

# Pathwork Lecture 256: Inner Space, Focused Emptiness

1996 Edition, Original Given December 13, 1978

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Version** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this rendition of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

*For clarity: The original text is in bold, italicized, and mostly underlined. [My interpretations and intended clarifications are in brackets, italicized, sometimes underlined, but never bolded.]*

To learn more of my Devotional Version and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

*Blessings on your journey, Gary*

¶	Content
03	<p><i><b><u>My beloved friends,</u></b></i> <i><b><u>you are blessed in</u></b></i></p> <ul style="list-style-type: none"><li>• <i><b><u>body,</u></b></i></li><li>• <i><b><u>soul and</u></b></i></li><li>• <i><b><u>spirit.</u></b></i></li></ul> <p><i><b><u>Your path</u></b></i> <i><b><u>is blessed</u></b></i> <i><b><u>every step of the way.</u></b></i></p> <p><i><b><u>You may at times doubt this [i.e., doubt that your path is blessed every step of the way]</u></b></i> <i><b><u>when</u></b></i> <i><b><u>the going gets rough.</u></b></i></p> <p><i><b><u>But when this is so [i.e., when the going gets rough and you doubt],</u></b></i></p> <ul style="list-style-type: none"><li>• <i><b><u>it is not because</u></b></i> <i><b><u>blessings are withheld from you.</u></b></i></li><li>• <i><b><u>[Rather when the going gets rough]</u></b></i> <i><b><u>It is because you encounter</u></b></i> <i><b><u>parts of your</u></b></i> <i><b><u>inner landscape</u></b></i> <i><b><u>that need to be successfully traversed.</u></b></i></li></ul>

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	<p><u>To traverse</u> <u>difficult inner terrains</u> <u>it is necessary</u></p> <ul style="list-style-type: none"><li>• <u>to understand</u> <u>its [i.e., to understand your difficult inner terrain's]</u> <u>meaning for your own being</u></li></ul> <p><u>and thus</u></p> <ul style="list-style-type: none"><li>• <u>to dissolve the roadblocks</u> <u>you find on your way.</u></li></ul>
04	<p><u>We have occasionally discussed</u> <u>this inner landscape.</u></p> <p><u>I have made mention of</u> <u>the inner space</u> <u>that is</u> <u>the real world.</u></p> <p><u>The term</u> • <u>"inner space"</u> <u>is used quite frequently in your world these days,</u> <u>as opposed to</u> • <u>outer space.</u></p> <p><u>Most human beings</u> <u>think of</u> <u>inner space</u> <u>as merely</u> <u>a symbolic description</u> <u>of a person's</u> <u>state of mind.</u></p> <p><u>This is not so.</u></p> <p><u>Inner space</u> <u>is</u></p> <ul style="list-style-type: none"><li>• <u>a vast reality,</u></li><li>• <u>a real world.</u></li></ul>

It [i.e., inner space]  
is in fact  
• the real universe,

while outer space  
is  
• a mirror image,  
• a reflection  
of it [i.e., outer space is a reflection of the inner space, of the real world].

This [i.e., because outer reality is merely a reflection of inner space, that is, outer reality is a mere reflection of “real” reality, or of the real universe]  
is why  
outer reality  
can never be quite grasped.

Life can never be  
• truly understood and  
• experientially absorbed

when it [i.e., when life] is viewed  
only  
from the outside.

This [i.e., because life can never be understood when viewing it only from the outside]  
is why life  
is  
• so frustrating,  
  
and often  
• so frightening,  
for so many people.

05

I can see that it is  
hard to understand  
how  
inner space  
can be  
a world in itself –  
[in fact, can be and is] the world.

The reason for this difficulty [in understanding how inner space can be THE world]  
lies again in the  
limited time/space continuum  
of your  
three-dimensional reality.

Everything you  
• see,  
• touch and  
• experience  
is perceived  
from a  
very limited angle.

The mind is  
• focused,  
• accustomed,  
• conditioned  
to operate  
in a certain direction  
and is therefore  
incapable at this juncture  
of perceiving life  
in any other way.

But this [one certain] way  
of perceiving reality [i.e., the mind's way of perceiving reality]  
is  
by no means  
• the only way,  
• the correct way, or  
• the complete way.

06

*In every spiritual discipline*

*the goal*

*is to*

*perceive life*

*in*

• *this other way* [i.e., *to perceive life in a way other than*  
*in the mind's way*],

• *the way that*  
*goes beyond*

*the outer reflection* [i.e., *beyond the mere outer reflection of*  
*inner or "real" reality*],

• *the way that focuses on*  
*new dimensions*  
*to be found in*  
*inner space.*

*In some disciplines*

*this goal may be*

*directly mentioned, or*

*it may*

*never be mentioned as such.*

07

*But*

*when a certain point*

*of*

• *development and*

• *purification*

*is reached,*

*the new vision awakens –*

*sometimes*

• *suddenly,*

*sometimes*

• *gradually.*

*Even the suddenness of the [new] vision*

*is only*

*an illusion,*

*because it* [i.e., *the new vision*]

*actually is* [not sudden at all, *but rather*]

*the result of many*

• *arduous steps and*

• *inner battles.*

08

Human science  
has recognized  
that every atom  
is a duplication  
of the outer universe,  
as you know it [i.e., as you know the outer universe].

This recognition [that every atom is a duplication of the outer universe as you know it]  
is very meaningful.

Perhaps you can imagine that  
just as  
• time  
is a variable,  
dependent on  
the dimension  
from which it is experienced,  
so is  
• space.

Just as  
there is really  
no  
• objective,  
• fixed  
• time,  
so there is  
no  
• objective,  
• fixed  
• space.

Your real being  
can  
• live,  
• breathe and  
• move, and  
• cover vast distances  
within  
an atom  
according to  
your  
outer  
measurement.

When  
the spirit  
withdraws  
to the inner world,

the relationship  
of  
• measurement  
changes,  
just as the relationship  
to  
• time  
changes.

This is why  
you seem to lose  
• contact with  
and  
• awareness of  
so-called  
"dead" people.

They [i.e., "dead" people]  
live in  
the inner reality  
which,  
for you,  
is as yet  
only an  
abstraction.

Yet  
the actual  
abstraction  
is [not the inner reality, as it as yet seems to you, but rather  
the actual abstraction of reality is]  
the outer space.

09	<p><b><i><u>In physical death,</u></i></b> • <b><i><u>the spirit,</u></i></b> • <b><i><u>that which is alive,</u></i></b> <b><i><u>withdraws</u></i></b> <b><i><u>into</u></i></b> • <b><i><u>the inner world,</u></i></b> <b><i><u>not as is often erroneously assumed,</u></i></b> <b><i><u>into</u></i></b> • <b><i><u>heaven.</u></i></b></p> <p><b><i><u>[In physical death]</u></i></b> <b><i><u>It [i.e., the spirit]</u></i></b> <b><i><u>does not</u></i></b> <b><i><u>lift out of the body;</u></i></b></p> <p><b><i><u>it [i.e., the spirit]</u></i></b> <b><i><u>does not</u></i></b> <b><i><u>float into outer space.</u></i></b></p> <p><b><i><u>If, at times,</u></i></b> <b><i><u>an extrasensory perception</u></i></b> <b><i><u>seems</u></i></b> <b><i><u>to reveal</u></i></b> <b><i><u>such a sight [i.e., the sight of the spirit lifting out of the body at death],</u></i></b> <b><i><u>it is again</u></i></b> <b><i><u>only</u></i></b> <b><i><u>the mirror image</u></i></b> <b><i><u>of the</u></i></b> <b><i><u>inner event.</u></i></b></p>
10	<p><b><i><u>In the same way,</u></i></b> <b><i><u>a majority of humans</u></i></b> <b><i><u>have, for the longest time,</u></i></b> <b><i><u>looked for God</u></i></b> <b><i><u>up in heaven.</u></i></b></p> <p><b><i><u>When Jesus Christ came,</u></i></b> <b><i><u>He taught</u></i></b> <b><i><u>that God</u></i></b> • <b><i><u>lives in</u></i></b> <b><i><u>the inner spaces and</u></i></b> <b><i><u>[that] He [i.e., God]</u></i></b> • <b><i><u>must be found there [i.e., must be found in the inner spaces].</u></i></b></p>

	<p><u><i>This is also why all meditational • practices and • exercises focus on inner space.</i></u></p>
11	<p><u><i>A long time ago I suggested a meditational exercise in which you • do not think, in which you • make yourself empty.</i></u></p> <p><u><i>Those of you who occasionally try this exercise experience how difficult it is to do so [i.e., how difficult it is to not think, to make yourself empty].</i></u></p> <p><u><i>The mind is filled with its own material and to still it is not an easy undertaking.</i></u></p> <p><u><i>There are several ways of doing it [i.e., of stilling the mind].</i></u></p> <p><u><i>Eastern religions usually approach it by • long practice and • discipline.</i></u></p> <p><u><i>This, in conjunction with • solitude and • outer stillness may eventually produce inner stillness.</i></u></p>

12

**Our approach [to producing inner stillness]**  
**on this path [however]**  
**is different [from the approaches used in Eastern religions].**

**These [pathwork] teachings**  
**do not want to**  
**take you**  
**out of**  
**your world [as do the teachings of Eastern religions].**

**On the contrary,**  
**the aim [for you in following these pathwork teachings]**  
**is [for you]**  
**to be**  
**in your world,**  
**in the best possible way –**

- **to understand,**
- **to accept and**
- **to create**

**it [i.e., create your life in your world]**  
**in the most**

- **productive,**
- **constructive**

**way.**

**This [i.e., understanding, accepting and creating your life in your world]**  
**in the most productive and constructive way]**

**can only be done**  
**when you fully**

- **know and**
- **understand**

**yourself and**

**when you**

- **traverse, as I said,**  
**the difficult spaces,**  
**which must make you**  
**better equipped**  
**to function in**  
**the three-dimensional reality.**

Then [i.e., when you fully know and understand yourself and go on to traverse the difficult spaces in life with this self-knowledge and understanding]  
there is no split  
between the

- inner

and

- outer

spaces.

As

- inner truth  
reigns,

perception of

- outer truth  
increases.

As understanding of

- self  
grows,

so does [i.e., so grows] understanding of

- the world.

As you learn to

- re-mold  
that in you which is
  - imperfect,
  - faulty,

so do you learn to

- restructure –
- transform –
  - your outer life.

As you learn of

- your eternal beauty  
as a divine manifestation,

so does

- your vision  
expand  
to a greater appreciation  
of the beauty of
  - the Creator and
  - creation.

As  
peace  
within yourself  
comes to be,

so do you become  
at peace  
with this world,  
even when  
you are surrounded by  
undesirable experiences.

In other words,  
you do not require  
outer conditions  
of absolute seclusion  
to reach  
inner space.

You take  
the other route  
in which  
you go right through  
what seems  
the greatest of obstructions:  
the imperfections  

- within and
- around

you.

- You approach them [i.e. you approach the greatest of obstructions: the imperfections within and around you],
- you deal with them  
until they lose  
their fearsome aspect.

This is your path.

13	<p><u><b>Focusing on</b></u> <u><b>the inner emptiness [as in Eastern religions]</b></u> <u><b>is an additional exercise</b></u> <u><b>that is very helpful,</b></u></p> <p><u><b>but it [i.e., but focusing on the inner emptiness as in Eastern religions]</b></u> <u><b>must never be</b></u> <u><b>the sole approach</b></u> <u><b>to self-realization,</b></u></p> <p><u><b>just as dealing with the outer adverse conditions in your world</b></u> <u><b>must never be</b></u> <u><b>the sole approach to</b></u> <ul style="list-style-type: none"><li>• <u><b>your own and</b></u></li><li>• <u><b>your world's</b></u> <u><b>salvation.</b></u></li></ul></p>
14	<p><u><b>Focused emptiness</b></u> <u><b>grows,</b></u> <u><b>both</b></u> <ul style="list-style-type: none"><li>• <u><b>deliberately</b></u></li></ul><u><b>and</b></u> <ul style="list-style-type: none"><li>• <u><b>spontaneously,</b></u> <u><b>as you</b></u> <u><b>remove inner obstacles.</b></u></li></ul></p> <p><u><b>At the early stages [of your work as focused emptiness grows through</b></u> <u><b>your removing inner obstacles],</b></u></p> <p><u><b>you experience</b></u> <u><b>just that:</b></u> <ul style="list-style-type: none"><li>• <u><b>emptiness,</b></u></li><li>• <u><b>nothingness.</b></u></li></ul></p> <p><u><b>If your mind</b></u> <u><b>can quiet down,</b></u> <u><b>you encounter</b></u> <u><b>the void:</b></u></p> <p><u><b>this is what makes</b></u> <u><b>the attempt [for focused emptiness through your work of removing</b></u> <u><b>inner obstacles]</b></u> <u><b>so frightening.</b></u></p>

It [i.e., encountering the void]  
seems to confirm the suspicion

- that there is  
nothing within you,
- that you are indeed  
only your
  - outer,
  - mortal  
self.

This is why  
the mind  
makes itself  
so

- busy and
- noisy –  
in order to  
blot out  
the quietness  
that appears  
to herald  
nothingness.

15

Once again  
you need  
the courage  
to go through  
a tunnel of uncertainty.

You need to  
take the risk  
to allow  
the great quietude  
that is, at first,

- empty  
of meaning,
- devoid  
of anything that spells
  - life or
  - consciousness.

16

*I believe most of you*  
*have already experienced*  
*how*  
*the voice*  

- *of your inner God,*
- *of the higher self,*

*sends*  
*its inspirations*  
*through your mind,*

*not necessarily*  
*immediately*  
*after*  

- *meditation or*
- *prayer,*

*but [rather]*  
*sometime later,*  
*often*  
*when you least think of it.*

*It is*  
*then* [i.e., *It is when you least expect inspirations from your inner God*]  
*that*  
*your mind*  
*is*  

- *relaxed enough and*
- *sufficiently free*  
*from self-will*  
*to allow*  
*the inner voice*  
*to manifest.*

*The same is true about*  
*experiencing*  

- *the inner universe –*
- *the real world.*

17

*Focused emptiness*  
*will bring you*  
*in touch with*  
*all*  
*the levels of your being.*

*It [i.e., focused emptiness]*  
*allows*  
*the emergence of*  
*what was hidden –*

- *the distortions,*
- *the errors,*
- *the lower-self material, and eventually*
- *the reality of*
  - *your higher self and*
  - *the vast world*

*of eternal life*  
*in which it [i.e., in which your higher self]*  
*dwells.*

*There are*  
*many*

- *stages and*
- *phases*

*to go through.*

*The later stages*  
*can take place*  
*only when*  
*a certain*

- *purification and*
- *integration*

*has been achieved.*

• *Unfocused emptiness*  
*is a*

- *lessening*  
*of consciousness.*

• *Focused emptiness*  
*is a*

- *heightening*  
*of consciousness.*

	<p><u>The former</u> [i.e., <u>UNfocused emptiness</u>] <u>is</u></p> <ul style="list-style-type: none"><li>• <u>a tuning out,</u></li><li>• <u>a vague wandering of the mind</u> <u>that may lead to</u> <u>mindless</u> <u>emptiness.</u></li></ul> <p>• <u>Sleep, or</u> • <u>other states of</u> <u>unconsciousness</u> <u>are the final stages</u> [of <u>UNfocused emptiness</u>].</p> <p><u>Focused emptiness</u> [on the other hand] <u>is</u></p> <ul style="list-style-type: none"><li>• <u>extremely concentrated,</u></li><li>• <u>aware, and</u></li><li>• <u>fully there.</u></li></ul>
18	<p><u>If you focus on</u> • <u>the inner world</u> <u>to the exclusion of</u> • <u>your outer world,</u> <u>you</u> <u>not only create</u> • <u>a split,</u> <u>but also</u> • <u>a condition in which</u> <u>you forfeit</u> <u>the purpose</u> <u>of your incarnation.</u></p> <p><u>How can you</u> <u>fulfill your task,</u> <u>whatever it may be,</u> <u>if you do not</u> <u>utilize</u> <u>your outer world</u> <u>for that purpose</u> [i.e., <u>for the purpose of fulfilling</u> <u>your task</u>]?</p> <p><u>You would not have come into</u> <u>this dimension</u> [i.e., <u>the dimension of the dualistic earth plane</u>] <u>if it had not been</u> <u>a necessity for you.</u></p>

So you need to

- make use of it [i.e., make use of your incarnation on the dualistic earth plane] and
  - always bring
    - outer and
    - inner
- conditions  
into  
a meaningful relationship  
with one another.

You are learning to do so  
on this path.

All

- your outer experiences
- are related to
- your personality,
  - your various levels of self.

Your

- inner being  
always  
creates

your

- outer conditions,

a truth

you soon learn to recognize  
on this path.

If relating

- the outer
- to
- the inner

is not

a constant way of life,

the imbalance [and split between outer and inner]  
must create  
unfavorable conditions.

You can see sometimes  
in your world  
how people  
who do a lot of good work  
outwardly  
lose their way

just as easily  
as those who  
never give others a thought.

The outer  

- good intent and
- good works

must have  
an inner focus  
in order to  
avoid  

- a disharmonious condition and
- a dangerous split [between inner and outer].

19

Focused emptiness  
brings you  
eventually  
to the light of the eternal.

Maybe we can  
categorize  
certain basic stages [i.e., stages of focused emptiness – here five stages],  
even if  
we have to somewhat oversimplify.

In reality  
the stages [of focused emptiness, here five,]  

- often overlap and
- do not come neatly

in the succession outlined here  
for the purpose of clarification.

20	<p><i>[Focused Emptiness – Stage-]</i></p> <p><b>1) <u>You experience</u></b></p> <ul style="list-style-type: none"><li>• <u>the noise and</u></li><li>• <u>the busyness of the mind.</u></li></ul>
21	<p><i>[Focused Emptiness – Stage-]</i></p> <p><b>2) <u>As you succeed</u></b></p> <p><b><u>in quieting the noise,</u></b></p> <p><b><u>you encounter</u></b></p> <ul style="list-style-type: none"><li>• <u>emptiness,</u></li><li>• <u>nothingness.</u></li></ul>
22	<p><i>[Focused Emptiness – Stage-]</i></p> <p><b>3) <u>Recognitions about the self,</u></b></p> <ul style="list-style-type: none"><li>• <u>connections between</u><ul style="list-style-type: none"><li>• <u>some aspects of the self [i.e., inner space of the self]</u></li></ul></li><li>• <u>and</u><ul style="list-style-type: none"><li>• <u>outer experiences become clear.</u></li></ul></li><li>• <u>New understanding and with it [i.e., with this new understanding]</u></li><li>• <u>heretofore unrecognized levels of lower-self material appear.</u></li></ul> <p><b><u>This stage [i.e., stage 3 of focused emptiness]</u></b></p> <p><b><u>is</u></b></p> <ul style="list-style-type: none"><li>• <u>a ray of divine guidance,</u></li></ul> <p><b><u>and not merely</u></b></p> <ul style="list-style-type: none"><li>• <u>an experience of the lower self.</u></li></ul> <ul style="list-style-type: none"><li>• <u>Recognition of the lower self</u></li></ul> <p><b><u>is always</u></b></p> <ul style="list-style-type: none"><li>• <u>a manifestation of higher-self guidance.</u></li></ul>

23

*[Focused Emptiness – Stage-]*

**4) Direct manifestation of  
higher-self messages,  
or what you call  
the opening of your channel.**

You receive

- advice,
- encouragement,
- words intended to give you
  - courage and
  - faith.

In this phase [stage 4 of focused emptiness]

- divine guidance  
still operates primarily  
through
  - your mind.

- It [i.e., divine guidance]  
is not necessarily  
a total
  - emotional and
  - spiritual  
experience.

The manifestation [of divine guidance] may

- excite and
- gladden  
you,

but this reaction [of excitement and gladness]

- is a result of  
the knowledge  
your mind
  - has absorbed [from divine guidance] and
  - has found convincing.

24

*[Focused Emptiness – Stage-]*

5) ***In this stage a***

- ***direct,***
- ***total,***
- ***spiritual and***
- ***emotional***  
***experience***  
***occurs.***

***Your whole being***  
***is filled with***  
***the Holy Spirit.***

***You***  
***know,***  
***not [merely]***  
***indirectly***  
***through***  
***your mind,***  
***but***  
***directly***  
***through***  
***all of your being.***

***Knowing through the mind [only]***  
***is always***  
***• an indirect knowledge.***

***It [i.e., knowing through the mind]***  
***is***  
***• a relayed knowledge.***

***The human mind***  
***is the instrument***  
***necessary***  
***for human beings***  
***to function***  
***on this level of***  
***[dualistic] consciousness.***

***[However]***  
***Direct knowledge [in this Stage 5 of focused emptiness]***  
***is different.***

25

*This phase [i.e., Stage 5 of focused emptiness]*

*has*

- *many subdivisions,*
- *many stages*  
*within itself.*

*There are*

- *many –*  
*no,*
- *limitless –*  
*possibilities*  
*in which*  
*the real world [or inner space]*  
*can be*  
*experienced.*

*One [such way the real world or inner space can be experienced]*

*is simply*

- total knowing,*  
*which affects*
  - *every fiber*  
*of your*  
*being,*
  - *every level*  
*of your*  
*consciousness.*

*Experience*

*of the real world [or inner space]*

*can also occur*

*through*

*visions of other dimensions,*

*but*

*such visions*

*are never merely*

*things one*

*sees.*

*They [i.e., such visions of other dimensions]*

*are always*

- *a total experience*

*that affects*

- *the total person.*

26

In  
the real world,  
as opposed to  
your fragmented world,  
every  
sense perception  
is total.

Seeing  
is never  
only  
seeing,  
it [i.e., seeing]  
is  
simultaneously  

- hearing,
- tasting,
- feeling,
- smelling – and
- many other perceptions

you know nothing about  
on your level of being.

In [this] the fifth stage,  

- seeing,
- hearing,
- perceiving,
- feeling,
- knowing

are  
always  
all-inclusive.

They encompass  
every capacity  
God has created.

You can  
hardly imagine  

- the richness,
- the variety,
- the limitless possibilities

of these capacities.

27

*Focused emptiness [here the fifth and final stage of the process toward realizing  
focused emptiness]*

*is*  
*the ideal state*  
*to be filled*  
*by the Holy Spirit.*

• *The Holy Spirit*

*is*  
• *the whole world of God*  
• *in all*  
*its splendor,*  
• *in its*  
*indescribable magnificence.*

*Its [i.e., the Holy Spirit's, the world of God's]*  
*richness*  
*cannot possibly*  
*be conveyed*  
*in human language.*

*There is*  
*no way of describing*  
*what exists*

*when*  
• *fear,*  
• *doubt,*  
• *distrust –*  
*and therefore*  
• *suffering,*  
• *death and*  
• *all evil –*  
*are overcome.*

*Focused emptiness*  
*is therefore*  
*nothing but*  
*a threshold*  
*to a fullness*  
*that exists*  
*only*  
*in the world of spirit.*

28

The practice of  
focused emptiness  
must  
never  
be undertaken  
in an attitude of  
immediate expectations.

In fact,  
it is necessary  
to have  
no expectations whatever:  
expectations  
create  
tension,  
and  
tension  
prevents  
the necessary state  
of  
total  

- inner and
- outer

relaxation.

Also,  
expectations  
are unrealistic,

for it may take  
many incarnations of development

before  
a human being  
can come anywhere near  
these experiences.

So to have  
any kind of  
expectations  
will cause  
disappointments  
which, in turn,  
set off  
a chain reaction  
of further negative emotions,  
such as

- doubt,
- fear and
- discouragement.

29

I am talking about this topic  
because  
I want to prepare you  
for  
an important practice  
within meditation.

I have discussed this in the past  
in connection with  
the various ways of meditation,

particularly those of

- impressing

and

- expressing.

Many of your meditations  
have dealt with  
impressing,  
and should continue to do so.

	<p><b><u>Impressing</u></b></p> <ul style="list-style-type: none"><li>• <u>is a</u> <u>cleansing of the mind and</u></li><li>• <u>serves to</u> <u>make the mind</u> <u>into</u> <u>a constructive tool.</u></li></ul> <p><b><u>Then [after the cleansing of the mind and the mind becoming a constructive tool]</u></b> <b><u>the tool</u></b> <b><u>becomes</u></b> <b><u>a creative agent.</u></b></p>
30	<p><b><u>The aspect of</u></b> <b><u>expressing</u></b></p> <p><b><u>has begun to manifest</u></b> <b><u>to some degree</u></b> <b><u>with those of you</u></b> <b><u>whose channels</u></b> <b><u>are open,</u></b> <b><u>perhaps only occasionally.</u></b></p> <p><b><u>But you need to know</u></b> <b><u>that there are</u></b> <b><u>further</u></b></p> <ul style="list-style-type: none"><li>• <u>stages [in expressing],</u></li></ul> <p><b><u>further</u></b></p> <ul style="list-style-type: none"><li>• <u>phases and</u></li><li>• <u>possibilities [in expressing],</u></li></ul> <p><b><u>and you should</u></b> <b><u>approach them [i.e., approach these further stages, phases,</u></b> <b><u>and possibilities in expressing]</u></b></p> <p><b><u>with</u></b></p> <ul style="list-style-type: none"><li>• <u>patience,</u></li><li>• <u>awe and</u></li><li>• <u>humility.</u></li></ul>

You should understand  
that these experiences [of expressing]  
will open

the vast inner spaces  
in which

- many worlds,
- many universes,
- many spheres  
exist,  
endless
  - plains,
  - mountains,
  - seasof indescribable beauty.

You should know  
that

- these inner spaces  
are not
  - abstractions or
  - symbolic expressions;
  
- they [rather]  
are much more
  - real and
  - accessiblethan  
your
  - outer,
  - objectifiedworld  
that you  
believe to be  
the only reality.

Inner space  
is based  
on

- different measurements
  
- a different relativity  
of  
time/space/movement  
measurement.

	<p><u>Even a</u></p> <ul style="list-style-type: none"><li>• <u>vague and</u></li><li>• <u>hazy</u></li></ul> <p><u>consideration</u> <u>of this concept [of expressing]</u> <u>on your part</u></p> <ul style="list-style-type: none"><li>• <u>will change your outlook and</u></li><li>• <u>will create a new approach</u> <u>to your further work</u> <u>on your path.</u></li></ul>
31	<p><u>You</u> <u>need not</u> <u>spend hours</u> <u>practicing</u> <u>focused emptiness.</u></p> <p><u>That is</u> <u>not</u> <u>the purpose.</u></p> <p><u>But</u> <u>you may attempt it [i.e., attempt practicing focused emptiness]</u> <u>to some degree</u> <u>every time</u> <u>you</u></p> <ul style="list-style-type: none"><li>• <u>pray and</u></li><li>• <u>meditate,</u></li></ul> <p><u>after</u> <u>you use</u> <u>your mind</u> <u>to</u></p> <ul style="list-style-type: none"><li>• <u>impress</u> <u>your soul substance and</u></li><li>• <u>align it [i.e., align your soul substance]</u> <u>with</u> <u>divine intent.</u></li></ul>

32

Your primary aim

is still

reaching autonomy,

in its fullest

• sense and

• meaning.

You, as a group,

have made progress,

but

there is still

a lot to be accomplished.

Everything

depends on

this basic prerequisite [i.e., on the prerequisite of reaching full autonomy]:

• Your ability to

• respect yourself and

• discover your values;

• your capacity for

• loving and

• finding the fulfillment

you yearn for;

• your fulfilling

the spiritual task

you have entered this earth for;

• your experience of

the living God

• within and

• around

you;

• your ability

• to be

a true leader and

• to be

a follower as well;

and, last but not least,

• your ability to

• let go of the mind and

• find the inner space

• which is

your real home and

• which, alone, can

• convey eternal life to you and thus

• remove all fears from you forever.

*You cannot*  
*surrender*  
*to the will of God*  
*unless*  
*you are*  
*in possession of yourself.*

*Nor can you*  
*truly*  

- *find and*
- *be*

*yourself*  
*unless*  
*your surrender to God*  
*is*  
*unconditional.*

33

*Since this* [*i.e., reaching full autonomy*]  
*is such*  
*a fundamental necessity,*  
*we need to spend some time again on this topic,*  
*although I have said much about it in the past.*

*But still*  
*I see much resistance*  
*to reaching*  
*the all-important state*  
*of*  
*autonomous selfhood.*

You still  
crave  
an authority figure  
who will  
take over for you  
when  

- life becomes hazardous,

when  

- your inevitable mistakes  
force you  
to pay the price for them,

when  

- your unavoidable imperfections  
create conditions  
that you need to  
  - experience,
  - explore and
  - fully understand  
on all levels.

You still  
crave  
the "perfect life"  
in which  
none of that is necessary.

You still  
delude yourself  
that it is possible  
to  

- avoid mistakes and
- avoid paying the price for them.

This illusion  
is dangerous,  
all the more so  
because it is  

- so subtle and
- can so easily be glossed over.

The manifestation of this delusion  
can be rationalized –  
hence denied.

34

Whenever you are

- unsure and
- confused

about

- yourself,
- your environment,
- the events around you,

see it

as a sign

that you still

- suffer from this delusion [i.e., the delusion that perfection is possible,  
as is avoiding both all the mistakes and the price for making them]

and thus [that you]

- deliberately avoid  
growing into  
full selfhood.

Whenever you

rebel against

authority figures,

take it

as a sure sign

that you are still craving

- the "right" authority,
- the super-person  
who protects you

• from the vicissitudes of life

and thus

- from experiencing your reality.

35

When autonomy exists,

- there is  
no need for  
rebellion  
against authority.
  
- There is  
no confusion.
  
- You have  
a clear perception of  
what is
  - true andwhat is
  - falseand therefore  
you can
  - agree or
  - disagreewithout
  - rebellion or
  - fearful submission.

The

- road to  
the clarity and
  - ability to  
discriminate
- is the willingness
- to
    - search,
    - question,
    - probe,
    - be open,
  - to
    - explore.

Such a course [as this]  
requires  
• patience,  
rather than  
• quick,  
• ready-made  
answers,  
regarding  
any specific issue  
in your life.

But the  
• childish,  
• dependent  
person  
abhors  
the patient way  
of  
• probing and  
• finding out,  
for this [work of probing and finding out]  
means  
labor.

The  
• childish  
• dependent  
person  
wants  
• quick,  
• easy  
answers  
and therefore  
tends to  
jump to conclusions.

When  
you are  
afraid  
of making mistakes,  
you  
do not question  
your quick conclusions,  
and so  
your stiff insistence  
on them [i.e., your stiff insistence on your quick conclusions]  
will  
bar the way  
to  

- clarity and
- truth.

The resulting  
inner confusion  
then breeds  
correspondingly  
confusing experiences.

If  
the connections  
to the ways in which  
these  

- negative and
- confusing

experiences  
have been created [i.e., connections of these negative and  
confusing experiences to their causes]  
are lacking,

life  
appears too  

- difficult and
- unfair.

Then you demand  
a perfect authority  
to put things right.

36

The more strident  
your protestations  
for  
independence,  
the more suspect  
they [i.e., your protestations] are.

The more  
you need to  
prove  
that you are

- a free agent and
- not influenced or
- influenceable,

the more likely it is

- that you  
abhor  
real autonomy,
- that you  
do not wish  
to take full responsibility  
for  
your
  - life,your
  - experiences,your
  - decisions.

The greater  
the rebellion  
against  
those authority figures in your life  
whom you accuse  
of denying your selfhood,

the more  
you  
secretly resent them  
for  
not living up to  
your demands.

37

What exactly are  
these demands [you make of those in authority over you]?

They are, as I said,  
that you be prevented  
from  

- making any mistakes,

from  

- having to pay any price and
- going through

any consequences of  
your  

- errors,
- distortions,
- negativities, or
- unwise decisions.

You want an  
infallible key  
handed to you  
that equips you  
with this kind of  
magic,  
while  
you still remain  
"free."

This "freedom"  
means  
to be able to do  
whatever you want,  
whether or not  
it is desirable  
for  

- your real self or

for  

- others.

You do not want  
to  
experience  
any  

- frustration or
- necessary discipline.

When  
these goals [for "freedom" to do what you like without consequences]  
remain  
unreachable,  
you  
• resent and  
• blame  
authority figures,  
often accusing them  
exactly  
of the opposite  
of what  
you really expect from them.

To be specific,  
• you blame them [i.e., you blame the authority]  
for  
infringing upon your freedom  
when  
limits are set.

• You refuse to see  
that  
these limits  
are  
the limits  
of  
• reality,  
of  
• life's laws.

Perhaps  
• unconsciously,  
• yet deliberately,  
you create  
a specific confusion  
in which  
you distort  
the limitations  
as if  
• boundaries  
implied  
• enslavement.

38

I ask all of you  
to explore  
this aspect [of distorting limitations as if legitimate and natural  
boundaries implied enslavement]  
in you;

see if you can find  
to what degree  
it [i.e., this aspect of distorting limitations]  
may still exist in you.

Also  
ask yourself  
some  
deeply probing questions.

- Are you  
really willing  
to assume  
full self-responsibility,  
with all that this implies?
  
- Are you  
fully reconciled  
to the fact  
that you are
  - still imperfect,
  - unable to avoid  
making mistakes?
  
- Are you  
truly willing  
to pay the price for them [i.e., pay the price for your  
imperfections and mistakes]?

The more willing you are to do so,  
the lower the price will be.

The price  
will turn out to be

- a stepping stone,
- a threshold,
- a necessary lesson.

39	<p><u><i>The strength to do this</i></u> [i.e., <u><i>the strength to</i></u> <ul style="list-style-type: none"><li>• <u><i>assume full self-responsibility,</i></u></li><li>• <u><i>be reconciled to imperfections and inevitable mistakes, and</i></u></li><li>• <u><i>be willing to pay the price for them</i></u>]</li></ul><p><u><i>can come</i></u> <u><i>only from</i></u> <u><i>surrendering</i></u> <u><i>to the will of God.</i></u></p><p><u><i>Only then</i></u> [i.e., <u><i>only when you surrender to the will of God</i></u>] <u><i>can you truly</i></u> <u><i>stand in the middle of life</i></u> <u><i>as it unfolds around you,</i></u> <ul style="list-style-type: none"><li>• <u><i>never fleeing it,</i></u></li><li>• <u><i>never denying it,</i></u></li><li>• <u><i>never using spirituality</i></u> <u><i>as a means</i></u> <u><i>to escape from it.</i></u></li></ul></p></p>
40	<p><u><i>All</i></u> <u><i>dualistic confusion</i></u> <u><i>will dissolve</i></u> <u><i>when</i></u> <ul style="list-style-type: none"><li>• <u><i>your surrender to God</i></u> <u><i>is genuine and</i></u></li></ul><p><u><i>when</i></u> <ul style="list-style-type: none"><li>• <u><i>you are willing</i></u> <u><i>to be</i></u> <u><i>your autonomous self.</i></u></li></ul><p><u><i>If you</i></u> <u><i>follow through</i></u> <u><i>you will no longer</i></u> <u><i>be confused</i></u> <u><i>about</i></u> <ul style="list-style-type: none"><li>• <u><i>individuality</i></u> <u><i>versus</i></u> <ul style="list-style-type: none"><li>• <u><i>community;</i></u></li></ul></li></ul><p><u><i>about</i></u> <ul style="list-style-type: none"><li>• <u><i>self-surrender</i></u> <u><i>versus</i></u> <ul style="list-style-type: none"><li>• <u><i>selfhood and</i></u> <ul style="list-style-type: none"><li>• <u><i>real independence.</i></u></li></ul></li></ul></li></ul></p></p></p></p>

True selfhood  
creates  
a social being  
who is  
not at odds  
with his or her surroundings.

On the contrary,  
this kind of person [i.e., a person who is in his or her true selfhood]  
• is intimately connected  
with others and  
• always contributes  
to them.

Truly autonomous people  
can be  
• strong leaders,  
as well as  
• willing followers,  
because  
• their vision  
is clear and  
• their selfhood  
is centered in  
divine reality.

41

If you go through every lecture  
I have given you so far this season,  
you will discover  
a note [or hint]  
of another dimension  
that has not been touched upon previously.

[In this lecture] I have opened new vistas for you,  
even if you may not yet be capable of  
taking direct steps  
toward attaining these states.

But the knowledge  
of their [i.e., of these states'] reality  
is important for you at this point.



*In this area [of earning your livelihood]*

*you may be*

- *realistic and*
- *able to accept*

*that you will also*  
*encounter*

- *difficulties,*
- *boredom or*
- *strife.*

*You can*

*lend your best*

*to such times [i.e., to times of difficulties, boredom, or strife].*

*This is precisely*

*why you*

- *are successful and*

*why you*

- *enjoy your work.*

*But there may be*

*other areas [in your life],*

- *more subtle,*
- *less easily noticeable,*

*in which*

*you still want to*

- *depend and*
- *not be your own self.*

*It is up to you*

*to explore these [other] areas.*

*The telltale sign is*

- *how you feel about*  
*authority figures in your life,*

- *how you can distinguish*  
*between*

- *those whom you*  
*can trust*

*and*

- *those who*  
*are not to be trusted.*

Where do your intense feelings go?

Your positive feelings

may tend

precisely

toward those

who are

not to be trusted,

while you

view with suspicion

those who

• encourage your autonomy and

• deserve your trust.

43

If you

cannot trust yourself,

you can

never know

who is trustworthy.

And, of course,

you cannot trust yourself

if you do not know

which part of you

deserves to be trusted.

Only too often

you want to insist

that the part in you that is

most

• childish,

most

• destructive,

most

• shortsighted,

is the self

that is

• autonomous.

You want to believe  
that  
• the line of least resistance and  
• what feels  
momentarily  
most pleasurable  
is tantamount to  
your autonomy.

This may  
occasionally  
be so,  
but  
by no means always.

You can  
only trust yourself  
if you  
have learned to listen to  
the true  
inner authority  
that is capable of  
saying no  
to momentary pleasure,  
because  
that [momentary pleasure],  
in the long run,  
defeats you.

44

True maturity –  
• health and  
• selfhood –  
is the prerequisite  
for a  
• healthy,  
• fully lived and  
• satisfying  
life.

	<p><i><u>It [i.e., true maturity]</u></i> <i><u>forms</u></i> <i><u>the underpinning</u></i> <i><u>of spiritual self-realization.</u></i></p> <p><i><u>Without</u></i> <i><u>this state [of true maturity],</u></i> <i><u>spirituality</u></i> <i><u>must,</u></i> <i><u>sooner or later,</u></i> <i><u>bend into some distortion,</u></i> <i><u>no matter</u></i> <i><u>how well-intentioned</u></i> <i><u>the person may be</u></i> <i><u>when starting out.</u></i></p>
45	<p><i><u>On the other hand,</u></i> <i><u>you cannot reach</u></i> <i><u>this state of</u></i> <ul style="list-style-type: none"><li>• <i><u>health and</u></i></li><li>• <i><u>autonomy</u></i></li></ul><i><u>by merely</u></i> <i><u>psychological means.</u></i></p> <p><i><u>Your psychologists</u></i> <ul style="list-style-type: none"><li>• <i><u>have the right idea and</u></i></li><li>• <i><u>strive toward this goal</u></i></li></ul><i><u>in their approach to their patients.</u></i></p> <p><i><u>But</u></i> <ul style="list-style-type: none"><li>• <i><u>unless one learns</u></i> <i><u>that there are</u></i> <i><u>several inner voices to listen to;</u></i></li><li>• <i><u>unless choices are made</u></i> <i><u>about which voice</u></i><ul style="list-style-type: none"><li>• <i><u>to trust or</u></i></li><li>• <i><u>to reject;</u></i></li></ul></li><li>• <i><u>unless these voices are explored,</u></i></li></ul></p> <p><i><u>the goal</u></i> <i><u>will forever remain</u></i> <ul style="list-style-type: none"><li>• <i><u>elusive and</u></i></li><li>• <i><u>only a beautiful theory.</u></i></li></ul></p>

*In effect,  
    the voice  
        of the higher self  
is often  
    the weakest  
        at the beginning,*

*yet  
    you need to listen to it [i.e., to listen to even the weak voice of the higher self]  
        more than  
            to  
                the loud clamoring  
                    of the other voice,  
                        which never wants  
                            to tolerate  
                                any frustration.*

46

*It must become clear to you,  
    my beloved friends,  
that  
    only a community  
        that consists of  
            • autonomous  
            • people  
is [itself]  
    • autonomous,  
    • safe and  
    • creative  
        as a  
            • group entity.*

*In the New Age [we are entering]  
    everything  
        tends in that direction [i.e., direction of true maturity, the state of being  
  autonomous, safe and creative].*

Your whole society  
can be transformed  
to the degree  
that  
more and more  
individuals  
• develop  
and [thereby]  
• reach  
• emotional,  
• mental and  
• spiritual  
maturity.

When all of society,  
at least as  
an overall attitude,  
represents values  
that express this state [i.e., this state of emotional, mental, and  
spiritual maturity],

then not even those  
who come from  
the lowest spheres,  
with  
• destructive intent and/or  
• spiritual ignorance,  
will be capable of  
wreaking havoc  
on your earth.

Their influence  
will dissolve  
like snow in the sun.

This is not so now,  
because too many individuals  
hanker after authority figures  
who  
• allow everything and  
• forbid nothing,  
who  
• promise to take away  
all hardships of living.

47

- Deep,
- intense,
- realistic

contact with  
the Christ  
is possible  
in an extended way  
only when  
true autonomy  
exists  
in the human personality.

Otherwise [i.e., without true autonomy in the human personality]

- the road [to the Christ]  
is blocked,
- the experience [of the Christ]  
is inaccessible,
- the voices [from and concerning the Christ]  
are confusing.
- The idea of  
total surrender to God  
becomes  
confusing.

The wish  
to surrender to  
the false authority figure  
who

- permits all and
- sets no limits

to the line of least resistance,  
who

- never imposes any frustration,

who

- offers this kind of utopia,

also creates  
a sense of fear  
in those who somehow,  
in their inner being,  
know the dangers of such surrender [i.e., know the dangers of such  
surrender to the false authority figure].

The weaker ones  
will surrender to  
the false prophets,  
as the Bible says.

The slightly stronger ones,  
who are

- still partially  
in this unfinished state,
- while partially striving for  
real autonomy,

fear surrender  
in all forms.

What they [i.e., What these slightly stronger ones]  
really

- fear and
- distrust

is their own desire  
for the false prophets  
who promise  
what they should  
never promise.

These promises [that should never be made but which are made by false prophets]  
may not be made in so many words,

but they [but these promises that should never be made]

- are implicit  
in their [i.e., implicit in the false prophets']  
messages and
- reach  
the consciousness  
of those who are  
most vulnerable  
due to their  
unwillingness  
to take charge of their own lives.

48	<p><u>So, no matter</u> <u>how much</u> <u>you may be willing</u> <u>to surrender</u></p> <ul style="list-style-type: none"><li>• <u>to the will of God,</u></li></ul> <p><u>and therefore</u></p> <ul style="list-style-type: none"><li>• <u>to His guidance</u></li></ul> <p><u>in whatever form it may be given you,</u></p> <p><u>the resistance to doing so</u> <u>cannot be overcome</u> <u>unless</u> <u>you establish</u> <u>full selfhood</u> <u>in all areas of your being.</u></p>
49	<p><u>From</u> <u>the evolutionary point of view,</u> <u>spirit</u> <u>can</u> <u>penetrate matter</u> <u>to the degree</u> <u>that</u></p> <ul style="list-style-type: none"><li>• <u>spiritual truth,</u></li><li>• <u>spiritual law,</u></li><li>• <u>spiritual health</u></li></ul> <p><u>are being established.</u></p> <p><u>The individual's</u> <u>self-responsibility</u> <u>is indeed</u> <u>the key to this</u> [i.e., <u>the key to spiritual truth, spiritual law, and</u> <u>spiritual health being established in the self].</u></p> <p><u>When the self</u> <u>becomes</u> <u>stronger,</u></p> <ul style="list-style-type: none"><li>• <u>more of</u> <u>life</u> <u>can penetrate matter;</u></li><li>• <u>more of</u> <u>the spirit</u> <u>can be born in the flesh.</u></li></ul>

You will see,  
as you grow in stature  
through  
gaining selfhood,

that

- more of  
your real being  
is born into  
your physical manifestation.
  
- More talents  
may come to the fore  
of which you had known nothing before.
  
- Suddenly
  - a new wisdom manifests,
  - a new understanding and
  - capacity to
    - feel and
    - love,
  - a hitherto unsensed strength  
unfolds from you.

All these manifestations  
are

the real you  
that lives in

- the inner space –
- the real world.

As you  
make room  
for these [inner] aspects,

- they will push into  
the [outer] life of matter and
- you will fulfill  
your part  
in the evolutionary scheme.

*These attitudes*  
*do not grow*  
*from outside;*  
*they*  
*are not being*  
*added on to you [from the outside].*

*[Rather] They*  
*are a result of*  
*• your outer*  
*manifest*  
*being*  
*making room for*  
*• the inner,*  
*as yet unmanifest*  
*being.*

*This [pushing forth of your unmanifest inner aspects*  
*into your outer manifest being]*  
*happens by*  
*• the growing process,*  
*• the hard work*  
*you undertake on this path.*

*And,*  
*after a certain point in your development,*  
*it [i.e., the growing process, your hard work]*  
*can be helped along*  
*by focusing on*  
*the inner emptiness*  
*until*  
*you discover*  
*that*  
*• the [inner] emptiness*  
*is*  
*• illusion.*  
  
*• It [i.e., the inner emptiness]*  
*is*  
*• a fullness,*  
*• a rich world of glory.*

	<p><u>You can</u></p> <ul style="list-style-type: none"><li>• <u>receive</u> <u>all you need</u> <u>from</u> • <u>this inner source</u></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>translate</u> <u>it</u> <u>into</u> • <u>outer experience.</u></li></ul>
50	<p><u>Christ</u> <u>has come</u></p> <ul style="list-style-type: none"><li>• <u>in many forms,</u></li><li>• <u>many times,</u></li><li>• <u>as different enlightened ones,</u></li><li>• <u>throughout the ages.</u></li></ul> <p><u>But never has he [i.e., But never has Christ]</u> <u>come</u></p> <p><u>as</u></p> <ul style="list-style-type: none"><li>• <u>fully and</u></li><li>• <u>completely,</u></li></ul> <p><u>as</u></p> <ul style="list-style-type: none"><li>• <u>freely</u></li></ul> <p><u>as in</u></p> <ul style="list-style-type: none"><li>• <u>Jesus.</u></li></ul> <p><u>You can see that, here too [i.e., here regarding the degree to which Christ comes],</u> <u>it is a question of</u></p> <ul style="list-style-type: none"><li>• <u>the degree to which</u> <u>spirit</u> <u>can flow through</u> <u>into matter,</u></li><li>• <u>how unobstructed</u> <u>matter has become,</u> <u>so that the maximum</u> • <u>of spirit,</u> • <u>of life,</u> • <u>of consciousness</u> <u>can manifest</u> <u>as matter.</u></li></ul>

The point will come  
in evolution  
when  
the sphere you now inhabit  
will yield  
to spirit  
so much  
that

- matter  
will have  
spiritualized completely.
- Matter  
will no longer  
be an obstruction  
to spirit.
- The void  
will be filled  
with life.

51

By approaching  
the void  
without fear,  
you also  
remove  
an obstruction  
to life.

Focusing on  
the inner space  
means, to begin with,  
approaching  
what appears as  
emptiness.

Through this void [i.e., through this inner space,  
through what appears as emptiness]

you reach

- the fullness of spirit,
- the totality of life  
in its
  - pure,
  - unobstructed  
form.

This stuff of life

contains

all possibilities

- of expression,
- of manifestation.

The joy

of

experiencing  
this reality

is greater than

any other [joy].

In this joy

is your oneness

with

the Creator,

where you are

indeed

one.

52

You can see, my friends,  
that  
• nothing  
in your personality,  
• no aspect  
of it [i.e., no aspect of your personality],  
is insignificant  
in terms of  
• creation and  
• evolution.

There is no such thing as  
a "merely psychological aspect."

Every  
• attitude,  
every  
• way of  
• thinking,  
• feeling,  
• being and  
• reacting  
reflects  
directly on  
your participation  
in the greater scheme of things.

By knowing this  
you will perhaps  
find it easier  
to give  
your  
• life,  
your  
• pathwork,  
your  
• endeavors  
  
greater value.

	<p><u><i>You will learn</i></u> <u><i>to unify</i></u> <u><i>an arbitrary</i></u> <u><i>duality –</i></u></p> <p>• <u><i>spiritual</i></u> <u><i>versus</i></u> • <u><i>worldly</i></u> <u><i>concerns.</i></u></p>
53	<p><u><i>Make room</i></u> <u><i>for</i></u> <u><i>unobstructed life,</i></u> <u><i>for</i></u> <u><i>unencumbered spirit!</i></u></p> <p><u><i>Let it [i.e., let unobstructed life, let unencumbered spirit]</i></u> <u><i>fill</i></u> <u><i>every part</i></u> <u><i>of your being</i></u></p> <p><u><i>so that</i></u> <u><i>you will</i></u> <u><i>finally</i></u> <u><i>know</i></u> <u><i>who</i></u> <u><i>you</i></u> <u><i>really</i></u> <u><i>are.</i></u></p> <p><u><i>You are</i></u> <u><i>all</i></u> <u><i>blessed,</i></u> <u><i>my very dearest ones.</i></u></p>

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