

*Helping the Planet Series - 1*

## Cleansing the Ocean with a Net of Light

Guided meditations with Sananda channelled by Christopher Sell

Music by Michael Hammer

A HEAVEN ON EARTH COURSE

### **Introduction**

This course is one of a series entitled Helping the Planet. Each course is complete in itself and teaches skills that you can add to whatever other ways you enjoy using, whether practical or spiritual, to help the Earth at this time of great change. An underlying principle to all of these courses is that any help you offer to the Earth and those who share the planet with us also brings growth to you.

In each course you are guided to focus on aspects of your own inner light and as you do so your light becomes more available to you and your radiance grows. As your radiance increases it is important to be able to place it in the world, for the light of your being has consciousness and it loves to serve. Offering your radiance to the Earth can be a wonderful way of fulfilling this purpose and enhancing your own light further.

### **About Sananda**

Sananda is a wise and loving presence of light who is available to all of humanity. Each person who channels Sananda brings through a different aspect of this light. Of his purpose in working through Christopher Sananda says, 'I wish to bring joy, love and understanding.'

### **About Christopher**

Christopher has taught spiritual growth classes since 1991 in the UK and abroad. With Sananda and other beings of light he has created many courses designed to bring spiritual growth in ways that are joyful and supportive. You can find out more about his work on the website [heaven-on-earth.co.uk](http://heaven-on-earth.co.uk).

### **How to use the meditations**

I suggest you listen to this course once through in sequence first of all. To begin with you may want to spread your listening out, perhaps one meditation a day. Then return to whatever meditation appeals to you. Trust your own discernment and go with what feels right for you. Once you have learnt these skills you may still like to refresh your experience of them by returning to the recordings from time to time. Feel free to make your own explorations of these inner spaces by, for instance, developing your relationship with the whale you meet here.

Though the primary emphasis in this series of meditations is upon service to the Earth, there is always going to be spiritual growth for you as well. Physically, after all, we are made of a high

proportion of water. The net of light with which you help to cleanse the oceans, passes through the waters of your own being too.

**Important note: Do not listen while driving.**

Since these meditations may take you into deep states of relaxation, do not listen to them when driving or doing anything that requires you to be alert and focused on the outer world.

## **The meditations**

### **Track 1: Merging with Whale Consciousness**

Sananda guides you to merge your own consciousness with that of a whale and then to travel together to the heart of the star Sirius.

As you merge with the whale you begin to explore the whale's relationship with Earth. The cetaceans, whales and dolphins (one source suggests the whales are the higher selves of the dolphins) are seen as playing a role of planetary guardianship. At this time humanity is beginning to take on this role, in part so that the cetaceans can move on to their next level of growth.

You also begin to explore the relationship of whale consciousness to the cosmos, represented here by Sirius. Whales and dolphins are said to have a special connection with Sirius, one of the closest stars to us, and the brightest in the sky. (There are actually two Sirii's, Sirius A which is similar to our Sun and Sirius B, much smaller and denser, a white dwarf which is not visible to the naked eye.) The Sun and Sirius also have a special relationship, in some sense like siblings. For humanity too the link with Sirius as well as other stars in our local region of the Galaxy, such as the Pleiades and the stars of the Orion system, seems to have a deep resonance in our psyche, which can manifest in the form of past life memories or spiritual traditions such as those of ancient Egypt.

### **Track 2: Meeting the Ophanim Angels**

One of the Ophanim Angels, whose purpose is to help you know yourself more fully as the creator of your reality, introduces you to the network of light that the Ophanim hold around the planet.

You could think of angels simply as beings of pure light whose purpose is to serve the highest good or Divine Will. Different kinds of angels play different roles in that overall purpose. The Ophanim Angels are also sometimes known as Wheels (the word ophanim means wheels). You may experience their light as being very dynamic, perhaps spinning in a wheel-like way. In this meditation you encounter them as the angelic overseers of the network of light (sometimes also called the Gridwork of Light) which is developing around Earth at this time. If you imagine the network as being made of intersecting lines of light, then you could also think of those intersections as being places where the light is particularly dynamic, and perhaps especially resonant with the Ophanim.

### **Track 3: The Waters of the Womb**

Returning to the network of light you meet the incoming souls of the new children and then journey back to the womb to connect with the soul of your mother as you accept more love from the soul of the Earth and a gift of light from the Ophanim.

Many beings are contributing to the network of light, amongst them those who are coming into our world now as the new children. Many of the new children bring with them a vision of the Earth renewed, of harmony and balance restored.

Here are some extracts of a recent (2006) message from Hopi Indian elders:

*To Hopi, children are the natural healers of the manifest and unmanifest world. From the beginning, we have called upon them, day-to-day, to restore and sustain the harmony and balance upon which the Hopi and the world depend.*

*They bring fresh attachment to life and the future, hope to what is ever-coming to be. Peace among peoples and cultures, health and purity in nature, love and hope within our homes all depend upon this hopeful healing nature of children. It is in learning through that we come again to restore our true selves and to create the daily balance by which we and all life are sustained.*

*It is time once again that we turn to the children and seek from those who are innocent and have the power to heal all waters and for all of life which it sustains.*

By linking with the new children in the network of light we help create a continuity of purpose, supporting them and receiving their support also.

We began this life in the waters of our mother's womb, nourished by her. So this inner journey helps us to renew and heal that relationship and, as it does so, to purify our relationship with the Earth and her waters, for in another sense the Earth is our mother; our physical bodies are formed from the matter of the planet, our life is dependent upon the food Earth provides.

#### **Track 4: Net of Light, Ocean of Light**

Becoming one with the net of light, you are guided to merge with the ocean, to become the ocean and to become the light as the star Sirius and the Sun transmit light to you and through you to the Earth.

In this meditation you are guided to form multiple connections: with whale consciousness, with the Ophanim Angels, with the new children, with the soul of the Earth, until you may begin to experience yourself as part of the great network of light. Then you begin to merge with the waters of the ocean; perhaps you might think of water as a kind of condensed light. The light and love of the Sun and Sirius spiral together through the core of your being, creating a vortex of light which you allow to release outwards through the oceans.

If you enjoyed these recordings you may also enjoy:

Welcome to Your Guardian Angel [W003]

Welcome to Whales [W004]

Welcome to Dolphins [W005]

Introduction to Angel Mind [IAM]

Anchoring Starlight: Sirius [AS022]

Starlight Essences: Sirius [SE22]

Special thanks to Michael Hammer for permission to use his beautiful music on all of these recordings.

You can buy this music through [www.michaelhammer.com](http://www.michaelhammer.com).

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