

# Practical Christian Mysticism for Modern Day Life

By Alana Kay

[www.alanakay.com](http://www.alanakay.com)

Copyright, 2022

By Alana Kay

## What is Christian Mysticism?

Christian Mysticism is a broad perspective of the nature and history of Christianity, with Love and Christ Consciousness at its core. It is not a religion or a dogma, but rather an ever deepening understanding about the spiritual and metaphysical properties of our Universe.

Christianity without mysticism is shallow and mysticism without Christianity can be pointless and murky.

Let's begin with a breaking down of the concepts of both Christian and Mysticism. The most basic meaning of Christian would be that it is an adjective that describes that something is "of Christ." Christianity is getting a bad rap these days as non-believers are casting a bad light on it. Non-believers often turn their noses up at Christianity as a result of misunderstanding and also as a result of so-called Christians throughout time who have also distorted the meaning of the word and given it a bad reputation.

### **My use of the word will be "that which is of Christ."**

Definitions and descriptions of both Christianity and Mysticism are countless when searching the internet. For example, there is a site called *Your Dictionary*. It offers many variations of any definition. (Your Dictionary, n.d.) People then vote on their favorite.

There have not been too many definitions offered and voted on for Christian or Christianity. Some make reference to being baptized, etc. According to Wikipedia, Christianity is an Abrahamic monotheistic religion based on the life and teachings of Jesus of Nazareth. I would agree with this description other than the part about it being a religion. What I am trying to get at is I am not using the word to mean anything but "of Christ."

My educated opinion is that Christianity is not a set of rules or moral judgments. It has nothing to do with whether or not one is baptized, talks in tongues, conducts healings or reads minds. It is a vibratory field that may be accessed by meshing with the same vibration, just as one tunes into a radio station.

## Why do we need mysticism?

Many so-called Christian religions put off connection with the divine to a later date, such as the return of Christ or going to heaven upon death, etc. As far as I know, Christ did not teach this. These are human made concepts of religion and very superficial and lacking. Christ Consciousness is a realm of consciousness that is omnipresent and omnipotent and always available to those who are able to vibrate in a close enough frequency to it. It shows itself to us in infinite ways. I will explain how to connect with this vibratory field later on.

Here are the top three for Mysticism from the Your Dictionary website:

- 1) The doctrines or beliefs of mystics; specif., the doctrine that it is possible to achieve communion with God through contemplation.
- 2) Any doctrine that asserts the possibility of attaining an intuitive knowledge of spiritual truths through meditation.
- 3) Mysticism is a spiritual belief stating that a connection can be obtained with God or the spirits through thought and meditation.

I noticed that references to meditation or contemplation are the common thread. One may know from my other teachings that I believe that we may live a mindful life, always connected to God/Creation and due to the state of our evolution, we have moved beyond the place where we take time out of our busy schedule to “meditate.” In the heightened energies it is advisable, and some would say necessary to live in the state of meditation or lower brain cycles at all times because it syncs us up with the energy. Why would we not want this?

So, mysticism is the understanding that there are realms that we may tap into beyond the physical. I have found that these realms underlie and drive the physical. Life becomes deeper, easier and more joyful when tapped into the “invisible” or mystical realms. Gifts and tools from these realms include, but are not limited to clear intuition, healing energies, heart intelligence, musical and artistic gifts, etc.

Does Christian Mysticism lead to Ascended states?

As multi-dimensional beings inhabiting a physical world, we have had to evolve in our understanding of all things from the physical to the supernatural. One could say that we are merging the dimensions and therefore our understanding is naturally going to come to us in layers.

Some might say that this evolution is an ascension spiral, eventually leading to full communion with the creative force or God while inhabiting a physical body. I believe we may consider the ascension spiral to be infinite in that we are always evolving, both individually and collectively.

Ever deepening understanding of our existence is required as we rise and we share best practices with each other as we go.

These practices have been shared through symbology, artwork, religious teachings and countless other forms of communication. From everyday humans to theologians and philosophers, over the millennia, insights have been derived and at the same time, all channels are subject to fallibility because human nature is inherently limited when compared to divine consciousness.

Because our understanding of divinity is a process, we need to be flexible, tolerant and forgiving. We need to be mindful not to “throw the baby out with the bath water” when sharing information. It is best to be open to everything, yet discerning of everything at the same time. This is the true description of open-mindedness. In years past, humans have erred in their understanding and dispensing of ideas regarding Christ, Jesus and Christianity, but this does not mean that we should turn away from these philosophies completely. We simply need to learn from the mistakes of the past and update our best practices.

Why is Christian Mysticism an enlightening path toward raising our frequency?

Regardless of what one believes, it may be said that those who practice Christianity experience high levels of peace and purpose. Furthermore, one may hardly argue with a concept that has Love at its core. You might say the proof is in the pudding. As for me, I have felt the presence of Christ and the level of the masters since a very young age and I can vouch for the purity and impeccability of the connection. The connection has proven to be incomparable, and it is ever expanding. I suppose, if something continues to grow it must be alive!! I further believe that the higher levels of connection (consciousness) with the divine is scientifically provable by many means, but this is a topic in and of itself.

How old is Christianity?

You will find many and varying descriptions of Christian Mysticism. Many books take the reader back to earlier times of Eckhardt (not Eckhardt Tolle), Plato and others. I believe the information can be very hard for most people to understand and it is from a substantially earlier era in our development, so it stands to reason that the information has been improved since then. Furthermore, our current juncture in human evolution is a precipice that is bringing a massive number of humans to grasp a massive amount of understanding that should result in the collective enjoying life on a much more civilized, enlightened planet.

Mysticist and author Dolores Cannon, used hypnotism to access people’s past life memories of earlier times and has discovered that it is possible that Christianity existed before the birth of Christ. Still others such as Gnostics believe that Christ Jesus was never incarnated as a human but was simply spirit. Some Christians believe these ideas to be heresy. My conclusion about all of this is that we still do not have all the answers with regard to the history of Christianity and Christ Jesus, but we should be still and listen – ever broadening our ability to tune into divine

consciousness and allow the answers to come without being overly biased one way or the other. How much of what we have heard or believed in the past came from “fake news?”

I have gotten messages from divine consciousness that Earth will become a physical version of mystery school. It will no longer be a karmic collision and a war zone with varying degrees of good and evil.

Blending of the spheres requires practice, trial and error and also requires that we integrate newly found wisdom into our lives.

Born a mystic and a member of the Christ Vibration (I have known Christ since I was a small child), I have spent a lifetime building on the teachings of my soul and Christ Jesus, resulting in very relevant and attainable methods for spiritual development and soul-realization. I was born knowing things that I could not put words to and my life has taught me how to do so, hence the many books I have written. My books include Quantum Leap, 144,000 Points of Light, Wishing on Your Own Star, This is Armageddon, Ascension Through the 12 Aspects of Christ Consciousness, Living in the Vortex and Intuitive Development.

My premise then, is to pass along my simplified version of Christian Mysticism based on what I have learned in my current lifetime. From there, others will build on the wisdom I am passing on.

In addition to my books, I have been doing an internet radio show on Blogtalk Radio where I conduct intuitive readings for callers. This show has given me a great deal of insight into the challenges many people face. I offer this information for the sole purpose of helping others. I am not trying to boast or become rich or famous from this.

Christianity is not for everybody, but for those with whom it resonates, mysticism helps to bring to life the meaning of all of the teachings of Christianity. Here is where Christianity is demonstrated to be an integral part of a mystical journey.

When one loosens their connection to the physical, it is likely they will bump up against energies in the astral planes, which are the lower planes of the non-physical. This is not desirable, but there is a way to connect only with higher energies.

When one focuses on Love and or Christ, then and only then, do they connect with the higher mystical realms. Do you see the relationship here? It is as though Christianity falls flat without mysticism, but mysticism leads us down dark pathways without Christianity.

Christ Consciousness and Christianity are prevalent, yet controversial for many. Here is part of the reason why:

- Many believe that some churches and religions along the way have scared people out of engaging in mystical union with the divine in order to control people.

- Historically, many people under the guise of Christianity have committed atrocities.
- I am not sure everybody on planet Earth is meant to be a Christian, nor do I believe everybody on Earth belongs here necessarily. Perhaps there are some beings here who are simply observers here. Perhaps there are some who are trying to interfere with our evolution, such as reptilians. There may also be some who have been here for some time and are preparing to leave.
- Earth's inhabitants enjoy a multitude of beliefs and spiritual practices. Many of these people wonder how one may claim that their beliefs are superior to others or perhaps the messiah is simply visualized differently by different cultures and goes by different names.

I asked Jesus several times, why the name or word Jesus when there are countless languages and references for higher consciousness. I already felt that I knew Christ Jesus, the individualized consciousness and I already knew that his consciousness connected one to the field of creation, but I needed to know why the name JESUS? It came to me that this name/word was given to me in my programming before incarnation so I would recognize it as the GO-TO. This is likely true for millions of humans. Whatever connects you to divine consciousness is what works for you. I cannot vouch for others until I hear from others about their experiences with the description of creation.

### How does one mesh with the frequency of Christ Consciousness?

For those who resonate with the term Christ, "Of Christ" means Christ-like, which to the deepest believer in his teachings is.....Love. Where it gets confusing is the meaning of Christ-like Love. Egoic love involves desire, jealousy and such, whereas spiritual Love is best described in the book, A Course in Miracles (ACIM). ACIM states:

*The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance. The opposite of love is fear, but what is all-encompassing can have no opposite.*

ACIM also refers to a miracle as a shift in consciousness. To exist in the realm of Christ Consciousness or Love is what Heaven on Earth is all about. It is where we are headed as a species. We will begin to live with love on our planet, but this will only be the beginning of an entirely new experience so we will learn more as we go.

I received a download from Christ when I was writing my first book, Quantum Leap. It was that the dodecahedron or twelve-sided polyhedron is representative of higher consciousness in sacred geometry and that the twelve facets represent the facets of Love which is higher consciousness. If you believe higher consciousness is anything but Love, then this is probably not the book for you. The twelve facets are: Trust, Tolerance, Gentleness, Joy, Defenselessness,

Generosity, Honesty, Patience, Faithfulness, Open-Mindedness, Appreciation and Expansiveness.

We all come into our current life with an understanding of many of the facets. Some may need polishing and some will truly challenge us. What's more, we came to Earth to have a fabulous journey of enlightenment and exploration. We need to experience all of the gifts of spirit in order to truly know Christ.

In order to connect with the frequency of Christ Consciousness, we need to be honest about our feelings, thoughts, attitudes and behavior – being willing to give up the shallow concepts of ego gratification in exchange for the boundless gifts to be experienced in the realm of the soul or heart.

That said, at its core, Christianity is love. In 1 John 4:16 (NIV), Christ tells a crowd,

“And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them.”

I hope this short booklet helps you to understand how Christian Mysticism applies to life on Earth at this time. Please check out more of my books at [www.violetphoenixpublishing.com](http://www.violetphoenixpublishing.com).

Alana Kay