

“Lectio Divina”

Praying with the Pathwork Lectures

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Note: This Pathwork Practice is adopted from “Lectio Divina” as I understand it and may not capture the deeper sacred meaning of this ancient spiritual practice. Yet the method seems to hold meaning when applied to Pathwork Lectures and likely other spiritual material.

*This presentation can be downloaded from
www.garyvollbracht.com/wp-content/uploads/11.05.21LectioDivina.pptx.pdf*

Background

- After spending five years recording many of the Pathwork lectures I recently had an experience in which I was catapulted into a different relationship with the material. Suddenly it was not only a streaming of stimulating concepts and ideas for my mind to enjoy. Rather I was *in relationship* with the material, or in relationship with the Guide, “someone” on “the other side.” It was as if my relationship with the Lectures was transformed from my mind to my *heart*.
- I realized, too, that this same relationship happens when my intuition is awakened as if in resonance with the Guide, as if the Guide’s wisdom and my deep intuition in someway connect us.
- I saw this experience as *devotional* reading of the lectures – reading small snippets of a lecture, one or two sentences, or at most a paragraph, and letting the material melt into my cells. No more cramming four lectures into two days in preparation for the next class!
- I was aware of the ancient practice of devotional reading of the Bible called *Lectio Divina* (pronounced leksio deveena, meaning “sacred reading”). While I had not practiced this devotional reading in my 40 years of bible study leading up to my entry into Pathwork 11 years ago, and while “Bible” triggers me despite the Guide’s encouragement to read the Bible, it arose in me to use lectio divina as a spiritual practice as related to the Pathwork Lectures. It is this which I now share.

The Four Levels of Lectio Divina

1 (≈5min)	Reading (Lectio) – meeting the words.	Select a few sentences. Read your selected section several or many times. Become familiar with. Give it space.
2 (≈5min)	Reflecting – using the mind to gain deep intellectual knowledge and understanding.	Narrow to a few words, or one or two phrases that strike you. Focus on. Meditate on. Come to understand <i>as applied to your life</i> .
3 (≈5min)	Responding -- letting the heart respond to and connect with the words <i>and</i> their author – with spirit on the “other side.”	Without doing anything, let your heart respond. Allow yourself to <i>feel</i> the <i>connection</i> with the “other side.” Come to trust. Feel love.
4 (≈5min)	Releasing -- releasing the words from the mind, dropping the connection from the heart, enter into the silence , the void. “Too deep for words”	Have no expectations in this phase. Drop into silence. Be present to the silence. Open to the One, the Whole, What Is.

Passages to Use in this Practice

1. Use the **Pathwork Quote Cards** (150 quotes – available from Pathwork Press for \$19.95) – choose a card at random each day. Make it a daily practice.
2. Take sentences that hold meaning for you from **lectures assigned for homework** or from **a lecture that speaks to you**. Use the practice daily between classes, a different quote each day. A way to take in the lecture more deeply.
3. Work with a single lecture for 3-6 weeks. Use different selections (a few sentences, a paragraph or two) each day. A way to take in a lecture more deeply.
4. Each day, take **any lecture, any sentence at random**. Trust you will get what you need. I am often surprised at how a passage in a lecture chosen at random has relevance to me in the now. Again, make this a daily or regular practice.
5. Use selections of **topical** interest, for example Pathwork quotes from my website (www.garyvollbracht.com/quotes/pathwork-quotes/). Work with a topic of interest to you for several days or weeks, each day picking a different selection from within the topic.

Note: For this practice it is useful to make a recording of a bell and arrange it such that the bell rings every five minutes. For your convenience, this can be downloaded from: www.garyvollbracht.com/wp-content/uploads/4-Bell-GongMaster.mp3