

# THE INNER SELF

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Our *Rosicrucian Manual* defines the Inner Self as the spiritual consciousness within the physical body. It further goes on to relate that this consciousness constitutes a person's real being and is part of the soul or the divine element of each person's existence. The physical, material part of a person is related to the spiritual consciousness, for both are part of the same cosmic whole and both work in harmonious parallel. The Inner Self, however, is unlimited and is in no way restricted by "time" and "space" or by the nature and quality of material things.

Unfortunately, the Inner Self is relied upon far too infrequently by the average person. In fact, it would not be outrageous to say that some people will do almost everything in their power to squelch the urgings, inspirations, and inner promptings which arise from deep within them through the medium of the Inner Self.

Perhaps all of us can identify somewhat with the preceding statement as it is all too easy to ignore the still, small, and subtle voice within us which can be such a vast source of help in our lives. The Inner Self, the spiritual part of our nature, will not compel us to listen to the wisdom which it imparts to us. The Inner Self will not compel us to act or behave in any particular way. The choice of

employing this wonderful faculty is ours alone. Whether or not we take advantage of this superb source of aid is completely up to us.

As human beings, with all the frailties of human nature, we frequently try to do the things which we prefer to do, even if our Inner Self urges us to the contrary. We often have preferences for things or actions which we feel will bring us happiness. If the pursuing of such a course of action strikes a discordant note deep within our beings and the Inner Self attempts to prompt us to behave differently, we can, if we choose, suppress the urge from the Inner Self.

Many people will say that they wish to improve as human beings. They attempt to work on those aspects of their personalities which are in need of refinement. They visualize themselves as better people, people who are expressing more and more of the divine qualities of their nature. They petition the Cosmic for inspiration in the accomplishment of this goal.

However, when the Inner Self responds in the form of inspiration or clarification in regard to this goal, many of these same people will not be receptive to the information. Some will simply ignore the information and continue looking elsewhere for what they are seeking, all the while moaning that they are not achieving





the results. Others will crush the new information as soon as the door to insight begins to open. Some will not only rush to close the door, but they will bolt the door, put chains across it, and throw away the key as well.

It is a part of human nature to take the line of least resistance. When the Inner Self points out something that needs changing in our lives, we will often put off considering the information in order to see if there is an easier way of accomplishing the same end. It is also human nature to procrastinate.

### **Importance of Action**

Thus, even when we are receptive to what the Inner Self has to communicate to us, unless we act on the information, it will not be of much use to us. All mystical students, regardless of how evolved or developed they may be, or how undeveloped they may feel they are, constantly have access to and are aware of “advice” from the inner part of their natures. But, as mystical students, we often act upon and put into practical use far too little of the insight we receive.

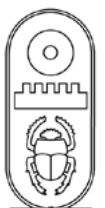
The communication we receive in attuning with and listening to the Inner

Self may range from simple insights for smoother living to major revelations about our personality and life direction. Our experience may be simple; perhaps, as an example, an uneasiness and feeling of reticence when we are about to reach for a piece of pie or preferred food which might not be in our best interest at the time. Or, we may simply have an idea of how to better handle a difficult situation.

We may also just have a “feeling” within us that we are proceeding in a proper manner – or, conversely, in an improper manner – when about to embark on something. On the other hand, our experience may be a premonition of a future event – a premonition which may forestall disaster. We might also experience great inspiration or a flood of creativity.

### **Attunement**

Our experience of the Inner Self may be subtle, or it may be very strong indeed. It may occur just after meditation or an attunement exercise, or it may occur at any hour of the day or night and seem to be unrelated to any metaphysical exercises. Yet, it is a mystical student’s metaphysical exercises and attunement periods which are responsible for the frequent and easily



accessed rapport which he or she has with the Inner Self.

It is through such a system of study offered by the Rosicrucian Order that we are able to use more fully our inner, divine qualities. The carefully graded system of study, the metaphysical and mystical exercises, and the structured periods of attunement allow for the establishment of a rapport with the Inner Self. The development of this link between the outer, objective self and the inner, subconscious aspects of our nature is the whole purpose of our Rosicrucian studies. To have a ready access to the infinite potential of our inner spiritual consciousness, and the flow of energy therefrom, is to have a source of power and aid which is unique and indispensable.

Our contact with the Inner Self will always produce practical results. If the fruits of our attunement were not practical or useful, what would be the point of pursuing mystical studies? However, to take advantage of our mystical contacts, we must act upon any urgings or promptings coming from the Inner Self. If we continually fail to apply the insights we receive – if we continually ignore what is coming through to us – we will have created a habit of not being receptive. In addition, the constant procrastination may ultimately weaken our will to act.

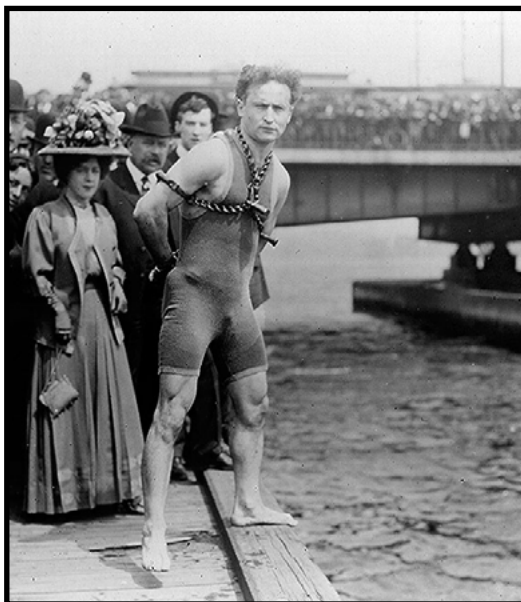
This being said, at times a person's inability to follow through on insight received from the Inner Self may not be due to procrastination or to taking the easy way out, but to the fact that the insight received may be unsettling.

As we are all students endeavoring to improve our lives and perfect our personalities, our attunements will often provide us with insights into our own personality and character. We may not always be pleased to have highlighted an area in our makeup which needs additional

work. And yet, if we truly desire to grow and evolve, we cannot ignore the manifestation of the very insights we have desired. If we do ignore the insights which our sincere desires have brought about, we may create a discord and experience one frustration after another in that area of our life.

Keep in mind that the Inner Self is always there to help us. In this regard, I am reminded of the experiences of the celebrated escape artist Houdini. The example of Houdini is perhaps particularly appropriate since so many people enter meditation with the hope of finding a solution to a problem or of extricating themselves from a difficult situation; Houdini has become a symbol of the ability to rise above limitations and of overcoming the shackles and frustrations of our day-to-day existence.

In any number of his famous and dangerous escapes, Houdini could easily have perished, especially in his underwater feats. The posters advertising these underwater escapes pointed out that “failure to escape means a drowning death.” Houdini always prepared painstakingly in advance for each escape and left nothing to chance. Nevertheless,



on many occasions, the unexpected would suddenly occur, and he would find himself faced with a situation which could have ended his life within moments. In every instance, Houdini later related that he found that if he remained absolutely calm and did not panic, an idea would always flash into his head which would provide the way out and enable him to overcome the situation.

Cannot each of us here today relate to this situation? Have not each of us been faced at one time or another with a very difficult situation – perhaps a very painful situation? We may have wondered: “How on Earth will I survive the predicament that I am in?” “How will I ever get through this?”

And yet, despite any difficulties that may have been encountered in the past, each of you are here today – obviously having survived. The Inner Self is always there. When life is at its bleakest, when

even attempting to carry on seems futile or pointless, it is the Inner Self which keeps us going. And it is only later that we understand the benefits of our unpleasant experience and how that experience has added immeasurably to our life and understanding.

It is most important to trust in the Inner Self. It is important to let go of our extreme worry and allow the Inner Self to aid in our situations in life. By realizing that life is unfolding precisely as it should be, by realizing that once we have done our best and tried our hardest, we will receive any additional help we need. By trusting that, the Inner Self will manifest when it is most needed, by letting go, we will find that we have tapped into a tremendous source of power and that we can confidently meet and overcome any situation in life.

