

again in the spirit." All ideals which conduce towards the attainment of this blessed state are, therefore, from a religious point of view, worthy and noble ; all others are false and misleading.

The *way* or *path* towards the attainment of this state is accompanied by higher instinctive efforts, but it is essentially a *rational* way, using the term rational in contradistinction to mere intellectualism based upon the formation and arrangement of concepts. It is thus a process of rationalising instincts, subordinating those of reproduction and preservation to those innate spiritual tendencies, which make for human perfection, or wholeness. Mere devotion to noble ideals is not sufficient. New and keener mental powers and faculties must be developed and maintained. Mere repression is useless. No part of our nature can be ignored in the spiritual process. The lower instincts have to be *sublimated*, not denied. Unless this is thoroughly accepted and understood, the individual can never gain any lasting confidence and security. The process is called painful, but although it is true that great suffering is involved, the pain which has to be endured is more than counterbalanced by the joy of