



Jeshua: The Personal Christ Vol. 7

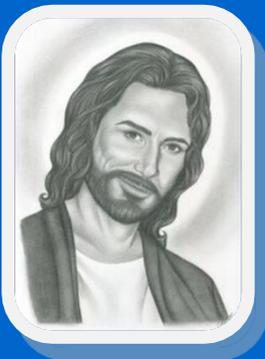
Chapter 7 - The Amazing Hologram Study Guide

August 12, 2020

Volume 7, Chapter 7

“There is a miracle that you use in writing each day. It is called the miracle of choice. If you want it to be expansive, it can be as expansive as you allow it to be. You will find that this sets you free from the world.”

Jeshua



Introduction

“Your hologram is the most **wonderful extension of you**. You are very creative, and you have seen this as you have come through the various stages of life this lifetime and other lifetimes.” This statement illustrates how completely we “create our reality” to the place of it being an EXTENSION of us. Just like we are an extension of the Father/Mother God. Once again, Jeshua is urging us to comprehend how powerful we are.

In this chapter he uses the metaphor of writing the script for each day. We live through our choices, made from moment to moment. We can choose to be “as expansive as you allow it to be”. And there is no judgement in whatever we choose to experience. But he does nudge us to “practice opening up the boundaries of what you have thought to be true”.

He also spends quite a bit of time on practical advice on how to start each day, from the first conscious breaths to the expansiveness of stretches and positive programming of the day ahead. “The day has not been written until you write it.” This is indeed an important Truth and a powerful mindset to have in claiming our creativity and to “find the blessing in everything, even if it seems to be a little bit hard to find, even if it takes a bit of patience”.

The power principles of “The Amazing Hologram”:

- **We create each day with our intentions and choices moment by moment.**
- **We get so completely focused on this small reality that we exclude the Allness Reality.**
- **The power to create our small holograms or realities, comes from that Allness Reality, that of Divine Holy Essence.**
- **We can choose to be happy right now while we patiently wait for that which we are “programming”.**
- **It is important that we practice opening or expanding the boundaries of what we think our reality to be.**
- **Spend some time upon awakening in the expanded reality, then energize the body with breath and setting your positive intentions and choices for your day.**

Discussion Questions

- What passage in this chapter touches your heart? Your mind? Your imagination?
- “Practice opening up the boundaries of what you have thought to be true.” What is something that you think is “true” that you might want to “open up” in your life?
- Have you experienced the creativity in Jeshua’s statement that “every day is unwritten until you start to write it.” Give some examples of the different states of consciousness with which you started a day and how that affected the kind of day that you experienced. Think of the choices that you made when you felt happy, or when you felt overwhelmed or even angry. How do you think different choices would affect the outcomes of your days, impact on your health or relationships? Would you rewrite the scripts? Discuss with your partner.

Assignments

- Jeshua gives us a practical assignment (pages 74 & 77) in how to start the day in a powerful way, which allows for an expansion in our bodies and energy for a joyful day. “Inhale the joy that you are, knowing that you are always being taken care, always being guided.” Practice his suggestion and see what a difference it makes for “writing” or “decreeing” your day with conscious choices for happiness, for good. Journal your experiences.
- Jeshua encourages us to use our **imaginations** to take our intense focus on the reality that we think we are confined in and to take “side trips” and thus change our holograms. What’s a “side trip” that you can imagine where you can breathe freely and perhaps see different choices for yourself? Imagine being joyful and experiencing peace of mind. What would it take to feel that? Create it into your hologram, have patience and know that it is yours. Practice going on imaginary side trips.
- Affirmations: Jeshua gave us more beautiful affirmations in the chapter. Choose the ones that feel right for you at this time and use:
 - “I inhale the joy that I am.”
 - “I choose to experience the feeling of Allness.”
 - “I decree that everything in this day works for the good for me.”

Affirmation for the Week:

“I decree that everything in this day works for the good for me.”

Jeshua



NOTES: