

**15 December 2010**

## **Ascended Master Lord Sananda**

To achieve full Christ consciousness, a human is required to undertake a very long period of spiritual devotion. The story of the Nativity must be understood on three levels: the historical level, a spiritual level and a cosmic level.

Today we will seek to enlighten you about the spiritual level upon which the Nativity needs to be learnt. For birth to occur, there needs to be a male and a female, however, without either of these being pure, they would not have been able to allow the Holy Spirit (the Divine energy) to bring about conception.

Mother Mary was a pure child, not only on a physical level, but also on a spiritual level. She had, as a child, spent many years studying, meditating and praying. She kept herself pure in mind, body and spirit, and this enabled the Christ Consciousness to be born in her.

Joseph too had been a devout spiritual person, and through their love for one another, perfect balance was created, for there was purity on a physical level, purity on a spiritual level and a Divine level.

This means that when the child known as Jesus was conceived, everything was in place. The male spiritually represents Intellect, the mind. The female represents the heart, the soul of humanity. When both the intellect and the heart are pure, then the Christ Consciousness can be conceived and born through you.

This is why when a child is born, if on either part of the parents there are impurities, a child can be born without intellect, and sometimes a child can be born without spirit.

When the aspect of the heart and soul is receptive, and the aspect of the intellect, come together, the three create a perfect vessel; The Holy Grail; a cup, a womb, in which the Universal Soul (which some refer to as the Holy Spirit), which is the energy of Fire (The Sun), can take possession of the seed and create the necessary energy to bring about life.

So let me put this into some simpler words.

When Love, Soul and Wisdom unite, they become a womb, so that the Holy Spirit can enter in and create new life. You are being reborn. You are allowing the Christ Consciousness to be born within you, because you are being reborn with fire.

Your first birth was with water, the second birth is with fire.

Therefore, you will see that the creation of a child happens on three levels, a physical level, a spiritual level and a Divine level.

Nativity, is the circumstances of being born, that is, anyone, yet it's often associated with the circumstances of the birth of Jesus Christ.

You will recall that the story of the Nativity tells us that Mary and Joseph could not find any room at the inn.

There wasn't anywhere for them to shelter. This was meant to represent that as humans, we are too busy celebrating, eating, drinking and focusing our attention of mundane matters, to prepare ourselves at this auspicious time, for the Christ Consciousness to enter. The Christ Consciousness being Light.

Very few of us open our doors at Christmas for the Christ Consciousness (light) to enter into us. Then symbolically the manger is offered.

Why a manger? Well, a manger is a trough or box of either carved stone or wood construction, used to hold food for animals (as in a stable). The word manger should be pronounced *manger*; it is French, meaning 'to eat'.

A manger is symbolic of poverty and lack of material things. Only when our attention is clutter free can we see the beauty in simplicity.

A light shone above the manger to represent that, once the Christ Consciousness has entered into you, you need do nothing, for others will see your light. They will be drawn, like moths to a flame, and want to know you, and how you have become this wondrous being.

Mary and Joseph represent our inner lives. Both must come together. We must balance our intellect and our hearts.

The star reminds us that, that which is above, is the same as that which is below. As in heaven, so shall it be on Earth. In every human resides light. It is in this light you will find purity, life and healing.

The three Kings were symbolic of international Kingship; unity.

The Kings brought gifts.

Gold represents wisdom; for when we have spiritual wisdom, our inner light becomes whole, to the extent of becoming Holy, which creates a halo above our head, and shines for others to see.

Frankincense, which is an incense, was burnt in Religious rights, and here represents priesthood; loving with heart and soul and dedicating one's life to spirit.

Myrrh is symbolic of immortality, often used to embalm and preserve the human body, and is used as an opulent incense. Myrrh was extremely valuable in the time of the Roman Empire, when Jesus was born.

In the stable, two animals were named; one being an Ox, and the other an Ass. This was highly significant, for the manger not only represented shelter, it was symbolic of the body of man.

The Ox represents the lower nature and lower vibration of man, the sexual energy; and the Ass represents the lower nature and lower vibration of man's intellect.

Why would a story tell of a child being born between these two animals?

These two animals were symbolic, in that, for man to ascend himself spiritually, he must master these two lower energies. If he does not, ego and sexual desires will rule him.

The angel who appears to the shepherds, symbolically shows us that, when you allow the Christ Consciousness to be born within you, you have the ability to transform others, those who are lost, wandering, way off in the distance, following sheep.

Another important aspect to remember, is that when a child is born, it is covered in blood (fire), spiritually meaning, it is bathed in the Christ consciousness, the child is covered in life-force energy.

A new-born child is suckled with the milk of the mother, white representing purity, nourishment, spirit (white light).

Jesus tells us that unless you are born of water and of Spirit, you cannot enter into the Kingdom of God.

First we are born of water. A woman about to give birth, has a membrane filled with water to protect the child, and this is broken to enable the child to be born. The water Jesus speaks of, is love. The spirit Jesus speaks of, is fire, which represents the Holy Spirit.

If you wish to be filled with the Christ Consciousness and experience oneness, unity, harmony and balance, you need to sit just before Midnight on Christmas Eve and meditate.

Jill and I have been asked to do this by Lord Sananda. He has been explicit with certain details, in that he wants us to eat and drink pure food and liquid four days before.

Please ensure that those 4 days leading up to Christmas Eve, you drink plenty of natural mineral water, and eat simply of fresh vegetables, organic dairy, meat, and fruit products only. Nothing manufactured.

We are to keep off processed food and processed drinks. We have been asked not to have alcohol on Christmas Eve. We are to sit, 15 minutes before midnight and meditate for at least half an hour.

At 11:45pm, settle down into a comfortable position, breathing deeply, enter into a state of meditation, and allow yourself to be open to this spiritual enfoldment.

When you meditate, give your permission for the Christ Consciousness to enter into your heart, and state to the universe that you wish to be born of the Spirit. Then simply wait in love, submission, joy and trust; and very shortly after, when you feel ready, your awareness will return, and if you feel that something in you has been healed, pacified and strengthened, you can be sure that you have received the blessings of the Christ Consciousness and that you have been reborn of Spirit.