

Training for Self-Conquest

By Flower A. Newhouse

Theme: SPIRITUAL IDENTIFICATION

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THOUGHT FOR THE MONTH

"How can I tell or how can ye receive it
How, till he bringeth you where I have been."

—Frederick Myers

REMEMBER

"When you have lifted up the Son of Man, then
will you know that I am." (*John 8:28*)



SPIRITUAL IDENTIFICATION

The Inclusive Consciousness which realizes God's Presence in the midst of outward activity, can be the magnet which draws all of our being into an identification with the Spiritual Realities of Life. Spiritual Identification means merging the whole man, body-moods-mind-and-soul, with the *power and order of Spirit*.

Physical existence becomes purposeful and constructive when man at last perceives that there are Goals, Ideals, and Energies with which he may align himself with steadfast intention. The practice of Spiritual Identification gives us a Direction, a North Star, by which to polarize and reorient ourselves. For long periods men live without an inward compass. When at last they consciously commune with the Great Presence in their midst, life is recreated and infused by this realization.

For years we have identified ourselves with the limitations and the failures of the body, the human world, and the human viewpoint. Now we are trying to establish through reverence and self-conquest identification with the Spirit of God. We change our identifications, not by ridiculing or condemning the old ways we have outgrown, but by entering a New State of Consciousness where Life in all its phases is at one with the Supreme Purpose and Will of God.

Thomas R. Kelly used to transpose his center of consciousness in inviting the companionship of God with the simple salutation, "Open thou my life."

Our spiritual alignments need to be maintained quietly and sacredly. Shallow streams gurgle with noisy merriment, whereas well-erected dams contain a wealth of life-saving water for parched valleys, but they are silent in their depth. Thus should we be storing in memory waters from the little streams of inspiration until there is a magnitude of power and experience within us from which to serve.

At times spiritual communions will make us feel as if we were witnessing a purifying purgatory. After his illumination Pascal could write but one word—"Fire". Some in their communions with the Presence feel this burning away of the chaff the lower nature has created. Others have sensations of tranquil life waves. Frequently our spiritual attunements with the Presence will achieve for us an identity with vitality, creativeness, or intuitive perception.

There are men who believe in God but who do not identify themselves with Him. Describing this state God said through Krishna's lips, "I am in all men, but not all men are in me."

Spiritual identification is possible through Reverence, Realization, and Illumination. Identity brings

alignment with Power, Baptism, and Communion. Ramakrishna, the Saint of India, was very fond of a certain Sanscrit passage because it spoke of the highest communion—"When I think of myself as identified with the body, I am Thy servant When I think of myself as a soul, distinct from the body, I am the part and Thou art the Whole. When I recognize the spiritual Principle (the Adonai) in me and distinct from body, mind, and soul, I realize *I am one with the Divine.*"

The eager and true who have practiced identification with the Highest they know, have attained moments of astounding clarity. They have had, not confirmation of the Light as much as *perception* of that Light. Plotinus once revealed, "Many times it has happened that I have been lifted out of the body into myself. On these occasions I have become external to all other things . . . beholding marvelous beauty; then more than ever assured of communion with the Loftiest Order, entering upon the noblest life and acquiring identity with the Divine."

A woman who had been an invalid for forty-four years identified herself with the forces behind three words—"meekness, attention, and power," and she was healed.

Our interior response to the Realities of Spirit manifests as humility, self-surrender, and spiritual happiness. George Fox constantly urged individuals to prize this intuitive recognition of the Eternal Spirit—"keep close to that which is pure within you, which leads you up to God."

Spiritual identity with God's Presence needs cultivation over a long period of time. We do not become aligned to Reality all at once. After innumerable attempts to maintain a remembrance of God's Spirit and His Power, we gradually improve our *holding of*

the consciousness. At first it is enough to be constant, after which it is necessary to submit ourselves unceasingly to God's channeling.

THE PROMISE

"The Holy Ghost shall come upon thee and the power of the Highest shall overshadow thee; therefore also the Holy Thing which shall be born of thee shall be called the Son of God." *Luke 1:35.*

THE PRACTICE

During this month make it a pledge to identify yourself not with the thing you do not wish to retain, but with its spiritual opposite, that complement which is Good, and Strong, and Purposeful. Cease to associate your interests with your personal self. Center them upon Larger Thoughts, Higher Universal Unity, and with the Immediate Presence of God. Thus life will be—"Felt through all this earthly dress as Bright shoots of everlastingness."



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