

Exhibit
From the Council of One Meditation
Inducing Christ Consciousness
Version: January 2019

The Council is another name for The Christ or Holy Child—an extension of the Source of All. The Council is also known by many other names, including The Family of Light, The Lineage and the Christ Oversoul. 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 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 complete 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.

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 that remains is the Mind of Christ.

The highest form of service is to assume responsibility for your underlying sense of separation from God and to rectify that mistaken perception. That is where spirituality must start. For, until that is accomplished, all of your doing in the world will be clouded with egoism...For only when the soul is brought back into perfect alignment with its established unity with God can the Wisdom of God inform that soul, that person, in which actions truly serve the highest good. Without it, one will merely use ideas learned from the world and will try to be the maker and the doer of its service.

Seek first the Kingdom within (the awareness of God) 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.

The deep breathing technique recommended herein is the same one Jeshua taught his inner circle two thousand years ago. 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 daily message, channeled by Judith Coates at www.oakbridge.org:

- January 28, 2017 - *Breath is your connection to Spirit. It is the connection between the physical, the incarnation, and the Spirit—the true nature of you.*
- January 24, 2018 - *How do you bring your troubles to the Christ? It begins with the simplicity of the deep breath. Whenever you find yourself caught up in the turmoil of the voice of the world, breathe. It is as simple as that to begin the process of remembrance. For when you pause and take the deep breath, both physically and spiritually, you open the door to the remembrance of your wholeness and the remembrance of the Father's Love, which is before time began.*
- January 1, 2019 - *Your interdimensional Self is your Real Self—capital R—that is not focused upon a dimension. It can be accessed through the willingness to stand as the Beholder in any situation and to breathe. The breath is the connecting link to the Allness of you.*
- January 2, 2019 - *The deep breath is a magic that you provide for yourself, for it provides opportunity for expansion. It provides opportunity for peace. It provides opportunity for a new perspective.*
January 10, 2019 - *“What do I do now?” is a most wonderful prayer. For as you ask that question, and as you will breathe and make space for the answer, the answer will come out of the anguish of the small self from the wisdom of the Holy Self.*

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-known formula is: energy + intention = manifestation. Therefore, when a deep 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.

When describing God—Pure Love—Pure Spirit it is almost impossible not to touch on some aspect of quantum physics. Even two thousand years ago, Jeshua incorporated the basics of modern-day quantum physics and the Unified Field Theory into his teachings. This has not gone un-noticed in your modern era. As was so often the case, he used simple parables to convey his message. One such example from *The Gospel of the Nazirenes* follows.

And they said to him (Jeshua): “You tell us that our life and being is from the Creator, but we never see Him, nor do we know any Creator. Can you show us whom you call the Mother-Father (Creator).” Jeshua answered them saying, “Hear this parable of the fishes: The fishes of a certain river communed with one another, saying, they tell us that our life and being is from water, but we have never seen water, we know not what it is. Then some among them, wiser than the rest, said, we have heard there dwells in the sea a wise and learned Fish, who knows all things. Let us journey to him and ask him to show us what water is. So several of the fish set out to find this great and wise Fish, and they came at last to the sea wherein the wise Fish dwelt, and they asked him. And when he heard them he said to them, O foolish fish that consider not! Wise are you, the few, who seek. In the water you live and move, and you have your being; from the water you came, to the water you return. You live in the Creator, and yet you ask me, show us the Creator? **The Creator is in all things and all things are in the Creator.**”

Does this message not mirror the Zero Point Field and Unified Field Theory of your modern-day physicists? It explains much does it not?

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 use this meditation prior to completing *The Way of Mastery* trilogy, which is Jeshua’s guide to manifesting Christ Consciousness, you may encounter aspects of his 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.*

Part 2

Inhale	Exhale
We the One	are Loved
We the One	are Loving
We the One	are Lovable
Loved, Loving, Lovable	forever...

Part 3

Inhale	Exhale
We The Christ	in the Light
and Perfect Safety	of Abba
release	all tension
We The Christ	in the Light
and Perfect Safety	of Abba
dissolve	the egoic mind
in the Perfect Peace	of Abba
which means judgment is no more	judgment is no more
because we accept all	and bless all
We just let go	and let everything just be
Everything is as it is	because it is as it is

Part 4

Inhale	Exhale
We The Christ	in the Light
Accept	Abba's Love
We The Christ	in the Light
Accept	the Presence of Love within
We The Christ	in the Light
Accept	the Presence of God within

(pause - feel the Presence of God)

Part 5

Inhale	Exhale
We surrender the mind	to Right-Mindedness within **
to purify and then align	with the Mind of God
which means we surrender to	the Voice of Love within
which means we surrender to	the Still Small Voice within
we surrender all decisions to	the Still Small Voice within
We master	asking for and implementing
the guidance of	the Voice of God within

** **Right-Mindedness within** = The Holy Spirit or Great Comforter = the energy shared equally by all sparks of Divinity (individuated souls) = that portion of every soul that is aligned with the Will of God = Still Small Voice of Love within.

Part 6

Inhale	Exhale
We The Christ	in the Light
Celebrate	the truth of who we are
by bringing in	the Perfect Peace of Abba
into this body	this day and everyday
which means we are	Perfect Peace in form

(pause - feel the Peace of Heaven on Earth)

Part 7

Inhale	Exhale
Abba	and we The Christ
are Oneness of Being	united in form ***
which means we are	Pure Love in form
Love allows all things	Love trusts all things
Love embraces all things	Love feels all things
Love heals all things	which means Love transcends all things
which means we are	God individuated in form
just as a wave is	to the Ocean
individuated and yet	in perfect union with The 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.

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. Nothing is hidden. 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 (awareness of God—Beingness of Pure Love) there will typically be various energetic sensations and surges. Energy running through the body is a message from God: *I am present within and on the surface of your consciousness, ready to communicate with you*. A common sign of Christ Consciousness is a slight numbing of the face and/or other body parts, which is indicative of a concentration of energy and the presence of God. When this occurs, you are experiencing your natural state of Christ Consciousness and you can communicate directly with your Creator. Speak to your Heart or other body part, and the Still Small Voice of God will respond.

You will feel peaceful, Loved and natural, **because Christ Consciousness or possibly more accurately described as God Consciousness, is our natural state.** Contrary to many egoic based delusions, which have dominated the Earth plane, Abba wants to communicate directly to us. Abba desires to extend Itself—Pure Love, and *we are the vehicle or medium, the channel if you will, that Abba is using to express Itself on the Earth plane.* The goal: the creation of Heaven on Earth.

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.

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. Expect to receive guidance that *part of you* will initially challenge. The challenges come from your egoic side. Thus, trust of the Still Small Voice is critical if we are to *function as channels for our Creator.* This process has been described as jumping out of an airplane without a parachute and trusting that Abba will catch us...because Abba always does.

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."

Questions?

Your first option is to always open-up an inner dialogue with the Christ within. Initially, this takes trust and practice...and your subconscious memory, because in your past you have done this so often it's like riding a bike.

Some will consider such an inner dialogue with the divine a miracle. But often, miracles are simply the fruit of a new perspective...a perspective that recognizes that we can only do and be what Abba created us to do and be, even while in a temporary human costume. So, consider trying this perspective: *I was created to be a channel and conduit for God*, and God is but Love. Now if I am a channel for God, a conduit for Love, then God wants to talk to me and *through me*. Therefore, I just assume I can talk to God and give thanks for being in communication with my Creator. What Parent does not desire to communicate with Its children? And so the dialogue begins...you ask questions and wait in silence, until the Still Small Voice responds. Trust and practice...and you will be pleased with the results.

That is all...