

TEACHINGS OF SANANDA NO: 3

God bless you – this is Sananda. There has been much talk about the Ascension – not My ascension but the ascension of man. There have been many versions of this recently and people are confused. They feel that perhaps they are wrong in their beliefs – some thinking that they are to be lifted by spaceships others that they will raise themselves through their own awareness and vibration being raised into another dimension through their own consciousness. Some of these versions have been quite garbled, others have been suggesting that the Earth will be in a state of chaos and therefore mankind cannot live upon it. It is time I think to put the matter straight once and for all.

It will be a time of change that is sure, and changes have been occurring already. Changes in climate – “you shall not know the seasons” – was foretold and this has come about already. There have been great winds which have caused devastation. There have been certain parts of the world where there have been earthquakes, there have been floods, and the temperatures have altered in many places throughout the world, resulting in dreadful famine at times when there has been no rain for many months on end. These things have occurred in the past but they have been prevailing more recently in a more dramatic way. Man too has changed – some of you have taken a more spiritual path and this is good, but there have been many who have been caught up in violence with people who have been attempting to control others in an extremely aggressive manner without thought for the lives of their own kind – even in Russia recently where the Leader seems to have no control.

Now I wish to tell you what will occur – all mankind is included in this. You must attempt to raise your consciousness so that all of you are able to realise that you can attune to spiritual realms, so that you will be more aware of your minds. The mind is all powerful as you know. Thought can control others if it is used in the right way. It is hoped that more of you will have control of those who are on the path of negativity so that light will overcome the darkness. We are attempting to raise the energies of those who are already on the spiritual path and help you overcome the darkness in the world today. You yourselves are attempting to bring light into the Earth at this time seeing it as a power of good – bringing it down towards you and into the Earth, securing it within the Earth.

If all of you who are on this spiritual path will do this twice daily, bringing that the column of light down from the heavens – a pure white light from the spiritual realms filling your room with the column of light and rooting it down into the centre of the Earth so that you are immersed and infilled with that light. The light of God – the light from the Source – whatever you wish to call it, it is power for good and if all of you are filled with that light, every cell of your body filled with pure white light then you will help yourself to raise your vibratory level higher as each goes by. Filled with this light you can then help others to learn how to raise their consciousness. It is important that this is done each day so that the power of light is secured into the Earth by more and more who are on the spiritual path spreading this word to others.

As you do your daily meditations, or twice daily preferably, think of that light filling you with great power and spreading outwards into the whole of your aura. As you raise your mind towards that light going inwards and listening for that still small voice you will raise your vibratory level, and gradually you yourselves will be ready and aware of your higher self. You are bringing you higher self from above, from those charkas in the higher realms into your lower self so that your whole body is filled with light. It is a time of great importance this time of quiet each day, because your bodies need to be filled with power before they are ready to ascend into the fifth dimension. You are bringing your body into alignment for this, preparing yourselves so that in a short space of time many of you will be ready to rise into that next dimension in order that you will learn to be able to teach others what it is that is about to occur as you rise into that new dimension of being there will be many thousands rising with you attempting to be the vanguard of those who are ascending.

There will be those who ascend first who will guide others on their return to Earth. For a while you will cleanse your bodies in that fifth dimension. You will learn many things. I cannot tell you in great detail but do not be dismayed – you are to be accompanied by those who will protect you and guide you. You are never alone as you know. I am one who is helping at this time and those who are assisting Me will be in contact with you also. There are others who have been helping over the last few decades who are from other planets who have also been channelling – giving their communications of help and assistance so that all will understand what is occurring. You will not need their help at this time, those of you who rise up and are ready to receive the new guidance.

It is difficult to describe but you will be on another dimension of light. You will be able to see many things which presently you are unable to. It is a matter of dimension rather than where you are – you are not rising physically to another point in the heavens. It is just that you, but you yourselves will have raised your molecular structure and will and will not be seen by those around you who are still on the third dimension. As time goes by and you have cleansed your bodies and have learnt what it is that is to happen, you will then return to the third dimension and help others who are on the path. You will then return to the third dimension and help others who are on the path. You will instruct them and you will guide them. They will be ready to learn because they will understand when they see you returned subtly changed.

I know that some of this you may have heard, but I am trying to make it clearer in a way that you will understand. It is just that your bodies will have transmuted into light and yet you will return without having passed on as souls do when they die. You will return in your normal bodies looking similar to what you did before but with a subtle difference. You will not have died, you will have passed into light and returned to help within a short space of time. Then the next wave, shall we call them, will be helped and guided and they too will ascend into that fifth dimension. As the Earth is gradually changing you will find that when you return you can cope with any changes in the Earth's structure. All will be well and there is much to look forward to when you have

changed into your fifth dimensional bodies. There will be many who will not understand this and who will unfortunately have to pass through that transition of death because they cannot accept the new- the new Heaven and the new Earth which will surely come and be better than at present. There is much to go through with violence and conflict as you are aware, but it will not affect you. The changes are there - the seeds of change are there within you now for those of you who will accept these words. I Sananda have been trying to help over the past decade or more to explain to those who are ready to accept. Now is the time of change – now is the time to concentrate on light.

As you meditate visualise a column of light way above your house and bring it firmly down through the roof and into your room to fill you with that powerful white beam of the Christ Light – filling your whole molecular structure, your organs – everything surrounding you, and root it firmly into the Earth below you sending it right down into the centre of the Earth. This is most important so that the Earth itself is filled with light from all of you each day, and this will help to change the Earth too as time goes by helping it to rise into the fifth dimension as you do.

Those who work with Me are attempting to channel these words to others throughout the world. It is the truth. It has been heard by many – some are writing books concerning similar truths. I have tried to put it simply, as simply as possible as I myself as Jesus spoke simply and truthfully to those around Me. I hope that you will not be dismayed by this. I am sure that you will realise that things will improve through this light projection, and I know that you yourselves wish to help and work in My name – for Me and for those around you. I will tell you more in future communications, but for now God bless and keep you all, Sananda.