

Sananda Mystery School

Phase 1, Lesson 5 The Realms of Spirit

Opening Prayer:

Father/Mother God, Source of All That Is, today we seek to know the mysteries of Your Creation. We do not seek merely mental knowledge, but the peace that passeth understanding. In Your house are many mansions, which we call worlds or dimensions. Today we seek to explore these realms and to open ourselves to communication with the spirits who dwelleth within Your Infinite Universe. Protect us and guide us as we open ourselves to the worlds of spirit. Envelop us in Your continuous loving radiance. 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 5. Beloveds, today we will continue with the subject of spirit guides and energy signatures. Many of you, based on our knowledge of your spiritual progress, have struggled with the idea of knowing who and what you are communicating with in the spirit realms. We will say this: Like anything else on your world, learning to communicate with your own God Self, higher selves, spirit guides, teachers, ascended masters, archangels and other enlightened spirits, is a matter of practice. You may already be perfect in the higher realms, but here on Earth, you are learning to manifest your perfection, and that takes time, diligence and patience.

Today let us explore the various levels and dimensions of the spirit realms, using the clear and concise language given in this channel's dissertations, along with beloved Melissa's wisdom and my gentle guidance. Let us once again begin with the basics. I want all of you right now to feel my presence. Imagine for a moment that nothing stands between you and I. Imagine that your awareness of me is unfettered by your constantly changing ebb and flow of worldly energies.

Allow my energy signature to register within your hearts and minds. It might be obvious to you, or it might be a bit of a stretch. Just give it a try. I am here. Allow me to enter into your holy mind and heart. Let my energy flow through you. Learn to recognize my unique vibration. It is not as difficult as you might think. Some of you are already doing it.

In my dimension, time is very different than it is in yours. I am already present in your lives, whether or not you are aware of this. I do not intrude or attempt to force you to make any decisions that are not in alignment with your will. I merely offer myself to you and I do it freely and without reservation.

Today's discourse will focus on the various levels and dimensions of the spirit realms and how to recognize the generality of the energy signatures that emanate from within these realms. While each soul in Creation has a unique energy signature, there are similarities between souls residing in the same general level or density. You will learn to recognize these similarities and eventually be able to become aware instantly of the level or density from which a spirit is communicating.

Relax and go deep within, beloveds, for today's lesson does not require a lot of mental activity and logical reasoning, despite the rather technical nature of some of the ideas. Allow these ideas to resonate within your being, keeping in mind of course, that you may accept or reject anything said here or elsewhere.

In the spirit of our loving Creator, I AM Sananda.

Discussion #5 – Worlds of Spirit

The realms of spirit can be likened to rooms in a museum. Within each room are works of art by famous painters. If you really tune in to the works of art, it soon becomes obvious that each painter has a specific flavor and texture to the work. For example, one can instantly recognize a Dali or a Rembrandt. Each painting is different, but there are similarities that cannot be denied. The same is true of the spirit realms. The realms of Creation are loosely divided into various categories, levels, planes, subplanes and dimensions. Within these realms are groups of souls, soul families, and similar spirits. The topic of soul families and groups will be covered in depth later.

The spirit worlds are roughly divided into three major categories: astral, etheric and celestial. Within each category or plane, are subcategories or subplanes as follows:

- ASTRAL: (1) Lower astral – commonly called “hell” in religious terminology, this is the realm of the netherworlds where grotesque creatures appear to thrive. In actuality these are lost soul fragments that are desperately seeking energy and light and will take that light from others whenever given the chance.
- (2) Middle astral – includes “purgatory” and a mixture of the lovely and grotesque. This is the realm where many troubled souls go. It is not as dense and dark as the lower worlds and includes some beauty and positive energy, but not enough to re-integrate souls sufficiently. This is the realm where ghosts, poltergeists and apparitions generally hail from.
- (3) Upper astral – includes the dream state and a common resting place between incarnations. This is a more mental level of the astral plane common to the dream state and is the most popular destination after death, where souls re-evaluate the lifetime just completed and seek guidance from benevolent spirits.

ETHERIC:(4) Lower etheric – a beautiful place, but still subject to the mental fluctuations of past incarnations and unresolved emotional issues. Here, guidance is very direct from soul family members and angels, but there is still a long way to go before the soul has transcended duality.

(5) Middle etheric – a genuinely benign realm heavily assisted by higher teachers. This realm is sometimes called a midway station, and is generally thought to be partway between Heaven and Earth. This is the first realm where temples of wisdom and mystery schools are set up to help souls reach enlightenment between incarnations.

(6) Upper etheric – a pre-celestial version of Heaven where souls are initiated into higher states of consciousness. If a soul has not quite reached enlightenment while on Earth, but has amassed a great deal of knowledge and compassion, this is the likely realm after death. Souls who reach the upper etheric usually move into the lower celestial realms without having to reincarnate first.

CELESTIAL: (7) Lower celestial – the realm of angels and enlightened humans who have passed out of embodiment. This is commonly called the angelic realm, and is the first level of spiritual ascension, whereby souls literally leave their bodies and go to “Heaven.”

(8) Middle celestial – the realm of archangels and ascended masters, including enlightened sages, mystics and avatars who have passed out of embodiment. Many souls go directly into the middle celestial from the lower celestial without returning to embodiment.

(9) Higher celestial – the beginning of what is commonly called the God worlds, a place of supreme bliss and ecstasy. This is the ultimate goal of all souls in embodiment here on Earth and has been attained directly by very few, yet that number is increasing.

GOD WORLDS: These are the realms beyond time and space that exist within the Godhead, yet still have some degree of unique vibration within the vibration of the All. These are roughly equivalent to the 10th, 11th and 12th densities.

Like attracts like in the lower dimensions. When a soul passes on from the physical plane, the realm or level to which that soul gravitates depends largely on the composite state of consciousness of the soul prior to departure from this world. Therefore, a soul that is full of fear, malice or revenge will likely enter a realm similar to that in the spirit worlds. Conversely, a soul who has learned to become compassionate and has a higher level of understanding will gravitate toward the etheric or celestial planes. The levels included above are roughly equivalent to density levels of life forms that are not in embodiment. The confusion here lies in the idea that the physical body is necessarily

level 3. Therefore, unless you fully understand levels and dimensions, it is not recommended that you equate spirit realms with densities literally. This will be covered in greater depth in future lessons.

Exercise #5 - Recognizing the Realms of Spirit

This exercise will help you recognize and discern entities in varying levels and densities. **THIS IS NOT AN EXERCISE IN JUDGMENT.** You will ask your God Self to provide this information to you. Do not be concerned with your level of accuracy at this point. Rather, allow yourself to totally go into the feeling of what the energy of these souls is really like.

We will start by having you invoke your protection techniques (as given in Lesson #1). Within the protective field of your God Presence, ask that the realm of each of these souls be revealed to you. It is not necessary to merge your consciousness with each soul or soul fragment; however, it is necessary to recognize the realm and its unique flavor and texture.

(1) Think of someone you have known who was very negative and dense during their incarnation on Earth. Allow your God Self to direct you to the right person. As that person comes to mind, tune into the energy and vibration of the soul fragment that has moved on from this world. Ask your God Self to show you the realm where that spirit dwells. Just let the pictures and sensations come to you. Remember you are completely protected. Do not try too hard to see details or get words to describe what you see. Breathe deeply during this process. Spend a couple of minutes and no more dwelling on this soul fragment.

(2) Next, think of someone who had what you might call a relatively normal energy during life on Earth. We realize there is no such thing as normal, but you get the picture. Now ask your God Self to show you the realm of this spirit. What does it feel like? Just notice the nuances and subtleties. Again, spend two or three minutes in this place.

(3) Focus your attention on someone whom you felt was a very positive person, someone who naturally brightened up a room or did a lot of good in the world. Again, allow your God Self to paint the picture for you. What does this spirit feel like? What does the realm in which this spirit dwells feel like? Spend a couple of minutes here.

(4) Finally, tune into a specific ascended master, such as Mother Mary or St. Germain. Notice what that energy feels like. Imagine the realm in which that spirit dwells. Spend a couple of minutes here.

Notice the ease with which these energies flow within the benevolence of the higher realms. The beauty, peace and love that emanate from there has a different vibration and feel than that within the lower realms. The more you do this exercise, the easier it will be to feel these spirits and the realms in which they dwell.

NOTE: For now, we are not concerned with the difference between soul fragments and sovereign beings that dwell in these various realms. That distinction will be made later in the course.

Meditation #5 – Connecting with Souls

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. You are still within the divine protection of your God Self. Now, from this place of peace, imagine that the members of this school are standing in a circle around a large table. You do not have to visualize specific members or be concerned with how many there are. Notice the color, light, feeling and quality of each soul in the circle. You might notice different colors for different souls. That's fine. Feel the energy emanating from each soul. Feel the support and love in this group. Know that we are all journeying together into a magnificent new understanding. Take a moment while breathing to simply allow this group to unify and solidify.

Now imagine a brilliant light being entering into the center of the circle. This is Sananda. Once again, simply KNOW that his presence is among you. Allow his energy to enfold the group. See the connection between each soul in the group and Sananda in the center. Feel his love. Feel your love. Feel the love of the group. Know that you are supported and carried on Sananda's love. Continue to feel the group energy and Sananda for a few more minutes.

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 in the usual manner and return to a normal waking state of consciousness.

Closing Message from Sananda, received by Melissa Hogan

To my most wonderful students, today has been a bit more difficult and esoteric for each of you to grasp. I applaud you for listening and putting effort into this. Trust that we spirits from the other side of the veil have heard you. Know in the deepest recesses of your hearts that part of our journey is to assist you. From this day forward, please allow yourself to trust. Go beyond your ego boundaries; go beyond your mental activities; go beyond your preconceived ideas; for spirit is none of these. You are part and parcel of the magnificence of Creation – of the peace, of the knowing of spirit. This is your birthright. As you would say on Earth, trust your “gut”. For oftentimes, that is how spirit speaks to you.

It brings me great joy and causes me to smile, knowing that each and every one of you are reaching through the ethers, listening to us and receiving our assistance. I AM your beloved, Sananda.

Closing Prayer:

Loving Father/Mother God, bless us with the strength to trust our intuition and knowledge. We ask Your guidance in showing us how the different energies of the different realms feel. Teach us and give us the wisdom of how to recognize these energies and levels. Teach us also how to be more accepting and non-judgmental with ourselves and each other. Thank you, God. Amen.

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