

Sananda Mystery School

Phase 1, Lesson 7 The Elemental Kingdoms

Opening Prayer:

Father/Mother God, Source of All That Is, we once again joyfully ask Your blessings and guidance this day. Teach us to be willing explorers, opening our awareness into the realms of Earth spirits. We know we are part and parcel of both Earth and the Heavens. Reveal to us the knowledge of our own planet as well as the knowledge of the cosmos. 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 7. Beloved ones, today is a magical day, for what you call “faerie magic” belongs to the realms we will explore today. Very few of you upon planet Earth understand the nature of the elemental kingdom. For sake of clarity, we will place the elemental kingdoms within the etheric dimension. The vibratory state of the elementals is at or slightly above the vibratory state of your physical Earth, in what you would call fourth and fifth densities. Within the fourth and fifth densities of your beloved Earth are many kingdoms and subkingdoms, creatures, essences, energies and thought forms that are concerned with the well-being of the mineral, plant and animal kingdoms of Earth. Within each kingdom are specific elemental spirits. In the mineral kingdom there are spirits of the stones, often known as the stone people. Within the plant kingdom there are the faeries, sprites and gnomes of the plant realm, and within the animal kingdom there are the animal spirits, commonly called totems, as given in native cultures, that guide the animals in their journeys.

All elemental kingdoms have in essence soul fragments or fragments of divinity that are intelligent energy patterns of spirit. To say that a crystal has a soul is perhaps using the word a bit broadly, but indeed there is a spiritual presence to a crystal. There are the spirits of the trees, the jaguar, the tiger, and the leopard. There are spirits that correspond to dogs, cats and domestic animals.

There are realms of Earth co-existing within your own dimension but which are invisible to your sight unless you have opened your spiritual third eye. These include what you commonly call the realm of the faeries, which are often called Earth angels, winged beings often seen in humanoid form, that travel among the various kingdoms of Earth, ministering to them, caring for them, healing them, and providing a loving graceful touch.

There are also the devas, gnomes, sprites and nymphs, which are all variations of the faeries. These are additional spirits assigned to care for the elemental kingdoms. There are a group of

spirits assigned to the mineral kingdom, another assigned to the plant kingdom and another to the animals.

Though there is a great deal of variety, each group of spirits are part of what you would call the etheric atmosphere of Earth. They live and move and have their being in the ethers of your world.

The relevancy of this material to the course is as follows: When you, the people of Earth, learn to cooperate and listen to the spirits of the Earth, you will regain the wisdom of how to live in harmony with your beloved Mother and you will once again take responsibility for her health and well-being. You are the caregivers of Earth. You have strayed far from the original blueprint of Mother Earth through your distractions and selfish excursions. Mother has been extremely out of balance for some time now, and she is fervently requesting your assistance in restoring her to balance. I do not mean to admonish or patronize you about your responsibility for taking care of the environment, etc., but this is a vitally important point and one that should come clearer as you study this material.

Your ability to tune into the spirits of the Earth is directly proportional to your ability to live in harmony with her and her resources. The spirits of the Earth have a vital message to mankind. It is time that you, beloved students, become aware of their message and guidance and how they play an integral part in the healing of Earth. I, Sananda, will help guide you into greater awareness of the part you play in Mother's Earth life.

In your loving embrace, I AM Sananda.

Discussion #7 - Types of Elemental Spirits

When this lesson was being given, a lot of resistance was observed in the channels. When we inquired as to why this way, the elementals told us they did not want to be categorized and intellectualized.

They want to be experienced as the simple life forms they are, without numbers and vibratory equations. The names given below will be sufficient for now.

The spirits of Mother Earth are part of her overall energy body. They nurture her and help sustain her in her various frequencies of life. They are an integral part of her self-expression. The Earth is a living being. Although you have heard this many times before, you have perhaps not really understood what it means. Mother Earth's body consists of the three kingdoms, mineral, plant and animal, all of which have a spiritual consciousness that are part of her Divine Expression. This consciousness animates the kingdoms in the same way our spirits animate our bodies.

We will take a deeper look at the kingdoms of Earth in this lesson, for as lightworkers we depend on the spirits of Earth far more than we realize. Within this elemental world are many subplanes and subdimensions containing faeries, sprites, nymphs, gnomes, totems (animal spirits) and devas. We will not be concerned with describing in detail each of these, but will simply learn to become more aware of them and their role in helping the Earth.

Each kingdom has specific guides and spirit helpers from among those listed above. A human can call upon the spirit of a rock, plant or animal and direct that spirit to effect healing upon that object or life form. A human can communicate with the spirit or spirits of such rock, plant or animal to assist that object or life form in its evolution. To summarize, elemental spirits are guides to the various kingdoms, just as the angels, archangels and ascended masters are guides to humanity.

Crystals, while technically known as energy amplifiers, can take the intentions and thoughts of a human and store them within their latticework. It is the spiritual aspect of the crystal that accomplishes this.

Many stories have depicted the spirits of the trees. If you tune in closely while walking in a forest, you can “hear” and “feel” the spirits. You can become one with the life force of a tree. There is more to tree hugging than environmentalism.

Totem animals are creatures whose spirits communicate with humans. The spirit itself is invisible, but the totem guides the animal and helps it grow into greater awareness. Animals are not as intellectually versed as humans, but they all have their own built-in intelligence. Animals have a great ability to not only comfort us, but help disseminate wisdom. You might think of a totem animal as a channel for elemental spirits. The dolphins and whales are animals only in the technical sense. Their level of intelligence falls more readily into the same category as humans. They have angelic spirit guides like we do, and are generally not considered part of the elemental kingdoms. Animal spirits work through the physical creatures to communicate with humans, dolphins and whales. For example, the spirit of a carrier pigeon instructs the pigeon on how to relay information from one human to another. This is not just a learned and programmed response.

In a sense, the totem is the bridge of communication between the human and animal kingdoms.

The study of pantheism implies that all kingdoms have intelligence and the ability to communicate with humans. This is not entirely true, for it is the elemental spirits that have the true ability to communicate. One should not give power to a stone or talisman without first realizing that such power comes from one’s own spiritual nature and the spiritual nature of an elemental. Hence, the talisman is only a reminder of that which you already have within you. Allow the mineral, plant and animal kingdoms to become bridges to the higher dimensions of reality; do not become too preoccupied with the elementals for their own sake.

It is possible to tune into the elemental worlds and become mesmerized in their beauty, forgetting that it is the One Spirit that animates all life. This is what happened in the Land of Pan many millions of years ago. Life, while experimenting with itself, became so enamored by its many variations and forms that the exotic and ever-changing creatures of this ancient land fell in vibration because they forgot their Source.

Exercise #7 - Communicating with Elementals

You can learn to visualize the elementals within your third eye, and indeed many visionary artists have done so as represented in their beautiful paintings. You can also establish communication with them simply by putting forth your intention as you visualize.

- (1) Select a tree or bush near your house or place of meditation. Gently approach the tree or bush and make contact with its trunk or branches. Feel your feet planted on the ground as you touch the tree or bush.
- (2) Ask to communicate with the spirit of the tree or bush. Say to yourself, “I now call forth the spirit of this tree.” Then wait quietly and simply allow any thoughts or feelings to come.
- (3) Ask the spirit of the tree to give you any information relevant to this tree. Perhaps it is thirsty or has a disease, or maybe it is happy and healthy. Allow the elemental to give you this information.
- (4) As it is important for humans to share love and appreciation among each other, so it is important in the elemental kingdoms. Humans can also act as a bridge by acknowledging the story behind a simple tree.
- (5) Give thanks to the tree for its presence. Bless it and surround it with your own golden radiant God Presence. If the tree is diseased, this act of service could restore it to health.
- (6) If you wish, repeat this exercise on an animal, such as a domestic pet.

Meditation #7 – A Walk with Earth Spirits

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.

Imagine you are walking through a forest. You can hear all of the noises around you with great clarity. A group of faeries softly descends from the branches of the trees. Notice how they move. Feel their

energy. Watch their patterns of flight. Allow yourself to communicate silently with them. Become one with them.

Become aware now of the gnomes. What do they look like? How do they feel? In what way are they different from the faeries?

Now see the other elemental spirits. The forest is alive with them. Tune into them. Speak with them. Commune with them. Dance with them. They are your loving companions on the Earth. They bring harmony and balance to all life on Earth. Continue to walk in this magical place for a few moments.

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 beloved children of Earth, I come with this message to once again remind each and every one of you to embrace your strong and beautiful Mother Earth. She is the giver of your physical life. She is your sustenance. She is your life force in the physical plane. Therefore, please be cognizant of the fact that this is the spirit realm that is talking to you. Please show respect. Please once again become the caretakers of one of the most beautiful planets in the Universe, lest you forget the magnificence of where you live, lest you forget the privilege you have been given to live upon your precious Mother Earth.

Therefore, the elemental kingdoms have their voice. I implore you to listen and take the opportunity to dance with the faeries, to talk with the trees, to hold your crystals, as they all have a voice, just as you have your voice, just as I have my voice.

So once again this is a woven pattern of intricacies between the higher realms, Father/Mother God and each and every one of us.

So enjoy your Mother Earth, enjoy where you live, and become an active participant in the restoration of balance for all. I AM your most beloved Sananda, who also enjoyed the Earth during my lifetime among you.

Closing Prayer:

Loving Father/Mother God, we humbly ask that we learn how to be better listeners to Mother Earth and her spirits. Teach us to live in harmony with her. Show us how to cooperate with her kingdoms. May we bow in reverence and gratitude for the grace of Gaia. Thank you, God. Amen.

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