



# Jeshua: The Personal Christ Vol. 5

## Chapter 4 - Stages of Empowerment II

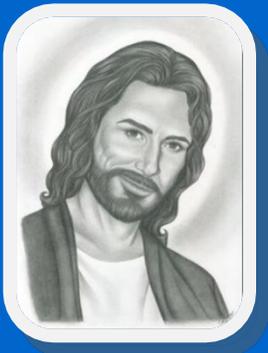
### Study Guide

October 24, 2018

Volume 5, Chapter 4

“You want to know the joy and the freedom of the true power of Who you are.

You not only have power, but you are power.”  
Jeshua



#### Affirmation for the Week:

“I am mindful of my Power of Choice. I make each choice wisely.”

## Introduction

The focus on empowerment continues. Jeshua informs us that the founding fathers of this country had a revelation that **“each individual has the right to the pursuit of happiness, to life, to freedom; that all are created equal.”** This ideal has yet to be achieved, but Jeshua gives us hope by telling us that we are building up to great changes **“an overhaul, an upheaval”**. This will begin a serious questioning of the collective consciousness regarding empowerment.

We will realize **“an awareness of your own divine power, the power of the Christ, the power of the being of you, the individualized Being which is eternal.”**

Jeshua outlines the **Stages of Empowerment:**

- Understanding of the old belief system of powerlessness.
- Denial of true power – human doubts.
- Remembrance of the divine Christ which will always resurrect Itself, which will always be forever ongoing and forever creating.
- Practice claiming true power of choice.

He urges us to focus on what we want to grow, because power gives us the ability to manifest. **“that what you appreciate, does appreciate. If you appreciate joy, laughter, happiness, humor, friendship, they will grow in your experience. Look for those qualities. They are always there.”**

## Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- What are the things or beliefs that you were taught about how powerful the outside world or people are? What did you experience as a youngster that reinforced the feelings of powerlessness? What choices can you make now that you are an adult?
- What do you believe now about who has power over you? What is “within you power”?

- Jeshua speaks of ***“pivotal moments that change your life and change the collective consciousness.”*** What has been your pivotal moment or moments? What changes have you made as a result of this kind of experience?

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## Assignments

1. Jeshua advises us to regain our power by ***“being mindful of every choice that you make, every small choice and every large choice, because all choices are equal. Even the ones you would see to be a small choice build upon themselves until they become what is then realized as the big choice. Practice your choices now. Be mindful of your choices. Be mindful of your power of choice”***. Keep a journal in the next week of choices that you are making. Consider how they are adding to your power. How are the little choices adding up to a big choice? Give an example.
2. Jeshua gives us a wonderful assignment. See how it affects your day. ***“Practice, first thing in your morning do the stretch. Take in the power of you; feel it coming not only into you, but also out of you as you have the great stretch.”***
3. Supplemental Reading: Power vs. Force: The Hidden Determinants of Human Behavior by David R. Hawkins is a very thought-provoking exploration on consciousness and its relationship to power, especially the chapter on The Source of Power. Here is a perspective to contemplate: ***“Power arises from meaning. It has to do with motive, and it has to do with principle. Power is always associated with that which supports the significance of life itself. It appeals to that in human nature which we call noble, in contract to force, which appeals to that which we call crass. Power appeals to that which uplifts, dignifies, and ennobles. Force must always be justified, whereas power requires no justification. Force is associated with the partial, power with the whole.”***
4. Use this affirmation daily: ***“I am mindful of my power of choice. I make each choice wisely.”*** Enjoy!

**NOTES**

