

# Christ Consciousness

In order to reach the state of “*Christ Consciousness*,” you will first have to rise above the human condition of suffering and alienation. Achieving this level of awareness would thus allow you to become “*crystallized*,” into one with the divine by taking on the mind of God. Realizing God-consciousness can enable you to reach higher levels of your evolutionary expansion by transcending the “*Maya*” or the Illusion of your existence. In your Christed state, you will come to know reality for what it truly is. You evolve to this level not through the typical evolutionary processes of time and continuous change but rather by the use and application of spiritual laws and principles. In essence, your entire being becomes awakened to its truer aspects of God through your inner faculties. Once this occurs, you will then be able to exercise the essential qualities of love, peace, humility, patience, truth, kindness, and forgiveness that are inherent to your make-up. All throughout history, very few people have ever been able to realize this elevated state of being.

Some say that as human beings we are incapable of reaching such a high state of awareness due to our mental preoccupations and our deeply rooted level of unconsciousness. However, history has in fact provided us with such examples. In your current state of awareness, you are so unconscious that you are actually asleep. Hindus refer to this state as “*Taijasa*” or the Paradoxical sleep. You’re living your life in a dream not realizing that you are a conscious being—not conscious in a literal sense but conscious in the truer sense of reality. You exist in a self-imposed matrix where everything seems real to you and yet you’ve never really taken the time to question what *real* actually is. In the movie *The Matrix*, Neo says to Morpheus; “*This isn’t real*,” of which Morpheus replies; “*Real? What is real, other than electrical impulses from your mind telling you what is real?*” Gurdjieff who was a Greek-Armenian mystic and spiritual teacher called this ordinary condition of humanity “*Waking sleep*.”

Within your being lie certain qualities and potentialities that are inherent to your spiritual make-up. Often times these talents are not properly realized because your spiritual energy is spent

cultivating your lower potentialities and preoccupations rather than seeking loftier ideas and raising your consciousness. Instead of looking within for the culprit, you actually look outside yourself by projecting your circumstances onto other people. As a result, what you perceive as reality is only a picture of the world at one particular moment in time filtered through your unconscious conditioning. But, in order to become enlightened, you must first learn to take responsibility for your own circumstances and you do this by knowing that you are the direct result of your own condition. You can only break through the illusion in which you live by breaking through to the cultivation of your own awakening by striving to attain *Christ Consciousness*.

Your ultimate goal should be enlightenment and total transformation and you achieve this by integrating moral and spiritual principles into your life. Two of the primary requisites to attaining Christ Consciousness are the practice of self-restraint and the practice of meditation or Yoga which helps purify and strengthen your resolve. Yoga helps you to produce a state of oneness between you and your divine Self. Over time, changes in your moral disposition will be accompanied by physiological changes in your brain and nervous system which will eventually open up the energy channels or “nadis” present in your subtle bodies.

Christ Consciousness is the highest state of awareness you could ever hope to achieve in this physical life. Upon reaching this state, the laws of nature no longer apply to you as a physical being. Your vehicle transcends the laws governing the physical world and you are able to command the Universe in all that you do. Through your Christed Consciousness, a mere thought from you can materialize simply through the union of your being with all of creation. At this point, your physical body will only be necessary as a vehicle while you are present in this physical realm of existence. Your form will supersede all physical urges and desires as you come to exist simultaneously in all realms of reality. Time and space will be non-existent to you. Once you achieve Christ Consciousness, you will possess the mind of God. All things hidden will suddenly become known by you. Through your spiritual eye you will see through the veil of illusion and any falsehood will dissipate in your presence. All the beauty of the Universe will be nothing more than a micron in the palm of your eternal hand. Once you achieve the state of Christ Consciousness, your ego will dissipate back into the nothingness from which it came and

you will come to realize that you have always been the Christ, only you haven't been conscious of it.