

"It was pride  
that changed  
angels  
into devils;  
it is humility  
that makes men  
as angels."

Saint Augustine



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Saint Augustine's words can cause the *unconscious* mind to scramble toward humility and to shy away from pride, thus setting up one end of this polarity against its seeming opposite. But our mystic is most likely speaking of a humility that is really *beyond* words and beyond either a humbled ego or an inflated sense of self.

When we think of our *spiritual* life, pride and humility usually arise with their negative connotations. Pride is held to be an unreasonable and inordinate self-esteem generating conceit, smugness, or an over-inflated sense of self-importance. Humility is defined as an aversion to any aspect of the above.

When we approach pride and humility as healthy *psychological* traits, their definitions shift to the positive. Pride means a feeling of self-respect, personal worth, and satisfaction with your or another's achievements. Humility means modesty about your achievements, and a nature that does not assume self-importance out of proportion to others' importance.

From the *mystical* perspective, Saint Augustine's humility will arise from a direct knowing that the God of *all* understandings, regardless of the name, is everywhere and in everything, including you. Your sense of "self" as a separate ego is suddenly balanced by the knowing of your "no-self" status resting in the reality *beyond* me and you, *and* I and Thou. Your *mystical* eyes are capable of seeing *through* every concept, every idea, and every notion that passes through the body/mind to the reality of the spacious emptiness just behind, embracing all that arises and then passes away.

Until next month when another Reflection will appear, I invite you to re-visit your understanding of pride and humility and to request your mystical eyes to come with you.

It is within your reach to perceive what your Being already knows. Where there are two opposites creating a polarity, there rests the mystical experience of Oneness in disguise.

Ragini