

Christ Consciousness Meditation

Council of One

Message from the Council of One June 16, 2016

(as it appeared in The Expanding Viewpoint in July, 2016)

The plan of the Christ-head, sometimes referred to as the Council of One, is for the universe and multi-dimensionality to continue **but without the egoic mind...**

or without duality, fear and the illusion of separation.

This process has begun...rejoice!

Oneness Consciousness will be all...and all will be Love...
thus, all will be one with the Source of All, Who is but Love.

Because The Christ created the egoic mind, the Christ must dissolve it in the
Light of Oneness and Love...
in the Light of the Mother/Father God.

In regard to the 3rd dimension of Earth, the dissolution of the egoic mind will be done initially on a soul by soul basis. Eventually there will be a cataclysmic shift in the collective consciousness,
a wave of Pure Love if you will,
which will engulf the consciousness of the Earth dimension.
Blessings to you all.

(new refined version of our meditation is on the following pages)

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From the Council of One

December 2017

Meditation Inducing Christ Consciousness "Seek and ye shall find"

The Council is another name for The Christ or Holy Child—an extension of the Source of All. The Council is known by many names, including The Lineage. Every soul is a member of The Council, even if they are not conscious of it, because all souls are part of The Christ...we are individuated (from the Big Bang of Christ Consciousness) yet One. The active members of the Council are souls who are "awake to our Divinity" and act accordingly. One of the ways The Christ communicates is through the Still Small Voice—the Voice of Love within all souls. This meditation is a means for all to access the Christ within. It was developed with a student of Jeshua's The Way of Mastery course (www.shantichristo.com) and its refinement is ongoing.

We, The Council, are communicating this meditation in hopes it will be widely used as a tool to aid in the mass dissolution of the ego. Our common goal: the mass manifestation of Christ Consciousness on Earth—the creation of Heaven on Earth. As each year passes, we will be playing a more open and active role with humanity. This is simply one of many steps that will be forthcoming to assist in accomplishing our common goal. The Christ cannot be denied. Although Jeshua ben Joseph will remain our primary spokesperson, this is a reminder to you, our fellow Christed Beings on Earth, that we are "One". Blessings to you all!

Introduction by Jeshua ben Joseph - from The Way

Beloved friends, I come not for myself, but for you. I come not to teach you, but to love you, until you choose, from the depth within your own being, to set aside every illusion you have ever given credence to, and to remember the Truth which alone is true. For indeed, in that hour, there is a transcendence of all that knows limitation. There is a transcendence of all that knows coming and going, birth and death. **There is the Mind of Christ within each of us, as a spark of Divine Light, as a sunbeam is to the sun,** which rests eternally in perfect communion and communication, always. Now of course, the great secret is that **that** is the state of your reality. That in each and every moment, you abide in perfect communion with the whole of creation, since all things are but temporary modifications of the one fundamental energy, which I have chosen to call the Christ Mind, the offspring of the Father.

Until you are fully consumed with the practice of expressing Love with every thought, feeling, gesture and act, the Kingdom within (awareness of our relationship with the Source of All) will remain elusive. You may have moments of bliss...so-called peaks at the Kingdom, but they will not be long-lasting.

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Awakening the Christ within requires a dismantling of the structures of consciousness by which you've been ordering your perceptions of the third dimension. Ultimately, to truly awaken completely requires the dismantling of very subtle, deeply embedded patterns of perception that were already making up the soul prior to your current incarnation in this life. The slate must be wiped clean so that all that remains is the Reality of Spirit, with no filament or trace of egoic consciousness left (no negative emotions or judgments). That is not an easy thing to do, yet it requires no effort, save the effort to Love. Love is the great healer...which erases the egoic imprints from the depth of the soul.

Awakening to the Christ within requires learning how to use consciousness differently, which is predicated on a return to peace. That is why, above all things, your responsibility is to enter into surrender (surrender to the Christ within)—allowing the mad idea of a separate self (the egoic mind) to be dissolved entirely from the mind, so that all remains is the Mind of Christ.

“Seek first the Kingdom within and all else will be given unto you.”

In the spirit of Jeshua's introduction, the goal of this meditation is to dissolve the illusions we have created, most notably the egoic mind, and remember our natural state of Christ Consciousness—awareness of our relationship with the Source of All. It is a consolidation of many of Jeshua's meditations and teachings, in addition to input from us, the Council of One.

A wise man once said; “the quickest way to accomplish a goal is to find someone who has already done so and then use them as a model.” Thus, by using Jeshua's meditations as a model, everyone can communicate with The Christ within (the Voice of Love). There is no wrong way to meditate or communicate with the Source of All. So if you choose to use this mediation, please make whatever modifications you deem appropriate. Important ingredients are repetition and complete surrender to the Christ within, whereby your intention is to turn over control from your ego (sometimes referred to as the false or separated self) to the Still Small Voice within.

A deep breathing technique is recommended. Your breath contains energy and Light (photons to quantum physicists), referred to by Jeshua as the Holy Breath, which is synonymous with the Holy Spirit and/or Right Mindedness—the part of each soul aligned with the Will of God. Therefore, by saturating your lungs with energy and Light you raise your level of consciousness, facilitating inter-dimensional awareness and communication. This is why communication with the Christ within is accomplished with this meditation. Per Jeshua from his January 28, 2017 daily message (via www.oakbridge.org): **“Breath is your connection to Spirit. It is the connection between the physical, the incarnation, and the Spirit—the true nature of you”.**

A related fact is that quantum physicists recognize that the air you breathe is part of the zero point field (ZPF); a quantum vibrating matrix that spans the universe. On the quantum level, “everything in physicality” is part of and connected to the ZPF. From a Spiritual perspective, all of Creation is part of and connected to the Source of All. For those who have ears, listen. Physicists also recognize that the vibratory structure of the ZPF contains unlimited energy and information. A well know formula is: energy + intention = manifestation. Therefore, when a deep

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breathing technique is combined with the meditative intention provided within, manifestation of Christ consciousness is the inevitable result. For an introductory book on the ZPF, consider reading *The Field*, by Lynne McTaggart.

This is a group meditation. More specifically, the phrases and energy will always bring non-incarnate members of the Council of One actively into your meditative state. Therefore, the terms "we" and "our" are used throughout. In addition to consciously experiencing the Christ energy with you, we desire to actively participate in dissolving the egoic mind (via the energy of the Shanti Christo). To avoid any possible confusion on this point, the complete dissolution of the egoic mind is an essential step in the extension of Christ Consciousness, which is why all souls volunteered to be on Mother Earth.

Finally, if you elect to use this meditation prior to completing *The Way of Mastery* trilogy, which is Jeshua's step by step guide to manifesting Christ Consciousness, you may encounter aspects of Jeshua's advanced teachings that may seem beyond belief. However, with habitual use of this mediation, the unbelievable will become your Reality.

Meditation - Part 1 – Introductory Steps

- If you do not have time for the entire meditation, each of the parts can be used as mini-meditations. This approach can also be expanded to gradually piece each part of the meditation together, into a single meditation.
- Assume a relaxed position and become aware of your breathing pattern with the following thought: "relax everything...breathe slower and deeper."
- Continually engulf yourself, inside and out, in the brightest white Light you can imagine = visualize yourself as a Being of Light (Light = The Christ = Awareness of Pure Love = Awareness of the Source of All)
- Draw energy and Light into all your major charkas, one at a time in sequence, beginning with the root chakra. Acknowledge the Truth that is always True: "Abba is Pure Love and I am an extension of That Love and/or Abba and I are One." (Abba is ben Joseph's name for God, Creator, Source of All, etc.) If unfamiliar with this energetic technique, simply visualize yourself surrounded by white Light, as you think a phrase provided.
- Using a deep breathing technique, begin Part 2 and continue with parts 3 thru 7. One model is to slowly inhale using a count of five to seven, hold for one or two counts, and then slowly exhale using a count of five to seven. The longer and deeper the inhale/exhale routine the better. Some practice is usually needed to establish a comfortable breathing pattern.
- Feel the energy of each phrase.

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Part 2

Inhale

Exhale

We the One.....are Loved
We the One.....are Loving
We the One.....are Lovable
Loved, Loving, Lovableforever...

Part 3

Inhale

Exhale

We The Christin the Light
and Perfect Safetyof Abba
releaseall tension

We The Christin the Light
and Perfect Safetyof Abba
dissolvethe egoic mind

in the Perfect Peaceof Abba

which means judgment is no morejudgment is no more
because we accept alland bless all
we just let goand let everything just be
because everything is as it isbecause it is as it is

Part 4

Inhale

Exhale

We The Christin the Light
AcceptAbba's Love
We The Christin the Light
Acceptthe Presence of Love within
We The Christin the Light
Acceptthe Presence of God within
(pause - feel the Presence of God)

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Part 5

Inhale

Exhale

We surrender our mindto Right-Mindedness within *
to purify and then alignwith the Will of God

which means we surrender tothe Voice of Love within
which means we surrender tothe Still Small Voice within
we surrender all decisions tothe Still Small Voice within

We masterasking for and implementing
the guidance ofthe Still Small Voice within

* Right-Mindedness within, commonly referred to as the Holy Spirit or Great Comforter = the portion of each soul that is always "whole" = the divine spark within, aligned with the Will of God

Part 6

Inhale

Exhale

We The Christin the Light
Celebratethe truth of who we are
by bringing inthe Perfect Peace of Abba
into this bodythis day and everyday
which means we arePerfect Peace in form
(pause - feel the Peace of Heaven on Earth)

Part 7

Inhale

Exhale

Abbaand we The Christ
are Oneness of Beingunited in form *
which means we arePure Love in form

Love allows all thingsLove trusts all things
Love embraces all thingsLove experiences all things
Love heals all thingswhich means Love transcends all things

which means we areGod individuated in form
just as a wave isto the Ocean
individuated and yettogether with Source
(pause - feel the presence of God within)

* An Aramaic term used by Jeshua when he walked this Earth was "Abwoon", which means: Oneness of Being united in form.

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A daily meditation routine is suggested. The early morning hours are a particularly good time. Consider repeating each part of the meditation before moving onto the next. When you repeat something you retrain your mind to believe it, and when you believe anything you manifest it. If you “white out” from the energy of Love (as opposed to black out), which is not unusual, simply pick up where you remember leaving off.

The egoic mind will try to interrupt the meditation in any way possible, often in very subtle ways, because one of the goals of the meditation is to dissolve the egoic mind. Simply observe this process and proceed with the meditation. It is obvious the egoic mind is trying to interrupt whenever your thoughts are not peaceful (confusion, unworthiness, anxiety, fear, etc.).

As you complete the meditation (if not prior to), you will typically feel an energetic, Loving Presence. This is The Christ within—the awareness of Abba. Ask: “Abba, how may I be of service to You?”...and then listen for the Still Small Voice. Instructions related to just about anything, often very brief in nature, are typically (but not always) received. When you hear the Still Small Voice, you are a Conscious Christ incarnate.

If you have any questions, ask them at this point, and wait for the answer from the Still Small Voice. Initially, you may feel the Christ energy and your connection to Abba for only a short period...but know The Christ, which is an extension of the Mother/Father God, is your essence and is always available to you.

Don't be surprised if you receive instructions and/or requests from the Still Small Voice that may initially seem unusual or hard to believe. Remember, you have begun the shift from egoic consciousness to Christ Consciousness and **there is a huge difference**. The false self (egoic consciousness) values only the survival of the form (body-mind), physicality and the illusion of individuality, all of which are temporary. Christ Consciousness only values what is eternal and only one thing meets that qualification—Love and the extension of Love. Thus, the requests you have been receiving from the egoic mind all your life are based on a completely different value system than the ones received from the Voice of Love within.

A frequent question is: “how do I know I have obtained Christ Consciousness and/or am in communication with the Still Small Voice?” Different souls have different sensations and experiences. As you approach Christ Consciousness there will typically be various energetic sensations and surges. A common sign of Christ Consciousness is a slight numbing of the face and/or other body parts...or any physical sensation that gets your attention. When this occurs you are experiencing your natural state of Christ Consciousness and are in direct communication with the Christ within. Speak to your Heart or other body part, and It, the Christ energy, will speak back to you. You will feel peaceful, Loved and natural, **because it is your natural state**.

During and/or after the meditation is over, it is not unusual to receive insights or epiphanies regarding some aspect of your life. It is suggested to implement the recommendations as soon as possible, because they will always make you feel better and begin to sever the control of the ego. Euphoric and blissful sensations, sometimes overwhelming, may occur. They vary from session to session. The longer you use this meditation, the more obvious and deeper your state of Christ Consciousness will become.

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Consistent with the meditation, consider beginning the process of turning over all questions and decisions to the Still Small Voice. This takes trust and practice...and more practice. Various techniques can be used to facilitate this process, regardless of where you are. For example, visualize yourself engulfed in bright white Light and/or place a hand on your heart, as you turn over a decision to the Still Small Voice. Then it's just a matter of listening for the answer, trust and implementing the answer.

The ego, which should never be underestimated, will fight your inevitable shift to Christ Consciousness every step of the way...because it is struggling for its survival. Any response that creates confusion, inner turmoil, or fear is the product of the egoic mind. Conversely, a sense of clarity, knowing and peace, sometimes accompanied by energetic impulses, are sure signs of the Christ within.

Consider reviewing Jeshua's discussion on this subject (egoic voice versus the Still Small Voice) in *The Way of Transformation*, Lesson 9, in the Q&A section. Requesting assistance and support for differentiating between the egoic voice and the Voice of Love is always a good idea. When in doubt, simply preface any question with the following: "Abba, consistent with the highest and greatest good of all, etc., etc."

"Peace be with you always...your fellow Christed Beings welcome your return to The Council of One."