

# *Sananda Mystery School*

## Phase 1, Lesson 19 The Dynamics of Energy Exchange

### Opening Prayer:

*Father/Mother God, Source of All That Is, we know there is a system of checks and balances in Your Creation. Teach us how to live according to Divine Principles. Show us the true meaning of giving and receiving. Move us into perfect balance and alignment. Thank you, Father/Mother God. Amen.*

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

**Dear beloveds, this is Sananda. Today's lesson builds on last week's regarding the etheric body. In order to properly understand energy, you must understand the exchange that goes on between all souls in Creation. That's right, beloveds, every one of you has an exchange with every other one of you. Sure, some souls have a more significant and noticeable energy exchange, but the Universe operates in perfect balance and therefore you have a relationship with every other soul in all of Creation. Something to contemplate, yes?**

**In this world, a tremendous emphasis is put upon the idea that giving and receiving should be equal. The problem is, not all energy exchanges take the same form. You may do business with another and exchange money for goods and services. Or you may barter or swap things of value. Yet who decides the true value of things? Your bankers? Of course not, they are too busy trying to accumulate physical (financial) wealth to be concerned about equitable exchange. Sure, they may expound upon the idea of fairness and equality, but their energy says otherwise.**

**All beings in Creation thrive within a balanced state. If you give more than you receive, or if you receive more than you give, you are out of balance. In the ultimate sense, it is impossible to remain out of balance because the Universe tends to right itself and come back into balance. Your physicists have given this principle various names, including action and reaction and cause and effect. Your mystics gave this principle the name karma and imbued it with attributes and effects beyond the simple comprehension of the Universe reverting to a balanced state after temporary imbalance occurs.**

**How do you know, beloveds, whether or not you are in balance? How do you know whether you are giving and receiving in equal measure? Your intellects cannot know this, but your souls and hearts can. You can intuitively know when you are out of balance. Obviously if you are WAY out of balance, it will be very apparent.**

**Your body will get sick, your emotions will be largely negative, your financial well-being will suffer, or your relationships will be less than desirable.**

**There are many beliefs on your world about past life karma and the idea that you need to atone for it. Do not believe this. Whether or not there is any truth in it, you will likely only discourage yourselves if you delve too deeply into this. Most of you committed heinous acts in past lives. Forgive yourselves and move on. If you come into this life grossly out of balance, then your soul will attract to you experiences designed to get you back on track.**

**It is erroneous to believe that you must suffer and be punished for the “sins” of past lives. Dismiss this foolish idea right now. Yes, your karmic “index” may be out of balance, but service work is the fastest way to bring it back. To help uplift others without thought of return, simply for the sake of helping them and with no ulterior motive, is the fastest way to balance your karmic “index.” Forgiving yourself literally erases past life karma.**

**The truth is, you are already completely innocent and completely whole. There is no “sin” within you. I stressed this in *A Course In Miracles*, and I’m stressing it now. Nothing you have ever done can create a permanent scar on your soul. You are as innocent and free as the day you were created. Begin today by giving freely of yourself and receiving freely of others. Karma is highly over-rated. Yes, it is real and yes, it rules this world, but you do not have to be a slave to karma. The channels will elaborate on this point during the discussion. For now, know that I am your beloved friend giving and receiving with you in more ways than you are aware. Blessed you are indeed, for the light has come to your holy minds and hearts. I AM Sananda.**

#### Discussion #19 – Energy Exchange

I know most of you have struggled with financial well-being, relationships, health issues, social status and other Earthly challenges. In your early days of growth you probably blamed others for your maladies – and you begged others to change so you could feel better about yourself. Many of the thoughts that went through your mind were similar to these: “If only the government would be responsible. If only we had a better president. If only my husband (or wife) were more understanding. If only I had a better job, etc.”

You later realized that the quality and state of your own consciousness was the deciding factor in the experiences of your life. Perhaps you learned about karma and the law of cause and effect. Maybe you chalked up some of your unfortunate experiences to “bad karma.”

Many of you suffered through abusive and dysfunctional relationships, wondering why you kept attracting the same type of people into your life. Later you came to realize that your own belief systems about yourself had a lot to do with it. Most of you now have come to a place where you know you are powerful, but are still have trouble manifesting your power consistently and effectively.

Do you realize that the more you give selflessly in spite of your so-called wretched circumstances, the more you freely express your ideas regardless of how many letters you have after your name, the more you speak openly and honestly regardless of what people will think of you – the more you become alive, vital, full of energy, and an active part of Creation.

Receiving is equally as important as giving. Some of you have no trouble volunteering at the local food bank or charity, but when it comes to receiving compensation for something you created, you feel uncomfortable and make excuses. “Oh, it was really nothing,” or “I could never accept money for this. It comes from the heart.”

If you are an infinitely valuable person (which you are) then why not accept the energy from others in whatever way it is given, if it is given with heartfelt genuineness? If someone receives value from what you have given, do not be so arrogant to assume they were mistaken in placing such a great value on your service. If you are infinitely valuable, then so are they. And their decision to put a high value on your service is to be acknowledged and accepted.

Imagine what life would be like if EVERYTHING you gave and everything you received was of infinite value? Well guess what? It is – unless you judge it as being less than that.

In order for this world to function, some arbitrary value is given to certain things. We are not suggesting you abandon common sense and cast caution to the wind when making business deals. However, we ARE suggesting you see your products and services, and especially YOU as having great value to the right people. Your gift (now matter what the world thinks of it) has value to someone or you would not have been inspired to create it. The Universe does not make imperfect souls. However, it gives you the free will to believe you are imperfect if that is your choice. Today, let's lay aside ALL beliefs in scarcity, lack, limitation, imperfection, sin, guilt and shame. Today, let's embrace our infinite value and let's see the infinite value in others. Let today's exercise be a lesson in humility and joy.

#### Exercise #19 – Energy Exchange

Today's exercise involves an idea similar to the one in Alcoholics Anonymous called compiling a “fearless moral inventory.” In this case, you are being asked to review all of the relationships in your life – past and present. You will be an impartial judge – not to be confused with the ego's idea of judgment, which is laced with self-debasement and dangling carrots of reward and punishment.

In this process you will review each relationship in your life, beginning with your parents and continuing to your lovers and close friends. In each of these relationships, we want you to honestly evaluate the level of giving and receiving. What has been the primary gift you have given the other person? What have you received in return? Some of these relationships will have a great deal of balance and equanimity. Others will seem lopsided.

There will be some that will perplex you. “Why did I ever get involved with [so-and-so]?”

You are only to honestly evaluate each relationship – NOT to judge some of them as good and some as bad. What did you learn from each one? Every significant other in your life has taught you something. That’s why you attracted that person. Let’s be real here. No more pretending. No more deception. There is something in each one to be grateful for. What was the lesson? What did you learn? What was the gift? Know that each one bears a gift for you. Each one has been an important part of your soul growth. Remember – no judgment whatsoever, other than the impartial judgment regarding how completely you learned the lesson and how perfectly you balanced the giving and receiving.

If there are one or more relationships that were grossly out of balance, forgive yourself and let them go. Release the judgment. Release the anger. Bless each one and see each one as perfect in the eyes of God.

### Meditation #19 – Energy Exchange

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 beloveds, I am forever yours, Sananda. Today all I want is for you to allow yourself the experience of truly merging with your etheric, light-filled, energetic body. This is your birthright and journey home. Through your connection to your etheric body you can fast track it to God. Here the 3D world is gone; you are free to float within our loving arms, so please accept the invitation, whenever it beckons. Mother Earth holds many portals so I encourage you to roam among nature, wherever you find Her. Meld your energy into hers and all will be fine once again. Your lesson tonight is one of surrender and immense hope. We all need to come home at this level so we can exchange our experiences. Your soul is awaiting you there so you can exchange stories and growth times. We are all One here, residing in the etheric level for the moment. Tonight ask for a dream-filled journey to your etheric body and listen for the answers in the morning. We love you all beyond measure and we are always One....In my Love, Sananda.**

Closing Prayer:

*Loving Father/Mother God, thank You for helping us recognize the dynamics of energy exchange. We know that the form of giving and receiving is not what is important, but the recognition that we are One Being in many bodies. Teach us how to restore the balance and integrity that is our birthright. Thank You, God.*

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