

“Last 7 Words & Resurrection Meditation”
Rev. Christine 4/5/2015

Easter Sunday reminds us of that morning, some 2,000 years ago, when Christ Jesus resurrected and was found missing from his tomb. His body was now glorified - more than a physical body - his soul was free to be here, there and everywhere.

I thought I would share with you an excerpt from Mysteries on “Individual Unfoldment” by Nona L. Brooks, an early leader of Divine Science.
“Resurrection is the culmination of life process in the one who lives in the resurrection consciousness; it is the end of one process and the beginning of another. Since the process of resurrection is taking place in everyone of us, the event which we speak of as the resurrection is especially significant to each individual.

We all feel the law of life working within us; it is urging us upward and onward. As we are led by the spirit of light into more and more truth, our vision broadens, and we come into a clearer realization of what it means to live truth as Jesus did. There is great comfort and joy in knowing that we, too, share in the process of resurrection, and are capable of attaining to the glory of even a resurrection morn, as Jesus did.” end of quotes

Today I’m going to take you through a guided resurrection meditation. We will be going through what is called Jesus the Christ’s last 7 words. These words are taken from the gospels. I’m using the Lasma translation from the Aramaic.

The 1st is “O Father, forgive them: for they know not what they are doing.”

2nd is “Truly I say to you, you will be with me in Paradise.”

3rd “Woman, behold your son! Behold your mother!”

4th The following one has a major change in meaning from “My God, My God, why has thou forsaken me.” translated to “My God, My God, for this was my destiny.”

The 5th word is “I Thirst!”

The 6th was also changed in the translation from “It is finished” to read “It is fulfilled!”

7th “O my Father, into thy hands I commit my spirit.”

During the guided meditation we're going to be like a caterpillar building its cocoon and then breaking free, resurrected as a beautiful butterfly, that is free to fly in its newly transformed glorified body.

Let us sing: The Grace Chant 4x

Please get comfortable, relax, with feet flat on the floor connecting with mother earth. Now begin to breath slowly and deeply. For this morning imagine that you are like a caterpillar that makes its cocoon. Now begin to make this your own sacred space.

I invite you to internalize the following words repeating silently for yourself. "I call upon my Angels of Light and Divine Helpers, to guide and assist me through this transformative process. I call upon the White Light the Christ Light to completely surround me, encompass me, and generate through me." Breathe it in...

Now we are ready to begin to build our cocoon of Holy Light. This being a transparent cocoon of Holy Light the air flows freely, and it is flexible to move within it. We now become aware of a strand of light that has come out of the heavens, and connects at the top of our head. Taking in deep breaths, and fully exhaling through our mouth the strand of light begins to weave around us.

We can begin to feel its gentle vibration and warmth as this light surrounds us. It feels like a blanket of light. Breathe... "I am being wrapped gently in love; from the top of my head to the tip of my toes, surround all around me. I am now completely protected in this Holy Light and all my divine Helpers are guiding.

We are now ready for the next step of shedding off our old self. Raising our vibration with each word.

1. The 1st word spoken: To our core beliefs, the subconscious level of our mind, to our unconscious thoughts we say "O Father, forgive them: for they know not what they are doing." (Luke 23:34)

I forgive my mis-creations and hurts I may have caused in this earthly life... I forgive my unruly thoughts... I forgive all those in my life who I believe hurt me in anyway... As I forgive my body is becoming lighter - freer.

Silently Affirm: "I am no longer bound by the past. I forgive and I am forgiven."

2. The 2nd word spoken: "Truly I say to you, you will be with me in Paradise." (Luke 13:43)

I lift my vision above appearances of good and evil to the Christ. I release all attachment to the worldly things of life. I come into the Grace of God.

Silently affirm: "This world no longer has power over me. I am strong in spirit."

3. The 3rd word spoken: "Woman, behold your son... Behold, your mother!" John 19:26-27

This is the union - the mystical marriage of the spirit. The joining of my mind and heart bringing forth the Christ consciousness. My greatest love for all eternity.

Silently affirm: "There is only one true power - love. I am unconditional and compassionate love in action."

The light is moving ever so stronger throughout my body - transforming.

4. The 4th word spoken: "My God, My God, for this was my destiny." (Matt. 27:46)

The real me is now being revealed in all its glory. I can now see my true purpose unfolding before my very eyes, as my ears are opened to Divine guidance.

Silently affirm: "I am inspired to do that which brings forth the greater good for all."

5. The 5th spoken word: "I Thirst" (John 19:28)

The mouth which was used for taking in nourishment for the physical body is now the power center of spirit. The seat of true communication for the hearing and speaking the word of God.

Silently affirm: "I am sustained by the living water of Spirit. I live by the very word of God."

6. The 6th spoken word: "It is fulfilled!" (John 19:30)

The veil to the Holy of Holies is torn in two. The fullness of my realization is done. There is no separation.

Silently affirm: I am one in God; whole, perfect and complete.

7. The 7th word spoken: "O my Father, into they hands I commit my spirit." (Luke 23:46)

The resurrecting power of the Holy Spirit is done. I am glorified.

Silently affirm: "In him I live, and move, and have my being. I am the resurrection and the life."

The cocoon now dissolves around me revealing my soul's beautiful new expression. I am free!

Ed will now play the crystal bowls as we embody our new Christ self.

We will now slowly being to bring our attention back. Take a deep breath all the way down to your feet, and into mother earth. Grounding ourselves. With another deep breath take a moment for gratitude - thanking our angels, our light helpers and the Divine Presence. Now take another deep breath, bringing our attention to our body - moving our fingers and toes. And slowly open your eyes. Amen!