

CHRIST CONSCIOUSNESS *Workbook*



CHRIST CONSCIOUSNESS

The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journalling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you
- you don't have to do it all!

Explore your journey with Christ Consciousness in any way
that feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



W W W . N E W A G E H I P S T E R . C O

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HEART STORM

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of Christ Consciousness...



*"There isn't
enough darkness in
all the world to
snuff out the light
of one little
candle."*

-Buddha





INTRO

- ★ The Christ Consciousness, Christ Light or Gold Ray of Christ is a spiritual energy and is not reserved for any particular deity, religion or spiritual path. It is an energy anyone can connect with.
- ★ The Christ Consciousness is not the energy *of* Jesus, it is the energy Jesus worked with and brought to his teachings.
- ★ The word “Christ” comes from christos, a Greek word meaning “anointed” or “anointed one”.
- ★ Many masters worked with and brought through the Christ Consciousness including Jesus, the Buddha and the Saints.
- ★ Many people who appear Christ-Like are working with this energy.
- ★ You may already be working with this energy!
- ★ When invoking the Christ Consciousness we are not asking a master to help us or do the work for us, we are invoking an energy that can help us to do and be those things. E.g. take action, make changes, shift, clear and heal ourselves.
- ★ The Christ Consciousness can be invoked for many things including healing, help, support, guidance, courage and strength.
- ★ Invoking and embodying the Christ Consciousness can bring more love, inner peace and light into your life.



INTENTIONS

What intentions do you have for your work with Christ Consciousness?

How will you show up for yourself this month/during this work?

What could stop you from fully showing up?

How can you give yourself the best chance to show up for this work?

How would you like this work to support you and help you develop spiritually?





CHECK IN

How are you feeling as you begin this work with Christ Consciousness? Do you have any resistance?

What experiences have you already had with the Christ Consciousness?

What experiences would you like to have with the Christ Consciousness?

What are your intentions for your spiritual practice this month?



30 DAY PRACTICE

Every day for thirty days invoke the energy of the Christ Consciousness as part of your spiritual practice.

Do this in whatever way works for you.

It can be in the form of a prayer invoking the Christ Consciousness, in meditation (perhaps working with the guided meditation daily, or weekly with your own meditations in-between). Use visualisation, affirmation or crystals (e.g. programming a crystal to work with the Christ Consciousness and then carrying or wearing it for 30 days). Light a candle daily, set up an altar, whatever you like.

During the 30 days take notice of how you feel and of any changes you see in yourself or your life. Make changes to your practice accordingly - e.g. if working with crystals isn't doing much for you, work with visualisation or prayer instead. Try different things over this time to see what works best for you.

Record your experiences in a journal or in the notes pages at the back of the workbook.

What are your intentions, plans and goals for this 30 day practice?

CHRIST CONSCIOUSNESS TOOL KIT

Here are some tools that may help you to connect with the Christ Consciousness energy. Use this list only as a guide, always trust your intuition and remember you can always use what you already have.

★ DEITIES:

Jesus
Buddha
Archangel Christiel
The Saints

★ OILS:

Frankincense
Myrrh
Nard or Spikenard
Lemon

★ CRYSTALS:

Pyrite
Citrine
Lemon Quartz
Any gold/yellow crystals or stones

★ OTHER TOOLS:

The New Testament, The Buddha's teachings
Yellow flowers
Candles
Gold (eco!) glitter
Malas or Rosaries





CHRIST CONSCIOUSNESS TRAITS

The Christ consciousness is an energy that includes many positive traits. Here is a list of some of them:

- ★ Love
- ★ Compassion
- ★ Non-harming
- ★ Patience
- ★ Forgiveness
- ★ Generosity
- ★ Peace
- ★ Faith
- ★ Charity
- ★ Unity
- ★ Humility
- ★ Wisdom
- ★ Non-judgment
- ★ Courage
- ★ Truth
- ★ Integrity
- ★ Service
- ★ Healing

Do you have any more to add?

CHRIST CONSCIOUSNESS SYMBOL

Create your own symbol to help you connect with the Christ Consciousness energy.

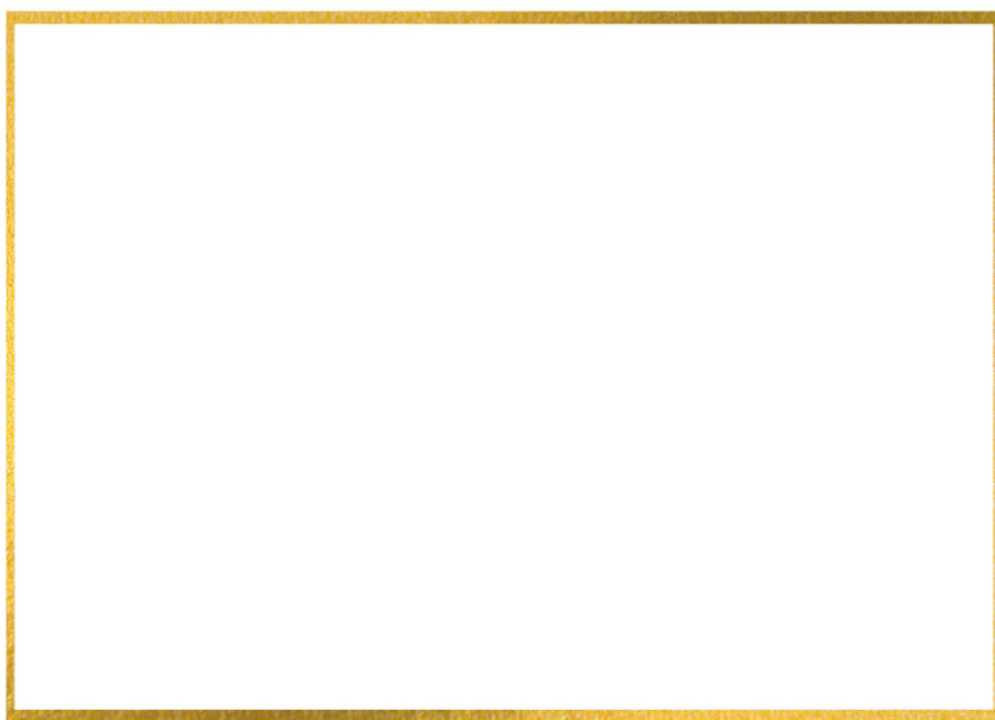
Make it something you can draw quickly and easily.

Use your symbol anywhere anytime.

Draw your symbol in the air or on your body to activate the Christ Consciousness energy within you or around you.

Draw your symbol with your finger on your cards, crystals, heart, corners of your room, on your water bottle, anywhere you like!

Draw or etch your symbol on your candles when doing candle magic to align your magic with high vibrational energy



RITUAL TO INVOKE CHRIST CONSCIOUSNESS

It's always powerful to perform a ritual. Your ritual to connect with the Christ Consciousness can be anything at all. It can be as simple as doing the meditation, whispering "I invoke the Christ Consciousness" or it can be a more elaborate ritual with candles, crystals and spellwork. The following is just a guide. Make it your own, do what feels right for you.

- ★ **You will need:**
 - A white candle
 - A pin or a crystal with a point
 - A lighter or matches
 - Your Christ Consciousness symbol
 - An open heart
- ★ Begin by preparing your space - ideally this would be at your altar or somewhere that feels special and sacred to you.
- ★ Take a few deep breaths and begin to centre your energy.
- ★ Visualise white light clearing through you and clearing your energy. As you do this say - "May I be clear."
- ★ Visualise roots of light growing out from your feet and grounding you into the earth below you. As you do this say - "May I be grounded."
- ★ Visualise a protective shield of blue light all around your aura. As you do this say - "May I be protected."
- ★ Hold your unlit candle at your heart and say "May the Gold Ray of Christ fill my heart."

RITUAL TO INVOKE CHRIST CONSCIOUSNESS

- ★ Visualise your heart now filling with golden light. See this light moving through your body, through your hands and into the candle.
- ★ Take a few moments here to just let the gold ray of the Christ Consciousness fill your body and your auric fields.
- ★ When you are ready, take the candle and engrave it with your own symbol for the Christ Consciousness.
- ★ Say out loud: "As I light this candle, I light the Christ Light within my heart. I activate the Christ Consciousness within me. I activate the energies of love, compassion, truth (whatever other energies you associate with the Christ Consciousness that are needed in your life right now). As I light this candle I embody the Christ Light, I become Christ-Like and I move through my life as a bright light in the world."
- ★ Light the candle and take a few moments to feel the Gold Ray of Christ moving through you and filling the space around you.
- ★ Say out loud three times: "I am the Christ Consciousness, I am the Christ Consciousness, I am the Christ Consciousness."
- ★ Take some time to just meditate on this energy, to call in and talk with Jesus or Buddha or connect with the Christ Consciousness in any other way that feels good for you.
- ★ When you are ready, say thank you to your guides and angels, thank yourself for showing up and snuff your candle out.
- ★ Relight your candle to re-activate the energy of this ritual.





EMBODIMENT

There are two paths to connecting with the Christ Consciousness energy, or any spiritual energy!

One is to work with the masters who embodied that energy. To ask them for their assistance. For example if you are struggling to find strength, you could ask them to give you strength.

The other way is to embody the energy directly.

Instead of asking for help from outside of yourself, you work on developing the traits of the masters within yourself.

Both paths are powerful, both bring blessings and healings.

There may be times when one of these makes more sense to you than the other, there are times we need outside help, and times we need to activate our own inner power, our own inner Christ Light and become the masters we have been waiting for.

Many believe that the "second coming" is not about Jesus reappearing in physical form, but a mass awakening of souls who are realising that *they* are the Christ, that the light of the Christ is within us all, we just have to activate it and then begin to take actions in our lives that align with this energy of love, peace and compassion and whatever else this energy is to you.

So as we work through some of the traits of the Christ Consciousness on the next few pages, consider how you can not only connect with and call on the Christ Consciousness or Christ, Jesus or Buddha for support, but how you can *become* the Christ yourself, in your own way, in the way that makes sense to you in your life and in your own heart.



COMPASSION

Where/how do you show compassion for others?

Where do you struggle to show compassion for others?

What would you like your experience of compassion for others to look and feel like?

What action steps could you take to begin to have more compassion for others?



COMPASSION FOR THE SELF

Where/how do you show compassion for yourself?

Where do you struggle to show compassion for yourself?

What would you like your experience of compassion for yourself to look and feel like?

What action steps could you take to begin to have more compassion for yourself?





PATIENCE

Where/how are you patient in your life?

Where do you struggle to have patience?

What would you like your experience of patience to look and feel like?

What action steps could you take to embody and connect deeper with the energy of patience?



FORGIVENESS

Where/how do you show forgiveness in your life?

Where do you struggle to show forgiveness?

What would you like your experience of forgiveness to look and feel like?

What action steps could you take to embody and become more connected to the energy of forgiveness?



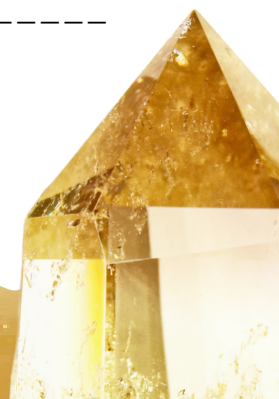
PEACE

Where/how do you feel peace in your life?

Where do you struggle to experience peace?

What would you like your experience of peace to look and feel like?

What action steps could you take to embody and become more connected to the energy of peace?





NON-JUDGEMENT

While discernment is important and helps to keep us safe, negative judgement usually doesn't serve us or others.

Where/how do you show non-judgement?

Where do you struggle to show non-judgement?

What would you like your experience of non-judgement to look and feel like?

What action steps could you take to embody and become more connected to the energy of non-judgement?





COURAGE

Where/how do you show and embody courage?

Where do you struggle to have courage?

What would you like your experience of courage to look and feel like?

What action steps could you take to embody and become more connected to the energy of courage?



SERVICE

Where are you of service to others in your life?

Where do you struggle to be of service?

What would you like your experience of being of service to look and feel like?

What action steps could you take to embody and become more connected to the energy of service?



INTEGRITY

Where/how do you show integrity in your life?

Where do you struggle to have or show integrity?

What would you like your experience of integrity to look and feel like?

What action steps could you take to embody and become more connected to integrity?



BECOMING THE CHRIST

In what ways do you feel you are already "Christ-Like" or embodying the Christ Consciousness?

In what ways are you not embodying this energy?

What would you like your experience of being more Christ-Like to look and feel like?

What action steps could you take to move closer towards embodying more Christ Consciousness energy?



*"You are the
light of the
world."*

-Jesus



CHRIST CONSCIOUSNESS SPREAD



1. How the Christ Consciousness energy can support you right now
2. How to have compassion for others
3. How to have compassion for yourself
4. How to cultivate peace
5. How to cultivate non-judgement
6. How to develop spiritual courage
7. How to be of service to others
8. How to be of service to your own heart
9. How to have integrity
10. How to embody Christ Consciousness and become more Christ-Like

[illegible]

The image is a full-page decorative template for a notebook. It features a golden, starry sky at the top and bottom, with a white, torn-paper-like border in the middle. The word "NOTES" is written in large, bold, yellow letters in the center. Below the title, there is a paragraph of text and a large area of horizontal dashed lines for writing.

Once you have completed this kit, including the meditation and video lesson, come back here and write down any notes, insights, nuggets of wisdom you have discovered.

[illegible]

WHAT'S NEXT?

- ✓ If you enjoyed this kit and found it useful, please tell your friends about it. As a small business word of mouth helps so, so much!
- ✓ If you are in The Circle you are welcome to come and join us in the Facebook group to chat about your experiences and support others in theirs.
- ✓ If you're not in The Circle join us now!
www.newagehipster.co/the-circle
- ✓ If you would like to share any insights on social media please tag me @newagehipster333 on Instagram or Facebook. (I just ask that you do not share any of the content, spread positions etc., outside of the group)
- ✓ Email me with any questions -
vix@newagehipster.co

ABOUT VIX



Vix believes that being connected to our own hearts, souls and spiritual team is our natural state and she's excited to be able to be of service to those who are searching for a way back. Vix is devoted to helping others reconnect to their own light, inner guidance and power so they can live out their best and highest lives. She supports her growing worldwide community through her books, The Circle, the Fully Lit Mastermind, one on one Soul Readings, workshops, the New Age Hipster podcast, blog, YouTube channel, online groups and social media ministry.

Vix is an ex-high school and special ed teacher, she is a best selling YA indie author and enjoys drinking tea, exploring stone circles, eating vegan pizza and watching 80's movies.