

I M R E V A L L Y O N

Heavens & Hells of the Mind

Chapter 28
THE HEART OF CHRISTIANITY



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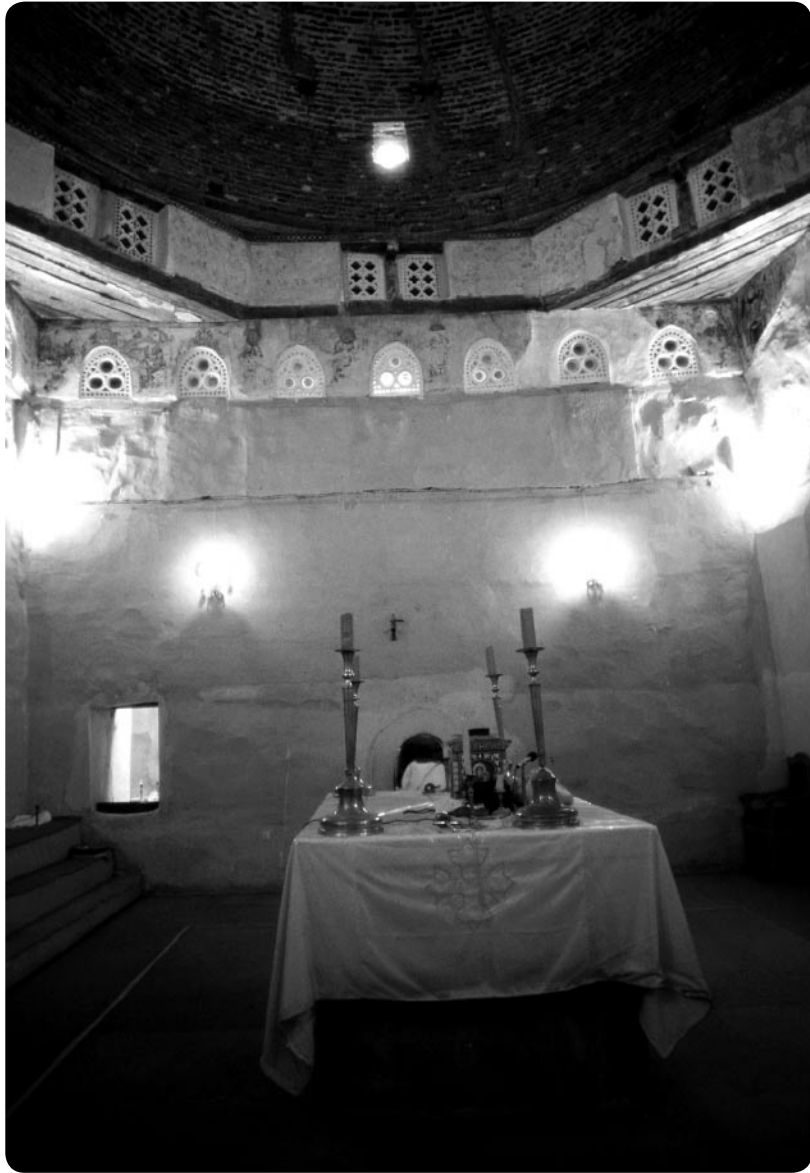
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CHAPTER 28

The Heart of Christianity

The Dual Nature of Christianity

God speaketh inwardly to a man's Soul, without the sound of words.

Thomas à Kempis

No matter how much understanding a man may have of created things, he can never come by means of this understanding to the knowledge of the Uncreated Spiritual Thing. And this is God.

The Cloud of Unknowing

The theme of Mysticism has remained within the church for two thousand years

It is difficult for the modern man or woman just to understand Pure Christianity, let alone to practise it.

Spanning two thousand years, the Gnostics, the Hesychasts, the Cathars and the Mystics were all Christians, and they all renounced the world and sought God and Jesus *within* themselves, through Soul-Consciousness. During the past two millennia the worldly powers within the church could never understand these Souls, so they persecuted them, often to the death.

It cannot be said that the church was ever uniformly holy. Since the beginning, there has been this division within Christianity:

- Those who sought the Kingdom of God within the Soul.
- Those churchmen who were merely concerned with collecting a worldly empire.

Saint Jude, in his epistle to the early church, mentions these worldly Christians as “they who bring about division amongst the brethren, sensual men, not experiencing the Spirit”. Saint John, in his third epistle, speaks of a bishop called Diotrephes who abused his authority over the brethren of the early Christian church. The New Testament is full of such references. It seems that the church became a material power shortly after the death of Christ. Yet, though the Mystics have always been persecuted, the theme of Mysticism has remained within the church for two thousand years.

Love not the world, nor the things that are in the world. For if anyone loves the world, he does not love the Father. All that is in the world is but the lusts of the flesh and the lusts of the eyes, and the strength of life which is not from the Father but from the world. And the world with its desires is passing away, but he who does the will of God lives forever.

1 John 2:15–17

HESYCHAST

Greek: A person leading a quiet, contemplative life in the deserts of Egypt, Syria, North Africa or Palestine from the 4th century onwards. A monk or a nun (rare) of the early Christian church. A renunciate, a hermit. A person who has attained the *wordless state of prayer* (who has a still mind and communes with God in silence).

The Eastern Christian *Hesychast* tradition can be clearly traced back as far as the 4th century AD. Before that time it is recognizable as the “orthodox” tradition.

Christian Mysticism 450

Since the beginning, the whole attitude of *Pure* Christianity has been that of seclusion, isolation, fleeing away from worldly matters into the solitude of the Spirit. John the Baptist, of course, lived in the wilderness, in the desert, as did all his predecessors. The Christian contemplatives, the HESYCHASTS, fled to the deserts of Egypt, Syria, North Africa and Palestine. The Mystics of the Dark Ages and Middle Ages retired into the monasteries and nunneries.

Meanwhile, for centuries, the popes, cardinals and bishops involved themselves in politics, in the acquisition of worldly kingdoms, great wealth and worldly powers, and the forced conversion of millions to the *church* (never mind their Souls).

Thus, since the very beginning, the church has suffered from a dual nature, a split personality.

*Since the very beginning,
the church has suffered from
a split personality*

THEOLOGIA

Greek: "The Science of God-Realization". From THEOS, "God"; and LOGOS, "God as the Creative Principle, the Divine Word or Wisdom, the Divine Discourse or Reason".

This is the origin of the English word *theology*. In the early centuries of Christianity, however, theology was not just a set of intellectual ideas and dogmas as it is today. It was the *direct realization* of Divine Realities, the *inner perception* of the Spiritual Realms and Hierarchies through the processes of prayer, meditation and contemplation. From the first to the fourth centuries, this science was known as GNOSIS; henceforth it was usually called THEOLOGIA, the Science of God-Realization. Similarly, to *theologize* means to have flashes of inner Insight.

Intelligent people are not those who are learned, or who can read books, but those who have an intelligent Soul.

St Anthony the Great

THEOLOGIAN

Greek: "A Knower of God by experience". To the early Hesychasts of the deserts, a THEOLOGIAN was a saintly person who *experienced* some degree of Divine Consciousness. Of a true Theologian it has been said:

Have no fear, for I have called you by my Name; you are mine. If you pass through water, I will be with you, and the waters will not drown you. If you pass through fire, you will not be burned, and the flames shall not consume you. For I am the Lord, your God, the Holy One of Israel, who saves you.

Isaiah 43:1-3

*Christian History 641
Religion and Politics 513
Mystical Theology 706*

The Way of the Christian Mystic

We are concerned here not with the history of Christianity, however, but with the *attitude* of all the Christian Mystics during the past two thousand years.

The 14th century Mystic who wrote *The Cloud of Unknowing* emphasized that his book could never be understood by worldly Christians...

*Pure Mysticism is much
more difficult to do than
you can realize*

nor by sensual men,
nor by critics [those who defame others],
nor by liars or deceivers,
nor by covetous persons or those greedy for wealth,
nor by the curious,
nor even the intellectuals of the church,
nor even the learned bishops! "This subject is of no relevance for them".

Rather, he speaks to those Souls who are mystically inclined:

Lift up your Hearts to God, with deep Humility of Love, seeking God alone,
and none of His created things.

In this one sentence he told everything there is to know about Mysticism. That is all there is to it, but it is the most difficult thing for any human being to do. In fact, pure Mysticism is much more difficult to *do* than you can realize.

Lift up your Hearts to God,
With deep Humility of Love,
Seeking God alone,
And none of His created things.

Mystics?

There is remarkable ignorance among today's intellectuals and media regarding the *difference* between mediumship, Intuition, Inspiration, Mysticism or Pure Consciousness, Cosmic Consciousness, and so forth. Psychics and mediums, genuine or not, are often called "intuitives", "holy women" or "mystics". Ignorance cannot distinguish between the various sources of experience.

What is 'Channelling'? 320

Lift up your Hearts to God...

Mysticism is the Way of the Heart. It is an intense longing, desire, fervour of the Heart Centre in a human being for direct experience—an inner touch, super-physical, beyond intellect and mind—of the true essence of *God*, the *Christ*, the *Spirit*, one's *Soul*, and *Religion*.

Mysticism is the fervour of the Heart, the fiery aspiration of the Heart towards God.

This *lifting up of your Heart* comes through the *Fire* of the Heart. Fire not only burns; it purifies, transmutes, regenerates. This is why Jesus is often portrayed with the Burning Heart—the Sacred Heart of Jesus. This is the *Baptism by Fire* which Jesus speaks of.

John the Baptist said of the powers of Jesus:

Indeed, I baptize you with water, symbolic for repentance. But He who is coming after me [Jesus] is mightier than I, whose sandals I am not worthy to untie, for He will baptize you with the Holy Spirit and Fire.

Matthew 3:11

Do not interpret these sayings as mere poetic expressions. *Baptism by Fire and the Holy Spirit* is a *real experience* for the Mystic, an *inner experience*.

This is not the water-baptism performed by the church! In the early days, the water-baptism was done for *willing adults* as a symbol of the need for purification. When the church began to function as a worldly empire, however, the Pope declared that all *babies* must be baptized to gain membership! But only a Mystic can know what the *real* baptism is: the Baptism by Fire and the Spirit.

With deep Humility of Love...

To become a Mystic you must become intensely *humble* and your Heart must be overflowing with Love towards God and all creatures. Those filled with intellectual pride, those who are arrogant, haughty, aggressive, competitive and domineering have absolutely no hope of *knowing* God. True, they might *believe* in God, but faith and experience are two different things. A Mystic is one who has gone beyond faith into the kingdom of experience, of *direct Knowing*.

*Mysticism is the fiery
aspiration of the Heart
towards God*

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The Sacred Heart of Jesus 673
The Baptism of Jesus 718
Baptism and Rebirth 722
Heart Knowing 1286

The term *fervour* comes from the Latin *fervere*, “fiery glow, to boil hot, to heat up or warm up”. Another word used by the Mystics was the Latin *ardour*, “a burning fire, a flame”.

Seeking God alone...

The Mystic finds pleasure only in the Transcendental Reality. His or her Heart is ever burning for a glimpse of the *Eternal*.

And none of His created things...

The Mystic finds no joy in worldly pomp and power, name and fame, money, wealth or worldly goods. His or her Heart is set towards the Eternal alone.

*The Mystic lives forever
in God's Presence*

Seek ye *first* the Kingdom of God, and God's Righteousness, and all other things shall be added to you.

Matthew 6:33

All worldly *needs* will be supplied, but the Spiritual Kingdom of the Soul must come first in your life. "Lift up your Hearts to God, with deep Humility of Love, seeking God alone, and none of His created things."

Love Justice, ye who judge the world, and think of God with Goodness, and seek Him in the integrity of your Hearts. Because He is found by those who test Him not, and He manifests Himself to those who do not disbelieve Him.

The Wisdom of Solomon 1:1

The Mystic lives forever in God's Presence, which is sensed through the Heart.

God is the Witness of his *innermost* Self, and the sure Observer of his Heart, and the Listener of his speech. For, the Spirit of the Lord fills the whole World, is Omnipresent, and knows Man's utterances.

The Wisdom of Solomon 1:6-7

Regarding the importance of the Inner Life, Jesus said:

What good does it profit a man if he gains the whole world but suffers the loss of his Soul in the process?

Matthew 16:26

Yet the whole life of Jesus was a demonstration of *active service to all life*.

Amen, I say unto you, as long as you did this, even for one of these, the least of all creatures, you did it unto Me.

Matthew 25:40

The Dichotomy of the Mystic

This idea of seeking God alone, and negating all created things as inferior, was the view of the Gnostics, the Hesychasts, the Cathars and the “regular” Mystics of the church. It is characteristic of the Muslim and Jewish Mystics also. But it was never a perfect view. It was not practical in those days and it is even less so today! It created a tremendous division, a dichotomy in the Mystic’s consciousness, a sense of duality and an alienation from life and from people.

What is more, it is not the example provided by Jesus! He did withdraw regularly to the desert, the mountains or the lakes to *commune* with His Father, but He never withdrew totally from His environment. Jesus *acted* on behalf of others, on behalf of the world.

Mysticism is *not* an idea, not a philosophy, not a thought process. It is an approach to Reality via the Heart. But the next stage should be the *grounding* of the Mystic, the expression of that Love-Unity Consciousness in *active service*, as Jesus did.

This dichotomy existed within Jesus Himself. On the one hand, He insisted that “the Kingdom of God is *within* you” (*Luke 17:21*) and that “My Kingdom is *not* of this world” (*John 18:36*), thus suggesting a severance, an alienation from the world.

Lay not up for yourselves treasures on earth, where moth and rust does corrupt, where thieves break in and steal, but store up for yourselves treasures in the invisible worlds, where neither rust nor moth does consume your goods, neither can thieves break in and steal.

Matthew 6:19–20

Yet, at the same time, He insisted on the most complete and active *service* toward one’s fellow human beings that any Teacher has ever demanded of his disciples.

As a result of this dichotomy, some disciples of Jesus, over the centuries, decided to opt out of the world, while others spent all their time in active service toward their fellow suffering creatures. But true Mysticism is both, as Jesus exemplified with His life. It is to live in the Eternal, the Transcendental, but to be engaged in the serving of the temporal, the worldly, that which passes away. It is to live in God the Transcendent and to serve God the Immanent in Creation.

*This dichotomy existed
within Jesus Himself*

Warrior Jesus 908

Return to Duty 812

Spiritual Life and Material Life 1118

To Love God and the World 1392

Christian Mysticism and Zen

*Pure Christian Mysticism
is not different in essence
from Zen Buddhism*

The ideas and goals of Christian Mysticism are the same as those of Zen Buddhism; although the forms are different, the content is the same. The early name for Mysticism was *Contemplation*, which was defined as “the hidden knowledge of God by inward experience; the passive Illumination of the Soul by God; experiencing the Grace of the Divine Light; the direct experience of the Absolute without an intermediary, institutional or otherwise; guidance by the Grace of the Holy Spirit”. All of these definitions would apply to Zen also.

- The Mystic is one who *transcends* himself or herself.
- The Mystic is one who believes in a Reality that cannot be rationally comprehended, nor expressed in words, to which he or she *surrenders*.
- The Mystic believes in the Ineffable and seeks to *experience* It.
- The Mystic experiences an ultimate, non-material Unity or Oneness with all things, which cannot be apprehended by reason or logic, nor by the physical senses.
- Mysticism, Gnosticism, Contemplation, is a quest for the Divine and is the ultimate Self-knowledge. Such knowledge of one’s Self reveals also the knowledge of God.
- Mysticism is a spiritual, mystical theology based on Inner Revelation, not on outer dogmas or fanciful, intellectual interpretations of the scriptures.
- Mysticism is a personal, spiritual transformation in Christ.
- The goal of the Mystic is Union with God.

Mysticism is an ordered movement towards ever-higher levels of Reality, an ever-closer identification with the Infinite.

Evelyn Underhill

We have to become what we already are. Contemplation cannot be taught, but can be awakened in those who have an aptitude for it. The work of the Contemplative is transpersonal and suprapersonal.

Thomas Merton

A Zen monk would readily agree with this. Pure Christian Mysticism is not different *in essence* from Zen Buddhism; the difference is only in form.

What is Zen? 753

Christian Zen 765

When the Mind is Still 768

CONTEMPLATIONIS

Latin: “Being within the temple”.

Contemplation. From CON (with or within) and TEMPLUM (temple).

The temple is the Heart Centre.

Contemplation (Theoria) 694

Contemplation 1188

The Burning Heart

My heart was hot within me, and while I was musing, my body was on fire.

Psalms 39:3 (from ancient Eastern manuscripts)

Thousands of years ago the Psalmist wrote of his experience of a burning Heart, and of his body being on fire while “musing” on God, that is, thinking deeply of God in his Heart. This same sensation of “burning in the Heart” was felt by Jesus’ disciples (who had been practising the Prayer of the Heart) as He talked to them after His Resurrection.

Did not our Hearts burn within us while he talked with us by the way, and while he opened to us the scriptures?

Luke 24:32

The importance of the Heart has been missed by most Christians. The Heart is mentioned hundreds of times in the Bible. Among these references to the Heart there are many which relate directly to the *experience* of God through the Heart. For instance:

Blessed are the pure in Heart: for they shall see God.

Matthew 5:8

In most translations of this verse there is a *direct promise* that those who purify the Heart will be gifted with the Vision of God. For most Christians this simply means being a “good Christian” and “believing” in the Bible. Many Christians identify with the historical figure of Jesus who was the Christ, and the “Word” of God as a book in their lives, the Holy Bible. Neither God nor Jesus is merely a historical figure, however, and the Word is not a mere book. Through the Radiant Heart we come to know God as a *Living Presence*, “the Living God”, and Jesus as “the Living Jesus” (as He is called in all the Gnostic Gospels).

Keep thy Heart with all diligence, for out of it issues Life.

Proverbs 4:23

Trust in the Lord with all thine Heart, and lean not on your own intellectual understanding.

Proverbs 3:5

As a man thinketh in his Heart, so is he.

Proverbs 23:7

A wise man’s Heart discerneth both time and judgment.

Ecclesiastes 8:5

For out of the abundance of the Heart the mouth speaketh.

Matthew 12:34

For where your treasure is, there is your Heart also.

Matthew 6:21

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Purify the Heart 701

The Gnostic Teachings 1108

Jesus: the Fire of Love 1725

The Christian Heart-Path

The Christian word for the Heart is KARDIA (Greek). KARDIA is more than the physical heart. It is the Spiritual Centre in Man, the Sanctuary within the Temple of the physical body, concealing the true Self or God-Being in Man, the Holy of Holies. It is the Holy Place where God meets Man, where you become One with God.

*The Love of God
was the Goal of Life*

Prayer in the Heart means entering the depths of your own Being. The Vision of God is in the Heart. Christ dwells in the Heart. The true Heaven is in the Heart.

All of this was known and then forgotten. The earliest Christians were a Jewish sect. They followed Jewish practices, using the Jewish Divine Names in the Heart or short sentences from the Psalms or sacred writings, as Mental Prayer in the Heart. As more Greek-speaking people were converted, however, more Greek knowledge became mixed in with the Jewish religious ideas and practices. The first four centuries saw endless clashes between the “pure Jews” and the “foreign” Greek philosophies and thoughts. Later on, the Latin-speaking populations were also converted, so there developed a mixture of Jewish, Greek and Latin thoughts and ideas. Today’s Christianity is a mixture of all this.

What is the Heart? 435

The Early Christians 643

Mental Prayer in the Heart 1254

As it was for the Jewish and Muslim Mystics, the Love of God was the Goal of Life for the early Christians. They flocked to the deserts of Egypt, Syria, North Africa and Palestine to learn how to *Commune with God in the Heart*, to *Worship* God in the Heart, to *Bless* God in the Heart, to *Exalt* and *Glorify* God in the Heart, to sing God’s *praises* in the Heart, to *meet* God in the Heart, with *sweetness* in the Heart, and there to *receive* God’s Illumination.

PHYLAKI KARDIAS

Greek: “The Guarding of the Heart”. Having your attention in the Heart. Centring in the Heart. The practice of keeping the Heart free from worldly thoughts and influences, and praying to God in the Heart for help and mercy.

Guard your Heart 1328

TIRISIS KARDIAS

Greek: Vigilance in the Heart.

NIPSIS, PROSOCHI

Greek: Alertness, sobriety, watchfulness, wakefulness in the Heart Centre.

Stillness and Silence within (HESYCHIA) was the aim of this Path: Inner Tranquillity, Mental Quietude, an attitude of Inner Listening, an Inner Attention in the Heart to sense the Presence of God. The intellect (mind) was engaged continually in “calling-upon” God in the Heart.

This Heart-Path was established in Christianity over a period of four centuries and was further developed for eleven centuries in Eastern Christianity. In the West it was soon forgotten. Along came the priestcraft who made rituals, and each century the rituals became longer and more complex. The *Internal Worship* of God became external worship and the Inner Light was lost.

The Meaning of Life is Love

For the Mystic, life must be *simplified* and the attention must be directed not on objects outside in the world, but on things *unseen*.

Your world is the reflection of your consciousness. Your consciousness projects itself into your environment. You can understand any happening in Time and Space only according to your consciousness. The *quality* of your consciousness is more potent than any theory, technique, belief or religion. Stillness of Being, clarity of mind and the quality of your consciousness determine the outcome of any event more than any theories or interpretations of the situation at hand.

It is the *quality* of your consciousness that counts, and that quality is measured by the amount of true Love that you *demonstrate* moment by moment in your life. The meaning of being “spiritual” or “developed” is equivalent to the degree of your Love in action towards others. It is the amount of *selflessness* that you possess.

No prestige, position, name and fame or wealth is a measure of “spirituality”. You can be poor or rich and be highly conscious, or you can be poor or rich and be of low consciousness. The meaning of Life is *Love*—Love demonstrated in actions towards others.

The Love of God and the Love of Humanity are the same. We strive to attain Union with God through prayer and meditation formulas, but when we have found “God”, our Hearts open up to the service of Humanity, for the two are one.



Love is a Force, the greatest Force in the Universe.

Love of God renews and re-creates Man. God’s Love for Man attracts Mankind back to the Bosom of God. It is an Attracting Force that draws all things towards God.

Love of Man towards God is a Blessing. God’s Love towards Man is a greater Blessing. It is the same One Love-Power.

In time, Man-God Love and God-Man Love will be experienced as One and the same. Then your Heart will be on Fire and the Rivers of Love will flow from your Heart like tidal waves or great ocean currents.

*Rivers of Love will
flow from your Heart*

Consciousness 1370

The Supreme Act of Karma 264

On Love and Meditation 1140

To Love God and the World 1392

Cultivate the Fires of Love 928

The Fire of Love 1255

Saint Bernard taught that Love has four degrees:

- a. Man loves himself only.
- b. Man begins to love God for the benefit of himself.
- c. Man loves God for the sake of God alone.
- d. Man loves himself for the sake of God.

God in the Heart

The Lord seeth not as Man sees things. Man looketh to outer appearances of things, but God looks into the Heart.

1 Samuel 16:7

*A Divine Mystery
is concealed in the
human Heart*

To the Old Testament Jewish Mystics and the New Testament Christian Saints, the Heart is the *Spiritual Centre* of the human being. In it may be found the image of God, a reflection of the Divine Godhead. A Divine Mystery is concealed in the human Heart. In the Heart, the human creature and God the Creator meet, commingle and unite.

Within the Heart is felt the Oneness of all Life. Within the Heart is experienced Unity. Within the Heart, God shows Himself as the One Life, the Centre, the Root, the Source of all Being and all beings. A Christ-centred life is a Heart-centred life. We can only understand, comprehend and express Love in the Heart, through the Heart and from the Heart. We all become One in the Heart.

It is for this reason that the Gnostics first focused in the Heart. It is for this cause that the Hesychasts and the Mystics first entered the Heart. In the Heart is the Rebirth of Humanity. In the Oneness of the Heart is Beatitude, Blessed Unity, Peace, Tranquillity (HESYCHIA).

The Holy Spirit manifests itself in full certitude in the Heart.

An early Christian Saint

If the *whole* Man [body, mind and Soul] turns towards God, then, in an unutterable Mystery, God reveals His Presence in the Heart.

Christian Mysticism

The Cave of the Heart

The later Christian Mystics called the Heart “the Cave of the Heart” and “Bethlehem, where the Christ is born”. Even as a child is born in the mother’s womb, God is born in the human Heart, which is often symbolized as a *cave*. According to the Mystics, Christ was born in a cave in Bethlehem. The cave in Bethlehem is the Heart.

Meditation in the Cave of the Heart 1358

The Eastern Heart 448

The Abode of the Self 434

The Christ in the Heart 441

The Mystery within the Heart 1315

The Solar and Human Heart 1592

God dwells in full Mystery in the Heart. God can be *tasted* and *seen* in the Heart.

Come *taste* and see that the Lord is Good.

Psalms 34:8

According to Saint Diadochos, perfect Love can come only to those whose Souls have already been purified, who experience a constant *burning* and *uniting* of the Soul with God, by the Fire of the Holy Ghost, acting through the Heart.

*Perfect Love can come
only to those whose Souls
have been purified*

Spiritual Knowledge is the transcending of self-love for the Love of God. Having been transformed by God, it is in an intense Illumination [Light].

St Diadochos

Thou shalt Love the Lord, thy God, with all your Heart, with all your Soul, with all your physical strength, and with all your mind. And thou shalt love thy neighbour as you would love thyself.

Luke 10:27

This is really the Old Testament commandment given to the Jewish nation:

I command you this day, to Love the Lord your God, and to serve Him, with all your Heart and with all your Soul.

Deuteronomy 10:13

The New Testament version is more complete. In both the Old and New Testaments the connection between the Heart and Soul is recognized, while in the New Testament the connection between the physical body and the mind is added. For the Heart is *controlled* by the Soul, and the physical body is *controlled* by the mind.

Both the early Jewish Mystics and the later Christian Mystics (the Hesychast tradition) concentrated in the Heart, though body-mind control was also practised.

With my whole Heart, I looked for Thee. Let me not wander from your Commandments. Thy Word I have hid in my Heart, so that I might not commit a fault against Thee.

Psalms 119:10,11

The “Word” which the Psalmist hid in his Heart was a Hebrew Name of God. It is a common tradition of both Jews and Christians to call upon God in the Heart through a Divine Name. This same process is very common among the Hindu and Muslim Mystics as well.

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The Experience of Mysticism

Blessed is the man who heareth Jesus speaking in his Soul, that heareth from His mouth some words of comfort.

Blessed are the ears that hear the secret breathings of Jesus, and heed not the deceitful whisperings of the world.

Blessed are the ears that hear not the outward sounds, but listen to what God speaketh and teaches *inwardly*, in the Soul.

Blessed are the eyes that are shut from the sight of the outer vanities of the world, and see the inward movements of God.

Thomas à Kempis: The Imitation of Christ

*As a Spiritual Being, you see
and hear the actions of God*

Do not take these words to be mere symbolic or poetic expressions of faith. No! Thomas à Kempis speaks here of *an actual condition of deep meditation*. These words describe an advanced meditational stage, the *inner seeing and hearing of God* within the Soul. The Mystic would describe this experience as *in the Soul*. Technically, it is a deep stage of meditation wherein you know yourself to be separate from your body-mind-personality and are aware that you are a Soul, a Spiritual Being. And, as a Spiritual Being, you *see* and *hear* the actions of God the Father, God the Son (the Christ) and God the Holy Spirit, acting in your Soul—the supernatural operations of Divine Grace causing various movements within your Being. This is *not* theory! We are talking not about belief or faith, but *actual experience*.

So, how can you come to this profound meditational experience wherein you actually *see* and *hear* God within yourself? That is the problem of Mysticism.

There is so much suffering on our planet because Humanity has lost its spiritual heritage. If we are to bring about an end to suffering upon this planet, it must be *realized*, through deep meditation and spiritual exercises, that *a human being is a Soul*.

The Old Testament Jews and other Middle Eastern peoples employed the techniques of *silence, solitude, prayer, meditation, contemplation* and *fasting*. Basically, the techniques for attaining Soul-contact have not changed to this day; the essential ingredients are still the same.

But remember, we *do not* consider the Soul to be the astral body, nor the mind, the mental body. We consider your Soul to be *beyond* your mental and emotional make-up and *beyond* your physical and etheric bodies.

Jiva: the Human Soul 35

The Path of Seeing 552

The Path of Hearing 553

The Universal Heart Practice 846

Heart-Prayer or Spiritual Prayer 1256

Why Life is Suffering 263

To See and Hear God...

To hear Jesus “speaking” in your Soul, and to see God’s inward movements in your Soul, requires the following:

- A deep stillness, equanimity and poise of mind.
- A tremendous tranquillity of emotions.
- A discipline of the body.
- The harmonizing of your brain.
- The alignment of all the cakras within you.
- An intense orientation of your consciousness *inside* yourself.

This explains why Mysticism is not for the average person.

Initially, at least, God can only be contacted in *Silence*—silence of thoughts, silence of emotions, silence of bodily activities. “Be *still* and *know* that I *am* God”, says the Old Testament (*Psalms 46:10*). When you are very advanced on the Path, God can be contacted while you are busily engaged in activities, but that comes much later.

You must be *still*, but not blank. You must be *silent*, but not asleep. You must have inner *equipoise*, but not rigidity. Your outer being must rest while your Inner Being is wide awake. This is not a zombie-like condition; on the contrary, it is a brightness, an alertness never before experienced. That is why the Buddha was called the Buddha: the word BUDDHA means “inwardly wide awake”.

You must *sense* the Timeless within Time, the Everlasting within the transitoriness of all things.

We belong not to Time, but to the Timeless;
not to the world, but to That which is beyond all worlds.

So spake the later Mystics of Christianity. We are from the Eternal and shall return unto the Eternal Godhood.

God has made everything appropriate according to time, but has put the *feeling for the Timeless into their Hearts*, without the ordinary men ever discovering... the work which God has done.

Ecclesiastes 3:11

*Your outer being must rest
while your Inner Being
is wide awake*

The Law of Mystic Experience 508

To Develop Perfect Stillness 700

Your Mind is the Key 1208

The Silence of the Deep 1355

Attach your Mind to the Eternal 1234

CAKRA

Sanskrit: “A circle, a wheel, a sphere, an orb, a revolving disk, a whirlpool of energy, a rotating centre, a wheel of fire”. The term CAKRA can refer to a force-centre in a sun, a galaxy, a planet, a human being or an atom.

The Human Cakras 44

Be Still and Know...

Be still and know that I am God... the God of your fathers, Abraham, Isaac, and Jacob.

Psalms 46:10, Exodus 3:6

*The keynote is always
the Inner Stillness*

The Old Testament Jews knew that by silence, stillness, solitude, aspiration, fasting, inward recollection, concentration and prayer, they could *connect* to God, the *same* God as the God of the old “fathers” of the Jewish faith. (The Jewish religion has always oriented itself toward the past.)

The Piscean Mystic

From the time of Christ, the beginning of the Piscean Age, the new Mystics changed this key idea about God to simply:

Be still and know that I am God.

This was about the *Here and Now*. Using the same eternal principles, the Mystics found the Living God, the God who *always is, right now*. You do this from the Soul level, first by establishing a Soul-connection and then by *expansion* into the Higher Reality.

The keynote is always the *Inner Stillness*, the harmonizing of the body, mind, emotions and vitality (the etheric body) so that the Vision of the Soul may be seen, so that the Voice of God may be heard.

The Aquarian Mystic

In the coming New Age, the Age of Aquarius, a further shift is taking place. The ideal of the Aquarian Age Mystic is:

Be still and know that *you* are God.

Lest some fundamentalist objects to this truth, let me explain. “Be still and know” means that by inward silence and stillness you can *experience* your Soul-Nature. You can experience yourself as an Immortal, Eternal Being, a Child of God, the Eternal. For the Mystic this is not just a belief or wishful thinking; it is an *experiential fact*.

The Hasidim 648

The Attitude for Yoga 558

When the Mind is Still 768

The Way, the Truth and the Life 670

Mystics of Pisces and Aquarius 836

The fact that “you *are* God” does not mean that Man replaces God, or that Man is equal to God or above God. It simply means that Man *realizes*, in a very intimate way, his or her Oneness with the Divine Being. This is the experience of the Buddhic Plane, the *Mystical Union*. Anybody who has reached this level of spirituality always speaks of the incredible sense of *Union*, of *Oneness*, of *togetherness with the All*.

The phrase “you are God” does not mean that the little, selfish, egotistical individual is God. In fact, in the Mystical State of Buddhi, all sense of ego is lost, the whole sense of a separated, separate identity vanishes. All egoism, egotism, selfishness and egocentricity simply disappears! The frail human ego is not recognized as God; rather, the Soul is realized to be One with the Divine. The Unity between Man and God is perceived as an accomplished, eternal *fact*.

*The Soul is realized to
be One with the Divine*

The Temple of God

And when Jesus was asked by the Pharisees when the Kingdom of God will come, He said to them, “The Kingdom of God does not come by looking out for it... for behold, the Kingdom of God is *inside* you.”

Luke 17:20–21

For ye are the Temple of the Living God; as God said, “I will live in them, and I will walk in them, and I will be their God.”

2 Corinthians 6:16

Know ye not that ye are the Temple of God, that the Spirit of God lives in you?

1 Corinthians 3:16

A human being is a Temple of God. The early Christian Saints took this idea quite literally: since God is to be found *inside* a human being, the logical thing to do is to look for God inside oneself by the process of *inner prayer* and *inner meditation*. A favourite focus was in the Heart, though this was not the only way.

This inner journey through interior prayer and meditation is also the Path of the Sūfi, the Jewish Hasidim, the Yogī, the Zen monk, the Buddhist, the Chinese Mystic, and so on. There is ancient agreement among all traditions that *God can be found inside oneself* by a suitable process or method, and with the help of Divine Grace.

The Temple of the Goddess 1492

The Discovery of Truth 85

The One and Only 839

Mystical Union 846

The Path of Union 1339

The Thread of the Heart 844

To Partake of God's Nature

The *Theologia Germanica* asks:

What is it like to partake of God's Divine Nature, to be filled with Divine Light, to be imbued with the Eternal Love of Christ?

*This infusion of Light
into the Soul was to be done
now, in this lifetime*

For that, in truth, is the essential purpose of Christianity. In the early days of Christianity this infusion of Light into the Soul was to be done *now*, in this lifetime, while in the body. When Christianity became "Churchianity", however, this became only a *promise* for a future afterlife in "Heaven".

The true Christian Tradition—true Gnosticism, Hesychasm and Mysticism—is not about asking God for things to pamper one's personality (however useful such things might be). It is about *loving God, simply because God is*.

Mystical Contemplation occurs when you subdue the thoughts in your ordinary, discursive, reasoning mind, leave behind all attachments to worldly things and, in *absolute detachment* from all things (including yourself!), raise yourself into the Stream of Divine Light. Thus taught, also, Saint Dionsius the Areopagite.

The earliest forms of Christian prayers (meditations) were to allow the transcendence of the thinking faculty, to stop the chatter of the mind, imagination and memory. Then, in a wordless, thoughtless mind-state, one could ascend to the contemplation of the Presence of God by a direct Knowing, a Soul-touch, above the mind.

In this sense, true Christianity is identical to true Yoga, Sūfism, Buddhism, Taoism, Jewish Mysticism and Zen. ✠

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The Goal of Yoga 519

The Spirit of Zen 751

The Sūfi Heart 843

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