

TEACHINGS OF SANANDA NO: 4

Greetings to you this day, it is Sananda. I wish to continue with the Ascension Plan for mankind. It has evolved over the last few years and for those who are ready to accept it, it has been laid out and all will then be ready when the time comes. Those already on the spiritual path will be able to take part in this plan which has evolved gradually and is for all mankind. Some people have had access to these ideas for a few years – it is usually given to those who are ready to receive and accept it. Do not feel pressurised by this – just do what is necessary when you feel ready to do so. Accept it or reject it – whatever you feel is right for you at the time.

The idea is to raise your consciousness so that when you begin your meditation each day you bring down from the heavens a shaft of pure white light. See the Star of the Christ shining above you and bring down this shaft of light to fill your room, breathing it in and seeing it pass through you – filling every particle of your being with its light, and see that pure white brilliance pouring down into the Earth below you, securing it into the centre of the Earth so that the Earth herself can benefit. The Earth is also raising into a higher vibratory level and it is necessary for all who are aware to help the Earth in this way so that she too can access light from the realms above – this purifying light which has within it the power of purifying everything it passes through.

As you bring down this light visualise your crown chakra opening up as within the rays of the sun like a many petalled lotus flower, and see each chakra of the body opening up so that you are ready to receive anything to be given to you from your guide or your higher self. You are bringing down from above your higher self into your lower self so that you are compacted and can act as one, rather than two halves of the whole. Your higher self can then guide you in any way that is necessary. All of you have access to your higher self in meditation – at times it is as though your guide is speaking to you – sometimes it is him or a high being or the God within, but at other times it is your higher self who is guiding you – that self which has incarnated so many times previously that it has great knowledge stored within.

There have been men in the past who have accessed the fifth dimension – they are perhaps what you would call miracle workers. I myself as Jesus used this dimension at times when I wished to be alone, when I needed to talk quietly with God the Father. Sometimes I seemed to slip away from the multitude, but actually I had used this capability to pass into a higher vibration so that I could be alone with God and would move secretly away from the area I was in to a place of peace. This capability has been achieved by those who have been on a higher level of consciousness and it is perfectly possible for this to occur to any who have been meditating for many years. I know that at times there are men who are able to do this at present, for instance Sai Baba who frequently has been seen in other places throughout the world when he has actually been talking to many people in his room at his ashram at Brindavan.

I know that he has worked many miracles and caused apports to appear within his hand and vibhuti of course which he uses freely. Many things he has caused to occur – healings and miraculous happenings which have occurred since he was quite young. This is because he has been able to access the fifth dimension from an early age. He and others like him who are high beings presently incarnating have learnt this

capability and been able to use this great effect, to impress on people how it is possible to create miracles, and yet it helps those who worship him to understand that all things are possible through faith. This is something which I hoped that those who followed me would understand also, and the disciples who accompanied me had that faith and were able to accomplish miracles themselves from time to time.

When you reflect on these happenings which have occurred you will recognise that in time to come when you yourselves ascend to the fifth dimension many things which have been seemed mysterious in the past will be made clear. You and all who pass into fifth dimension will be capable of many more things, and you will be able to help others at this time much more than before. There will be many thousands who are ready and able to pass into this new dimension of being within a short space of time. Believe me it is the truth and I am attempting to help mankind with the support of many others. As I said there are those beings from other planets who are helping those of Ashtar Command and others who have been guiding mankind over the past few decades to warn him of the changes which are occurring and which will become more prevalent within the next few years. Just accept my words as the truth and know that before very long you will be capable of transmitting into the fifth dimension.

There will be three sections or waves of ascension for mankind, and in the first wave you and others who are ready to accept these words will raise your consciousness and be moved into another dimension. You may feel that you are leaving loved ones behind but you are not. You will still be here but on a higher vibratory level, and you will return to their dimension within a short space of time. It is purely that you will have speeded up your vibrations and they who are still on the third dimension will not be able to see you. You will learn many things at that time and as your vibrations are raised you will be slightly changed in your molecular structure. As a result when you return, you will be able to help others who are on the path but not quite ready – you will find that you have capabilities that you did not have previously. Your healing capacity will be much more powerful than before if this is something you feel drawn to, and I think many of you do if you wish to serve others and serve God the Father. Other capabilities will be that of telepathy and linking with two worlds as many of you already do, channelling teachings of wisdom and guidance for the future for others. As I said before your bodies will be subtly changed and those who you return to will believe what you say is the truth. I know that it is something which you feel may never happen but it will do in time. Everything is gradually changing now, and in a few years time many thousands will have already passed into the fifth dimension.

As I have said the second wave of ascension will be helped by you. You will be guiding them in many ways and I know that you have the faith that you can do all things through Christ, and when this time arrives and the next people are ready to ascend, you will help them understand what is occurring. Their minds must be prepared through meditation and visualisation. It is most important that meditation is done daily, preferably twice, and at this time the column of light from the Christ Star should be visualised and brought down into their bodies to surround them – rooting the light into the centre of the Earth. This is an important part of the meditation procedure – each one should be advised of this. It is up to anyone to accept it or reject it as I have said. They should try to visualise themselves being bathed in this pure white brilliance from the Christ Star filling every part of their being. Then they can visualise leaving their room and approaching a stream or river bank, feeling the sun

upon them – walking towards that stream, bathing in it and coming out the other side filled with pure white brilliance so that they are cleansed, and the stream has washed away all their cares and troubles and pain, so that the other side they are ready for a new beginning.

Visualise ahead a beautiful mountain with the sun shining upon it in the clear air and feel that you can be there in body – not just in thought, because if you dwell upon this fact you can take yourself to the top of this mountain and look down upon all of the surrounding countryside seeing a panorama of beautiful green fields then drift up into the sky looking down upon the Earth below knowing that you are safe, shielded from harm. Then gradually float downwards to the mountain top and return to the river bank filled with faith and hope and love, walking back into your room and returning to your body. You have surrounding you that pure white light which you brought down from the Christ Star which protects you. You can visualise this at any time you wish. It is good to be able to feel that you can do this knowing that all is well. As you return to your body visualise each charka closing like a flower. Seal each one with a cross in a circle of light and put a large cross with a circle of light over your crown charka after closing it and enclose your whole body with a circle of light. This protects you when you return to the outer world. This visualisation is very powerful and will help all those who are attempting to raise their consciousness so that it will be easy when they ascend to the fifth dimension. It is like a teleportation, which is something you will be capable of in the future.

It is good to be able to advise others how to raise their consciousness and how to protect themselves. Visualisations such as these are ideal – another one would be to visualise stepping into a beautiful bubble of light, which appears within your room after you have brought down the column of light from above, and floating slowly upwards in that protective bubble. Raising the bubble high into the sky so that you can look down upon your house, then higher still, to see your country, then see Earth below while you are protected in this bubble of pure white light and projecting light down into the Earth from that bubble. Looking down and knowing that all is well – you are travelling safely with your higher self. Then return gently to your part of the world, then your house and to your room whenever you feel ready to do so. Step out of that bubble and return to the chair you are sitting upon – returning to full consciousness having sealed your charkas as before. These are helpful visualisations for those who need this experience knowing that they quite soon will be transmuting into fifth dimension and will be with you at that time. You can give them the confidence of knowing that you will return with them at that future date.

I have more to tell you in future communications, but for now God bless and keep you all. Sananda.