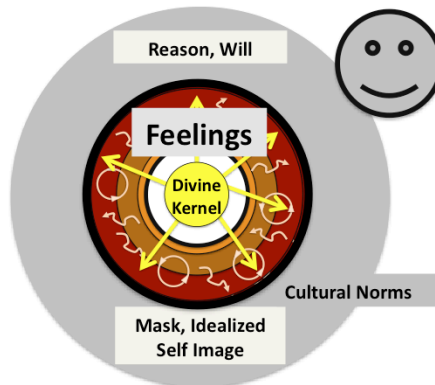


Rule of Reason and Will (Self-Discipline) Over the Realm of Feelings



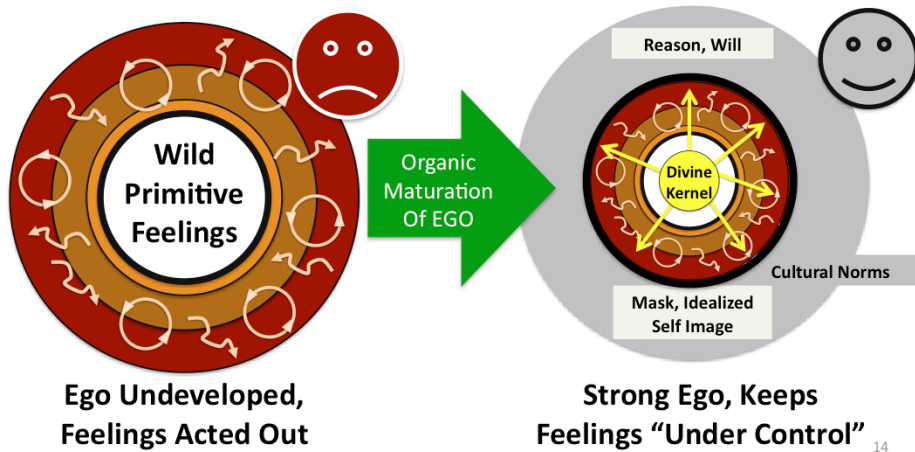
- Reason and Will
 - Have Dominated Feelings
 - As a Safety Measure
 - "I must keep destructiveness under control!"
 - Belief: All feelings are destructive
 - This Belief Must be unlearned
 - Destructive Feelings
 - Are primitive
 - Must grow and mature
 - Into Original Divine State
 - But destructive feelings can mature only when they can be felt, experienced and observed

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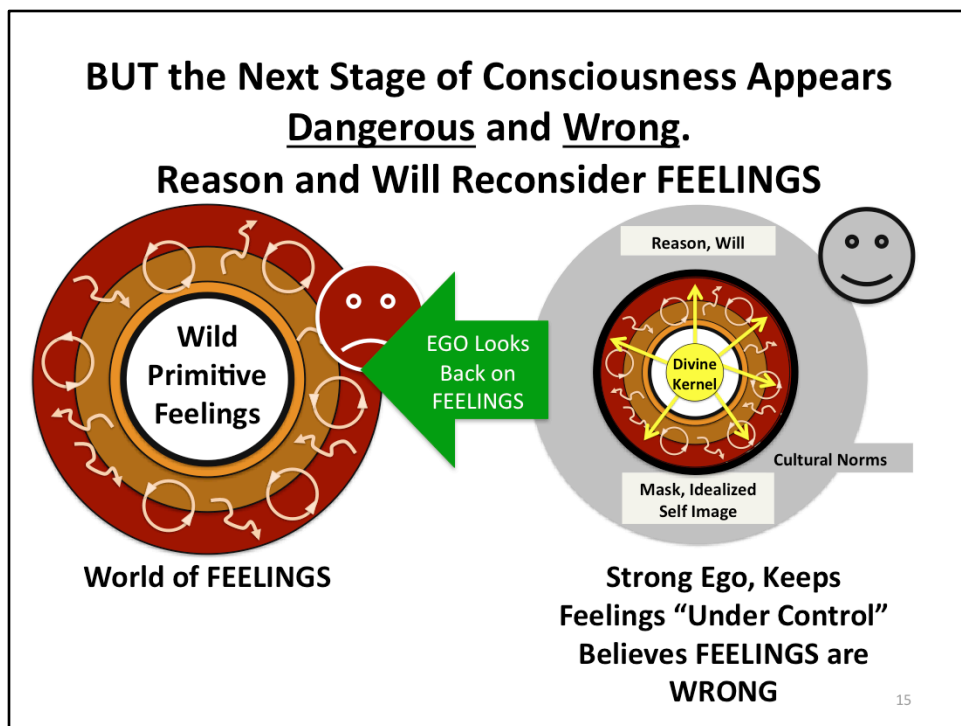
This is why you fear the realm of feelings. You have indoctrinated yourself with the safety measure for so long -- and now you must unlearn it. You fear the realm of feelings because it is still, in part, primitive. You are still imbued with the self-command you have learned throughout many existences: "I must keep the destructiveness under control." Yet the more the destructive feelings are denied, the less they can transform themselves back into their original state. Thus a consciousness builds itself based on reason. For a long time, in the history of evolution, reason and will have seemed to be the saving grace that controls, prevents and dominates the realm of feelings.

Humankind's Organic Maturation From Primitive (Wild, Uncontrolled Feelings; Dark Ages) To Civilized (Reason/Will) Stage of Consciousness



19

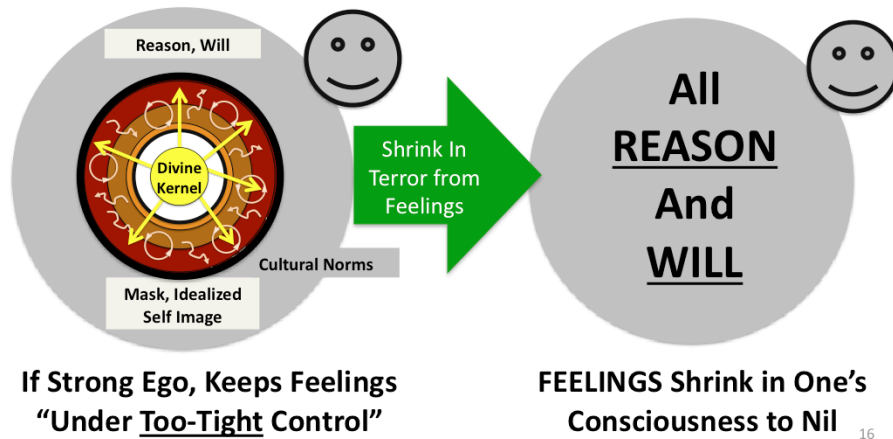
An untold number of entities now find themselves in precisely this stage. They have sufficiently developed reason and will to keep the realm of feelings under control. They identify and experience themselves almost entirely as the so-called ego -- that part which wills and reasons. This was not a wrong turn, my friends. It was necessary. ...



19

... But now another way must be taken. This new way seems threatening; it seems to conflict with all past endeavors. Every challenge to change direction appears to your unconscious as an enormous threat. Activating the realm of feelings seems entirely too dangerous, baring the most primal, selfish, destructive feelings, which seem bottomless and final. This explains, in the deepest possible way, the enormous threat all individuals experience when they come to a certain crossroads in their development. ...

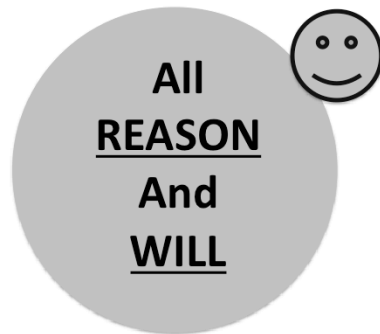
**Some are So Terrified by Feelings, that they
Continue Developing Reason and Will, Choking
 Out Feelings, and Becoming Lopsided**



19

... With some, the threat may be so great that they go on and on overdeveloping their faculties of reason and will, so that their personalities become lopsided.

Where Most of Humankind is Arrested and Stuck Today



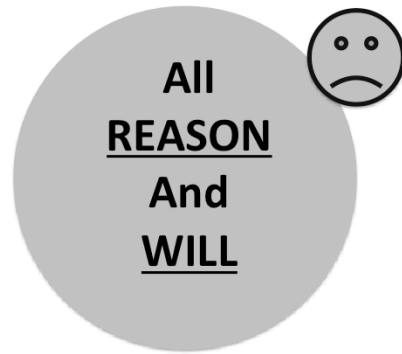
- Dominance of
 - Technology
 - Science
- No Experience of
 - Feelings
 - Spirituality
- Only Ideas, Ideals and Theories about
 - Love
 - Spirituality
- A Philosophy adhered to in principle as an idea or concept.
- Never the REAL, the FEELING SELF
- The FEELING SELF
 - Appears to be Great Enemy
 - Unreliable
 - Dangerous

17

20

Humankind as a whole is arrested at exactly this point. This is why your technological and scientific development is out of proportion to your feeling qualities and your capacity to experience spiritually. Your emotions seem far more negative than positive. Even your preaching about love and spirituality generally has little to do with true emotional experience. More often than not, these are ideals and theories, a philosophy you adhere to in principle rather than feeling it. The feeling self still appears to be a great enemy and is accused of being unreliable and even dangerous.

Beginning of an Awakening



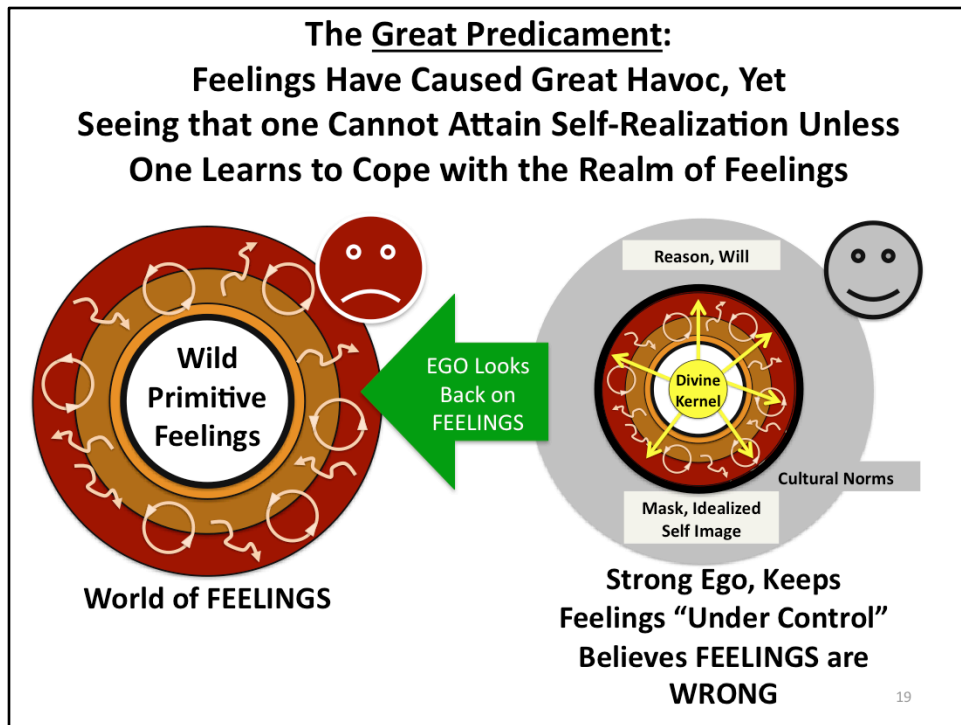
Begin to See the Deadness
of a Feelingless World

- Become Conscious of One's
 - Poverty of Real Feelings
 - One's Cautiousness
 - One's Deadness
- Recognize the truth: that the Self is Half Dead with but a few feelings
- Do not confuse
 - Desire to Feel and Love (in principle, as a theory, a command)
 - With Actually Feeling and Loving

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21

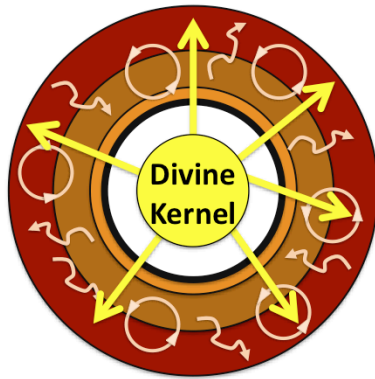
For those who are becoming more alive and real and are no longer frozen, the poverty of real feelings in the average human being is striking. The scant feelings the average human being experiences are always controlled and approached very cautiously -- being unaware of this fact does not alter it. It is part of your path to become aware of it. Even admitting to yourself, "I feel half dead, I could feel more than I do, therefore the potential to do so must exist in me," brings you so much nearer to the state of realization than confusing your desire to feel and love, because you believe in it only as a principle, with actually feeling and loving.



22

This is the general trend or stage in which humanity finds itself. You have learned, through much effort and many incarnations and experiences, to channel and control the destructive, primitive self that can go berserk and wreak so much havoc if left to its own devices. Every criminal or insane person bears witness to this fact, and everyone who struggles in her or his own development feels threatened by any display of the unchanneled primitive self. This seems a great predicament: How can you attain self-realization unless you learn to cope with the realm of feelings....

Looking Back At Feelings Lesson 1



- YES, There IS a Divine Kernel That Is My Essence!
- I am NOT ALL BAD at a Feeling Level
- I can FEEL and Experience aspects of my Divine Kernel

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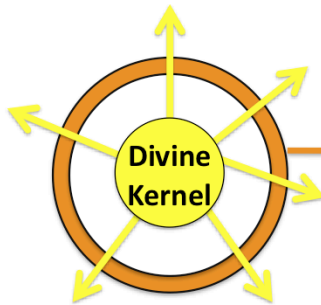
22

....: How can you attain self-realization unless you learn to cope with the realm of feelings?

When you do, you will discover that there is indeed something deeper, the divine kernel itself, because the realm of feelings is not a bottomless well of meaningless bleakness, unknown terror, reasonless violence, and selfishness.

Looking Back At Feelings

Lesson 2



- **YES, the Layer of Negativity Does Exist**
 - Meaningless Bleakness
 - Unknown Terror
 - Reasonless Violence
 - Selfishness
- **BUT, This is not a bottomless well of negativity**
- **In Fact – the Negative Layer is but a Thin Veneer!**

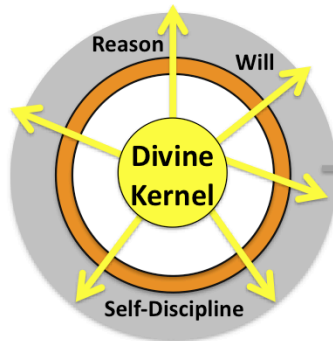
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... How can you attain self-realization unless you learn to cope with the realm of feelings?

When you do, you will discover ... that the realm of feelings is not a bottomless well of meaningless bleakness, unknown terror, reasonless violence, and selfishness. This layer does exist, but only as a thin veneer...

Looking Back At Feelings Lesson 3



- EGO has developed
 - Strong Reason
 - Strong Will
 - Self-Discipline
- No danger of being “swept away” by feelings
- One would not be on this path if one’s EGO were not strong enough.
- Fear to Experience Feelings is unfounded.

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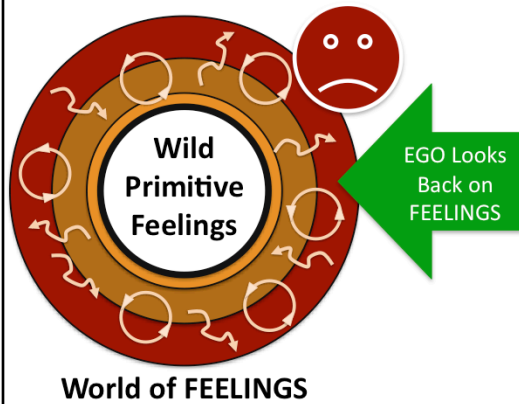
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... How can you attain self-realization unless you learn to cope with the realm of feelings?

When you do, you will discover ...

Once the reasoning faculties have been sufficiently developed in the course of evolution, and once the entity has learned to exercise self-discipline, there is no longer any danger in encountering the world of feelings. The fear that you will be helplessly swept away by your feelings, once they become conscious, is unfounded. The faculties of reason and will are intact in everyone on this path, for if these faculties were not sufficiently developed, you could not undertake even the rudimentary steps of such pathwork. You would be incapable of disciplining your lives. And where you fail to exercise self-discipline you do so quite deliberately, with an ulterior motive. So your fear of possessing insufficient reason and will to control the feeling world proves to be groundless.

So Dare to Look Back At Feelings



- Do not hold back feelings, let them out
- Allow them to become conscious
- Observe feelings, all feelings, without fright
- Do not act upon them
- Rather choose responses deliberately

23

23

You must go therefore in the direction opposite to the one you have hitherto taken. Instead of holding back your feelings, you must learn to allow them to become conscious, let them be, and observe them without fright. You will see how easy it is to let your feelings be without acting upon them, choosing your actions deliberately instead.