

Sananda Mystery School

Phase 1, Lesson 8 The Process of Manifestation

Opening Prayer:

Father/Mother God, Source of All That Is, we come together once again to learn and awaken in You. Today we explore the nature of manifestation and we ask Your blessings and understandings in this endeavor. Illuminate our minds and hearts to the majesty of Your creative process within us. 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 8. Today, beloveds, we digress from our previous series of lessons on the astral and elemental kingdoms, to revisit a subject many of you have been working with for a very long time – the process of manifestation. In your world, manifestation has been a long and difficult process for many of you due to conflicting values and the systems of government under which you live.

In our realms, the process of manifestation is quite simple. We live, move and have our being within the infinite beauty and majesty of our Creator. Our Creator thinks and feels through us and the results are not only immediate, they are breathtaking to behold. All of you in this course understand what I am saying here and you long to once again be able to feel this majesty coursing through your veins and emanating from your minds and hearts.

You long to see the heavenly realms made manifest on Earth. You live for the day that war and poverty will be no more. Yet you are daily forced to remain patient not only with yourselves, but especially with your brothers and sisters as they continue to wander in darkness, a few of them opening their eyes, then closing them again in continued slumber.

Beloveds, the day is fast approaching when your thoughts, feelings and actions will have a finality to them, an authority to them, an undeniable power to them. Even now many of you are in a mode of reality humorously called, “Be careful what you ask for – you might just get it.”

In today’s discourse, the channels are elaborating on three major aspects of manifestation – the personal, collective and universal levels of creation. Our job in the higher realms is to provide you with our insights and experience related to the third aspect of the creative process – God’s Will - which is also the will of your higher selves. As we move through this course, you will become more and more familiar with each of your aspects and how they all fit together to form the beauty of your soul. Today’s lesson focuses on how to bring your aspects more into alignment and how to understand the relationship between your personal will and the collective will of humanity.

As with most of our lessons, we will touch on certain aspects today that will be explored in greater depth as we move through the various phases of this course.

Each of you is a powerful, creative, spiritual being living in a material 3D plane that appears to be extremely limited and limiting in its scope. The tasks you have appointed yourselves on this 3D Earth are not easy. The process of manifesting is not easy within the confines of your 3D space and time. The only way to truly manifest your heart's desire is to embrace BOTH your 3D lower selves and your higher selves and to bring them into alignment. It is my job as your mentor and guide to help illuminate that process. I will be doing that in all these lessons as I humbly work with your own greatness.

In your loving embrace, I AM Sananda.

Discussion #8 - The Three Aspects of Manifestation

There are three aspects of manifestation that we would like to discuss at this time:

- (1) The personal creative process;
- (2) The collective creative process; and
- (3) Alignment between the will of the lower self and the will of the higher self (God's Will).

The Creative Process

Many souls become frustrated with the creative process because they do not understand the relationship between these three aspects of manifesting. In order to manifest effectively, all three of these aspects must be in alignment. Let us begin with a simple example of how these three aspects may be out of alignment. Suppose you are in a hurry to attend a meeting and drive through a red light, causing an accident. You unconsciously used your creative power and ability to do this. Your personal desire to get to the meeting collided (literally) with the collective agreement that says one should stop at a red light. Because your personal will was at odds with the collective will in this rather mundane example, you did not experience positive results in this case. In addition, the will of your lower self (ego) wanted to rush to the meeting because you were afraid of being rejected by a business client, yet the will of your higher self (soul) is to be calm, centered and relaxed and simply allow the best timing and outcome at the meeting. In this case, the lower self (rushing through the red light) conflicted with the higher self (which would have sat calmly at the red light). Had you gotten to the meeting, the lower self likely would have been aggressive and domineering, trying to convince the client to do things your way, while the higher self would likely have viewed the whole process from a broader perspective, resulting in a win-win scenario, meaning that it would have made decisions that are for the highest good of both you and the client.

What is God's Will?

Our definition of God's Will is related to the idea of aligning our lower selves with our higher selves in a way that is in harmony with natural laws and principles. In essence, our higher selves are already in alignment with the natural laws and principles of Creation, so really our task is to find the aspects of our lower selves that are out of alignment and bring them into alignment. We must allow our higher

selves to teach us what is out of alignment. We must learn to trust the wisdom of our higher selves. Our Earthly experience becomes a platform for both our lower and higher aspects. Both our lower and higher aspects learn from our Earthly experience.

God's Will as Pure Love

We have been told that God's Will for us is pure love, but that is an oversimplification and is rarely enough information to get us through the intricacies of daily life on Earth. We have many responsibilities in our 3D experience. Our lesson is about how to live within our Earthly experience while knowing at the same time that God's pure love is guiding us. Our personal will is not always coming from pure love. Our lower selves are concerned with survival of the physical body, security, comfort, personal relationships and many other things.

To bring higher spiritual ideas into the reality of the lower self, we must address the day-to-day concerns of the lower self, rather than ignoring them or hoping they will simply go away. When the lower self is preoccupied with maintaining the physical body, it is difficult to get it to pay attention to loftier ideas and principles; therefore, we must learn to set up our lives in such a way that we are able to make time to listen to our higher selves.

Ideally, one's vocation or business in life needs to be aligned with one's higher principles and values, but in most cases this is not easy to achieve. The preparatory processes, often called "stepping stones," involve the need to acknowledge that sometimes a job or vocation may not be perfectly in alignment with higher values, but may be a necessary part of the unfoldment of one's life purpose and goals.

Therefore, the process of manifestation may involve intermediate steps that appear quite literally as not getting what you think you want. If your reality does not look like your ideal picture of manifestation, it does not necessarily mean that you are not a good manifestor. It might simply mean that there are more steps necessary to reach your goals. Hence the 3D journey.

Of course, we all have programming and conditioning within our subconscious minds that tend to block our full and free self-expression, and that is the primary reason we attend workshops, seminars, readings, healings and personal growth events. Yet even if we have healed all the traumatic events from our past, we still must understand how personal and collective realities intertwine, and how our personal will and higher will come into alignment.

Exercise #8 - Taking Stock of Your Life

Begin by finding a comfortable place, preferably in your own house, to sit, keeping your eyes open. Look around the room and simply notice what you have created. Extend your vision to include the people, places and things in your life. Review the entire process of your life at present. What have you created for yourself? Be careful not to judge anything you see or feel. You are an impartial observer at this stage. If you were a newspaper reporter simply reporting on your life, what would be said?

Now go deeper. Close your eyes. The next level of your inventory involves what lies within your heart. This is not what people think of you or what you feel people are thinking about you. What is really important to you? How much love is in your heart? How much gratitude do you have for what is in

your life? How much trust do you have in yourself and your abilities?

Now allow yourself to be embraced by your higher self, your higher knowing, your inner wisdom. You may wish to use the golden light technique in Lesson 1 to help you get in touch. The voice of your higher self is partially responsible for what you see in your life. This voice of your soul, combined with your ego personality, and the collective will of humanity, has created what is in your life.

Now open your eyes and once again look around you. Observe what parts of your life belong to your personal will, or ego, what parts are a result of humanity's collective will, and what parts are the result of listening to your inner voice of wisdom. If you are honest, you will see results from all three of these. Take a moment to write in your journal regarding your observations and insights.

Meditation #8 – Taking Stock of Your Life

The meditation for today's lesson is the same as the exercise, except that the standard paragraphs for relaxation have been included.

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.

Once again, review your life, noticing what parts of it are your personal creation led by ego, what parts are a result of the collective will of humanity, and what parts are led by your soul's infinite wisdom and love.

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.

Closing Message from Sananda, received by Melissa Hogan

My beloveds, this is Sananda, your co-creator. My dear children, please understand that when you manifest, or attempt to manifest, within your 3D world, it is not a matter of right or wrong, or that you didn't do it correctly or didn't understand how to do it, etc. The starts and stops and challenges within manifestation have to do with your ability to be in alignment and co-creatorship with the higher realms and your soul's inner knowing.

We in the heavens embrace you every single moment. That in and of itself is a form of manifestation, for we are manifesting with you on Earth your ability to remember and know what the pure essence of God's Love is all about. All that we ask for souls is that they understand, embrace and live God's Love. This is where the alignment of the higher and lower selves assist one to manifest. This may sound overly simplistic, but understand that we do not see, and will not ever say to you, that it is easy just to simply love. However, when the Earthly part of your soul chooses to let God's Love direct, embrace and hold you, all Creation unfolds from that moment forward.

Know that we hold you in our hearts. To manifest pure love is not an easy task, but once you align yourself with God's Love it is effortless. That may seem like a contradiction and if you do not understand, please read the lesson again. When you choose to walk in God's Love, all things are manifested.

Know that I hold each and every one of you in the magnificence of God's Love. May your journey continue forward on Earth. We are here for you at all times. In God's pure love, I AM Sananda.

Closing Prayer:

Loving Father/Mother God, please open our hearts and minds to Your Pure Love. May this Love guide us in all we do, all we think and all we say. May we understand the far-reaching nature of Your allowing us to manifest Your Eternal Love in our lives. May Your Love stream forth through us into this world. Thank You, God. Amen.

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