

THE CHRIST WITHIN

One Evening Webcast Class

with John Morton

When the facilitator during the class gives this exercise to the group in the room, you may participate in this exercise in a variety of ways:

If you are participating on the Internet by yourself you can:

write answers to the questions in your journal

OR

talk the answers to the questions out loud

OR

answer the questions inwardly.

If you are participating on the Internet with a partner, you can do the exercise together, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

If you are participating on the Internet in a group, you can choose one partner to do the exercise with, taking turns asking and answering the questions, and switching roles when directed by the facilitator.

SEEING THROUGH THE EYES OF THE CHRIST

Questions

1. Identify a current situation that is upsetting or challenging. What are your judgments or expectations?
2. Now refocus on the Christ within and reconnect with your spiritual essence. What is there to forgive so you can let go of the judgments? Use the words, "I forgive myself for judging myself for....."
3. Describe the situation again from the eyes of the Christ and how you might handle or respond to it?
4. Describe your experience of the Christ within right now. How does looking at the situation through the eyes of the Christ assist you to move into greater acceptance of yourself and others.