**POINTS TO REMEMBER**

When we observe the world around us, it is possible to become depressed and discouraged. The world is filled with cruelty, injustice, poverty, killings, political dissention – and, **if we rely solely on the world’s consciousness** to sustain us, **we are likely to be pulled down**.

**The time leading up to Easter** is known in Christian circles as **Lent**. The Bible does not talk about Lent, but it derives from the experience of Jesus even before his ministry had begun. When Jesus was led up into the wilderness of temptation, **he experienced a combination of fasting from negative thinking and feasting on the word of God**.

The real purpose of Lent is to **cleanse our mind** from any blockages that stand in the way of our spiritual path. This is in preparation for the Easter message wherein we can allow the glorious resurrection of the Christ Mind to take charge of us. What are we being resurrected from? **False beliefs**; **Negative attitudes**; **Suffering**; **Guilt**; **Darkness** – **anything that prevents us from** rising upinto **Christ Consciousness**.

**This message of Lent** helps to resurrect the Christ Mind in your life.

When we **embrace the true meaning of Lent**, we are able to **leave behind the depressing state of mind** that comes about when you focus primarily on ways of the world. The word ‘**Lent**’ literally **means spring**.

Over time, **the message of Lent was distorted** to become a fad of giving up some trivial practice for a brief time, along with mourning what had happened to Jesus on earth. But **we can return to Lent’s original intent**.

How do you eliminate from your mind the outdated, destructive beliefs that may be holding you back? To assist you in doing this, we refer to “**My Lenten Guide**.” This provides suggestions of what to fast from and what to feast on. The form offers numerous suggestions for **fasting from** and **feasting on** both various **ways of being** and **ways of behaving**.

**We can emulate Jesus** by practicing during these 40 days (which metaphysically means the time it takes to complete a process) a **fasting from negative thinking** and simultaneously **feasting on our connection with God,** a process certain to bring you joy and fulfillment. Doing so, you **move from 3rd dimensional living** (a dependency on the world) **to a 4th dimensional experience (**of living in the Divine Realm**)**.