. When you lucid dream, you become more aware of the astral body itself. Most people in the dream state describe the astral body as waxy and shimmery, with hazily defined features. As you know, the astral body can teleport, move through apparently solid objects, change time frames, compress and expand time, and manifest things instantly within its realm.

Although many of you may have never seen the often talked about silver cord, there is in fact a conduit of energy that links the astral to the physical. It is entirely possible to sever this link and be unable to return to your physical body, although this is generally rare.

*What is the function of the astral body?*

The astral body is the final step between the higher dimensions and physical manifestation. Divine energy reaches our physical body in stages, with the astral body being the last stage before reaching the physical. This is not to be confused with the idea that the emotional and mental bodies are closer to the physical than the astral. We are talking about an entirely different process here. The creative process actually starts in the spiritual realms and is experienced first through the mental and emotional bodies, and is then registered in the etheric and astral bodies. When you receive an idea from spirit, you think about, feel it, and then it enters your etheric body as a blueprint for creation. This blueprint then moves down into the astral where it energizes the substance of the astral plane. This in turn activates the physical matrix and actually changes physical matter. In many cases, this process is so instantaneous that you do not realize there are several steps involved.

For example, you have a thought to get up and get a drink of water, and you simply do it. Yet between the idea and the physical activity, there is activation of the emotional, etheric and astral bodies.

In the dream state, there is one less step in the creative process. Ideas move through the emotional and mental bodies and are manifest in the astral body. Because the astral body is fluid and uses time and space in its own way, a variety of exotic manifestations can occur on this level. It can seem that the moment you think of something, you experience it in the "outward" realm of the astral.

The astral realm is very busy and interactive. Many souls move in and out of the astral planes. It is therefore essential to clean and clear the astral body in order to have clarity in the creative process.

*How can you tell the state of your astral body?*

Because all your bodies are interrelated, you can often tell the state of your astral body by how your physical, emotional and mental bodies are feeling. Are you tired? Are you feeling upset? Are you mentally obsessing about something? If so, there is a good chance that your astral body is filled with discordant energies.

You are all capable of visualizing correctly the state of your astral body. Today's exercise will give you a chance to practice this. Your God Self and spirit guides can give you a "weather report" regarding the state of your astral body.

#### Exercise #17 - Clearing Your Astral Body

- (1) The first part of the exercise is very simple. Before you go to sleep every night, ask your God Self to protect you and your astral body. Use the golden light technique before falling asleep.
- (2) Throughout the day, whenever you have a few moments to go within, review and practice both the golden light and protection techniques given earlier in this course.
- (3) During one of your more lengthy quiet times, go into meditation and do a weather report on your physical body. Where does it feel out of balance? Where does it feel stressed? Where does it feel uncomfortable? Next, move into your emotional body. What are you feeling? What is the quality and texture of that feeling? Does that feeling have a logical explanation, or is it somewhat mysterious in origin? In other words, is there a rational reason for the feeling, or are you unsure as to why you are feeling it? Next, examine your mind. Are you obsessing? Are you having a hard time managing your thoughts?
- (4) Ask your God Self and your spirit guides to draw a picture of your astral body. Allow the images to come. You might have trouble visualizing, but with practice, you can do

this. Examine the picture. Where does it look dark or dense? Where is it out of balance? Are there images of grotesque or disfigured entities or shapes?

(5) Review your life and the people in it. Do you have any negative people in your immediate environment? Do you work around negative people? Are there negative people in your family? In most cases, you will experience a mixture of positive and negative in the people closest to you.

(6) Think of two or three of the people closest to you. What sort of state are they in? Are they depressed or happy? You might notice that when they are down, you feel down; when they are up, you feel up.

(7) Ask your God Self to get out a cosmic vacuum cleaner and begin scrubbing your astral body. If there are cords, use the golden scissors technique (described below) to imagine them being cut. If you see dark entities, send them packing using the standard protection techniques given earlier in this course.

### The Golden Scissors Technique

Wherever you see dark blotches, spots, or “daggers” in your energy field, it is possible that you could have a cord or filament of your astral “spider web” attached to the cord or filament of another entity (whether in embodiment or not). Imagine you have a large pair of golden scissors. These are magic scissors. They can cut through anything. In this technique, you are to ask your God Self to direct you to the places that need cutting. You might see ropes or strings leading to other entities. Starting at one side of your body, begin snipping rapidly across the front of your body, at the level of the solar plexus. Make two or three passes across your body, then move to the sides and top. Imagine doing the back of your body as well. You might see the cords falling away and the negative energies and entities floating up and away from you. Ask your God Self to fill in any areas that are left void by the departure of the negative energies or entities. Use the golden light technique to fill yourself in with your own essence.

In another lesson, we will discuss empathy, sympathy, compassion and dispassion, but for now, simply follow steps (1) through (7) above.

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

Always remember to call forth your own God Presence to assist you in this process.

### Meditation #17 – The Astral Body

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.

Do the seven-step process given in the exercises, followed by the golden scissors technique.

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 Melissa Hogan

**My dearly beloved students, I am Sananda. Today's lesson embarked upon the explanation of your astral body and its functions. Suffice to say this is where inspirations from the higher realms finally filter down into your physical body. The reciprocal applies – when you create an intention it travels back to the higher realms first through the astral plane.**

**You spend a great deal of time within your sleeping state in the astral plane. Thoughts, emotions, feelings, ideas and intentions merge here. It is necessary for each and every one of you to understand how powerful Creation is at this level. Therefore, it is of paramount importance before you go to sleep at night to ask for protection and integrity within your astral body and the astral plane. For that is how you and your fellow souls travel to and from each other during sleep.**

**Therefore, you must understand the power of your creative abilities. As highly creative beings, it is of great importance to keep your astral body as pure and clean as possible, and that is what you are asking for when using protection. This allows your pure intent to manifest in its magnificence. Tonight when you sleep, trust in the fact that your intentions will be pure.**

**I am always here for you. I am guiding and protecting you. Lovingly yours,  
Sananda.**

Closing Prayer:

*Loving Father/Mother God, we ask for Your continued protection and assistance in keeping our astral bodies clean. May we be pure channels and co-creators within the higher realms and with You. Thank You, God.*

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