

Sananda Mystery School

Phase 1, Lesson 24 The Nature of Infinity

Opening Prayer:

Father/Mother God, Source of All That Is, We know You are an Infinite Creator, constantly creating and expanding forever. Teach us today to more fully appreciate and access Your limitless Kingdom. Thank You Father/Mother God. Amen.

Opening Message from Sananda, received by Melissa Hogan

My dear beloved students, I AM Sananda. We come together today to approach a subject that has baffled and intrigued many. Today's lesson will focus upon our journey into embracing Infinity. You on Earth can indeed come into the knowing of Infinity. How does this happen? How can you do this? What does it look and feel like? What indeed is Infinity?

Infinity does not lie beyond the veil. It is not a number, or scale or a place. It is nothing and everything. It is ALL THAT IS. It is beyond the conception of your linear minds. However, when you are clear, still and silent, having let go of all that is around you, you will see Infinity. In moments you have felt Infinity when you have embraced the greatness of WHO YOU ARE.

Within our minds and spirits lie the most incredible spaces of all. There are no boundaries here. When you are meditating in a place of respite and peace, see yourself enveloped in that space. Do not try to analyze it, break it down or put a number on it. Do not try to define it. It is that place of peace and gentle, gentle power and knowing. All is right, all is well, all is shared, it is all encompassing.

Today's discourse and exercise that the channels will create for you may help you understand and grasp this concept.

Infinity is not a number – it is the knowing that Creation goes on and on forever. You ARE a part of Creation and therefore, you are limitless. Our souls are limitless. That is why our souls continue to seek and learn, reincarnate, travel, experience various star systems, and have simultaneous and parallel lifetimes and dimensions of existence.

I am not saying it is easy to accomplish this state of awareness. I am not saying you can simply do it with a flip of your hand. It will take practice. As you let go of your worldly constraints, your mind and heart will be freed to embrace and understand the eternal now moment.

Mother nature has perfect examples of this, such as when you look at a star-studded sky on a clear night and wonder how it can go on and on as an ever-expanding Universe. YES, IT DOES. Part of your mind and part of your soul lives there. You are at home there.

So embracing Infinity and ALL THAT IS, is not foreign to you. It is already encoded in your memory cells. May we all join hands throughout the mystery school, to assist each other in this lesson today – to reach for the stars and beyond and to claim Infinity as part of WHO WE ARE.

All that is, is yours. I AM lovingly yours, Sananda.

Discussion #24 – Realizing Infinity

When in grace, we meld into Infinity and have all knowledge, wisdom and experience available to us. Concurrently, we are in past, present and future time. Living in the NOW allows Infinity to unfold. We must embrace the eternal NOW.

In order to enter into the silence of Infinity, we must let go of all illusions and limiting belief systems. J. Krishnamurti, in his sixty-plus years of teaching on Earth, boiled his philosophy down to two simple steps: (1) uncover and dispel all that is false within your consciousness; and (2) through attention and awareness, enter into the silence beyond thoughts, ideas, concepts and experiences. He showed that we humans are stuck in memory and linear time, only occasionally glimpsing eternity during moments of respite from our constant mind chatter.

There are many systems of meditation. True meditation is the state of stillness of mind that can only come when all illusions are dispelled. In stillness there can be no striving, no wishing or longing for an enlightened state. The state of enlightenment must simply enter into one's consciousness without coercion or control. Controlling one's thoughts is not the same as meditation. It is a form of concentration – perhaps valuable – but not capable of opening up the sacred silence.

All great teachers have spoken of the paradox of enlightenment. You cannot attain it by striving for it, or imagining it in the future, yet until you reach a certain pinnacle of awareness, you must strive and visualize and imagine the future – that is the nature of the mind. Tools, techniques and exercises can only get you to the door. You alone can open that door. God is within and without, and by focusing your attention on God, you are taken to the door more swiftly than through mere desire. Beyond the door lies desirelessness and timelessness. This lesson is about opening that door. Once the door is opened, there is no turning back. Once you have had a glimpse of the sacred eternal, you will never again be satisfied with anything else.

One of the major stumbling blocks to living in the eternal NOW has been the necessity of dealing with 3D linear time on a day-to-day basis. Many souls have reached great

pinnacles of consciousness but have had a hard time functioning on the Earth. By balancing the mind and the heart while living in this world, a part of the fragrance of eternity can be experienced here.

Part of being on the Earth in physical bodies involves embracing the limiting aspects of physicality. When we fully embrace our humanness, we stop living in the past and future and are able to appreciate the eternal NOW moment. Again, the paradox exists, because at the same time we are embracing our limited nature, we are also realizing our unlimited nature.

We need both the mind and the heart in order to fully experience Infinity. Today's exercise will be given in two parts. One part is for the mind and one is for the heart. When they are co-creating on this plane of existence, from a place of inner silence, then one truly walks the world as a Creator.

Exercise #24A – Accessing the Infinite through the Higher Mind

The exercises for this lesson will take two paths. One is the path of the higher mind; the other the path of the heart. In essence they are both one, but to start, we will take them separately.

The goal of Part A of today's exercise is to actualize your ability to access the Universal Mind and all knowledge, wisdom and experience contained within it. You will do this while meditating and so the following procedure will be incorporated into today's meditation:

- (1) Sit quietly and begin slow, deep, rhythmical breathing.
- (2) Ask your God Self to take you through this exercise.
- (3) Imagine your mind is like an hourglass. See the bottom closed, but the top open.
- (4) Ask your God Self to download into your higher mind the knowledge, wisdom and experiences that are appropriate for the next step on your soul path.
- (5) Realize that this information is Infinite in scope and that you will be downloading it as if from a cosmic Internet – a vast storehouse of knowledge and information.
- (6) Allow the information to percolate down into your conscious mind at its own pace and rhythm. Know that by asking, you are receiving.

You may experience tingling, lightheadedness or surges of energy as you do this. You may feel as though you are floating. The key to the success of this exercise is in the quality of the asking and level of receptivity.

Exercise #24B – Accessing the Infinite through the Heart

Sit quietly and begin breathing deeply. If it feels comfortable, place your hand on your heart momentarily. Allow the kinesthetic energy exchange between your higher mind and your hand to flow through your heart.

Allow your heart to open freely without fear, judgment, or restriction. Simply FEEL who and what you are in this moment. You may experience a gentle smile come to your face, an inner soft beckoning to move inside and be within the power of your center of being.

Become aware of what it means to completely accept everything about yourself in this moment. This moment is perfection. It is Infinity. You may perceive yourself as less than perfect in the world, but within this moment is everything you need. Realizing that you have everything is what quiets the constant striving and chatter. When you engage the mind and the heart simultaneously there is an unstoppable flow of power, peace, insight and comfort.

Continue to breathe into and through your heart, feeling the LOVE that emanates continuously from within. It is akin to freefalling into trust. It is like falling into an ancient layer of knowing that Love is the totality of our Being. There are no judgments here, of oneself or others. That is the Love of which Sananda spoke while here on Earth.

Dear students, if you have experienced this, then you have entered into the peace of ALL THAT IS.

Meditation #24 – Accessing the Infinite

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.

Go into meditation in the usual manner. Repeat today's exercise while in meditation. When you are finished, come out in the usual manner.

Closing Message from Sananda, received by Sal Rachele

Beloveds, let me state this simply – YOU ARE LOVE. My students, you need to know this one basic and very simple fact. Love is the natural flow of the Universe. When you are in that flow, there is nothing that is lacking on any level of your being. You have the fullness of TRUTH within you.

Yes, you have heard variations on these words before, but today I invite you to FEEL and KNOW the truth of these words. Take them deep into your being. Meditate on them. Be with them. See them as dear friends.

Infinity is about embracing the Love that you are. When you can completely and unconditionally love and accept yourself just as you are, in this very moment, with

absolutely no judgment and no desire to be more or less, then you enter into the sacred eternal NOW moment. In this NOW moment, you might receive specific guidance on what to do on the Earth. You might be directed by God Within to talk to certain people or undertake certain tasks. Yet never will there be a doubt for one moment that the Infinity of God dwells within you. You were created in the image and likeness of your Creator. We all were. That truth can never be over-stated.

Until you come to full realization of your perfection, there will be a constant need to strive for greater this or more that. Today, we cease this endless search for something better. You have arrived at a sacred place. We are not suggesting your growth has finished, for that will never end. Yet as a part of Creation, your growth becomes part of the Infinite, unfolding itself in ever new varieties, patterns, configurations and modalities. You are like a flower with an infinite number of petals and one by one these petals are unfolding. Each petal is unique and has a beauty specific to itself. Today, simply marvel at the beauty of your unfolding petals.

I AM Sananda, forever blessing you.

Closing Prayer:

Loving Father/Mother God, thank You for helping us the realize the magnificence of our Being. May we embrace and walk in Our Divine Love. Amen.

Copyright 2010, Sal Rachele and Melissa Hogan

Sal's email:

srachele2004@yahoo.com

Sal's website:

<http://www.salrachele.com>

DISCLAIMER: Nothing in this lesson, this course, the website, or the websites of the channels, is to be construed as offering any medical or legal advice. This material is for educational purposes only. In the event of serious illness or legal difficulties, you are advised to seek the advice of a licensed medical practitioner or professional legal counselor. No warranties or guarantees as to the accuracy or applicability of the material herein are given, express or implied. You are advised to use the tools and techniques given herein at your own risk. You agree to hold harmless Sal Rachele and Melissa Hogan from and against any and all liability or damage arising from the use of this lesson, the course, the website, or the websites of the channels. The only other restrictions that may apply are within your own consciousness.