

**SPIRITUAL  
ENERGIES IN  
DAILY LIFE**

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Spiritual energies in daily life by Rufus M. Jones

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## SPIRITUAL ENERGIES IN DAILY LIFE



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# SPIRITUAL ENERGIES IN DAILY LIFE

BY

RUFUS M. JONES, LITT.D., D.D.

Professor of Philosophy in Haverford College  
Author of *Studies in Mystical Religion*; *The Inner Life*;  
*The World Within*, etc.

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## PREFACE

I wish to thank the editor of *The Atlantic Monthly* for his permission to print in this volume the chapter entitled "The Mystic's Experience of God," also the editors of *The Journal of Religion* for their permission to use the article on "Psychology and the Spiritual Life." Some of the shorter essays have been printed in *The (London) Friend* and in *The Homiletic Review*. Kind permission has been granted for their reproduction.



## INTRODUCTION

### RELIGION AS ENERGY

RELIGION is an experience which no definition exhausts. One writer with expert knowledge of anthropology tells us what it is, and we know as we read his account that, however true it may be as far as it goes, it yet leaves untouched much undiscovered territory. We turn next to the trained psychologist, who leads us "down the labyrinthine ways of our own mind" and tells us why the human race has always been seeking God and worshipping Him. We are thankful for his Ariadne thread which guides us within the maze, but we feel convinced that there are doors which he has not opened — "doors to which he had no key." The theologian, with great assurance and without "ifs and buts," offers us the answer to all mysteries and the solution of all problems, but when we have gone "up the hill all the way to the very top" with him, we find it a "homesick peak" — *Heimwehfluh* — and we still wonder over the real meaning of religion.

We are evidently dealing here with something