

## 07. Blessings of the Christ Consciousness

Blessings to each of you this Easter weekend. Here is part my Easter story. And most likely you each have one!

My early religious experiences were with the Christian church, and although my perceptions of religion have evolved and expanded to understand that we are all One, regardless of our religious beliefs, and that Christ consciousness lives in all of us. Christian and non-Christian (pagan) elements have continued to blend together over time to create what we celebrate now as Easter.

It's a beautiful time of year. The Earth, in our hemisphere, is waking up from winter, renewing and regenerating life of plants, trees and animals. The air is fresh, the sun is shining, a time of resurrection. Together let's renew and celebrate the Christ Light within each of us.

Let's begin with this thoughtful quote from Paramhansa Yogananda:

*"Easter may bring lilies, bunnies, and eggs for you to celebrate Christ's resurrection; but I pray that the lily of Christ wisdom grow in the garden of your soul, that you taste the sweetness of Christ love in your heart, that you enjoy the infinitely colored egg of true happiness, and that like the fast-footed bunny, may you quicken your pace towards your divine home".*

Get comfortable and through your breathing become grounded, aligned, and open to all the Universe has to offer you this day. Through the bottom of your feet, visualize your energy anchoring itself to the core of the Earth. As you do, more grounding energy will start to flow through your body. Relax your shoulders, and legs and let your body sink into the chair. Now, move your thoughts to your crown center and visualize a lavender Light flowing through your crown. Those energies will flow through your body, relaxing and yet energizing you. Scan your body and if you have any restrictions, discomforts, or pains of any kind, breathe energy through that area of your body until it is released.

Now focus on your heart center. Your heart center is the middle of your chest and directly through to the middle of your back. Be an observer. Feel, visualize, or see the flow of your heart center. Is there constriction? Is there color? What color is it? Is there movement of energy? There is no right or wrong, just observation. Be with your heart center for a minute or two.

I have found that the Light of Christ consciousness is often first observed in the heart center. It is bright, and beautiful and generally golden white. It shines from the center freely, clearly and cuts through all the other things going on in your heart center.... if you are willing to allow it. Observe that now within your heart. Be with that loving Light! Yes, it is within you already! In all of you. Even if you don't feel it or see it, it's still there! Be with it.

Allow it to shine through all of your body and area around you. It can do so many things for you.... enlighten you, heal you, regenerate you.

Let's share that with the Earth. Allow your energy to flow out around the Earth, touching each and every conscious element.... Offering hope, love, and peace. Bring your energy back around you with your breath, coming back to your center. Relax and know that the Christ is within you, it always has been and will always be.

If you did not feel it to the extent that you would like, practice this again and again. Meditation is a practice. The more you allow and relax with it the more you will experience; remember there is no right or wrong here. My hope and prayer is that you have more faith in yourself, that you appreciate yourself more deeply, and that the Christ Light blossoms within your heart this Easter and remains with you each day. You are a blessing.

Thank you again for your thoughtful and lovely notes about the meditations. I hope they continue to enhance your days.

Deborah