

**FINDING GOD IS FINDING SELF**  
**A Homily on the Higher Self**  
**The Rev. AliceAnn Saunders, Ph.D.**  
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**What is the Higher Self?**

The Higher Self is the essence of our human spirit, the spark of God that we are. Once acknowledged within, we come closest to God. But what does this truly mean? How can one come closer to God by the simple expediency of acknowledging Divine Presence internally?

Whether you see God as Universal Intelligence, the Father of us all, or simply as Cosmic Law, you will discover that peace that, in effect, defines us all as *Divine Consciousness*. *It is what and who we truly are!* Once you can conceive of Divine presence within you—closer than breathing, nearer than hands and feet—you will already have that peace, that part of Divinity that you already are. I like re-minding myself of this by reflecting upon the following prayer from Joel Goldsmith, especially in the mornings; or any time I feel I have somehow strayed from my own Divine nature:

**Prayer Honoring the Father:**

“Father within me, closer to me than breathing, nearer to me than hands and feet, you are the Universal Intelligence that created this universe, the all-knowing love that supplies the earth with abundance, the heavens with the radiance of your glory and the oceans with the rhythmic activity of tides. I acknowledge your presence in all things and as all things. ... I come to you, not seeking things, not seeking persons, but seeking your Grace, Your benediction, the gift of Yourself. Let the Spirit of the Holy Ghost enfold and envelop me; let the Christ Spirit fill my soul, my mind, my being, my body; let Thy peace be my inner peace and joy, Your Grace a harmony within me. In quietness and in confidence shall be my strength, for the Spirit of the Lord is within me.” (

(Quoted From: Goldsmith, *Practicing the Presence* 1993).

**Embracing our Inner Divinity:**

But there are many roads to realizing our inner Divine nature. One way is to embrace unconditional love. The term ‘unconditional love’ has been pushed around by

psychology for a number of decades, since Carl Rogers first talked about the *unconditional regard* one gives one's therapeutic clients. Still, it has even more value here in the spiritual realm. When we embrace another in unconditional regard or Love, we already are embracing Divine consciousness. When we ponder on the Biblical phrase: "God so love the world that He sent His only son..." This is unconditional love; penetrating, all-pervading, uncensored, unreserved love.—A love that, in short, has no bounds, no boundaries, and no limits. Some say that this kind of love can be found in the unconditional love relationship of a soul mate.

### **What is a soulmate or Twin Soul?**

Jess Stern (the author of 'Soul Mates' and "Edgar Cayce, The Sleeping Prophet") says that according to such psychic seers/prophets as Edgar Cayce, soulmates and twin souls work, learn and grow together to serve God and their fellow man. The deeper people search within themselves, the more they develop within, spiritually, emotionally and karmically; the greater likelihood they will have in finding their soulmate. It is a spiritual truth, that the Universal Intelligence that governs us all reveals to us the power of remembrance (such as through past life recall) as well as the freedom to implement for ourselves Universal Law. This is no less true for one's quest for a soulmate than it is for following the Golden Rule or Loving your God with your whole heart, mind and soul. In developing spiritually, there is an essential goodness, a lack of cynical sophistication, a lack of chicanery or betrayal, a lack of deceit or deception in how one lives one's life; a love of not only one's soul friends, but their fellow human beings.

Stern says that finding and fully loving one's specific recognized soul mate, what he refers to as "one's Twin Flame", one is mellowed by that unconditional experience, which is nothing less than all-pervading love; a kind of kindling of love manifests from so loving that one person, thus expanding that flame to all humanity. He writes:

### **Mergence with the Universe:**

"... With our world caving in on all sides, it takes a very special relationship to provide a compensating love. These

are not ordinary times; they call for special people, working in a very extraordinary way. Turning around a world hell-bent on destruction, that is what the new [Aquarian] Age is all about – love and growth. You grow to love and love to grow, and in this process merge with the Universal Intelligence.”

Paraphrased from: Jess Stern, *Soul Mates* 1989

Karl Jung also spoke of this soul-mate phenomena as ‘synchronicity’, defining this as events coming together for a specific purpose, even that of soul development. So it is, then, that a developed soul, which has been sensitized by the love of a soulmate or, more rightly, a soul friend, , and that collaborative spiritual relationship, the soul-self, becomes attuned and focused on its life purpose on the earthplain. Through the ardor of such loving, the soul mate relationship can become a decisive force for unconditional love, universally transforming hate into love and war into peace. – There’s those “swords into plowshares and spears into pruning hooks” that we find in scripture.

### **Is this not the recognition of our own divinity?**

Yes, most definitely. This too, reflects our Divine nature, which is always manifesting in *Christ Consciousness*; loving one’s God with one’s whole heart, mind and soul and loving one’s brother/sister as one loves God.--This is unconditional, universal love. How could anything be simpler or more profound? Now, lift up your hearts and ignite the eternal flame of love that is the God within and celebrate your oneness with the Source of all that is! It is Life! It is eternal love! It is unconditional! It is yours in every moment of every day! It is the eternal Peace of the I-AM that we are!

### **Meditation for Establishing Christ Consciousness:**

“Father, all I want is my relationship with You.--My conscious relationship with the Christ—not for any reason, just for the joy of sitting here with the Christ. Christ liveth my life. Once I have Christ in my life, I have no life of my own to live; the responsibility for it is on his shoulders. From now on, all I need to do is follow where He leads—into green pastures, beside still waters”

Quoted from: Joel S. Goldsmith, *Practicing the Presence*, 1993.

May God bless and keep you Always In the Love and Light of the Father,  
Rev. AliceAnn  
Circle of Divine Light  
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