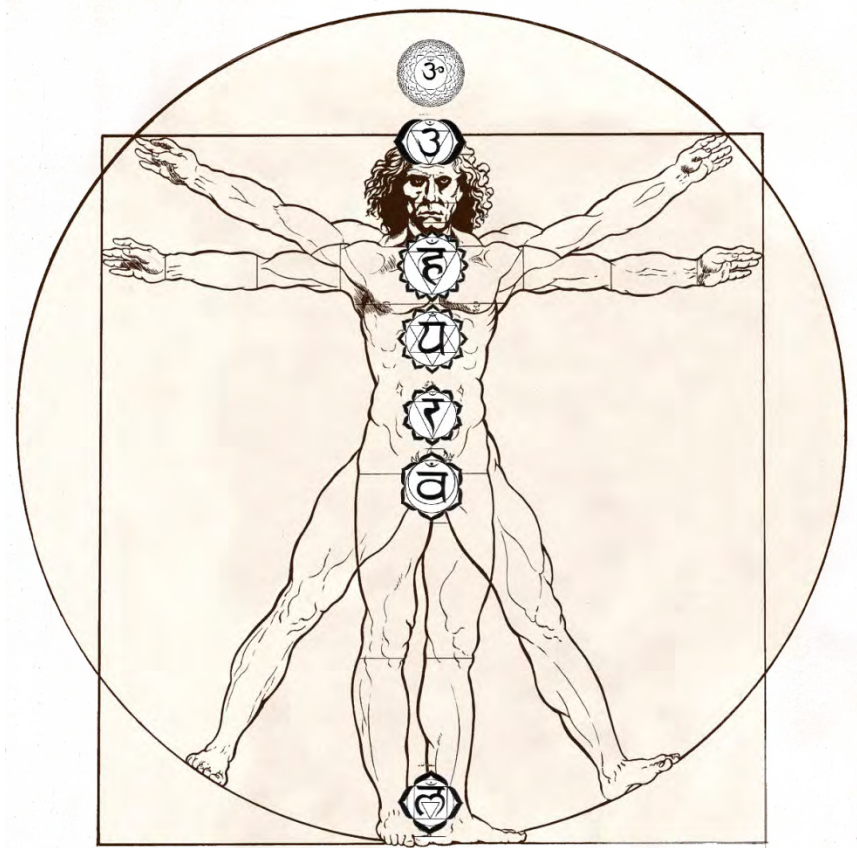


Lars Gimstedt ∞ Jesus on Elevated Form



Dialogue 2

JESUS ON ELEVATED FORM



Jesus on Elevated Form.

Lars Gimstedt

© **PsykosyntesForum, 2015**

No part of this book may be reproduced in any form, except for the quotation of brief passages in criticism or reviews, without the expressed permission of the publisher: mail@psykosyntesforum.se.

Edition 1, revision date June 1 2015.

ISBN

978-91-88137-15-9 (Paper back)

978-91-88137-16-6 (EPUB version)

978-91-88137-17-3 (LIT version)

978-91-88137-18-0 (MOBI version)

978-91-88137-19-7 (PDF version)

The paperback version and the Kindle version (MOBI) are available on Amazon.com, other Amazon internet stores and many other internet bookshops affiliated with Amazon. The other versions, including the Swedish versions, are available at http://psykosyntesforum.se/Jesus_on_Elevated_Form.htm

Typeface Bookman Old 12. Page size 6x9”
(15,24x22,86 cm) Margins: hor 2,0, vert 2,0.

About the author:



Lars Gimstedt works as a psychotherapist in Linköping, Sweden. His formal training was as a quantum physicist, and he has worked as an engineer and a manager in corporate business for 30 years.

In the middle of his life, he started to study Psychosynthesis, CBT and NLP, and worked part time as a psychotherapist during ten years, until he started to work full time in his company PsychosynthesisForum.com in 2003 with life and leadership coaching, psychotherapy and with internet e-courses and e-books.

Previous books by Lars Gimstedt:

Stairway. 10 Steps to heaven. (March 2014)

I, Yeshua. Awakener. (May 2014)

A Course To Miracles. (Edited by Lars G, Nov 2014)

Jesus on Catching the Bull. (March 2015)

Index

Prologue.....	5
1. The Crown Chakra.....	19
2. The Third Eye.....	45
3. The Throat Chakra.....	59
4. The Heart Chakra.....	71
5. Solar Plexus.....	96
6. The Sacral Chakra.....	111
7. The Root Chakra.....	123
Epilogue.....	143

Prologue.

Hi again, Jesus.

Hi, Lars! You're on it again, aren't you? Another book, already!

It was such fun writing the last one, our exploration on Catching the Bull. And, I have been longing for you, to talk like this again.

And I have been longing for you. I hope you don't mind my nudging at your thoughts like this, making you "get the idea" of starting our dialogue again.

I don't mind, because I have become aware that you do. I know you have done it always, but I was just not aware of it before. Now I am, and I even want you to. It's even so that I don't really differentiate between "your" thoughts and "mine" any longer.

But, that you can do this with everybody simultaneously, that still boggles my mind...

Good thing I made you in my likeness, and not the opposite, because then I would be like the image of God in the cartoon you found on the internet a while ago:



"Sorry, I can't—I have to be everywhere."

Yes, as soon as we try to put you into form, we make up images like this one. But you must have experienced this, though, whilst living on Earth?

Yes I have, very much so. The scriptures about my life describe a number of times when both I and my disciples were weary of exhaustion, when people wanted us to "be everywhere". Being outside of time has its pros and cons, and being able to be everywhere is a definite pro.

Funny, I haven't thought of this before as something having pros and cons. Does being outside of time really have any cons?

Not many, I agree, and when we all have returned Home there will be none. But till then, one con is not meeting in form. Being able to see and be seen with the eyes of the body, to touch, to hear the voice, all these give extra dimensions to communicating.

Do you miss it?

No, I don't need to miss it. You forget all the ones having become fully aware of their Christ consciousness - I share their experiences all the time, and I enjoy all of it tremendously. I am with you on Earth in more ways than you know.

But in these cases you want to be "hidden", and not as in the open and as outspoken as you were as the man Jesus?

There are many different ways in which my Plan for the Atonement and the Awakening is unfolding. In order to be effective, some ways need to be covert; others (like this one) need to be more overt. Many are something in between, where some can choose to see me behind what's happening, others don't need to and can choose to see it as made up by a person's mind.

I don't want the Atonement to be forced upon anyone. It is effective only if it comes out of one's honest willingness and choice. It is important that for example this text can be interpreted both as inspired by me, or as a result of your creative mind only.

I have to admit that I vacillate between both of these interpretations myself, all the time...

Your willingness to stay open for the possibility of more than one interpretation is all that is needed.

When I hear you say that you are here with me just now in the open, I again feel how my ego boosts itself. I do not any longer identify with its thoughts, but I feel how they still influence me...

Being aware of them is good enough, you will be OK.

And, when I once said “if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven.” What I could not explain then was how this statement really should be for those that have awakened to their true Selves.

For these, and in this group of people I am one of the members, the statement should be “if two of us agree about anything, it is already done”.

So, to put this into its proper perspective: encounters like ours here are going on in many other places, many more than I think you can dream of!

And when you ultimately will become able to wholeheartedly agree with me on something, this will become the New Reality for you.

That would be a happy dream... Is this New Reality the same thing that you called The Happy Dream in A Course in Miracles?

Yes, it is. It is unfolding, and much time will be saved for mankind.

But much unnecessary time will still be wasted, and much unnecessary suffering will still plague you, as the collective ego fights back viciously in many places.

What should we do about this? Personally, I weep inside reading about what's happening in many other countries, seeing it on TV, and I feel powerless and frustrated. This collective ego-poison is creeping in over the borders of even my peaceful country as well, in many forms.

Firstly, you need to stop them from hurting others and thereby themselves, if needed also with appropriate

force. Be aware though not to promote martyrdom, as this just reinforces ego thoughts.

Secondly, you need to reach out to them in many different ways with Forgiveness and Love. I ask you sincerely, as I asked My Father, "Forgive them, for they know not what they are doing."

But the ones that try to stop them with ego-reactions of the same kind, just meeting violence with violence, and by that just "creating more terrorism"? What can be done with these people, groups and governments?

There is but one answer to all that happens, whether it comes out of love or out of fear, and the answer is Love. Forgive these ones as well, they don't really know what they are doing either, and continue to reach out with Right-mindedness, Forgiveness and Love. Sanity will return, even if many things just now seem to show the opposite.

I wish I had your confidence... but again, you surely have "inside information" helping you to be confident.

I don't, you have access to everything I know. But as long as you believe that you don't, it will be as you believe. I invite you to be confident "without cause". If you so want, you can choose to trust me. Choose again!

OK, OK, I know... But, you're right. I, and we all, need to be reminded. Thank you for doing it. And please, keep doing it. But, I don't need to ask you to, do I - you have been reminding us from the beginning of time, haven't you?

I know you know this in your heart, and it pleases me that you know.

But, now, what more is it you want to talk with me about? You have started to let this dialogue unfold here, in the prologue of something you up to now have just called "Next book".

Truly, I don't know! I wish inspiration could just flow into me.

A good wish to start with. The word "Inspire" comes from the Latin expression "In Spiritus", which mean "in the Spirit". Your Webster dictionary gives several interpretations of the word Inspiration, but the first one is actually "a divine influence or action on a person believed to qualify him or her to receive and communicate sacred revelation".

I really have to watch my ego - now it swells up again in self-inflation... At the same time as it criticizes - "Who do you think you are, allowing yourself to write down things like that?" I really feel torn...

But, OK, if I would allow myself to believe "ask and you will be given", what do you give me?

I choose to interpret your request as "how can I open myself up to receiving inspiration?"

I propose the method called Structured Meditation. I know you already know it, so I will describe it here for the benefit of our readers:

First, "The Emptying Phase":

Take sheets of paper and divide them into two columns. Above the left one, write "My next book". Above the right column, write "Unrelated". Spend time, which can be days or weeks, writing down every thought, idea, or association you can come up with regarding "My next book", in the leftmost column.

Whenever thoughts or ideas come up that you feel are not related to your next book, write these down into the right column. Continue with this phase until the whole issue feels completely exhausted, and you cannot any longer come up with anything more at all, even if you try to force yourself to do it.

Secondly, “The Reduction Phase”:

Cut away the rightmost columns from your sheets of paper, and throw them away. Spend time, which again can be days or weeks, crossing out with a pencil any statement that intuitively feels less important than the others, even if it may feel important in itself. Continue doing this until you have ten items left on your list. Towards the end of this phase this may feel difficult, so take your time in selecting which ones to cross out.

Thirdly and finally, the “Receiving Phase”:

Write down the ten thoughts or ideas left on your long list on a new sheet of paper, with large letters. Use colored pencils if you want to make them stand out clearer. Spend time each day, somewhere between half an hour to several hours, meditating on this list. Try to listen to your Inner Silence. Continue doing this for days or weeks, until inspiration comes and you feel a strong urge to start working with your new book.

That’s advice I use to give others now and then - I could have thought of that myself!

*You just did. Or you didn’t... Just kidding ;)
But, what about it?*

OK, OK, I will do it.

....

....

Must be some sub-conscious lack of confidence in myself: I got surprised that advice I have given others works on myself!

I didn't have to do the Structured Meditation for long before I had an idea, one that made me feel an urge to go on with. I even got the title for the book at once: "Jesus on Elevated Form".

Congratulations! I assume that you with Elevated Form mean the notion I introduced in A Course of Love, the Elevated Self of Form?

Yes, I do. I loved the notion as soon as I first read about it. There is so much talk in A Course in Miracles (ACIM) about the illusory world we perceive, and about the Real World of God, and also about "The Happy Dream", the intermediate stage between these two worlds. But, in ACIM there is no real advice on how to reach The Happy Dream.

The editor of A Course of Love (ACOL) says in the foreword, describing one of the new concepts in ACOL as compared to ACIM:

"It emphasizes 'being who you are' in a way that does not negate the personal self or the body. It reveals how the human form can be transformed into 'the Elevated Self of form', and how an illusory world will be made 'new' - divine - through relationship and unity."

As I see form as something we originally created, rather than something that has existed always, I have taken the freedom to change the term "Elevated Self of form" to "Elevated Self in form".

Am I correct in assuming that your term, which I here have abbreviated to Elevated Form, is a description of those who have come near “The Happy Dream”?

Yes, you are, if you emphasize “come near”. They have not yet fully come into The Happy Dream, which is a more collective experience, but they have met the necessary conditions for it.

The title you have chosen - “Jesus on Elevated Form”: I assume from this that you wish to include my input in a discussion around this notion, and that you wish to enter a dialogue, a new joint venture, about an exploration of the notion of Elevated Self in Form?

Yes, absolutely!

My previous book, “Jesus on Catching the Bull” was about a structured process for becoming aware of one’s True Self. In my Structured Meditation, I felt that something is still missing for me, something I personally need to explore.

This is the “opposite” journey. If the Awakening is likened with ascending a mountain and finally reaching the top, the next journey I feel a need of exploring is the one where one descends back down to Earth again in order to manifest this new awareness there, in concrete action.

Even if I brought up the idea in ACOL of being on the mountain top simultaneously as being in the middle of one’s ordinary life, I understand your need in this, and I would very much like to join with you in this exploration.

The more we talk about this, the more enthusiastic I feel!

No surprise - the word "enthusiasm" comes from Latin and Greek and means "divine inspiration"...

But, to continue: I feel that the notion Elevated Self in Form is connected to the notion "Self-actualization".

On the site of my company, PsychosynthesisForum.com, there is an interactive guide where one can explore where one is on one's Path towards Self-actualization, with ten different levels described. Each step in the guide includes questions with which one can assess how much one needs to work with the level in question. The levels are Self-esteem, Self-awareness, Self-assurance, Self-beliefs, Self-values, Self-image, Self-leadership, Self-mission, Self-vision and Self-actualization. The questions of the last one are:

"You will benefit from working with this level if

- You feel alone with your dreams, and it feels difficult to find a context that would support you.
- You often doubt yourself, despite the fact that you know what you want and where you want to go.
- You have visions, but it feels like you constantly need to revise them, due to unforeseeable things that happen in your life.
- You want to believe in a spiritual dimension, but as you never see any clear indications of that it exists, you often doubt that it does.

On the other hand, you are probably fairly ready with this level if

- You know you share your dreams with many, and seemingly by random they cross your path with the help you just then need.
- You burn for your Vision and your Mission, and you carry a conviction that you have what you need.
- You often have to re-prioritize and to change your actions plans, but only so that you again find the path that leads to your Vision.
- You often experience things that tell you that you are led by Someone that knows you and that has a plan for you and your life.”

This is a good start! Knowing your “inner engineer”, I assume you have come up with some kind of structure for working with “descending the mountain”?

Yes, you know me... Which feels nice, and practical - I don't need to explain myself a lot to you.

At the stage you still reside, I think it might feel good for you to know that even if I know you well, and even if I know about everything that has happened in your life, I cannot as yet share your thoughts. I cannot because you have not as yet become able to choose to share all what you are, as you do not yet know who you are in Truth.

But, don't feel taken down by this - you are on your way. And this exploration on which we now will embark will be an important step for you.

So, tell me about the structure you have decided to use!

In this exploration, I would like to use the ancient concept of Chakras, a model of the different centers of

energy in our body, developed within Eastern religions, primarily Hinduism.

The most common way of working with one's Chakras is working from the bottom and up. This work is often aimed at "opening up" the Chakras in order to allow the "Kundalini Energy", the energy of Life, to flow freely upwards. In most traditions one starts with one's Root Chakra, situated at the bottom of the spine, and works upwards towards the Crown Chakra situated on the top of one's head.

What I envision us doing here though, is working in the opposite direction: the final stage described in "Jesus on Catching the Bull", Enlightenment, will be the starting point here.

My hope is that finding concrete ways of working with each Chakra downwards will "open up" for Divine Energy to flow down and out into concrete action in the world.

As for now, I have a very fuzzy picture of what to do, how to do it; and whether I will be able to find what I hope for: how to reach the state of Elevated Self in Form.

What's your input to this?

Wonderful! As you did in your former book, I like the idea of again using symbols and ideas from other religious traditions than the Christian ones. As I have said before, "A universal theology is impossible, but a universal experience is not only possible but necessary."

My first suggestion here is similar to what I suggested in your latest book: Just insert the symbols of the

Chakras, together with an explanation of what each Chakra stands for and what common practices there are for opening it up, and we can then together explore how this can be used in the quest we have taken on: Describing a workable Path to the Elevated Self in Form.

Ah - even if, as I said, I haven't the foggiest on what will evolve here, I really burn for going into this!

It is a good thing that my mind, in doing this, is working outside of time, where your mind resides, because I now know from my experience of putting together "Jesus on Catching the Bull" that there will be many breaks in this work. Working outside of time gave me the somewhat spooky feeling that I was all the time being in constant dialogue, despite the breaks, even if they become long like days or weeks. I am confident that it will be the same now.

It will. It will also be as it was then, that your mind wanders away somewhere else, and you will leave The Now, and by that the unity with me. But as I have reminded you before: it doesn't matter - when you discover that you have floated away into the past or into the future, just gracefully return and we will continue where you left off.

I feel curious as well - even if I am well acquainted with the concept of chakras from my journeys in the East, I have never thought about how to use the concept together with the Atonement. I am looking forward to the exploration, beginning with the description of the uppermost Chakra, the Crown Chakra!

One word of caution though before we begin:

As I mentioned before, in your latest book, one should stay aware of that the “process” we now will be describing and exploring is not chronologically time-bound, where one is expected to follow the steps one after another. Rather, the different steps describe different levels of awareness and being, and in way they “happen” simultaneously. For different persons, there can be more and different things blocking one “Chakra level” than in the other ones, and each person may have to work with this structure in his or her individual way.

