



## A Message from the Shanti Christo Foundation



## Safety is Found in Your Complete Vulnerability

Contemplate what it would mean to be wholly vulnerable, so that when you share your feelings, your emotions with someone, you are not even attached to their reaction. You just share your love, your beingness, and it is the sharing that tells you of your reality and not the reaction or choice another makes. To become so vulnerable to your spouse, to your friends, to your parents, to your pets that you hold on to nothing, say:

I am here and I love you. I don't know how to love you, but I love you. I am not even going to try to love you. I am going to let God love you through me.

Now, that's pretty vulnerable. Instead of pretending that you know how to do it, your safety lies in your willingness to be completely vulnerable. In your vulnerability the heart opens, and that Light descends like a dove and it lights up all dark places until it can radiate through you as much as it has ever radiated through any master that has ever lived. The secret, of course, is that you are already that master. You're just going through the process of remembering, and remembering comes according to your willingness to allow it. "I am the Holy Child of God, so I might as well just be who I am." It won't pump your ego up at all because you won't be able to find it to pump it up. You become the gentleness of the presence of Love, perhaps a quite ordinary being according to the perceptions of the world, but not according to the hearts that you will touch. Indeed.

Right where you are, you can choose to think a fearful thought and there you create the experience of hell without moving a muscle. Therefore, right there in that moment, it is given unto you to choose anew. Ultimately, when all is said and done, when all spiritual techniques have been mastered, you will come to see that that power to choose is fully available in every moment, every moment without fail. And there is never, therefore, a cause outside of yourself for what you might experience as a lack of peace. And that is the only lesson that needs to be learned: "There is nothing outside of me. The power that creates heavens and hells rests at the core of my being in the choice that I make *now*."

~Jeshua

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### A story from one of our readers:

As I delved into "The Way of Mastery," I found that it took the



teachings of love, forgiveness, and acceptance from "A Course in Miracles" to a profound new level, deeply resonating with my soul. My journey has not been easy; having been orphaned twice, adopted once, and placed in countless foster homes, I faced significant challenges that deeply shaped my understanding of love and belonging. Yet, I have come to realize that every experience, no matter how painful, is material for my liberation. A choice. I began to recognize the importance of dissolving my ego, which allowed me to connect with the love that I truly am. This journey has transformed my perspective, enabling me to approach my relationships with a renewed sense of compassion and authenticity. I have witnessed how embracing forgiveness has liberated me from past grievances, fostering healthier connections with those I care about. I feel a sense of acceptance wash over me as I navigate life's challenges, viewing them as opportunities for growth rather than obstacles. Talk about moving mountains! My desire to express love has become a guiding force in my interactions, inspiring those around me to reflect on their own lives and relationships. Love must lead the way. I have seen friends and family open up, engage in deeper conversations, and heal old wounds, creating a ripple effect of love and understanding within my circle of influence. Through this journey, I have not only enriched my own life but have also contributed to a collective awakening, nurturing a more compassionate environment for everyone involved.

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Do you have a story to share? How has The Way of Mastery impacted your life? If you have a story to share that we could include in a future newsletter please forward it to us via email at: [staff@shantichristo.com](mailto:staff@shantichristo.com). In the subject line please enter "Newsletter Story to Share." We will select a few stories from those we receive to include in future newsletters.

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