

**Pathwork Lecture 257**

**Aspects of the New Divine Influx:  
Part 3: Exposure**

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# Deeper Self-Exploration and Self-Awareness, Leading to Oneness

- Now exposure of the deeper levels of self has reached unprecedented degrees. Even the least knowledgeable people have attained a certain degree of awareness that there are deeper levels of being which determine their lives.
- This new ability to explore the self is a combination of communication and exposure.
- The willingness to expose leads to communication and communication leads to oneness, to alignment with the Christ spirit that sweeps with great force through your world.

# But We Resist Self-Awareness

- When you deny exposure it always means that you have a stake in maintaining a rotten structure, a structure that you need to eliminate and replace.
- This unwillingness clearly implies the wish to continue living a lie.
- Dedication to the truth must bring the willingness and the courage to expose and to change.

# Resistance Leads to Crisis

- Once the force of the new influx is set in motion, it cannot be halted.
- The more opposition it encounters, the more painful the crisis will be.

# Exercise 1 – Living a Lie, Not Exposing Truth

- Where in your life do you have a stake in leading a lie? What in your life are you not willing to change?
- Where will your life be in five years if you continue to refuse to change?
- How may this unwillingness to change lead to crisis in your life? When might this crisis occur? Envision what it might look like.
- What is the Truth behind the lie?
- What are some possible changes that would align with this truth?
- If you did change, how might your life be in five years?
- What comes up in you as you contemplate change? What keeps you from changing?
- Explore these questions in meditation and see what arises.
- Enter what comes up into your journal. Read your journal. What feelings arise?

# **But on This Path of Development...**

- **Rather than living a lie and in secret, one works with others. With others:**
  - you expose your lower self,
  - you share it,
  - you communicate it to others.
- **Can you think of a better way to establish love, trust, closeness?**
- **Here one gets the support needed for change, for aligning with Truth.**

# Avoiding Spiritual Bypassing

- Spiritual development without exposure can, at best, be only a half measure that leads eventually to a stalemate.
- Reflective question: In what ways do you practice spiritual development without exposure?

# **But stay in the Flow of Love – for Self and Others**

- **But unless exposure is infused with love, it becomes self-defeating.**
- **Show respect for the person who has the courage to do it willingly.**
- **The courage and strength necessary to bring about exposure wherever appropriate and necessary stems from the inner conviction that self exposure is done in the service of a larger cause--in other words, in the service of love.**



# **Who You Are Right Now Is Enough**

## **Discovering your Already-Developed Higher Self, The Basis of Your True Intrinsic Worth**

- **The more you expose yourself to yourself, and subsequently to others, the more you will discover your true intrinsic worth.**
- **You will know that the already developed higher self is the part that makes the exposure possible.**

# **Your Contribution to the Earth's Evolution – Right Here In Our Group**

- **Through ... your ever-intensified efforts toward self-exposure and communication with your immediate circle of dear ones with whom you share your process of development, you greatly contribute to the earth's evolution.**

# Call to Commitment to Effective Communications

- Communication could also vastly improve if you helped others to be more receptive to what you know and have to teach
- and, similarly, if you were more open and receptive to where you could learn from others.
- Too often a bland, dull numbness encases you into a half-vague, opinionated, incomplete, secretive holding onto assumptions that closes all doors.

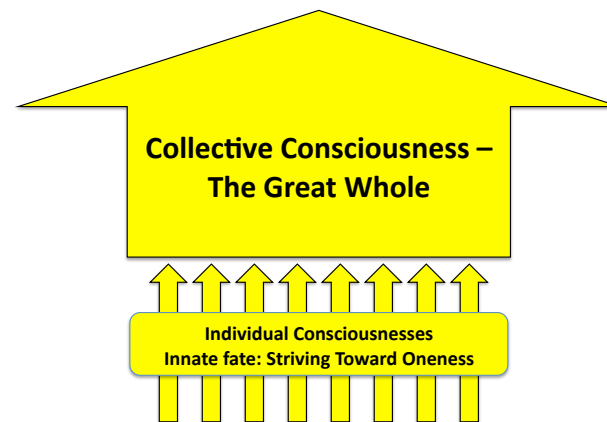
## **Exercise 2**

**Explore these questions in your journal**

- **What do you know and have to teach us?**
- **What may stand in the way of our being receptive to what you have to teach?**
- **How could you make us more receptive to what you know and have to teach?**
- **What are some things you are not open and receptive to receive from some of us?**
- **What blocks your receptivity and how could you become more receptive to what we may know and could teach you?**

# Building Our Community through Communication and Exposure

- This is where your spirit friends wish you to improve and make of your beautiful, golden, ever-growing community a greater glory, expressing the Christ, serving the Highest.



# Remember

- **Look at this beautiful world with the eyes that see the whole, that comprehend the Lord's working behind all that is.**
- **Let your hearts be filled with the freshness of life's healing power that flows from the Source that encompasses all that ever was created and ever will be created.**
- **This Source resides right in your own center, even when you are unable to connect with it or to experience its reality through your confusions and your momentary suffering. It is always there.**

# **Yes, Remember...**

- **You are all surrounded by the great force that flows with such renewed vigor through your universe.**
- **Be blessed, my beloved ones.**
- **Pursue your commitment to the end, never let up in your devotion to serve God.**

# Divine Influx – Melding of Individual Consciousnesses

