

# *Sananda Mystery School*

## Phase 1, Lesson 20 Special Message and Second Review

### Opening Prayer:

*Father/Mother God, we acknowledge ourselves for having completed over four months of study in this course. We acknowledge Your guidance and Your illumination in helping us through these lessons. We know You are always there. We no longer doubt Your presence, even for an instance. We are safely within Your Loving Arms. Lord, remove ALL lingering doubts about our path through this world. Keep our minds clear, our hearts pure and our hands and feet as expressions of Your Infinite Wisdom. Amen.*

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

**My beloved students, this is Sananda. Sometimes I still have a heavy heart when I contemplate the difficulties many of you are going through on planet Earth. It has not been an easy journey for most of you. Even within this school, there have been a great deal of challenges. You are a fantastic group of students – in fact, I will go ahead and say this: You are the best group I have worked with. Your dedication to your path, your willingness to break out of your self-imposed limitations, your honesty in facing your issues – all this makes for a remarkable class. Yet my heart remains heavy at times when I see the areas where you are still struggling. I speak for most of you, but not all of you. A few of you are breezing along and even rather enjoying yourselves.**

**A few words about enjoyment and pleasure. Those of you who have read about my life as Jesus upon your world know that my life was far from somber most of the time. I drank wine, I partied with the common folk, I expressed my passions – both my joys and my sorrows. Even in your heavily modified and distorted Bible there are numerous mentions of my laughter and tears. Anyone who claims I advocated a stern and joyless life needs to go back and read the New Testament again, as butchered as it has become over the centuries.**

**These lessons can be a source of joy, as well as cause for deep contemplation. One of the complaints I have heard from some of you is that you do not believe you are keeping up with the lessons. That is one of the reasons I asked this channel to insert another review. Another reason is more practical. Both he and beloved Melissa have been traveling, albeit at different times, and it makes for an easy execution of the material to provide a period of review.**

**However, the real reason for the reviews was given in *A Course In Miracles*. Those of you who have studied that teaching know that I inserted numerous reviews throughout the workbook, and although they followed the lessons religiously**

(pardon the pun), they also contained unique ways of looking at the same material. This is what I intend to do here. This is not a rehash or duplication of what has been taught previously. There are new ideas and new ways of looking at things inserted in here that require your full attention.

[NOTE: The following section of Sananda's message is directed to those students that have not kept one or more agreements for participation in the course. It is NOT a judgment.]

The channel has asked me to speak briefly about your level of commitment. Only YOU can honestly evaluate the level of time, attention and dedication you are putting into these lessons. A lot of you are really excelling in this area. Even if you are not, you will NEVER receive judgment or condemnation from me or the channels. You have free will. You can choose whether or not to fully participate in this school.

Some of you have been on what the channels call scholarship. The requirements for scholarship, given explicitly by the channels, are to fully participate, do the exercises and participate in the group discussions. Have you done this? Please, dear beloveds, I am not attempting to instill guilt in any of you. However, you are no longer in the beginning lessons of this school. Your honesty is required in every area of your life. Are you up to the task? Are you committed to this path? It is important for all of you to be committed to working the lessons and doing the exercises, but it is especially important for those of you on scholarship.

One of the biggest issues on your planet, for most of you, is the idea that what you pay for you give more attention to than what you get for free. There are exceptions and that is one of the reasons I support the channels' decision to offer scholarships to those of you that temporarily are experiencing financial difficulty. However, it was never the intention of the channels to continue the scholarships for more than a few weeks. If you are having continuous difficulty manifesting physical abundance, then you are obviously not looking at some of your physical, emotional, mental and spiritual blocks.

“Okay, Sananda, you are being rather harsh. We live in a world of oppression and suppression.”

Is this your attitude, beloveds? Well, first of all, I agree with you that there is a lot of challenge and that most of you have been brought up under very harsh conditions – your planet is, shall we say, not conducive to easy spiritual learning. That is why in times past, these teachings have been relegated to monasteries, temples and retreats far from the bustle of daily life. I give you hearty acknowledgment of just how challenging your Earthly lives can be – after all, you are attempting to be enlightened masters while still immersed in your daily lives. This is an exceptional journey, beloveds, and I salute your courage and determination to overcome the illusions of this world.

**Nevertheless, my dear students, I am asking you to stretch and move to the next level. It is the policy of these channels never to deny anyone who is sincere about learning and participating, regardless of your financial means. That policy I will continue to support. However, the channel has asked me to address the fact that many of you are not holding up your agreements. It is not up to me to decide whether or not the channels should be asking for this or that, but apparently many of you have not participated in the discussions, have not asked questions when you have them for fear of looking stupid or unenlightened, or have not paid your monthly fees for the lessons on time.**

**“Sananda, cut me some slack. I have a busy life and I’m not always on top of things.”**

**Yes, beloveds, I know. You must realize that I value each and every one of you and I never abandon you in your time of need. If you have children and jobs, I understand. I am not asking you to spend all day sitting in meditation and vigorously repeating the exercises. As the channels have repeatedly said, the exercises only take 10 or 15 minutes a day.**

**I apologize to those of you who are upholding your agreements for this long message. I think most of you will indulge me for this. At any rate, I’ll turn it over to the channels now to continue this review.**

**Beloveds, I love you with all my heart and soul. I am grateful to be able to communicate with you in this way, and I look forward to continuing this wonderful journey with you. I hope all of you decide to continue with me, regardless of your level of participation. I’m only urging you to push yourselves a little if you’ve been lagging behind in any area of the course. I AM Sananda.**

#### Discussion #20 - Lesson Review

This review covers the following lessons:

##### *Lesson 15: Understanding the Mental Body*

Your mind is like a computer. You can reprogram it through meditation and specific exercises. The exercise given during this lesson involved visualizing a computer screen and deleting old files that were no longer necessary to your everyday functioning and spiritual growth. You then replaced these files with beneficial programs that support your joy, love, prosperity and good health, and that accelerate your spiritual path. If you find yourself falling back into old patterns, we recommend repeating this lesson periodically.

### *Lesson 16: How to Handle Your Negative Emotions*

It is ESSENTIAL to be completely honest with yourself about what you are feeling. It is also necessary to pay attention to whatever you are feeling moment to moment. The exercise and meditation given in this lesson should be practiced any time you feel stuck, blocked, angry, fearful, sad, or confused. The more you practice this lesson, the easier it will be for you to love and accept yourself just as you are.

### *Lesson 17: Clearing the Astral Body*

In this exercise you were asked to visualize your astral body and you asked your God Self to point out any areas where negative energies or entities were influencing it. You did a “weather report” on the state of your astral body. You then used techniques given earlier to dispel negative energies from your astral body.

### *Lesson 18: The Etheric Body*

In this lesson, you were given a choice of two exercises: Rebirthing and/or simply visualizing your etheric body. If you chose to rebirth, review what you experienced during the session. If you simply visualized your etheric body, take a moment to do another visualization and notice how your chakras and aura have changed since the first exercise. This lesson should also help you develop your clairvoyance and clairsentience – the ability to see and feel energies.

### *Lesson 19: The Dynamics of Energy Exchange*

In this exercise, we gave you a formula originally given in Alcoholics Anonymous called the “fearless moral inventory.” This is a NON-JUDGMENTAL look at where you are still feeling blocked and where negative emotions are still running your life. We suggest you do this exercise again, today, and see how your emotions have changed since the exercise was first given. You HAVE changed, even if your mind will occasionally try to tell you that you are stuck and will never get free. Do not indulge that part of your ego. It does not understand how much you’ve grown and evolved. Simply notice whether or not you have any of those old patterns still operating and if you do, use the techniques given in this course to forgive and release them.

### Meditation #20 – Reviewing the last several weeks

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.

NOTE: We will no longer walk you through the relaxation process. By now, you have it fairly well memorized.

Enter a deep state of meditation in the usual manner.

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

Today's meditation involves a review of the last several lessons of this course. Continue to sit quietly and contemplate what you have learned over the past few weeks. Without judging or condemning anything, simply evaluate honestly where you have excelled and where you have fallen short. In the areas where you have fallen short, resolve to spend a little more time investigating and exploring your issues and feelings regarding those areas.

Ask for Sananda's assistance. Ask your God Self to help you. Know that you are exactly where you need to be in your process and be grateful for where you are. It is perfect that some lessons are easier than others. It is perfect that you are still working through some issues. Give thanks for the opportunity to work through your blocks.

Firm up your commitment to healing and enlightenment. All is in Divine Order.

Come out of meditation in the usual manner.

Closing Message from Sananda, received by Sal Rachele

**Beloveds, go easy on yourselves. Although this lesson has involved some rather harsh words, it is not intended to discourage you or belittle you in any way. If you were not capable of breaking through your blocks, we would not be here with you now. Resolve to move forward, no matter what obstacles appear to be in your path. Go forth with a new confidence and new enthusiasm. We are with you all the way. We support you unconditionally now and always. We give you our supreme blessings and encouragement. I AM Sananda.**

Closing Prayer:

*Loving Father/Mother God, thank You for assisting us in this review. We know You are helping us reinforce the ideas of this course. We know You love us beyond measure. Thank You, God.*

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