

CHRIST CONSCIOUSNESS

Definition: The awareness within each soul, imprinted into pattern on the mind, and merely waiting to be awakened by the will, of the soul's oneness with God. (5749-14)

Law of Christ Consciousness: As you become aware of your oneness, your body is filled with the light of the Christ Consciousness.

Edgar Cayce says: The Christ journey is from the head to the heart. It is the most important journey we will ever take.

Qualities of Christ Consciousness: Serves others, sees God in every expression, obedient to a higher law, joyous, compassionate, lives in the present, forgiving, patient, humble.

Benefits of Christ Consciousness, as stated in the Edgar Cayce Readings:

1. Provides you with complete protection.
2. Activates love and beauty in your life.
3. Enables you to manifest the Spirit of Truth.
4. Gives you the answers you need.
5. Gives you healing and the power of healing.
6. Brings peace to your life.
7. Gives guidance to know what is best to do.
8. Enables you to become a channel to others for how to best live life.
9. Eliminates fear.
10. Takes away your burdens.
11. Provides a way of escape from temptation and difficulties.
12. All material problems will be understood and overcome.
13. Gain the ability to say "no" and mean it.
14. Grow in understanding of influences that will be constructive to every soul.
15. Gain in physical, mental and spiritual development.
16. Obtain greater self-development and self-understanding.

TECHNIQUES FOR REACHING CHRIST CONSCIOUSNESS

(Outline from author and speaker John Van Auken)

I. INNER PATH

A. ATTUNING TO OUR DIVINE SOURCE

1. Prayer.
2. Meditation.
3. Dreams.
4. Watching our thoughts.

B. SETTING SELF ASIDE

1. Cooperation with God.
2. Waiting on the witness of the Spirit. (Means determining what the Holy Spirit's reaction is to a given situation, rather than your own reaction.)
3. Obedience.

II. OUTER PATH

A. LIVING AMONG THE MANY WHILE MAINTAINING ATTUNEMENT WITH GOD

1. Cooperating with others.
2. Returning good for evil. (love or fear)
3. Changing our patterns of living through new actions and reactions.

B. REFLECTING THE INNER LIGHT

1. Actions, words and thoughts must be in accord with your spiritual Ideal.
2. Are you more humble, more meek, more patient?
 - a. Humble. Knowing that God is the source of life and all good.
 - b. Meek. Approachable by all.
 - c. Patient. Know you are moving forward if you place yourself in the hands of God.