

Manifesting the Mystic Christ Within

Module 5: Session 2- Being initiated into the radiance and power of your Christ Light

Deepening Practices

Deepening Practice following our January 14, 2014 class:

Receiving the Gift of Your Christ LIGHT

- 1. Be alone, if possible. Open yourself to a sacred time of being blessed by the beautiful LIGHT of your Christ nature.*
- 2. Whatever is your style, invite your Christ LIGHT into your awareness, your space, your energy. Allow yourself an intuitive “sense” about when or how it’s there.*
- 3. Talk to this mystical LIGHT of Christ. Tell that LIGHT anything you want to—in the same way that you would share with a close friend something you felt like sharing. The content of our sharing isn’t overly important; your sharing mainly connects you intimately with this luscious LIGHT of Christ.*
- 4. When you feel finished with your sharing, simply sit back and be receptive. Do nothing, think nothing, look for nothing. Simply ‘be,’ and allow yourself to receive the blessing of your Christ LIGHT.*
- 5. Remember that this light is mostly not feel-able, notice-able or visible. Nonetheless, sense its presence and what it is doing as best you can. Trust your sensing or intuition about this.*
- 6. A gift is now being given to you—perhaps a subtle, small gift, or perhaps a strong, important gift. It’s not important that you cognitively know what this gift is, only that you receive it in the quiet center of your inner most self.*
- 7. When you feel that you have adequately received this grace-filled gift of LIGHT, open your eyes, thank your Christ Light, and go about your day.*