

Sananda Mystery School

Phase 1, Lesson 26 Stepping into Self Mastery

NOTE: This is the last regular lesson in Phase 1. Over the next two weeks you will be given a review and additional exercises designed to help you integrate all that you have learned over the last six months. There will be two more weekly transmissions involving a comprehensive review, discussion and feedback session. In addition, we will be checking in to see how you are doing, so you may receive a weekly update from us during the break between Phase 1 and Phase 2.

Opening Prayer:

Father/Mother God, Source of All That Is, we know You are the master of our lives. We live in You and You live in us. You are the breath we breathe. You are the mind we use to think. You are the life that flows within us. Lord, teach us today what it means to be a master. Thank You Father/Mother God. Amen.

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

My beloved students, you are all masters. Today it is my great joy to help you remember this fact. It is with extreme pleasure that I may assist you in taking the next step in claiming your mastery. This is about actualizing in your world the values and principles you have been studying. This is about actively participating in the world, while at the same time being unbounded and free.

There is nobody, dear students, that can take away your power and your freedom. This cannot be overstated. This is the essence of Self Mastery. Each one of you is a god, complete and perfect in blueprint, though not in experience. This is your time to shine. This is your time to step into Self Mastery.

Are you up for the task? I am not suggesting that every dot and tittle be excruciatingly perfect. Dear students, it's time to get over the idea that you cannot be human and be a master at the same time. Even masters are allowed to spill their coffee on occasion.

Why do you think you chose to be incarnated at this time in Earth history? You have been told that this is the most exciting time ever on Earth, although you may be wondering why pain and frustration are still a part of that. When you step

into Self Mastery, the fear and belief in limitation fall away and you stop being so hard on yourself.

You walk within the peace of God. God does not demand that everything you think, say and do be perfect according to some impossible standard. Self Mastery involves being aware of the obstacles and negative programming, but you do not allow such barriers to become your dominant reality. One of your gurus once said, “When I began my path, it was me and MY STUFF!!! Now, it’s just me and my stuff.” Beloveds, you become much bigger than your stuff. It does not go away as long as you are in human form, but it becomes insignificant in the larger picture. Enjoy, accept and live with your stuff. Learn with it. Teach with it. Love with it. Then release and go beyond it.

My sweet children, every one of you is a delight to behold. From our vantage point in the heavens, not a one of you has a blemish. We celebrate your courage in living amongst the temptations, distractions and oppressions of your world. Nothing will EVER tarnish your inherent perfection, not even the imperfections of living in this world. Forgive yourself when you make mistakes. You will make them because you live in 3D. It does not matter. The Divine Plan for your life is alive and well. It only takes a moment to claim your perfection. It only takes a minute to remember your eternal innocence.

Self Mastery encompasses the idea that your light is visible to all. Self Mastery can be passed along to others through the demonstration of WHO YOU ARE.

Join me today, beloveds, in celebrating our mastery together. We are all masters and it’s time to fully enjoy our life as One. I AM Sananda.

Discussion #26 – Self Mastery

Self Mastery does not mean that our lives must be perfect to every detail. There are many misconceptions regarding what it means to have Self Mastery. We are in human form, living in a 3D world. This, by its very nature, suggests there will be imperfections and daily challenges.

Sananda, during his lifetime as Jesus, encountered many challenges. Even in the heavily censored and modified King James Bible, there are numerous accounts where he wept and felt much anguish. Not everyone who came to him was healed. As with any historical account, the successful healings got the most press.

All great teachers have had their crosses to bear. Many disciples of Earthly teachers will conveniently ignore the fact that their teachers are in human bodies and are, therefore,

subject to 3D experiences. When a highly evolved soul (avatar) comes into human form, it is necessary for that soul to have a human experience. The avatar must communicate to the disciple through the lens of human perception in ways the disciple can understand.

Most of us in this course are involved to some degree in holistic and spiritual healing. All of us are aware of challenges we have faced that have enabled us to more fully understand what our clients are going through. If we were completely detached and “beyond” the human experience, our service would be of limited value. Being immersed in the daily drama of life is in itself a valuable experience. By fully participating in the human drama, we gain insights that many disembodied spirits can only speculate about.

All of the highly evolved spirit guides we have come into contact with have repeatedly emphasized that they consider us to be no less than they are and in some cases they even look up to us with admiration for having agreed to participate in the difficult arena of 3D life. This period of time in which we are living is extraordinarily challenging due to the constant bombardment of energies, cultures, world conflicts, Earth changes, and the interactive nature of the media. Events that once were relegated to some distant land are now front and center stage on the nightly news. It is becoming impossible to deny what is going on in the world and within ourselves.

Everything is coming into the open. This is part of the healing of Mother Earth and humanity. In order to truly heal, one must confront and embrace ALL inner demons. As the Earth rises in frequency, all that is not of the light is being exposed, often in painful ways.

True Self Mastery involves the ability to look completely and honestly at everything in our consciousness and to recognize the larger picture inherent in that reflection. It takes undaunting courage and relentless self-inspection. J. Krishnamurti, in his many discourses, indicated the arduous nature of going within. It is rare that going within immediately yields awareness of our Infinite Source. More often, we are confronted with our own judgments, opinions, beliefs, memories, conclusions, assumptions and past emotional issues about reality. It is rare for a human being to completely relinquish all self-judgment.

We live in a time when, due to many factors, we can no longer go into denial and live our lives in a “business as usual” manner. Whether it is nuclear proliferation or global warming or pandemic illness, the basic facts remain: as a species we must move forward into a new way of being. It is essential that we move into our Self Mastery. We must look directly at everything in our lives. This does not mean we cannot relax, have fun, allow ourselves to be human, and on occasion escape into some mindless activity. What it does mean is that we can no longer compromise, make excuses or delay the urgings of our

heart and longings of our soul. The time is now. We are not in a dress rehearsal. This is the time to come front and center.

We all share the same basic human issues. We are all capable of integrating and transcending our limitations, negativity, vices, habits, addictions, illusions and past karma. We are being told that it is now possible to completely forgive and release all past karmic issues.

Self Mastery involves being able to walk the world completely free of fear, recognizing that in every moment we are in a state of grace. It is not a matter of trusting that God is there for us. We must claim the fact that we ARE God in human form. It is about KNOWING that we are an embodiment of God expressing and extending God's Love. We are God's Love in manifestation.

Exercise #26 – Self Mastery

Take a moment to review your day yesterday. Pretend to be a reporter covering that day of your life. In your journal, detail the day. Include the little things as well as the big things. For example, 7:45 a.m. – Made a cup of coffee and drank it. 8:00 a.m. – Called sister on the phone, etc. As you go through your day, include feelings, impressions, thoughts and reactions. It is not necessary to try and remember every moment of that day.

Say the following regarding each entry in your log: “This activity or experience is part of my perfection and Self Mastery.”

Be sure to include any negative thoughts or feelings you might have had towards yourself or others. As you review each thought or feeling, say, “This thought (or feeling) is part of my perfection and Self Mastery.”

See if you can enter into a state of appreciation for everything detailed in your journal.

If some of your experiences are particularly challenging, ask yourself, “What did this experience teach me?” Listen carefully to Spirit for the answer, realizing you always have a choice in how to view your experience. Know that even if you realize later that something could have been done more efficiently or more compassionately, it does not mar your perfection and Self Mastery. You have a choice again today to view your life from a place of centered, joyful awareness. Today can be the day when you are in loving acceptance of ALL THAT IS. This is the day you actualize your mastery in the world. It is already happening as you move through today's lesson.

Realize of course that today's lesson is not easy. However, it can bring a smile to your face and a lightness to your step. You are a master. This is the truth of WHO YOU ARE. Celebrate and share it with the world!

Meditation #26 – Self Mastery

Begin your meditation using the standard relaxation processes detailed in earlier lessons. Once you are in a deeply relaxed state and breathing fully and freely, continue with the following visualization:

Imagine what you will look and feel like when all of your aspects and parts are lined up like the shackles of a combination padlock. When all of your levels and dimensions are integrated and aligned, information can flow unimpeded throughout your consciousness and you are able to unlock the key to Self Mastery. Now visualize yourself fully integrated and aligned while engaged in your daily tasks. See what you look and feel like when you are in a state of complete self-acceptance and appreciation, while going about your daily tasks.

Notice the expression on your face. Feel the joy within your heart. Observe the reactions of others. Continue to breathe as you review the entries in your journal. Perhaps some of the outcomes and events will have changed. It is okay to imagine how events could have transpired differently. It is even possible to actually alter the timeline in which these events occurred. For now, do not be concerned with the effects of this meditation on your timeline. Just know that doing this meditation will greatly increase your ability to relinquish self-judgment and move forward into Self Mastery.

Come out of meditation in the normal manner as detailed in prior lessons.

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

My beloved students, this is the final regular lesson in Phase 1. It has been an absolute joy to share this time with you. The most important thing I would like to impress upon you is that I have observed a tremendous amount of growth and awakening in all of you. I encourage you over the next couple of weeks, while the channels are presenting a review, to notice just how much you have grown and awakened. If you look honestly, it might astound you. I am not exaggerating. Give yourself credit and accept the fact that you have made a significant commitment to your own Self Mastery.

We share this journey without end together. I am grateful to be a part of your unfolding. I look forward to continuing this journey with you in Phase 2 of this mystery school. I AM Sananda.

Closing Prayer:

Loving Father/Mother God, thank You for teaching us that we have abilities, attributes and potentialities of Self Mastery already existing within Your Holy Being. Your consciousness is our consciousness. Your mastery is our mastery. Together we are the Co-Creators of the Universe. Thank you God. Amen.

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