

Sananda Mystery School

Phase 1, Lesson 2 Your God Self

Opening Prayer:

Father/Mother God, Source of All That Is, I know that You are with me always. There is never a situation or event in my life in which You are not an intimate part of me. My task is to recognize this fact. Lord, today I ask that You wipe away the cobwebs in my mind and show me how to remain in constant contact with You. You are within me. You are part of me. I am part of You. Together we are the manifest and unmanifest aspects of Creation. Today, I see through Your eyes. I make decisions with Your Mind. I feel with Your Heart. I love with Your Being. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Sal Rachele

Greetings, beloveds, this is Sananda, ready with the opening of Lesson 2. Today the most important focus is on your ability to connect with Source, and with those who have already recognized their Oneness with Source. Within this lesson is a paradox – one that has escaped many of you in your sojourns upon this world.

You have often heard, especially within your Eastern cultures, that one needs a guru or spiritual teacher in order to move forward on the spiritual path. This is both true and false. There is a time within a soul's evolution when the presence of a physical teacher is important to one's soul development. However, it is only the individual soul, exercising his or her free will, that can make decisions and ultimately move forward.

The purpose of bringing this up at this time in your development is to remind you that when you are in the presence of one or more souls that have realized their Oneness with Source, the consciousness of that realized state is radiated toward and encompasses the unlightened soul and allows the unlightened soul to view an outer reflection of an inner state of bliss and joy.

You all know that when a joyful being enters a room, the vibration of that joyful soul emanates toward all who are witness to his or her presence. Therefore, I would say to you that you need to embrace your higher dimensional soul family and spirit guides in order to accelerate your learning. Therefore, the first few lessons in this course will emphasize your ability to contact your own God Self, higher selves, spirit guides, master teachers, archangels and ascended masters. We will give specific exercises designed to move you into greater communication with your cosmic family.

We will assist you every step of the way. The purpose of this course is embodied within the simple statement above. Otherwise, you would have no use for me or my

wisdom. My desire is to help you accelerate your evolution by presenting a viewpoint from what you call the higher realms. It is my great joy to offer that viewpoint and, more importantly, to provide an energetic bridge between myself and your Holy Christ Self. With that, let us move forward into today's discourse.

I AM Sananda.

Discussion #2 – Contacting Your God Self

What is your God Self and how do you contact it?

The God Self is that pure essence that exists and originates within the Godhead and that was present when we were breathed forth from God during the initial creation of our souls. It is the energy and life force that exists now within all levels of being and that is undifferentiated from Source.

Your God Self has awareness and knowing of all Creation. It is One with God. It has awareness and knowing of the totality of God. It sees individual souls as Co-Creators with God. It is a direct part of God. It is this part of us that IS God. The God Self is totally immersed within the energy “soup” of the Godhead.

To your limited rational mind, the God Self often appears as a bright golden light that encompasses the Universe. By drawing that golden radiant light into your being while in meditation, your lower levels of being (body, emotions, mind, astral, etheric and causal selves) accept this highest part of yourself and the result is soul integration. We will cover soul integration in great depth later on.

How do you become aware of your God Self?

Imagine that God is like a sea urchin and that individual souls are like the spines or tentacles protruding out of the main body of the urchin. In actuality, we have many dimensional aspects, and so this analogy is an oversimplification. However, using this image, you will realize that the part of you that is immersed within the body of the urchin has unlimited access to its entire being. In other words, you cannot separate your tentacles from the body of the larger organism. However, you can shift your awareness back and forth between the tentacles (or outer dimensions of being) and the main body of the organism (analogous to the Heart of God).

Most of the time the lower densities of our being, represented here by the tentacles or spines of the sea urchin, dominate our awareness and we forget that we are intimately connected to the center of being. However, at times, we release our preoccupation with our outer form and travel back through our inner levels to the Center of God (our God Self).

There are many stages to the remembering process. Most of us are unable to shift our awareness directly into the Heart of God. However, we can raise our awareness in stages,

commonly called densities. The closer we shift toward the Heart of God, the higher the density or level of being. The higher densities are more all-encompassing and God's love and light flow more easily in those realms. There is a freer flow of expression of God's limitless energy in those higher realms. In a sense, the higher realms contain the lower ones. So, a more accurate analogy might be that our lower selves are bubbles contained within the larger bubbles of our higher selves, all of which is contained in the totality of God.

To sum up, the God Self is the highest level of our individual being. It is the bridge between the Godhead and our various levels and densities.

How do we deepen our awareness of our God Self?

First of all, we must turn our attention toward our Source. This may seem simple, but in this world there are many distractions, driven by our perception of a personality separate from God, called the ego. The ego is concerned with the importance of the Earthly self; i.e., body, emotions and mind. The ego identifies with the physical self and its assortment of experiences. We will explore this in more detail in subsequent lessons. For now, let us simply give an exercise designed to shift our awareness toward the center of our Being – God, Goddess, All That Is.

Exercise #2 - Bringing Your God Self Into Your Body

Begin by doing the protection technique given in Exercise #1 in last week's lesson.

Next, find a comfortable position sitting or standing. You may be used to closing your eyes when visualizing, but you will find that with repeated practice, this is not necessary. Imagine that there is a column of liquid golden light cascading down from the heavens and entering the top of your head. See this golden, radiant, loving light penetrating your body and flowing down your spine into your arms and legs. Imagine this beautiful loving light entering every cell of your body, purifying and cleansing it of all discord and disharmony. As you visualize this liquid golden light from the Heart of God, remember to breathe fully and freely. With each inhale, you are drawing forth the limitless love, power and wisdom of your God Self. With each exhale you are distributing this unconditionally loving light to every part of your body, emotions and mind.

See this golden liquid light protruding from your body and forming an envelope or cocoon of protection around you. This is the radiant light of your God Self. You are safely immersed in your God Presence. Nothing outside you can penetrate this beautiful safe space. The knowledge and wisdom you need to progress on your spiritual path is contained within this envelope of God's Loving Light.

For several minutes, continue to breathe and visualize yourself being filled, penetrated and permeated by the light of your God Presence. Whenever possible throughout the day, remind yourself that you are eternally bathed in God's limitless love and protection.

Within this beautiful envelope of light is the knowledge that we are God manifesting as individual souls on Earth.

The essence of this exercise is that by taking you into an awareness of your God Being, you access the true Source of all healing power. It is your God Presence that causes healing to take place in this world.

Meditation #2 – The Journey Home

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.

You are now deeply relaxed. Having breathed yourself into a state of deep relaxation, imagine you are on a high mountaintop gazing at the stars overhead. You notice a brilliant star, brighter than all the rest, calling you. There is an ancient knowing and remembrance that arises within you as you gaze into the energy of this star. You feel yourself being drawn into its center, yet you know you are safe. You now begin traveling through this stargate, breaking the 3D bonds of Earth. This corridor of light is your pathway home. Feel yourself floating and being guided through webs of light becoming ever brighter as you approach the Source. This Source is You. You begin to remember that your being has always existed beyond the reaches of time and space. You are One with God. We are all One with God. You are home.

Continue feeling yourself immersed in the Oneness of this sacred space for a few minutes. Continue to breathe fully and deeply.

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.

After a few minutes, begin coming out of meditation and gradually return to a normal waking state of consciousness.

Closing Message from Sananda, received by Melissa Hogan

My beloved children, may my presence with you allow you to journey home with grace and ease. For this is the part of you that has yearned and longed to return to Source. We celebrate your return home, for you have come to realize your separation has caused you much confusion and loneliness, and those of you who are awakening are realizing we are here to assist you. Once you successfully remember coming home, your journey will become easier each time you remember.

Know that you have the power to command yourself. Step into your brilliance. Step into your remembering. Own your magnificence. When you do, your loving light will be shared with all around you. We in the higher realms are grateful that you incarnated souls on Earth are becoming aware of this power within you to assist in everyone's ascension, including Mother Earth's. In this moment of coming home, lay down your Earthly burdens and revel in God's pure light and comfort, as it has always been a part of you, a part of me and a part of All That Is. Go now and spread your light.

Lovingly yours, Sananda.

Closing Prayer:

Loving Father/Mother God, we are grateful for our remembrance of You. Walk with us as we go through our day and gently remind us if we forget Your presence. We thank You for Your assistance, guidance and wisdom as we make our journey home. Every day brings us closer to the realization of our Oneness with You. Every day fills us with joy as we recognize that we are safe and have rest in You. Thank you, God. Amen.

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