



### 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.