

**THE MYSTICAL REALITY**  
**by Megan Don**

*“Oh children of the earth! How long will you  
be hard of heart?” (V.1 p.445)*

These words were spoken to Teresa by God when she was questioning the authenticity of her mystical experiences. In probing the nature of reality, we tend to gravitate towards the theory that the common experience should dictate our own: “After all, this is what the majority of people are living and experiencing, therefore it must be true.” But what of the rare mystical experience? The validity of such an encounter needs to be recognized for what it is: a divine gift of love, which expands the human soul, enabling it to comprehend a greater reality.

We are all mystics slowly awakening to the reality of who we really are; that is, we are the children of heaven and earth, of spirit and matter, who are blessed with both heavenly and earthly experiences. God does not know the difference between these worlds, and we are all being given the opportunity to enter into this unity, if only we will soften our hearts and cease to question God’s infinite ways. The way of the mystic is a pathway to experience these ways of infinity, a pathway open to all.

Teresa describes one of her experiences as a fire being enkindled in her heart, coming, she said, from God’s true love. She knew that this was not of her own doing, as she felt it consuming her and burning away old pains and miseries, with her soul emerging transformed like a phoenix bird rising from the ashes. Her soul possessed a fresh purity, and she began walking on the pathway again with new vision. Even so, she questioned its reality. Like Teresa, we too often doubt our experiences that bring us into a mystical closeness with our own souls and with God.

The soul contains a complex array of all of our faculties, including memories, rational thought, and intuitive and psychic abilities. To have all these faculties come into alignment on an issue is often a very difficult task. For many, the rational mind is dominant, and subsequently it governs the process of interpretation and belief. For a few, the intuitive and psychic faculties are well developed, and so their belief system has been constructed accordingly. Most people do not experience a balance among all these faculties. The universal paradigm of the mystic, however, is one of unity, encompassing *all* faculties and realities, both inner and outer.

How do we align ourselves to this unification that the true mystic experiences? Through surrendering to the spirit, wrote Teresa. The spirit of God, which is *our* very spirit, lays all the faculties of the soul to rest in a unified existence of peace and love, and in doing so, allows the transformation of the soul to occur. Herein lies the true nature of the mystic – a unity of being known through a spiritual metamorphosis. Further, the word ‘mystic’ derives from the Latin *mysterium*, which means “to be altered.”

In time we will come to know our mystical experiences to be as valid as any other experience in our lives. We will no longer think of them as rare occurrences for a select few, but as a natural way of life for us all.

*Meditation:*

*Bring yourself into a quiet and reflective space. Follow the rhythm of your breath – breathe deeper and deeper into yourself. Allow thoughts and feelings to float by. Bring yourself before the very Spirit of God and lay your soul down. Immerse yourself in the calm, peace, and love. Allow your soul to be transformed – allow yourself to be.*