

Sananda Mystery School

Phase 1, Lesson 3 Who Are You?

Opening Prayer:

Father/Mother God, Source of All That Is, we come together in prayer to ask You to assist and clarify for us the magnificence of what it means to be alive in a three-dimensional body on Earth. We live in a paradox – we are perfect and yet in this world we have our foibles. We implore your assistance to help us remember and embrace once again the benevolence of our Co-Creatorship within your limitless light. Teach us to be patient with ourselves as we face our challenges in everyday life. Today we explore some of the magnificence we call our Soul. Help guide us through this lesson as we discover just how vast and unlimited we really are. In the name of the Christ within, Amen.

Opening Message from Sananda, received by Sal Rachele

Greetings, beloveds, this is Sananda, ready with the opening of Lesson 3. Beloveds, today we continue our journey into the nature of your Soul. You have been told many times, by this channel and others, that your being is more magnificent than anything your Earthly mind can conceive. Instead of merely repeating this truth, it is my intention to walk with you into the realization of its true meaning. The models presented in this school are to help your Earthly mind, body and emotions grasp at least a part of the truth I am sharing.

You are in a special place within the scheme of Creation. Not only do you live day to day in a world that has largely forgotten, but you are now bringing higher spiritual truths into this plane in ways that are consistent, practical and full of life.

This lesson begins with the timeless phrase, “Who Are You?” This simple question has been the topic of philosophy since time began on your planet. You even have seminars devoted entirely to this question. Every soul who has begun to awaken has pondered this phrase. Long ago in my own evolution I pondered the same idea. Today in the higher realms this question remains, although it has become something much more. Within the idea is a profound appreciation for the mysteries of our Creator, and it is these profound mysteries that are the impetus behind this school.

Your soul journey must be looked at from many angles in order to acknowledge the various perceptions inherent within a human form. Your physical body has one perception, your mind another. The model of reality brought forth in the teachings of this channel is useful for my purposes here. It involves the idea that in this local universe there are 12 major aspects to your soul. In these lessons we will explore the dynamics of these levels of being and how they relate to one another. It is necessary in your awakening process to understand how the parts of your being fit together in

order to appreciate the whole. As you know from the eloquence of your philosophers, the whole is much greater than the sum of the parts. Yet without understanding the parts, it is difficult to fathom the whole.

Therefore, the question, “Who Are You?” has answers on many levels. At the same time, there is a level in which the question becomes the answer. There is also a place where the mystery deepens. You are taught in your logical education to solve mysteries and render them easily explainable. You will find that a part of this mystery school will involve acknowledging the fact that some aspects of Creation remain unknowable, no matter how much you learn and grow. In some areas of our discussion, you will be asked to take things on faith. Having a strong faith in your ability and mine will propel you into new experiences. I enfold you in a safety net co-created by us. From this place of safety, you will be able to reach and stretch beyond your present limits.

Through all of these mysteries that you are exploring, a sense of deep peace can be your constant companion. Excitement at the thought of exploring the unknown does not mean nervous anticipation or fear. The risk you take is that of unearthing your own human ego. This is a risk well worth taking. Your ego will come to appreciate the enormity of your quest. It will be a humble observer and witness to your greatness. (There will be future lessons on how to transcend the ego.)

I love all of you very, very much, and I am always here with you. I AM Sananda.

Discussion #3 – The Difficulty of Defining Yourself

When asking the question, “Who Are You?” a myriad of things come to mind. We identify with our job, our family, our place of residence, our religious upbringing, etc. We say we are a mother, a father, a wife, a husband, an engineer, a factory worker, a teacher, an American, a Brit, a Christian, a Jew, etc. In this lesson, we are inviting you to go beyond the limitations of your mind and go deep into the center of your being when contemplating this question.

This time on Earth, with its rapid change, is prompting, beckoning, and almost forcing you to re-evaluate the question. Jobs, families, places and religions change, and yet some part of us continues on. We are told we are God, but what does that mean? Different cultures and philosophies have different viewpoints of God. So that becomes yet another label. In this course, you are told you are a part of God, a piece of the Infinite, and you are asked to try and grasp that concept. Yet simply thinking about this does not negate our humanness or the inherent challenges of 3D life. We equate God with benevolence, kindness, compassion and wisdom, so we say we are these things. We are both limited and limitless. In our best hour, we are loving beings of light, bringing forth a simplicity and gentleness in our relationships with people. Yet this is only a tiny part of Who We Are.

In our first lesson we talked about life purpose and how so many of us even have trouble defining our life purpose. We will suggest in this lesson that understanding more of Who

We Are makes the question of purpose easier to follow. To reiterate, in our opening lesson we indicated that a major part of our life purpose is to bring greater understanding to our fellow humans and to help them awaken to the great light within. This includes a willingness to do honest self-evaluation and to continually acknowledge that we are far more than our body, mind and personality.

Why did we not start the course with the question, “Who Are You?” We could have done that. We could put this question anywhere in the course – the beginning – the middle – in the more advanced parts. The question is relevant in this world and in the higher worlds. It is important to have basic and fundamental ideas, such as this question, firmly understood before we can move forward. We have chosen today to focus on Who You Are because it aligns with your purpose and it broadens the concept of your God Self. Who You Are is partly your God Self, but it is much more. There are many levels and dimensions to Who You Are, some of which can be described and explored, and some of which, as our beloved Sananda has indicated, are unknowable even at his level of perception.

Exercise #3 – The “Who Are You” Process

The exercise today is one you have probably done before if you’ve ever taken a human potential seminar.

This exercise is done alone with just you and a mirror. Stand facing the mirror. Look at yourself in the mirror. Notice what you are feeling and thinking. Begin breathing fully and deeply. Slowly and with feeling begin asking the person in the mirror, “Who Are You?” Notice – simply notice – what comes up. Do not verbally answer – just allow your mind to come up with answers. Do not censor the answers. Do not judge the answers.

Be patient, kind and gentle with yourself as you do this process. After each time you speak, wait several seconds and note the answers that come up, then repeat the question to the mirror, “Who Am I?” Continue this for about five minutes. If you wish, after you are finished, you can write in a journal or speak into a tape recorder the insights you received while doing this.

There are important things to notice about this process: In the beginning of the exercise, how did your mind respond to the question? Perhaps it was saying, “This is silly. Why am I doing this?” Perhaps you reviewed all the labels you have given yourself. Did you judge yourself? Did you evaluate the quality of the answers coming up? The idea is to simply keep asking the question and noticing your state of consciousness. The individual answers are not important. They might be eloquent or clumsy, detailed or vague. It does not matter. What matters is the question. Who You Are is beyond any verbal or mental answer that comes up.

Here are some additional insights on this process: The more you ask the question, the more the mind’s answers can change. In the beginning your answers might be more mundane and factual, but after a while you might uncover answers that are far beyond what you normally think about yourself. This lesson and portion of the school are all

about breaking out of little words to describe us. We implore you now to hold in your mind and heart the idea and notion that everyone is a perfect expression of God. We are learning, exploring and making human mistakes on a journey that is at times confusing and lonely, with many peaks and valleys, many ups and downs. However, the fact that you have come to this school should assist you in clarifying the fact that you indeed want to know “Who Am I?”

Meditation #3 – Exploring Yourself

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.

Find a comfortable position, close your eyes and take several deep breaths. Continue breathing this way throughout the meditation. Try to let any persistent thoughts in your mind just drift away. Imagine that there is nothing to think about and nothing to do but relax and breathe. Know that each time you meditate, it will be easier to breathe deeply and relax. You are safe. You are completely at peace. Nothing can disturb you during this meditation. Relax the top of your head. Notice how the back of your neck feels. If there is any tension, feel it draining away with each breath you take. Let your shoulders drop. Imagine a wave of relaxation moving down your spine. Let your spine slump a little just for this exercise. Your back is now completely relaxed. Imagine any tension just drifting away with each breath. Move down to your abdominal area. Relax your stomach muscles and feel a wave of warm, peaceful energy moving over your stomach. Feel the weight of your body on the chair. Imagine your relaxation continuing to move down into your upper legs, across your knees and down into your calves and lower legs. Continue to breathe and feel yourself entering a deep sense of peace and tranquility. All tension is draining out through the bottom of your feet. See all tension in your arms, elbows, forearms, wrists, hands, and fingers draining out. With the next breath, let everything go. Feel your entire body relax. There is nothing to worry about, nothing to fear. There is just this wonderful, peaceful, relaxed moment. Spend a few minutes now enjoying this peaceful moment. If any pain, tightness or tension arises anywhere in your body, release it with the next breath.

You are now deeply relaxed. Once again, from this beautiful peaceful state, ask yourself the question, “Who Am I?” Notice the responses and just allow your mind and heart to express silently, but freely and honestly. Now imagine going into an even deeper level of being and again asking the question, “Who Am I?” Wait silently for the answers. See if you can go beyond the labels and descriptions from your outer life. “Who Are You Really?” The answer is for you alone. Forget all the concepts and teachings for a while. Let go of the desires, evaluations, judgments, opinions and goals just for this process. Allow the silence to bathe you and lead you into the truth of your being. Allow yourself to be cradled and comforted in the silence. Allow your own truth to emerge. Remember to breathe, relax and let go of any judgment or evaluation of your meditation. Trust in what you hear and feel. Just allow your experience to happen. Continue feeling yourself immersed in the Oneness of this sacred space for a few minutes. Continue to breathe fully and deeply.

You are now developing superior imaginative and creative abilities. The answers to life's questions are within you and you are accessing them now. You are now learning to look deeply into the totality of yourself. With every breath you take, it becomes easier and easier to contact your higher intelligence. You are now in ever-increasing communication with your all-wise, all-knowing self. You are now getting clear about your purpose and goals in life. You are open and receptive to the wisdom of Sananda and this course.

Slowly come out of meditation and return to a normal waking state of consciousness.

Closing Message from Sananda, received by Melissa Hogan

My children of the Earth, I am Sananda, your teacher and also your learner, as you teach me as well. In your Earthly journey, you struggle with the answer to “Who Am I?” I wish with all my heart that I could say to you, “I have your answer.” But as you must come to realize, each and every one of you are souls incarnate. Each one of you is a unique, single entity within God. Therefore, none of us can totally answer the question, “Who Am I?”

Your energy signature is yours alone. Within that you can have great solace, great power and great joy. This is the essence of “Who Am I?” We are all part and parcel of the immensity of God. Together we are the totality and wisdom of God. This is not an easy lesson to impart in one session. The intent, hope and desire for this lesson is for you as a student to step aside just for a moment from your 3D bonds and embrace the totality, love, peace, comfort and kindness of being part of God.

Every one of you will answer this question differently. For this we celebrate. For this we are joyful. For that is a part of your power and creation. You are created as an individual soul to be part of the totality of God. When, and only when each one of us grasps and embraces that fact will we come to know Who We Are. So, therefore, in future lessons we will each explore Who We Are. From the higher realms and down below, please know that we are all part of the same answer and part of the same question. I AM forever yours, Sananda.

Closing Prayer:

Loving Father/Mother God, we have come a step closer in embracing and defining Who We Are within the great cosmos of Your Creation. As we step into that knowing, may we bond with the realization that Who We Are is part and parcel of You. May we come to realize and share with our fellow souls that we are all One in Your limitless Light. Thank you, God. Amen.

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