

# *Sananda Mystery School*

## Phase 1, Lesson 18 The Etheric Body

### Opening Prayer:

*Father/Mother God, Source of All That Is, You have created everything in the Universe to be energy, whether in dense form or pure light. Energy is eternal and can neither be created nor destroyed, yet it can change form and manifest with infinite variety and beauty. Today, let us understand the nature of energy and of our etheric bodies, the receptors of energy. Thank you, Father/Mother God. Amen.*

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

**Dear beloveds, this is Sananda. Your etheric bodies are beautiful beyond measure. As you grow and awaken, you will discover the unsurpassed magnificence of your energetic self. Your etheric body, if you can see it with your inner eye, looks like the most gorgeous geometries, swirls, colors, patterns, and iridescent shimmering radiance you could possibly imagine. Some of your visionary artists have captured the essence of it in their paintings, but to witness it, to be immersed in it, goes beyond their conceptions.**

**Your etheric body contains the blueprint of your creation as an individual soul. The codes, programs and instructions exist within the electromagnetic field of the etheric body. The etheric body is the next one out from the astral body. It encompasses a space ranging from several inches to several feet from your physical body, but as with the astral body, it also extends into infinity, though at a lesser amplitude the farther you go out.**

**Your memories of the past, visions of the future and ideas and concepts about the present are all contained within your etheric body. That is why your scientists are perplexed when a human being has an accident and loses most of the brain, yet is able to recall and remember past experiences. They used to believe memory was contained in the cells of the brain, but the brain cells are merely receptors for the fields of energy present in the etheric body.**

**Like the physical, emotional, mental and astral bodies, the etheric body can become out of balance. It can get sick as a result. When the etheric body is out of balance, all sorts of maladies can beset the physical form. Most illness, as we have said repeatedly, occurs in the emotional body, but the etheric body is probably the second most important one in terms of the manifestation of imbalance in your physical life. You may be thinking the mental body, with its core beliefs and programs, would be the culprit, but without the energetic imprints of the etheric**

**body, the mental body has very little power. Its thoughts, ideas and concepts remain in a dormant state, floating in the ethers, until the etheric body activates and magnifies this energy.**

**The ethers are the medium in which the geometric patterns of electromagnetic energy form intelligent spirals, pyramids and other concrete crystalline structures. These structures, visible to one who has moved into fifth density, are stepped down into the astral and physical levels, with the application of the higher mind and subconscious mind. The mind is a tool for assisting in the crystallization of etheric energy, but it is not the source of the manifestation. Yes, God can inspire your mind and can work wonders through it, but without the emotional, astral and etheric influence, creation remains largely abstract and void of any real substance.**

**Beloveds, I realize this lesson is a bit technical and perhaps hard for some of you to grasp. Your mind needs ideas and concepts in order to function in this world. Yet if you can tune into the pure energy of your etheric presence, you have formed an important bridge into the mysteries of Creation. Creation does not just happen on one level. All the levels of your being are involved to some extent. Perhaps some parts of you are more developed and able to tune into the energy more efficiently than other parts, and so some of you think of yourselves as “mental” beings, or “emotional” beings, but in reality you are whole, complete beings of pure light and the light geometries of your being are configured and maintained according to the interaction of your various aspects.**

**In order to truly manifest in this world, you must learn to tune into your etheric body and modify, alter, change and transform the etheric blueprints present within your soul. True change does not occur within you until the blueprints have been changed. How you change the blueprints is of paramount importance. Part of this course is designed to help you change the blueprints so they are in alignment with the deepest desires of your soul. This lesson will hopefully serve to assist you in changing your etheric blueprints where they need to be changed in order to experience greater joy, health, prosperity and above all, spiritual awareness. I will assist you greatly if you allow me. Call upon me to help you understand this lesson. I am your friend and elder brother, even present in God’s many mansions. I AM Sananda.**

#### Discussion #18 - The Etheric Body (Level 5)

Dear students,

We, the channels, are going to attempt to share with you some of our own personal experiences of being in the grace of the etheric body. We will seek to describe in color, form, sound, etc., our impressions:

Hello, fellow students. I (Melissa) know the exact experience I would like to share. Imagine yourself on a sailboat on third watch. You are sailing well balanced and the

waves are rhythmically slapping your hull. Something catches your eye and you realize you have a pod of dolphins as your guides. Their sleek fast bodies swim with you through the night, leaving their iridescent trailings in your wake. In that moment at two in the morning there is NOTHING to separate me from their rhythms and the freedom of sailing Mother Earth's largest ocean. We commune for quite some time and I break the cardinal rule of night watch. I leave the cockpit for the port rail to come closer to God. It is magical, to say the least. The sound of the wind and the phosphorescence is astounding. I am part of God's Creation that night. And so It Is....

I (Sal) am reminded of my early days in rebirthing. For those of you not familiar with rebirthing, it is a conscious breathing yoga that usually requires about an hour per session. In the exercise section of today's lesson, rebirthing is given as an optional process, which will be described in more detail below. During my early rebirthing sessions, I had a lot of emotional and mental blockages that were released due to the increased "prana" or life force energy running through my body. This is etheric energy. The etheric body is energized tremendously during rebirthing, and what I felt was energy surging through my body like electricity. In addition, I am a very visual person and I could see colors and energy swirling in and around me. As in Melissa's story, I felt merged with Creation. I felt that everything was evolving perfectly and nothing was out of place. I felt a kinship with all life forms no matter where they are or were. Various emotions came and went during the process, but above all else, I felt more alive, more real than I had before.

(Sal) There are many triggers that excite and stimulate the etheric body. One of these is music. For me, music has been the most powerful healing medium of all. The right kind of music creates a geometric pattern of audio frequencies that align with the soul's true nature. These geometries enter the etheric body and transform the blueprint. Great composers can literally transmit experiences through their music. Wagner in his prelude to Lohengrin transmits an experience of angels coming down from Heaven with the holy grail (life force energy). When I first listened to this music, that is exactly what I experienced – not because my subconscious believed that that was what it was about, but because I received the transmission from the composer. You'll have to take my word on this.

(Melissa) Okay, here are my next wonder-filled moments. It was last spring in the Greek Islands. I got to go to the hospital Hippocrates built. There is a small altar that was the sacrificial site for the Goddess of Healing. I had my left hand on this stone altar and felt myself back then healing alongside Hippocrates himself. The ancient knowing, the comfortableness of it all felt like coming home. I turned around to stand at the top of the stairs and saw the Med Sea, Kos Town and a castle off in the distance and knew I had lived there for quite some time. I sat beneath the Plane Tree in Kos where Hippocrates held lessons. I ascended a marble staircase to the monastery and knew I had seen him many times in my courtyard. So it is no surprise to me that I am once again chosen to teach. I love this time with all of you. Sal and I truly come together during our sessions with each of you. Thank you for being here so we can all continue to grow into our Light filled beings....Melissa

### Optional Exercise #18A - Rebirthing

If you have not rebirthed before, you will likely need a trained rebirther to work with you on this exercise. Rebirthing is a conscious breathing yoga that embodies several principles, including complete body relaxation and "circular" breathing, meaning no pauses between the inhales and exhales (other than absolutely necessary). This is a full, deep, complete breathing rhythm that is normally a lot faster and deeper than the way most people breathe. Breathing in this rhythm often brings up memories of birth and early childhood, hence the name rebirthing. The psychology of rebirthing is thus: When we were born, there was usually trauma and we experienced fear around taking our first breath. We were on our own. No more safe, comfortable fluid to float around in with all our needs met by Mother. The fear we experienced when the cord was cut resulted in the act of holding our breath momentarily. If you notice, every time you are in fear, you tend to hold your breath or it becomes shallow and erratic. The relaxed, full breathing rhythm of rebirthing pushes out the fear energetically, at an etheric level, and you experience greater aliveness, safety, security and well-being. Breathing fully, freely and deeply makes fear impossible to hold onto energetically.

You will need an hour with your trainer for this exercise, or an hour by yourself if you are an experienced rebirther. Pick a time and place where you will not be disturbed and lie down on your back or side and breathe for approximately one hour in the rhythm described above, or until you feel you have completed a cycle. A cycle occurs when your breathing goes from being labored or difficult to being totally relaxed and effortless. During a cycle, your body will likely feel tingling and sometimes hyperventilation or partial tetany (paralysis). Do not be overly concerned with these symptoms of increased energy. The energy is simply moving through blockages in your physical and emotional bodies, and when you resist the increased energy, it can feel painful. In fact, pain is defined as resistance to the truth (life force energy). The more you allow the energy to flow through you without judging, fighting or resisting it, the better you will feel. All emotions are simply intense energy patterns. When you fully accept ALL emotions and feelings, you integrate and heal whatever needs to be healed.

After the hour or cycle is completed, slowly get up and remain conscious of your body and feelings. You will gradually return to normal consciousness.

### Exercise #18B - Visualizing Your Etheric Body

- (1) Sit quietly and call in your golden, radiant God Presence.
- (2) If another person is available, you may do this as dyads, sitting across from each other. If you are alone, simply visualize another person of your choice sitting across from you at about arm's length. This should be someone you feel comfortable with and know well.

(3) Ask your God Self to assist you in seeing the etheric body of this person. Ask that your spiritual sight be given you. Ask Sananda to come forth and attune your etheric body as you do this.

(4) Imagine a colorful rainbow of swirling light around the person sitting across from you in actuality or in your mind. See the different colors becoming more and more intense. Imagine a crystalline pattern of colored, swirling light around this person. Notice where the light is brightest and where it is dimmest.

(5) FEEL the energy as it interacts with your own auric field. See your field and the other person's mingling and merging in the outer layers. Notice that the inner layers of you and the other person remain fairly separate.

(6) Encase both of you in the golden, radiant, loving light of God. See a golden glow or cocoon of light around both of you. Notice, if you can, the chakras, or energy centers of your body.

(7) Breathe fully and deeply during this process and feel the energy of the other person as it moves through your outer etheric body. Feel also the energy of your own etheric body as it moves through you and around the other person.

(8) Continue this process for several minutes and then share with your partner if he or she is physically present.

### Meditation #18 – The Etheric 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.

Sit quietly and call in your golden, radiant God Presence.

Repeat the process given in the exercise above.

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 and enlightened students, I am Sananda. We have embarked upon a journey into helping you discover the magnificence of your etheric body.**

**There are no mistakes in the moments where you allow yourself to surrender into and enjoy the energies of your etheric body. These are magical moments. Through the exercises described above, may you re-experience the rush of energy from your etheric body. For here is where you truly bridge the gap between your lower selves and knowing God's magnificence at a higher level.**

**The colors, lights, sounds and triggers that allow you to bridge into your etheric body are uniquely yours. Please allow our assistance each and every time you choose to venture into awareness of your etheric body. The light and magnificence of your etheric body truly transcends all 3D ties to your Earthly plane. The more experienced you become at tuning into the energy of your etheric body, the easier your challenges on Earth will become. When you walk in the etheric body and merge with its light, you become limitless and free to create whatever it is that you desire. For most of you, this does not happen frequently, so cherish the moments when they arrive. I AM lovingly yours, Sananda.**

Closing Prayer:

*Loving Father/Mother God, may we embrace the gifts of seeing the Light. You are the One Light in our lives, and all arises from You. Thank You, God.*

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