

Sananda Mystery School

Phase 1, Lesson 21 Channels of Communication

Opening Prayer:

Father/Mother God, Source of All That Is, we know that in order to awaken, we must remain open to Your channels of communication. Also, we must learn to communicate clearly and effectively with each other and with our spirit helpers. Help us today to become better listeners and receptors of Your limitless Love. Thank You Father/Mother God. Amen.

Opening Message from Sananda, received by Sal Rachele

My beloved children, today the channels have asked me to speak on communication. Although this is one of those lessons that could be placed anywhere in the course, we feel it is especially appropriate at this time.

Many of you are asking, “How can I tell the difference between Spirit and ego, or between the higher self and the lower self?” This is, of course, one of the primary questions this course attempts to answer.

In our realms, communication is whole, complete and instantaneous among enlightened souls. Only in those realms such as the ones you find yourselves in are the channels of communication distorted with static and unclear signals. Only in realms such as yours are there elements of deception and misguided intention.

The exercises you have done to date are helpful in sorting out the conflicting messages that bombard your planet. However, let me add a few additional insights to what you have already learned.

Listening with Your Whole Being

What does it mean to listen completely to a message or communication? How do you give your whole and undivided attention to someone or something? First of all, you must be passionate about what you are exploring. You must be enthusiastic and willing to dive deep into the subject matter. If the topic does not hold your interest, you will not listen completely and with your whole being.

What is most important to you? Since you are taking this course, it must be your own enlightenment. Entering into a state of enlightenment truly solves all your problems. An enlightened master understands clearly the role of the ego in shaping and guiding you. An enlightened master KNOWS the voice of God and understands

the relationship between his God Self and the Infinite Father/Mother God of all Creation.

I have said it before, beloveds, and now I'm saying it again. What you hold as your priorities are the things you make time for. What you listen to is that which holds your interest. If you are truly interested in enlightenment, then you will listen avidly and with full attention to my words and the words of other enlightened masters.

What have we been saying? What part of our messages have you resisted? Where are you still holding back and not giving your all? These questions must be answered within yourselves. If there is resistance or if some part of you is not willing to completely embrace the truth of WHAT IS, you must go into that part of yourself and uncover the blocks that are contributing to your confusion.

Today, let me introduce a brief exercise to do right now. Begin by taking some deep breaths as you read this and then ask yourself, "What is the number one thing that is stopping me from opening completely to the truth of MY BEING?" Then listen closely for an answer. What is the first thing that comes to mind?

Perhaps you do not trust in your Source. The same Source that runs the entire Universe can certainly run your life. Why would you not trust it?

Perhaps you think your ego can trick you into making poor choices. But if you fully understand the ego and its mechanisms, you will recognize its trickery in time to avoid making poor choices.

We will certainly have additional lessons on the ego. However, in this lesson the channels will review the basics of human communication and then will tackle the subject of communicating with spirit guides. I will be your primary spirit guide during this lesson. Call on me when you feel yourself beginning to stumble. I will be here to pick you up and get you back on track. Trust me. Trust yourselves. You are magnificent beings of Light. I AM Sananda.

Discussion #21 - Interpersonal Communication

True interpersonal communication requires courage and a willingness for the ego to take a back seat in the process. One must allow a feeling of vulnerability to co-exist with ego's strengths. To effectively communicate one must listen with much passion and respect for another. Listening validates the experiences of the other and allows the other to feel truly received. Listening is about receiving. If you are not a good receiver, chances are you are not a good listener.

To speak openly from the heart is the quickest path between two souls. This is also true when one communicates with one's higher selves. Love is an elemental force that requires no thought, just acceptance and the ability to receive boundless peace and Universal Love. When man on Earth can walk with Divine Love in his heart, all

communication is effortless. Speak your truth, feel your Divine nature, and walk in God's Love and Light as often as you can. Speak freely to the ones you love and hold nothing back. For love is essential and primal in man's existence.

Remain open to receiving God's Love at all times. For this planet is being engulfed by the energy of thousands of light workers and light warriors. We are being infused with a Divine Love that Earth has never before seen. You must know and trust that this love is your protection, strength and birthright. Live in love, speak with kind words and embrace all that you are. Allow ego's hollow words to fall away and drift out to sea.

The Mechanics of Communication

There are several barriers to true communication within the 3D realm. Spoken language, body language, emotions and transmission of energy all play a part in the quality of communication. Most people are so busy thinking about what they will say next, that they do not hear completely the message being sent.

We have so many agendas and purposes for communicating. Are you overly concerned with what others think of you? Are you seeking approval? Are you trying to impress someone with your knowledge? If so, all of these motives act as barriers to effective listening.

Most of us are fairly articulate and able to express ourselves quite well. When another is not listening we detect this and feel robbed of our own significance. We all want to be received. When we are not received we do not feel valued. Our beloved Sananda spoke so eloquently and with great wisdom while on the Earth, but only a few were really listening. Most people missed the greatest lessons. That is one reason why his message has been so distorted through the ages.

As mentioned countless times before, there are many channeled messages going around the Earth, yet most people are unable to correctly discern the quality and authenticity of the messages. If you are not being authentic in your own communications, it will be difficult to detect the level of authenticity in others, including spirit guides.

A spirit guide is only as good as the channel receiving the message. God's limitless and continual healing energy falls on deaf ears and blocked bodies when we are not listening completely. As stated above, listening is about receiving. We may give of ourselves quite eloquently, but if we are not receiving of others, the communication is only partial.

Telepathic Communication

The true language of the Universe is telepathy. In order to be telepathic, four things must happen:

- (1) You must be a good transmitter;
- (2) You must be a good receiver;

- (3) The other person must be a good transmitter; and
- (4) The other person must be a good receiver.

Most of us practice telepathy every day without realizing it. In some cases you may even think you have said something and later realize it was telepathic and not verbal. However, if your consciousness is blocked by judgments and past beliefs, you will likely misinterpret channeled and telepathic messages and not hear the true meaning being given.

Let us relate this to spirit guides. For example, suppose you have a lot of unresolved fear within yourself. A spirit guide offering a prophecy of rapid and radical change will be interpreted in a fearful manner. The Earth changes could be a most joyful occurrence, but when such messages are imbued with fear, they seem to be predictions of disaster, cataclysm and apocalypse. All prophecies are self-fulfilling and those who focus repeatedly on dire consequences will experience them in one form or another.

Getting back to the subject of communication, in the years to come on Earth, telepathy will once again become the standard means of sharing experiences. When you are able to merge a part of your energy with another being, whether physical or not, you can truly begin to see through the eyes of that soul and really feel and understand what that soul is experiencing.

Part of this course involves awakening to the "gifts of spirit" or your psychic and intuitive abilities. Today's exercises will help you improve your telepathic skills.

Exercise #21A - Communication Exercise

This process requires a partner. If you do not have a partner, proceed to Exercise #21C below.

Sit across from your partner and decide which one of you will go first. The first person will share an experience of his or her choice for two minutes. Then the second person will mirror back what he or she has heard. Next, the first person will give the second person feedback on the quality of his or her listening. When this has completed, the partners switch and the second person shares an experience for two minutes while the first person listens. The first person mirrors back what the second person has said. Then the second person gives the first person feedback on his or her quality of listening.

Exercise #21B - Telepathy Exercise

This process requires a partner. If you do not have a partner, proceed to Exercise #21C below.

Sit across from your partner. Decide which one of you will go first. The first person will *think* of an experience without describing it verbally. This will go on for two minutes. Then the second person will attempt to describe what the first person was thinking about.

Finally, the first person will give feedback on the accuracy of the second person. Then switch roles.

Do not be overly concerned with accuracy. This process takes a lot of practice. Some partners are naturally very telepathic. If you are experiencing difficulty with this process, the partners can agree on a general topic before starting the telepathy. For example, person A might say to person B, "I'm going to transmit to you images of my recent trip to Australia."

Do this process as often as time permits and note the progress you make. You *will* make progress in your telepathic abilities. Like all abilities, quality and accuracy improve with practice.

Exercise #21C - Spirit Guide Exercise

Select a well-known spirit guide, such as Sananda or Archangel Michael. Start by contacting your golden radiant God Self and filling yourself with boundless wisdom and love. Then call on the spirit guide to come to you. Use a standard invocation such as "I now invoke the full power and presence of Archangel Michael to communicate clearly and accurately with me." Say the invocation three times, then sit quietly and wait for impressions and thought forms to come. Occasionally you might get a busy signal, but this is rare with highly evolved spirits. They will hear your call and expand time sufficiently to answer you without changing their busy schedules.

Write down the impressions you receive from the spirit guide. Do not judge what you receive. If you are clearly not communicating with the spirit guide, try a different spirit guide. Try a different time of day for better results. Be patient with yourself. You might want to try automatic writing for this exercise. After calling upon the spirit guide, just write whatever comes to mind without censoring it.

Practice makes perfect.

Meditation #21 – Communication with Spirit Guides

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.

Do the process described in the exercise above, while in a deep state of mind.

Come out of meditation in the usual manner.

Closing Message from Sananda, received by Melissa Hogan

My most beloved children, I AM Sananda. Today's lesson is about communication. The most important communication channel you can open is to your God Self. For God's endless love is your lifeline. It carries all memories, impressions and skills for

communication, telepathy, and total freedom. You are always assisted by those of us in the higher realms when you truly ask for communication from us. The key to receiving this information is to become receptive - a passive receiver and listener. We cannot emphasize this point too much.

You must feel worthy of Divine Love. Time is short. Life is full of choices and the time is now to deflate ego's control. Listen with your heart. Have the courage to act upon it. Know you are guided to receive all that you must know, now and forever. We are your high celestial beings of love and communication. Go now and speak your truth. I am yours, Sananda.

Closing Prayer:

Loving Father/Mother God, thank You for helping us remain open and receptive to Your communication channels. Amen.

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