

3 PRACTICES TO SUPPORT THE CHRIST WITHIN

1) In BE THE SECOND COMING Jesus explains that a Christ sees all as One. So to step into your embodiment of Christ, focus on the awareness that everything you see is all One thing, and treat it that way.

A practice for Seeing All as One

Take an object that you are near right now and imagine that it is a part of *you*. See its essence as the same as your own. Focus on *that which is the same in everything* as you look at it. Remember the illustrations in school of electrons circling an atom and all of that empty space between the electrons? That empty space is the same in everything. Can you soften the definition of who you are and expand it to include the object? Then try it with something else and then again with something else. Then include the whole room—know that the items and spaces are *you*. Can you observe a change in how you feel and how you relate to everything else when you do this?

2) **Meditate daily** on the embodiment of your Christ self, using the free meditation. Sit with you spine upright, close your eyes, and relax. Come into this present moment and remember your intention to embody Christ consciousness as you listen. Reminding your self that you do this for both your self and the whole world helps to hold your focus upon a whole new way of being present in life.

3) **Take one action today** as the Christ that you are. From the place of seeing all others as yourself and the Earth as your responsibility, what might you do today to act as this greater being? It needn't be grand, a simple act of caring, generosity, clarity, or acknowledgement will do. Let someone into the traffic line ahead of you, offer to share your bag of potato chips with a co-worker, pick up a piece of trash, walk gently upon the earth feeling love for the food, water, air, gifts you receive each day from her.

Source: <http://www.hopeivesmauran.com>