

As we saw above, this “divine consciousness” is in no way synonymous with the notion of God as a Person. Any person can supposedly attain the Christ-consciousness, which makes the person that purports to attain it a god. Reiki practitioners, either unwittingly or not, proclaim a God foreign to that one proclaimed in the Gospels. As Christians, we recognize that God is one, but is also three Persons. Man cannot become God in the way New Age practitioners believe, but we are able to become *like* God, in a way that we retain our own personhood. The saints called this process theosis or divinization, and I go much more in depth on that topic elsewhere.

What we as Catholic Christians need to keep in mind is that God is not some immaterial life force. This is essentially what is at the base of all New Age beliefs we see in our current cultural milieu. But we don’t attain divinity by coming to a higher state of consciousness. Instead, we participate in the life of Christ by maturing spiritually as we conform ourselves to his image, the image in whom we have been created. As human beings we have a longing to attain the *likeness of God*. We should never confuse this longing with a turning inwards to ourselves where we declare ourselves a god.

As St. Gregory of Nyssa puts it, “truly herein consists the real assimilation to the Divine, that is, in making our own life in some degree a copy of the Supreme Being.”