

Christ Consciousness



“Christ Consciousness is the absolute absence of fear; and the absolute, all-encompassing presence of love.”

It was a Sunday morning when I woke up in an altered state of awareness after a long meditation the day before. What was tangibly different was the level of love I felt for life, for myself, for people and for nature. I was alone that morning, without my 7-year old daughter who was spending the weekend with her dad. It was a spring morning in Berlin. Not hot, not warm but comfortable enough for me to joyfully ride my bike and wear a t-shirt. Sunday mornings are quiet in German cities. 99% of stores are closed despite Germany not being an extremely religious country, they do religiously observe Sundays as days of rest and family bonding. I jumped on my bike and rode it just a few blocks down the road to an artificial piece of nature that surrounded a man-made river embankment. My heart was calling me to merge

with Life. I felt the urge to roll up my t-shirt to expose my belly and make it available for a belly to belly connection with the planet I lived on. I ended up doing just that. I put my bike aside and laid down on a patch of grass across the main German government building, surrendering my belly to the face of the Earth.



I felt bliss as if nothing could be excluded from the love that my consciousness embodied. I never felt drawn to the Bible or churches apart from their architectural glory but that day I again felt the undeniable presence of Christ Consciousness. A magnetic field of the greatest unconditional love pulled me in completely, as if I was now surrounded by a cocoon of golden light in a state of oneness. I blissfully surrendered the breathtaking omnipresence of unconditional love. The Christ being I had glimpses of as a child, appeared as a luminous figure in the center of the perceived egg-shaped field I was enveloped in. I looked into his eyes with a burning question and a complaint: “Why don’t we humans ever feel this much love?” He did not respond in audible words but our telepathic communication began to stream into my awareness. I kept uttering questions

in my attempt to learn as much as possible about this most exquisite state of being. My human mind was seeking a reference point, something to compare the experience to. It was not just absolute love that permeated my perception, it was more. Something clicked and I had a breakthrough realization. I was in the absence of all forms and levels of fear. I was blown away. I never thought of myself as being someone fearful or having any fears I could point at. But here I was, faced with the human condition. Christ showed me fear as energy that is almost unavoidable by us, humans. The images he was sharing with me telepathically, exposed fear as a virus literally permeating not only our minds but also the space between us. I asked him what I was supposed to do with this unforgettably beautiful experience. “Use this experience as a map. You now know the destiny – not only yours but everyone else’s. Everyone is on a path towards absolute love.” And with that said, I was out. Back from Nirvana in my ordinary human self.



There is nothing but love in Christ consciousness. To match our human love to that of the Nirvana of Christ

Consciousness seems almost unrealistic in our daily lives. Even when we think we know how to love fully, we are barely scratching the surface of what love feels like in its divine absoluteness. At least I had never known the state of the purest unconditional love in the utter absence of fear to be a state humans, including myself, habitually achieve. But now I had a map and a destiny. To realize absolute love.

