Deepening Practice ~ Following Class Two:

One time each day, spend several minutes with “the Mystic Christ within” you. During this sacred time:

● *Go* to your heart—your mystic Christ heart. Allow yourself to be fully present here, deeply connecting with the mystic Christ and its love-filled presence.

● *Ask* for love to come to you—Christ love, pure love, unconditional love, divine love, uncluttered love, mystical love.

● *If* you feel inclined to do so, ask for the person or presence of the Christ to be present to you. Establish an intimate, close personal relationship with this sacred Christed presence.

● *Or*, if that personal connection is not your style, allow this experience to be not about personalized love but about love itself. Open yourself to be filled with the true spirit, power and/or presence of Christ LOVE.

● Make the next moments all about *receiving*. Open yourself to taking in the generous gifts of divine, Christed love, in whatever form they take. Drink them in, breathe them in, digest them, unite with them, become them.

● Finally, express your sincere gratitude for these gifts of pure love. Open yourself to take this love into your day with you. Go peacefully about your day.