

## **CHRIST CONSCIOUSNESS**

**By Mary Elliott**

What was it Jesus the Christ knew that we don't? Clearly he had to have some particular insight to perform the miracles he did, not to mention have his ministry change the whole of Western civilization.

Jesus had what we refer to as Christ Consciousness. The miracles were performed by the speaking his word, just like we do in Spiritual Mind Treatment and the Consciousness did the work. But don't think it only happened with the man Jesus. It is an on-going dynamic we deal with everyday. That means whenever we heal a situation or reach a new, clearer insight, we are also using it. What a wonderful tool. And the more Truth we embody, the more Powerful our word.

The Christ Consciousness is a complete Oneness with All-That-Is. Some call this the Causal Level, because it manifests instantaneously, without regard to time and space. All of our prayer work, all of our meditation, in fact the entire purpose of our lives is to attain Christ Consciousness. In embodying it, our existence will be filled with absolute joy, love, abundance, and life.

Sound's good, doesn't it? So why are our personal manifestations either so slow or not showing up at all? I know in my case it's because my mind is so crammed with false beliefs about my worthiness, powerfulness, and what I deserve, I block my Good. I lose my sense of entitlement to all that God Is.

The Christ is God's idea of perfect man/woman. That means, under all the yucky stuff blocking that Truth, we are all perfect and an experience of The Christ. It is a matter of using our minds so It can unfold within us. How? Start with our individual consciousnesses wherever we are. Examine the contents of our conscious mind for beliefs that contradict the idea of perfection. (You can always tell a false belief if it can be changed or there is an exception. The Truth never changes.) Dig around for awhile and see if you can find the cause. Next, bring the Truth in. Don't worry about having to DO anything. The light of Truth will dissolve the false perception. All you have to do is be willing to change. That Truth; that Light; that is Christ Consciousness. So just sit with it awhile in full awareness.

The tricky part comes next. Your consciousness is being stretched like a full balloon. It feels tense. It feels scary. You are treading new waters. You don't know what's going to happen next. You don't know what to do. You may even let the balloon deflate and go nowhere.

Ah, but something did happen. The balloon is stretched out. It can never be the same. It's the same with consciousness that has been touched by The Christ - the idea of perfection. In my opinion, the best way to proceed is to humble yourself and admit completely you don't know what to do next. Wait for an answer in some form such as meditation, or a book, or a conversation. The secret is to know that God is older and wiser than you, and is working in your life.

In fact, if God's idea of your perfection was not available to each and every one of us, we wouldn't be trying to change anything in the first place. The Divine Urge to better our lives is

also Christ Consciousness. So in reality, Christ Consciousness is the end and the means.

We celebrate Christmas as the birth of the awareness of our Perfection.