

# You are a Citizen of the Galaxy

Sananda channelled by Christopher Sell

## Part 1

### Being Human

*In these three articles Sananda writes as 'we', for the message he gives comes from a multitude of loving beings who hold a vision of enlightenment for all humanity.*

#### **You are a beautiful presence**

What is it to be human? Suppose that you do not yet know. Suppose that you are in the process of creating the human being. And suppose that what you are creating is very different from what you have believed yourself to be. Suppose further that all you truly know of yourself is that you are beautiful and that you are present. We suggest to you that this is the only knowledge that you truly have about your own nature. We suggest that all other understandings are temporary and subject to change, that all of your past is a story you have told yourselves as you sat beneath the light of the stars. Now you are entering a new day. A new Sun is rising in the sky. And this new Sun throws a new light upon the stories you have told. They are revealed to you as the dreams of night, dreams through which you have learnt a great deal, but which now fade as dreams do in the light of the day.

Let us consider your beauty. It is very great, far greater than you can yet appreciate, for your beauty is as brilliant as the Sun; if you were to look directly upon your beauty, it would blind you, just as looking directly into the Sun would do. How can this be? How could your own beauty be a danger to you? Think of it like this: that you are like a seed preparing to germinate. The beauty of your being is the green life waiting to burst out of the husk of the seed. When the time is right the husk is cast aside; it has served its purpose. Your human self is not yet ready to be cast aside. You are still learning from it. It has its own beauty that is precious to you. It is only when you can fully appreciate the beauty of the husk that it may open to reveal the beauty of your divine self. The human self you have known has simply been a location, a place where your divine self could be. For you are a doorway through which the divine may enter this world. Every moment in which you value the beauty of your human self is a moment in which the doorway through which the divine may come is opened further.

How may you come to know your beauty, if you may not yet look directly upon it? Just as you come to know the beauty of the Sun by all that its light reveals to you, in the same way you come to know your own beauty through what it reveals to you. Above all what it reveals is the richness of your experience. We encourage you strongly to look upon every experience you have had as adding to the richness of your being, regardless of whether you would categorise it as good or bad and regardless of whether you see yourself as a hero or heroine, villain or victim, martyr or saviour. Forget these distinctions, for they belong in the past. If you wish to grow spiritually, there is nothing that will help you more than the practice of unconditional love for yourself and for all others. Learn to forgive, yourself first of all, for without forgiveness of self you are bound hand and foot, and are powerless to help others. Then forgive all others, for in doing so you free them to recognise the beauty of their being.

### **Unconditional love and forgiveness**

Unconditional love and forgiveness are very effective ways of dissolving the husk that you have often assumed to be yourself. This, the human or personality self, is now beginning to dissolve naturally in the light that is being released from the Sun. This is the new day that we referred to. Spiritual light is emerging from and through the Sun in unprecedented ways. It may take a while for all to feel this light. But those of you who are open to receive this light now are helping all who follow. This spiritual light is present with you all the time. It is stimulating your divine self to reveal itself to you more and more. As a human being you are becoming more and more the doorway through which the divine is made manifest on Earth. Let the light and love of this eternal self which is divine emerge into each moment of your life. It is as simple as giving your heartfelt permission that your divinity reveals itself to you. Once this permission is given all else follows: the light of your divine self emerges of its own accord and as it enters your life more and more dissolves the limitations that you constructed for yourself out of all your past experiences. Now is a wonderful time to release the past, to regard it as having served its function, and served it well. For the purpose of the past, we suggest, is to give you ways of knowing the scope of your being. The past has given you the opportunity to play many parts. Each part has expanded your repertoire and help you to see the world from many different points of view.

Now with the emergence of the divine you can begin to see that all others are also you. You have had enough experience to recognise that there is nothing of which you are not capable. You can be both saint and sinner. Therefore when you see a

saint see yourself and when you see a sinner see yourself. In this way you release the need to experience yourself separate, for you are not. One of the reasons we suggest that all you need know of yourself is that you are beautiful and that you are present is that this enables you far more easily to merge your consciousness with that of every other human being on earth. For this we see as a fundamental purpose shared by all humans. All of the events, all of the adventures, all of the misfortunes and triumphs have been designed by you to help you look into the eyes of every other being you encounter and to see only God. God, the Source of All, is not static. God grows through you. This is another reason why we wish you to know that you are beautiful presence.

### **A time of rapid growth**

You moving into a time of rapid growth for human consciousness. If you are reading this article it is likely that you are one of many who have laid the groundwork for this time of growth. Understand that this work of preparation is done in many ways; you do not need to have stood out from the crowd or to have been celebrated or even recognised to have contributed much. For most of this work has been internal. It has consisted of the many moments where you have encountered your own frailty and with love have helped yourself to move past perceived limitations to recognise something of your beauty and the beauty of the world. Be at peace with all you have accomplished so far, for it may be far greater than you can yet know. In your lifetime you have been emerging from a world that was deeply troubled. Your planet and solar system have been passing through volumes of space that rippled with discord. It was inevitable that such discord would influence human consciousness, for without exception every human being is highly sensitive to the energies that move through the universe.

This discord dates from long ago and you collectively chose to participate in bringing peace to these energies. In order to create peace, by which we mean the joy of knowing your own divinity, you clothed yourselves in the energies of discord. You mapped this discordant energy through time, creating experiences that dramatised it for you, so that you might come to reject yourselves, to hate yourselves, to fear yourselves, to doubt yourselves; all so that you might recognise in yourselves these energies and through that recognition bring love to them, so that they might absorb and become that love. So it is that every time you have learnt to love some aspect of your own being that previously felt unlovable to you, you have contributed to the creation of peace on Earth and you have laid the groundwork for the revelation of what it is to be human.

### **Spiritual gifts from the Sun**

Now you are moving into a volume of space in which the Sun may bring to you its spiritual gifts in far greater abundance than before. These spiritual gifts change the nature of your reality, for they wash away much that you have considered to be your human nature. Begin to think of yourself in new ways. We have already suggested that you are in essence simply a beautiful presence. Now let us consider what is meant by presence. It is our suggestion that presence is simply consciousness brought into each moment, and that each unique moment is given to you so that you may discover the divine in that moment. In this way you allow Divine Presence to come into being through you; you are the doorway through which the divine becomes real in this world.

So we might say to you that you are not a thing, a physical object or structure, but rather that your physicality enables you to have a location in space and time through which love from the Source of All may become more fully present. Your physicality continues to be a wonderful gift, but it is not you. Your body is a gift created out of the love that the Sun and the Earth have for one another. As a being of light you came into this life through the heart of the Sun, gathering from it the etheric forms that are the template for your human presence. From the Earth, of course, came the atoms and molecules with which you built your body. Now, with the movement of the solar system into a new volume of space these two great beings, the Sun and the Earth, are moving into a new mode of communication; their love for one another can find a much fuller expression.

### **The love of the Earth and the Sun**

You are that fuller expression. In you they find communion; you are the space in which their love may be born anew. This love is too great to be contained within the individual; it is only as you come together in oneness that you can truly experience this love. As you continue to practise unconditional love for yourself and all others, so you discover that you have never actually been an individual, that the invention of yourself as an individual human being is simply a creation of the consciousness that is you and all of humanity. Together as one consciousness you have sought to create the most beautiful expressions you could of all that you discovered on your journey through this universe.

Your purpose has always been the expression of love. For you as consciousness have always understood that love is the one sure path both outwards from the

Source of All and back to the Source of All. The love that streams through the heart of the Sun is now in the process of dissolving all that has kept you from knowing your true nature. On these streams of love and light other beings come to help you. Angels are entering your reality more easily than before. They come to teach you how you may use your gifts to create heaven on earth. The first stage of their teaching has begun; there are many among you (you may be one) who act as doorways through which angelic energies may manifest here on Earth. The angels come to teach oneness. They are teaching you how to find again the state of shared mind that you left when you took on individual forms. In the state of shared mind you are able to bring together the beautiful visions that each of you holds in your heart. These visions are the template of the Divine Plan that was given to you before you entered this world. When you bring them together the light of which they are made energises you all to move through the limitations of inertia and entropy, and you discover within yourselves resources of power that you believed to be beyond you.

## Part 2

# Creating Cities of Light

### **Life and death**

When you think of the future what you see? Do you see something bright and beautiful, or do you have a sense of foreboding? Perhaps both coexist within you. You are in the process of creating a beautiful future and in this article it is our purpose to assist you in allowing that process to be both easy and joyful. So it might seem surprising that we begin by writing about death. From our point of view healing your fear of death can help you greatly. For when you look into the future the one event that is certain to you is your own departure from this physical life, yet what lies beyond remains uncertain. Consequently when you look to the future your attitude to your own death inevitably colours your sense of what the future is. Where there is fear then to some degree that fear will generate a vision of a future that feels difficult, dangerous or painful, and you would then find yourself working hard to move through that vision to something that is joyful and uplifting to you. What is true for you as you consider moving beyond the confines of a lifetime is also true on a smaller scale as you consider moving from one moment to

the next. There tends to be an unconscious sense that no matter how much beauty the next moment may hold for you there is nevertheless a difficult barrier to transcend before you may access that beauty. Consequently the natural momentum of your vitality has tended to dissipate, at least a little, in the movement from one moment to the next. This has been so normal for you that for the most part you have probably not noticed it.

### **Your momentum**

This momentum of your own vitality is great and wonderful. You are fundamentally highly creative beings. Indeed as the children of God we would suggest you could not be otherwise. You have been given time so that you may come to know this creativity and to enjoy that which you create. At the heart of this process of creation is your movement from moment to moment. The easier that movement is, the greater the creative energy available to you. You are given each moment into which to pour your creativity. As that moment overflows a new moment comes into being. The fuller each moment is, the more the boundary between moments dissolves until you come to experience time as your soul does, as an eternal present. When moments dissolve into a continuum you become as free as your soul; your soul is able to be with you fully in your human life and the infinite love of your divine self is able to flow freely.

### **The gift of grace**

What is true of the divisions of time, whether that is a moment or a lifetime, is also true of other divisions, notably the division between one person and another. You are not solely you. You are all others also. The love that you are is indivisible. To parcel that love up into your individual identities has been hard for you. You have learned much through that process, but now it is time to move on. As you allow the divisions that have kept you separate from all others to dissolve, so you gain the gift of grace. Grace is your natural state. It is grace allied to your creativity that allows you to create the beautiful future we envisage for you. Grace dissolves all barriers. It brings in oneness. Grace allows you to be fully who you are. It allows you to express the richness of your being.

### **Cities of light**

What you are in the process of creating we describe as cities of light. Cities of light

are the environments of choice for many of your sisters and brothers throughout the Galaxy as they arrive at the level of consciousness you are approaching. They see cities of light as the most effective way to celebrate their joy in being alive, for in a city of light the full beauty of the light of each individual being interacts with the light of all others within the city and beyond to maximise the beauty of all. This is why the term city is used, for if you consider your own cities you will appreciate that, in however limited a way, their founding fathers and mothers sought to come together to express and to share their gifts for the benefit of all.

You might think of yourself as being like a bud: within you, tightly furled, are an infinite number of petals of light. As you release boundaries and divisions so you create room for yourself to flower. You expand into a full a sense of your being; your consciousness grows. That growing consciousness looks for new ways to express itself, for the realisation of your beauty as you flower can be likened to the momentum that leads the flower to fruition.

The new forms of the city of light might be thought of as the fruition of the current state of human consciousness. The recognition that you are love, the opening of your heart as a doorway through which divine love may flow into this reality and the realisation of your oneness with all life, are the guiding principles for the creation of a city of light. As you reveal your beauty to yourself it becomes a necessity to express that beauty outwardly, for the beauty of your being when revealed is too intense, too brilliant, to be contained within a single form. Just as the flower expresses its beauty not only through its outward form, but also through its perfume which spreads far beyond the flower, so for you the beauty of your being requires expression beyond the outward forms of your life.

### **Creating a city of light**

The light of your being has its own consciousness; light is alive just as you are. Through you light seeks to express the infinite beauty of the Source of All. At this stage of your evolution a city of light offers light the expression it seeks. As your inner light unfurls, as you recognise more and more the light of your own being, your light is free to express itself. It expands to meet the light of others and as it does so, further freedoms are created. Your generosity towards yourself first of all, in forgiving and accepting yourself, in releasing the pain of the past and the fear of the future, and then your generosity to all life, to all that is, releases the light of

your being to find a higher and higher expression of itself.

The unimpeded flow of light and love through the doorway of your beautiful presence here on Earth is what we describe as the state of grace. Add to this your creativity, your ability to bring into being that which is not been here before, and you find yourself beginning to build a city of light. For the forms of a city of light are simply the most beautiful forms that you can imagine: beautiful to witness and beautiful to experience. These are the forms of every relationship as it finds its highest expression; you might imagine it as the light of every connection configured to conduct love fully and purely. These are the forms of the deepest vision of every heart and the highest vision of every mind shared; you might imagine it as light revealing itself so that every heart sings and every mind is at peace.

### **Divine Presence**

There is a template, the Divine Plan for humanity, of which the creation of cities of light is a part. As you embark upon this process of creation a goal reveals itself. For the purpose of a city of light, beyond what we have already suggested, is to permit Divine Presence in your reality. Each of you is a portion of the divine; you are a divine being. When you create a city of light you are creating an environment in which the divine being that you are may find full expression through your human presence to meet the divine within all others. There comes a point at which the presence of the divine self of many beings generates sufficient power for Divine Presence to enter your world.

At this time you can know no higher state than this. It is what has been referred to in many traditions as the Second Coming. This is no longer about the presence of an individual being, but about many beings sufficiently present to themselves and to each other that the Divine may enter the world through them for all beings. Divine Presence, then, becomes the organising principle around which a city of light comes into being. It is the magnet whose lines of force the light configures itself to. Alignment with Divine Presence generates joy. Joy enables Divine Presence.

Divine Presence is the doorway through which you return to oneness with the Source. There is a plan for the Galaxy, of which we will write more in the next article, which brings many cities of light together. When there are sufficient cities of light forming an array across the Galaxy, that array will permit the ascension of



the Galaxy to a new level of consciousness. Your presence within that array is anticipated with joy by many. There is a confederation of cities of light here within the Galaxy that you are invited to join. This invitation has been renewed with the waves of light that are entering your reality through the heart of the Galaxy. These waves of light bring to the fore the possibility of creating new cities of light here on Earth.

### **New cities, old cities**

The cities of light you create are not the first upon Earth, but they are the first to be established from your current level of consciousness. There are many who have gone before you for whom it is a great joy to offer you assistance. Here on Earth are other cities of light sometimes known by the generic name Shambala, which can be thought of as providing the template for all Earth cities of light. These other cities can be connected with and visited through meditation. Those who created them have been holding a vision and transmitting that vision steadily and faithfully through long periods of time. They connect easily with cities of light elsewhere in the Galaxy and together all of them are using the new waves of light to offer you gifts of new thoughtforms, understandings and insights, which are designed to help you create your own city of light. The vision they hold is one of convergence; that is to say, by offering to share the richness of their experience with you they simultaneously empower you in your own process of creation and enable you to enter their cities as welcome friends.

### **Oneness**

As the cities of light here on Earth converge there is a merging of dimensions that opens up a new level of consciousness we call Heaven on Earth. That same momentum that carries you forward from moment to moment or from lifetime to lifetime until moment to moment becomes the eternal now and lifetime to lifetime becomes the life of your soul, also carries you from dimension to dimension until you achieve oneness with the All That Is. The creation of a city of light is a precious moment on that journey. It allows you a space and time in which the full beauty of your being may find expression and your divinity be realised.

## **Part 3**

# **Expansion Through Grace**

### **You are the heart**

You are the heart of the Galaxy. The Galaxy is enormous and its physical centre is far from you, and yet you are at the heart. Without you the Galaxy ceases to be. For all its size and its immense beauty, the complexity of its structure, the mystery of its laws and the length of its existence, it is dependent upon you. Within you exists the seed of all being. From that seed comes all that is. The Galaxy as an expression of your being writ large. The matter that you have gathered together to give yourself a physical manifestation here on Earth is formed into arrays, combinations and constellations, every bit as beautiful and complex as the Galaxy itself.

At this time through the heart of the Galaxy, and through your own heart, flows a constant dynamic stream of the light of grace. This light emanates from the Source of All and is granted to your reality as a special dispensation. As we understand the purpose of the Source the light of grace comes to liberate spirit that has become enmeshed in matter. Over aeons of time spirit has been flowing outwards from the Source to discover and to create the mystery of expression through matter. At times the momentum of this flow has been stemmed, rather in the way that the flow of the river may be sidetracked into dull backwaters. Then spirit begins to forget flow, its movement slows, understanding is diminished, consciousness dimmed. From another perspective all this is in perfect order; it is simply the slowing of an outbreath, a signal of readiness for the new.

### **A new beginning**

Imagine yourself blowing the light of the candles on your birthday cake out to the world as good wishes and finding that one breath is not enough for so many good wishes, and creating an extra breath to ensure that all the light goes where it can help the most. This dispensation of the light of grace is that extra breath. You yourselves are renewed by it. This renewal is not a patching up, making good of what is become worn out or a reviving of what has become moribund. It is a new beginning, an opportunity for you as spirit to create a new experience of yourself, a new relationship with reality. To accept this gift takes some skill and some patience. It takes practice to receive all that is offered. For you have to release all of the constraints and constrictions that are characteristic of spirit enmeshed. You experience these constraints as the judgements and limitations placed upon yourself. These, like the sediments that build up year after year to form rock, are dissolved layer by layer. It is the love that you discover within yourself that makes this release possible.

### **Beginning to expand**

Your love powers everything. Except it isn't your love in a personal sense, but love, and you are both part of that love and all of it. As you have been opening to receive the light of grace, by coming to know yourself, by accepting and forgiving your limitations, by releasing what is no longer needed, such as feelings of guilt and shame, you have been creating space within yourself where this light may reside. As the light of grace takes up residence within you it does much more than continue to free you of past limitations. You become like the caterpillar whose body transmutes into the butterfly. Grace supplies your needs, it brings you in a constant stream the love of the Source of All that is your essential nourishment, the one food necessary. With this love you grow. Your consciousness expands. You come to know that you are a deeply and widely loved citizen of the Galaxy.

### **Heaven on Earth**

As a beautiful presence here on Earth you become a doorway through which the light of grace enters your reality. As this light flows through you the structures of your reality also begin to change. More of the love that you are seeks to be expressed, and so your reality expands in response. It becomes able to hold more of the love that you are and the love that is expressed through you. The light of grace and the love that you are together create a new reality. This new reality, sometimes called Heaven on Earth, is simply the love that you are, expressing itself through the medium of the light of grace.

Though the reality you are in the process of creating is more fluid than that which you are leaving, it is not without form. The forms of Heaven on Earth are held in the consciousness of angels. You could think of the angels mediating between the Source of All and the hearts of humanity in each one of which is held a vision, precious and perfect to its holder, a microcosm of the wonder of the Absolute. The angels gather each vision and offer it to the Source by taking it into the light of grace as it streams outwards. The light of grace blends and merges all visions into a oneness, a raw material or medium, out of which the Angels can shape a reality and sustain it in consciousness. This is the reality into which humanity is moving, a new dimension which is more responsive to your wishes, to the deepest vision of every heart. For as you create this reality you are learning to trust yourselves to create with beauty, with love, with wisdom.

### **Many friends**

What we have called Heaven on Earth is not exclusive to the Earth. This new reality or dimensional shift brings you into contact with many friends, for it is a level of reality shared by many throughout the Galaxy. You are in effect rejoining an enormous community spread across the Galaxy of those who believe in the validity of the deepest vision of their hearts. You join a multitude for whom the full expression of the love that they are is a glorious exploration without known limits. It is this sense of friendship more than anything else that now beckons you to expand your consciousness into the Galaxy. A warm welcome awaits you.

It is still easy for you to consider yourselves in some way inferior when you connect with these beautiful beings. We encourage you, as you prepare to rejoin this great community, to understand that you come with gifts. Above all, you bring richness of experience. It is not yet easy for you to understand just how valuable this gift is. You, the human race, have gathered together complex and anomalous energy forms that have proved difficult to resolve in other arenas and brought them to Earth. It is as if you have swept the Galaxy with a net, and caught in that net the detritus of other realities, and then each of you has built into your energy field those pieces of debris which you felt most competent to address and resolve. These previously unresolved energy patterns together with your resolutions (whether successful or not) make up your richness of experience. So that what you bring to the party is of immense value to many beings right across the Galaxy.

### **The community of light**

The community of light you are joining, comprised of many cities of light, has characteristics that you yourselves are evolving and which suggest the direction of evolution for you all. Within this community we find the experience of individuality remains important, but mostly because of the opportunities it offers to create multiple viewpoints from which the experience of the joy shared by all may be enriched. Individuality is experienced less as a necessary condition of life and more as one valuable mode of experience amongst many. Each city of light has its own flavour, derived principally from the soul qualities of the star in whose system it is located and the interaction with those soul qualities of those for whom that city of light is home. These flavours together create a banquet or, to use a different analogy, each tone or tint blends with the others to create a full spectrum.

### **The nature of galaxies**

In a sense this is the nature of a galaxy; it is an enormous family of souls, in the first instance the souls of the stars, whose aspiration is to manifest together, as fully

as they may, the magnificence of the Source of All. Such an enterprise requires coordination and planning on many different levels. The stars themselves are in constant communion with one another and out of that communion is derived communication. One form the communication of stars with one another takes is as streams of light. These streams of light make up a vast network that is something like a galactic mind. You might think of these streams of light as equivalent to the neural pathways within your brain. Just as inspiration may be realised by you initially as an electrical impulse travelling a neural pathway, so within the community of light that you are entering travelling these streams of light is seen as a primary way of building consciousness.

All stars turn towards the heart of the Galaxy, through which light from the Source of All directs and guides the consciousness of the Galaxy. Remember now that the heart of the Galaxy is not simply a physical location, the hub of this enormous wheel of stars, but that you too, your heart, is also the heart of the Galaxy carried outwards to the location in time and space into which you have chosen to manifest your consciousness.

### **Spheres of stars**

Around the heart of the Galaxy, for the most part outside of the galactic plane in which most stars are gathered, is a sphere whose surface is made up of spheres of stars. These spheres of stars, known to astronomers as globular clusters, are ancient communities of stars that have gathered in perfect equity and equilibrium with one another and they play a special role, together with the beings who live there, in guiding the evolution of the Galaxy towards the full realisation of Divine Will. These star spheres form anchor points for the galactic network of light. They also act as portals through which beings may modify their consciousness in order to leave or to enter the consciousness template of the Galaxy. The beings for whom these spheres of stars are home, are themselves are highly evolved. They form part of a trans-galactic consciousness that acts as a bridge between realms such as yours, where there is an exploration of energy forms that are fixed or comparatively slow-moving, and the angelic realms.

### **The Great White Brotherhood**

Within the Galaxy a similar role is played by a group known by many names, one of which is the Great White Brotherhood (a reminder: white has nothing to do with skin colour, but refers the white light that refracts into the colours of the rainbow; and the brotherhood is also a sisterhood). These beings may choose to

manifest here on Earth, and indeed may manifest through you. Their purpose is to guide humanity to enlightenment, so that all humans may take the role that has been granted to them. Earth is given to you to learn the skills of creation. You come here to study your interaction with light, to understand how you may shape light and give it form. The first form you create is your own body. Through this form you move into the world to study action and reaction, so that the Divine may come to express itself through you with beauty and grace.

### **Creators of the Galaxy**

The light of grace is pouring through the heart of the Galaxy and through your heart too. First it washes away the debris of stuck forms, then it frees the doorways to the Divine. The divine creator within you steps forth. Through you a new stage of creation is initiated. Through you the Galaxy renews itself. Through you it creates itself. Your divine being makes the world possible. You are its creator.