

THE UNIFIED SELF

Paul Panikian, FRC

Grand Master of the English Grand Lodge for Australia, Asia and New Zealand

Frater Zaven Paul Panikian was born of Armenian parents on February 9, 1948, in Cairo, Egypt. His early childhood was spent in the mystical land of Egypt. In 1963, at the age of fifteen, he immigrated to Australia with his family. Around the age of eighteen, he began finding conventional life unsatisfactory and rather empty. His search for answers turned him to Western philosophy, which he found to be disappointing and confusing.

Around this time, his older brother, a member of AMORC, suggested that he look into the Rosicrucian Order. Frater Panikian joined the Order in 1969 and, for twenty-five years, actively served the Sydney Lodge and the Regional Committees in many roles.

In 1996, when the new English language jurisdiction was formed in Australasia, Frater Panikian became a Director and Vice President.

In 2008, upon the retirement of the then Grand Master, Frater Peter Bindon, Frater Panikian was elected to the position of Grand Master and has served in that capacity since that time.

Frater Panikian lives in Sydney, Australia, with his wife and five children.



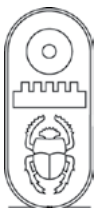
permeate and give life to us. Our soul personalities are the links between the Cosmic and our outer selves.

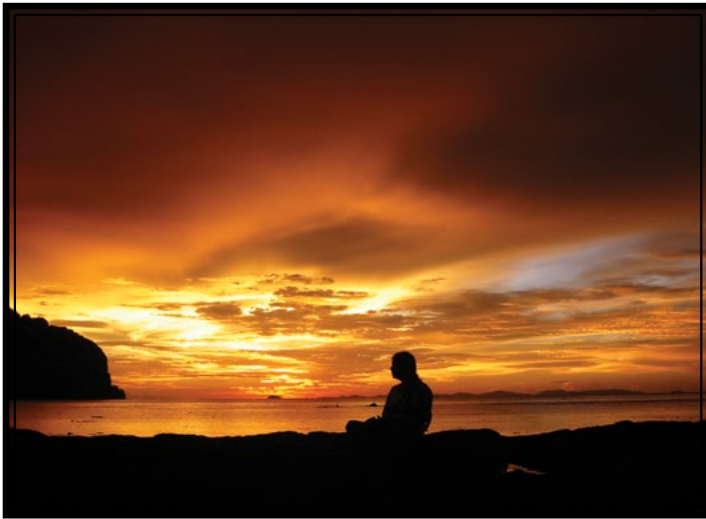
Our souls are more than a combination of our mental, emotional, and physical bodies. The soul is the intelligence that directs the building of our bodies. It contains the essence between lifetimes and holds the pattern that created us in this lifetime. It has qualities of mind and mental awareness. It can draw matter to itself to create forms in the physical world. Yet, it dwells in higher dimensions and brings the light and the energy of those dimensions to the lower planes.

The soul is not separate from us. It is the innermost aspect of the Self. As we contact it through our mystical work we are realizing ourselves primarily as soul in a physical body. Thus, through this expansion of consciousness we experience



As mystical students in this life, we must come to a full realization that our soul personalities are a dimension of light and vibration that is closest to Oneness, the Source, the Cosmic, and the Divine. They are infused with the cosmic, and the cosmic is the consciousness that permeates and gives life to our souls, just as our souls





the soul's greater light, wisdom, and love. The soul is made of light and is the embodiment of love. The soul is a master on the soul plane. To grow and fulfil its higher purpose, the soul needs to become a master of the physical plane in which we live. Part of its purpose is to learn how to send its light into our outer consciousness, mind, and emotions to establish its higher light and rhythm in all of them.

The soul personality exists on the earth plane in the world of form and matter. Our level of spiritual evolution is determined by the mastery our soul personalities have gained on the earth plane. The soul's mastery on the earth plane comes from our ability to attune, and become one with it, thus knowing and carrying out its goals and purposes.

When our personalities are fully developed, integrated, and evolved, they become instruments through which the soul can fulfill its goals. It becomes more than a soul personality, it evolves into identification with the universal soul. The universal soul essence is a perfect instrument through which the human soul can express itself on the earth plane. Every time we align with our souls and carry out its goals, instead of following the desires of the outer self, we are moving closer to the universal soul.

To reach enlightenment we cannot sit around and wait for the inner self to contact us and do all the hard work. Our inner selves are in a state of deep attunement with the universal soul, turned inward to the higher realms of the cosmic, of pure light, until we are ready to call its attention to ourselves.

Although the soul is always transmitting waves of its energy to us, its work with us changes when we develop an awareness of it. Then we can use its stimulating, purifying, and transformative energies to grow spiritually.

When we become members of the Rosicrucian Order we are ready to embark upon a wonderful journey of discovery to learn more about ourselves. Hence, it is important to prepare ourselves for this adventure, just as we would for any other journey. We must create space for this by getting rid of clutter in our minds. A mind that is so full of information has no space for new knowledge.

This is a journey to the inner planes of the soul. A certain amount of receptivity is required for this, and the rewards are many. It will definitely create positive or sometimes challenging shifts in our lives. In the beginning there may be no apparent change. However, connecting with our soul will expand our consciousness, eventually changing the way we think, feel, live, and relate to others. Before we connect with our soul, it is important to take time to look at any fears, doubts, or concerns we may have about doing so.

To resolve any doubts or concerns, we can meet and evolve the various aspects of our personalities. The personality or outer self is composed of many parts. For

instance, there maybe a conventional, or a rebellious one, parent, or a child like one, a confident, or a fearful one, and so on. Those are all parts of our personalities.

We have developed most of them when we were young. They decided what was best for us when we were children, based upon who we were, the environment we found ourselves in, and the goals we had at that time. The pictures that have ended up in our subconscious of these many parts may be out of date. We need to update them if we are to create new goals. Otherwise, they may seem to work against our new directions simply because they are still identified with older goals that we no longer want. For every change we want to make, there are one or more aspects of the existing personality we need to take into account. We need to ask these aspects or parts to join us in creating the new goal. Any time we feel ourselves resisting soul contact, we need to discover any aspects whose fears, doubts, and concerns need to be addressed and evolved. In this way we gain the cooperation of the whole. The difficult parts can change from resisting to assisting.

To contact and evolve the various parts of our personalities, start by relaxing your body. Take deep breaths. Calm the emotions and quiet the mind. Imagine that you are in a beautiful meadow. You are the Self, wise, all knowing, compassionate, calm, and focused. This is the Self who is cooperating with the soul personality to bring its wisdom to all parts of the outer self. It is fine to imagine this Self, because it is through this faculty that we can better know and become united with it. Let peace and harmony in the meadow permeate your being. Smell the fragrance of flowers in

the air. Feel the gentle breeze. When you are ready, invite into the meadow the part of your personality who needs attention in order to be ready to meet your soul.

This can be a part or aspect who may resist soul contact because it is working for other goals. Let this aspect come close enough to talk to you. It has been wanting to talk to you and is happy you are now willing to talk. Discover as much as possible about this aspect of yourself. Feel the unconditional love the Self has for it. Embrace it with your love. Take its hand and ascend to the top of a mountain where you will show it an expanded view of your life. There is a beautiful sun shining above you. The light rays of this sun of transformation begin to change this part of yourself. It is now beginning to grow and change, it receives the light of the great sun above you.

Continue your visualization and work together with this aspect to create your new life. In your imagination see this aspect turning into a symbol of light. Take it into your heart and blend with it. You and the aspect are now one. Feel the new light within you as you and this part of your personality have become one.

In this way you can prepare to make contact with your soul personality as a unified self.

