

Sananda Mystery School

Phase 1, Lesson 6 The Astral Planes

Opening Prayer:

Father/Mother God, Source of All That Is, we know that in Your House are many mansions. These mansions are the various levels and dimensions of Your Being. Lord, show us true wisdom this day. Guide us gently and lovingly through Your magnificent Universe. In humble openness, we remain attentive to Your guidance as we explore the many facets of reality. In the name of the Christ within, Amen.

Opening Message from Lord Sananda received by Sal Rachele

Greetings, beloveds, this is Sananda, ready with the opening of Lesson 6. Beloveds, the astral plane is one of the most misunderstood levels of reality in all of Creation, not just on your world. It is my hope that this material will illuminate for you the true nature of the astral realm. What you call the astral realm really consists of many parallel dimensions or planes of existence that have been lumped into 3rd, 4th and 5th dimension, but usually 4th dimension. However, there are many upon your world that equate the astral with the 2nd dimension. They are not right or wrong – These are merely different ways of viewing the parallel subplanes that intersect and intertwine within your 3rd dimensional plane.

It would be incorrect to denote the astral planes as “higher” than your world, for in many ways they are not only more dense, but also seem to be more elusive. However, there are aspects of the astral worlds that are essential to your ability to grow and evolve as souls, so it would ill advised that you ignore this realm or think of it as below or beneath you.

The astral realm is part of the canvas of Creation. An artist paints a picture on a canvas, and the quality of the artist’s consciousness is reflected in what appears on that canvas. Beloveds, you are Creator Gods. We are all Creator Gods. As Creator Gods, you are in a schoolroom called Earth. This schoolroom is part of a larger classroom known as the astral planes. In the astral planes you see instantly the results of your creations played out before you. When you dream at night, all you need do is think yourself from one place to another and it is so. Your feelings about the people in your waking life can take on an exaggerated importance during the dream state. People can change instantly from one form to another. You may have flying dreams, falling dreams, and dreams of great beauty within your astral experience.

In this lesson, we will explore the various levels of the astral plane, or to be technical, the subplanes of the astral, and we will approach the subject of how to master the astral planes; how to use them for your soul growth and enlightenment. This is a very deep and complicated subject, but we will keep it simple and straightforward. During this lesson, it is essential that you call on me for guidance, as well as your own God Self, for you will remain safely within God's Loving Light as you explore these realms. In God's Loving Light, I AM Sananda.

Discussion #6 – The Astral Plane – The Scratch Pad of Creation

In Lesson #5, we took a brief look at the lower, middle and upper astral planes. In this lesson we will not elaborate on the specific manifestations of the astral, but rather, how the astral planes are constructed and how they relate to the physical realms.

The astral plane is the scratch pad of Creation. In metaphysics, or the study of mind and how it affects matter, the supreme law that is bantered about constantly is the idea that thought is creative and that what you see in the world is a reflection of your own consciousness. Even in mainstream science and psychology there is a lot of talk about the placebo effect in medicine and the effects of stage hypnotism. If you believe something strongly enough it becomes real for you even though it is not real for others who do not believe in it. For example, a person can trip over an imaginary rope on the stage if the subject believes it is there, or can run into a wall and not even see it if the hypnotist convinces him it is not there.

There is a close relationship between the astral planes and what are commonly called the mental planes, or the realm of mind. The main difference between the mental and astral is that the astral is the formative, or intermediate level of Creation. When the mind conceives of an idea, there is a creative process that takes place and this process begins in the more refined mental realms and then proceeds to the astral realms before it reaches physical manifestation. In other words, the intermediate steps of creation are in the astral realm. Thought (primary level) leads to astral "activity" (intermediate level) which leads to physical manifestation (final level).

Consciousness will conjure up your dreams based the mind's beliefs and perceptions of reality. The quality of your consciousness has a great deal to do with what is created and experienced in the astral realms and eventually in the physical realms. In the study of dreams, there are many levels delineated, including lucid and true astral projection, as differentiated from what are commonly called the recycling dreams of the subconscious. In recycling dreams the subconscious creates a way of resolving emotional or mental issues or dilemmas from waking life while within the dream state, but in a true astral projection a fragment of the soul actually travels outside the body and has experiences in the astral state.

This is not a course in dream analysis. We are not going to spend a lot of time discussing our dreams. You can apply your own personal experience in your dreams to this material, or apply this material to your dreams, to better understand them. We are going to focus

more on lucid dreaming and out-of-body experience, what exactly the astral body is, how it relates to the other levels of reality and how we create in other planes at the same time we are creating in this one. Obviously this subject will span more than one lesson. However, in Phase 1 of this course, we will cover many other levels as well as the astral plane.

It is possible to map out regions of the astral plane by paying attention to places you visit in the dream state. For example, for a given physical city, there is an astral counterpart. This astral city can be explored in the dream state and even mapped out in similar fashion to the physical city.

What occurs in the astral plane and why is this important to humans on Earth?

As we stated above, the astral planes are like the blueprints or architectural drawings for a house. When you are in an astral state (which is all the time although you are not usually aware of it while in the waking state) you are in fact creating a foundation for your physical manifestations, so it is much like the blueprints for a physical house. Your waking reality is the house itself.

When we have a conscious desire to manifest something, is a part of this occurring in the astral plane?

The more mental levels of the astral are where many of the processes of Creation are initiated, which help build the physical world of manifestation. So there is a direct correlation between what happens in the astral and what happens in the physical. (Another important part of the creative process occurs in the etheric planes, which will be covered in a later lesson.)

We have the mental abilities to create in the astral plane. This brings up the question of co-creatorship with God and self-mastery. What guides or leads us to make decisions on what to create? Is it our higher self that is asking us to create something for ourselves? Is that what beckons us to go into the astral state with the intention to create?

Since the astral is like the building blocks, skeletal outline or practice pad of Creation, it is the quality of our consciousness, or composite nature of our consciousness, that determines what we create in the astral and physical worlds. There is a force within us that prompts us to manifest. That which is motivating us to create has generally been described as either ego or spirit, ego being a perception arising from a sense of separation of self, and spirit being a perception arising from a sense of Oneness with God. In deciding which brush to pick up when painting on the canvas, or what mood to create in the picture, that decision will be influenced by ego or God within us or a combination of these.

Exercise #6 - Creating in the Astral

If you have studied the laws of manifestation, you know that putting energy, enthusiasm and passion into what you desire is the key to bringing it about. How this works is as follows: The energy generated by your emotional state goes out into the astral realms and moves things around. Therefore, let us practice becoming aware of how we create in the astral, with the following exercise:

This exercise requires that you be in your place of residence or a house that has at least two rooms.

- (1) Take a moment to walk into your bedroom, or the room in your house where you normally sleep. Simply notice the energy in that room. Spend a couple of minutes paying attention to the details of the room and how you feel while in the room.
- (2) Next, walk into another room of your house and sit in meditation. Think, imagine, visualize and feel your bedroom or the room in which you normally sleep. Imagine sending a beautiful loving light into that room. Now put some feeling into it. Love that room like you would someone close to you that you care about dearly. Now amp it up a bit. Get really enthusiastic about your bedroom. Imagine yourself there and feeling really wonderful. Now intensify the energy. See the bedroom in vibrant colors to the best of your ability. Feel your love emanating throughout the room. Continue this process for several minutes.
- (3) Now physically go back into your bedroom and look around the room. Notice how the room feels. Does it feel different than before? Spend some time noticing the quality of the energy in the room. Take several minutes with this.

If you do not notice a difference, repeat the entire exercise. Most likely you WILL feel a difference. You have actually changed the astral levels of the room by this process.

Meditation #6 – Floating in the Astral

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 now in a free floating state, a state that is familiar. You are weightless and without restrictions. This is your dream state. You know this place of co-creation and manifestation. While here, you can create from your heart's desire and not just your ego. You have the knowing and the realization of your power. You are floating effortlessly like a feather on a gentle breeze. Imagine you are in touch with your thoughts and desires. Gently direct them and watch the feather float in the direction of your creations. Recall the dream state where your thoughts and feelings are instantly manifest in front of you. What is your fervent desire and intent? Just know that your greatest desires are now manifesting. See them in living color in front of you. Feel them in your heart. Know them in your soul.

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

My dear ones, let me take this time to talk to you about co-creation. There is a very powerful place from which you project your thoughts, your dreams and your desires. It is difficult within your 3D world to perhaps appreciate the astral planes. Do not underestimate your power as a creator and manifestor of your heart's true desires.

I caution you to become adept at separating your ego from your heart's desires. For in your heart's desires is the truth of God's pure light. From there is where I want you to learn to co-create.

Once again we are happy to see you reaching for deeper understandings, and we pray that you come to the realization and grasp the knowing of your power. Dream with your heart, see with your mind, and touch with your hands, all that you have created; all that you will create; and all that is being created, for we are all co-creators together in God's mighty plan. In loving light, I AM Sananda.

Closing Prayer:

Loving Father/Mother God, let us take this time to be grateful, for once again we have allowed ourselves to begin understanding our powerful gifts as co-creators. May we walk in Your light. May You touch our hearts. May You show us the way of clarity within Your loving plan. Thank you, God. Amen.

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