

Sananda Mystery School

Phase 1, Lesson 25 Love Through Service to Others

Opening Prayer:

Father/Mother God, Source of All That Is, show us the meaning of true service to our fellow man. Let us be instruments of Your limitless compassion and understanding. Inspire us to share our True Selves with others. Thank You Father/Mother God. Amen.

Opening Message from Sananda, received by Melissa Hogan and Sal Rachele

Beloved students, when you enter into true service to others, you have made the choice to embrace love of both self and others. You cannot give of yourself truly until you love yourself fully.

What is service? Service to others comes from a place of sharing, caring and going deep within yourself, to offer the essence of who you are. It is a melding of skills, thought, and purpose, and is done with the purest of intentions and delight. When you embrace selfless love you embrace Infinity.

When one is in true service to another, there is no limitation, question, or doubt. When one serves from the heart, the selfless devotion is where you step into God's true love. When you are serving from your higher self, you are walking in the Divine Plan while on 3D Earth.

There is no focus on the outcome. There is no thought of gain. You are not serving to make yourself look better or more holy. You are not serving to achieve some personal goal.

True service involves Divine inspiration, effortless flow and the melding of past knowledge, present passions and future visions. When you are balanced within this work, you appreciate the inherent power of Spirit moving in your life.

You have no investment in the outcome. To be in selfless service to others involves divorcing yourself from the ego, for it is the recipient of your service who determines the outcome.

An important question to ask yourself as you participate in service to others is: "Do I have an investment in the outcome? Am I doing this for personal reasons?" It is not inherently an evil thing to be concerned for yourself, but it is not true Divine

service. True service, like true love, simply flows from your center of being and goes where and how it is needed. There may be some planning involved, but it is inspired from within.

Living in the 3D world does involve focus. You must look at your skills and abilities and develop them appropriately. This is not about simply flowing aimlessly in a sea of eternal bliss. There must be a balance between the part of you that is receptive to Divine inspiration and the part that expresses outwardly in the world. In other words, you still must move your feet.

When you participate in the energetic flow of spiritual work with another, albeit through bodywork, compassionate counseling, holistic healing, etc., at its essential core it is about allowing Spirit to move through you as a conduit, but it is also about having the confidence of knowing all is Spirit. This is where you bridge the gap between the higher realms and living in the 3D Earth.

When you enter into selfless acts, there is a peace, confidence and self-assured knowing that it is Spirit that is talking. This Spirit represents all of us. It is the part of you that is in the higher realms while being on Earth. This is why we are here. This is the prime reason all souls have been called together - to bring forth God's loving intentions for the ascension of Earth and her individual souls.

You often think service is confined to working for some social agency, eradicating hunger, or bringing hope to the so-called disabled, but all of you perform service in little ways every day, despite the fact that many of you feel you have fallen short of the lofty goals of luminaries such as Mother Theresa, Gandhi, etc. Being kind to your fellow humans whenever the opportunity arises is doing God's work. It may be in the form of a compliment or thank-you, or in the form of an apology or embrace. It may be in the form of a kind thought or word.

Being a child of God, your expression on Earth is an expression of God. Every one of us has an inherent nature of kindness. This kindness wants to be expressed. When it is not, you feel unfulfilled.

What is stopping you from being kind? What is stopping you from being present in love toward your fellow human beings? It matters not the color of skin, religion or social status. We are all great, wonderful, creative, powerful, all-inclusive beings of God.

Today, beloveds, I ask you to recognize the various ways you are already of service. There are many ways, no matter what your so-called designation or occupation. All of you are continuously expressing your God nature, even if it seems temporarily to become eclipsed by ego concerns. Your God Self never sleeps. It is continuously radiating God's Love to all of Creation. Please allow God's ceaseless Love and

Energy to flow through you. It takes is your acknowledgment and acceptance for your Love and Service to blossom.

Do not overlook the details of your 3D life. Within every so-called mundane moment are opportunities for God to expand Himself through His expression as you. Through your ability to express your spiritual nature, you are God's Light unto the world.

Contemplate these ideas, my beloved students. Go forth in service to the world. I AM Sananda.

Discussion #25 – The Essence of Service Work

In the above channeled message, what Sananda is saying is that service work is something that is inherent within each one of us. It is one of the primary yearnings of the soul to express and radiate God's Loving Light to others. In the past, society has been structured in such a way as to indicate that selfless service demands sacrifice. This is erroneous because selfless service is its own reward. All of us have done something for another and felt the warm glow of fulfillment that comes from knowing that we have made another's life more rich and rewarding.

It is the ego that wants to be acknowledged and praised. It is the ego that believes in martyrdom and over-achievement. Most souls who practice selfless service to a high degree do not think of themselves as altruistic or generous. It just comes naturally. They cannot conceive of themselves in another manner. Love and generosity just flows from them.

If there is a project or activity that you have been contemplating but have not brought to fruition, now is the time to ask yourself, "How can I express this inner desire?" All of us, in hindsight, recognize situations where we could have been of service, but for whatever reason, did not fully utilize our gifts. Part of this course is about fully developing our vast creative potential. Now it is time to ask yourself, "In what way can I fulfill my inner desire to be of service?"

Today's exercise will help you remind yourself that you are already a powerful, creative being that renders a great deal of service on a daily basis. This is not about stroking or praising yourself, although there are times when that is perfectly okay. Rather, this is about recognizing that you already play a vital role in the upliftment and enlightenment of planet Earth and other souls in the Universe.

Exercise #25 – Recognizing Your Selfless Service

Get out your journal and start with a blank page. Fill the page with a list of all the ways you are of service. Choose large and significant avenues as well as little actions that you

might consider trite. You WILL be able to fill a page if you truly evaluate your everyday self-expression.

This is not an exercise in arrogance. Some examples might include saying “thank you,” holding the door open for someone, allowing someone to go ahead of you in line or in traffic, writing an acknowledgment letter, giving someone a suggestion on how to improve a situation, offering to spend time with someone in need, etc. Feel free to fill in more than one page.

It is okay to acknowledge the various ways you serve. You are not doing this to impress anyone or keep score. This is simply to remind yourself that you are already a powerful creative force in the world. As you acknowledge your creative gifts, you stimulate your subconscious mind to come up with even more ways you can be of service.

Meditation #25 – Contemplating Your Role on Earth

NOTE: For most of Phase 1, the meditations have been structured in an almost identical format. This has been given in order to train your mind to enter into a deep state.

However, as we approach Phase 2, we will make the assumption that you already have a good grasp on meditation, and thus, we will no longer give you a specific entrance and exit format.

Enter your meditation in the manner that has served you. You may have modified our standard guided format and that is fine. We acknowledge your willingness to be disciplined in quieting your mind. If you find you still need the full set of instructions, you can use them as given in prior meditations. As we approach Phase 2, it will not be necessary to remind you how to meditate. Go ahead and enter that beautiful, peaceful state you know so well.

Take a moment now to contemplate the idea that expressing yourself in loving service is the most natural and normal thing you can do. God’s Love simply flows forth from the center of your being without you having to do anything. Continue to breathe deeply as you allow the limitless creative energy of your God Self to be your dominant reality. Allow the energy of selfless service to comfort you. Allow it to bless you. Allow it to move you as it sees fit. You are an instrument of God’s limitless perfection. Today you are a clear and pure channel for God to extend Himself on Earth.

Come out of meditation in the way you see fit.

Closing Message from Sananda, received by Melissa Hogan and Sal Rachele

My beloved students, I am genuinely pleased and grateful to be participating in this wonderful topic. As you all know, my life was one of service. Service is the most important thing in my life. It exudes from my being. It is synonymous with Who I

Am. I could no more not be of service than a flower could be without fragrance, or a planet could be without sunlight. It is one of the most basic aspects of my being. I love being of service. I have always loved being of service. My purpose in being a source of inspiration for this school is my yearning to have each and every one of you awoken to your natural and normal magnificence.

This is not a lofty goal. This is a most basic of goals – to recognize the fact that service is one of your most natural and inherent qualities. You have so much to offer. Go forth and give it today, beloveds. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, thank You for teaching us that we have limitless opportunities to give and be of service. Let us fully experience our Divine role in life. Thank you God. Amen.

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