

CHRIST RETURNS REVEALS STARTLING TRUTH

GROUP MEETING GUIDELINES

These comprehensive guidelines for group meetings are based on the original guidelines previously provided in two separate documents (along with additional information provided via website links).

GENERAL GUIDELINES FOR GROUP DISCUSSION

Make it clear to your group members that everyone in the group should have a chance to voice their thoughts, so each speaker should be allowed to speak about three or four minutes. Tell your group that anyone who talks longer will be holding up the work.

- Tell them that the group has met to discuss the true meaning of important passages of Christ's Letters. Each person should give their interpretation.
- It is permissible to share personal reactions – belief – disbelief, and why they feel that way.
- It is not permissible to introduce other beliefs from other teachings. Nothing is ever gained from this and can irritate other group members. Emphasize that focus must be on the script.
- At the beginning of each session tell the group you will be concentrating on a certain section of a Letter. Read the whole sequence first and then return and study paragraphs in detail.

- At the end of the session, tell your group what you will be studying next time.
- It will be made more interesting if you talk about any extended reading you feel would be helpful which will fill out some of the statements made by Christ. Some very instructive and interesting work can be done on the section in Letter 1 where Jesus perceives that the nature of the Creator is Growth, Nutrition, etc. The more deeply you study the dynamics of the physical system, the more amazing do the physical processes become.

I am sure that other ideas will come to you as you start off with this ground plan.

I would like to add that very interesting Group Meetings are in progress and people are reporting a real deepening of their understanding of the Letters. (This is true of Spain.) **This is because there are distinct guidelines* for conducting such Groups.**

- The Recorder

** These Guidelines are below for anyone who would like to form a group dedicated to Christ's Letters.*

CHRIST SAYS

“I urge you to meet together on a Sunday to speak of your many blessings, give sincere wholehearted thanks and raise your minds in praise of That Which has given you Being. Meditate together to draw **Divine Consciousness** through your minds into world consciousness that the **Nature of Divine** may, more and more, imbue the nature of the world psyche with Its own transcendent Love.

“Your groups will emit spiritual consciousness energy which will influence mind energies around you.” – *Extract from Letter 9* –

GROUP MEETING GUIDELINES

The meeting should be organized as follows:

Before entering the meditation/meeting room, please set apart at least five minutes for an inner preparation, entering into a state of inner peace and harmony, so that you can arrive to the meeting wearing a ‘dress’ of Unconditional Love.

Please understand that it’s important to be aware that you are entering a “sacred room”. In fact, we are about to celebrate our connection with the “Letters”, giving thanks to **Divine Consciousness**, and gathering all together to live and study “*Christ’s Letters*”, and to draw **Divine Consciousness** in our own consciousness and on the earth. Inside the meeting room there should be a coordinator. He/she is the person who has been chosen to guide the meeting through their voice, nothing more. There may be more than one coordinator, if necessary.

At the beginning of the meeting, the coordinator will read the text previously chosen for the occasion. As it is being read, you can relax and let the words enter your heart and illumine your being.

The coordinator will then guide you briefly into a meditative state and read the ‘Father-Mother-Life’ prayer, as it was taught to us by Christ in Letter 8 (*see pg. 6 below*). If you wish, you can read again what the Christ teaches about “How to Meditate” (*see pg. 7 below*).

During the meditation, reach out with passion from within, drawing **Divine Consciousness** into your mind and heart so that the **Nature of Divine Consciousness** may, more and more, imbue your consciousness and the nature of the world psyche around you with its Transcendent Love.

The meditation will last about 20 minutes, during which there will be a deep silence, and it will end with the reading of the Affirmation for the New Era of Love and Peace. (*see pg. 13 below*)

Then there is about 20 – 30 minutes for sharing. **If you want to share, please ‘raise’ your hand.**

The coordinator will then open your microphones. This is the moment to share your blessings, what was your experience, what did you receive or give, or some insight you gained, even regarding the passage read during the meeting.

If you don’t have a microphone, or don’t feel like speaking, please use the chat box.

Some brief yet important instructions: On a video conference it is important to use a headset or earbuds to eliminate audio feedback. If you must use your computer audio, have your microphone muted until you speak.

One simple, yet important, request:

We need volunteers. Each one of you can conduct a meeting to allow the opportunity to have more people participating on Sunday.

We thank you for joining in!

With profound brotherly love,

The Coordinators of "Christ's Way Meetings", Christ's Workers

PRAYER

FATHER-MOTHER-LIFE, you are my life, my constant support, my health, my protection, my perfect fulfilment of every need and my highest inspiration.

I ask you to reveal the true Reality of Yourself to me. I know it is your WILL that I shall be fully illumined that I may better receive awareness of Your Presence within and around me. I believe and know that this is possible. I believe that you protect and maintain me within perfect LOVE. I know that my eventual purpose is to EXPRESS YOU.

As I speak to you, I know that you are perfectly receptive of me, for you are UNIVERSAL LOVING INTELLIGENCE which has so marvellously designed this world and brought it into visible form.

I know, that as I ask YOU to speak to me, I am sending out a consciousness searchlight into your Divine Consciousness and as I listen, YOU will be penetrating my human consciousness and coming ever closer to my increasingly receptive mind and heart.

I commit myself and my life into your care.

HOW TO MEDITATE

When you meditate, take up the position which is most comfortable for you. You do not have to go into physical contortions. Rest and relax. Tell yourself to relax and release all your limbs – including your head, neck, face – into a state of utter limpness.

I must impress on you that meditation should be – eventually – as simple as slipping into slumber.

The purpose of meditation is to enable your *entire consciousness* to move beyond the boundaries of intellect and reason.

There are teachers who will tell you to ‘imagine’ ... whatever you are told to ‘imagine’, you can rest assured you are not being assisted to go anywhere except into new imaginative realms of your own thought processes. What this method of ‘meditating’ will achieve for you will be a relief from the thoughts and stress that your ego pressures are creating for you. In the world of imagination, the ego may – or may not – be dormant.

Before commencing meditation, prepare by fully realising you are about to make contact with ***‘DIVINE CONSCIOUSNESS’*** both within and transcendent to your consciousness – therefore ***IT*** is also out there and around you. Visualise exactly what this means.

Remember, at all times, that what you THINK about is what you are tuning into.

Your thoughts are ‘searchlights’ making contact with what you seek.

Remember that every ‘thought’ has its own frequency of vibrations in consciousness. Believe, **know** this, for this is true. The more spiritual the thought, the higher the frequencies of vibration.

‘Consciousness forms’ embodied by words are not visible but are ‘specific entities of being’.

They have the life of consciousness within them. They are magnetised to like ‘consciousness forms’. Like is drawn to like.

Think ‘dog’ and visualise what you mean, and your thoughts are attuned to the dog species.

Think ‘UNIVERSAL CONSCIOUSNESS’ or ‘DIVINE LIFE’ with understanding of what you mean – and your thoughts will be directed into ‘UNIVERSAL CONSCIOUSNESS’ – DIVINE LIFE.

If you have fully understood all that I am trying to tell you, you will KNOW that your meditation reaches its target.

Know this and you will find your faith strengthening.

Your faith remains weak because you only hope, or wish, or magnetically ‘want to’ tune into **LIFE-CONSCIOUSNESS**, because you hope you will derive some benefit from the exercise.

Do you not see how ‘earthly’ is such an approach to THAT WHICH GAVE YOU ‘BEING’?

Is it reverent? Does it befit a person who is seeking true contact, and expects to do so?

Whilst **INFINITE UNIVERSAL CONSCIOUSNESS** is not the mythical ‘God’ on high as depicted in the Old Testament, **IT** is the *Infinitely Powerful Reality* everywhere present, manifesting **ITS** own designing, intelligent, evolutionary, loving caring for all that **IT** has brought into being.

This is what you must realise you will eventually approach, whilst you are still on earth, when you reach the highest dimensions, after your magnetic-

emotions have been dissolved not only from your mind, but also your subconscious, and solar plexus.

First of all, you will be getting in touch with **FATHER-MOTHER-DIVINE LIFE** which is ever active within your entire system and the universe.

Remember **IT** is in equilibrium within the *infinite universal dimension*, and active within the world. ‘**Father-Activity**’ sets the goals. ‘**Mother-Love**’ directs the way the plans will be developed to promote the highest good of that which is being adapted, or healed, or protected.

[Countless people will say that these statements above are all imagination. They can scoff as they will. Those who manage to make contact with ‘*Father-Mother-Life-Consciousness*’, another name for **DIVINE-LIFE CONSCIOUSNESS** but denoting its double qualities – will verify that the foregoing is an accurate description of spiritual evolution which follows such contact.]

To return to your meditation.

First of all, before attempting to enter your meditative state, memorise the following prayer so that the words become your own.

When you have become perfectly relaxed, start your meditation with this prayer. Say it slowly and visualise the meaning of each word to enable you to enter into the consciousness of the word and enable the energy consciousness of the word to enter into your deepest self. As you say this prayer, your eyes should be closed and your gaze lifted towards your forehead.

*Each time you say and visualise this prayer, you create a **spiritual consciousness form** which will become stronger and ever more elevated in frequencies of vibration as the true meaning of the prayer deepens in your mind and heart and your perceptions heighten.*

After the prayer, relax ever deeper and let your mind go as blank as you can. If thoughts intrude, gently recite **'Divine Life'** or **'Father-Mother-Life'** to yourself and again quieten your mind.

After many months of sincere meditation, you may come to feel that your body is suddenly jerking, like a person entering sleep and then suddenly waking up. If this happens, be thankful as your consciousness is penetrating the barriers of your previously created consciousness forces encapsulating your soul.

When you feel yourself entering a different deep state of consciousness, so deep you are barely breathing, know that you are beginning to attain your goal.

At the end of your meditation, always give glad and grateful thanks.

Remember that nothing you can think, say, or do, can in any way reduce all that ***'Father-Mother-Life-Consciousness'*** is.

However, any disbelief will form a barrier between you and ***'Father-Mother-Life'***.

I want to warn you: when you are trying to still your mind and thoughts, you may feel ill-at-ease, physically uncomfortable and even distressed. This is because – initially – you will come up against the black wall of your own 'consciousness' and this can be extremely disconcerting – even painful.

Bless the experience and ask ***'Father Life' to penetrate your consciousness next time you listen.*** Then get up and put the experience behind you.

When you find that you are at last entering into the silence, then rest equably, knowing that you have now entered what one might call the 'holy of holies' because, at last, you are achieving contact with ***'Father-Mother-Life'*** within you. It will take time for this highly spiritual experience of the Silence to become a daily routine.

Remember you have a lifetime of ego baggage to discard and dissolve.

No matter what you sense or are aware of during your meditation, when you come out of it, expect to sense a difference in your life. Remember that expectation is a 'consciousness form' and as you 'expect' you are opening the way for that which you 'expect' to be magnetised into your experience, whatever it may be you are needing or dealing with.

If you do not feel any new lightness of spirit, despite your sincere expectations, do not deny changes or doubt the possibility of them.

Remember your consciousness is electromagnetic, of the same substance as your physical body, and it is the foundation of all experiences in your life.

Continue to expect – as you do so you are building up the power, the energy of your 'expectations – consciousness forms' which will draw to themselves the manifestation of all that you are expecting.

'Father-Mother-Life-Consciousness' can only be magnetised into your individual consciousness by faith, sincere expectancy, and the willingness to open yourself to the cleansing of your magnetic-emotional 'bonding-rejection' impulses.

How many of you presently go into meditation in this way and come out **EXPECTING** changes?

How many lose heart when they have felt some change and then nothing for a little while?

Bear in mind that I told you that you are subject to rhythms of 'high' and 'low'. When you are in your 'lows', the flow of Divine Life in your system has dropped and the frequencies of vibration of your consciousness also drop.

Consequently, contact with **'Father-Mother-Life-Consciousness'** during these times, at the beginning of your search, is almost impossible. In the early days of your seeking **Truth**, during your meditation, you are very much in touch with your subconscious, and you will find that there is an irritating resurgence of all the old negative thoughts and memories you had thought you had overcome.

When you enter your 'highs', you will find a resurgence of your spiritual self and will rejoice in this. Your meditations will be more positive and productive of contact with **'Father-Mother-Life-Consciousness'**. If you will have the courage to persist and exercise self-discipline during the 'low' times as well as the good, you will find eventually, that the 'lows' will get less 'low' and any former depression will be lifted.

Remember, that each time of 'prayerful consciousness' brings you closer to your goal, although you may remain completely unaware of this. Nonetheless, things are happening for your ultimate good – believe in them.

AFFIRMATION

Daily, I open my heart and mind to Divine Consciousness transcendent to help me dissolve all present selfish ego-drives.

Daily, I open my soul to receive Divine Consciousness to assist me in building a new ERA of LOVE & PEACE in the world.

In the KINGDOM of HEAVEN only Divine Love, Divine Compassion, Joy and Laughter, and beauty of self-expression will be sublimely manifested always.

Nature in every area of the world will flourish luxuriantly, harmoniously, supplying fruits and food for every single person on earth. All people will be well fed. All will be well clothed. All will be uplifted in spirit and will manifest Divine Consciousness in every way, every day.

I lift this Vision of Felicity to Divine Consciousness where it will be ignited with DIVINE LIFE for its perfect manifestation on earth. I give my loving thanks to my SOURCE that even now it is all beginning to take shape in the unseen.

Thank you, Father.