

## Questions and Answers

*exalted emotional fervour, not even a compound of all these excellent things; a mental belief, creed or faith, an emotional aspiration, a regulation of conduct according to a religious or ethical formula are not spiritual achievement and experience. These things are of considerable value to mind and life; they are of value to the spiritual evolution itself as preparatory movements disciplining, purifying or giving a suitable form to the nature; but they still belong to the mental evolution, — the beginning of a spiritual realisation, experience, change is not yet there. Spirituality is in its essence an awakening to the inner reality of our being, to a spirit, self, soul which is other than our mind, life and body, an inner aspiration to know, to feel, to be that, to enter into contact with the greater Reality beyond and pervading the universe which inhabits also our own being, to be in communion with It and union with It, and a turning, a conversion, a transformation of our whole being as a result of the aspiration, the contact, the union, a growth or waking into a new becoming or new being, a new self, a new nature.”*

*The Life Divine, SABCL, Vol. 19, pp. 856–57*

In fact, so long as there is any doubt or hesitation, so long as one asks oneself the question of whether one has or hasn't realised this eternal soul in oneself, it proves that the *true* contact has not taken place. For, when the phenomenon occurs, it brings with it an inexpressible something, so new and so definitive, that doubt and questioning are no longer possible. It is truly, in the absolute sense of the phrase, a new birth.

You become a new person, and whatever may be the path or the difficulties of the path afterwards, that feeling never leaves you. It is not even something — like many other experiences — which withdraws, passes into the background, leaving you externally with a kind of vague memory to which it is difficult to cling, whose remembrance grows faint, blurred — it is not that.