

## SOUL IDENTITY

### *Unveiling the Secret of the Soul: An Essay*

*"When you do things from your soul, you feel a river moving in you, a joy."*

— Rumi

Rumi, the great poet, scholar, and Sufi mystic was the embodiment of a fully awakened soul. A disciple of truth, he was initiated into the secrets and mysteries of the inner life. Through his poetry and spiritual teachings, Rumi revealed to humanity the essence of the true Self. Remarkably, though he lived during the Persian empire of the 13<sup>th</sup> century, at the time of Genghis Khan, his writings have left their mark upon awakening souls across the globe for over eight centuries.

Rumi was described as follows by a contemporary translator and interpreter of his writings:<sup>1</sup>

"Rumi is one of the great souls, and one of the great spiritual teachers. He shows us our glory. He wants us to be more alive, to wake up... He wants us to see our beauty, in the mirror and in each other."

This passage, along with Rumi's words above, offer important clues about what it means to achieve identification with the Soul. What follows are a few thoughts about this state of being.

*Acting from the soul.* We might call this 'Inspired Living'—taking direction and action in our lives from the higher self. This entails becoming receptive to inner guidance and following the promptings of our souls, 'the better angels of our nature.'

*Experiencing joy.* The Ageless Wisdom describes joy as a primary quality of the soul. The state of joy arises when the heart opens and the lower and higher selves become aligned through love. When this occurs, the mind registers the grace flowing from this love, arousing feelings of pure joy.

*Feeling a river moving within you.* This phrase evokes the stream of love, light, and power that flows through an awakened soul who is open to spiritual impression, living life under divine inspiration.

Rumi's interpreter describes him as both 'a great soul' and a 'great spiritual teacher.' A great soul is one who is able to act as a mediator between Divine Mind and human intelligence, serving to bring divine purpose into expression in the world. Rumi's works have been preparing human minds for the emergence of the Soul for many centuries. Now, on the threshold of the 'Age of the Soul,' his works contribute directly to the plan of evolution.

Genuine spiritual teachers are Self-realized individuals who take their place in the Great Chain of Being as mediators between that which is of a finer vibration and that of a coarser vibration. They are beings who have entered a state of awareness from which they can see in two directions—above and below. They are the intuitives of the world who have the capacity to register divine ideas transmitted from 'on high' and share them with humanity.

Teachers like Rumi help us to see the beauty of the human soul, inspiring us to live from the awareness of our true Selves. By their living example and their creative works, they 'show us our glory.' The wisdom teachings tell us that the soul holds 'the secret of the hidden glory.' When we expose this secret lying within ourselves and express our true identity as souls, we glorify God. The secret is that the nature of the human soul is divine. By treading the path that reveals our essence as fragments of the divine, we bring the inner beauty of the soul into visible expression in our world.

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<sup>1</sup> Coleman Barks, poets.org