

# *Sananda Mystery School*

## Phase 1, Lesson 4 Energy Signatures

### Opening Prayer:

*Father/Mother God, Source of All That Is, I am a unique expression of You. There is nobody in the entire Universe like me. Lord, teach me to appreciate my uniqueness. Teach me to recognize that You would be incomplete without me. I am an integral part of the symphony of life. I am as You created me – perfect, whole and absolutely unique. Thank you, God for this realization. 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 4. Today's lesson is about your uniqueness as individual souls. Every one of you has a specific signature. Your Creator gave you something that is yours alone. The flavor, texture and quality of your being cannot be duplicated exactly, no matter how much your scientists tinker with cloning or replication of species.**

**Appreciating the Oneness of all Life does not mean denying your uniqueness and relegating it to a small place in some biology lesson. If the entire Creation were filled with souls who had the same talents and abilities, or sang the same note in a song, or had the same ideas and visions, God's Universe would be incredibly boring. On your planet alone, the diversity is tremendous. Not only are there millions of species of plants and animals, but within each species are unique individual members. Even within the higher realms, diversity is resplendent with variations of tones, colors, patterns, thoughts, feelings and nuances.**

**From my perspective, the idea of an energy signature is an integral part of my work. Have you ever wondered how we in the higher dimensions are able to come to you and administer healing and teaching on a moment's notice? Depending on our level of vibration and awareness, many of us are working with thousands and even millions of souls simultaneously. While a lot of this has to do with the nature of time, something we will explore in depth in future sessions, a great deal of it has to do with our ability to "dial up" your energy signature, much like the way you use your telephone. After you get to know someone on a 3D level, that person can call you on the telephone and you instantly recognize the voice without needing to hear a name repeated. In that mundane case, the tone of the voice triggers a memory of your time with that person and you instantly recognize who is calling.**

**Energy signatures are like the person calling on the telephone, only with many additional aspects. How do your psychics manage to tune into someone at a distance,**

**having never met the person? It is in the same way. Many clairvoyants on your world do not even need a name in order to find the right person. Someone comes to the psychic and says, “I have this friend in need. Could you please send some healing energy?” and instantly the energy signature of that soul in need is registered in the etheric field around the person making the request. The psychic then tunes into that etheric field and reads the soul information presented there. An image of the soul might come to mind, or just an energy pattern, along with the story behind the healing crisis. This is a simplified version of what I experience when one of you calls upon me and asks for a healing.**

**In today’s lesson we will give you some tools and techniques to help you tune into the unique energy signature of individual souls anywhere in the Universe. The benefits of being able to do this are numerous. More discussion of this will be given in the discourse.**

**Beloveds, once again I am grateful beyond words that all of you have come together to take this journey with me. I love you dearly. I AM Sananda.**

#### Discussion #4 – Recognizing Energy Signatures – The Key to Discernment

There are several reasons we are exploring the topic of energy signatures. Many of you have been in communication with spirit guides or aspects of your higher selves. Others of you are interested in how to communicate with your teachers in the higher planes. It is important to be able to discern who and what you are communicating with. Having a clear picture of spirit communication is an important part of growing and evolving into higher dimensions – one of the principal goals of this course.

You are a unique expression of God with your own specific set of frequencies. Keeping the wonder of your own uniqueness in mind, you have perhaps wondered how you can possibly tune into souls residing anywhere within the Infinite Universe. This makes looking for a needle in a haystack simple by comparison. Without the ability to tune into the energy signature of another soul, you would indeed be lost.

Energy signatures are not dependent upon time and space. Souls are not limited to the lower dimensions. While memorization of names, facts and figures is important to your 3D self, in the higher realms it is not necessary to rely on memory in order to tune accurately into another being.

One of the practical applications of today’s lesson arises from the questions we hear repeatedly from the people we work with: “How do I know it’s really Sananda I’m in communication with?” or “How do I know it’s really Archangel Michael, or St. Germain or whomever?” “How do I contact my spirit guides?” There will be several lessons that relate to spirit guides and so today's idea is a good place to start.

When you practice tuning into various energies and frequencies you create a field of energy in your etheric body, which is the true location of memory, and you will find that

there are many “triggers” or sequences of events that can tune you instantly to that person or entity with which you wish to communicate.

For example, in this course we are repeatedly tuning into the one known as Sananda. The more you actively participate in these lessons, the more you will come to recognize the unique energy signature of Sananda. You will recognize the way he uses words through these channels, the way he presents ideas, and eventually you will notice his actual energy patterns coming into your etheric body as you read the material.

While practice and recognition of energy patterns are important, the triggers are often the most helpful of the ways to tune into a specific soul or entity. In this world, names are the most common of the triggers. Many of the great beings in the Universe do not use names to communicate because it is no longer necessary; however, for us here on 3D Earth, names for higher beings can be important. When you say, “Archangel Michael,” you create a trigger, which becomes a vibratory pattern that activates and attunes you to the energy signature corresponding to Archangel Michael. Names are fallible, however, because more than one entity can have the same name. Therefore, it is necessary to recognize other aspects as well, such as color. Using Archangel Michael again as an example, most clairvoyants describe him as emitting a turquoise blue color. Saying his name and visualizing this color can tune you in more precisely to his signature.

The most important trigger is the feeling generated when you tune into a specific being. The more you call on Sananda, or Michael, or another specific entity, the more you will come to recognize the specific feeling associated with that entity. You might use qualitative words such as strength, gentleness, compassion or vigilance to describe the energy you feel when Michael is near. There are far more subtleties and nuances of feeling than there are words in the English language to describe them. A feeling of love from a spirit carries with it dozens of variations within that feeling.

All of you practice tuning into other souls daily. When you think of a best friend or family member, what actually takes place? Psychologists say a memory is triggered, but that is not the whole story. In various studies, it has been documented that prayer groups that tune into a patient in need of healing have a positive impact on that patient’s recovery. Obviously there is more going on than simply a memory being triggered.

#### Exercise #4 – The Qualities of Specific Souls

This exercise will give you some practice tuning into various beings. We will start with the basics.

1. Imagine your mother is standing in front of you. It matters not whether she is alive or dead. Simply picture her as you remember her during one of her brighter moments. Some of you are more clairvoyant, others more clairaudient or clairsentient. Having a high clairvoyant ability means you can visualize brightly and vividly in your mind’s eye. A high level of clairaudience means you can hear words, messages, tones and vibrations with your inner ear. Someone proficient in clairsentience can feel energies very

specifically and accurately. For this exercise, imagine you are proficient in all three of these methods of communication. With practice, you will be able to do all three. First, form a picture of your mother in your mind. Notice the details of her physical form. Notice her facial expression. Do not worry about how well you can visualize. Just try the exercise. What is she wearing? Next, listen with your inner ear. Is she speaking to you? Is she making any sounds? You might also notice if there is any fragrance coming from her. This is using your inner sense of smell. Finally, what does she feel like? What is the quality of her energy? Imagine you can see her aura and that you are being enveloped within it. What does her aura feel like? What is the quality and texture of it? If you wish, you can attempt to communicate with her telepathically. Imagine you are carrying on a conversation with her. Just pretend. Do not worry about whether or not you can actually communicate with her at this time. We will cover telepathic communication in a later lesson.

2. Imagine someone you have heard about but do not know personally. This can be a world leader, actor or actress, great teacher, or anyone else you have only read about or heard about from others. Once again, visualize this person standing in front of you. Notice the amount of light reflecting on the body. What is this person wearing? What is his or her facial expression? Once again, notice if there are any words or sounds being emitted from this person. If the person is talking, what is he or she saying? Now tune into the feeling of this person. Is it a pleasant or unpleasant feeling? Is it strong or mild? Once again see yourself entering into the aura of this person. What does this person's aura feel like?

3. Finally, let's tune into a spirit guide. Let's pick Sal's twin flame, Leah. Some of you may have experienced Leah in private sessions. It doesn't matter. First, visualize Leah standing in front of you. This will be a little different from the first two parts of this exercise because you will not have the trigger of memory to help you. Nevertheless, you can do this. What does Leah look like? There is no right or wrong – just accept whatever image you are seeing. Is Leah speaking or emitting any sounds? Tune in and listen with your inner ear. What does Leah's energy feel like? What is the quality and texture of her aura? Take a few moments to tune into Leah.

4. If you wish, you can write in a journal or speak into a tape machine any impressions you received from this exercise.

#### Meditation #4 – Feeling Your Uniqueness

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. Continue to breathe fully and deeply.

It is time to embrace your uniqueness. Although you are a part of All That Is, your individual reality is like no other. You are special. Yet at the same time, you are equal to everyone and everything else. You are no better than the amoeba. You are no less than a Creator God in the 12<sup>th</sup> density. You are beyond definition, and yet there are many facets to your being that can be described in part. You are just as important as the most magnificent galaxy in all Creation.

Imagine now that Who You Are is expanding to include more of Creation. Begin floating into space and joining the spiral arms of a galaxy. Feel yourself becoming One with that beautiful galaxy. Imagine that you are swirling within the energies of its stars. Continue to expand your being until you can sense that the entire Universe is within you. What does the Universe feel like? You are equal to the whole of Creation. Creation is as much a part of you, as you are a part of it. This may feel familiar to you. Perhaps you have been here before. Perhaps you have never left. In reality there is no separation.

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.

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

Closing Message from Sananda, received by Melissa Hogan

**My most beloved ones, I beckon you to come forth into my arms. Take this time and these moments to appreciate the feeling of what it is to rest within my love. You will**

**see this as my soul signature; this is my energy; this is what I offer so freely to you and every soul in the Universe. My message to you today is to help you understand that you, too, have this unique, wonderful, singular part to you – you and you alone. I implore that you go forth with your unique love, with your unique stamp of Who You Are, to spread it to everyone around you.**

**In my closing words, I would like each of you to take the opportunity to embrace and touch your own uniqueness, for this is the continuation of God and God's learning. The grandeur and immensity of this Universal plan can be hard to grasp, but the beginning steps involve touching the singular essence of Who You Are. May my love embrace you and remind you that you are part of God forever.**

**I AM Sananda, forever yours.**

Closing Prayer:

*Loving Father/Mother God, we are thankful for this time shared. May each one of us identify and hold our own essence. May the knowing of our own magnificence become more of our active reality here on Earth. We are no longer a stranger to the ways of our higher nature. Lord, let us walk forward in this world sharing our splendor. Thank you, God. 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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