

## Second Week of the Lenten Season, 2010

**I**N The Week That Changed the World, Ernest Wilson reminds us that it's easy to become "*over read and underdone*." What we profess as the "*Christ within*," we must also express in our being and in our lives. Jesus found his spiritual identity; he called forth the Christ within him and walked his talk. So must we. We do this by calling forth the power and presence of the Christ and let it step forth into our consciousness, filling us with an incredible sense of empowerment and well-being. This consciously activated Christ presence within us gives us the internal spiritual power to move through the challenges of our daily lives with a sense of spiritual authority, inner strength and competency.

How we personally respond to pressure in the school of life is supremely important. We daily must make the choice about what level of consciousness we will live from that day. Again and again during the day, choices are made of what level of consciousness we will operate from, especially in facing difficulty. Operating from spiritual consciousness, with our Christ Presence called forth and activated in us, is like living from "the upper room" of consciousness. Being *hearers* but not *doers* of the Truth is like living in the chaotic basement of consciousness. By immersing ourselves in the Christ Presence within, in **prayer** and **meditation**, that which is *real* within us will help us live in, and separate from, "the upper room" in thought, word and deed. Then we are doing what Jesus did—walking our talk!

Prayerfully reflect on these words, affirming them aloud with power and conviction at least once daily:

*"O Christ within me, let me be like a tree planted by the river of waters, that brings forth its fruit in due season. I would be a doer of the word and not a hearer only. Let my entire being, body, mind, soul, spirit, and my thoughts and words and deeds show forth the evidence of the Truth I know and love. I rejoice in every evidence of the Christ made manifest in my life, humble in what I have attained, pressing ever forward to the attainment of my high goal of Christ consciousness. In His name, amen."*

*(The Week That Changed the World, Ernest C. Wilson, adapted)*