

# *Sananda Mystery School*

## Phase 1, Lesson 22 Conscious Creation

### Opening Prayer:

*Father/Mother God, Source of All That Is, You created us in Your image and likeness. Therefore, we have the same attributes as You. This means we can create virtually unlimited realities just like You. Lord, teach us how to create like You. Your Creation is loving and beautiful beyond measure. We give thanks that we are part of Your infinite Love. Amen.*

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

**Beloved students, this is Sananda. By now you surely realize that one of the major goals of this course is to help you awaken to your creative potential. In order to do this, you must understand the mechanics of Creation.**

**Every one of you has, at one time or another, wished and hoped for things to change. You have fantasized and to some extent even visualized a certain outcome. Yet you were disappointed. You offered what seemed to you to be prayers, and it appeared your prayers were not answered. Some of you even became cynical, wondering if answered prayer, like your ability to create your own reality, were just pie-in-the-sky ideas spouted off by some philosopher who was dreaming of grandeur.**

**Beloveds, every single one of you is a powerful creator. Your dreams can and will come true. Your prayers have already been answered and will continue to be answered. There is nothing wrong with you. There is nothing wrong with your creative abilities. On one level, the explanation for what you have experienced in the past is relatively simple. You have multiple levels of being and those levels were not in agreement about what to create. So what you saw unfolding in your life was a composite reality based on the different levels of your being and the thought forms, energy impulses and directed will generated by those parts.**

**Because of free will, your higher selves cannot and will not overpower and overrule your lower selves. They will influence your decision-making process to the extent that you relinquish ego control and allow your soul and higher parts to be in control of your life.**

**I, Sananda, cannot and will not interfere in your free will choices. You made a choice to attend this school and for that reason, I have a little more leeway than I would otherwise have. I have a right to voice my perceptions and give you my advice and to humbly request that you follow it. However, you should know by now that I do not coerce or force my perceptions on anyone, especially my students. I will not harp on you to do the exercises or take more time for meditation. I will not chastise you for not following my instructions to the letter. You are more mature than that now, dear students.**

**Nevertheless, you know that I do get passionate about the spiritual path, and I have no greater desire than to see you open your petals and shine in the radiance of your God Self.**

**To get back to the subject of conscious creation, the ability to powerfully influence this world and the Universe at large is directly proportional to your ability to control your own thoughts, emotions, ideas, beliefs, concepts and judgments. As we said in an earlier lesson, in order to be a powerful creator, you must line up all the various levels and dimensions of your being. This has been called by many names, including self-integration, holistic healing, and unification of the Self.**

**Today we are going to go beyond merely helping you to align your various selves. We are going to examine the mechanics of how to create. We are going to look at the difference between merely wishing and hoping for something to come true, and actually *intending* and *manifesting*. The energy of intention is vital to your success. True intention and the power that arises from it involves the ability to be inner-directed and inner-focused at first, and then to quietly, calmly and purposely direct that inner energy into the outer world.**

**True creation does not happen by force. It does not happen by coercion. You do not throw yourself against a brick wall hoping to break it. On the other hand, you do not lie down passively and expect everything to simply drop into your lap. Nor do you whine and complain that your desires did not manifest instantly the minute you thought about them. Although instant manifestation is possible and has happened on occasion, most of the time it is not in your soul's best interest to arbitrarily grant the first desire that pops into your head. You are here to learn about all the various facets of yourself. You are not here for instant gratification.**

**In today's discourse, the channels will outline the steps to conscious creation and then you will be given exercises. This is not a beginning lesson. This is not an easy lesson. However, it is a very powerful lesson and one that can bring a great deal of success to your conscious intentions. Whatever you TRULY desire, with your whole being, cannot be denied you. You can move mountains, both figuratively and literally. Let me show you how. I AM Sananda.**

## Discussion #22 - Conscious Creation

It is rare indeed for a human being to become aware of all the intricate details involved in a major manifestation of conscious desire. Nor is it necessary. This is where faith and trust come into play. Nevertheless, there are a few essential states of mind and exercises that will ensure that you move out of the realm of powerlessness and idle wishing, and into the realms of conscious creation.

Everything that emanates from your consciousness is continuously going out into the Universe and is interacting with everything else. The Law of Attraction, the Principles of Love, the movement of free will, and your actions, thoughts, words and deeds, all contribute to what is created in the world.

You have what is called "individual creation" and then there is "collective creation." The collective creation is the composite result of the consciousness of all souls in the Universe. Individual creation is your *experience* of the Universe. In an external sense, there is no such thing as individual creation, because everything you create interacts with and affects everything else in the Universe. However, your experience of what you create is unique. Nobody else has exactly the same set of impressions, emotions and judgments about what you have created.

Before you can become a master at the collective creation game, you must master the individual creation game. This is what is meant by "the change starts within you." Once you are clear about what you want to create, you must align your energies with the collective Universe around you. You do this by first accepting everything in the internal and external world. You begin where you are. This may sound elementary, but it is a vital first step that most people miss. Most people think they *should* be somewhere other than where they are. They spend all their energy trying to convince themselves of something, or judging themselves for not being where they should be, or chastising themselves for not being more this, or more that.

Complete and utter honesty comes first. Start where you are. Acknowledge your strengths and weaknesses. Do not make excuses for them. Do not make excuses for anything. Notice what parts of you are in alignment and what parts are not. Use this course and other personal growth experiences to align your lower selves with your higher selves. This is the purpose of most holistic techniques, meditation, and courses such as this one.

Once you are clear about what you truly want to create, go into a deep meditation, quiet your mind, calm your emotional body, and very specifically and directly state your intention. Feel, from deep within your center of being, the energies of Creation emanating and flowing from within. See the results you desire. Know that they are already manifesting. Do not doubt for one instance that you are TRULY creating that which you desire. You must know this without a doubt. This is simple and natural.

There is nothing to force. There is no emotional attachment to the outcome. There is simply a peaceful knowing that you are creating what you desire. You are certain. The energy of certainty pervades your being. You give thanks that what you desire is already yours.

Visualization is important. See what you desire in living color. Involve all your senses. However, be flexible. Ask your God Self to bring this to you in the best possible way and then ALLOW your God Self to do the intricate details, such as attracting the right people into the situation. Let your God Self plant the right ideas into your mind such as where to go, what to do, who to call on the telephone, what to write on an advertising piece, etc.

Finally, MOVE YOUR FEET. It is rare that all that is required is for you to sit and meditate. In most cases, some form of action will be called for. Do not let fear, judgment, guilt (feelings of unworthiness) or any other feeling or thought get in your way. If your mind tries to tell you all the reasons your attempts at creation will not work, tell your mind to be still. Repeat the process until you are able to move beyond your doubts and fears. To sum up, here are the steps to conscious creation:

- (1) Go within. Meditate. Quiet your mind.
- (2) Align the parts of yourself. Use whatever techniques work best for you.
- (3) INTEND to create. INTEND from the heart and center of your being.
- (4) KNOW that what you intend is being manifested.
- (5) Visualize in detail what you want to create.
- (6) Be flexible and open - do not be rigid and demanding.
- (7) ALLOW your God Self to set up the details of your manifestation.
- (8) LISTEN to your God Self. Keep quieting your mind.
- (9) Handle any doubts or fears that come up.
- (10) Repeat this process until your manifestation is complete.

Remember, it is the *energy* you are putting out that will determine the success of your conscious creation attempts. When you are aligned within yourself, there is *nothing* you cannot achieve.

### Exercise #22 - Conscious Creation

Get out a piece of paper or open your journal. Write down something you want to manifest. Use the 10-step process above to manifest your desire. Describe your experience of each step. Describe what you are feeling. Breathe slowly, fully and deeply. Be completely honest. Take your time writing down your impressions of this exercise. If you are industrious, pick more than one item you wish to manifest, but be sure and do at least one. If you have a partner that is willing to do this exercise, you may share notes when you are complete. You can do this once, or do it over and over - that is up to you. Do not overdo it, however. You do not grow a plant by digging it up every day to see if it has germinated. You trust in the creative process.

## Meditation #22 – Conscious Creation

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.

Enter meditation in the usual way.

While still deep in meditation, visualize that which you are wanting to create. Feel it, see it, smell it, taste it, hear it, KNOW it, within every fiber of your being. Imagine yourself in a fully manifested reality. See yourself living your life from within that manifested reality. Know that it is already so.

Come out of meditation in the usual way.

### Closing Message from Sananda, received by Melissa Hogan

**My dear students and co-creators of the magnificence of this Universe, the process of individual creation is simply that, your individual creation. This is not to be considered a daunting task or a mystified place or one to be feared. One's individual creation is nothing more than going inward quietly, sweetly and deeply into a place where there is the abyss and knowing of infinity. Within the infinity and depth of that quiet soft place lies your opportunity to ask and create. There is no right or wrong, but your ability to be receptive is paramount.**

**Individual creation coming from pure intent must come from a quiet place, the place of meditative stillness. For it is there that the inherent power of creation exists. So you must still your three dimensional minds and egos and gently allow your intentions to be stated. This is one of the finer details that I am trying to impart with today's lesson.**

**When you are still within yourself, peaceful and in alignment with an egoless outcome, therein lies the power of creation. This is where the collective consciousness joins hands with all of those who create. In this peaceful place of pure creation and alignment with your higher and lower selves, you must realize there is no stopping the process. The wisdom of the Universe lives here and this is where you can gently create. ALLOW the universe to unfold the finer details. Also remember you will be given clues, feelings and impressions on how to carry out some of the intentions you have created. This is where you must trust and become at ease with yourself.**

**At this juncture I would like to say to you, enjoy the power of knowing that we all co-create into the universal pool of collective consciousness. This is truly one of the intentions of the Sananda Mystery School -- that you all come to embrace the notion**

**that we are powerful creators. One of the basic premises here is to allow each and every one of you the opportunity to create whatever it is that you need and want and desire as well as to share those abilities with all souls in the universe. That is the loop of infinity that unites us all. Be gentle, be kind within and towards yourself, and that kindness will emanate towards others. For this is the basic foundation of my teachings, of my love and the love that we all share as souls. So today and every day forward, enjoy your creation.**

**If I might make a suggestion, as you open your eyes to start your day begin it with a prayer. Be grateful that you have this day in front of you as it is an opportunity to be kind and loving towards yourself and others. At the end of your day pause and take time to reflect. "How did I carry my love throughout the day? How did I co-create with others around me?" Do not beat yourself up, for not every word can be spoken in sanctimonious love, for that is not real, that is not three dimensional Earth.**

**Just know you have the power, you ARE the power, to be gentle and kind. I wish you well on your journey of creation. Know that we here in the Higher Realms await your requests and desires for we all share in the power of co-creation. I AM lovingly yours, Sananda.**

Closing Prayer:

*Loving Father/Mother God, thank You for helping us master the creative process. Amen.*

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Sal's email:

[srachele2004@yahoo.com](mailto:srachele2004@yahoo.com)

Sal's website:

<http://www.salrachele.com>

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