

Feeling All Feelings – the Doorway to Spiritual Aliveness

Notes on Pathwork Lecture 165

*Evolutionary Phases in the Relationship Between the Realms of Feelings,
Reason, and Will*

Paragraphs 13-27

Gary Vollbracht June 8, 2012

Download Available:

www.garyvollbracht.com/support-services/classes/

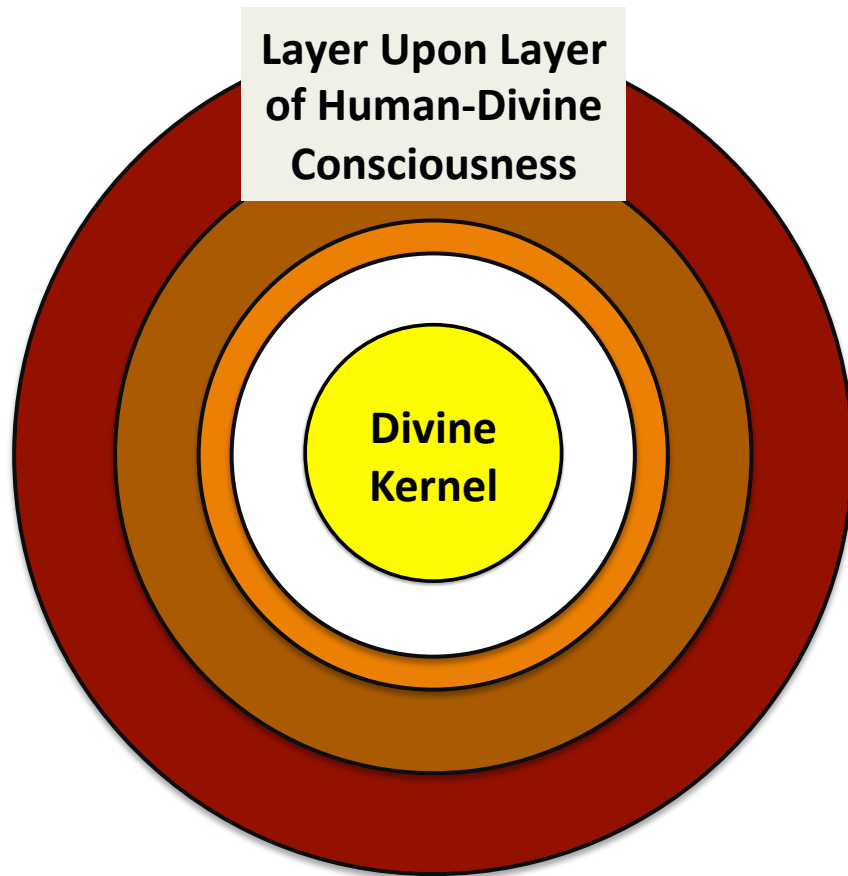
Human Beings Before the Fall



**Divine
Kernel**

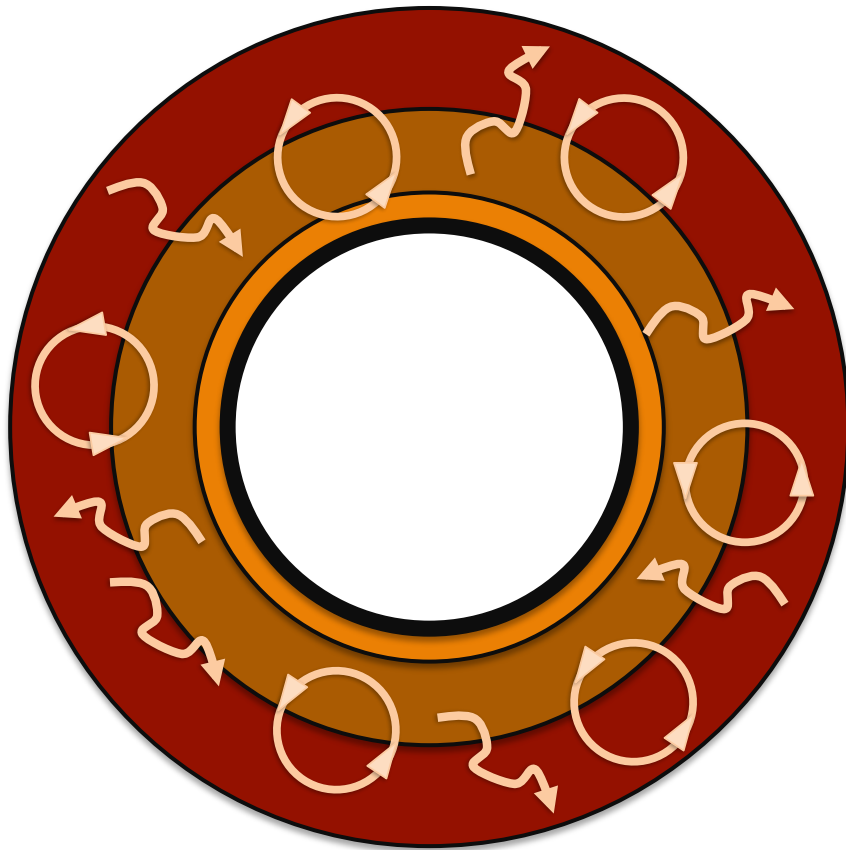
- Godlike
- Moved by Creative, Cosmic Forces
- Expressed universal consciousness
 - In every breath and
 - In every move
 - Of their eternally living existence.
- Felt Oneness of all Beings/Cosmos
 - No Separation

Human Beings After the Fall



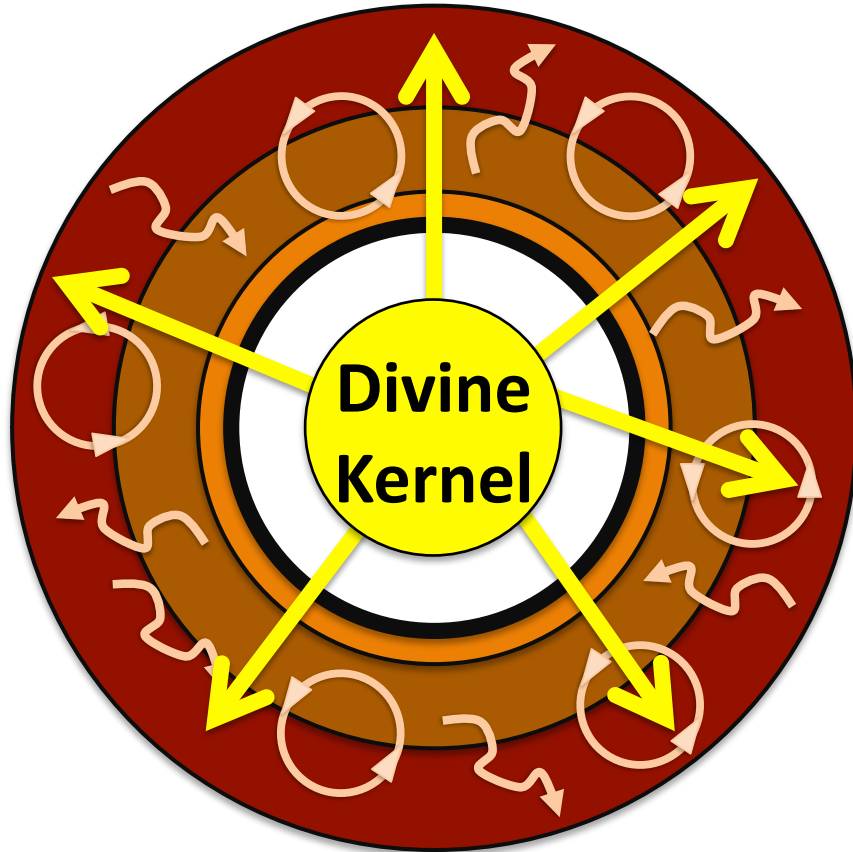
- **Erroneous Ideas**
- **Destructive Reactions**
- **Destructive Feelings**
- **Spiritual Blindness**
- **Unhappiness**
- **Suffering**

Human Beings After the Fall



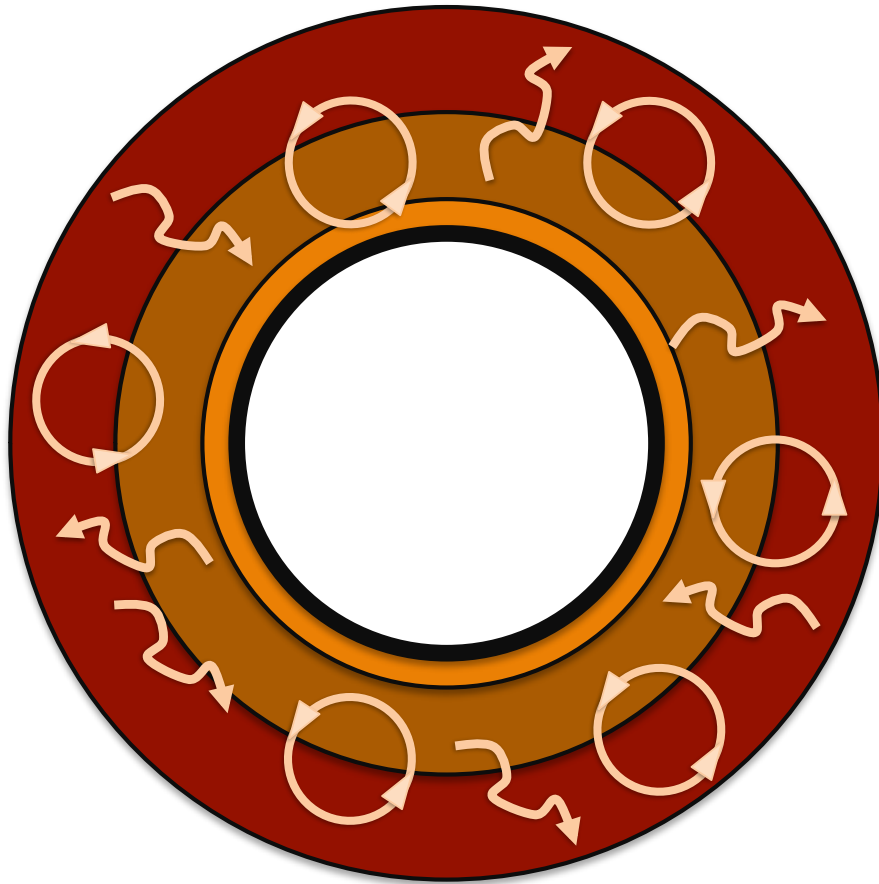
- **Human-Divine Consciousness:**
 - Functions on own -- Separateness
 - Not nurtured by Divine Kernel but rather by the error that brought it to be.
 - Resulting in Vicious Circles – no way out

Human Beings After the Fall



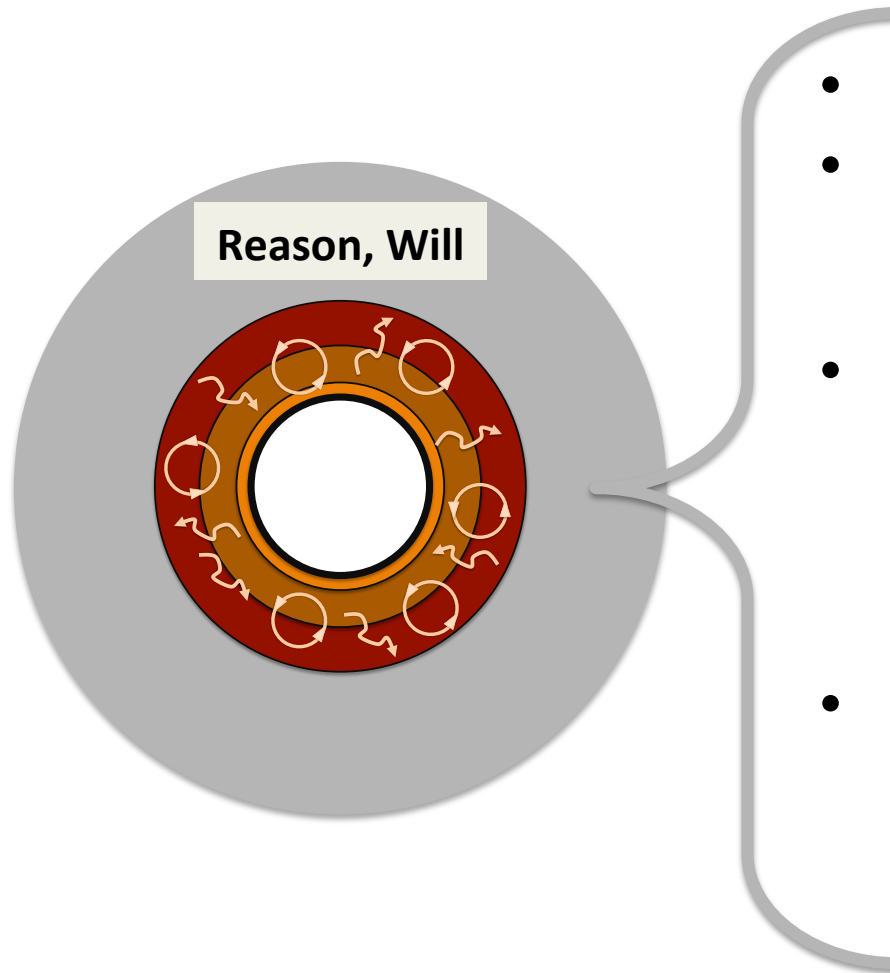
- Yet the freshness issuing from the source:
 - Is indivisible
 - Unifies all splits and conflicts

In Primitive Human Beings – And In the Human Soul Today



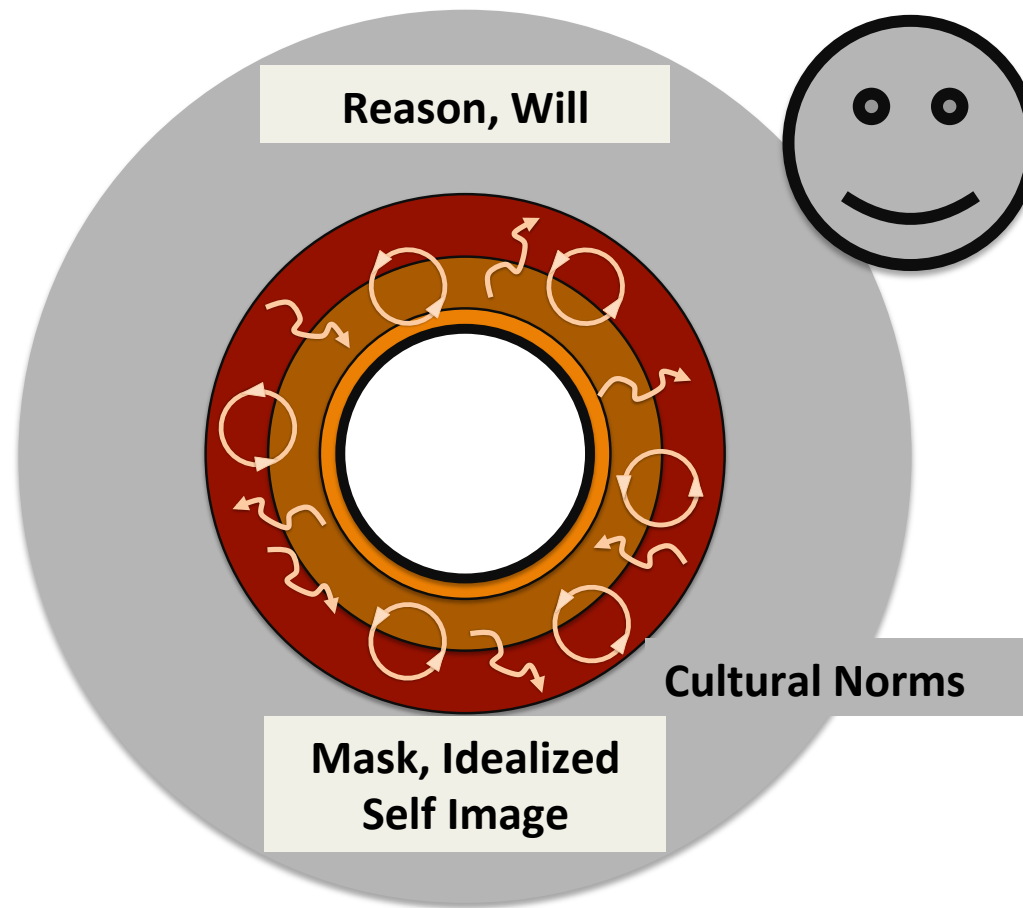
- **Violence**
- **Greed**
- **Separateness**
- **Destructive Emotions**
- **Blindness**
- **Suffering**
- **Freely Acted Out**
 - **No Self-awareness**
 - **No inhibitions**
 - **No conscience**
- **Never sensing other's pain as their own**

First Stages of Consciousness Growth

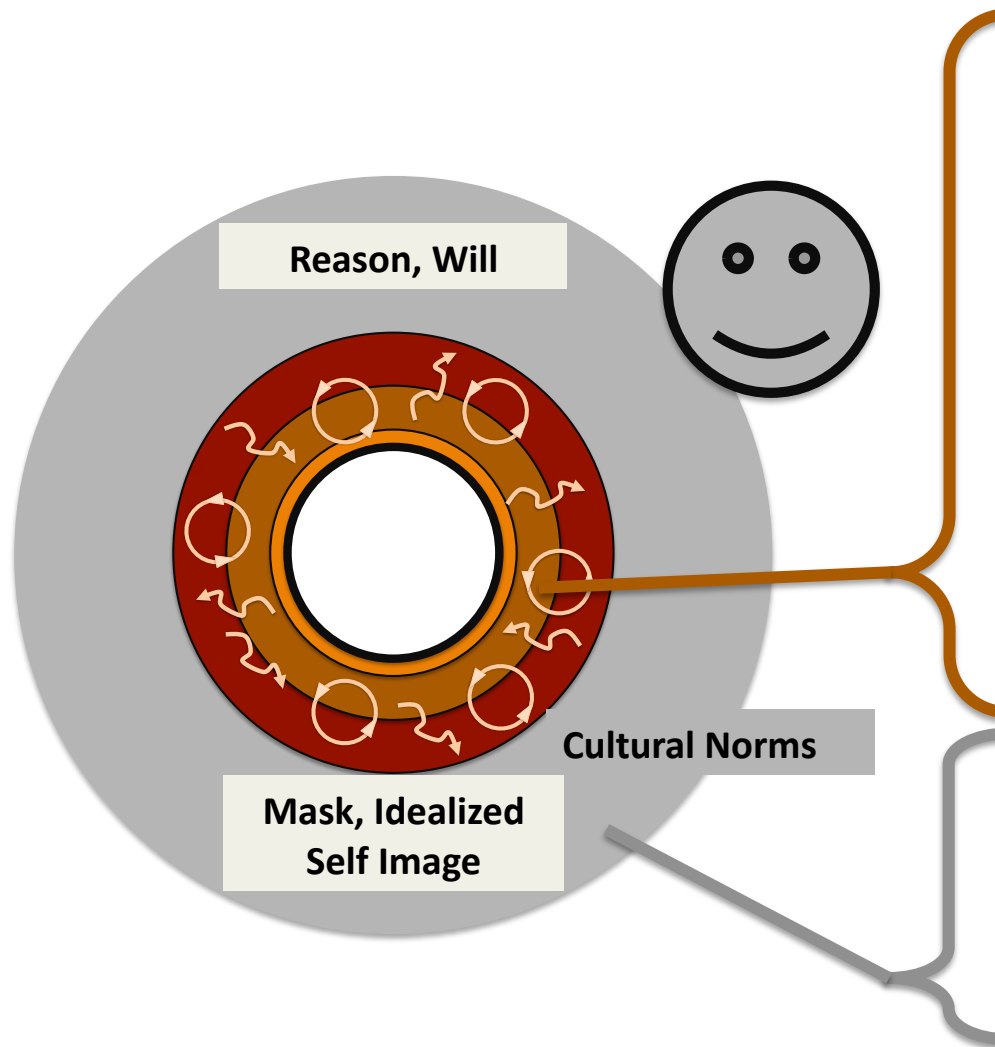


- **Enculturation**
- **First Reasoning Process**
 - Learn that unchecked acting out of feelings yields more pain
- **Social Conscience emerges**
 - From Instinct of Self Preservation
 - But not from inner sense of Oneness from Divine Kernel
- **Inner urge to destroy, etc. kept in check by**
 - Reason
 - Will, Self Discipline

Growth of Consciousness, Civilized Behavior -- Emergence of Mask Self and Idealized Self Image

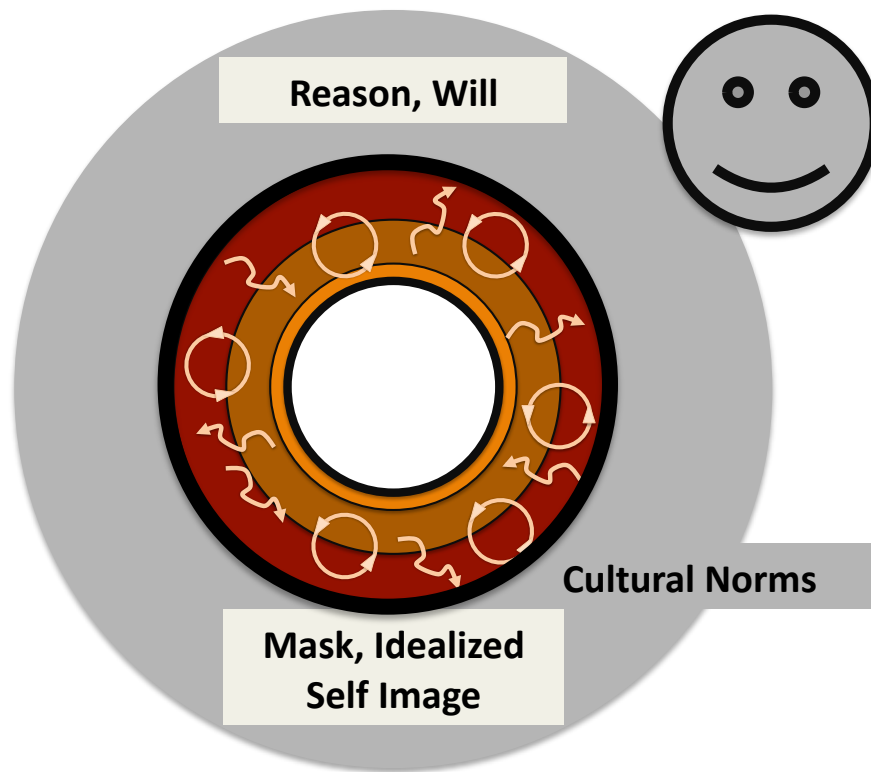


Keeping the Lid on Negative Feelings



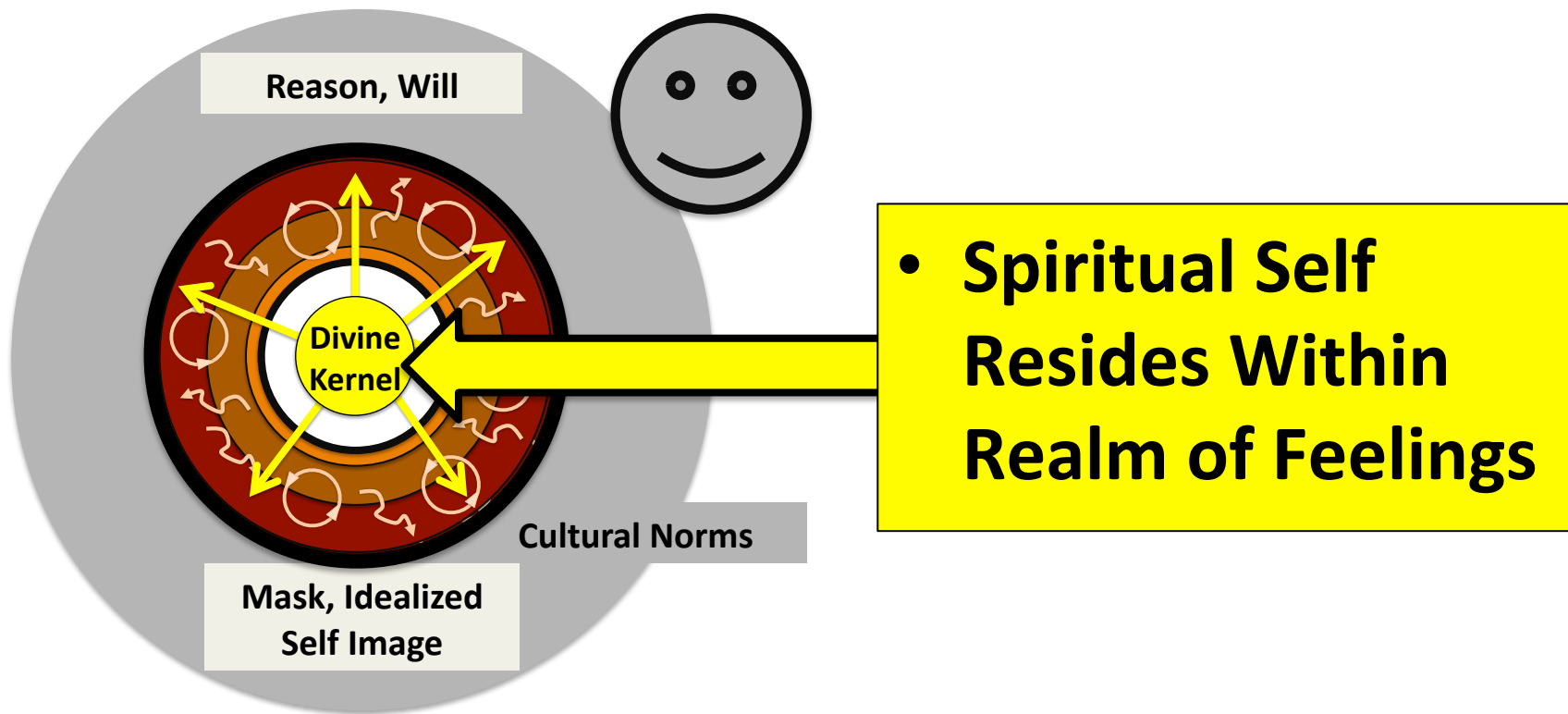
- **Realm of Spontaneous Negative Feelings**
 - Seething mass of
 - Denied pain, Hence:
 - Violence
 - Hate
 - Malice
 - Self Perpetuating
 - Though Negative, Alive Creative, Like Divine Kernel
 - Creates Highly Damaging
 - Impulses, Compulsions
 - Feared Greatly
- **Negative Spontaneous Feelings**
 - Held in Check by
 - Reason
 - Will
 - Self Discipline

As Consciousness of Negative Feelings Grows...

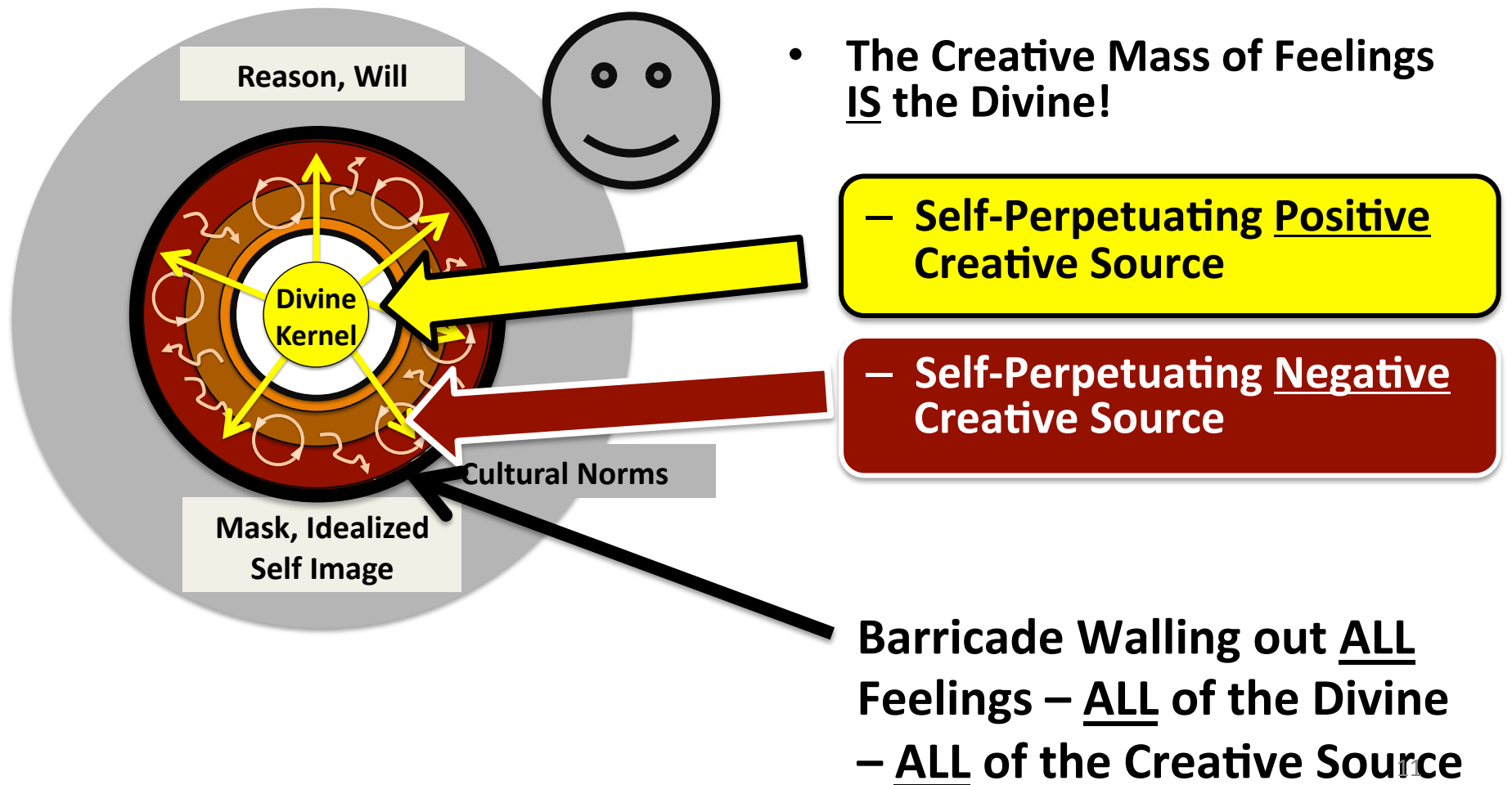


- People do best to
 - Deny
 - Cover up
 - Inactivate

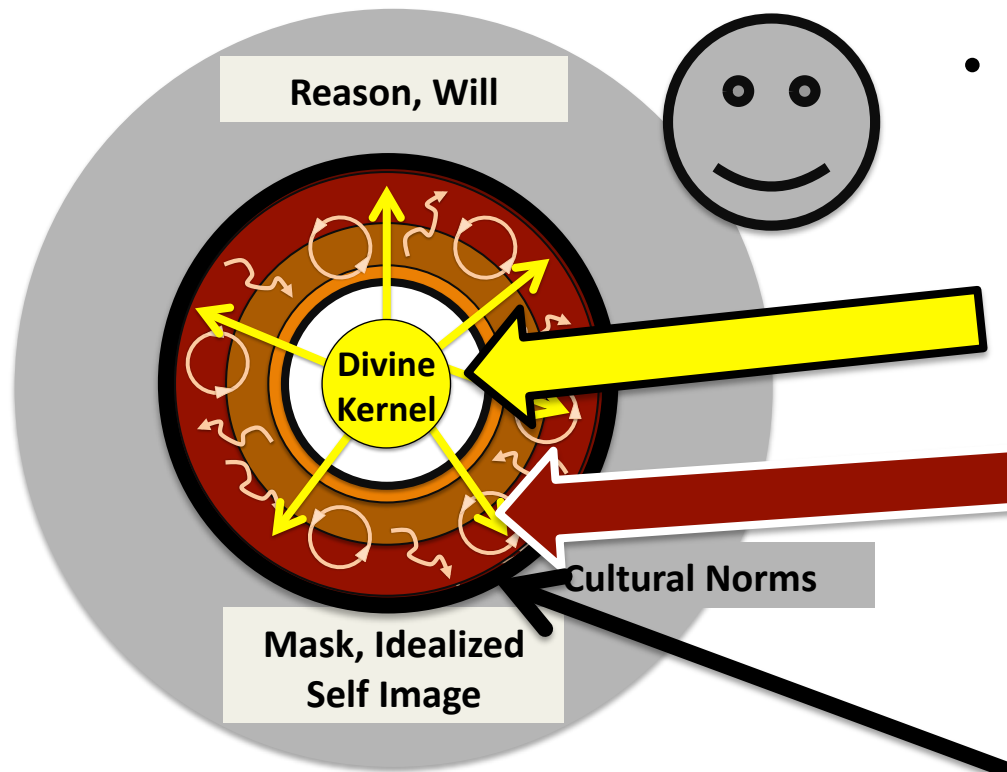
But in the Process Cover Up Spiritual Self



Reason and Will Build up a Barricade Walling Out ALL Feelings, Walling Out the Divine Source



This Phase of Barricading Out All Feelings, and hence the Divine, the Creative Source, Is a Necessary Phase for the Soul to Go Through – Builds Self-Responsibility



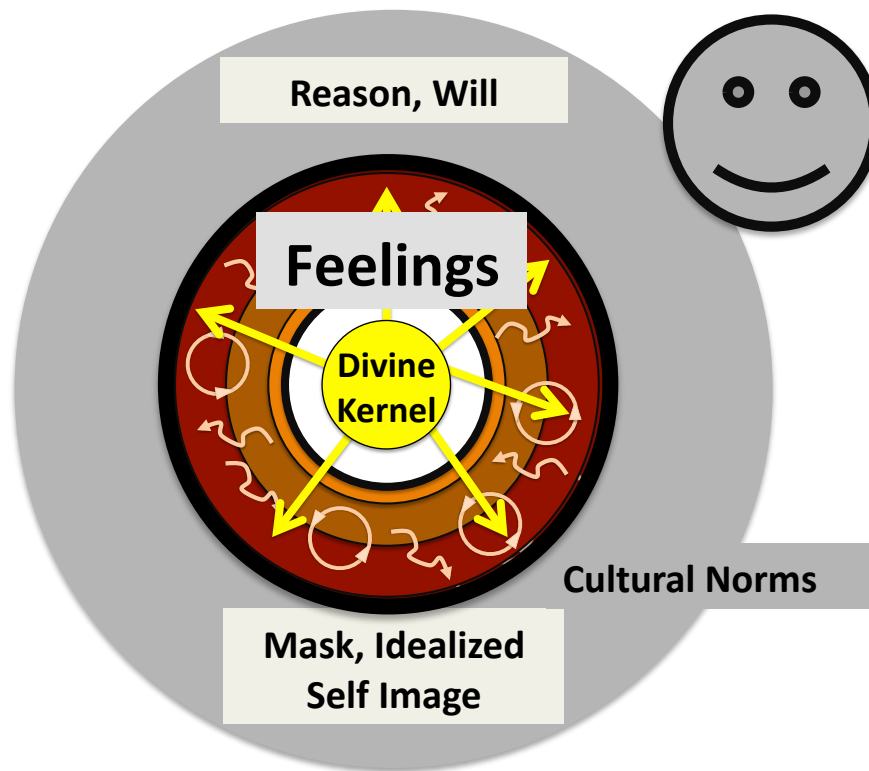
- The Creative Mass of Feelings IS the Divine!

– Self-Perpetuating Positive Creative Source

– Self-Perpetuating Negative Creative Source

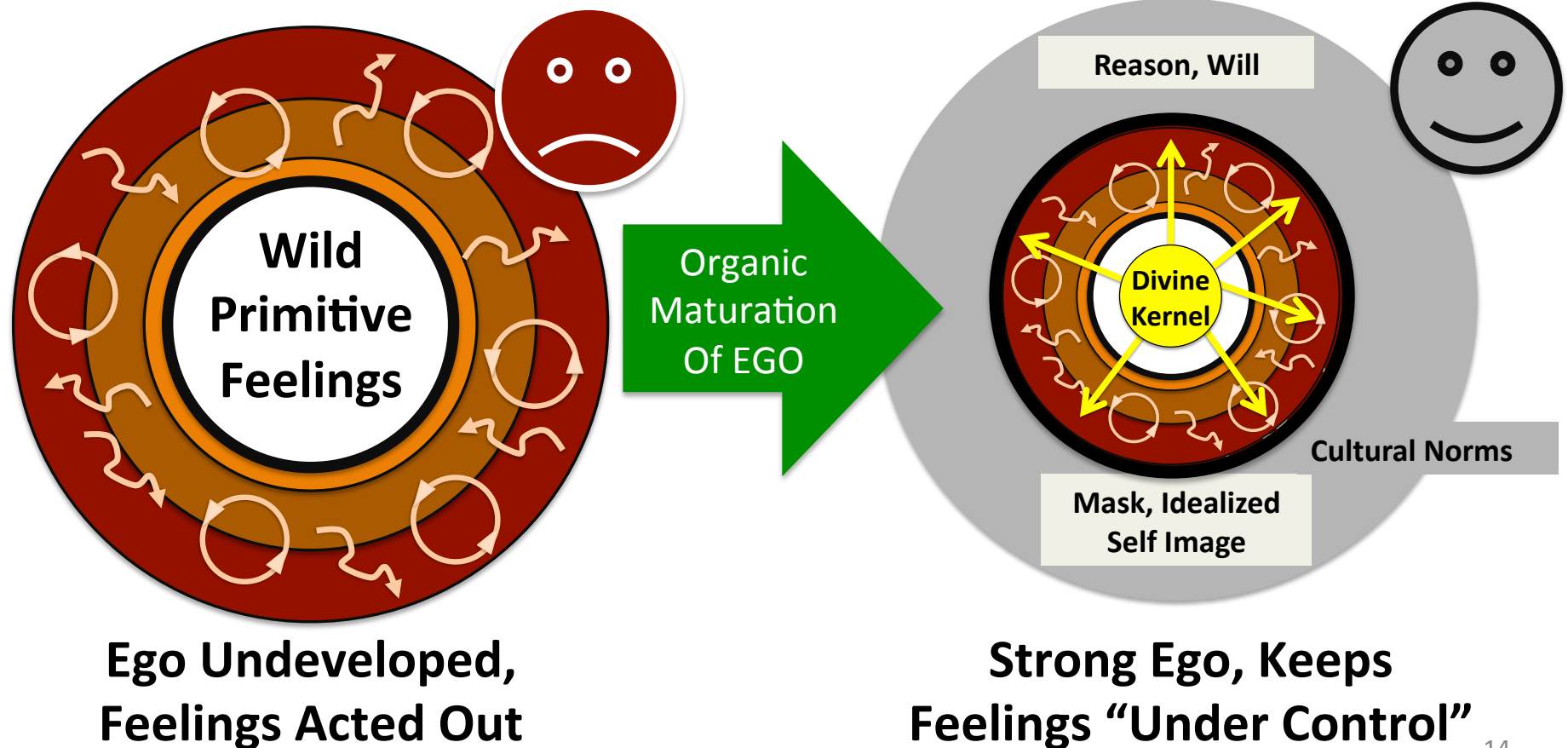
Barricade Walling out ALL Feelings – ALL of the Divine
– ALL of the Creative Source

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



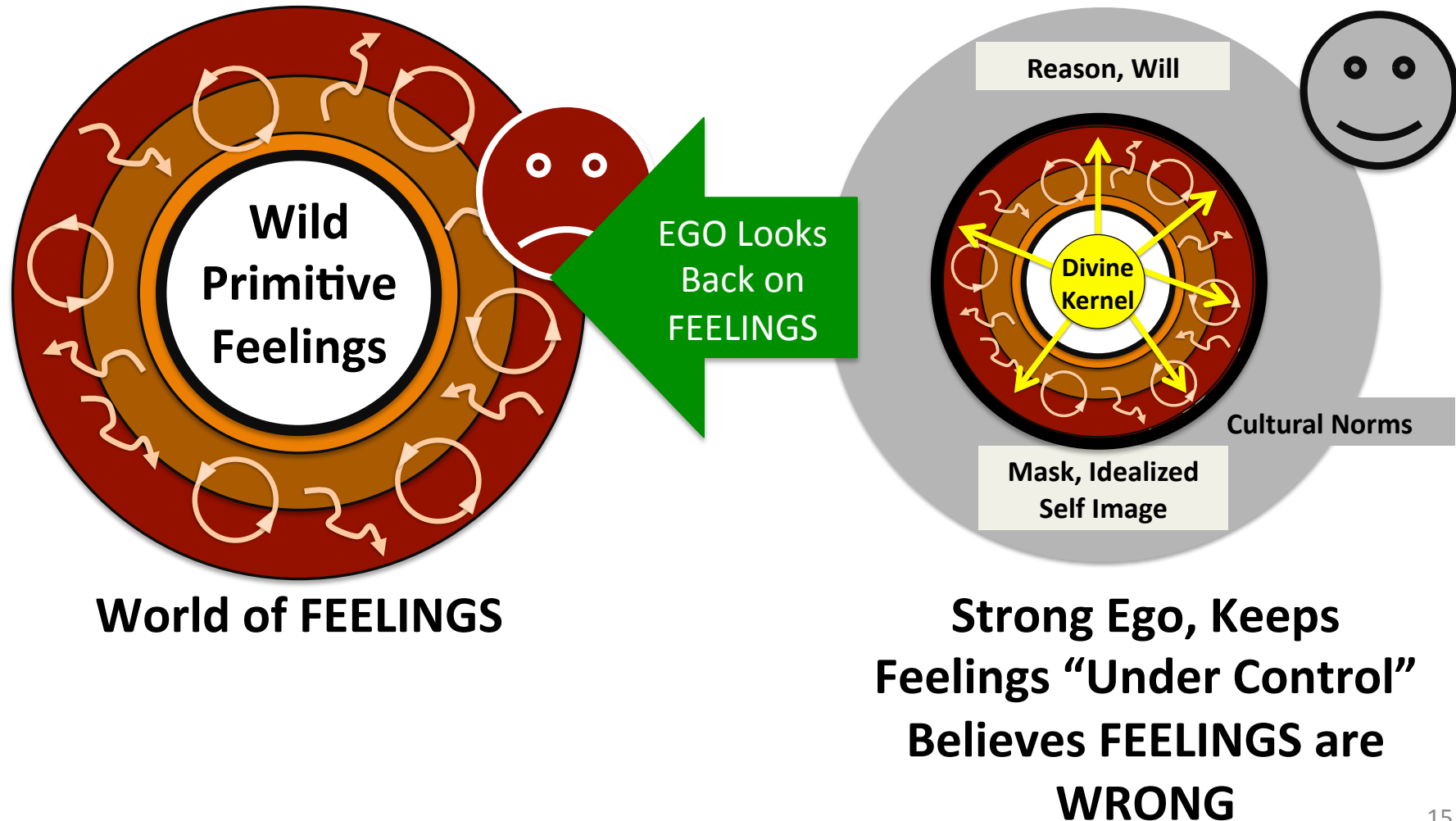
- Reason and Will
 - Have Dominated Feelings
 - As a Safety Measure
 - “I must keep destructiveness under control!”
 - Belief: All feelings are destructive
 - This Belief Must be unlearned
 - Destructive Feelings
 - Are primitive
 - Must grow and mature
 - Into Original Divine State
 - But destructive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

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

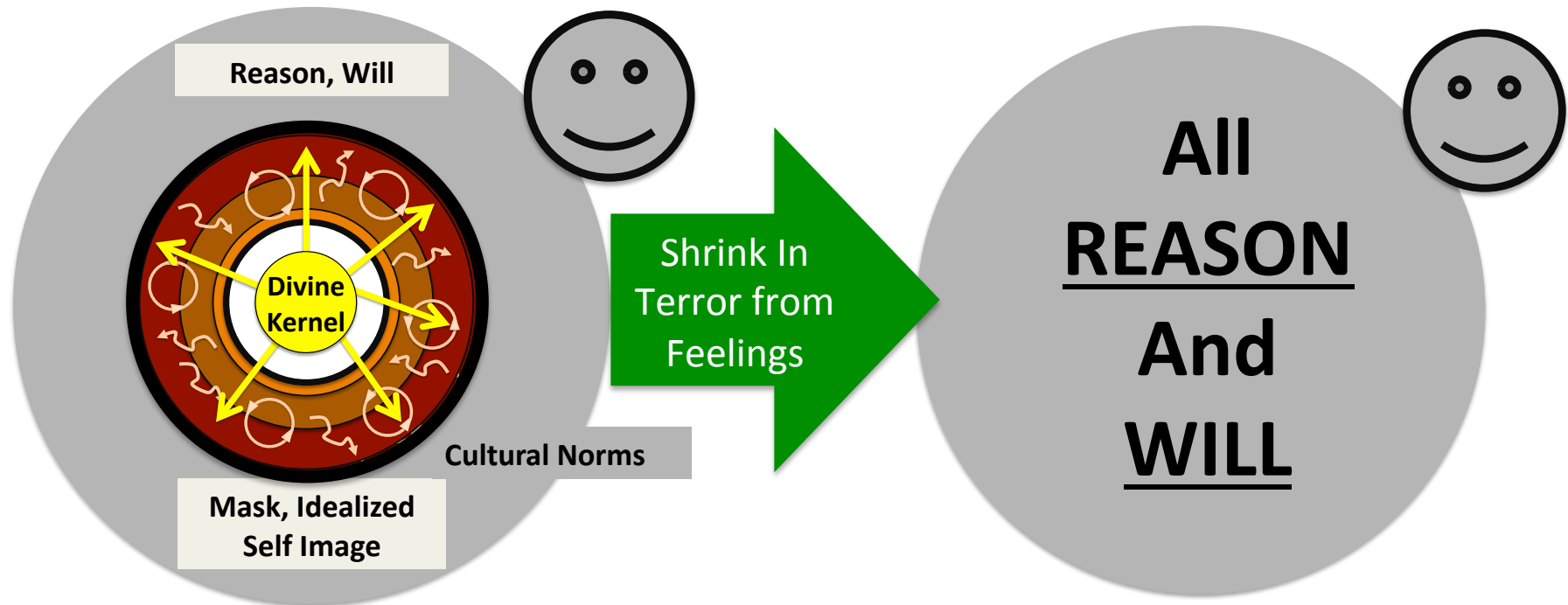


BUT the Next Stage of Consciousness Appears Dangerous and Wrong.

Reason and Will Reconsider FEELINGS



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



If Strong Ego, Keeps Feelings
“Under Too-Tight Control”

FEELINGS Shrink in One's
Consciousness to Nil

Where Most of Humankind is Arrested and Stuck Today

All
REASON
And
WILL



- 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

Beginning of an Awakening

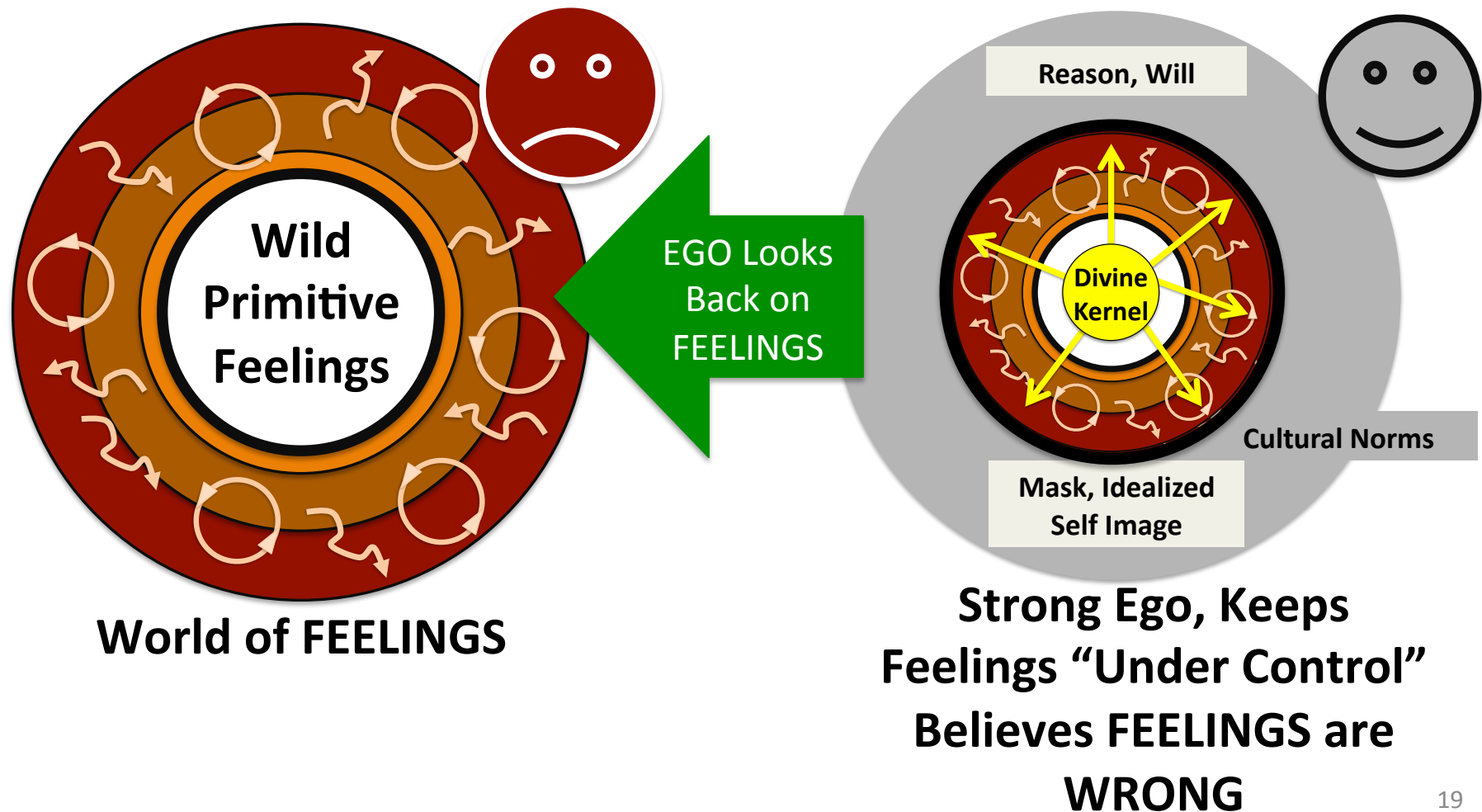
**All
REASON
And
WILL**



**Begin to See the Deadness
of a Feelingless World**

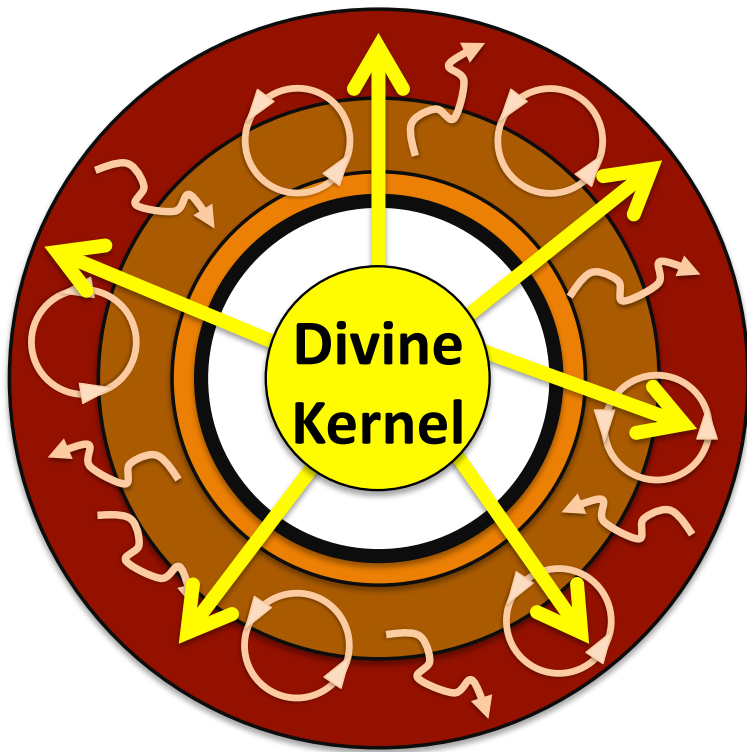
- **Become Conscious of One's**
 - Poverty of Real Feelings
 - One's Cautiousness
 - One's Deadness
- **Recognize the truth: that the Self is Half Dead with but a few feelings**
- **Do not confuse**
 - Desire to Feel and Love (in principle, as a theory, a command)
 - With Actually Feeling and Loving

The Great Predicament:
Feelings Have Caused Great Havoc, Yet
Seeing that one Cannot Attain Self-Realization Unless
One Learns to Cope with the Realm of Feelings



Looking Back At Feelings

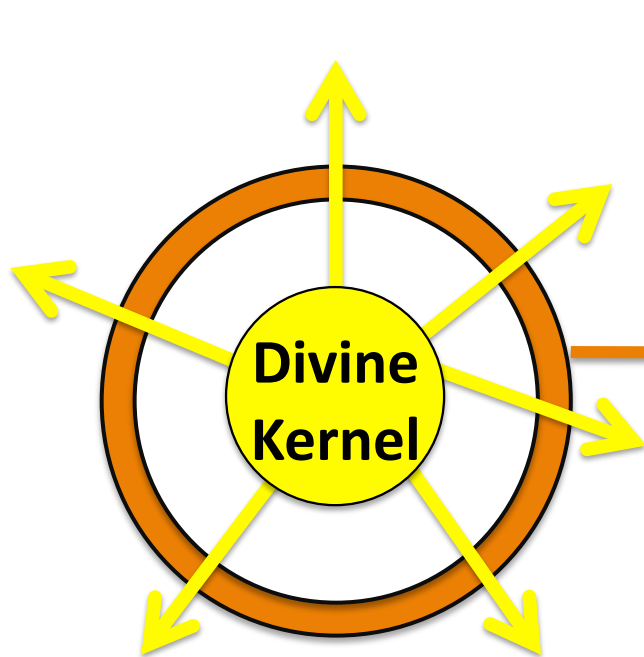
Lesson 1



- 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

Looking Back At Feelings

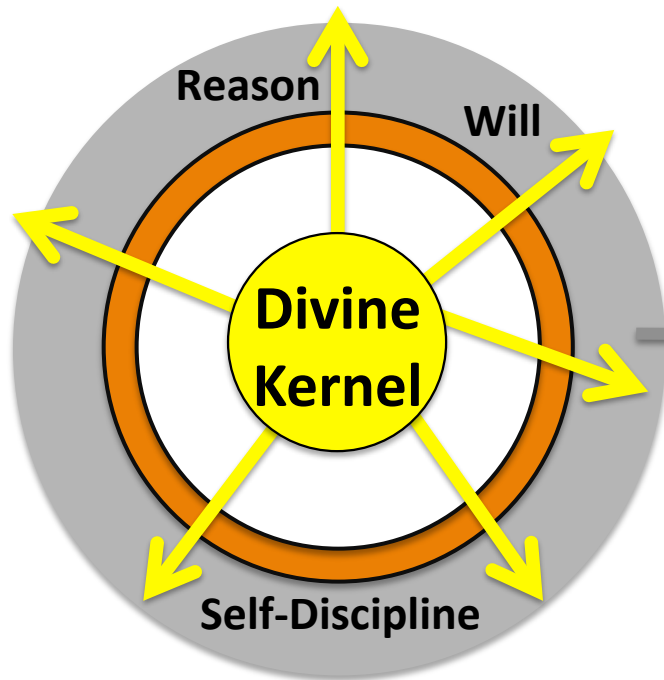
Lesson 2



- **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!**

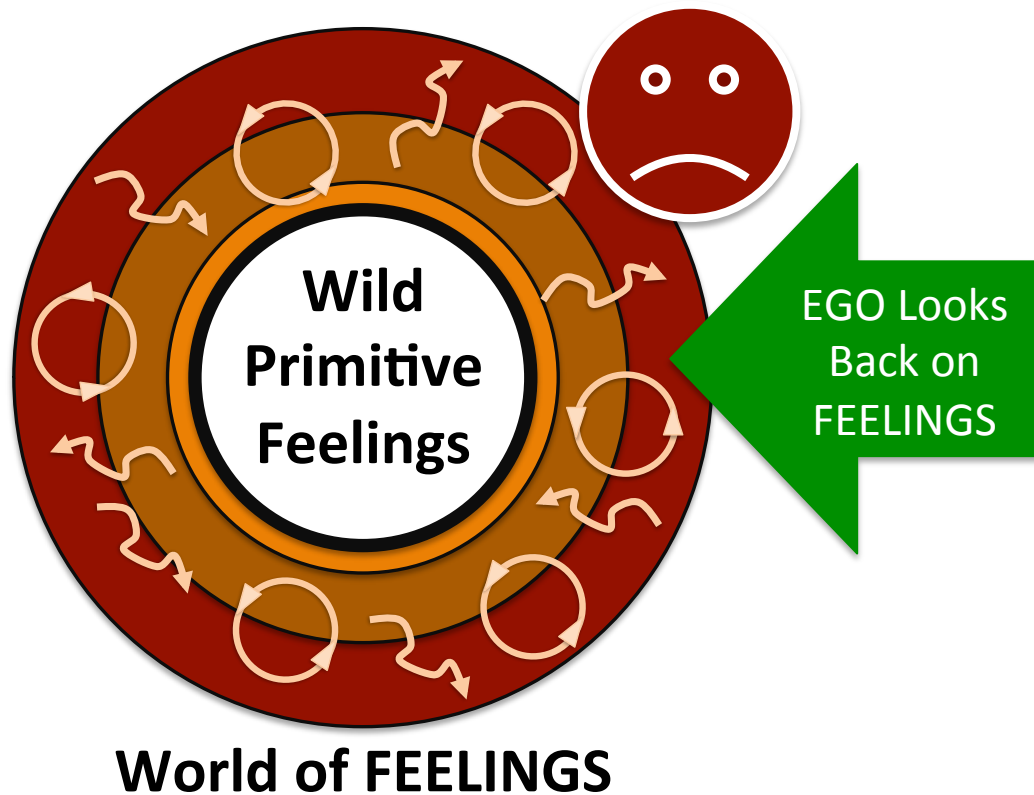
Looking Back At Feelings

Lesson 3



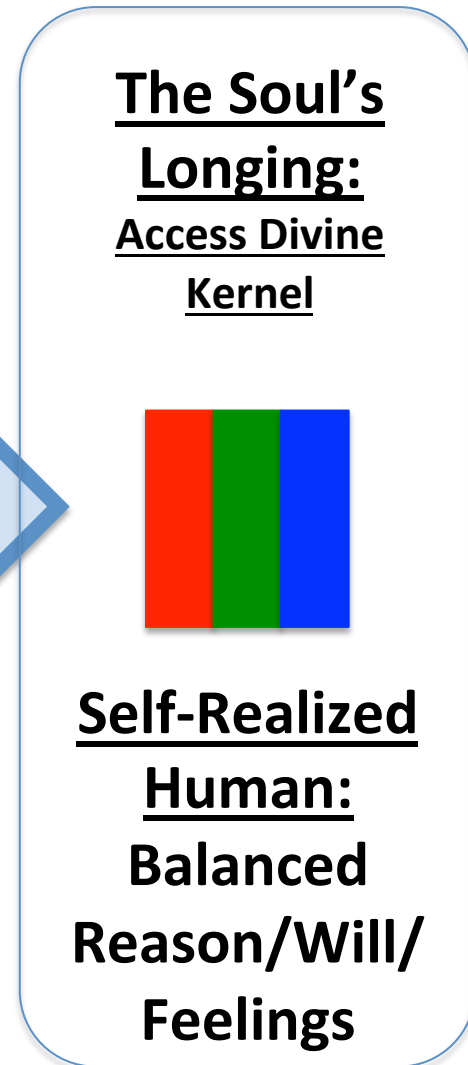
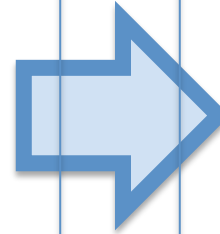
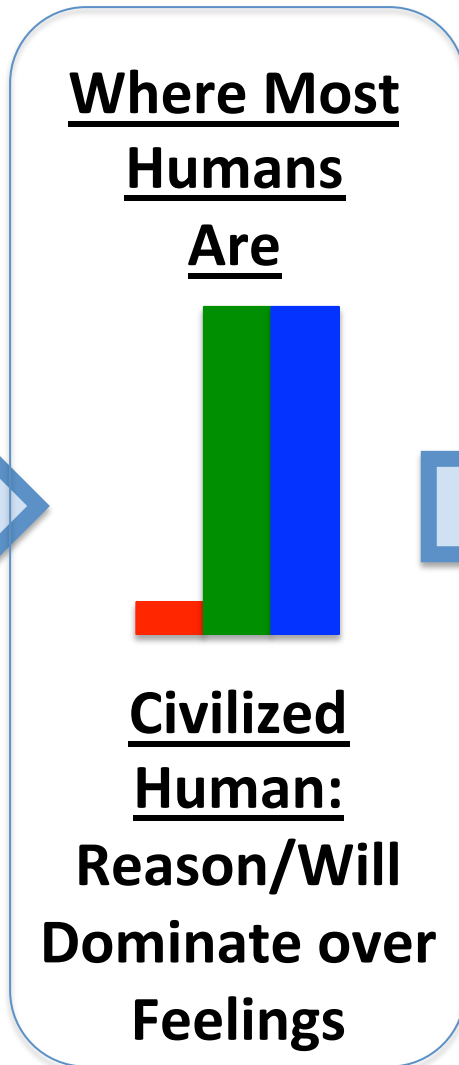
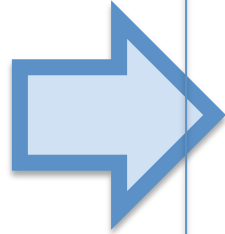
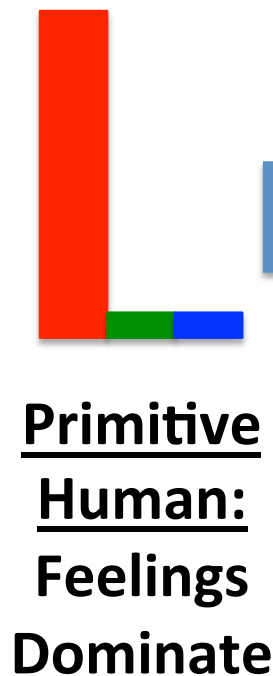
- EGO has developed
 - Strong Reason
 - Strong Will
 - Self-Discipline
- No danger of being “swept away” by feelings
- One would not be on this path if one’s EGO were not strong enough.
- Fear to Experience Feelings is unfounded.

So Dare to Look Back At Feelings

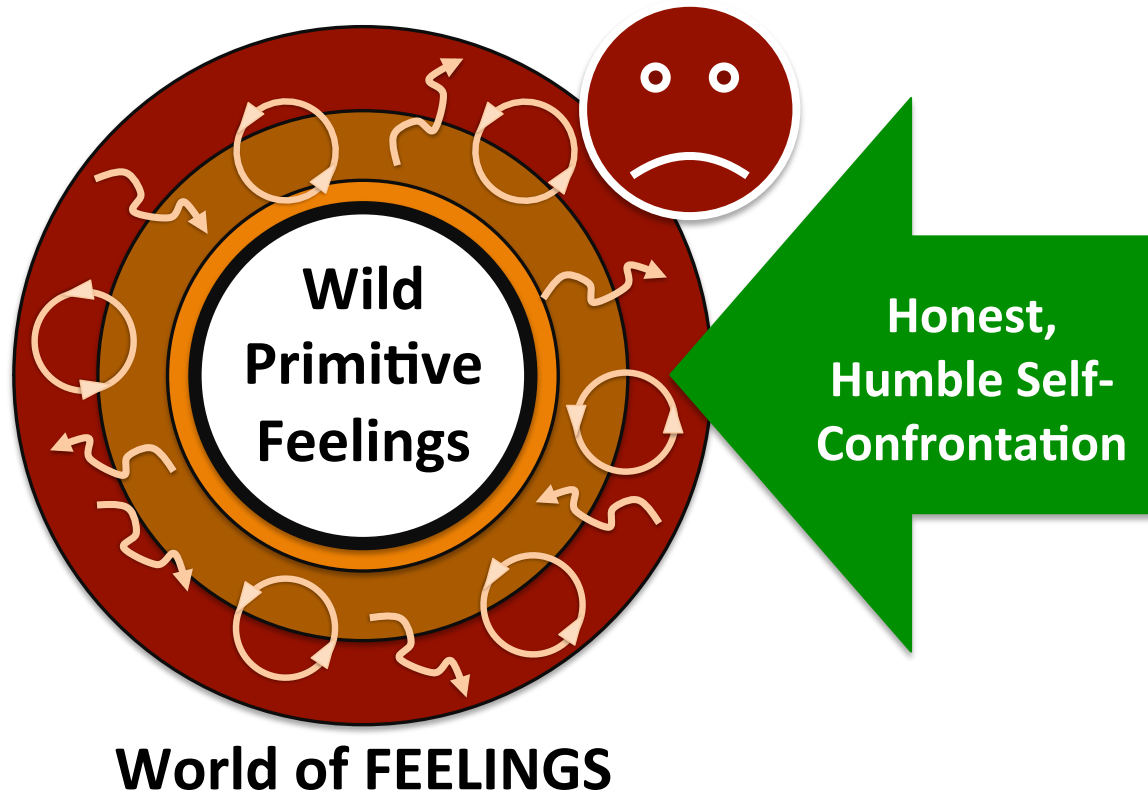


- Do not hold back feelings, let them out
- Allow them to become conscious
- Observe feelings, all feelings, without fright
- Do not act upon them
- Rather choose responses deliberately

Evolution: Feeling, Reason, Will



How to Look Back At Feelings



- Do not control feelings, let them out
- Recognize Feelings
- Feel what you Feel
- But do not Act Out
- Rather, Honest and Humble Self-Confrontation
- Come to Know Yourself at the Feeling Level without acting out

Reviewing the Maturation Process



Primitive
Human:
Feelings
Dominate

- Primitive Human is Lopsided – Completely Controlled by Emotions

Reviewing the Maturation Process

Where Most
Humans
Are

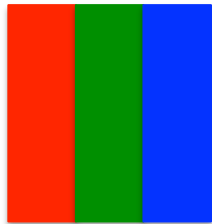


Civilized
Human:
Reason/Will
Dominate over
Feelings

- Civilized Human is Lopsided – Dominated by Reason and Will
- Emotional Life Thwarted
- BUT Closer to Divine Kernel than is the Primitive Human

Reviewing the Maturation Process

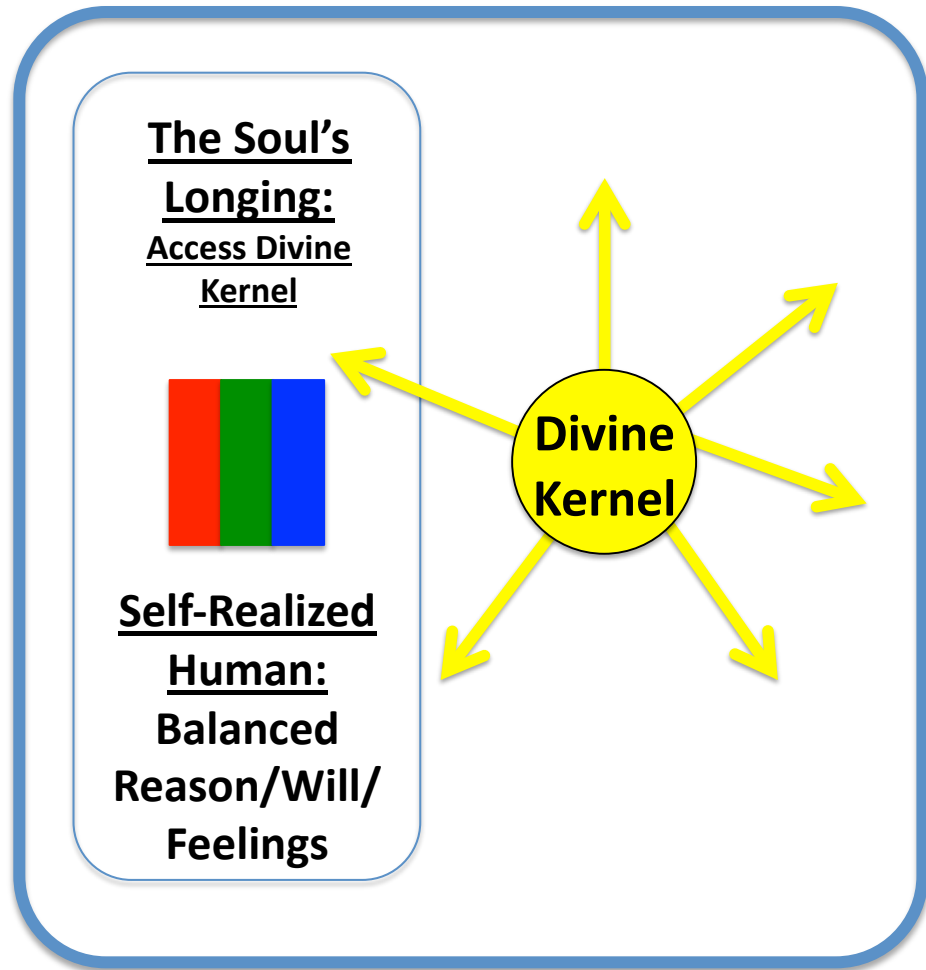
The Soul's
Longing:
Access Divine
Kernel



Self-Realized
Human:
Balanced
Reason/Will/
Feelings

- Self-Realized Human
is Balanced:
 - Reason
 - Will
 - Feelings

Self-Realized Person Accesses Divine Kernel



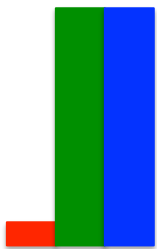
- Divine Kernel

- Living
- Pulsating
- Energizing Mass
- Highest Consciousness
- Highest Wisdom
- Self-Perpetuating
- Self-Creating
- Intense, Potent Aliveness

When Feelings Are Feared or Denied, Aliveness Is Denied

Where Most
Humans

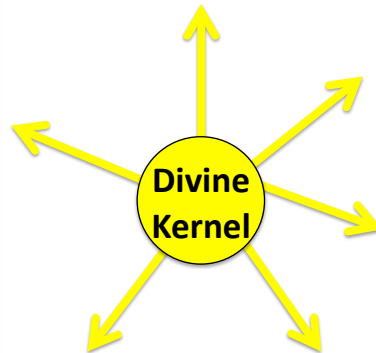
Are



Civilized
Human:

Reason/Will
Dominate over
Feelings

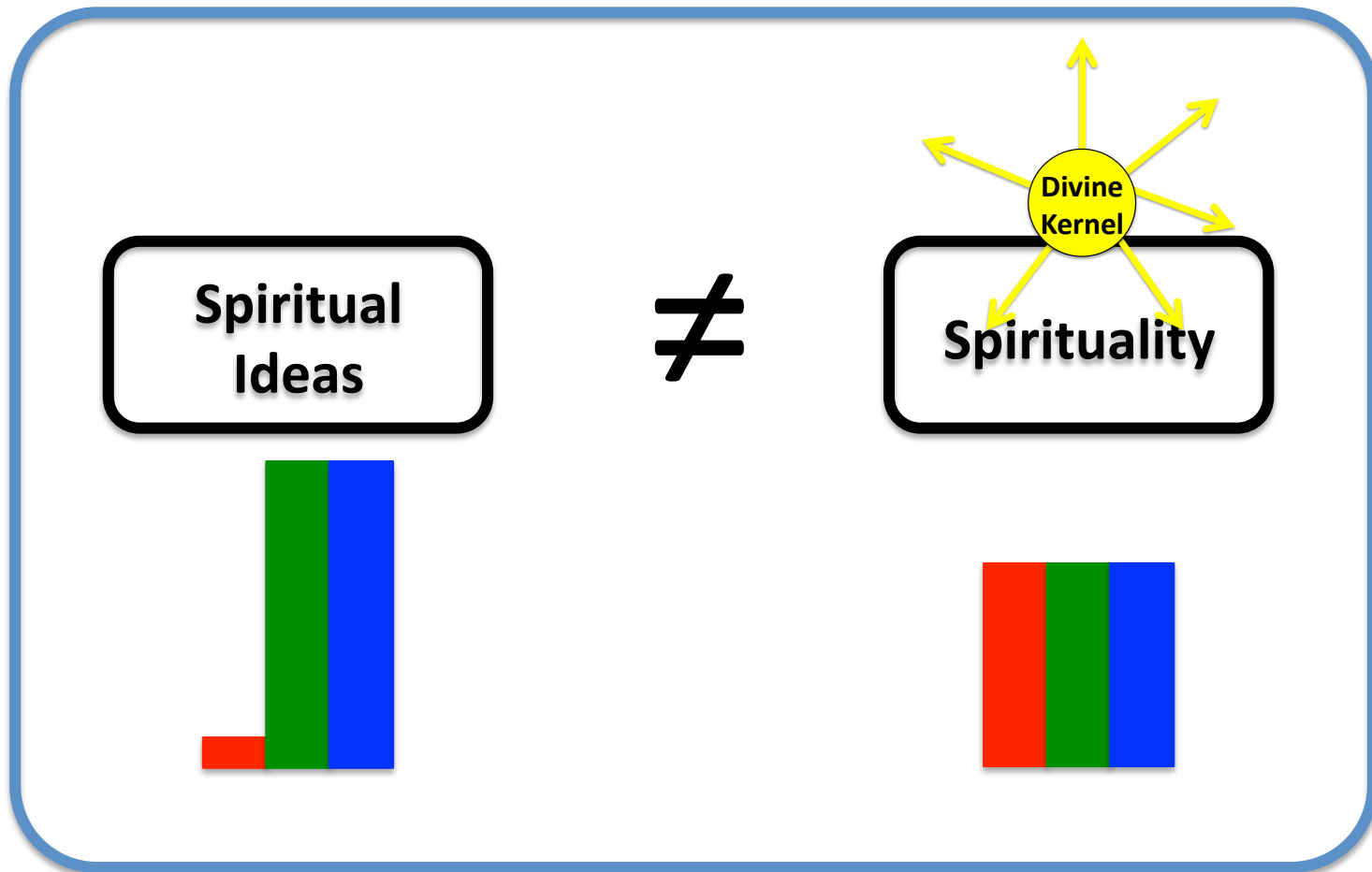
W
A
L
L



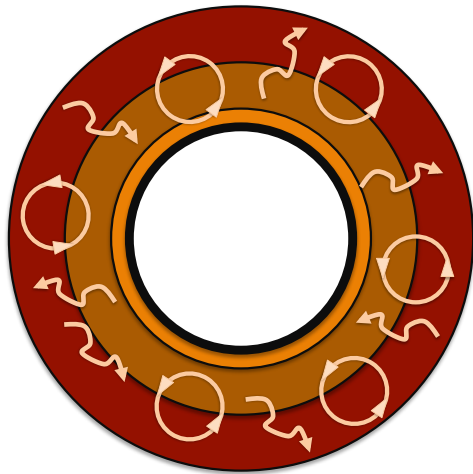
- Reason and Will by themselves
 - Can Never Bring:
 - Aliveness
 - The consciousness of the Divine Nucleus.
 - Leaves One Half Dead
- Feelings are Necessary for Spiritual Aliveness

Challenges in the Realm of Reason and Will:

Do Not Confuse Spirituality with Mere Spiritual Ideas

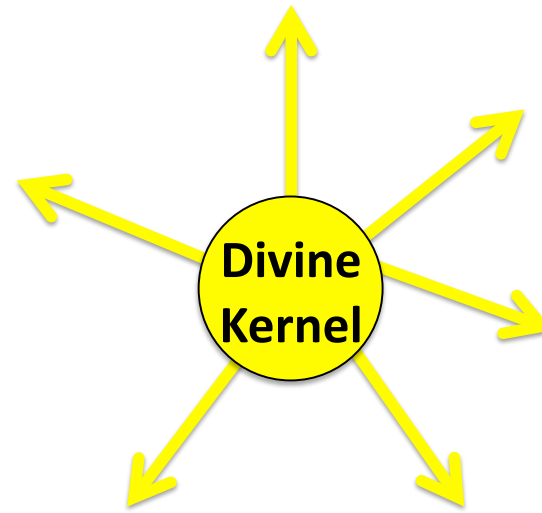


Purifying and Transforming Destructive Feelings



- **Face, Experience**
 - Destructiveness
 - Hate
 - Violence
 - Pain

Purification
Transformation



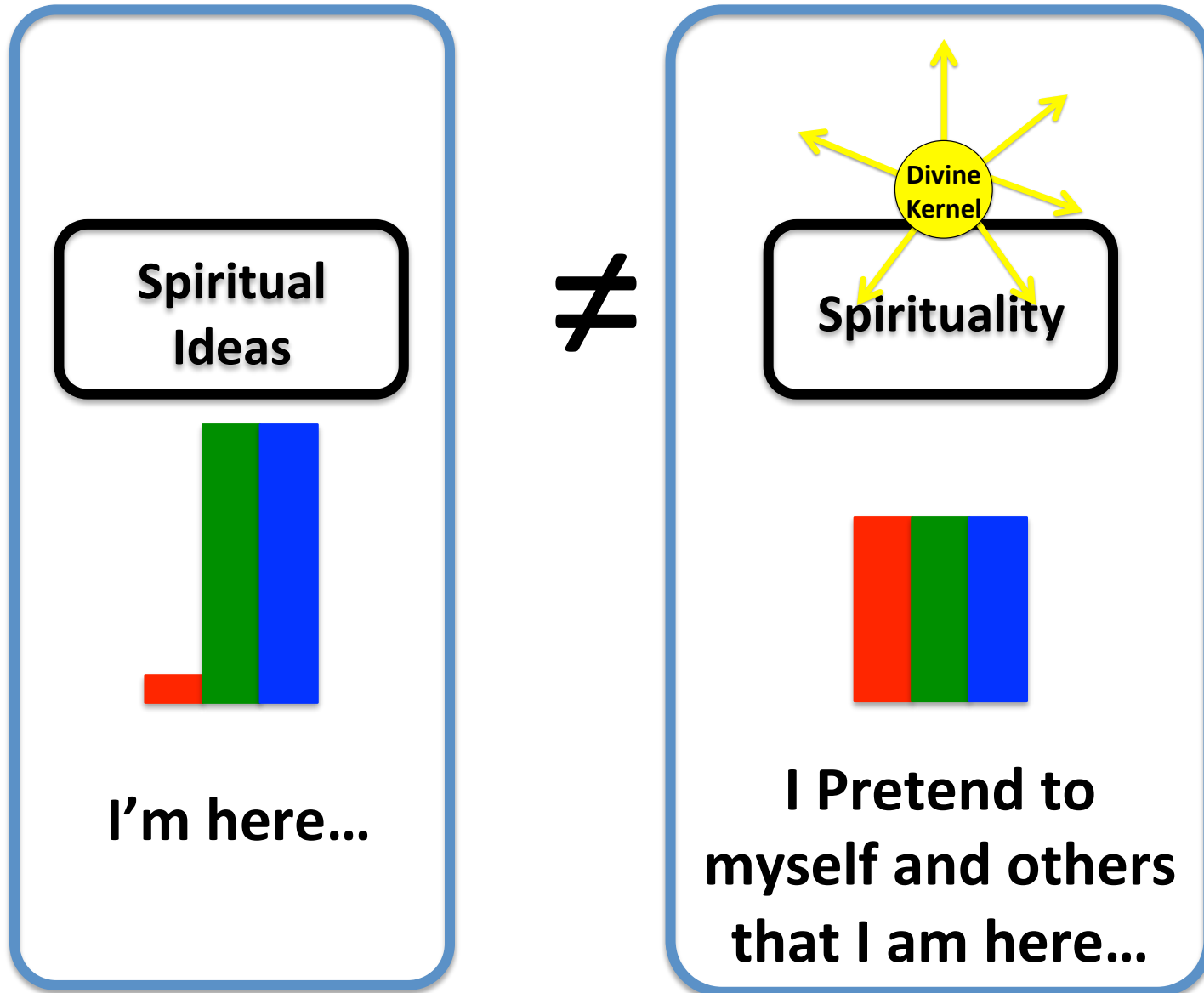
- **New Aliveness**
- **Pleasure Supreme**
- **Heights of Joy beyond imaginations**
- **New sense of Cosmic Reality Within**

Beautiful World of Self-Realization and Experienced Spirituality



- **Pleasure Supreme**
- **Experience heights of joy never dreamed possible**

Danger and Price of Pretense



The End

**For More Pathwork Presentations
and Information, Go To:
www.garyvollbracht.com**