

Sananda Mystery School

Phase 1, Lesson 23 Living Within the Power of Purity

Opening Prayer:

Father/Mother God, Source of All That Is, teach us how to effortlessly flow within Your purity while recognizing and embracing our naturally powerful state. Show us the energy state of effortless living and how the Divine Plan is orchestrated through us. Thank You, God. Amen.

Opening Message from Sananda, received by Sal Rachele

Beloved students, this is Sananda. First of all, I welcome Melissa back from an overseas journey. Much was resolved and is now moving forward in your life, dear one. Much is resolved and moving forward in the lives of all students of this course. Some of you may not yet feel the certainty that things are moving forward, but I assure you things are in much better shape than you realize. There will be more to come on that subject, beloveds, but for now, let us talk about the next step of conscious creation.

Today I want to explore something that is very difficult to put into your English language. There are a number of statements that have been misconstrued regarding the idea of naturally unfolding power and purity.

You have many sayings that pervade your society, including “Power corrupts...” Most of your leaders have demonstrated the dark side of power by becoming infatuated with it and using it to control and manipulate the populace. On the other hand, many spiritual teachings proclaim that one must reject personal power and become pious and simple in lifestyle. While there is some truth in these approaches, I am encouraging my students to go beyond this fear of power and belief that power corrupts one’s purity.

Let us begin by looking at the idea that one must not become attached to the material plane. One of the quotes attributed to me is “Be in the world but not of the world.” Let me clarify this statement. Beloveds, Mother Earth is a part of you and you are a part of Mother Earth. Yet you also transcend the 3D laws of this world, especially those principles and values made by humankind and projected upon all members of the human race. It is the belief systems, conditioning, programming and cultural indoctrination that must be transcended in order to live a truly free life

while in a human body. I have never advised you to deny the world or see it as less Divine than other realities.

A related idea I would like to explore with you involves the belief that you must forcefully try and control your Earthly reality.

Think back to a time when everything seemed to flow effortlessly -- when events seemed to happen serendipitously. This was a time when you were certain that everything was unfolding within the perfect Divine Plan. The details simply unfolded, without a lot of conscious thought and effort. What was happening at the time? What was causing this?

Next, think of a time when you felt out of sorts; when you felt you had to effort, struggle and force things to be a certain way.

What was the difference between those two states? What was occurring to cause you to feel completely within the Divine Love of God in one instance, and stuck within your mental and emotional issues in the other instance?

Dear students, when you calm your restless mind and open your heart and total being to the moment-by-moment unfolding of truth, you enter into a state of grace. You allow yourselves to become a conduit for the grace of God to flow through you.

Beloveds, this state of grace is a state of power and purity. These are not opposites. You have been conditioned to believe you cannot be powerful and pure at the same time. Yet when you go within to the core of your being, you will discover the purity that has always been there. Personal power has been defined as the ability to create and manifest effectively. Many of you have learned to do this with your mind, but I am suggesting that true creation happens from Spirit, or from your higher selves, and that creation moves from the center of your being out through the various levels and dimensions of your selves and into the world.

There is an energetic state that exists within yourself when things unfold in what you call an effortless manner. It is not that you remain passive and expect everything to drop into your lap. Quite the contrary, within this peaceful, serene state a great deal of activity may take place. You may accomplish a lot of complicated tasks, yet things seem to simply unfold in a very natural way.

All of you have heard the expression, "Be in the flow." However, what is that state energetically? That is the topic of today's lesson and yes, beloveds, it relates directly to the idea of power and purity. It also relates to the idea of honoring and respecting the 3D world, but transcending it at the same time. It is not about denying the

world, or fighting it, or pretending it is not real. It is about embracing your humanness, but seeing it for what it is and not identifying with it.

You are FAR more than your humanity. You are an Infinite Spirit. This recognition can become an energy, a force, a power to be reckoned with. It can also be intensely enjoyable and uplifting. Allow this lesson to unfold within you as you read the words. I AM Sananda.

Discussion #23 - Creating from Your Center of Being

Sananda has outlined a process and explained the difficulty in trying to describe it in words. Let us succinctly state the question for today's lesson:

"How do we enter into and maintain a feeling of peace and serenity whereby our lives flow effortlessly in a natural state of unfolding creation?"

We know the opposite of this state is one in which we feel at odds with Creation, when we feel we must force things to be a certain way. Our rational minds are experts at "trying" to create. We devise all sorts of schemes, plans, strategies, contingency plans, scenarios, "what-ifs", etc.

In *A Course In Miracles* the idea of defending ourselves against the truth is discussed. Being afraid of facing reality, we conjure up all sorts of defenses, rationalizations, fantasies, escapes, magical plans and ego-sponsored orchestrations of behavior designed to keep our illusions alive, lest we suddenly come face-to-face with our "demons."

In a prior lesson, we were advised to "start where we are." This simplistic-sounding advice is essential. If we do still have inner demons, they must be brought to the light. Defenses against the truth are inner demons. There may be some emotional pain or uncomfortable realizations associated with facing aspects of our ego, but until we do, it is difficult to move forward. Therefore, examining the state of the "fall from grace" is essential if we want to understand how to re-enter the Kingdom. In truth, we have never left the Kingdom, but until our minds realize this, we need tools and techniques to maintain a state of grace within and without. We are remembering that we are active participants in God's Creation.

When we are troubled by something or have a major decision to make, it is normal and appropriate to be bothered by our demons. This is the moment in which we have the opportunity to step into grace. We can choose to stay bothered and concerned, or implore God's help in moving through and beyond the obstacles. We can humbly admit we need God's help and we can ask sincerely.

When we sincerely ask for help in facing our demons, we will be treated gently and with the utmost respect. God is not going to punish us for our transgressions and "unholy" behavior. Facing our own issues is part of the journey. There is a feeling of serenity when we are completely real with ourselves, acknowledge our issues and gently lay them on the table. When we stop judging ourselves, we realize that God has never judged us, and having freed up our energy from self-judgment, we are now able to face the things we wish to change with renewed vigor. This is the moment where grace begins.

Exercise #23 - Creating from a State of Grace

Within grace lies the infinite peace of God's Kingdom. Once you are in a state of grace, your so-called "demons" no longer loom so large. Obstacles are no longer insurmountable. Mountains become molehills. You realize you simply need to make some changes. You employ the ego as a humble servant in this endeavor. Here is a step-by-step process to illustrate this:

(1) Think about an area of your life where you are experiencing a sense of efforting, struggling or forcing. It may be very mundane, or part of a more lofty goal. Choose the first thing that comes to mind. Take a moment to review the details of this situation and notice how you feel as you do this review.

(2) Next, imagine being in a state of grace. You know what this feels like because you have been there many times.

(3) Now, immerse your situation in this feeling of grace. See every aspect of the dilemma completely bathed in God's Grace. Remove any and all judgment from the situation. It is what it is. It is part of your natural unfoldment. You are where you are. Allow God's Grace to do what it will in this situation.

(4) Notice how your feelings change as you do this exercise.

(5) When you feel completely at peace, take another area of your life and repeat the process. Take your time and allow the feelings of grace to stay with you.

It is funny how we make things so complicated. This process is powerful, simple and gentle. By doing this process, you will integrate the idea of power and purity.

Meditation #23 – Creating from a State of Grace

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.

While in meditation, repeat the process detailed in the exercise above.

Closing Message from Sananda, received by Melissa Hogan

My most beloved students, I have come today to talk with you about how to live in the effortless flow of God's Creation. These spectacularly calm and beautiful moments happen when you have your heart truly open and have allowed your egos to be laid to rest. When you have fervently asked for help and a solution to a problem, when you have prayed for guidance, when you have opened yourself up and said, "Dear God, help me to know what is best for me, help me to know how best to live in this world," this is when things fall into place; hence, the word "effortless."

How does that feel? Is it not pure delight? Is it not as easy as taking a breath? Does it not make you feel calm and peaceful and even put a smile on your face? All of a sudden your step is lighter, your heart is lighter, your mind is more open. All of a sudden there is a focal point; you have a feeling of knowing that this is right. There is a knowing that your intentions are pure. This is living in the power and purity of your being. This is what is intended to happen. Within that calm and peace lies your power and it is effortless.

My dear students, the more that you practice loving yourself, loving each other and asking God's purpose to be paramount in your heart, the more you experience the power and purity we are talking about today.

This is something you should contemplate every day. Dedicate your day, your life, and every moment, as often as you can, to God's Love, and within that your actions and ideas will flow effortlessly.

Ask God to help you understand His plan and help you understand where you need to be and how you need to serve. The adage of getting out of your own way applies here. You know you have the power to invoke a response from God.

We in the higher realms gladly give you our help. You don't need our guidance for every decision in your life, but we will offer our perspective for the more important decisions. We are not trying to minimize the effects of the 3D world.

It is about surrender, in a way -- surrendering to the beauty and purity of God's Love and God's Word. So step back and look around you. You *know* when you are in that state of effortlessness. You *know* when things feel right. When you're there, be grateful. When you're there, embrace it, because you *are* in the purity of God's Love. It is a simple and humbling power. It *feels right* because it is of the highest dimension. It is offered to you today and every day. My love for each and every one of you is pure. I AM lovingly yours, Sananda.

Closing Prayer:

*Loving Father/Mother God, thank You for Your Grace that enfolds us and sustains us.
Thank You for the purity of your Infinite Power. Amen.*

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