

Spirituality

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Introduction

Many men and women over the past 2000+ years have done hard spiritual work yielding simple ultimate truth. They discovered the deepest aspects of classical Christian spirituality, stripped of religious dogma — tested, and found true for millennia, and beneficial regardless of religious preference or church activity.

Spiritual truths can't be found at the level of the mind. The answer is, and has always been, direct experience with God. Many people have achieved it and through them we learn the real nature of things.

The concepts described are bedrock concepts in spirituality, the inner work leading to God, whereas religion is an outward introductory form. Each can help the other.

Pursuing spirituality requires effort and a thirst for knowledge. Knowledge and wisdom obtained by asking deep questions and being willing to discard previously held beliefs. As you practice asking questions, your skill in asking deeper questions will increase, and every answer will prompt a new and better question. There are more than a few doors to knock on leading through the interior castle, and the Creator is there to answer every knock.

Humans learned about God by directly experiencing Him, and there's a thread through recorded history of situations where God and man interacted. Directly experiencing God through unitive experience is **Mysticism**, an historic term which unfortunately has been misapplied and misinterpreted in modern society. Mysticism has nothing to do with fortune-telling, astrology, the paranormal, channeling, hidden powers or occult practice. Historically Mysticism meant disciplined contemplative practice inside a Jewish or Christian tradition. The true mystic state follows a long period of purification.

Few arrive at the point of having direct unitive experience, and doing so needn't be the goal. In fact most will find happiness in following the steps leading in that direction, in being somewhat freed from the troubles of the world, and in achieving greater indwelling of the Spirit. Embracing concepts of the Path at any level fundamentally transform you, lighten your load, and increase the space within your Soul for God.

Work in the Soul must be done before one is qualified for direct experience as this work requires putting to death the many urges and activities of the carnal man. From a historical perspective this is termed **Mortification**.

Meister Eckhart, a 12th Century theologian said:

"Our salvation depends upon our knowing and recognizing the Chief Good which is God Himself. I have a capacity in my Soul for taking in God entirely. I am as sure as I live that nothing is so near to me as God. God is nearer to me than I am to myself; my existence depends on the nearness and presence of God." (Meister Eckhart's Sermons)

God is always waiting on us.

"God is very zealous to be at all times with man... God is always ready, but we are very unready; God is near to us, but we are far from Him; God is within, but we are without; God is at home, but we are strangers." (Light, Life and Love - W. Inge)

But the path to truly finding Him is narrow.

"Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. " (Matt 7:13-14)

Religions are external to God, something we participate in beneficially for structure, purpose, belonging, and hoped for salvation, but they generally provide few tools for significant internal spiritual growth which can only to be learned from classical inward pointing Christianity.

Following the Path, or the Way as it was anciently known, is the rebirth spoken of in the scriptures.

Benefits

We're inundated with information and time is precious, so why read this? Because the principles will help you be happier.

The concepts of Higher self and Lower self are fundamental components of spirituality, higher being the spiritually oriented, and lower the carnal self. All worldly, mental, and emotional problems are entirely problems of the Lower self a self that you will learn to give up.

When you move your "thinking" toward your Higher self you'll be much less affected by things going on around you. These terms and concepts aren't modern self-help psychological ideas, instead they are well established traditional Christian doctrine.

Detachment is a crucial but simple principle. Stress results from attachment to things and outcomes with people. Becoming less attached coincides with operating increasingly out of the Higher self.

Man's ego is part of the Lower self and is a barrier to God.

As we progress along the Path, we purify the Lower self, then transcend it. By emptying ourselves of self (ego) we make room for God and enjoy a relationship with Him through greater indwelling.

It's also possible to prepare for reception of ultimate unitive knowledge, not knowing *of* God, but *knowing* God.

Terminology

Spirituality is simple and achievable and concepts can be readily grasped once the terminology is understood. Some of these terms may be foreign or slightly different from what you're used to, but they work well in the overall theme.

Achieving a cohesive spiritual terminology is challenging because source documents span 3 millennia from writers of different traditions and various languages, but these work well:

God - Ultimate Reality beyond conceptual thought.

Soul - Defining the "Soul" in philosophy and religion is more difficult than might be imagined as its meaning is very dependent on framework and context. The Soul is eternal, separate from but created by God, and capable of experiencing God. It animates the physical body, and encompasses faculties such as intellect, will, memory, and desire, as well as the deeper spiritual dimension through which the person can relate to, and have unitive experiences with God.

Ground of the Soul - The deepest interior part of the Soul capable of unitive experience with God through contemplation. (This term is specific to Eckhart's works.)

Self - The personal "I": the person as a center of identity, consciousness, desire, and will.

Higher self - The Self as it is oriented toward God, receptive to God, and conformed to God's will. The spiritually oriented level of intuition, discernment, and spiritually directed discursive as well as contemplative thought. The Higher self and Lower self are not separate entities but different orientations or conditions of the one Self.

Lower self - The Self as it is oriented toward being separate and self-sufficient, exercising self-will, and experiencing itself as separate from God. It identifies with what it does, has, controls, or appears to be, and identifies with the material world. It forgets or disregards its fundamental dependence upon and relationship with God. There are situations where actions of the Lower self are appropriate as an interface with the body's senses when danger is present, work is needed etc., but in most cases the Lower self practices misidentification when it forgets its true connection with God. The Ego exists here. The Lower self is not only concerned with physical things but encompasses all mental, emotional, and sensory activity that is not spiritually oriented. Most ordinary thoughts arise within this realm.

Dying to self - A phrase frequently used in older literature. The surrender of the will to God, the mortification of self-will, self-centeredness, and false identification. It is not the destruction of the person or the "I," but the death of the claim that the (lower) self is an autonomous center independent of, or above God.

Ego - A self-centered attitude arising from the false identification of the Lower self with its accomplishments, possessions, status, or outcomes. Ego reinforces this false self.

Pride - The elevation of the self above its proper place, as being self-sufficient, self-originating, or entitled to determine one's own good independently of God. It may manifest as superiority, but also as self-reliance, vanity, refusal to receive / resisting God's will.

Human Being - Union of the Soul and physical body.

Part 1: Spirituality

Spirituality is the art of pursuing union with God. It requires transcending identification with form, complete removal of the ego's false identification with the world, and surrendering independent authority.

Spirituality recognizes that:

- Everything shares a single underlying reality with God.
- There's a transcendent dimension beyond ordinary material existence.
- God can be immanent, reaching down and pervading the world.
- Ultimate reality is mysterious, partially beyond human comprehension and invites humility.
- Mortification is required to subdue the lower carnal self.
- Prayer and contemplation lead to awareness and direct experience of God.
- Faith is needed to see a reality that can't be proven fully by reason, and that faith is given by God to enable us to approach Him.

Religion East and West

Religion is the door through which people can *begin* their spiritual path towards God. Religion is good to the extent that it points people in the way, bad when by itself it satiates a persons hunger for the Divine. There is a spiritual world in which God and angels exist, and also the material created world. Religions, brick and mortar churches, icons and ordinances exist in the material world of form only. Any intermediary human or organization between God and man exists in the material world and is external to God because their access is through the mind and senses, the Lower self. Reaching God is an inward process, helped initially by outward entities, but ultimately inward through the Higher self.

The Chinese Taoist master and scholar Liu Yiming (b. 1737) in "Awakening to the Tao" wrote regarding not only religion, but spirituality:

"There are seventy-two schools of material alchemy, and three thousand six hundred aberrant practices. Since the blind lead the blind, they lose the right road; they block students and lead them into a pen."

Liu Yiming went on to say that it's not only the teachers and schools that are the problem, but the student himself, as pure motivation is essential:

"The reason the spiritual treasure does not appear to seekers is that they themselves will not allow it to do so... what a pity that false people spend their lives madly in sidetracks."

There's a fundamental difference between how truly eastern religions (such as Buddhism and Hinduism, not Orthodox) and western religions view approaching God. Eastern religions generally see the experience as an inward journey through meditation, contemplation, and prayer (and they omit Christ).

Western religions approach God through outward expressions of attending church and performing ordinances, viewing Christ as central. Eastern religions can have outward ceremonies, and western Christians can individually have inward experiences. Eastern Orthodox and Catholicism have characteristics of both with a strong history of inward experience.

Every human Soul is capable of achieving a profoundly deep connection with God. Aldous Huxley pulled it together in his book *The Perennial Philosophy*. Huxley surveyed the worlds religions and identified their common thread. For a Christian it includes increasing the indwelling of God, and can progress to a deep unitive experience.

Higher self and Lower self (Metaphorical)

Scripture as well as most religions recognize two components of the human Soul, the spiritually oriented, and the carnally oriented.

The terms Higher self and Lower self generally weren't explicitly used in early Christianity but are used here because they're the best overall fit. One should not infer any New Age meaning by the use of these terms. To reiterate, the Higher self and Lower self are different aspects of, or loci of operation in the whole Self, not separate entities.

Higher self

For Higher self early Christians used concepts such as Spiritual, Nous (the highest seat of contemplative vision and direct knowledge), image of God, new man, and inner self which is God centered identity. The phrase has been used both anciently and recently. Usage of the word "self" in Higher self unfortunately conflicts with the central spiritual concept of "dying to self." There really isn't a good workaround for this except to state that Higher self is totally different from the word "self" used in most writings when "dying to self" is discussed.

Higher self for Protestants would be similar to: new man, born again, renewed heart, inner man, Spirit led, sanctified, spiritual, regenerated nature, man of faith.

For Catholics: Soul, spiritual Soul, renewed Soul in grace, renewed self, sanctified Soul, higher faculties, inner man, interior man, image of God, and rational Soul.

"The inward man is renewed day by day." (2 Cor 4:16)

"And have put on the new man, which after God is created in righteousness and true holiness." (Eph 4:24)

Early Christians called the Higher self the 'eye of the Soul,' as God is perceived through it. The Higher self is capable of transcending discursive thought through contemplation.

Lower self

For Protestants, the Lower self would be similar to: old self, the flesh, sinful nature, carnal self, unregenerate self, sinful, corrupt heart, and enslaved to sin.

For Catholics, concepts include: the flesh, concupiscence, passions, lower faculties, sensus, appetitus, old self, disordered self, sensual self, exterior man.

"But ye are not in the flesh, but in the Spirit." (Rom 8:9)

"Because the carnal mind is enmity against God" (Rom 8:7)

In Early Christianity

Early Christian thinking on the two natures is described by St. Gregory of Nyssa in his book "On the Making of Man":

"I think that by these words Holy Scripture conveys to us a great and lofty doctrine; and the doctrine is this. While two natures, the Divine and incorporeal nature and the irrational life of brutes are separated from each other as extremes, human nature is the mean between them: for in the compound nature of man we may behold a part of each of the natures I have mentioned."

St. John of the Cross was an early adopter of the term Lower self.

"The Soul gains so many benefits that it holds it to be a happy chance to have escaped from the bonds and restrictions of the senses of or its Lower self" (Dark Night of the Soul)

St. Augustine used the phrase Lower self to refer to the baser level.

"A different law in my bodily members was warring against the law of my mind, imprisoning me under the law of sin which held sway in my Lower self." (The Confessions)

St. John of the Cross uses both higher and lower parts of the Soul.

"The Soul is wont, during some of them, and without knowing how this comes to pass, to see itself so far withdrawn and separated according to the higher and spiritual part, from the sensual and lower portion, that it recognizes in itself two parts so distinct from each other that it believes that the one has naught to do with the other." (Dark Night of the Soul)

Modern Terminology

In relatively modern times the concepts have been described using these pairs: True Self / false self and Higher self / Lower self. Unfortunately Higher self has sometimes incorrectly been associated with spiritualism. Here modern writers use them in the traditional sense:

"The Lower self must die if the Higher self is to live; meekness and self-renunciation are the way." (A.W. Tozer)

"That great thinker and ecstatic [Plotinus] said, that all human personality was thus two-fold: thus capable of correspondence with two orders of existence. The 'higher life' was always tending toward union with Reality; towards the gathering of itself up into One. The 'lower life,' framed for correspondence with the outward world of multiplicity, was always tending to fall downwards." (Practical Mysticism - Underwood)

Duality and Non-Duality (Oneness)

There is a concept called Oneness, adherents to which believe that we are God. It's an overly simplified and mostly incorrect concept. We are not God, and we don't have God in His entirety inside us. But we do have within us a common ground with God, while maintaining our individuality as Souls, and that's the basic difference. Christianity through Christ offers us eternal life as an distinct individual, oneness doctrine has us being reabsorbed into God. Christ is essential for the salvation of the world and individuals. Oneness doesn't require Him.

At the moment of birth we enter the world of duality, where we recognize our separateness. Yet the Soul feels a connection with, and a longing for God, and wants to be united.

Where can that union take place? Jesus said "behold, the kingdom of God is within you."

"Now though the Scripture nowhere gives this Direction in these very Words, yet, since it is said in Scripture, that God dwelleth not in Temples made with Hands, but in the Temple of our Hearts, since the Kingdom of God is said to be within us... it is directly telling us that we are to turn inwards, if we would turn to, and find God." (The Works of the Reverend William Law)

Interior vs Exterior

The physical world and spiritual world are sharply separated. We live almost our entire lives in the physical, with only fleeting glimpses of the spiritual. Most of our activity in the phenomenal (physical) world draws us away from the spiritual.

God is approached inwardly. Everything other than that, including physical religions are outward and not central to experiencing God in the deepest sense. The mind is external because it's the interface with the physical, which is why the mind cannot ultimately bring you to God. God is found at the highest level of the Soul, above the mind.

Society is moving rapidly from the spiritual to the physical with evermore reliance on the Lower self. This began slowly when books replaced memorization of scripture and oral traditions. Each step in technology distances the mind and Soul from it's spiritual roots, and takes us further into the exterior world of the senses.

Awakening of the Soul

In our hyper materialistic world, what causes a person to seek a spiritual path and begin the practice of mortification?

Awakening of the Soul is something that happens to you. You didn't ask for it. How could you have asked for it, if you didn't know what it was? Many, most unfortunately, never experience it.

More than a religious experience, it's viewing life beyond self, life within a much larger whole. It's the emergence of a deep thirst for the Divine. While it may appear to occur suddenly it likely follows a long period of spiritual restlessness, searching, and stress. Once realized it marks an abrupt change in how you view reality.

"We might describe it as a sudden, intense, and joyous perception of God immanent in the universe; of the Divine beauty and unutterable power and splendor of that larger life in which the individual is immersed, and of a new life to be lived." (Underwood)

As magnificent as God's outward manifestations can be, it's the hope of a close inward personal connection with Him that stirs your Soul and motivates you towards purification.

The Lower self in Modern Times

The singular most damaging thing to spirituality is the self, or more accurately the ego of the (misidentified) Lower self. Being full of self leaves little room for God.

The Lower self seeks attention by achieving (transitory) beauty and acquiring possessions. "Keeping up with the Joneses" has become, through modern technology, keeping up with hundreds of images of bodies, fashions, makeup, food, cars, vacations, homes and technology.

The Lower self, despite being the domain of the mind, is often more the domain of emotion. Saturated with, and responding to advertising, the importance of the (lower) self has grown to gargantuan proportions. Inflated egos develop if one is doing well, deflated egos if not. Both damage the Soul.

Society transformed to allow people to satisfy these vanities, whether through direct purchase, or worse through debt which further threatens the ego and leads to a larger cycle of purchase and debt. "Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity!" (Eccl 1:2)

Words dealing with the Lower self far outnumber words associated with the Higher self or spirit level. Even New Age terms such as higher consciousness typically pertain to thought related processes of the Lower self.

Words for the Lower self today are: individual, self, self reliant, self righteous, self esteem, self aggrandizing, self-improvement, self indulgence, self absorbed, self loathing, victim, genius, egocentric, self pity, self delusion, myself, self conscious, self deprecation, 'i'dentity, self destructive, himself, and herself.

All of these through repetition over years confirms to the mind the importance of self, and that importance equals separation from God.

The Lower self interfaces with the material, sensory world. The mind and most ordinary sequential thinking occurs in the domain of the Lower self. There is nothing intrinsically wrong with the Lower self if it acts as an agent for the Higher self, which unfortunately is rare in today's society.

Part 2: Mortification

The term "mortification" (Latin mortificare, "death") comes from classical Latin meaning "making dead." What are we making dead? All undesirable characteristics of the Lower self, and finally the ego's false identification. Mortification is used because historical writers use the term and it's most correct technically.

The sequential process of mortification includes (not necessarily sequentially):

1. Control of physical desires and want for material items.
2. Practicing Non Attachment to things and outcomes with people.
3. Elimination of what have been termed the "Seven Deadly Sins."
4. Correct false identification of ego. Eliminate pride.
5. Surrender the self's will to God's will (often called 'dying to self')

Contemporary synonyms for mortification are self-discipline, self-denial and asceticism, however these don't fully encompass the process as traditionally know.

Mortification is worked on in parallel with prayer. A substantial amount of mortification and purification is needed to support sustained contemplation.

Practice of Mortification

Purification of the Lower self

"You love the self – it's lit in you a fire
Of nagging lust, insatiable desire,
A blaze that burns your vigor, wastes your heart,
Leaving infirmity in every part –
Consuming all your strength, till deaf and blind

You're old, forgetful, rambling in your mind."
(Sufi - The Conference of Birds)

With awakening comes a clear view of the world, and that leads to deeper introspection.

Impurities within the Lower self are what have been attached to it, or disordered within it.

The Soul must be purified of impurities and attachments that obscure its relationship with God, just as dross floating to the top of molten metal is discarded. In *refining*, the metal is first melted, with flux added to aid in the separation of dross. In spiritual matters, work and trials melt the Lower self, to which God adds His grace as flux so the spiritual dross can be separated and discarded, leading our Souls to increasingly operate in the Higher self.

Purification of the Lower self begins with physical appetites. Food fasts, temperance, mental fasts from social media, electronics, and entertainment as well as simplifying life, and reducing possessions. These must be voluntary and desired from a healthy frame of mind. The goal is to reduce impulsivity, have fewer cravings for comforts, and fewer moral failings. To avoid discouragement it's best to work on one issue at a time.

The process of spiritual cleansing can last a long time, even years, as it will, layer by layer, expose flaws hidden over a lifetime. Testing is also part of the process, and failed tests will set one back temporarily as they are repeated.

While improving, avoid pride in austerity or self-righteousness. Avoid using mortification to appear to ones self or to others as being spiritual.

Repentance (Metanoia)

In His transformative injunction Jesus promised:

"Repent: for the kingdom of heaven is at hand." (Matt 4:17)

Metanoia is the Greek word for repentance, derived from the words meta ("after," "beyond," "change") and nous ("mind"). Traditionally and for the most part it means change of mind, change of heart, or change in one's being or thinking.

An alternate, less used, contemplative interpretation understands metanoia as moving beyond ordinary thinking to a transformed way of viewing reality. Since normal thinking is a function of the Lower self, God asks us to not be limited to ordinary thinking or be identified with it, and to begin functioning in the Higher self.

Metanoia's general meaning is deeper than the usual definition of repent, that of turning from a particular sin. It's not a singular act, but an ongoing state through which deeper spiritual problems are exposed, and cleansed. The real work is done internally on problems disclosed through prayer and contemplation.

Repentance requires humility to see yourself as you are, as you discard your ego and give yourself entirely over to God in all aspects of living.

"We will continue to shed layers of conditioning together with our compulsive thought patterns. At unexpected moments of the day, we will suddenly become aware of aspects of our corrupted condition that had previously been hidden from us." (Christ the Eternal Tao - Damascene)

Repentance is not about external penance or a ritual act. Genuine remorse results in confession of shortcomings directly to God whereas external confession is a function of the believers particular religious tradition. One should avoid obsessive self scrutiny which may lead to paralysis, defeating the growth God wants for us.

Positive actions in the process of repentance include sincere acts of service and charity, prayerful naming of faults, intercessory practices, and the practice of forgiveness.

"For if ye forgive men their trespasses, your heavenly Father will also forgive you." (Matt 6:14)

Ego & Humility

When a Soul enters the material world, the world of polarity between spirit and matter, it identifies with thought rather than spirit and the ego is born within the separate identity, the false Lower self. Separation of the Lower self from God was necessary to permit growth but the ego unconsciously it knows that it's a false self so it does what it can to protect it's illusory existence. Just think about daily life and how people act. "I've done great things, I'm smarter than most, I'm powerful, I'm pretty, or I'm humble," are examples of the 'I'-ness that affects us. The ego wants to keep it's identity and to feel important.

Man's ego is the source of great trouble in the world. We need to absolutely know ourselves, and who we are not and therefore must be watchful. In spiritual matters having a large ego is fatal. Not only is Ego a barrier to God, but it's also a barrier to learning truth both spiritually and temporarily.

Ultimate progression isn't possible until we relinquish the separate Lower self. Our ego cannot be conquered by thought or by will of the ego itself. Only to the degree that the Lower self has been purified can it be transcended.

Do we have a large ego because of possessions, titles, education, occupation, or money? Are ego, pride, and lack of humility keeping us from waiting on God?

The goal is to get rid of, to mortify, all impure aspects of the Lower self and get rid of ego so the Higher self is open to God.

"To think of oneself as nothing, and always to think well and highly of others is the best and most perfect wisdom. If you have wealth, do not glory in it, nor in friends because they are powerful, but in God Who gives all things and Who desires above all to give Himself. Do not boast of personal stature or of physical beauty, qualities which are marred and destroyed by a little sickness. Do not take pride in your talent or ability, lest you displease God to Whom belongs all the natural gifts that you have." - (The Imitation of Christ - Kempis)

Charismatic teachers can, unfortunately, boost your ego. A good teacher will instead lead you to situations where humility is learned.

Progress on the Path if you're not cautious will strengthen your ego because of your greater knowledge compared to others.

Humility should be prayed for, and situations leading to it patiently suffered. It's an essential component of the Path. All spiritual masters of every age were humble, and all knew themselves to be nothing (no self). In other words, they had transcended the Lower self.

A good way to acquire humility is to be sufficiently humiliated.

"I once saw a yogi prancing about and barking like a dog in the middle of a bazaar. He was not begging. I asked what on earth he was doing that for, and was informed that he was a holy man who was doing this as part of his training [sadhana] for overcoming self-esteem. He could not have chosen a better means in India, where the dog is despised. Everyone took the yogi's antics as a matter of course." (Boy and the Brothers - Puri)

The book "After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path" says a Buddhist will often bow forward with hands in prayer form when meeting someone. They do this to acknowledge that the other human is a noble Soul, having had a lifetime of struggle. This simple gesture, even if done mentally, comes naturally when we recognize that we're all connected at the level of the Divine Ground and all share the human condition.

Pride

Pride is a slippery slope kind of word. Even in its best form, as a sentiment regarding doing a beneficial thing, it should probably be reframed. Even saying "Thank You" to a compliment acknowledges the compliment as being towards one's self. Being 'pleased' is a healthier response, or "Praise be to God!"

Often pride reflects the ego's attempt to boost itself. A proud person is actually weak as he depends on being better than others for self esteem.

An offspring of Ego, Pride can also be dangerous.

"Pride goeth before destruction, and an haughty spirit before a fall." (Prov 16:18)

"Self-indulgent and self-centered as we are, peril besets us on both sides. Those who love God are saved through the trials and temptations He allows them to undergo; but despite such trials we are threatened with destruction because of our pride and because we fail to remain faithful to God" (Philokalia - St Peter of Damaskos)

Pride resulting from feeling superior to others is wrong. The easiest way to not put yourself above others is to not think about yourself at all when thinking of others.

"If there is good in you, see more good in others, so that you may remain humble. It does no harm to esteem yourself less than anyone else, but it is very harmful to think yourself better than even one. The humble live in continuous peace, while in the hearts of the proud are envy and frequent anger." (The Imitation of Christ - Kempis)

About pride C.S. Lewis said:

"You may remember, when I was talking about sexual morality, I warned you that the centre of Christian morals did not lie there. Well, now, we have come to the centre. According to Christian teachers, the essential vice, the utmost evil, is Pride. Unchastity, anger, greed, drunkenness, and all that, are mere flea bites in comparison: it was through Pride that the devil became the devil: Pride leads to every other vice: it is the complete anti-God state of mind." (Mere Christianity)

Attachments

To the extent that your Lower self is insecure or incomplete your ego will form attachments because attachments bring comfort. Being attached to people isn't bad as long as it stems from pure love without expectations, but expectations of people is a destructive form of attachment.

Having material things isn't intrinsically wrong, but love of them can be. Whenever attachment to an item becomes more important than another human being or God, it's problematic.

Attachment goes from enjoying something, to need, to entitlement, to can't be happy without.

We can be attached to emotions. We dwell on sorrow, experience the rush of a fast car, or gamble for thrill. We can be attached to our thoughts or ideas and to stories we tell ourselves, all of which solidify in our minds as we have sunk cost in them. Confirmation bias hampers rational thought. Are we willing to give up the cherished but wrong ideas we're so attached to?

Attachment to intellectual thoughts and positions is problematic as they are connected to the ego. Even images and icons, while helpful if used to focus on God, can be detrimental if too connected to the ego.

"Some men love knowledge and discernment as the best and most excellent of all things. Behold, then knowledge and discernment come to be loved more than that which is discerned; for the false natural light loveth its knowledge and powers, which are itself, more than what is known." (Theologia Germanica)

Emotions are of the Lower self. Even love, if it comes from your 'I', rather than God's love passing through you, is of the Lower self, especially if you tie expectations to it. Extreme negativism, hate and anger break down ones spiritual armor allowing entry of darkness. Controlling external expression of negative emotion is insufficient, as it's the inner association with it that damages the Soul. It's common to form attachments to emotions.

Progress and transcendence do not require absence of emotions and passions, as they're a natural part of the Soul. You can experience feelings but shouldn't be attached to them. The upper Self can witness them and grow from them. Sorrow and joy can both be catalysts for purification. Embrace them then move back to being centered in the Higher self, the inner ground of prayerful attention and silence. Your Soul will learn to experience emotions without being defined by them, enabling transcendence.

Thinking too much about yourself is damaging.

Physical activity, if not ego based, offers the opportunity to take mind off of "me" and "mine," in fact it has the beneficial result of disabling the mind. A quiet hobby or work, especially using your hands, allows space to offer thanks, to pray, and to contemplate.

Cleansing, and Putting Away Outward Things

When your Soul awakens and desires the fullness of God, it goes through regeneration, shifting from the Lower self to the Higher self. This process is usually hard because of the dross most of us have.

Mortification describes putting to death inordinate bodily passions, vices, and the old self. It includes weakening the dominance of Lower self appetites, sensual desires, pride, and attachments. Putting away outward things through mortification is a step on the Path, but not the end.

"The first step is for the Soul to put away outward things and look within so as to know its own real interest. In the next step the Soul must add the contemplation of God. The third step is that, ceasing from a restless self contemplation, the Soul begins to dwell upon God instead, and by degrees forgets itself in Him." (Christian Perfection - Fenelon)

Things cleansed in mortification are sometimes known as the 7 deadly sins:

Lust: Any form of unbridled desire for people or money.

Gluttony: Overindulgence of anything in excess, particularly food.

Greed: An inordinate desire for more than what one needs.

Sloth: Avoiding spiritual, mental, or physical responsibilities.

Wrath: Anger, rage or hatred.

Envy: Covetousness towards the possessions or qualities of another.

Pride: Ego driven, pride is the worst of the sins as it can lead to every other vice.

The Soul needs to rid itself of everything not in harmony with God, every false belief, every evil desire, every blotch. This requires knowing ourselves and honestly acknowledging our flawed nature. Until we're honest about ourselves our thoughts about every subject will be distorted and we won't clearly see what we need to work on.

The Lower self is so centered on the material world that it's almost incapable of perceiving the higher realms as it's tuned to the illusions of the senses. In duality we work hard to preserve our fake personal identity. Most everything in modern life takes us away from God and ultimate reality. Our idols are our cars, homes, clothes, bank accounts, and credit ratings. The Soul must detach from all of these outer things.

"Vain is the man who puts his trust in men, in created things. Do not be ashamed to serve others for the love of Jesus Christ and to seem poor in this world. Do not be self-sufficient but place your trust in God. Do what lies in your power and God will aid your good will. Put no trust in your own learning nor in the cunning of any man, but rather in the grace of God Who helps the humble and humbles the proud. " (Imitation of Christ - Kempis)

Purification includes caring for the body, as well as subduing the mind and controlling emotions. Spiritual pursuits require energy and clarity, and you can't do that effectively with a sluggish body. Lust for food centers the Soul on the lower sensual level and prevents it from recognizing and rising to it's higher level. Proper sleep helps both the body and mind rejuvenate.

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." (1 Cor 3:16-17)

Dying to Self

Once the Lower self has been mostly purified it's necessary for ego to die. Most references to self and "dying to self" in spiritual literature refer to death of the ego, not to the "I" or entire Self.

"Because all turning to self is so far turning from God, and so much as we have of self-love, so much we have of a hellish, earthly weight, that must be taken off, or there can be no ascension into heaven." (The Spirit of Prayer - William Law)

"Give up your self, and you will find your real self. Lose your life and you will save it. Submit to death, death of your ambitions and favourite wishes every day and death of your whole body in the end: submit with every fibre of your being, and you will find eternal life. Keep back nothing. Nothing that you have not given away will ever be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will

find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in." (Mere Christianity - C.S. Lewis)

If elements of me, mine, are present then the ego is still present, and purification is not complete. The Soul must detach from them, as they are part of the world of duality. Focus on God and on the intimate unitive knowledge possible with Him.

We truly own nothing in this world, we are stewards, and share with God the rest of His creation. The key to the following is "preoccupation."

"It is only when we have renounced our preoccupation with 'I,' 'me,' 'mine' that we can truly possess the world in which we live. Everything is ours, provided that we regard nothing as our property. And not only is everything ours; it is also everybody else's." (Huxley)

The gospels showed Jesus in a variety of settings but hardly ever revealed Him as having a personal self. He, as well as great spiritual masters had only two aims, unitive knowledge of God, and serving others. In the dark night of His Soul Christ totally abandoned self in the garden and upon the cross. He wasn't concerned with Himself, even knowing the agony he would go through. "Not my will but thine be done." Our Soul also has to abandon everything ego related in order to return to God.

The ego can never be spiritual so it must be sacrificed.

"If anyone feels his heart revolted by such entire sacrifice of the ego to Him who has created us, I deplore his blindness. I feel badly to see him the slave of himself, and I pray God to deliver him from himself by teaching him to love without self-interest." (Christian Perfection - Francois Fenelon)

In meditation and prayer, it's hard to escape what can be called monkey mind, that constant mental chatter that creeps in as a distraction. Rather than using the mind to try to quiet the mind a better way is to not entertain thoughts as they come. Don't pay attention to them. The same applies to getting rid of the ego. The ego will not allow itself to be disabled by mental force. It's best to just give it no time or energy, as fighting ego only makes it stronger. Love your neighbors, drop attachments to things, and work on purifying the Lower self.

While direct communion with the Father occurs in the Higher self, God's influence is felt by the Lower self through the Holy Ghost (Spirit), through God's angels, and through God acting through man. Thus, while we need to work on purifying ourselves, we are always assisted by God. Common prayers from the Lower self raise our spirituality, contemplation from the Higher self connects us with God.

Mortification, or the dying of self does not imply that a person loses individuality or existence. Individuality survives, but instead of being centered in the Lower self, it is grounded in the Divine Higher self. The Soul still acts independently but sees things from God's perspective rather than the worlds. It finds happiness in being freed from the world.

Inner poverty implies openness and emptiness so God can work within. All actions are performed for God, not through self-interest. The true individuality that emerges is within the Divine life.

"But the one true Way of dying to Self is most simple and plain, it wants no Arts or Methods, no Cells, Monasteries, or Pilgrimages, it is equally practicable by every body, it is always at

Hand, it meets you in every Thing, it is free from all Deceit, and is never without Success. If you ask, What is this one true, simple, plain, immediate and unerring Way? It is the Way of Patience, Meekness, Humility, and Resignation to God. This is the Truth and Perfection of dying to Self; it is nowhere else, nor possible to be in any Thing else, but in this State of Heart." (Spirit of Love - William Law)

A person who claims to have transcended the self but becomes arrogant, contemptuous, or impossible to live with has only strengthened his ego.

C.S. Lewis ends his landmark work *Mere Christianity* with these words:

"But there must be a real giving up of the self... The very first step is to try to forget about the self altogether. Your real, new self (which is Christ's and also yours, and yours just because it is His) will not come as long as you are looking for it. It will come when you are looking for Him... Keep back nothing. Nothing that you have not given away will ever be really yours. Nothing in you that has not died will ever be raised from the dead... Look for Christ and you will find Him, and with Him everything else thrown in."

Part 3: The Spiritual Path

Prayer

Prayer is spiritual / metaphysical action, and was practiced prior to the establishment of any religion. Properly understood it is the expressed desire to raise one's Soul toward the Divine.

The Greek ἀναλήψις (*analēpsis*) describes "taking up" or "ascent," the Soul's ascent or elevation of lower desire into higher love.

The English word sublime means an elevated, lofty, beautiful thought.

In physics and chemistry sublime describes the process of a substance converting from a solid phase to a gas phase. The best known example is water, which can sublime directly from ice to water vapor without the intermediate liquid phase. The ice is giving part of itself to the gas.

In human terms, sublimation is devoting and giving a part of yourself to a principle, a person, or an entity. It's taking a piece of yourself and feeding it to something else.

In a negative sense we sublime by giving part of ourselves to an endless number of distractions in life. Giving in to evil, one little piece at a time, is also a process of sublimation.

Prayer is the expressed desire to sublime our thoughts to the Divine. Prayer with uplifted hands is symbolic of the desired spiritual sublimation where the Soul is willing to sacrifice the lower physical self to achieve Divine union. It's allowing increasingly more parts of your Self to float up, or sublime towards the Divine.

Prayer is essential in purifying the heart. When we pray we lay our whole heart and all of our failures before God, trusting that He will fully understand and forgive. It's an intimate sharing between friends and a time to be alone with He Who loves us.

Pray with a contrite heart, with knowledge of your deeply seated faults, and a desire to improve. Pray to know God's will. Pray to know what to pray for. God will answer prayers of a timeless

spiritual nature, and sometimes those of a temporal nature. One should not pray for things one does not truly need.

Intensely spiritual people may begin vocal prayer without intentionally formulating what they want to discuss because they constantly carry a prayer in their heart, and vocalizing is just an extension. Many of us though, have jumped into a prayer with no idea about what we wanted to pray, saying things that seemed good, perhaps things that covered our immediate friends, relatives or food. Often this happens when we're asked to pray when our minds have been somewhere else. Public performative prayer, unless we have a prayer in our heart, likely rises no higher than the ceiling.

If we looked forward to meeting with a head of state, wouldn't we learn as much about the person as we could, and prepare our minds with what we wanted to discuss? Why not with God?

"When you approach God then, try to think and realize Whom you are about to address and continue to do so while you are addressing Him. If we had a thousand lives, we should never fully understand how this Lord merits, and before Whom even the angels tremble. He orders all things and He can do all things: with Him to will is to perform." (The Way of Perfection - St Teresa de Avila)

Prayer should happen often while ignoring all distractions.

"For he prays too little, who is accustomed only to pray at the times when he bends his knees. But he never prays, who even while on his bended knees is distracted by all kinds of wanderings of heart... For at the time of its prayers the mind cannot help being affected by its previous condition, and while it is praying, will be either transported to things heavenly, or dragged down to earthly things by those thoughts in which it had been lingering before prayer." (The Conferences Of John Cassian)

"When you pray, guard your memory strongly so that it does not present you with its own passions, but instead moves you toward knowledge of the service - for by nature the mind is too easily pillaged by the memory at the time of prayer." (Early Church Fathers - Evagrius Ponticus)

God hears the humble and loving, and responds by opening spiritual and physical opportunities.

As a result of our prayer God helps us with repentance and cleansing of the Lower self. Continued prayer then helps to illuminate our mind and spirit.

If possible, considering health, age and experience, a person may move from vocal prayer to mental prayer, or do both.

"There is no thing that can compare to the grace of mental prayer! Angels do not have sensible voices, but mentally they offer up constant praise to God. This is their whole occupation; their entire life is dedicated to this. And you too, brother, when you enter your closet and shut the door, i.e. when your mind no longer wanders to and fro, but enters the inner recesses of your heart, and your senses are locked up and kept away from the things of the world, and in this manner you always pray, then you are like the holy angels." (St. Gregory Palamas)

And this will lead to contemplation through which we may be blessed with unitive knowledge.

Contemplation

For mystics, "contemplation" is much more significant than simply thinking deeply. It's turning the whole person, mind, heart, and will to intimate communion with God, rather than just pondering God or doctrine. It is about being *with* God rather than talking *to*, or asking things from God.

"Contemplation is the highest expression of man's intellectual and spiritual life. It is that life itself, fully awake, fully active, fully aware that it is alive. It is spiritual wonder. It is spontaneous awe at the sacredness of life, of being. It is gratitude for life, for awareness and for being. It is a vivid realization of the fact that life and being in us proceed from an invisible, transcendent and infinitely abundant Source. Contemplation is, above all, awareness of the reality of that Source." (New Seeds of Contemplation - Thomas Merton)

The highest purpose of life is to obtain unitive knowledge of God.

"In all the historic formulations of the Perennial Philosophy it is axiomatic that the end of human life is contemplation, or the direct and intuitive awareness of God; that a society is good to the extent that it renders contemplation possible for its members." (Perennial Philosophy - Huxley)

We are all called to contemplation. St. John of the Cross explains God's desire as follows:

"How this can be so cannot be explained in any other way than by showing how the Son of God has raised us to so high a state, and merited for us the 'power to be made the sons of God.' (John 1:12) He prayed to the Father, saying: 'Father, I will that where I am they also whom You have given Me may be with Me, that they may see My glory which You have given Me.' (John 17:24) That is, 'that they may do by participation in Us what I do naturally, namely, breathe the Holy Spirit.'" (A Spiritual Canticle - St John of the Cross)

Yet we are not to become as God (as proponents of Oneness would suggest):

"We are not to suppose from this that our Lord prayed that the saints might become one in essence and nature, as the Father and the Son are; but that they might become one in the union of love as the Father and the Son are one in the oneness of love." (A Spiritual Canticle)

Contemplation, and it's fruit - unitive knowledge, cannot be taught explained, or be subjected to scientific analysis.

"It can only be hinted at, suggested, pointed to, symbolized. The more objectively and scientifically one tries to analyze it, the more he empties it of its real content, for this experience is beyond the reach of verbalization and of rationalization." (New Seeds of Contemplation - Thomas Merton)

Contemplation is a higher experience of the Soul, beyond verbal and mental prayer. It's the sustained, receptive state of focused attention in which your mind quiets its restlessness and opens to direct perception, insight, and unitive knowledge. Although you quash wandering thoughts, the contemplative state is not one of mental drifting or thoughtlessness, rather it's the state of *being* in the presence of God.

"Then said the Lord to him, Put off thy shoes from thy feet: for the place where thou standest is holy ground." (Acts 7:33)

Removing shoes is akin to getting rid of the Lower self.

"The highest prayer is the most passive. Inevitably; for the less there is of self [lower], the more there is of God." (Perennial Philosophy - Huxley)

And if possible, direct prayer inwardly.

"The use of voluntary vocal prayer in order to contemplation (sic) may, in the beginning of a spiritual course, be proper... yet it must always give place to internal prayer when they find themselves disposed for it." (Holy Wisdom or Directions for the Prayer of Contemplation - Baker)

Preparation of the mind before prayer and contemplation is essential:

"For whatever our mind has been thinking of before the hour of prayer, is sure to occur to us while we are praying through the activity of the memory. Wherefore what we want to find ourselves like while we are praying, that we ought to prepare ourselves to be before the time for prayer. For the mind in prayer is formed by its previous condition, and when we are applying ourselves to prayer the images of the same actions and words and thoughts will dance before our eyes." (The Conferences Of John Cassian)

Prayer and meditation can appropriately be used preceding contemplation, but you'll know when to lay aside meditation on thought and forms and make the transition to contemplation when, aside from distractions, you no longer find pleasure in meditation. Details of this can be found in Ascent to Mount Carmel; search for "He can no longer meditate."

Contemplation should not be the whole of one's existence although all of your existence will be enhanced by it.

"For the fully enlightened, totally liberated person, Samsara and Nirvana, time and eternity, the phenomenal and the Real, are essentially one. His whole life is an unsleeping and one-pointed contemplation of the Godhead in and through the things, lives, minds and events of the world of becoming. There is here no mutilation of the Soul, no atrophy of any of its powers and capacities. Rather, there is a general enhancement and intensification of consciousness, and at the same time an extension and transfiguration." (Perennial Philosophy - Huxley)

Pursuit of the spiritual Path will eventually, while in contemplation, lead to a state of intuition, which is different than simply emptying the mind and letting it drift while in prayer.

"Some people begin to think it their duty to cultivate a kind of pious imbecility. There is a notion in the air that when man turns to God he ought to leave his brains behind him... But those whose feet are still firmly planted upon earth gain nothing by anticipating this moment; they will not attain to spiritual intuition by the mere annihilation of their intelligence. We cannot hope to imitate the crystalline simplicity of the saints; a simplicity which is the result, not of any deliberate neglect of reason, but of clearest vision, of intensest trust, of most ardent love." (The Essentials of Mysticism - Underwood)

Augustine Baker in his work "Directions for the Prayer of Contemplation" divided spiritual life into three parts:

The Purgative way, in which all sinful defects are purged out of the Soul.
The Illuminative way, by which divine virtues and graces are introduced.
The Unitive way, where a Soul attains a union with God through contemplation.

Watchfulness

Prayer, repentance and watchfulness are interlinked. Watchfulness is continued attention to heart and mind. Lifelong watchfulness prevents relapse into ego, maintains teachability, and encourages discernment in experience and decisions.

In order to be watchful you need to know yourself, especially your vulnerabilities, which results from the inward searching during prayer.

Maintaining a state of repentance requires vigilance, attention and watchfulness. The Greek word γνῶσις (gnōsē) means watchfulness, but also vigilance.

Jesus put a high priority on being watchful:

"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." (Matt 26:41)

"Watch therefore: for ye know not what hour your Lord doth come." (Matt 24:42)

Peter and Paul emphasized watchfulness:

"Be ye therefore sober, and watch unto prayer." (1 Pet 4:7)

"Watch ye, stand fast in the faith" (1 Cor 16:13)

Awareness is important. Society is more sensually than spiritually oriented. What we're presented with on a daily basis requires watchfulness to hold it off.

"It is well to have misgivings about oneself and not to allow self-confidence to lead one into occasions which habitually involve offenses against God. This is most necessary until one becomes quite perfect in virtue; and there are not many who are so perfect as to be able to relax when occasions present themselves which tempt their own peculiar disposition." (The Life of St. Teresa of Avila)

Regarding attacks by the adversary:

"Man cannot prevent provocations from assailing him; what does lie in his power, however, is to maintain constant watchfulness (q.v.) and so to reject each provocation as soon as it emerges into his consciousness." (Philokalia Glossary)

In the forth volume of the Philokalia, St. Symeon states that watchfulness protects prayer and helps you acquire other virtues:

"Vigilance first goes on ahead like a scout and engages sin in combat. Prayer then follows afterwards, and instantly destroys and exterminates all the evil thoughts... By means of vigilance we keep prayer pure."

"Without such watchfulness you cannot become poor in spirit, or grieve, or hunger and thirst after righteousness, or be truly merciful, or pure in heart, or a peacemaker, or be persecuted for the sake of justice. To speak generally, it is impossible to acquire all the other virtues except through watchfulness. For this reason you must pursue it more diligently than anything else." (Philokalia)

Silence

Silencing the mind is important.

"The Lord is in His Holy Temple, let all the earth keep silence before him" (Hab 2: 20).

"Inward silence is absolutely indispensable, because the Word is essential and eternal, and necessarily requires dispositions in the Soul in some degree correspondent to His nature, as a capacity for the reception of Himself... [Christ] when He would speak within us, requires the most silent attention to His all-quickenings and efficacious voice." (Short and Easy Method of Prayer - Guyon)

"Seek a suitable time for leisure and meditate often on the favors of God. Leave curiosities alone. Read such matters as bring sorrow to the heart rather than occupation to the mind. If you withdraw yourself from unnecessary talking and idle running about, from listening to gossip and rumors, you will find enough time that is suitable for holy meditation. Very many great saints avoided the company of men wherever possible and chose to serve God in retirement. 'As often as I have been among men,' said one writer, 'I have returned less a man.'" (Imitation of Christ - Kempis)

"When a Soul approaches this state, strive that it become detached from all satisfaction, relish, pleasure, and spiritual meditations, and do not disquiet it with cares and solicitude about heavenly things or, still less, earthly things. Bring it to as complete a withdrawal and solitude as possible, for the more solitude it obtains and the nearer it approaches this idle tranquility the more abundantly will the spirit of divine wisdom be infused into its Soul. This wisdom is loving, tranquil, solitary, peaceful, mild, and an inebriator of the spirit, by which the Soul feels tenderly and gently wounded and carried away, without knowing by whom or from where or how. The reason is that this wisdom is communicated without the Soul's own activity." (The Collected Works of St John of the Cross)

To some, far enough on the Path, silence in external settings is less important.

"To have a restful or peaceful life in God is good; to bear a life of pain in patience is better; but to have peace in the midst of pain is the best of all. A man may go into the field and say his prayer and be aware of God, or, he may be in Church and be aware of God; but, if he is more aware of Him because he is in a quiet place, that is his own deficiency and not due to God, Who is alike present in all things and places, and is willing to give Himself everywhere so far as lies in Him. He knows God rightly who knows Him everywhere."

Grace

Grace is an undeserved gift given by God. It's not a reward for obedience or moral living. It originates from Divine love and helps engender a better relationship with God. Grace embodies

God's readiness to forgive and transform despite our shortcomings. It is a gift that radically transforms you as the receiver.

No one escapes life's difficulties. We all have periods of hardship, some worse than others but we also have heavenly helpers who are personally interested in each of us.

God's grace is an essential part of contemplation. We cannot make the final approach to God simply through our own efforts. We need to do the preparatory work through mortification and prayer, but final access is granted only by the grace of God.

Grace is first experienced during enlightenment where it deepens insight and transforms the heart. It then helps throughout the difficult process of repentance by affording strength to carry through. Indwelling of the Spirit is by grace, as is the unitive experience.

The grace of God is bright as perceived through the Spirit.

"The grace of God in a Soul is like a candle in a lantern or in a glass vessel; for it enlightens, and brightens, and shines through, the vessel, that is, the righteous man. And it manifests itself to the man who has it within him, if he be observant of himself. And it manifests itself through him, to other men, in virtues and in good example. This flash of divine grace inwardly stirs and moves a man with swiftness, and this swift movement is the first thing which makes us see." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

Faith

Faith (Greek *pistis*) isn't something that we can generate solely within ourselves. Though we should pray for faith, it's always a gift bestowed through God's grace.

"When a man gives his assent to the things of faith, he is raised above his own nature, and this is possible only through a supernatural principle which moves him from within. This principle is God. The assent of faith, which is the principal act of faith, is therefore due to God, who moves us inwardly through grace." (Nature and Grace - Thomas Aquinas)

Faith is actually the condition of having been "persuaded" by God.

Charles Price in his book "The Real Faith" said: "You cannot have faith in God, unless you have the faith of God... Grace and faith are so closely related that you cannot separate them. The wonder of it lies in the fact that faith is many times *imparted* when we feel the least deserving. It is not always the product of merit" Nor is it a product of the mind.

Foundational faith is necessary for spiritual growth. One must have faith that God exists, and is approachable, faith that He loves us, and that He sustains our life.

"When the Divine Light penetrates the Soul, it is united with God as light with light. This is the light of faith. Faith bears the Soul to heights unreachable by her natural senses and faculties." (Eckharts Sermons)

Doubts will come and go, especially if faith stems from intellect. Testing can come at any time, but the most severe tests accompany our having doubt, and doubt can last for a long time.

Similar to our being on earth, and not constantly in God's presence, His temporary withdrawal enables us to honestly take the tests of mortality, but He has not forgotten us.

Faith in anything other than God, is simply belief, and belief can be ethically neutral.

Sacrifice

Sacred is the root word of sacrifice. Sacrifice is to offer up to God, to make sacred. You must be willing to give everything up, and will in fact have to give up your illusory Lower self as you transcend towards the higher, still individual but not ego centered, Self. Keep what you actually need and give up the rest. Give up everything that isn't God in order to make room for God.

Sacrifice is offered throughout the spiritual path. It's needed during mortification for giving up attachments, comforts, and ego driven desires as well as in fasting, living simply, and foregoing status. It disciplines the will and weakens habitual passions.

Sacrifice then becomes central while serving others through offering time, comfort, and perhaps material goods. When you arrive at this point it's less about restricting the Lower self, but about being an embodiment of the Higher self's unconditional love.

Finally, the ultimate sacrifice is giving up the ego to make room for God and do His will.

Charity

Charity is selfless love, and compassionate giving towards others. It's God's love flowing through us to the recipient. It is both intention and action.

"And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing. Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up." (1 Cor. 13:2-4)

Charity is love that doesn't depend on the response of the recipient, acknowledgment or reciprocation, as these result from self love instead of charity. Selfless charity brings us closer to others and to God.

"Charity is a bond of love, in which we are drawn up to God, and through which we renounce ourselves, and whereby we are united with God and God is united with us. But natural love turns back towards itself, and towards its own profit, and ever abides alone. Nevertheless, in its outward works, natural love is as like unto charity as two hairs from the same head; but the intentions are different. For the good man always seeks and means and desires, with an aspiring heart, to glorify God; but in natural love a man has always himself and his own profit in mind." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

Charity appears as simple, regular acts of kindness and generosity without expecting return. It's a commitment to others' needs motivated by love rather than duty.

Service

Service alleviates suffering in others and helps build community.

The Lower self, being insecure, desires recognition for serving others or serves on a transactional basis with hopes of return. The Higher self serves others without any expectation whatsoever. Service increases our love for others, and the recipient feels the unselfish love

offered. Resentful service damages the Soul. Just as a pure Soul allows God to be seen in ones continence, service is God's love flowing through the giver to the recipient.

"It is the Spirit that maketh the work perfect, and acceptable in the sight of God. All that a man undertaketh and doeth in faith, he doth in the Spirit of God, which Spirit of God doth cooperate in the work, and then it is acceptable to God. " (Way to Christ - Jacob Boehme)

God is immanent in the people we serve.

"In everyone who is poor, oppressed, or sick, it is Christ who encounters us, asking - through this abasement - for our help. In the outstretched hand of the poor is the outstretched hand of Christ; in the faintness of his voice we hear the faint voice of Christ." The Experience of God - Staniloae)

Part 4: The Holy Spirit

Third person of the Godhead, the Holy Spirit or Holy Ghost is critical to our connection with the Divine. He is the communicator and enabler of Gods works within us.

"He who finds and possesses this supernal treasure of the Spirit can accomplish all righteous acts and works prescribed by the commandments, not only in purity and faultlessly, but also without any suffering or exertion, whereas before he was far from accomplishing them in such a painless way. For no one, however he tries, can truly cultivate spiritual fruits before participating in the Holy Spirit But everyone should put pressure on himself, striving to advance with endurance and faith, and fervently beseeching Christ that he may acquire this heavenly treasure; for in it and through it he can accomplish, as was said, every righteous act in purity and perfectly, without toil or distress." (Philokalia Vol 3)

The foremost benefit of working on the Lower self and following the spiritual path is increased companionship of the Holy Spirit. It's through the Spirit, the still small voice, that God initially communicates with man. As we improve, the Spirit becomes more and more a part of our inner life.

Teacher and Witness

John Owen discusses the Holy Spirit in detail in his book Communion with God, describing some of It's attributes. The Spirit teaches, and brings into remembrance spiritual principles and scripture. The Spirit glorifies Christ. The Holy Spirit sheds God's love on us.

"What it indicates is that the Comforter gives a sweet and plentiful evidence and persuasion of the love of God to us. It is such that the Soul is taken, delighted, and satiated with it. This is his work, and he does it effectually." (Communion with God - John Owen)

It's worth pondering that the Holy Spirit conveys truth more effectively directly to our heart, than Christ Himself did personally to his disciples.

"While he was with them, the heavenly promises Christ gave them had little effect on their hearts! When the Spirit came, he made all things full of joy for them! This unique work, which belonged to the Spirit by virtue of his office, was reserved for him so that he too might

be glorified. His work to the end of the world is to bring the promises of Christ to our minds and hearts. He gives us their comfort, joy, and sweetness, far beyond what the disciples experienced when Christ spoke the promises to them in person. Their gracious influence was being restrained, so that the dispensation of the Spirit might be glorified." (Communion with God - John Owen)

The Spirit illuminates and also reveals.

"Again, I feel that by the visitation of the Holy Spirit I have gained purpose of Soul, steadfastness of thought, keenness of heart, together with an ineffable joy and transport of mind, and in the exuberance of spiritual feelings I have perceived by a sudden illumination from the Lord an abounding revelation of most holy ideas which were formerly altogether hidden from me." (The_Conferences_Of_John_Cassian,_EN.pdf page 197)

Perception of the Holy Spirit depends on the person and openness.

"So God is often hidden when at work upon a human Soul, awakening, convicting, converting; a good work going on and not known to be a divine working. God's indwelling is hidden behind second causes. His real presence with his own may be easily overlooked; depends, in the perception of it, upon spiritual delicacy, sensitiveness, faith." (The Divine Indwelling - Edmund Brown)

"The Spirit's work within is usually gentle and delicate; is made only in the responsive and sympathetic Soul, as we make precious communications only to those who value them." (The Divine Indwelling)

"It is a Light Within which illumines the face of God and casts new shadows and new glories upon the face of men. It is a seed stirring to life if we do not choke it. It is the Shekinah of the Soul, the Presence in the midst. Here is the slumbering Christ, stirring to be awakened, to become the Soul we clothe in earthly form and action. And He is within us all... The Living Christ within us is the initiator and we are the responders." (The Light Within - Thomas Kelly)

"Those who are privileged to become children of God and to have Christ shining forth within them are guided by varied and differing qualities of the Spirit, and are cherished by grace in the secret places of the heart. The seeming joys of the world are not to be compared with the experience of divine grace in the Soul. Those who share in this grace are sometimes filled with an inexpressible and nameless joy and exultation, as if they were at some royal banquet; sometimes they feel like bride and bridegroom delighting together spiritually; and sometimes like bodiless angels, since the body has become so weightless and light that it seems that they are not clothed with it." (Philokalia Vol 3)

It's a gradual process.

"The Soul that is faithful in the exercise of love and adherence to God above described, is astonished to feel Him gradually taking possession of their whole being: it now enjoys a continual sense of that Presence, which is become as it were natural to it; and this, as well as prayer, is the result of habit. The Soul feels an unusual serenity gradually being diffused throughout all its faculties; and silence now wholly constitutes its prayer; whilst God communicates an intuitive love, which is the beginning of ineffable blessedness." (Short and Easy Method of Prayer - Madam Guyon.pdf page 21)

"I was once asked why good folk feel so happy with God and are so zealous to serve Him. I replied by saying it was because they had tasted God, and it would be strange indeed if the Soul that had once tasted and tried God could stomach anything else. One saint says that the Soul that has tasted God finds all things that are not God repugnant and stinking." (The Complete Mystical Works of Meister Eckhart)

Inviting the Spirit

It's of paramount importance to actually invite the Spirit, not only for ourselves but so that we may help others.

"Whenever those who possess in themselves the divine riches of the Spirit take part in spiritual discussion, they draw as it were on their inner treasure house and share their wealth with their hearers. Those, however, who do not have stored in the sanctuary of their heart the treasure from which springs forth the bounty of divine thoughts, mysteries and inspired words, but who cull what they say from the Scriptures, speak merely from the tip of the tongue; or if they have listened to spiritual men, they preen themselves with what others have said, putting it forward as though it were their own and claiming interest on someone else's capital. Their listeners can enjoy what they say without great effort, but they themselves, when they have finished speaking, prove to be like paupers. For they have simply repeated what they have taken from others, without acquiring treasures of their own from which they could first derive pleasure themselves and which they could then communicate profitably to others. For this reason we must first ask God that these true riches may dwell within us, and then we can readily benefit others and speak to them of spiritual matters and divine mysteries. For God's goodness delights to dwell in every believer." (Philokalia Vol 3)

So invite and formally ask for the gift of the Holy Spirit.

The presence of the Holy Spirit within us increases as we purify the Lower self.

"If I love the flesh, my imagination is often taken up with the things of the flesh. If I love the Spirit, I delight to think of spiritual things. For whatsoever things I love, of the same willingly speak and hear, and carry home with me the images of them. But blessed is the man, who for thee, O Lord, lets go all things created: who offers violence to his nature; and through fervour of spirit crucifies the lusts of the flesh: that so his conscience being cleared up, he may offer to thee pure prayer." (The Following of Christ)

"For according to the manner and way in which the Spirit of God urges, and drives, and draws, and streams into us, and stirs us; in this way we must go out and progress in our inward practices, if we are to become perfect. But if we withstand the Spirit of God by a life that does not accord with it, we lose that inward urge, and then the virtues will depart from us." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

The Holy Spirit brings a deepening feeling of the presence of God, permeating the person's inner life. His presence allows grace to rework you, deepen trust, and redirect priorities.

Discernment, however, is required to prevent misattributing ordinary feelings to spiritual guidance. In fact, feelings in general should be suspect as they center in the Lower self. Music and other things that stimulate emotion can easily be mistaken.

You are near to God when the Spirit's indwelling becomes stable and dominant in ordinary life.

Part 5: Following the Path

The material world must be mastered as well as the spiritual. Doing so is part of the Path. When people become aware of the spiritual there's a tendency to want to live only in it, to escape the hardship of physical life. But experience in the physical is also part of the Path.

Spirituality is fullness, mastering all aspects both low and high is the Path. If it were possible to learn everything we needed solely in the spiritual world we wouldn't have needed Earth. The lessons and testing here are of enormous importance.

Live in the world but not of the world, enjoy the world but don't be attached to it.

The Path involves acknowledging our faults and flawed nature, repenting, loving God and people, long suffering, service, and getting rid of self.

It starts with an unwavering desire to know truth and to know and love God, which likely requires deconstructing existing beliefs. It may take years to progressively unveil the truth. You have to lose your life to gain it as the Savior said. Seek absolute truth, not religious dogma.

Knowing God and loving God are related. One does not proceed the other, neither can one exist without the other, they have to grow together.

Knowledge of God progresses through a lifetime. When we're children our parents teach us that God exists and that He loves us. We're taught to pray to (an external) God, which is a good first step. Then as we grow older and our particular religion shapes our view of Him we read scripture and see both a vengeful, angry, jealous God as well as a more caring and fair Son. These contradictory views partially reflect the time and the culture in which they were written.

The God you'll eventually discover is not one to be feared, but one who consistently loves and encourages your growth. Mercy and grace come before justice.

Once we see glimmers of truth, and feel the pull of a loving God, it's time to get to work. The spiritual path, like all honest forms of work, produces in proportion to the effort put in. Even a little bit of effort will produce noticeable results. Treading the entire path is difficult. It requires total honesty about faults and a willingness to change. The hardest parts of the Path will be traveled alone.

Acquiring knowledge along the way is a lonely quest. It's very easy to be misled by one teacher or another. You have to ignore the often loud voices pulling you way or that, and listen to the still small voice in the higher part of your Soul.

Real progress on the Path is through inward work, but outward efforts such as prayer, study, and service are needed as these produce humility and discipline and lead to introspection. Sacrifice is needed. Emphasizing the pursuit of knowledge *of* the Path past a certain point can slow progress of actually progressing *on* the Path.

Don't waste effort trying to find perfection in the external world. It will never happen and will lead to discouragement. The world is a temporary place, designed to disintegrate. Health

decline, taxes, and rust are all intended and needed. Our task is to show the disintegrating world hope by showing God in our continence and actions.

You'll be presented with uninvited situations in life, given to allow growth.

We encounter what we fear or dislike the most, and the trials we try to avoid.

Anything unfinished on the Path will be revisited. A lesson avoided will only come up again, likely with increased intensity.

Suffering will be required. It shouldn't be sought and those suffering should be comforted, but suffering can dig through problems in the ego.

New Age feel good spirituality falsely leads participants to believe the spiritual path is filled with bliss, joy, wisdom, and enlightenment. On the true Path these may be encountered intermittently, but must be paid for by hard work in purification and detachment from things one holds dear.

God will support you as you progress with often undeserved grace. You'll find joy in increased perception of Him both as a transcendent being, and in His creation. He will reveal his plan as you progress on the Path. Worldly desires will decrease and an indescribable feeling of love for others and God's creation will sweep over you.

Rewards and Goals of the Path

The practical side of the Path, detachment from material goods and expectations of people will free you from many of life's burdens. The intellectual framework of the Path provides insight and access into the transcendent aspects of God. The simplicity of the Path will free your time to experience beauty in art, music, and nature.

The mortified Soul is a simple Soul. It's no longer weighed down with the things of the world. Time is in the realm of the Lower self. The Higher self isn't concerned about the past, or the future.

By following the Path you can become a saint in the fullest sense, one who has paid the price of the inner journey to God.

"Souls that have reached the transforming (unitive) union are, so to speak, nothing in themselves and all in God. For when the Soul is wholly transformed in God, it loses its proper being and becomes, as it were, a pure receptacle and instrument of God's operations."
(Ascent to Mount Carmel - St John of the Cross)

Goals of the Path

1. Eliminate as much as possible traits of the natural man.
2. Subdue ego and all things involved with self.
3. Transcend the personal self bringing it to alignment with the Divine. Be one with God in thought, purpose and action.
4. Experience unitive knowledge if called by God.

Living in the World

Gratitude

Life is hard for many, but regardless of our situation in life there's always some little thing we can express appreciation for. And God appreciates our sentiment.

"Every inhalation of the breath prolongs life and every expiration of it gladdens our nature; wherefore every breath confers two benefits and for every benefit gratitude is due." (Rose Garden - Saadi Shirazi)

"Only he who gives thanks for little things receives the big things. We prevent God from giving us the great spiritual gifts He has in store for us, because we do not give thanks for daily gifts... We pray for the big things and forget to give thanks for the ordinary, small (and yet really not small) gifts. How can God entrust great things to one who will not thankfully receive from Him the little things?" (Life Together - Bonhoeffer)

Prayer, supplication, and thanks bring us closer to God and help us develop gratitude.

"Inward devotion often brings forth gratitude; for none can thank and praise God so well as the inward and devout man. And it is just that we should thank and praise God, because He has created us as reasonable creatures, and has ordained and destined heaven and earth and the angels to our service; and because He became man for our sins, and taught us, and lived for our sake, and showed us the way; and because He has ministered to us in humble raiment, and suffered an ignominious death for the love of us, and promised us His eternal kingdom and Himself also for our reward and for our wage." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

Relationships

You can never find completion in another person. In fact you cannot find completion in anything external, not even an external God. Completion can only be found in God.

Relationships help us to see ourselves clearly and are designed to encourage and test the spiritual growth of both people, bringing out good and bad qualities. A relationship with a perfect match wouldn't produce much spiritual growth, whereas a moderate amount of difference is helpful. Resolving those differences, especially by getting rid of Lower self induced problems, is essential for growth. It helps if both parties are self aware and acknowledge their weaknesses.

Unless there's true abuse, don't end a relationship simply because it's hard as it presents an opportunity for learning. Through pure love you may point out weaknesses in others from an unattached standpoint, but not out of anger, fear or selfish reasons. In marriage assisting your partner to reach his or her highest desired spirituality is a noble goal.

You become who you associate with and this is especially true in spiritual matters.

"It is of the utmost importance for the beginner to associate with those who lead a spiritual life, and not only with those in the same mansion as herself, but with others who have traveled farther into the castle, who will aid her greatly and draw her to join them." (The Interior Castle or the Mansions - St. Teresa de Avila)

Physical Suffering

Do individuals suffer for societies sins? It seems the answer is yes. We're not as individual as we think. We're all part of humanity, and suffer as individuals for errors made by the whole. We should help the unfortunate who suffer, as they are in a sense part of us, and we part of them.

Suffering helps develop compassion, can strip away attachment to worldly comforts, and refine the heart.

"Behold, I have refined thee, I have chosen thee in the furnace of affliction." (Isa 48:10)

Individual suffering can be intense, physically mentally and emotionally, and may come instantly or may occur over several years. The sufferer may receive compassion from others, or may have to bear the pain alone. In either case, the burden is best carried by detaching from the situation as much as possible. Nothing can damage the upper Self.

"If man is in himself emptied of all things, whatsoever befalls him without his co-operation, is a gift of God, and is the best thing for man, whatever it be, be it grateful or painful, sour or sweet. For when a man turneth himself away from all things and holds on to God, God must needs go to meet him with all good, be it bodily or spiritual." (Following of Christ - John Tauler)

Jesus was speaking of the Higher self when he said "Let your heart not be troubled." Your Higher self, the important part of your Soul, is beyond reach of the world and can't be damaged if you remain detached from whatever happens in the material world. It's your Lower self ego that gets damaged from external sources, not your Higher self.

For us personally what counts the most is how we deal with the sometimes brutal realities of life.

"The more the victor has to struggle, the more he is honored, and from this he derives great joy." (Philokalia - St Peter of Damaskos)

We should do whatever is in our power to help others through compassion and service.

Obedience

Organizations require some degree of hierarchy and authority in temporal matters. Organizational rules of conduct should be followed, but spiritual truth ultimately comes from within, and to that, obedience is always owed.

Obedience to a church leader depends on the commitments you've made, especially with regards to faith sacraments. A Catholic for instance who has received the sacramental disposition of penance by a priest following reconciliation, should follow his direction as it is perceived to be directly from God. Most faiths however believe there are no intermediaries other than Christ, to whom only obedience is required.

Obedience to anything contrary to God's law is wrong.

"It appears clearly that those who command things evil are not to be obeyed, especially when in yielding to wrong commands, in which you appear to obey man, you show yourself plainly disobedient to God, who has forbidden everything that is evil. For it is altogether unreasonable to profess yourself obedient when you know that you are violating obedience

due to the superior on account of the inferior, that is, to the Divine on account of the human."
(Life and Works of Saint Bernard)

Obedience without humility is folly.

"From this humility there springs obedience, for none can be inwardly obedient save the humble man. Obedience means an unassuming, submissive, and pliable humor, and a will in readiness for all that is good. Obedience makes a man submit to the biddings, the forbiddings, and the will of God; it subjects the senses and the animal powers to the higher reason, so that a man may live decently and reasonably." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

Sin

From the beginning man began to regard his own self as higher than God. This is the essence of sin, putting one's own thoughts, desires, and choices above those of God. Carnal man perceives this as normal, if not healthy.

Sin is setting our will against God, dethroning Him and making ourselves king in our own minds following Lucifer's lead:

"For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High." (Isa 14:13-14)

Sin is "I know what You want, I don't care, I want what I want." Stronger than prayer, it's a message we send to God showing how we feel about Him.

Sin at a fundamental level is knowingly going against the natural Divine order as it pertains to humans. Since actions can easily be rationalized religions have moral codes. Within Christianity the moral code is summarized in the Ten Commandments as well as admonitions to practice forgiveness, humility, and charity.

Sin can be a corrupt variation of good. Examples are greedy action to acquire goods to give to another, gluttony to be part of the others overindulgence, drinking to be part of the party, lust please another, wrath so the gang feels support, and pride to be part of the team.

In traditional Christianity much of the power that churches hold comes from their perceived ability to identify and in some way cure or facilitate forgiveness of sin. Sin is cast as a destroyer of Souls, which if not properly handled may result in eternal damnation.

Sin has a different meaning in truly Eastern traditions such as Hinduism, Buddhism, Sufism, and Zen treating it not as a legalistic offense against deity but a mental distortion or energetic blockage that keeps the seeker separated from God. In Taoism, sin is going against the natural flow, creating disharmony rather than moral guilt.

Significantly, in non religious spirituality, the subject of sin is rarely touched upon. Sin is a manifestation of a deeper spiritual problem, and the problem is what needs to be addressed, not suppressing its expression as sin.

Christian Mystics frame sin as a spiritual condition, a disruption in the Soul's communion with God rather than a break of moral code. Improving man's relationship with God is emphasized rather than guilt and institutional penalties. Sin is a wound to the Soul, particularly the Lower

self. It separates the Soul from the light of God. It's forgetting our true Self as an image of God, and misidentifying with the temporal Lower self of the senses.

Just like wood that can split due to an internal weakness, humans often have a particular weakness they may not know about or may try to hide from. Attending church and following all the commandments doesn't equate to being sinless, and being proud of ones imagined sinlessness sets one up for testing.

"Pride goeth before destruction, and a haughty spirit before a fall." (Prov 16:18)

Most find that sin in the end isn't satisfying, that it leaves a hole in the spirit.

"Scarcely four years after I had left Oakham and walked out into the world that I thought I was going to ransack and rob of all its pleasures and satisfactions. I had done what I intended, and now I found that it was I who was emptied and robbed and gutted. What a strange thing! In filling myself I had emptied myself In grasping things, I had lost everything. In devouring pleasures and joys, I had found distress and anguish and fear." (Thomas Merton The Seven Story Mountain)

God will help when we're ready.

"To turn from sin by one's own power and come to God is still much more impossible. Therefore, whosoever is to turn from sin and come to God in His heavenly kingdom, must be drawn by the heavenly Father with the might of His divine power. The Father also draws the Son who comes to help us with His grace, by stimulating our free will to turn away from, and hate sin, which has drawn us aside from God, and from the immutable goodness of the Godhead. Then, if she is willing, He pours the gift of His grace into the Soul, which renounces all her misery and sin, and all her works become living." (Meister Eckhart's Sermons)

And so found Thomas Merton.

"I was now, at last, born: but I was still only newborn. I was living: I had an interior life, real, but feeble and precarious. And I was still nursed and fed with spiritual milk. The life of grace had at last, it seemed, become constant, permanent. Weak and without strength as I was, I was nevertheless walking in the way that was liberty and life. I had found my spiritual freedom. My eyes were beginning to open to the powerful and constant light of heaven and my will was at last learning to give in to the subtle and gentle and loving guidance of that love which is Life without end. For once, for the first time in my life, I had been, not days, not weeks, but months, a stranger to sin." (Thomas Merton The Seven Story Mountain)

After a lengthy discussion on the problems with immorality C.S. Lewis concludes with this interesting comment:

"If anyone thinks that Christians regard unchastity as the supreme vice, he is quite wrong. The sins of the flesh are bad, but they are the least bad of all sins. All the worst pleasures are purely spiritual: the pleasure of putting other people in the wrong, of bossing and patronising and spoiling sport, and back-biting; the pleasures of power, of hatred. For there are two things inside me, competing with[in] the human self... They are the Animal self, and the Diabolical self. The Diabolical self is the worse of the two. That is why a cold, self-righteous prig who

goes regularly to church may be far nearer to hell than a prostitute. But, of course, it is better to be neither." (Mere Christianity - C.S. Lewis)

God's Forgiveness of Sin

Mystics base God's forgiveness of sin on Christ's atonement but don't believe he paid for our sins in a legalistic sense. His sacrifice opened the door enabling humans to spiritually follow and become like Him.

"For Christ, then, are we ambassadors, as of God entreating through us. We are beseeching for Christ's sake, 'Be conciliated to God!' For the One not knowing sin, He makes to be a sin offering for our sakes that we may be becoming God's righteousness in Him." (2 Cor 5:20-21 Concordant Version) CV used because of its literal translation of original text.

"For seeing that Christ also suffered for your sakes, leaving you a copy, that you should be following up in the footprints of Him Who does no sin, neither was guile found in His mouth; Who, being reviled, reviled not again; suffering, threatened not, yet gave it over to Him 'Who is judging justly, Who Himself carries up our sins in His body on to the pole, that, coming away from sins, we should be living for righteousness; by Whose 'welt you were healed. For you were as straying sheep, but now you turned back to the Shepherd and Supervisor of your Souls.'" (1 Pet 2:21-25 Concordant Version)

We live through Christ as we receive ongoing sanctification. His atonement is a shelter for us as we progress past our sins, helped by the love and grace of God.

"In this was manifested the love of God among us, that God has dispatched His only begotten Son into the world that we should be living through Him. In this is love, not that we love God, but that He loves us, and dispatches His Son, a propitiatory shelter concerned with our sins." (1 John 4:9-10 Concordant Version)

Inward healing, transformation, and conformity to Christ are the means to obtain forgiveness. Forgiveness is tied to deep, ongoing inner purification of the Lower self. Love and contrition born of love, not fear, accompany forgiveness. Mystics describe progressive healing of the mind and passions as the person becomes less attached to sin. They describe forgiveness as being part of Christ's saving work. The Soul is united to Christ so His life and righteousness become part of the believer.

It's possible to experience the most profound and beautiful experiences of God's forgiveness, receiving direct experiential assurance from God, an interior encounter with God's love that brings certainty of forgiveness beyond intellect or normal, even spiritual, feeling.

Miracles

Normal experience is in the worldly domain of the Lower self. Through miracles God's grace occasionally reaches down into this realm, breaking the normal order. Miracles are lower level manifestations that can awaken the Higher self. They reveal Divine love and mercy and open the Soul to a personal encounter with God.

Miracles have occurred throughout history to show non believers the existence and power of God as well as to bolster believers. Across traditions they inspire devotion, and provide tangible evidence of the transcendent.

Scriptural instances include Jesus turning water into wine, feeding the 5,000, walking on water, healing the blind, and raising Lazarus from the dead. From Moses onward and especially through New Testament times, miracles demonstrated who was sent from God.

In the Catholic Church, miracles are taken as signs that God approves the holiness of a candidate for sainthood. The Church requires verified miracles to confirm that the person (who is in heaven) can intercede for the living.

The importance of miracles in proving God's interest in humanity can't be overstated, but on a personal level they are of little importance as they occur in the Lower self physical domain and are not in themselves central to the Soul's growth.

Enjoy and appreciate them when they happen, but it's best not to overemphasize them.

Spiritual Training, Learning from Life

Embrace what life throws at you. Learn from all of life experiences. Go with the flow of life, as it carries you to people and places where you'll find opportunities for growth.

Spiritual progress will stop if successes on the Path cause arrogance and refusal to learn from practical experience.

Studying about something is nowhere near being something.

Taking shortcuts on the spiritual Path won't work, as God sees through them. The price for entering His kingdom is dedication and hard internal work.

Don't use another's faults as an excuse for not working on your own. Imperfect people may become our source for growth because they are uniquely positioned in life for a lesson we need to learn.

No one else can do the work for you.

Judging and Forgiving Others

Beware of judging other's sinfulness.

"Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again." (Matt 7:1-2)

If done without emotion or energy, and simply for planning purposes judgment is reasonable. If judgment involves emotion, ego, power, or elevating oneself over the other it amounts to assuming a power reserved to God.

It's also hazardous to criticize anything created by God, be it man or thing.

"There is no greater curse than discontent." (Lao Tzu)

Emphasis of the concept of forgiveness is another gift given to us by Christ. In pre-Christian times forgiveness wasn't necessarily considered a virtue. Older societies had practices and virtues overlapping with forgiveness, but the interpersonal moral idea of unilateral, grace-centered forgiveness found emphasis in Christ.

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;" (Matt 5:44)

Having a forgiving heart precedes obtaining forgiveness.

“And forgive us our debts, as we forgive our debtors.” (Matt 6:12)

Aloneness

Progress on the path requires increasing detachment from things, people, and ideas once held closely. You may feel that the world you now see is unreal, that you don't belong. People run as a herd and tend to reject anyone out of the norm, and as you pursue a spiritual path you'll increasingly be out of the norm.

You'll feel inwardly alone, especially when being tested, as tests are generally an individual matter.

The aloneness (not necessarily loneliness) the Lower self experiences paradoxically coincides with increasing connection of the Higher self with God.

As the Path narrows towards the top aloneness will become more pronounced. Your changes will be noticeable to other people. They will recognize perhaps subconsciously that they aren't doing what's necessary. They may think you're aloof or misguided. Religious friends may feel insecure around you. Show unconditional love to them, and be confident that you're doing what your Soul needs. Let God's unconditional love shine through you.

We need to learn to stand alone in facing life's tests. The end of the Path, the most difficult part where you loose self, is actually an initiation, and must be done alone. Such were the final hours of Jesus. He had gone the whole Path but at the very end said:

"My God, my God, why hast thou forsaken me?" (John 3:16)

St. John of the Cross had this to say about abandonment:

"Inasmuch as God here purges the Soul according to the substance of its sense and spirit, and according to the interior and exterior faculties, the Soul must needs be in all its parts reduced to a state of emptiness, poverty and abandonment, and must be left dry and empty and in darkness. For the sensual part is purified in aridity, the faculties are purified in the emptiness of their perceptions and the spirit is purified in thick darkness." (Dark Night of the Soul - St. John of the Cross)

Angels

God has helpers, Divine beings that watch over us.

“For he shall give his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone.” (Psalm 91:11–12)

"In heaven their angels do always behold the face of my Father which is in heaven." (Matt 18:10)

“Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation?” (Heb 1:14)

St. Teresa described one angel as:

"He was not large, but small of stature, and most beautiful—his face burning, as if he were one of the highest angels, who seem to be all of fire: they must be those whom we call

cherubim. Their names they never tell me; but I see very well that there is in heaven so great a difference between one angel and another, and between these and the others, that I cannot explain it." (The Life of St. Teresa of Jesus)

Eckhart describes spiritual beings as being coexistent with other spirit:

"There is a difference between spiritual things and bodily things. Every spiritual thing can dwell in another; but nothing bodily can exist in another... Every single angel is in the next with all his joy, with all his happiness and all his beatitude as perfectly as in himself; and every angel with all his joy and all his beatitude is in me, and so is God Himself with all His beatitude, though I know it not." (The Complete Works of Meister Eckhart)

But, Eckhart also said that angels are created and exist in the domain of time.

"[Regarding his vision] The second question is whether St. Paul understood outside of time, or in time. I say he understood out of time, for he did not understand from the angels who are created in time; he understood from God, who was before time was, whom time never comprehended." (The Complete Mystical Works of Meister Eckhart)

The Soul is directed by angels.

"The Soul is guarded and directed by the angels, who whisper Divine counsel and intercede for her on the way to perfection. " (Spiritual Canticle - St. John of the Cross)

Angels are beautiful.

"Take the lowest angel in his pure nature: the smallest splinter or spark that ever fell from him would suffice to light up the whole world with bliss and joy. " (Eckhart Sermon 5)

Spiritual Teachers

Seeking must be initiated from within by a pure heart. You are ready to be taught when you have pure intent and a love for God. Your goal should not be happiness or joy, but truth. You must be open and always be ready to adopt new ideas, after proving them.

God will bring teachers in many forms - friends, nature, and others further along the Path. Teachers or teaching situations will appear when you need them, but you are likely to run into a false teacher if your motives are wrong or your heart impure.

Your spiritual teacher should love to teach because he loves to help others. He shouldn't do it in any degree to feed his own ego. He should be humble and teach without receiving any personal reward, especially money.

He does not want, and will discourage his students from becoming dependent on him and will leave if you do become dependent. The teacher's only goal should be to help raise you to point where you receive knowledge directly from God through your Higher self. The teacher will emphasize, and the student should pursue, dying of self, service to others, and love of God rather than so called enlightenment.

You can recognize a true spiritual teacher because you see little ego in them. Instead you'll feel the presence of God, which flows through them as calmness, presence and love.

The old adage promises "When the student is ready, the teacher appears."

Helping others Spiritually

Progress on the Path increases spiritual depth, provides an example for others to follow, and gives one insights into others needs. A spiritual person can then share his knowledge when appropriate.

"Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house." Phil 2:14-15

It's relatively easy to show an active truth seeker the right direction and offer support along the way. If they're not consciously on the Path your love and help will still be uplifting.

Following the Path is not like being in a proselyting religion. While you have the desire to help others, you also recognize that each individual must find and enter the Path by themselves. Spirituality is not something that can be pushed. Example is important and conveys the message without you saying a word. Even if you're only partially down the Path you can help others.

Church

In the New Testament the Greek word translated as "church" is ekklesia which means God's people or gathering of His people. According to that original meaning "going to church" is an oxymoron. Now however "church" refers to the people, the building, and the service, and is commonly mixed up with the word "religion."

Church attendance or association can help on the spiritual path by encouraging spiritual bonds between people. It provides a unique opportunity to serve, fast, and pray for others within a faithful setting. Churches provide important structure and moral guidance, especially for youth and young adults.

Religion, used as a base gives a start, but it's only a belief system, and it's wise to examine beliefs. Religion and the physical church are always external to God, and there won't be a church in heaven.

No church is perfect, and imperfections seem to be intentionally built in (by or allowed by God) to encourage question asking. A person not noticing the imperfections of their religion hasn't dug deeply enough.

A church member may begin to take on that churches personality, suppressing their own. It's always important to be authentic. Spirituality can be pursued from within any religion and following the spiritual Path is no reason to leave a religion. Some religions however are more conducive to spirituality than others.

Adversity

Evil

Evil entities exist. Their purpose is to turn us from the spiritual Path. The farther we are along the Path, the more they'll try to sabotage us, but they can only affect us if we let them. If we're pure, evil has little to attach to.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." (Eph 6:12)

Evil attacks through the Lower self but we can't fight evil by ourselves.

"For though we walk in the flesh, we do not war after the flesh. For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds" (2 Cor 10:3-4)

Evil can influence us directly, or influence us through those we're around. It's hard for evil to gain entry if we're watchful, but easy if we leave an opening through sin of any sort. If it can't get to you directly it will try to influence those close to you. In daily life, supposed emotional reactions may be due to evil influences. It's best to just ignore any annoyance. Evil feeds on negative energy, anger, sadness, fear, sin.

If someone hurts you, try to respond with love. If possible be thankful and view evil as a learning and testing opportunity. React outwardly if only absolutely needed to protect life and property, but never react inwardly.

Evil cannot hurt the Higher self, and can only affect the Lower self to the extent you pay attention and give energy to it. Detach and rise above situations that cause a bad mental or emotional response within you.

What you think about expands, so don't give energy to bad situations. Train yourself to ignore the normal response of inward reaction.

Money buys and represents the things of the world and can trap the Soul:

"They that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil." (1 Tim 6:9-10)

While lack of money or things doesn't make one pure, elimination of physical wealth does somewhat free the Soul. How you're poor makes a difference though, if you're proud of your austerity then you've defeated the purpose. Being rich doesn't necessarily disqualify you from walking the Path, however walking it becomes much more difficult.

Testing Spirits and Phenomenon

God's immanent beauty, His fingerprint throughout creation, can truthfully be appreciated through the senses. But unusual psychic manifestations of sight, sound, smell, taste, or touch, may or may not be from God.

On the one hand they may be, as when angelic visitors appear. But supernatural manifestations can also be generated by the dark side where people see figures and forms of persons, and hear words spoken by those they see.

The safest course is to flee from these occurrences if they stand by themselves.

"And it must be known that, although all these things may happen to the bodily senses in the way of God, we must never rely upon them or accept them, but must always fly from them, without trying to ascertain whether they be good or evil; for, the more completely exterior and corporeal they are, the less certainly are they of God. For it is more proper and habitual

to God to communicate Himself to the spirit, wherein there is more security and profit for the Soul, than to sense, wherein there is ordinarily much danger and deception." (Ascent of Mt. Carmel - St. John of the Cross)

True communication from God will also directly affect your spirit.

"Corporeal vision, or feeling in respect to any of the other senses, or any other communication of the most interior kind, if it be of God, produces its effect upon the spirit at the very moment when it appears or is felt." (Ascent of Mt. Carmel - St. John of the Cross)

Physical manifestations should never be sought because if received they will ultimately diminish faith in spiritual matters. God may use them to reach a Soul mired in the Lower self but not to reach one operating in the Higher self. And the adversary is more than willing to use them.

"It is always well, then, that the Soul should reject these things, and close its eyes to them, whencesoever they come. For, unless it does so, it will prepare the way for those things that come from the devil, and will give him such influence that, not only will his visions come in place of God's, but his visions will begin to increase, and those of God to cease, in such manner that the devil will have all the power and God will have none." (Ascent of Mt. Carmel - St. John of the Cross)

Temptation and Testing

In Hebrew the noun נִסָּה (*nissāh*) means temptation or trial.

In Greek the word πρόσκλησις (*prosklēsis*) means temptation or invitation. In a literal sense it is a "drawing forward" or an "invitation" toward sin.

God allows temptation by evil entities as a means of testing and learning.

Temptation is generally encountered in an escalating fashion:

- 1a. Demonic provocation - the initial incitement to sin, an evil stimulation in the heart without images. At this point man is not culpable. Once images form in the mind it becomes the start of sin.
OR
- 1b. Disturbances in the mind - Not the same as provocation. Disturbances will occur prior to a certain point on the Path, but can eventually be moved beyond, whereas demonic provocation can still happen. Formation of images in the mind bring the start of sin.
2. Entertaining the thought - Finds pleasure in the mind, yet still not acted upon. Replaying the images.
3. Assent - The resolve to act on the thought.
4. History of repeated sin - If this is the first time the thought is entertained, the man may still eliminate it. If however there is a memory of repeated sin, it becomes harder to extinguish the thought.
5. Passion - If the the initial thought of sin is assented to, or memory of repeated instances is not fought against, the sin develops into a passion which is then acted on.

Spiritual schooling can be divided into two categories, lecture and lab. Class learning includes studying the scriptures, listening to spiritual teachings, prayer, and contemplation. The lab portion consists of interaction with people, technology, and the environment. Testing occurs as we apply theoretical knowledge to everyday situations.

You'll be tested exactly in your weakest spots. When you think you've passed a particular test one way you'll be given another version in a disguised form. Testing difficulty will increase as you progress. You only really pass in a certain area when situations in that area no longer present a test.

The more intent you are on following the Path, the more frequently and more deeply you'll be tested. Tests will come in all sorts of ways. A poor person will be tested for resentment toward someone with money. A rich man may look down on the poor, perhaps thinking "if they'd only worked harder or made better decisions." Failure can test you, as can success. An easy life tests by encouraging spiritual laziness while a hard life is a test of one's resilience.

Spiritual highs can occur on the Path, followed by long periods of dryness. Feeling abandoned by God is one of the hardest tests of all, but it's part of the growth process.

"Spiritual persons suffer great trials, by reason not so much of the aridities which they suffer, as of the fear which they have of being lost on the road, thinking that all spiritual blessing is over for them and that God has abandoned them since they find no help or pleasure in good things.... It is well for those who find themselves in this condition to take comfort, to persevere in patience and to be in no wise afflicted. Let them trust in God, Who abandons not those that seek Him with a simple and right heart, and will not fail to give them what is needful for the road, until He bring them into the clear and pure light of love." (Dark Night of the Soul - St. John of the Cross)

Thoughts

We've become accustomed to trusting our mind. We're told we can solve a problem by thinking about it long enough and by applying the right mental tools. But for large and especially spiritually rooted problems, the mind is inefficient at best, unusable at worst.

Don't think too much, as profound spiritual truth comes through the Higher self while in contemplation. Raise the center of your consciousness to the Higher self to meet God through the process of mortification. Live a life without a lot of attachments. Approach God in prayer and contemplation. Trust what the spirit gives you. At first it may be small things, but over time you'll be given more. On complicated/intuitive problems you'll see better results compared to what you could have reasoned out.

"Untold mental energy is wasted on compulsive thinking. If an answer does come, it cannot be a true answer, for it comes from a false self and a false god, the ego, laboring under the illusion of its self-sufficiency... The devil does not hunt after those who are lost; he hunts after those who are aware, those who are close to God. He takes from them trust in God and begins to afflict them with self assurance, logic, thinking, criticism. Therefore we should not trust our logical minds." (Christ the Eternal Tao - Damascene)

Critical thinking accompanies and balances spiritual practices such as prayer and religious practice. Religious doctrine in particular, as well as spiritual teachings, should be double checked for validity. The mind and heart should act as checks on each other. Does it totally check out analytically, and does your heart say it's okay?

"Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Rom 12:2)

Be true to yourself. You must know yourself, and this requires being accountable for every mistake and every character deficiency. Spiritual progress cannot outpace mental and emotional and stability although progress spiritually can lead to improvements in these. Control of your thoughts is vital.

"I had yet to achieve complete mastery over thought, which is so essential. Not that the will or effort is lacking, but it is yet a problem to me wherefrom undesirable thoughts spring their insidious invasions. I have no doubt that there is a key to lock out undesirable thoughts, but every one has to find it out for himself. Saints and seers have left their experiences for us, but they have given us no infallible and universal prescription. For perfection or freedom from error comes only from grace." (Gandhi Autobiography)

Distractions, Worries and Living Simply

A perfectly elevated Soul will not be troubled by things in time and in the world, but few are at that point. We have to slowly dig our way out of worldly concerns as we try to reach upward.

Worries generally have an external source.

We can't do much about concerns over world conditions but we can eliminate or reduce those immediately upon us.

Live simply and purely to avoid mental and emotional burdens. To live simply:

Minimize Things - Everything owned has its place in the mind and is food for distraction.

Perform Maintenance - Keep absolutely needed items in good repair.

Avoid Situations - "Agree with thine adversary quickly." Forgive and move on.

Maintain Health - Eat quality foods if available, and exercise.

Reduce Media - Every image seen or video watched fills the mind unnecessarily.

Avoid Debt - As much as possible pay off obligations speedily to sleep well.

A simple life is essential for spirituality. Too many nagging thoughts about things, finances, health, and issues with people make it difficult to settle into prayer and contemplation.

Minimize, keep only quality needful things then live abundantly.

The Occult

Early on a presumed spiritual Path the seeker may be exposed to the occult in one way or another. Occultism draws from folk traditions and ceremonial magic. It's a deception and not a shortcut to spirituality. It's alluring to intellectuals but exists in the domain of the mind, in the Lower self.

Occult spiritual entities (demons, spirits, deities) have distinct personalities, motives, and agendas. The fact that they have a personality, name, or ego is a clear indication that they're not enlightened beings who have achieved death of self. Occult personalities can be benevolent but can also be hostile and deceptive. Dialogues, contracts, invocations, or summoning rituals suggest interaction with an entity with an independent self. True spirituality by contrast aims for dissolution of the personal ego and separate self.

Examples of the occult are seance's, named spirit guides, and New Age channeling. Occultism is in the world of form, not in the realm of the Higher self. No true spiritual teacher has taught it

because real transformation comes through God's grace, not through secret knowledge or magical techniques, and generally not through the senses.

The New Age religion of Theosophy errors by concentrating on mediums, signs, wonders and false masters with personalities. It emphasizes sensationalism rather than true spirituality. Most significantly Theosophy diminishes the role and attributes of Christ. Theosophy re-frames Christ from our unique, incarnate, divine Savior into an impersonal "Christ-principle." It reduces His exclusive status, alters his nature, and removes the necessity of his atoning work.

Idolatry

God said: "Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth." Exodus 20:4

Yet the ancient world was filled with idolatry including human shaped images of gods and deities depicted as animals. Nature was worshiped in trees, mountains, springs and celestial bodies. Small personal cult images and amulets were kept at home for protection and worship.

Why were these a problem?

"Thou shalt have no other gods before me." (Exodus 20:3)

"God alone is unoriginate, and the source of all being. The basic sin of idolatry is to rob God of the worship that belongs to Him alone, and to apply it to creatures." (The Triads - Gregory Palamas)

In an advanced society people generally don't equate pieces of stone with a god, so it's easy to think we're above idolatry. But there are other forms of idolatry, more subtle, and more dangerous.

"How different is the case with the developed and more modern forms of idolatry! These have achieved not merely survival, but the highest degree of respectability... Technological idolatry is the religion whose doctrines are promulgated, explicitly or by implication, in the advertisement pages of our newspapers and magazines - the source, we may add parenthetically, from which millions of men, women and children in the capitalistic countries derive their working philosophy of life." (Perennial Philosophy - Huxley)

Idolatry robs God of our dedication to Him.

"Yet they love God no more when their oratories are ornate than when they are simple - nay, rather do they love Him less, since, as we have said, the pleasure which they set upon their painted adornments is stolen from the living reality." (The Ascent of Mount Carmel - St. John of the Cross)

Idolatry of self.

"All the vices of fallen angels and men have their birth and power in the pride of self, or I may better say, in the atheism and idolatry of self; for self is both atheist and idolater. It is atheist because it has rejected God; it is an idolater because it is its own idol." (The Selected Mystical Writings of William Law)

Adorning images is wrong.

"Holding not in abhorrence the vain trappings of the world, they adorn images with the garments which from time to time vain persons invent in order to satisfy their own pleasures and vanities. So they clothe images with garments reprehensible even in themselves, a kind of vanity which was, and is still, abhorrent to the saints whom the images represent. Herein, with their help, the devil succeeds in canonizing his vanities, by clothing the saints with them, not without causing them great displeasure." (Ascent of Mount Carmel - St. John of the Cross)

Part 6: Practical Spirituality

Love

Love others as God loves us.

"Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love. In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him." (1 John 4:7-9)

True love isn't generated within ourselves. Rather love stems from God and flows through us. We can't directly teach ourselves how to love. If we "try" to love it's often an empty imitation unless God is involved. We open the door so that love can flow when we serve others, as Gods love will naturally flow through unless blocked by the Lower self. Negative thoughts and emotions stop love that should be coming through transparently. Once self is gone love can flow freely.

A spiritual person loves as he recognizes God in others and in the world. Love a person not for what he is, but because he is.

Love God. Being able to love is an attribute essential to reaching God and *knowing* God. "We can only love what we know, and we can never know completely what we do not love." (Huxley)

Normal human love, sensible love can't unite the Soul with the Divine Ground because love involving emotion or the senses intensifies selfness.

Man first loves himself and his flesh, which can't appreciate anything beyond itself. Realizing that he cannot exist by himself he begins to seek after and love God selfishly, viewing Him as something necessary for his welfare. After worshiping, and getting to know God, he starts to find God beautiful, then loves God not for what he can get from God, but because he knows God.

"Should anyone ask what God is, this is what I should now say, that God is love, and in fact so loveable that all creatures seek to love His loveableness, whether they know it or not, or whether they wish to or not." (The Complete Mystical Works of Meister Eckhart)

Spiritual Knowledge

The world is largely against truth because truth doesn't play well in the machine we call modern society. Truth usually doesn't sell products or political philosophy's.

"Nothing true is popular, nothing popular is true" (K. Wheeler)

Ego is the enemy of spiritual truth as it prevents it's reception and corrupts its meaning.

External religion is centered in the mind. Modern religions, for the most part, don't train people to perceive the spirit, since they are targetted to the Lower self of mind, emotion and prosperity.

Spiritual people recognize that God is manifest in all humans and throughout creation.

Spiritual truth is relatively simple, but can only barely be perceived by the mind. Thinking is a good start, but ultimate spiritual truth is perceived in the Higher self, beyond time, mind and thinking. The mind cannot receive or process spiritual truth, yet can, because of preconceived notions or teachings, limit reception of spiritual truth by the Higher self. Even book learned spiritual teachings can hamper the Soul's learning.

"Ever learning, and never able to come to the knowledge of the truth." (2 Tim 4:7)

Proof of the spiritual comes from within, not from without. Spiritual truth can only be known not thought, and it originates outside of time and space. It can be perceived in the brain, but doesn't originate there through purposeful thinking.

As you use what you've been given spiritually, more will be given.

"His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things." (Matt 25:21)

'You' will never transcend because transcension can't happen until death of the Lower self 'you' has occurred. And, it's not something you could do anyway. All you can do is prepare and let God meet you. The end is not the goal, following the Path and loving God is.

Spiritual Experiences

You may have spiritual experiences occasionally, and especially early on the Path to help you get going. Spiritual experiences are not to be sought. If they come by themselves be grateful. Experiences are a gift, not a reward and a humble attitude should be kept with respect to them.

Some have experienced the risen Lord and a sweet smell called the heavenly fragrance, or fragrance of Christ often accompanies His visits.

"Eve began to feel that God was not aware of her need, and she wondered if he was real, or if she was only fooling herself about his existence. She remembers extending her hand in a moment of desperate prayer and saying to God, 'If I could only touch you, if I could only touch your hand.' She opened her eyes, and was startled to see Jesus in front of her. Her words were: 'He was on his knees holding both my hands with the most compassionate, warm

eyes that I had ever seen, with strength behind them.' The look on his face extended warmth and compassion toward her and let her know that he understood her desperation." (Visions of Jesus: Direct Encounters from the New Testament to Today)

"In Poland the mystical life of Sister Faustina Kowalska (1905–38) is almost a return to the fourteenth century, for she lived almost constantly in the presence of God and communicated freely with Jesus Christ, who not only revealed to her her great mission in life but also guided her in her daily life. Like Catherine of Siena, she was given the invisible stigmata and she, too, was led to the religious life at a very early age." (Mystics of the Christian Tradition)

"One day...I was praying before the Blessed Sacrament, when I felt myself wholly penetrated with that Divine Presence, but to such a degree that I lost all thought of myself and of the place where I was, and abandoned myself to this Divine Spirit, yielding up my heart to the power of His Love. He made me repose for a long time upon His Sacred Breast, where He disclosed to me the marvels of His Love and the inexplicable secrets of His Sacred Heart, which so far He had concealed from me." (St Margaret Mary Alacoque)

"As the congregation prayed during a communion service one morning, she [Sheila] saw Jesus walk out of the door of the minister's office. He went to the center of the podium, looked at her and said, "Live by my commandments." The sandals on his feet made a noise as he walked, just as if he had been an ordinary person walking across the stage... He was Mediterranean in appearance, and had dark hair. He was normal in size, and looked solid. The sense of beauty and love that emanated from him was overpowering. Sheila said that something extraordinary was present in the atmosphere of the church that she could not explain. " (Visions of Jesus: Direct Encounters from the New Testament to Today)

It's not surprising that many visitations of Christ are connected with illness and healing.

"As he attended church one Sunday morning he was startled to see Jesus appear at the front of the church. Ron jumped to his feet and exclaimed, "Jesus, you're here! You're here!" Jesus looked at him with eyes that glistened with compassion, held out his hands in a welcoming gesture, and said, "I love you, and I'm going to heal you." Ron was healed 9 months later. (Visions of Jesus: Direct Encounters from the New Testament to Today)

"Two days after the operation his wife, Lena, came to visit him, and as they were talking quietly to each other, he became transfixed by what he saw at the foot of his hospital bed. He says: "It was a man of average height, but what was different about him was that he was not wearing a shirt nor any other clothing above his waist. On his right side, at waist level, was a large, ugly scar, and he was facing me with a broad smile. It was Jesus. Jesus had come to see me." (Visions of Jesus: Direct Encounters from the New Testament to Today)

Spiritual experiences point toward higher reality, to show us that it exists. They're encouragement to proceed with spiritual development. Goodness doesn't come from the experience itself but from the work you do that follows. Attachment to spiritual experiences is as wrong as other attachments.

The purpose of meditation is not to have spiritual experiences. It's to prepare the mind for contemplation, through which unitive knowledge springs.

Attributes of an Enlightened Soul

An enlightened Soul is transparent without a trace of ego or self. Enlightenment isn't a personal attribute, and possessing enlightenment is contradictory.

An enlightened Soul:

- Loves and knows God.
- Shows unconditional compassion and loving kindness.
- Has deep inner peace and heightened spiritual awareness.
- Isn't self centered, because there is no self, at least not one with ego.
- Is calm, wise, and has experienced God directly.
- Is humble and lacks all need for validation.
- Is unattached to things, thoughts, or outcomes.
- Has integrity, and lives simply with deep inward joy.
- Radiates calm, clarity, healing, and reveals transparently the presence of God.
- Perceives interconnection with all life and the Divine running through it.
- Acts from clear intuitive insight more than reasoning.
- Exhibits patience, forbearance, forgiveness.
- Is active in the world without being attached to the world.

The enlightened Soul is perfected in and through Christ.

Part 7: Nature of Existence & Theology

The Nature of God

God exists outside the physical universe. While everything in time and physicality exists apart from God, there exists the spiritual Divine Ground, which is common to us and God.

God the Father has two aspects. In His transcendent aspect he is uncreated and beyond all attributes. In His immanent aspect He creates in the material world and can be experienced personally by man.

AW Tozer claims both men and religions reveal themselves by how they characterize God.

"Only after an ordeal of painful self-probing are we likely to discover what we actually believe about God... Among the sins to which the human heart is prone, hardly any other is more hateful to God than idolatry, for idolatry is at bottom a libel on His character. The idolatrous heart assumes that God is other than He is, and substitutes for the true God one made after its own likeness. Always this God will conform to the image of the one who created it." (AW Tozer)

When we make God in the image of man we have a problem that runs deeper than all the good a religion might otherwise do.

"To think of creature and Creator as alike in essential being is to rob God of most of His attributes and reduce Him to the status of a creature." (AW Tozer)

God is Incomprehensible.

"The incomprehensible and most high Nature of God transcends all creatures in heaven and on earth. For all that a creature can comprehend is of the creature; but God is above all creatures and within and without all creatures, and every created comprehension is too narrow to comprehend Him. But if a creature is to comprehend and to understand God, it must be caught up beyond itself into God, and comprehend God with God." (The Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

"God, in his own essence, being, and existence, is absolutely incomprehensible. His nature being immense, and all his holy properties essentially infinite, no creature can directly or perfectly comprehend them, or any of them." (The Works of John Owen Vol 1)

The first quality of the Father is that He is eternal. God is called Father because all things are born from Him. He is always stable. He is brightness, too radiant to behold by natural eyes and He cannot adequately be described by common words, as these more aptly fit created beings. We shouldn't think of the Creator in the same terms as we do His creations.

Transcendence

God exists beyond, above, and independent of the created world and its limitations. Above does not refer to physical distance but to quality. God does not live in space, which is part of the material world. Most dimensions found in scripture are figurative as God is beyond all names, concepts, images and distances.

God's mode of being is fundamentally different from finite creatures; God is not composed of parts, changed by time, or confined by space.

God does not depend on anything outside Himself for existence; rather, God is the cause of all being.

Transcendence emphasizes God's otherness and separateness.

Immanence

Immanence, is God's personal, transformative presence within the Soul and world, a presence normally experienced through the senses, but also in the upper region of the Soul more deeply through prayer and contemplation.

In the beginning God created the heavens and the earth.

"And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters." (Gen 1:1-2)

God is still found in the world.

"I am the Self, O Gudakesha, dwelling in the hearts of all beings. I verily am the beginning, the middle and also the end of all beings." (Ramannuja Gita Bhashya)

"If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me." (Psalm 139:7-10)

"Do not I fill heaven and earth? saith the LORD." (Jer 23:24)

And He is present within us. Knowledge of God is primarily experiential rather than intellectual. Direct encounter through contemplative prayer and ecstatic union depend on the immanence of God.

"You know that God is everywhere; and this is a great truth, for, of course, wherever the king is, or so they say, the court is too: that is to say, wherever God is, there is Heaven. No doubt you can believe that, in any place where His Majesty is, there is fulness of glory. Remember how Saint Augustine tells us about his seeking God in many places and eventually finding Him within himself. Do you suppose it is of little importance that a Soul which is often distracted should come to understand this truth and to find that, in order to speak to its Eternal Father and to take its delight in Him, it has no need to go to Heaven or to speak in a loud voice? However quietly we speak, He is so near that He will hear us." (The Way of Perfection - St. Teresa)

God reveals Himself through beauty in His creation - the night sky, towering clouds, rainbows, snow capped mountains, colorful creatures, meadows, and flowers. He created us with senses in part so we can behold the majesty of His works. Immanence however does not mean God is identical with creation. God indwells and pervades but remains distinct, preserving His transcendent nature while being close to us.

Immanence is God's direct interaction in the world. The most important is indwelling of the human Soul enabling man to participate in Divine life.

Why does God Create, and the Nature of the Soul

God creates because (to quote the trite phrase) God is love, and that love expresses itself by creating others. Creating Souls enables loving relationships beyond God's internal life, beings who can relate to Him and to one another.

Christianity generally states that the Soul is created by God at the same time as the body, although Plotinus, Origen and Henry More taught the pre-existence of Souls. Eastern traditions (Hinduism, Buddhism) and some Jewish mystics, believe that the Soul is created and exists prior to incarnation, and this is the view taken herein.

The Soul is explicitly created with intellect and will, allowing it the freedom to embrace or turn away from God. The Divine life is manifest in the Soul as it responds to, and mirrors, God's love and wisdom.

Individual Souls are created by God and in a way are extensions of God, inheriting some of His attributes. The Soul descends from a high spiritual state into the material world and while here only occasionally catches glimpses of the spiritual realms.

"When a man is conceived, when a human nature comes into being as an individual concrete subsisting thing, a life, a person, then God's image is minted into the world. A free, vital, self moving entity, a spirit informing flesh, a complex of energies ready to be set into fruitful motion begins to flame with potential light and understanding and virtue." (Thomas Merton The Seven Story Mountain)

Although the Soul shares some common ground with God, the majority of it is separate because love requires at least two entities. This separation allows response and reciprocity with God's love and allows the Soul to learn compassion, patience and selfless giving. Suffering, conflict, and loss that arise in the material world promote growth, purification, detachment, and interior transformation.

The spiritual Higher self of the Soul, and the lower materialistic self represent the percentage of the Soul engaged in spiritual vs. material life.

Meister Eckhart speaks of the higher part as containing the Soul's 'ground', an inner immutable spark, that is one with God. It is beyond images, concepts, normal prayer, and thought. It exists out of time, and can be reached through contemplation. It is the immortal innermost Self, purified of ego.

“The Soul must be turned inward to its ground, for in the ground the Soul is one with God.”
(Meister Eckhart, Sermon 17).

The lower part of the Soul is tied to sense, imagination, reason, thought and normal prayer, and operates in time in the material world. The Higher self operates the Lower self and the Lower self operates the body. Each higher can also monitor the lower but it needn't be affected by the lower. The lower in each case is a tool for the higher. Like a physical tool being operated by a man, damage to the tool doesn't need to cause damage to the man.

To grow, the Soul must be separated from God just as a child is separated from his parents. Gods desire is that we become co-creators (in a local sense) with Him. Creation is enjoyed both in success and failure, in making beautiful things or bad. This ability to create on earth comes with the latitude to choose, and that requires separation from God. Separation occurs at physical birth, where the Soul is introduced to the world. Ego is born at this time, allowing man to act for himself. Exercising his creative power, man experiences and grows.

What does God want us to do? Work on our Lower self, purify it to the point where we can rise above it. The ultimate goal is to master thoughts, feelings and things relating to the material world, then rise above it all to communion with God.

Life is a school in which we're presented with lessons that if taken with the right attitude and internalized, improve our Soul. We are born into duality but must see past the physical illusion to the point where we see God in all people and things. Our purpose should be, with God's help, to raise our consciousness and spirituality to the point where we know God.

Jesus Christ

Knowledge of God has grown through human history. Anciently God was experienced through his immanence in the world, through His grace, or energies (Orthodox). Ancients felt His benevolence as He provided plants, animals, soil, and rain. They saw beauty of the natural world. Because God was mostly experienced impersonally through lightning, thunder, hail and earthquakes, He was regarded as harsh, with exact judgment.

There were only a few instances in the Old Testament where man saw the personal aspect of God, Moses being one.

Foretelling the coming of the Christ to earth, the Chinese Lao Tzu (600 BC), without an Abrahamic background, wrote:

"The Great Tao [God] clothes and feeds all things,
Yet does not claim them as its own.
All things return to it,
Yet it claims no leadership over them."
The Tao does not show greatness,
And is therefore truly great.
It does not contend, and yet it overcomes." Tao Teh Ching

Note the use of the word "it" instead of "He," as Lao Tzu had only experienced God impersonally.

Jesus Christ (the anointed one) is the historical human, who according to traditional Christianity is God incarnate.

Everything changed when Jesus was born. When Christ took on a tabernacle of flesh he was self-less, poor, humble, reserved, and loving. He had no earthly authority but took upon Himself the role of servant.

"But made himself of no reputation (died to self), and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross." (Phil 2:7-8)

Most importantly he was personal, the essential bridge between God and man. Man can directly relate to Christ because of his humanity, something the ancients couldn't do.

Soap helps oil and grease disperse in water. Water, symbolic of the spiritual world is a polar molecule. Grease and oil are non polar molecules symbolic of the material world.

Normally oil and water won't mix. That's our condition, without some help our human material nature is incompatible with the spirit world. Soap molecules have two distinct polarity regions, polar on one end, and nonpolar on the other end allowing one end of a soap molecule to attach to a water molecule, while the other end attaches to the nonpolar oil molecule. Thus the oil and water are bound together.

In an analogous way, Christ has two regions, Divine and human / material. Because of this He's able to bind the Divine with the human / material world. He does this not just on an individual level but for all of creation. But, just as with soap we need to allow application of Christ in our lives.

"This union is a mutual participation in the qualities and mode of existence of each other, a mutual perichoresis, or inter penetration, that unites God and the human being without destroying their identity. This penetration takes place on behalf of the whole of creation through an act of mutual love, sustained by God's grace and the freely responding human will. In effect, both God and the human being go out of themselves to reach toward the other, finding union in love." (Christian Mystics)

Christ as instructor and mediator -

"Like Clement, Origen conceived of the purpose of Christian life as the *immediate* knowledge of God by the believer, a goal hampered by the natural inability of humans to comprehend God, for 'God is incomprehensible, and incapable of being measured... whose nature cannot be grasped or seen by the power of any human understanding, even the purest and brightest.'... Nonetheless, the situation was not hopeless, for God sent his divine Logos,

his Son, as a mediator to instruct humans in the knowledge of divine matters." (Mystics of the Christian Tradition - Fanning)

Christ facilitates our continual healing through His sacrifice on the cross.

"Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed." (Isaiah 53:4-5)

And, through Him the world will be healed.

"And if anyone should be sinning, we have an Entreater with the Father, Jesus Christ, the Just. And He is the propitiatory shelter concerned with our sins, yet not concerned with ours only, but concerned with the whole world also." (1 John 2:1-2 Concordant Version)

Christ's sacrifice is the transformative event that makes healing and inward union possible. Christ's dying on the cross was His ultimate action of dying to self, by totally submitting to God. The imagery of Him dying on the cross can serve to remind us of the importance of dying to self, just as his resurrection reminds us of promised salvation.

Salvation

Christian traditions have varying views on how salvation is secured, the following corresponds with the view of most mystics as well as Catholics, Orthodox and many Protestants.

Religious faith is often associated with this passage:

"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works" (Eph 2:8-9)

Regarding this Huxley said:

"To the danger that faith in the doctrine of justification by faith may serve as an excuse for and even an invitation to sin must be added another danger, namely, that the faith which is supposed to save may be faith in propositions not merely unverifiable, but repugnant to reason and the moral sense, and entirely at variance with the findings of those who have fulfilled the conditions of spiritual insight into the Nature of Things." (Perennial Philosophy - Huxley)

Does faith in Christ alone guarantee salvation?

"Modern, man-made versions of Christian doctrine give the impression that, in order to be 'saved,' it is necessary only to come to the wedding feast; but this is not true. Salvation is not automatic. Christ's invitation to the wedding feast is free, and the gift of Grace is free, but we must be made fit to enter in and receive it. If we have made the chalice of our Soul dirty, the pure Grace of God will not abide there, and we will be found without a wedding garment... True salvation is a process: a process of being re-created over and over again, growing ever closer into the likeness of Christ, acquiring more and more of His Grace." (Christ the Eternal Tao)

"Let them remember that they are not Disciples of Christ, till they have like him offered

their whole body and Soul as a reasonable and lively Sacrifice unto God... till they are so born again as not to commit Sin, so full of an heavenly Spirit, as to have overcome the World... Nothing less than this great Change of Heart and Mind can give anyone any Assurance, that he is truly turned to God.... Let us therefore look carefully to ourselves, and consider what manner of spirit we are of; let us not think our Condition safe, because we are of this or that Church or Communion, or because we are strict Observers of the external Offices of Religion." (The Works of the Reverend William Law)

"No other path other than that of repentance leads to salvation." (Philokalia)

You can't have the type of faith that justifies without the internal changes that accompany it.

"And we absolutely deny that we can be justified by that faith which can be alone; that is, without a principle of spiritual life and universal obedience, operative in of it, as duty does require." (The Doctrine of Justification - John Owen)

Salvation is free in a sense, but how are we actually saved?

"The mercy and grace, by which we are saved, is therefore free, because God hath freely, and from his own goodness, put us into a state and possibility of salvation, by freely giving us Jesus Christ, (the divine and human nature united in one person) as the only means of regenerating that first divine and human life, which the whole race of mankind had lost. In this sense alone it is, that all our salvation is wholly owing to the free grace of God... but our salvation, considered as a finished thing, is not, cannot be found by any act of God's free grace towards us, but because all that is done, altered, removed, suppressed, quickened, and recovered by us in the state of our nature, which the free grace of God had furnished us with the possibility and means of doing." (An Appeal to All that Doubt - William Law)

"For salvation is the privilege of pure and passionless Souls.. A man by himself working and toiling at freedom from passion achieves nothing. But if he plainly shows himself very desirous and earnest about this, he attains it by the addition of the power of God. For God conspires with willing Souls. But if they abandon their eagerness, the spirit which is bestowed by God is also restrained." (Fathers of the Second Century - Clement of Alexandria)

"As has been said, in all things we ought to renounce our own will so as to attain the goal God has set for us and to pursue whatever He wishes. Unless we do this we can never be saved." (Philokalia)

We follow Christ. The death of Jesus is symbolic as well as actual.

"There is no salvation of Soul nor hope of everlasting life but in the cross. Take up your cross, therefore, and follow Jesus, and you shall enter eternal life. He Himself opened the way before you in carrying His cross, and upon it He died for you, that you, too, might take up your cross and long to die upon it. If you die with Him, you shall also live with Him, and if you share His suffering, you shall also share His glory." (Imitation of Christ - Kempis)

"For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it." (Matt 16:25)

Receiving salvation for ourselves is not the whole goal.

"For how can we think ourselves to be his followers, if we do not follow him in that for which alone he came into the World ? How can we be like the Saviour of the world, unless the Salvation of the world be our chief and constant care? We cannot save the World as he saved it, but yet we can contribute our mite towards it... All persons may have a great share in the salvation of those who are near them, and they are to consider themselves as expressly called to this great work." (A Practical Treatise Upon Christian Perfection - William Law)

Heaven

In common usage the word heaven implies a place physically up above us in the sky. In religion and spirituality however it has a different meaning, basically a 'place' where we spiritually associate with God, and 'things' in the domain of God. Heaven contrasts sharply with Earth which is the domain of physicality and ego.

Does God live in heaven? God created heaven, and as God is fundamentally beyond all created things including heaven, God's essential being is not contained in heaven. Heaven is a state of union with God, rather than a separate thing that confines God. God is immediately present in the highest spiritual realms, including heaven.

"Heaven is untouched by time and place. Corporeal things have no place there, and whoever is able to read the scriptures aright is well aware that heaven contains no place... Nothing hinders the Soul so much from knowing God as time and place." (The Complete Mystical Works of Meister Eckhart)

"Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you." (Luke 17:21)

"God has no place more His own than a pure heart and a pure Soul. There the Father begets His Son, just as He begets him in eternity - neither more nor less." (The Complete Mystical Works of Meister Eckhart)

Three heavens:

"St. Paul was carried off into the third heaven. Observe which are the three heavens. The first is detachment from all bodily things, the second is estrangement from all imagery, and the third is a bare understanding in God without intermediary." (The Complete Mystical Works of Meister Eckhart)

This is remarkably close to steps of mortification and contemplation, where the Soul detaches from the lower sensual self, then through contemplation ceases imagining God through images, and in the final step achieves unitive knowledge of God.

Ruysbroeck also discusses multiple heavens.

"Now mark well: I will show you an image of this. God has created the highest heaven, a pure and simple Radiance, which enrings and encloses all the heavens and all bodily and material things that God has ever created; for it is an *outward* dwelling-place and a kingdom of God and His saints, full of glory and eternal joy. Now since this heaven is an unmingled

Radiance, there is here neither time, nor space, nor movement, nor any change; for it is immovable and unchangeable above all things." (Adornment of the Spiritual Marriage - St. John of Ruysbroeck)

Knowledge of heaven must be approached through contemplation.

The single most significant thing that will keep one out of heaven is "self" in all of its negative expressions.

"In a word, the difference between heaven and hell is, that hell is full of nothing but self-love and propriety; whereas there is not the least degree of either in heaven, nor anything but the fulfilling of God's will and seeking of His glory." (Holy Wisdom or Directions for the Prayer of Contemplation - Baker)

Heaven or Hell?

"There is nothing that is nearer you than Heaven, Paradise, and Hell... God beckons to you in the one Gate, and calls you; and the Devil beckons you in the other Gate, and calls you; with whom you go, with him you enter in. The Devil has in his Hand Power, Honour, Pleasure, and [worldly] Joy, and the Root of these is Death and Hell Fire. On the contrary, God has in his Hands, Crosses, Persecution, Misery, Poverty, Ignominy, and Sorrow; and the Root of these is a Fire also, and in the Fire there is a Light, and in the Light the Virtue, and in the Virtue the Paradise, and in the Paradise the Angels, and among the Angels Joy." (Three Principles - Jacob Boehme)

Hell

There's a general fear of winding up in this, but is it really a place?

Mystics generally don't write much about hell's characteristics. Rather than being a place, mystics view hell as an existential state of the Soul's separation from God. The Soul experiences pain as it realizes its distance from God. Suffering "in hell" results from the Soul's rejection of God's love rather than God inflicting torment. God's love is primary, and hell results from rejecting that love.

Views vary regarding the ability of a Soul to repent and escape hell. Some mystics leave the possibility open, including some Orthodox who allow for post-mortem repentance emphasizing God's mercy.

Catholic's and Protestants generally believe the state of the Soul is fixed at death, that the Soul's orientation is permanently fixed toward or away from God, and isn't something that can be changed.

After death the Soul exists in a different mode. The dynamics that enabled growth in time such as experience, sacrament and community are absent, so growth and repentance are no longer available in the same way. Repentance requires humility, self-knowledge, and a turning-toward God, and these depend on relationships and opportunity to love others. Also, if the Soul is hardened, repentance isn't possible, according to many traditions.

"For Love possesses heaven, and dwells in itself, which is dwelling in heaven; but that which is called I, this vile self-hood possesses the world and worldly things; and dwells also in

itself, which is dwelling in hell, because this is the very root of hell itself. " (The Way to Christ - Boehme)

"For the more a man followeth after his own self-will and self-will groweth in him, the farther off is he from God, the true Good, for nothing burneth in hell but self-will." (Theologia Germanica)

Hell is likely not a place, but a state of mind/Soul. The state of our Soul depends largely on how well we practiced mortification, death of self, and love of God.

Resurrection

Qualifications for resurrection -

"Some people are half raised up: they practice one virtue but not another... we find some people who rise with Christ for good and all; but he must be very wise who experiences a true resurrection with Christ... All that pertains to us must make the ascent. There are three signs of our having fully risen. The first is if we 'seek the things that are above.' The second is if we savor the things above. The third is if we have distaste for the 'things that are on earth.' " (The Complete Mystical Works of Meister Eckhart)

"The resurrection of the Soul - its return to God through obedience to the divine commandments - is followed by the body's resurrection and its reunion with the Soul. And for those who experience it the consequence of this resurrection will be true incorruption and eternal life with God." (Philokalia - St Gregory Palamas)

A new spiritual body of light.

"The spiritual body, formed probably of elements analogous to those of light,... That glorious body which we are to put on, will subsist no doubt by the energy alone of its principles, and of the profound mechanism of its construction. It is probable, that this ethereal body will not be subject to the action of gravity, as the gross bodies are which we are acquainted with. It will obey with an astonishing facility all the volitions of the Soul, and we shall transport ourselves from one world to another, with a celerity perhaps equal to that of light. Under this glorious economy we shall exercise all our faculties without fatigue." (Conjectures Concerning the Nature of Future Happiness - John Wesley Conjectures)

Part 8: Mysticism

Christian Mysticism

Some may be put off by the word mysticism but after seeing the subject for what it actually is the mysticism becomes powerful, beautiful and essential to man knowing God.

"It is true that mysticism has to do with mystery; and that is why the term is popularly held in disrepute. But the mysteries with which mysticism chiefly has to do are neither numerous nor fantastic: they are God, and the Soul, and Revelation; the last being the making known of the

One to the other: and, beyond this, Christian mysticism views the Eternal as approached through Jesus Christ, the Door." (The Inner Way - John Tauler)

Elements of mysticism can be found within many religious traditions but Christian Mysticism represents the highest spiritual path because it combines inner experience with the necessity of Christ as the bridge between spirit and man.

"For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people." (2 Cor 6:16)

"Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." (Gal 2:20)

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (1 Cor 3:16)

Christian Mysticism is the emphasis within Christianity of direct, experiential union with God through prayer, contemplation, and inner transformation. It is the ultimate indwelling of God spoken of in the scriptures.

"From being regarded, whether critically or favorably, as a byway of religion, it is now more and more generally accepted by theologians, philosophers and psychologists, as representing in its intensive form the essential religious experience of man." (Mysticism - A Study - Underwood)

Mysticism is not based on New Age Spirituality. Experiences in Christian Mysticism date back to the 1st century with John and Paul, followed by the Desert Fathers, Augustine of Hippo (354-430), Gregory of Nyssa (335-395) and many others. Mysticism itself is decentralized with no hierarchical structure and no need for authority. Although it's historically been practiced by members of Christian faiths it does not depend on those associations.

Everything in Christian Mysticism centers on improving your relationship with God.

History of Mysticism

Knowing God is knowing ultimate truth.

"Great mystics, such as Plotinus, write to let us know that they have actually known the ultimate Truth, experienced it, 'seen' It, with a subtle sight that is directed inward; and that we too following upon them, attending to their directions, we too may obtain that direct knowing of whence we came, and who we truly are." (Plotinus: The Origin of Western Mysticism S. Abhayananda)

Mystics are found both inside and outside Christianity. In his eBook "The Greatest Achievement in Life" R.D. Krumpos identifies 17 mystics in Judaism, 20 in Christianity, 19 in Islam, 12 in Hinduism, and 20 in Buddhism. Most of these had their experiences between the 3rd and 16th century, however some had their experiences earlier. Old testament prophets Ezekiel, Isaiah, Daniel, Jeremiah, and Elijah had mystical experiences.

Vedic practitioners (1200-600 BCE) identified Brahman (God), Ātman (the true or Higher self), and jīva, ahaṃkāra, manas, and buddhi, (the desires, ego, mind and body of the Lower self). Higher and Lower self, ego, and attachments are central to ancient spiritual teachings.

"The wise one [i.e. the Soul, the atman, the self] is not born, nor dies. This one has not come from anywhere, has not become anyone. Unborn, constant, eternal, primeval, this one is not slain when the body is slain." (112 Upanishads Sanskrit Text)

"Higher than the senses are the objects of sense. Higher than the objects of sense is the mind (manas); and higher than the mind is the intellect (buddhi). Higher than the intellect is the Great Self (Atman)." (Upanishads)

"Lord Brahma further added that [man] should abandon entirely the vices like sensuality, anger, happiness, gloom, fury, greed, attachment, ego, envy, desire." (Upanishads)

After the Vedics, Buddhism, Jainism and Hindu each had their own mysticism.

Mystic experiences weren't as common in Old Testament times because ancient Israelite religion prioritized prophetic, legal, and communal worship forms, while Vedic culture fostered discussion and writing about inward experience.

There were Jewish Mystics however.

"The period of Merkabah mysticism is quite extended. It may be said to begin in the century before the turn of the eras, and it continued until the tenth century of this era. Merkabah mysticism, then, covers approximately a millennium." (Understanding Jewish Mysticism)

In the West, the classical Greco-Roman world (500 BCE to 500 CE) emphasized rational philosophy (Platonism, Stoicism) and public religion rather than personal mystical experience, however Neoplatonists, like Plotinus placed emphasis on personal experiential union with the divine. Eventually the monastic movement that nurtured mysticism began in the Early Middle Ages (6th–9th centuries). Any apparent historical gaps in mysticism probably reflect cultural patterns only.

Dionysius the Areopagite (~100 CE) describes both dying to self and contemplation:

"This relationship must now be transcended by a process leading to ecstasy. The human spirit must seek to go forth out of itself (i. e. out of its created being) into the Uncreated Object of its contemplation and so to be utterly merged. So it ceases to desire even its own being in itself. Casting selfhood away, it strives to gain its true being and selfhood by losing them in the Super-Essence. Laying its intellectual activity to rest it obtains, by a higher spiritual activity, a momentary glimpse into the depths of the Super-Essence, and perceives that There the distinction between "Me" and "Thee" is not." (On the Divine Names)

The Desert Fathers were early Orthodox Christian Mystics in the 3rd and 4th centuries AD. They practiced lives of poverty, discipline, and self-denial as followers of Christ.

"If I had not destroyed myself completely, I should not have been able to rebuild and shape myself again." (Sayings of the Desert Fathers)

"For when the Soul arrives at the perfection of the spirit, perfectly cleansed from passion, and united and mingled with the Spirit Paraclete (Holy Spirit) by that unspeakable communion,

and is permitted to become spirit itself in mixture with the Spirit, then it is made all light, all eye, all spirit, all joy, all rest, all gladness, all love, all compassion, all goodness and loving-kindness." (Fifty Spiritual Homilies - Macarius of Egypt)

Prominent later Christian Mystics include St. Thomas Aquinas (1225-1274), Meister Eckhart (1260-1327), Teresa of Avila (1515-1582), and St. John of the Cross (1542-1591). Each found union with God.

St. Teresa of Avila (1515-1582):

"This supreme state of ecstasy never lasts long, but although it ceases, it leaves the will so inebriated, and the mind so transported out of itself that for a day, or sometimes for several days, such a person is incapable of attending to anything but what excites the will to the love of God... the supreme delight of the spirit is to realize its nearness to God. During the actual moment of divine union the Soul feels nothing, all its powers being entirely lost." (The Interior Castle - St. Theresa de Avila)

St. John of the Cross (1542-1591):

"Then the Soul enters on the contemplative life, passing through those ways and straits of love which are described in the course of the canticle, till we come to the thirteenth, beginning with 'Turn them away, O my Beloved!' This is the moment of the spiritual betrothal; and then the Soul advances by the unitive way, the recipient of many and very great communications, jewels and gifts from the Bridegroom as to one betrothed, and grows into perfect love." (A Spiritual Canticle of the Soul - St John of the Cross)

William Law (1686-1761) was a Church of England priest and mystic:

"As a Soul sinks down in humility, meekness, patience, and resignation to God, it proves that it consents to the death of self as utterly sinful and impotent, and sets its hope on Christ alone. No one can thus persevere in the path of humiliation and self-emptying without knowing that there is deliverance, and sooner or later experiencing that the life of Christ does triumph over the life of self and takes its place." (Dying to Self - William Law)

The book "Christian Mystics" by Ursula King portrays many Christian mystics in their historical settings. It's a great book and very easy read, readily available both new and used. For a much deeper perspective read Evelyn Underwood's books on Mysticism which are reasonable to purchase and available as free PDF's.

The Divine Ground

God is the whole Divine reality as personally known by humans, the great creator and sustainer of life. We can relate to God, offer devotion to Him, love Him, and be loved by Him. We offer prayer to Him and receive His grace.

The Divine Ground is what we have in common with God at the highest part of our Soul. It's the intersection between God and the Soul where we can ultimately be united with God.

Most mystics taught the principle of shared Divine ground in one way or another.

Gregory of Nyssa taught a theology stressing union with God through likeness and participation in the divine life. John of the Cross taught of an interior ground where the Soul is transformed

by union with God. Hildegard of Bingen taught an indwelling Divine presence. Jacob Boehme discussed the Divine ground and inner birth of the Divine in the Soul. Various metaphors and vocabularies were used.

Meister Eckhart was, according to tradition, "the man from whom God hid nothing." Eckhart wrote extensively on the nature of God and the human Soul. He taught the existence of an innermost Divine quality in the Soul, which he designated the Ground of the Soul. God and the Divine Ground existed above and prior to all created things. We each share, to a small degree this common Divine Ground with God.

Eckhart was unique in his description of the Godhead. His usage of this term is completely different from our normal usage. According to Eckhart the Godhead is the absolute, nameless primordial ground, the source beyond all names, attributes, and relations. It's not personal, just as the ground of the Soul is not personal in humans. The "Godhead" (only Eckhart's definition) is the source for the personal God, just as the ground of the Soul is the innermost uncreated core out of which God creates the human Soul. In other words, we share, to a very small degree, a common Divine Ground with God.

Regardless of how a particular mystic perceived the ground it's on the ground that a unitive experience with God can occur. Mystical birth is the realization that the Soul's ground participates in or is united with the Divine.

Mysticism, where it is, and isn't found.

Mysticism occurs both within and outside of religion.

"It is not uncommon for investigators who were originally neutral about mysticism to become convinced of its reality as other than a merely subjective state... Thus we can summarize these data by stating that mystical experience ('spirituality') is commonly reported by individuals who identify themselves as spiritual rather than religious, and by those who identify themselves as equally religious and spiritual. In other words, there is a mysticism ('spirituality') both within and outside of religious traditions... Spirituality is more closely identified with mystical experience, whereas religion is more closely identified with a specific religious interpretation of this experience." (The Psychology of Religion - Hood, Hill, Spilka)

Mystic experience can occur within any religion or sect, however as we move away from spirituality in general it's become less prevalent yet still essential.

"Such practice of inward orientation, of inward worship and listening, is no mere counsel for special religious groups, for small religious orders, for special 'interior Souls,' for monks retired in cloisters. This practice is the heart of religion... It is the special property of no group or sect, but is a universal obligation and privilege. Roman Catholics have treasured this practice, but have overlaid the authority of the Light Within by a heavy weight of ecclesiastical authority. Protestant emphasis, beginning so nobly in the early Luther, as grown externally nationalistic, humanistic, and service minded. Dogmas and creed and the closed revelation of a completed canon have replaced the emphasis upon keeping close to the fresh upspringings of the Inner Life. The dearth of rich Protestant literature on the interior aspect of Christian living, except as it bears on the opening experience of conversion, bears testimony

to its emphasis being elsewhere... A practicing Christian must above all be one who practices the perpetual return of the Soul into the inner sanctuary." (The Light Within - Thomas Kelly)

A practical reason for why it's seldom found.

"A church filled with charismatic mystics necessarily invited the risk of the reception of conflicting revelations. Hence Paul, standing on his own authority that was derived from his mystical encounters with Jesus, forbade the members of his churches to believe any revelations other than those that he had taught. Thus mysticism in an organization leads to a crisis of authority and many of the internal disputes of the first three centuries of the Christian church concerned the problem of revelations." (Mystics of the Christian Tradition)

The term mysticism is used herein in a fairly restricted sense, to those who have thoroughly practiced the work of inner purification and self renunciation followed by receiving unitive knowledge. Few do that. In a broader more hopeful sense, many experience God directly, often in very profound ways.

Characteristics of the Mystic State

The mystical state is not a paranormal state. The paranormal is of the Lower self, the mystic is of the Higher self and is directly connected to God.

Mysticism is practical, not theoretical, and is an entirely spiritual activity.

The mystical state is one of being united with God in the highest part of our Soul.

The mystical state is ineffable, meaning that it defies expression. No adequate report of it can be given in words. Because of this it must be directly experienced, knowledge of it cannot be imparted or transferred to others. The state is one of feeling rather than intellect.

Mystical states offer insight into depths of truth unavailable to discursive intellect. They're comprised of illuminations, revelations, full of significance and importance though they can't be described. They come with a sense of authority. Visions of ancient patriarchs were seen in (prophetic) mystic states.

Mystical states cannot be sustained. Generally they last for less than an hour or two.

Mysticism entails a definite Psychological Experience. Mystical states are remembered by the recipient between occurrences and result in a sustained sense of oneness with the Divine which then dominates the persons thought.

Presumably if you are blessed with experiencing union your Soul has previously been tried and tested, and ego lost or tamped down. Without this it would be easy to identify with the state, romanticize it, and neglect more mundane responsibilities.

Prophetic vs. Contemplative Mysticism

Some, including the following author draw a distinction between two types of mysticism. While Ezekiel and Isaiah did not seek or receive Divine unity through contemplation they certainly had a direct experience of transcendent reality.

"Ezekiel's vision (like Isaiah's) is not, however, a [contemplative] mystic vision. It is nothing that the prophet has sought. It is nothing he has built up to by intellectual preparation and spiritual discipline. Rather, it is God Who has seized the prophet and overwhelmed him with

His majesty. Furthermore, there is no “unification” of the prophet with God and no secret knowledge conveyed. Rather, the prophet has felt humbled, and the communication he has received is an ethical message for the people, a preachment. And yet the prophet has been given a glimpse (as has Isaiah) of what life is like ‘up there.’ He has been allowed a quick look at some members of the heavenly hosts. The heavens have, indeed, been opened for him, for a short time. Ezekiel has seen more than others, or at least he has described what he has seen in greater detail than anyone else. His vision is shockingly precise. And it is exactly this explicitness that caused later mystics to ponder this chapter and to extrapolate it to new and greater heights.” (Understanding Jewish Mysticism)

Accounts of Mystical Experiences

There are many accounts of mystical experiences by well known mystics of the past such as Eckhart, St. Teresa de Avila, St. John of the cross, and these are well worth reading. Here are a couple from more recent times -

Thomas Merton

Having just attended mass:

"It was as if I had been suddenly illuminated by being blinded by the manifestation of God's presence.

The reason why this light was blinding and neutralizing was that there was and could be simply nothing in it of sense or imagination. When I call it a light that is a metaphor which I am using, long after the fact. But at the moment, another overwhelming thing about this awareness was that it disarmed all images, all metaphors, and cut through the whole skein of species and phantasms with which we naturally do our thinking. It ignored all sense experience in order to strike directly at the heart of truth, as if a sudden and immediate contact had been established between illy intellect and the Truth Who was now physically really and substantially before me on the altar. But this contact was not something speculative and abstract: it was concrete and experimental and belonged to the order of knowledge, yes, but more still to the order of love.

Another thing about it was that this light was something 'far above and beyond the level of any desire or any appetite I had ever yet been aware of It was puri fied of all emotion and cleansed of everything that savored of sensible yearnings. It was love as clean and direct as vision: and it flew straight to the possession of the Truth it loved.

And the first articulate thought that came to my mind was: 'Heaven is right here in front of me: Heaven, Heaven!'

It lasted only a moment: but it left a breathless joy and a clean peace and happiness that stayed for hours and it was something I have never forgotten." (The Seven Story Mountain - Merton)

J. Trevor

Overwhelming joy and peace, suddon onset, heavenly reality, illumination, transcendence, and lasting spiritual significance:

"In the loveliness of the morning, and the beauty of the hills and valleys, I soon lost my sense of sadness and regret. For nearly an hour I walked along the road to the ‘Cat and Fiddle,’ and

then returned. On the way back, suddenly, without warning, I felt that I was in Heaven—an inward state of peace and joy and assurance indescribably intense, accompanied with a sense of being bathed in a warm glow of light, as though the external condition had brought about the internal effect—a feeling of having passed beyond the body, though the scene around me stood out more clearly and as if nearer to me than before, by reason of the illumination in the midst of which I seemed to be placed. This deep emotion lasted, though with decreasing strength, until I reached home, and for some time after, only gradually passing away." (My Quest for God - J. Trevor 1897)

Unknown Soldier

Sudden awareness of God's presence throughout his being, sensation of being raised, communication with God, humility, repentance, prayer, unitive language, surrender, and pledge to do God's will:

"I can best describe the condition in which I was by calling it a state of equilibrium. When all at once I experienced a feeling of being raised above myself, I felt the presence of God—I tell of the thing just as I was conscious of it— as if his goodness and his power were penetrating me altogether. The throb of emotion was so violent that I could barely tell the boys to pass on and not wait for me. I then sat down on a stone, unable to stand any longer, and my eyes overflowed with tears. I thanked God that in the course of my life he had taught me to know him, that he sustained my life and took pity both on the insignificant creature and on the sinner that I was. I begged him ardently that my life might be consecrated to the doing of his will." (The Varieties of Religious Experience - James)

Part 9: Hope and Happiness

Dying to self, or death of the ego is extremely freeing. It's the death of your ego being the master: "I must be admired, right, in control, safe, and always satisfied." Your personality remains, but you become less defensive and possessive.

Happiness comes with recognizing that the ego is the restless surface of life and that deeper in your Soul you are grounded in God, love and true reality. The ego isn't the true you.

Following the path:

Death of ego lessens the need for *self* protection.

Death of the ego reduces the need for *self* protection. Are you weary of protecting that image of self that your ego has constructed?

I must appear successful in order to feel good about *my self*.

People need to approve of *me*.

I have to win this argument to prove that *I* am right.

My life must unfold according to what *I've* planned.

I can't disclose *my* weakness to anyone.

I must be secure in *my* possessions.

Defense of each of these requires constant effort, you can't let anything slip by or your ego might suffer. Every compliment you receive enhances your ego, while every criticism is a threat. How can you relax with these requirements constantly on your mind?

Death of ego relaxes this arrangement. Instead of doing things to show others, and to feel better about ourselves, we do things simply for doing the best we can, to enjoy doing them.

This, more than anything, is a change of mind set. In fact this change is one of the easier changes to be made on the path. And with it will come immediate relief.

You may still experience embarrassment, criticism and disappointment, but they no longer have to be perceived as ego threatening emergencies.

Because we are a temple of God it's important to take proper care of ourselves, we shouldn't let ourselves go. Conversely, while maintaining that level, we shouldn't care what others think of ourselves. Again, while maintaining ourselves in a clean, healthy, loving, respectful manner our mantra should be "I don't really care what others think of me," but not with any arrogance.

Appearance is a strange subject. We shouldn't present ourselves as something we're not. But we shouldn't present ourselves in a way that makes others uncomfortable. While it shouldn't be a status symbol, ego booster, or cause for comparison, dressing and presenting well has an elevating effect on society as a whole.

A person should always be mindful of relationships and try to be the best we can to cultivate good relationships, but when it comes right down to it and someone or society judges us we shouldn't care. Because what's being judged likely isn't our true self.

Humility can be joyful. Being humble isn't about having a low opinion of yourself, it's becoming less preoccupied with yourself and that is freeing.

Surrendering ego ends the exhausting illusion of total control

Your ego seeks guaranteed outcomes. It tries to control the future, other people, and its own reputation. It has the illusion that managing or micro managing everything will yield results that will boost itself.

Surrender means acting responsibly without over controlling.

A relaxed stance recognizes that not everything in life can or should be controlled, and that results don't dictate your true worth.

An proactive, non passive life should be lived. Do what you can, but be ultimately free as you "Let go and Let God." All will be okay.

Detachment makes pleasure possible but not necessary

Detachment allows you to enjoy things without demanding experiences from them.

Freely enjoy food, relationships, money, beauty, achievements, and comfort, but receive them as gifts rather than foundational requirements for your identity.

Detachment is recognizing good and expressing gratitude. Loss of the good thing doesn't damage the Soul, as many good things in life are temporary.

Enjoying pleasure is much richer because without attachment to it there is no fear of loss.

Presence interrupts commenting on past and future suffering

Immediate suffering may occur but the ego's dwelling on past suffering or worry about future suffering also does a lot of damage. The mind's commentary on pain amplifies and stretches out actual pain.

Your friend may not be responding to you, and you have two choices. You can worry that the friendship is in jeopardy, that it won't come back, that you will be alone. Or you can live in the present, not worry about the future, and wait for the call that will tell you your friend has been sick.

You can't remove the fact, but can remove the interpretation, the story that you tell yourself about the fact, at which point wisdom, patience, and a distant perspective on what happened will comfort you.

Minimizing ego makes room for caring

By minimizing ego the Soul has more room for loving and caring for others. When the mind is filled with self concern there's little room for anything else. If someone gives with expectation of recognition, or helps anticipating gratitude the ego wants it's reward. In either case the ego uses too much energy for it's own selfish purpose, leaving less energy for the recipient.

Emptying self makes attention available so you can:

- Listen without formulating a rebuttal.
- Serve without desiring praise.
- Forgive more easily because the self wasn't there to be damaged.
- Celebrate another person without comparing.
- Witness another's weakness without contempt.

The ability to show love without being hampered by self can make you happier. It's a good way to participate with humanity and escape the prison of self absorbance.

Compassion replaces comparison when the ego goes away

The ego lives life competitively. Who is better? Who is more attractive? Who has the most influence or deserves more attention? And interestingly, who is more spiritually advanced?

Created in the image of God and sharing common ground with God means we share common ground with others. Sharing common trials and vulnerabilities with fellow travelers helps us to have compassion for them. Love of God cannot be separated from love of neighbor.

Diminished ego reduces envy and contempt. When ego based comparison weakens, another person's success isn't threatening, but can be enjoyed and complemented. Their failure will be a chance to offer support.

Compassion and sharing leads to a meaningful life. Feeling part of, and positively contributing to the larger whole brings satisfaction and the ability to endure personal difficulty.

Forgiveness frees you

The ego encourages resentment because of its sense of superiority. "I would never have done something like that." Resentment can be powerful, but also so destructive. Unfortunately it ties you to the level of the other persons fault and causes everything to be interpreted through the lens of the offence.

The ability to forgive is very much a gift, freeing you to rise above what happened. It does not necessarily mean reconciliation, trust, forgetting, or abandoning justice, but it cuts you free internally so that life can again be enjoyed.

You can Mortality Clearly

The ego wants to imagine its permanence. It panics as it can't comprehend death.

A Soul freed from self sees death as a gift, and looks forward to resurrection and fellowship with God. Christian hope means that relationships, love, and identity aren't defeated by bodily decay.

Considering mortality can clarify values, allowing life to be lived more fully with greater consideration of others.

It discloses trivial ambitions and shows importance of ordinary life, conversations, meals, sunlight, stars, friendship, reconciliation, and work done with joy.

Ones future belongs with and depends on God.

Surrendering misidentification by self brings freedom

The misidentifying self is a combination of achievements, failures, roles, possessions, social approval, wounds, fears, memories and others opinions. None of these are the real you. The ego is subject to damage if any of these fall short. The ego is wholly occupied in manufacturing situations to bolster self worth.

The real Higher self is oriented toward God and isn't bothered by anything occurring in the physical world or in the Lower self. It is free, and since it is the real you, You are free.

Recognizing that you are fully known and loved by God generates a very lasting form of happiness.

Community involvement helps reinforce good habits

Healthy renunciation generally leads to increased relationships. You will become less defensive, more teachable, more able to apologize. Being willing to share possessions, time, and attention you'll turn your energies to helping others and building community.

Community will reward you by providing correction against self-deception, help when you feel spiritually empty. It provides practical opportunity to serve and protection from turning detachment into emotional distance.

Finding deeper happiness

The path does not guarantee good health, financial success, pleasant relationships, freedom from grief, constant emotional peace or material prosperity.

Its promises are subtler and more profound. The Path changes what constitutes happiness, from -

Excitement to contentment.

Need to possess to gratitude.

Needing recognition to feeling beloved.

Need to exert control to trusting in God.

Tragedy into peace.

Comparison to compassion.

Protection of self to participation.

Avoidance of death to anticipatory presence.

Experience joy along the way

"Whenever I felt the beauty of the world in song or story, in the material universe around me, or glimpsed it in human love, I wanted to cry out with joy... If only I could sing, I thought, I would shout before the Lord, and call upon the world to shout with me, 'All ye works of the Lord, bless ye the Lord, praise Him and glorify Him forever.' My idea of heaven became one of fields and meadows, sweet with flowers and songs and melodies unutterable, in which

even the laughing gull and the waves on the shore would play their part." (The Long Loneliness - Dorothy Day)

"This joy is also supernatural, is from a source beyond nature, is of the Holy Ghost, is of God in us. We are joyful in his joy. In the special presence in the Soul of the universal Spirit one has joy. When the Life that beats and breathes in the universe comes especially into the Soul one has joy. The Wise Man says, 'God giveth to a man that is good in his sight, wisdom, and knowledge, and joy.' The nearer to God the more the joy; its flush is of the heavenly fire; it is the emotion of a Soul in him." (Woodward Brown - Divine Indwelling)

Addendum: Christianity

I tried different Christian churches, all relatively small. I found most to be warm and engaging. Handshakes between members and visitors were common. Doctrine was straight out of the bible (according to each denominations interpretation). I enjoyed a Bible Baptist church whose policy is to help the hearing impaired by providing signing at each service. Services were traditional with beautiful music and hymns. I've attended a nice Lutheran church, the liturgy of which I enjoyed.

This writing is the result of my search, and failure to find a religion that checks all the boxes. Having a religion is important for most people as it offers hope for salvation and social connection. Most spiritually oriented Christian religions encourage people to reach towards God via scripture reading, prayer, and service. These are all beneficial, and membership in a religion is good as long as one has open eyes to its limitations.

What follows are some of my notes on Protestantism, Catholicism, and Eastern Orthodoxy.

The Bible

It's true that things have been left out of the bible (including the apocrypha), but it's not true that the bible is inaccurate for the most part. Tens of thousands of early copies exist having very little difference from the originals. Modern versions of the bible (including for the most part the KJV) are precise, and accurately translate the initial texts. Also recommended are the NASB1995, and for the most original text, Codex Sinaiticus. The "Concordant Version" of the Old and New Testaments are good.

Issues within Christianity

Here are some topics / issues within Christianity.

Sola Scriptura

Sola Scriptura (solo in Greek = "only"). There are five solae in the Protestant Reformation: Sola Scriptura: "Scripture alone," Sola fide: "faith alone," Sola gratia: "grace alone," Sola Christo: "Christ alone," and Soli Deo gloria: "to the glory of God alone." Sola Scriptura is the view shared by most Protestants, that the Bible is the sole infallible authority for Christian faith and practice. They reject any Divine authority based on sacred tradition. It means that a Christian is solely responsible for determining God's word by his own interpretation of the bible. In practice however interpretation of scripture is done by leaders of the local church and individual deviation from established interpretation leads to being distanced by the congregation.

"Protestant pastors have long realized (in fact, Luther and Calvin realized it) that, although they must preach the doctrine of private judgment to ensure their own right to preach, they must prohibit the exercise of this right in practice for others." (James Akin, The Practical Problems of Sola Scriptura 1996).

While the bible is accurate, the interpretation of it varies widely. Protestantism has allowed the church to be divided into hundreds of denominations according to local interpretation of scripture. Protestants are free to come to different and sometimes erroneous conclusions. Attempts are made to justify contradictory positions by use of scripture. This is not to say that the doctrines of Catholicism and Orthodoxy are free from error, but they are mostly consistent within those religions.

Original Sin

While most denominations believe the doctrine of Original Sin, some do not. This is generally a small issue unless you're an infant.

Faith vs. the Mosaic Law

In Galatians 3, Paul discusses justification through faith in Christ vs. attempting to be perfect with respect to the Mosaic law.

Faith vs. Works

There are different types of works. In Galatians 3 Paul contrasts faith in Christ with following the Mosaic law "For as many are of the works of the law are under the curse, for it is written 'Cursed is every one that continueth not in all things which are written in the book of the law'." Following the entirety of the external law is impossible so those works come to naught as far as securing salvation.

The second type of works are those that well meaning people do for others through charity or which otherwise improve the spiritual / religious landscape. Christians stress faith but also acknowledge these works are a fruit of faith.

The third type of works are those done internally. It can hardly be disputed that work done on improving the inner man is essential for spirituality. Catholics and Orthodox emphasize this type of work.

Rapture

Pre-tribulation rapture, post-tribulation rapture, or no rapture is a favorite point of discussion among Christians.

Preterism

A minor Christian view that many prophetic Bible passages were fulfilled in the first century, rather than predicting distant future events.

Baptism and the Holy Ghost / Holy Spirit

Is baptism a saving ordinance (sacrament), or does it just signify a persons conversion through faith that has already occurred?

Latter Day Saints view baptism by immersion as a required step to receive the remission of sins, the gift of the Holy Ghost and entry into the kingdom of God. It is the first of the saving

ordinances. Faith should precede baptism but baptism is essential. The Gift of the Holy Ghost is conferred immediately after baptism.

Most Christian churches baptize using the Trinitarian formula ("I baptize you in the name of the Father, and of the Son, and of the Holy Spirit"), even though these verses in the New Testament are non Trinitarian:

"Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost" (Acts 2:38)

".. only they were baptized in the name of the Lord Jesus" (Acts 8:16)

"Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?" (Rom 6:3)

"And he commanded them to be baptized in the name of the Lord " (Acts 10:48)

"When they heard this, they were baptized in the name of the Lord Jesus.' (Acts 19:5)

Traditional Christian churches believe that baptisms done in another church are acceptable as long as the Trinitarian formula was used (interesting considering the above) and the person believed in the Trinity.

The End Times

Does end time scripture like Revelations apply to the earth as a whole, or to each individual, or to both?

Being "Saved"

Many Christians believe that a person has to have a "saved" experience, a particular moment where they confessed their sins and were "saved." If a person can't pinpoint that experience his validity as a Christian is questioned. One Christian flatly told me that if I couldn't identify my saved experience I would spend eternity burning in hell. There is also John Calvin's doctrine of "Once Saved Always Saved."

Christ and Paul

Jesus and Paul were both Jewish, Paul was also a Pharisee. Both had apocalyptic views, suggesting the end would come soon, within their generation. Both felt that scrupulous observance of the finer points of Jewish Law was unnecessary, but that love of one's neighbor and faith were essential.

Jesus primarily taught the Jews, although his message was for all. Jesus taught that faith should be in the goodness of God and that one must follow His teachings and the basic principles of the Jewish Law.

Paul extended his version of the gospel to the entire world. Paul taught that following the Jewish Law wasn't needed, instead that one must believe solely in the death, resurrection and blood of Jesus, and that salvation comes only to those who die with Christ by being baptized.

The Christianity that we know today in its essence and structure is mostly Paul's teachings.

The Atonement, Transformative or Transactional?

From a transformative standpoint Jesus showed us the way whereby we too can transcend the mortal plane, the atonement being viewed at a deeper level with Jesus dying to self and giving Himself fully over to the Father. Jesus taught individual transformation.

Paul preached a transactional atonement for individuals, a Penal Substitutionary transaction where Jesus paid the price for our sins.

In the first case, we like Jesus, need to do our own work, in the second case Jesus did it for us. Which makes more sense from a spiritual growth standpoint for individuals?

Regardless of how you look at it, Jesus Christ is the essential bridge between God the Father and man. He enlivened the world and made God personal to us.

Pre-existence

No major Christian religion believes in the concept of pre-existence, and a belief in it isn't required for following the path. The book "When Souls Had Wings" tries to address the subject.

Saving the Soul

As far as ability to "save", Protestant, Catholic, Orthodox differ in authority, ordinances, priesthood and doctrine. Each tradition offers the follower a start at spirituality. Both Latter Day Saints and Catholics regard their church as the "only true church" and disallow ordinances from the other. Protestants are more lenient, especially since they generally don't believe in "saving ordinances," instead emphasizing being saved by faith in Christ.

Protestantism vs. Catholicism and Orthodoxy

There's a huge divide between Protestants, Catholics and Orthodox with quite a bit of arguing back and forth on the heresies of the others. All three make good points.

Protestantism

The Protestant Reformation of the 16th century marked the separation by Protestants from the Catholic church. Protests against Catholicism began with Martin Luther calling for debate on indulgences. The printing press accelerated broadcast of discontent. With the exception of Latter Day Saints, Catholics and Eastern Orthodox most every Christian church falls under Protestantism.

Protestantism emerged in the 16th century when Martin Luther and others protested practices of the Roman Catholic Church.

Protestants believe that the Bible alone (as different individuals or groups interpret it) is the ultimate authority and reject the "church tradition" of Catholicism.

Protestantism is decentralized and varies widely by denomination. Protestants reject hierarchical church structures. Leadership is often based on education. They view the Pope as a religious leader without authority over them.

Faith alone salvation comes entirely through faith in Jesus Christ, not through works or sacraments. Grace is given freely by God and cannot be earned.

Mary is respected but not venerated. They do not pray to her or saints, viewing these practices as idolatry.

Protestants generally have two "sacraments", baptism and communion (the Lord's Supper). Sacraments do not convey grace in themselves but are outward signs of inward grace.

They view communion as a symbolic act commemorating Christ's sacrifice, some believing it to have a spiritual component. Bread and wine remain bread and wine.

Baptists view baptism as an outward declaration of already existing personal faith. It does not itself confer salvation. Belief and faith must precede baptism and salvation is through faith alone. For adult believers, baptism by immersion is required. Infants are not baptized as they can not yet profess faith. Baptists believe the Holy Spirit is received by the person at the moment of personal faith (the "saved" moment). No formal laying on of hands is required.

Methodists believe that baptism is grace that both signifies and participates in the believer's salvation, personal faith remaining essential. Infants are baptized as a sign of God's grace, while adults affirm their own faith. The Holy Spirit is imparted during the baptismal sacrament for infants and adults. Adults may later receive a subsequent confirmation with the minister praying and laying on hands.

Lutherans believe that baptism creates and strengthens faith. They have a confirmation service in which the pastor prays and may lay hands on the person asking the Holy Spirit to strengthen faith.

Calvinists believe it's a sign and seal of the covenant and points to the believer's union with Christ through personal faith. Infants are baptized as a sign of the covenant, with the expectation they will later profess faith.

Protestants affirm the priesthood of all believers, that all Christians have direct access to God and do not need a priest as an intermediary. Pastors are their teachers and leaders and offer personal counsel.

Protestants view icons and images as potential distractions from worship of God and not objects of veneration.

Protestants generally reject the doctrine of purgatory, at death people either go to heaven or hell.

Protestants believe humanity is wholly affected by sin and that man is fundamentally a sinner inheriting his sinful nature from Adam and Eve. Sins are a matter of individual conscience and brings guilt. Unrepented sin results in eternal separation from God. Repenting of sin is an inward process not requiring confession to the pastor. Acceptance of and faith in Christ's atonement and following the commandments are necessary for salvation ("salvage"). The sinner may get help or counsel from a pastor but he's not required to do so.

Ultimately, because He love us, God forgives the repentant sinner because He wants the Soul to progress and reunite with Him. Mercy before justice, if asked for, and whenever possible. The person perceives this forgiveness as love, with a tremendous weight being lifted off the shoulders.

Forgiveness is received by trusting Jesus Christ—his life, death, and resurrection as the basis for pardon and justification by faith. Sincere contrition and confession of sin to God are required along with turning away from the sin. Personal prayer and partaking of communion are part of the process. A Christian pastor will pray for and with the person, offer counsel, and may pronounce God's forgiveness liturgically, understood to be God's pardon received by faith, not of the pastor's own power.

Church tradition isn't important for Protestants unless it is grounded in scripture, and most Protestant denominations allow clergy to marry.

Protestants practice confession directly to God and do not require confession to a priest. They believe forgiveness of sins comes directly through faith in Christ.

Protestants study the early Christian councils for historical and theological value only. They inherited the Catholic Filioque belief that the Holy Spirit proceeds from both the Father and the Son.

Protestants view all vocations and marriage as equally valid callings from God.

Worship varies widely by denomination, most emphasize preaching and Bible study in both traditional and contemporary services. Music, prayer, and communion are important but secondary to the sermon.

Catholicism

The Catholic Church traces its lineage directly to the apostolic church through Rome, claiming unbroken succession from St. Peter.

It accepts sacred scripture and sacred tradition as authoritative sources of revelation. The Pope, as the successor of St. Peter, holds supreme teaching authority (magisterium) in the Church. The Bible is interpreted within the framework tradition and current teaching.

Catholicism has a hierarchical structure with the Pope at the head,. The Pope is considered the vicar of Christ on earth and has supreme authority over doctrine and discipline. followed by cardinals, bishops, and priests. The Pope is considered infallible when speaking on matters of faith and doctrine.

Salvation comes through faith in Christ combined with good works and participation in the sacraments. Grace is mediated through the Church and its seven sacraments.

Mary is venerated as the Mother of God and is believed to have been conceived without sin (Immaculate Conception) and taken bodily into heaven (Assumption). Catholics ask Mary to intercede with God on their behalf.

The seven sacraments recognized by Catholics are: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony. Sacraments are believed to convey grace in themselves and are essential channels through which God's grace flows to believers.

Catholics believe in transubstantiation, that the bread and wine are literally transformed into the body and blood of Christ, though they retain the appearance of bread and wine. This is considered a miraculous change.

Catholics view baptism as a sacrament that confers saving grace. Through baptism the believer is incorporated into the body of Christ, original sin is remitted, and the Holy Spirit is received. Adult baptism is generally by pouring water over the head or by single immersion. Infant

baptism by pouring makes the infant a member of the Church regardless of later professing faith. Immediately after baptism, the priest prays the "prayer of confirmation" by laying on of hands and anointing with holy oil.

Catholics maintain a hierarchical priesthood with ordained priests who serve as intermediaries between God and the people. Priests are celibate and are believed to benefit from apostolic succession.

Catholics use religious art and statues in churches and homes as aids to devotion, but are not in themselves worshiped. Veneration is directed to the person or saint depicted, not the image itself.

Catholics de-emphasized the following passage in Deuteronomy: "You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them."

Catholics believe in purgatory—a state of purification after death where Souls are cleansed of venial sins and the effects of sin before entering heaven. Prayers and masses for the dead are believed to help Souls in purgatory.

Catholics believe in original sin, the inherited loss of original holiness. Beyond that, sins committed by men and women fall into two categories. Mortal sin, or sin of a grave matter, involves full knowledge and deliberate consent and severs communion with God. Venial sin involves lesser offenses that compromise the relationship with God. Mortal sins are a judicial matter within Catholicism requiring intervention by a priest. In Catholicism the priest acts as a mediator, in the person of Christ. In that role he offers absolution within the sacrament of reconciliation. In this process, the priest can forgive a mortal sin which otherwise would doom the person to eternal damnation.

Catholicism requires contrition, sincere sorrow for having offended God, conversion of the heart by turning away from sin and toward God, and performing penance (prayer, almsgiving, fasting) assigned by the priest in the sacrament of reconciliation.

Catholics highly value Sacred Tradition as equal to Scripture in authority. Tradition includes the teachings of the Church Fathers and papal pronouncements.

The Catholic Church requires celibacy for priests, viewing it as a spiritual discipline that allows priests to be fully devoted to their ministry.

Catholics practice sacramental confession (reconciliation) with a priest, who has the authority to absolve sins in Christ's name. Regular confession is encouraged, especially before receiving Communion.

Catholics recognize all ecumenical councils and their decisions are binding on the faithful.

Catholics affirm the Filioque clause as part of doctrine which means that the Holy Spirit proceeds from both the Father and the Son, emphasizing the unity and equality of all three persons of the Trinity.

Catholicism has a strong monastic tradition with orders such as Benedictines, Franciscans, and Dominicans. Monasticism is viewed as a higher calling, though all vocations in life are considered holy. Monks and nuns play an important role in the Church's spiritual and intellectual life.

Catholic worship centers on the Mass (Eucharist), which follows a set liturgical structure. Mass is highly formal and ritualistic, with specific prayers, readings, and ceremonies. Incense, vestments, and sacred music are integral to worship.

Not asking for Mary's intercession does not make someone less of a good Catholic. Marian devotion (praying to Mary, asking her intercession) is a recommended Catholic practice but not a requirement for salvation or being a faithful Catholic. The Church teaches Mary's role as model and intercessor, and encourages Marian devotion as a means to grow closer to Christ — but devotion is voluntary. Priests and spiritual directors typically respect different devotional practices and encourage what helps a person grow in holiness.

Eastern Orthodox

Orthodoxy claims apostolic succession through the Eastern patriarchs and developed distinctly in the Byzantine and Orthodox Christian world.

The Orthodox church emphasizes the authority of the early Church Fathers, particularly from the first seven ecumenical councils. It rejects papal supremacy but respects the role of bishops and ecumenical councils. Authority is not centralized as it is in Catholicism.

Leadership is decentralized with leadership shared among patriarchs in Constantinople, Alexandria, Antioch, and Jerusalem, with no single leader equivalent to the Pope. Decisions are made through ecumenical councils and consensus among bishops. Bishops are highly respected as successors of the apostles. Rome's claim to universal jurisdiction is rejected, the split with Rome occurred in 1054 over papal authority claims.

Salvation is understood as deification, becoming united with God and sharing in His divine life. Orthodoxy emphasizes the role of grace and the sacraments (mysteries) but also personal transformation and sanctification. Salvation is seen as a process of spiritual growth and union with God. The sacraments are termed mysteries in Orthodoxy because they point to something infinitely greater than what humans can readily understand.

Mary is highly honored and venerated as the Mother of God, but not worshiped. Saints are venerated and their intercession is sought, but worship is reserved for God alone. Icons of Mary and saints are central to Orthodox worship and spiritual practice.

Eastern Orthodox recognize seven mysteries (sacraments): Baptism, Chrismation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony. Mysteries convey grace. They are means of encountering the divine and experiencing God's presence.

Eastern Orthodox believe in the real presence of Christ in the Eucharist but do not define the mechanism of change as precisely as Catholics do. They use the term "metabole" (change) rather than transubstantiation. The Eucharist is central to Orthodox worship and is received frequently by the faithful.

Orthodox baptism is similar to Catholicism however water immersion is required, and is done three times (trine) once for each part of the prayer. This late practice in Orthodox fits the Trinitarian formula.

Eastern Orthodox maintain apostolic succession and an ordained priesthood, deacons, priests, and bishops, but the priesthood is seen as a ministry rather than an overriding authority.

Members of the Orthodox church place great theological and spiritual significance on icons, which are windows to the divine and aids to prayer. Venerating icons (showing them reverence

through bowing, kissing, incense) is an essential part of Orthodox worship and spirituality, and is thus sacramental.

Eastern Orthodox do not believe in purgatory but in a state of purification and growth after death. They pray for the dead and believe prayers can help departed Souls, but the afterlife is less defined than in Catholicism.

Orthodox do not believe in original sin except for an inherited propensity and wounded nature. Humans are created in the image of God and that image is the basis of communion. Sin is a spiritual sickness that impairs the ability to commune with God. Sin is rooted in disordered desires and self centeredness. Sin affects both the individual and the world. For Orthodox sin is not a judicial matter, however the priest can offer counsel. The goal is healing through repentance and restoration, not punishment. The Eucharist and other sacraments assist the healing process.

Eastern Orthodox deeply respect the tradition of the early church, particularly the teachings of the Church Fathers and the decisions of the seven ecumenical councils. Tradition is understood as the living experience and teaching of the Church throughout history, inseparable from scripture.

Orthodox priests can marry before ordination, and most parish priests are married. Bishops are normally celibate. Marriage is viewed as a holy sacrament.

Eastern Orthodox practice confession (penance) with a priest, but it is understood as spiritual guidance and healing rather than a pronouncement of absolution as it is with Catholics.

Eastern Orthodox recognize the first seven ecumenical councils (up to 787 CE) as fully authoritative and binding.

Eastern Orthodox believe the Holy Spirit proceeds from the Father alone (without Filioque), with the Son's role understood as one through whom the Spirit is sent, but not as an originating source.

Eastern Orthodox monasticism is deeply valued. Monks and nuns are highly respected, and monasteries are centers of spiritual life, theological learning, and prayer. Monasticism is seen as a way of pursuing theosis (union with God).

Eastern Orthodox worship is highly liturgical and sacramental, centered on the Divine Liturgy (Eucharist). Worship is characterized by rich symbolism, icons, incense, chanting, and ancient liturgical forms. The liturgy is understood as a foretaste of heaven. Worship emphasizes beauty, mystery, and the transcendence of God.

Eastern Orthodox eschatology affirms the Second Coming, resurrection, and final judgment but focus is on living in relationship with God and the hope of theosis (union with God) both in this life and the life to come.

Addendum: Reincarnation

The subject of reincarnation is included for completeness but placed outside the main body on spirituality as it's divisive and honestly not that attractive. It is a controversial subject, and no part of the spiritual path depends on its validity or non-validity.

Reincarnation (metempsychosis or transmigration) is a basic principle of many eastern religions. Surprisingly it's also a belief shared by 30% of Christians and 33% of the overall United States population, according to a 2021 Pew Research poll.

In a way it makes sense as its unlikely to enter this life once, gain needed experience, fix all of the issues, and then die to self.

On the other hand it's hard to view much of the world today as Souls who have made many trips and are now close to perfection.

That we could come back again is an uncomfortable thought for many.

Origen was one of the few Christian theologians to propose it, the vast majority denied it.

"Into this condition, then, we are to suppose that all this bodily substance of ours will be brought, when all things shall be re-established in a state of unity, and when God shall be all in all. And this result must be understood as being brought about, not suddenly, but slowly and gradually, seeing that the process of amendment and correction will take place imperceptibly in the individual instances during the lapse of countless and unmeasured ages." (The Complete Works of Origen)

Modern science and information technology enables research into the theory of reincarnation.

"To summarize this phenomenon, children's reports of past life memories occur worldwide, and 2500 cases have now been studied. Some of the children come from areas with a cultural belief in reincarnation, but some do not. In many cases the child's statements have been verified to be accurate for one particular deceased individual. A number of the children have also had birthmarks or birth defects that match wounds on the body of the deceased individual. In addition, many children show behavioral features that appear linked to their past life statements, such as emotional longing for the previous family and phobias related to the mode of death of the previous personality. Some have also appeared to recognize people or places from the previous life, and some of these recognitions have occurred under controlled conditions." (Children Who Claim to Remember Previous Lives - Jim Tucker MD - Journal of Scientific Exploration, Vol. 21, No. 3)

The Gita, or God's Song is ancient Hindu scripture dating to the first century B.C.E. It alludes to reincarnation.

"The Spirit, which pervades all that we see, is imperishable. Nothing can destroy the Spirit. The material bodies which this Eternal, Indestructible, Immeasurable Spirit inhabits are all finite...

It was not born; It will never die, nor once having been, can It cease to be. Unborn, Eternal, Ever enduring, yet Most Ancient, the Spirit dies not when the body is dead.

As a man discards his threadbare robes and puts on new, so the Spirit throws off Its worn out bodies and takes fresh ones.

Weapons cleave It not, fire burns It not, water drenches It not, and wind dries It not.

It is impenetrable; It can be neither drowned nor scorched nor dried. It is Eternal, All pervading, Unchanging, Immovable and Most Ancient." (The-Bhagavad-Gita)"

For the general topic see:

<https://www.pewresearch.org/religion/2021/11/23/views-on-the-afterlife/>

<https://www.psychologytoday.com/us/blog/out-of-the-darkness/202112/evaluating-the-evidence-for-reincarnation>

<https://archive.org/details/reincarnationandbiology01>

<https://archive.org/details/reincarnationandbiology02>

Suggested Reading

In order:

The Perennial Philosophy - Huxley, essential easy to read all around treatment of subject

Essentials of Mysticism - Evelyn Underhill, large comprehensive book, well worth getting

Practical Mysticism - Evelyn Underhill, excellent, sometimes combined with above

Christian Mystics - Ursula King, a must have. Inexpensive used on eBay

Christ the Eternal Tao - Hieromonk Damascene - second half of book is great

The Divine Within - Huxley

The Greatest Achievement in Life - Five Traditions of Mysticism (online PDF)

The Imitation of Christ - Thomas Kempis

The Life of St. Teresa of Avila

New Seeds of Contemplation - Thomas Merton

Bibliography

This listing is heavily Orthodox and Catholic weighted, not because of bias, but because the majority of Christian Mystics were from those traditions.

Eastern Orthodox had monastic traditions that institutionalized contemplative prayer, and mortification. They passed contemplative methods down through centuries.

Catholic religious orders had structured prayer, scholarship, spiritual directors, covenants and monasteries that enabled consistent practice and devotion.

Protestant traditions had little structure and unfortunately produced few mystics.

Adornment of the Spiritual Marriage - St. John of Ruysbroeck

Ascent of Mount Carmel - St. John of the Cross

Cloud of Unknowing - Anon

**** Christ the Eternal Tao - Hieromonk Damascene

**** Christian Mystics - Ursula King

** Concordant Literal New Testament - Concordant Publishing (also OT)

Dark Night of the Soul - St. John of the Cross

Dionysius the Areopagite - On the Divine Names and the Mystical Theology - C. E. Colt

Divine Indwelling - Woodward Brown

Dying To Self - William Law

**** Essentials of Mysticism - Evelyn Underhill

Evagrius Ponticus (Early Church Fathers)

Fathers of the Desert VOL-I & II

* Four Witnesses - Rod Bennett

I Am That - Sri Nisargadatta Maharaj

* Inner Christianity - Richard Smoley

Introduction to Carmelite Spirituality of the Cloister - Carmelite Monks

Introduction to the Devout Life - St. Francis de Sales

John Owen on the Holy Sprit - Pneumatologia

John Merton - A variety of books available

***** King James Version of the Bible

Life of St. Teresa of Jesus, of The Order of Our Lady of Carmel - St. Teresa of Avila

Life and Works of St. Bernard

New Seeds of Contemplation - Thomas Merton

*** Meister Eckhart's Sermons - Johannes Eckhart

* Meeting the Masters - William Wildblood

Nature and Grace - Thomas Aquinas

Pensees - Blaise Pascal

*** Practical Mysticism - Evelyn Underhill

Sayings of the Desert Fathers

Spiritual Canticle - St John of the Cross

St. Bernard of Clairvaux - On Loving God

The Ascent of Mount Carmel - St. John of the Cross - Carmelite Monks

*** The Complete Mystical Works of Meister Eckhart

The Complete Works of Saint Augustine

The Complete Works of Origen

The Complete Works of Pseudo-Dionysius

The Dialogue of St. Catherine of Siena

The Divine Indwelling - William Law

*** The Divine Within - Huxley

** The Long Loneliness - Dorothy Day

The Essential Plotinus

The Experience of God Vol 1 - Dumitru Staniloae

*** The Greatest Achievement in Life - Five Traditions of Mysticism

** The Imitation of Christ - Thomas Kempis

*** The Interior Castle - St. Teresa - Carmelite Monks

The Journal of George Fox

** The Life of St. Teresa of Avila - Carmelite Monks

The Life of St. Teresa of Jesus, of the Order of Our Lady of Carmel

The Light Within - Thomas Kelly

**** The Perennial Philosophy - Huxley

**** The Psychology of Religion - Hood, Hill, Spilka (Chapter 11)

The Selected Mystical Writings of William Law

The Six Enneads - Plotinus

The Tibetan Book of the Dead

The Way of Perfection - St. Teresa - Carmelite Monks

Treatise on the Love of God - St. Francis de Sales

When Souls had Wings - Givens

A note on Sources

I've been researching this material for several years using physical books and PDF's.

In late 2025 Artificial Intelligence became available via chat interfaces on the web. I began using it for further research and came up with wonderful quotes, a few of which I cited in early versions of this paper.

At the beginning of 2026 as this work progressed I began looking at the original source material, generally in PDF's of old books. I couldn't find any of the AI supposedly quoted material in the original works. The concepts AI gave were correct however, and consistent with books I'd read over time, and it did provide good leads on people I needed to research further.

Trying to find exact writing of the original authors is difficult primarily because most wrote in a different language, and translations aren't exact. But for most there are fairly well established translations which can be obtained in PDF form. AI's mistakes however weren't due to translation problems. The quotes it gave just didn't exist anywhere. AI simply synthesized everything and pretended.

AI goes through a two stage process. The first stage is called embedding, using a large language model to evaluate the source documents based on what you're looking for to produce the intermediate form. In the second stage the data from the intermediate form is used to synthesize an answer that will be pleasing to the user. In other words the concepts are there but the original actual quotes have not been carried through. Both steps are combined in what you see with a chat on the web, a synthesized result accurately representing the original, yet not containing any of the original.

In the Spring of 2026 I finally gave up trying to track things down with web based AI and installed local AI (Llama-Index) on my main computer. In a standard installation this suffers from much the same problems as web based but I modified the code to enable extraction of the original unmodified text from the documents without going to the synthesis step. The best thing about this is that PDF's in a folder are searched for the "concepts" expressed in the prompt string, not words or phrases. This is called semantic search.

In this paper, using concepts that were validated across many physical as well as PDF books, I've summarized what I believe to be the truest spiritual path. Ultimately spirituality is an individual pursuit, so I trust that you'll do your own research. Hopefully this is a good and true start, but you need to verify that. And then, like me, after so much book learning, you'll move on to actually practicing this, actually *being* it.

Tools

In 2026, the following tools are available on Windows 10/11. The vast majority of the books listed in the bibliography are available as PDF's on the web. The following tool enables quickly searching through a folder of PDF's and is highly recommended:

DocFetcher. Easy to configure. Indexes text in all files withing a folder, and sub folders, including PDF's. <https://sourceforge.net/projects/docfetcher/>

My all time favorite windows tool is "Everything". Once installed it will index every file on your computer and provide almost instant searches of file names. I have over 5 million files on my system and it works great:

"Everything." <https://www.voidtools.com/downloads/>

I've yet to find a really good PDF reader that allows underlining, but the following works fairly well:

Okular PDF reader
<https://okular.kde.org/download/>