

Article 11 - Christ Returns - The Christ Letters

CHRIST CONSCIOUSNESS - CHRIST ARTICLES - THE RECORDER JESUS THE CHRIST

'Keep your Consciousness whole, unfragmented'

CHRIST says:

"It is of the greatest importance to your health, relationships, success in life and your happiness that you should fully understand the true nature of Consciousness (Letters 5 & 6 onward) and of your own unique Consciousness.

"You must fully grasp that what you THINK - and FEEL - and what you DO, is a '*consciousness energy*' which forms the entire fabric of your experiences in life. It is the driving force behind all that happens to you and what you do. It is the ground on which you build your life and the reservoir of strength, giving impetus to your daily life. It is all you ARE beyond your soul at this present moment. It is the full scope of all you can be and do at this precise moment. The state of your consciousness limits or promotes your well-being. Therefore, the contents of your consciousness, the degree of your spiritual awareness, insights, perceptions, beliefs, knowledge, standards of behaviour, qualities of nature, morals are your treasure from which you build your life. You can only build on what you are at this present time. And what you construct will be built of the elements or bricks of your consciousness - nothing else.

"Therefore, as hundreds of thousands of people are finding world-wide - if you want to change your life, you must first change your consciousness.

(Letter 7 describes how to do this very clearly)

"When you drive a car, you make very certain (if you are wise) that every part of the car is in good working order. Every tiny contributing factor to the trouble-free running of your car must be attended to - the battery topped up and leads connected. Spark plugs cleaned and tuned, petrol in tank, oil in sump and so on.

"Therefore, to create a happy, successful life, you must take the greatest and daily care of the various elements and facets of your consciousness.

"You will remember and try to practise non-criticism and non-judgementalism, for these are destructive of others, and eventually, we find ourselves in a similar firing line. You will try to control your anger, searching your mind for reasons why the target of your anger behaved as

they did. This will defuse your anger. You will try to find lovable traits about everyone you meet or see throughout your day; otherwise, you will, all unknowingly, be radiating an offensive consciousness energy which will be picked up and resented by others.

Possibly, all of these facets of consciousness are already known to you. But now I want to tell you about the dangers of fragmenting your consciousness.

You do this even when you tell a white lie. A black lie is a horrendous insult to your own consciousness and to the consciousness of your listener. You may think that it is of no consequence, but when you lie, you send out a stream of false consciousness on which you expect other people to build their responses. Such a hitch in your consciousness, since you know you have lied, creates holes in the fabric of your own consciousness.

Where there are holes in your consciousness, there is a hiatus in the life force you expend on activities and goals and a foul-up in the consciousness which keeps you healthy and happy. Even in your communication, it will cause a lack of the vibrancy and certainty that those with whole and healthy consciousness fabrics are able to impart when speaking to others or even simply leaving a spoken message.

A healthy consciousness is created when you treat others as you would like to be treated. Therefore, fulfil your promises or make provision that the breaking of a promise will not cause undue frustration or unhappiness or difficulty. Tell the truth in such a way as your listener will not be offended. Love always finds a way.

Do not *'fabricate'* stories to make yourself a hero of, heroine or victim.

Do not exaggerate a circumstance in any way since you can send another person away with a falsehood in their minds. This can be more injurious to them than you can imagine. Never ever cause another person to stumble or fall along their daily path.

Let everything you think, say and do, be a harmonious whole directed in your mind and heart by love and concern for every other person's wellbeing. In this way, you create the foundation of a whole, happy life for yourself. You create the type of consciousness which is easily attuned to that of Divine Consciousness.

Then, miracles happen.

If you lack success, examine your consciousness. Do you keep your word?