

Evolving Spiritual Awareness, Building Christ Consciousness

Reflect on your life. In each decade, what events or occurrences led you to grow in your awareness of Oneness? Consider both “aha” moments and slower awakenings!

0-10:	11-20:	21-30:
31-40:	41-50:	51-60:
61-70:	71-80:	81-90:
90-100	100+	

1 Peter 1:23 (NRSV): You have been **born anew**, not of perishable but of imperishable seed, through the living and enduring word of God.

Source: *Applying Heart-Centered Metaphysics*, Paul Hasselbeck and Cher Holton

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Practice nonresistance: For each statement below, notice your immediate reaction. Do you easily agree, or do you feel resistance? Note: There is no right or wrong answer for your response!

For an additional challenge, find a statement of spiritual Truth where you feel resistance (it could be one of the ones below, or another statement if you wish). What can you do to practice **nonresistance**, or, in other words, to come into agreement with that statement?



- I am Christ.
- I am _____ (your name) Christ.
Example: I am Audrey Christ.
- The Divine and I are One.
- I recognize the Christ in me.
- I recognize the Christ in all people.
- God is _____ (one of 12 powers) and I am (one of 12 powers).
Example: God is Wisdom, and I am Wisdom.

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