

COMMITMENT TO THE SOUL

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The true mystical spirit, as practiced by us, needs to be rededicated, strengthened, revived, and renewed. At no other time in human history have the souls of humanity had a greater need for expressing themselves through personality. Likewise, no better time has existed before now for humanity, individually and collectively, to honor and commit itself to the prompting and integrity of the indwelling soul.

The intelligent qualities of soul and soul personality must be given the freedom to express themselves through human activities without obstruction. Preparations must be made before the soul can express itself through this medium. We must desire that all obstacles interfering with the soul's expression of love and oneness of being be eliminated and replaced with light. The personality must be regenerated, enlightened, disciplined, purified, and dedicated to the service of humanity and to the glory of the Divine.

From a practical point of view, we must strive to become aware of all negative, destructive, or unkind thoughts, feelings, beliefs, or intentions which might serve to block the flow of light coming from soul

and soul personality. A sense of fulfillment, joy, and security develop by encouraging the soul to express its attributes through one's personality. Desire and ambition of a selfish nature diminish. There is no desire for power over any person, place, or condition. Instead, the soul begins to instill a sense of harmlessness. A commitment to express the higher self brings about much less criticism of others. Attacks upon our brethren, especially in instances when they seem to have fallen from the path, made a mistake, or expressed an opinion that differs sharply from our own, all fade into insignificance. Expressing the attributes of the soul develops a desire to have Divine Love flow continuously through and from the heart during interpersonal relationships. As this love flows, it communicates the desire to be the sole energy that exits from our mind and heart.

One of the purposes of universal soul, that special extension of the Divine that is within, is to evolve the soul personality. The soul personality is to move toward mastership and express the Divine's attributes with increasing perfection. Before entering the earth plane and while

in the cosmic realm, the soul personality desires, understands, and accepts this reality. It neither thinks nor functions as the human mind, nor does it have the traditional fears, limited understanding, and reservations of the human personality.

The soul personality, guided by the Divine's will and wisdom, desires and decides exactly what experiences it needs in order to accomplish its divine mission: a divine unity with the Divine. In achieving this, it becomes, just as the Creator is, kind, loving, forgiving, and patient. The soul personality and the Divine are inseparable during this earthly human journey and are always available to guide and infuse you with unconditional love and understanding in all endeavors.

The soul encourages you to be proactive in all experiences; being reactive is destructive. Contact and unity with the soul bring understanding and answers to your questions. The Divine has so designed us that within each of us there is a special classroom, an inner sanctum, designed for inner communion. Within this classroom, your master teacher expects and awaits you. Seek the presence of this Master Within. No one can enter this classroom except you. The Master is always there.

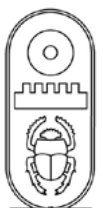


When the soul personality leaves the cosmic realm with the lessons to be learned, it makes the commitment to carry out its mission here on the earth plane while retaining the wisdom acquired during previous incarnations. With the first breath of life, the soul personality enters the body and finds that it is imprisoned in this physical entity with underdeveloped senses and a minimal awareness. A newborn infant is not equipped to communicate or connect with the physical world in a very intelligible fashion. However, this physical world, with its experiences and human contacts, is absolutely essential to the work that the soul agreed to for the purpose of evolving and expressing divine qualities.

The soul personality, responding to the Divine's laws and directions, continues the process of creating the important physical instruments through which it will work and develop. These include the five physical senses; the endocrine and psychic centers; and the central, sympathetic, and spinal nervous systems. All of these are active and gradually grow and further develop. Among the physical body's most notable component is the brain, along with its attributes of intellect, desires, and emotions. A wonderful and efficient physical instrument results: a perfect temple in which the soul will dwell.

The soul personality devotes so much attention, energy, and effort in developing the physical body and its faculties that the soul personality forgets its true identity and its mission or purpose. It begins to identify with the body as "self." Under the light of the Divine, it begins to understand its true nature and self. It comes to understand that the physical body with all its wonderful attributes does not constitute the real self. The journey back home begins, the journey to express its divine qualities.

Let us briefly consider the mind. Mind is a part of universal mind. We might





conclude that one of the functions of mind is to transmit the will and desires of the soul to the brain. The mind is truly the great “sixth” sense, designed to serve as a special instrument for the soul. The student of mysticism needs to meditate on the concepts dealing with the reality of the physical body and its relationship to the soul, the soul’s mission and purpose.

Understanding and being conscious of this permits us to commit our lives toward the Divine’s purpose. The indwelling soul is love, light, and love, and operates according to the cosmic law of love. We seek to establish this identity and we desire to express the soul’s attributes through our human personality. We manifest light, love, and peace the more we strive to be tolerant, kind, loving, idealistic, and selfless. This attitude establishes a harmonious attunement and relationship with creative cosmic forces. The soul will begin to increasingly reveal itself in our daily lives.

What can we do to create, build, and express these qualities in our lives now? We must begin the process regardless of difficult relationships, problems, and associations we may have now or that we may expect in the future. Through study, contemplation, prayer, and desire we can commit ourselves to developing and expressing a loving heart and mind while

showing greater generosity. We must be determined to increase our willingness to forgive, to overlook weakness and errors. We must be willing to extend a hand to those who seem to fall. We need to grasp every opportunity to maintain an inclusive mind. We must practice being open and broad-minded, tolerant, and patient. We must learn to accept and love all life forms, including those that sacrifice themselves for our food, comfort, and emotional enjoyment. We must refuse to permit our consciousness to be tied solely to visible, earthly, negative, or bigoted thoughts of any kind, especially regarding creed, culture, or nationality.

Begin to realize that during the many incarnations through which you have lived, you have experienced various cultures, races, creeds, and beliefs on your path to evolution. Respect all of these, for they are a part of you or will be in the future. In this life you are given the opportunity to live and practice whatever you learned in past lives and experiences. In accordance with cosmic law, if you fail to do this, your “lesson plan” must be revised. Experiences must be repeated until they are learned and practiced. Consult the soul within and let it guide and walk the path with you.

Provide yourself with quiet time to go into your inner sanctum. Attune with the Master Within. One way of doing this

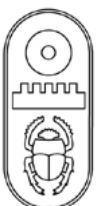
is to begin before you even sit down by becoming quiet and mentally stating, “I intend to commune with the Divine and my soul.” Or you may choose to say, “I intend to commune with my higher mind.” Then sit down comfortably, becoming still, while breathing slowly and deeply, relaxing and focusing upon the movement of your breath. State your intention as many times as necessary for sincerity of heart and mind to get started and take control. When this happens, you will feel a sacred bonding emotion and a relaxing feeling. As you repeat this daily ritual, you will gradually begin to sense a great spiritual peace in heart and mind. Awareness of this appeal and subsequent success may be realized consciously or unconsciously. Even when you think you have felt nothing, you have still achieved an important degree of success.

The great law of love gradually becomes the law of your being and the intention of your life. Recognize love and beauty as the sole essences of all existence, the most dynamic and healing forces in the universe. Learn to see and sense these all around you on your path. Actively choose to have this love govern how you deal with people, places, and conditions. Engender a true soul commitment and experience true inner peace. Fear and resentment

cannot exist where this law rules. You are truly dedicated to soul’s purpose whenever operating within this cosmic and universal law. You may experience the same infusion of spirit which inspired Francis of Assisi to write the following while in contact with the Infinite:

*Make me an instrument of Thy Peace.
Where there is hate, let me bring love.
Where there is offense, let me bring forgiveness.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring light.
Where there is sadness, let me bring joy.
O Lord, I do not seek so much to be consoled
as to console,
To be understood as to understand,
To be loved as to love.
For it is in giving that we receive,
It is in forgetting ourselves that we find
ourselves,
It is in forgiving that we are forgiven,
It is in dying that we are reborn to eternal life.
Forever realize that you are a source of the
Divine’s light and love.
So Mote It Be!*

Let’s apply what we’ve learned.





Exercise to Strengthen Commitment to the Soul

Sit comfortably in your chair with your feet flat on the floor and your hands in your lap. Slowly and gently take seven deep breaths. Pause for a count of four after each inhalation, then open your mouth and slowly exhale. Closing your eyes, contemplate the nature of the soul in light of the chapter you have just read. Then open your eyes and read aloud the following five affirmations. After reading each affirmation, pause briefly in order to contemplate the essential meaning and seek to experience each of the affirmations as a true reality.

1. Yes, I am a living soul.
2. I am forever enfolded within the very soul of the Divine.
3. My body is a perfect instrument of my indwelling soul.
4. Yes, I dwell within this wonderful, magnificent body for which I am grateful.
5. I intend for soul to express its light and love through me to all with whom I come in contact and who are in my world.

After finishing your contemplation, offer thankfulness. You may say any prayer you wish and send thoughts of cosmic love and cosmic light to those in the world and to those with whom you are in contact. Afterwards take five deliberate breaths, and then write in your journal any impressions of meaning of the soul that you care to record. Go about your regular activities after finishing this exercise.