

Pathwork Lecture 216: Connection Between the Incarnatory Process and the Life Task

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This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** 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 Format 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 format 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, mostly underlined, but never bolded.]

To learn more of my Devotional Format 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><u>Greetings,</u></i> <i><u>my beloved friends.</u></i></p> <p><i><u>You all float</u></i> <i><u>in a safe cloud of</u></i> <i><u>divine consciousness and</u></i> <i><u>you are nurtured</u></i> <i><u>by divine love,</u></i> <i><u>whether or not you</u></i></p> <ul style="list-style-type: none"> • <i><u>know it,</u></i> • <i><u>feel it or</u></i> • <i><u>experience it.</u></i> <p><i><u>Your</u></i></p> <ul style="list-style-type: none"> • <i><u>total consciousness</u></i> <i><u>knows it;</u></i> <p><i><u>your</u></i></p> <ul style="list-style-type: none"> • <i><u>fragmented consciousness</u></i> <i><u>does not.</u></i> <p><i><u>Try to connect with</u></i> <i><u>your inner being</u></i> <i><u>so that you will know this to be true [i.e., know divine love nurtures you].</u></i></p>

by Eva Broch Pierrakos

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04

*In tonight's lecture I will deal with
aspects of
the incarnatory process.*

*At this point
of your development on your path,
this understanding
will again be
exactly what you need
in order to tie up
certain insights you have gained.*

*To begin with,
I have to recapitulate
some aspects of
creation
that I have discussed previously in different contexts.*

*Creation
is the attempt of
divine reality
to fill the void
with*

- *life and*
- *being.*

*I dedicated a whole lecture to this [See Lecture 20 God: The Creation]
and I recommend that you reread it
in order to fully understand the topic.*

*Fragmented consciousness
is a result of
the total consciousness*

- *spreading*

and

- *filling every nook and cranny of
"space."*

*I use this term [i.e., I use this term, "space,"]
for lack of a better word.*

05

The human structure itself
represents this picture very well.

Deep inside your nucleus
is an
infinite essence.

This
inward essence

- is
- eternal life,
 - eternal reality,
 - eternal beauty,
 - limitless
 - wisdom and
 - love,

but although your
outer
consciousness

is
connected with
the essence,

it [i.e., the outer consciousness]

- ignores this fact [i.e., ignores this fact that it is
connected with the inward essence]

and

- seems to be

disconnected from it [i.e., the outer consciousness
seems disconnected from the inward essence].

You
seem to be
an isolated piece of consciousness.

This [i.e., That you SEEM to be an isolated piece of consciousness
disconnected from the inward essence]

is

- what makes life
appear so frightening and
- why
your outer consciousness
is blindly groping its way back
to its connection with
the total self.

	<p><u><i>Your outer consciousness</i></u> <u><i>will eventually</i></u> <u><i>gain awareness of this connection</i></u> [i.e., <u><i>gain awareness of this connection</i></u> <u><i>between it and your total self, your inward essence</i></u>], <u><i>because</i></u> <u><i>the connection</i></u> [i.e., <u><i>the connection between your outer consciousness</i></u> <u><i>and your total self, your inward essence</i></u>] <u><i>was really never broken.</i></u></p> <p><u><i>It only</i></u> <u><i>seemed</i></u> <u><i>broken</i></u> <u><i>from the vantage point</i></u> <u><i>of the limited outer consciousness.</i></u></p>
06	<p><u><i>The task of</i></u> <u><i>every</i></u> <ul style="list-style-type: none">• <u><i>fragmented,</i></u>• <u><i>apparently disconnected</i></u> <u><i>aspect of consciousness</i></u> <u><i>is to realize</i></u> <u><i>its</i></u><ul style="list-style-type: none">• <u><i>true identity and</i></u>• <u><i>connection with the real self</i></u> [i.e., <u><i>connection with the</i></u> <u><i>real self, your total self, your essence</i></u>].</p> <p><u><i>This</i></u> [i.e., <u><i>This task for every fragmented aspect of consciousness to</i></u> <u><i>realize its true identity and connect with the real self</i></u>] <u><i>happens</i></u> <u><i>through</i></u><ul style="list-style-type: none">• <u><i>an</i></u> <u><i>often laborious</i></u> <u><i>groping search,</i></u><u><i>through</i></u><ul style="list-style-type: none">• <u><i>attempts of the mind</i></u> <u><i>to expand</i></u> <u><i>its own narrow limitations.</i></u></p>

	<p><u>The mind</u> <u>holds this potential for expansion;</u></p> <p><u>even in its disconnected state</u> <u>it [i.e., the mind]</u> <u>contains every aspect</u> <u>of divine reality.</u></p> <p><u>Using</u> <u>this potential [i.e., Using the mind's potential for expansion]</u> <u>depends only on</u></p> <ul style="list-style-type: none">• <u>which way</u> <u>the mind turns,</u>• <u>which way</u> <u>the will directs it [i.e., which way the will directs the mind],</u>• <u>which thought</u> <u>the mind chooses</u> <u>in any given instant.</u> <p><u>This [i.e., This knowledge that the mind's realizing its potential for expansion</u> <u>depends upon which way it turns, which way the will directs</u> <u>it, and which thought the mind chooses in any instant]</u> <u>is an important key, my friends,</u> <u>and we shall return to it later in this lecture.</u></p>
07	<p><u>The fragmented aspects</u> <u>of</u></p> <ul style="list-style-type: none">• <u>consciousness,</u>• <u>divine light,</u> <p><u>which seem to have lost their connection [i.e., lost their connection to</u> <u>the real self, your total self, your essence],</u> <u>float around in space.</u></p> <p><u>These aspects [i.e., These fragmented aspects of consciousness and divine light</u> <u>that are seemingly disconnected from the real self</u> <u>and floating around in space]</u></p> <p><u>become</u> <u>personalities.</u></p>

Such personalities [i.e., Such personalities that come from fragmented aspects of consciousness and of divine light floating around in space]
develop
problems
because of their
apparent
disconnection [i.e. apparent disconnection from the real self].

The word "problem"
is in accord with
today's vocabulary.

In other periods of history
different words were used,
like "sinfulness," for example.

Whatever word you choose,
the fragmented aspect of consciousness
needs
purification
on many levels,
such as [i.e., such as the levels of]

- feeling,
- understanding,
- knowledge.

It [i.e., The fragmented aspect of consciousness]
needs to spread its
awareness
to its full capacity.

Spreading [i.e., The fragmented aspect of consciousness "spreading" its awareness]
means to realize that
the connection [i.e., means to realize that the fragmented aspect of
consciousness's connection to the real self, to the divine]

- exists,
- has
always
existed, and
- will
always
exist.

08

- *A total entity* –
- *a complete entity* –
is one
that is
 - *completely aware of its*
 - *divine nature,**that is*
 - *in total possession of*
 - *divine*
 - *wisdom and*
 - *energy.*

You are
all
total entities,
but

- *your manifest consciousness,*
with which you identify,

is

- *an aspect*
that
 - *your total entity*
seeks to reunite with.

This [i.e., Your total entity or total being reuniting with your manifest consciousness]
can happen only when
the fragmented aspect of your manifest consciousness [i.e., only when this
fragmented aspect, that is, only when your manifest consciousness]
makes itself
compatible with
the nature of
the total consciousness.

09	<p><u>Life, in its broader sense,</u> <u>is greatly concerned with</u> <u>the process of</u> <u>• spreading divine consciousness</u> <u>and</u> <u>• reuniting</u> <u>apparently</u> <u>disconnected aspects.</u></p> <p><u>There are many different terms</u> <u>that designate this process.</u></p> <p><u>It [i.e., This important Life process of spreading divine consciousness</u> <u>and reuniting apparently disconnected aspects]</u> <u>is often called</u> <u>• the divine plan,</u> <u>• the evolutionary plan, or</u> <u>• the Plan of Salvation.</u></p>
10	<p><u>It [i.e., The Plan of Salvation, the Life process of spreading divine consciousness</u> <u>and reuniting apparently disconnected aspects]</u> <u>is</u> <u>• an ongoing process,</u> <u>• a ceaseless movement,</u> <u>• a flowing energy</u> <u>that seeks</u> <u>to</u> <u>• spread out</u></p> <p><u>and, at the same time,</u> <u>to</u> <u>• reunify itself.</u></p> <p><u>In this spreading out</u> <u>the connection [i.e., the connection to the real self, to the total entity,</u> <u>to its source]</u></p> <p><u>is sometimes</u> <u>apparently</u> <u>lost.</u></p>

So the movement is one of

- spreading out
- and
- moving back
to its source
for reunification,

forever advancing
in this back-and-forth flow.

Each reunification movement back to the source
follows

- a spreading out process,
so that
the unified substance
has meanwhile become enlarged.

Just visualize it:

- spreading out
- and
- coming back to the source,

each time

- making
the unified substance
wider,
- extending
it [i.e., extending the unified substance]
ever more.

This is,

in different terms,
the great plan [i.e., the Plan of Salvation].

11

How does this [i.e., How does this great plan, the Plan of Salvation]
look
in a smaller framework of understanding,
more suited to
your human state of consciousness?

I will explain it
so that you can perhaps
derive some benefit from
understanding
your repeated cycles of life.

You have heard many explanations
about

- *reincarnation and*

about

- *the plans you make*

before you undertake an embodiment.

You have heard it mentioned
that you
make a contract with yourself
to fulfill a certain task.

This planning
is conducted
in the world of spirit.

I shall speak about this now
in a slightly different manner.

12

When you are

- not
embodied,

when you are

- aware of
your
total
being,

you are also

- aware of
 - those aspects in you
that
 - have remained untended and
 - need
 - healing and
 - purification.

One could also say that

a process of reeducation

is needed

in which

seemingly

new knowledge

is to be gained –

although it is actually

very old [i.e., very old knowledge].

This [i.e., This purification and reeducation process]

is parallel to

purifying

- the feeling

into

- the pure love of the essence.

In order to follow through

the process of

- spreading and
- reunification,

the aspect to be purified

is, for lack of better words,

"sent out," as it were,

into the realm of consciousness

commensurate with its own state.

*And that [i.e., And that realm of consciousness commensurate with
the state or level of consciousness of the aspect being purified]*
is
*the material level
of life as you know it
in your conscious being.*

*This realm of existence [i.e., This material level of life as you know it
in your conscious being]*
is
*the expression of
the limited state of consciousness of
the disconnected aspect – the personality –*
and in this

- *more ignorant and*
- *less aware*
state,
*all vibratory functions of life
are grossly slowed down.*

The flow of energy

- *rigidifies and*
- *makes*
 - *things and*
 - *people*
fixed.

- *The flow*
becomes invisible,
as does
 - *the entity itself.*

*The grossly condensed form
of its essence*
appears
to be
the sole reality.

13

*In this state of existence [i.e., In this grossly condensed form
of the energy's essence, which seems to be the sole reality],
the process I described
can continue.*

*The grosser matter
becomes more
and more refined
as more personalities
refine
their*

- *vibratory functions and*
- *their*
- *power of*
 - *perception and*
 - *awareness.*

*An incarnation
is thus chosen
to fulfill specific tasks
in a vast overall plan.*

*The fragmented aspects
have certain
basic states
in common.*

*When divine perfection
has undergone
the distortion
that
temporarily
alters its manifestation
into a lesser expression,*

then

- *distortion,*
- *misconception,*
- *suffering,*
- *darkness and*
- *disconnection*

*seem to be
the common lot
of all those
apparently isolated
personalities.*

- The combinations
vary,
- the degree of development
varies,
but some basic components
are applicable to
 - the divine substance [*with all its myriad variations*]as well as
 - its distorted version.

In other words,

- one purified being

may be totally different from

- another purified being,
each representing
a different aspect of divinity.

Yet there are
unalterable
basic common denominators [*i.e., common denominators*
for all purified beings],
including

- love,
- wisdom,
- beauty, and
- many other qualities.

The same principle [*i.e., the same principle that holds true for PURIFIED beings,*
namely that there are many aspects that VARY among purified beings
and other aspects that are COMMON to all purified beings, also]
holds true of
the unpurified personality.

Thus,
each entity
deals differently with
the fragmented aspect
that needs to be refined.

	<p><u><i>The total entity</i></u> <u><i>figures out</i></u> <u><i>the incarnations,</i></u> <u><i>in conjunction with</i></u> <ul style="list-style-type: none">• <u><i>specialized,</i></u>• <u><i>highly developed</i></u> <u><i>beings.</i></u></p> <p><u><i>The plans</i></u> <u><i>are carefully drawn.</i></u></p>
14	<p><u><i>Being in the body</i></u> <u><i>has one purpose</i></u> <u><i>common to everyone:</i></u></p> <p><u><i>to find the way toward</i></u> <u><i>reunifying [i.e., reunifying bodily aspects]</i></u> <u><i>with essence.</i></u></p> <p><u><i>No matter how</i></u> <u><i>different</i></u> <u><i>the tasks may be,</i></u> <u><i>this goal [i.e. this common goal of reunifying bodily aspects with essence]</i></u> <u><i>necessarily remains the same</i></u> <u><i>for everyone.</i></u></p> <p><u><i>Reunification</i></u> <u><i>with essence</i></u> <u><i>can occur</i></u> <u><i>where the entity</i></u> <u><i>is already purified,</i></u> <u><i>but that is</i></u> <u><i>not</i></u> <u><i>where the task is, of course.</i></u></p> <p><u><i>The task [i.e., The task to be accomplished in the personality's incarnation]</i></u> <u><i>always lies</i></u> <u><i>where</i></u> <ul style="list-style-type: none">• <u><i>the personality</i></u><u><i>is still separate from</i></u> <ul style="list-style-type: none">• <u><i>the essence.</i></u></p>

It is then up to
the conscious mind
to decide whether or not
it will use
• the already purified aspects
to help
• the unpurified part
in the task fulfillment.

The conscious ego
must make this decision [i.e., this decision whether or not to use the already
purified aspects to help the unpurified part in the task fulfillment].

The higher self
• will not and
• cannot
force it [i.e., cannot force use of the purified aspects in the task fulfillment]
upon the conscious mind.

This would go against
all spiritual law.

The task
cannot be fulfilled
by putting all emphasis
on the connection with the divine self that already exists
without focusing on
• the problematic aspects,
• the blind spots.

I have spoken about this
in several ways.

In this lecture however,
I want to relate to
the process of
connection to
• birth and
• death
from the human standpoint.

15

Let us first
take the process of
death.

Birth
will be better understood
as a sequel to
death,
rather than
the way you on earth choose to look at it [i.e., rather than looking
at death as a sequel to birth].

Since humanity
sees

- birth
as the beginning and
- death
as the end,

starting with
death
may seem senseless
from this disconnected view.

But you will see
that you can properly understand
birth
only if
you see it [i.e., only if you see birth]
as a sequel

- to death –
or, rather, [as a sequel]
- to the manner in which
death occurred.

I am
not
referring here
to the superficial circumstances [i.e., superficial circumstances
surrounding your death].

I mean
the fulfillment
of the task
of the foregoing life,
which is reflected in
the manner of death.

16

The dying process
can take many different forms,
depending on the personality's
task fulfillment.

When the inner being
permeates
the outer personality,
the task
will be fulfilled.

In this case
• the person
will not only have lived
a very full life,
but [also]
• the fluid energy stream
of the divine entity
will withdraw
very gradually.

• The energy
recedes,
• the life forces
pull inward
into the
• real,
• eternal,
• infinite
world,
into the
• infinite space
of creation.

This causes a
• slow,
• late and
• organic
deterioration of the body.

When the life task
has been
completely fulfilled,
the process [i.e., the process of the energy receding, the life forces pulling inward
into the real, eternal, infinite world, and the deterioration of the body]

is
so
• organic,
so
• natural,
that
no
• fear or
• pain
is involved.

The personality
has developed
a strong sense of
the continuum of all life,
so it will have
no
• contraction or
• fear
that can cause
• suffering and
• pain.

Life
is an
• organic and
• meaningful
process
for the souls
who fulfill the task
planned in their contracts.

The death
of the physical matter
is equally meaningful.

It [i.e., Death of the physical matter for those who fulfill their task]
is simply another step of
• liberation and
• unfoldment.

It [i.e., Death of the physical matter for those who fulfill their task]
is not
traumatic.

When death comes [i.e., When death comes for those who fulfill their task]

- it is not
feared,
- nor is it
wished for
as the final escape
from life's difficulties
which
 - are not meaningful and
 - remain unresolved
as a consequence of
the personality's stubbornness
against
 - opening and
 - redirecting
the mind.

17

In the truly fulfilled life,
difficulties
are increasingly treated as
• steppingstones,
• doors
to yet new liberations,
which finally
cease to be experienced as
difficulties.

So when
neither
• fear
nor
• desire to escape
occupies the personality's energy system,
the
unified
• inner
and
• outer
being
strives organically
toward further completion
of the great plan,
in which
every aspect of consciousness
plays an important role.

As the
• physical
life forces
recede from
the body,
• fuller
life
emerges.

18

But this [i.e., But this process of the unified inner and outer being striving organically toward further completion of the great plan, and fuller life emerging as the physical life forces recede from the body]

occurs, my friends,

only when

the personality

learns to

- **tune in to**
the inner being and

- **follow**
its guidance

as a result of
concentrating on

the aspect of the soul

that needs to be purified.

Then, and then only,

are the inner and outer being

in full concordance about everything,

including

the time and the manner of

severing ties

with the physical vehicle.

In such cases,

as the life forces

recede from the body,

- **a**

- **greater,**

- **fuller**

life

comes into being

and

- **the entity**

can again

spread out in

- **glory and**

- **freedom,**

unimpeded by

the shackles of

three-dimensional reality.

This awareness [i.e., *This awareness of the fact that, when the entity focuses on the aspect of the soul that needs to be purified, then in death, as the life forces recede from the body, a greater and fuller life comes into being and the entity can again spread out in glory and freedom unimpeded by the shackles of three-dimensional reality*]

exists
in the manifesting personality,
which is
only one aspect of
your full being.

I repeat:

This [i.e., *This process*]
applies to
the ideal instances of
total task fulfillment.

I hope that
all of you
on your path toward fulfillment
will follow through sufficiently
to reach this state of

- *awareness and*
- *connection,*

long before
your inner being
has decided that
your time is up
because
you have accomplished
what you have set out to do.

19

In this connection
I would like to interject
that there are people
who have a deep misconception
that prevents them from
full commitment
to their task.

It [i.e., This deep misconception that prevents them from
full commitment to their task]

is the idea that

if they

- *resolve*
their problems and
- *eliminate*
their darkness

and thus

- *become*
 - *happy and*
 - *fulfilled,*

then

they must die.

The way they

visualize dying

is, of course,

not at all like the

- *harmonious,*
- *productive and*
- *meaningful*

process I described,

which is

the natural byproduct of

- *purification,*
- *fulfillment and*
- *connection.*

They fear dying

as a

- *disconnected,*
- *disharmonious*
process.

20

*It is, of course,
utterly false
to assume that
the moment your problems are resolved,
your life is finished.*

*Quite the contrary
is true.*

*In fact,
only when
your problems are resolved
can
a new aspect
of task fulfillment
begin.*

*For
no personality can go through life
without letting
others
benefit from
what it [i.e., letting others benefit from what the personality]
has learned.*

*The
• need,
the
• urge and
the
• longing
to give
are an integral part of the soul.*

*They [i.e., The need, urge, and longing to give]
come from
the inner entity.*

The full life
that unfolds
after
the bulk of clouds in the soul has been dissolved
is part of
the task fulfillment.

So, please,
do not hold back
your progress, my friends,
because you consider

- suffering and
- unfulfillment

of the soul
to be
the only agents
that keep you connected with
your body.

Such thoughts [i.e., Thoughts that suffering and unfulfillment of the soul are
the only agents that keep you connected with your body]
may not be quite conscious,
but
they nevertheless exist.

21

Your

- awareness of

and your

- connection with

the

- inner,
- real

self
will make

- life

glorious,
and so you
will experience

- death

as glorious.

That state of consciousness [i.e., That state of consciousness in which your awareness of and connection with the inner, real self makes the experience of both life and death glorious]

will make

life

fearless

because

there is nothing to fear in dying.

Such fearlessness

is the ultimate development of each human soul.

That [i.e., That fearlessness]

is the goal

you are trying to reach.

22

But now let us look at various other possibilities regarding the process of dying.

Those

who do not

totally fulfill their task in life

must

feel

• a vague longing,

• a tugging discontent

throughout their lives.

Always heed this [i.e., Always heed this vague longing and tugging discontent throughout your life]

as a sign

that

something is amiss.

[When this longing and discontent, this sign that something is amiss is present,]

The conscious mind

should start

a deliberate search.

*This longing [i.e., This vague longing and
tugging discontent throughout your life]
also occasionally besets
those who are basically committed to
a path like this one.*

*New phases
come out of the soul,
which
the conscious mind
at first
has trouble
• understanding and
• recognizing.*

*• Vague discontent and
• anxiety
are definite signs
that something
is being missed.*

*Only when
the personality
• understands
and
• heeds
the full meaning of the sign
will it [i.e., will the personality]
find itself once again
in a state of
inner
• peace,
• joy and
• security.*

23

The gauge
that measures completion of the task

is

- **inner peace,**
- **fearlessness and**
- **the organic quality of**
your
 - **living and**
 - **dying.**

Those who
refuse to look in the right direction
will feel the

- **tugs and**
- **whispers**
of the
inner being
in their
outer consciousness.

The personality
then attempts [i.e., *The personality that refuses to look in the right direction and that, as a result, feels the tugs and whispers of the inner being in its outer consciousness, then attempts*]

to

- **squelch this voice** [i.e., *squelch this voice of the inner being*],

to

- **escape from it** [i.e., *escape from this voice of the inner being*],

to

- **produce a lot of**
superficial
 - **noise and**
 - **movement**

so as not to heed it [i.e., *so as not to heed this voice of the inner being*].

Often you mistake

- the vague discontent

for

- the neurosis itself,

as if

the absence of

this experience [i.e., as if the absence of this vague discontent],

without changing your life's direction,

would mean

emotional health.

In reality,

you produce neurosis

as a result of

failing

- to establish the connection with
the inner self

or

- to fulfill the contract
the soul has come to carry out.

24

I want to draw your attention to
another important point
that often leads to
misunderstandings.

Total fulfillment

of the life task

is not necessarily

contingent on

attaining [i.e., not necessarily dependent upon attaining]

a high state of development.

It is quite possible

that

a fragmentary personality aspect,

embodied in a physical vehicle,

is not highly developed at all.

Nevertheless,

this personality [i.e., Nevertheless this less developed fragmentary personality]

fulfills its task

completely.

	<p><u><i>The task</i></u> [i.e., <u><i>The task for this less developed fragmentary personality</i></u>] <u>is, of course,</u> • <u><i>less taxing</i></u> <u>and</u> • <u><i>commensurate with</i></u> <u><i>such an individual's potential</i></u> [i.e., <u><i>such an individual's lesser potential</i></u>].</p> <p><u><i>At the same time,</i></u> <u><i>the ease of the task</i></u> <u><i>is relative;</i></u></p> <p>• <u><i>the task</i></u> [i.e., <u><i>the less-taxing task</i></u>] <u><i>is just as difficult</i></u> <u><i>for the fragmented individual</i></u> [i.e., <u><i>for the less developed person</i></u>]</p> <p><u>as</u></p> <p>• <u><i>a much more taxing one</i></u> <u><i>would be</i></u> <u><i>for a more highly developed person.</i></u></p>
25	<p><u><i>In contrast,</i></u> <u><i>some people</i></u> <u><i>are highly developed,</i></u> <u><i>but limp behind</i></u> <u><i>their potential</i></u> <u><i>to</i></u></p> <p>• <u><i>develop themselves and</i></u> • <u><i>fulfill their tasks.</i></u></p> <p><u><i>They</i></u> [i.e., <u><i>Those highly developed people who limp behind their potential</i></u>] <u><i>will therefore</i></u> <u><i>not live in</i></u> • <u><i>peace,</i></u> <u><i>but in</i></u> • <u><i>fear,</i></u></p> <p><u>and</u> <u><i>their deaths</i></u> <u><i>will</i></u> <u><i>not be</i></u> <u><i>the organic process</i></u> <u><i>I have described.</i></u></p>

So understand, my friends,
that

- task fulfillment,
- organic
 - life and
 - death,
- connectedness and
- inner peace
are not necessarily
a result of
higher development.

The more highly developed personalities
often have
more difficulty
in bringing
the divergent aspects of their souls
together

and therefore
their struggles
may sometimes be
much fiercer [i.e., much fiercer than
the struggles of a less developed person].

Also,
the less developed person
will not have

- the conscious awareness and
- connection with the inner voice.

In this case [i.e., In this case with the less developed person],
fulfilling one's task
will be more
instinctive [i.e., more instinctive than for the
more developed person who has more conscious
awareness and more connection with the inner voice].

26

Anyone

• who is on a path such as this [i.e., a path such as Pathwork]

and

• who makes a

total commitment

to

• truth,

to

• self-facing,

to

• self-purification,

to

• giving up

• all

defenses and

• all

subterfuges

in order to face

what seems

• most difficult and

• momentarily painful –

anyone

• who chooses

to forgo

the temptation to

concentrate on the

• real or

• apparent

wrongs of

• others

so as to avoid

• the self –

and

• who is thus committed to

his or her growth

above

all other considerations in life,

will make the connection

that will bring

• outer

and

• inner

fulfillment.

27

Let us now make
several distinctions
concerning
the process of
dying.

In addition to
the ideal case
described above,
other possibilities
occur

when
the bridge
between

- the inner

and

- the outer

self
is not yet working.

28

What happens
when death comes,

if

- the outer

and

- the inner

self,

- the higher self

and

- the ego personality,

- the will of
- the divine self

and

- the will of
- the conscious mind

are divided?

Several possibilities exist [i.e., Several possibilities exist if death comes when some of these divine-self, inner-self, higher-self aspects of the entity, on the one hand, AND some of these outer-self, ego-personality, conscious-self aspects of the entity, on the other hand, are divided].

For example,

if the personality

- stubbornly refuses
to heed the guidance
of the
 - inner,
 - divineconsciousness, and
- decides to
rationalize and
- follow the line of
least resistance,

the outer personality

will have

far less possibility of
fulfilling the task for which it has come.

A series of choices

in the wrong direction

can set

the grooves so deeply
that to retrace one's steps
becomes almost impossible
after a certain point.

Negative creative processes

can set in motion

a spiral configuration,

consisting of

psychic nuclear points

that repeatedly

unleash their energy.

	<p><u>When the momentum</u> [i.e., <u>When this negative momentum</u>] <u>has advanced beyond a certain point,</u> <u>it takes far more</u></p> <ul style="list-style-type: none">• <u>effort and</u>• <u>investment</u> <p><u>to</u></p> <ul style="list-style-type: none">• <u>dissolve these negative creations</u> <u>while still in the body</u> <p><u>than</u></p> <p><u>to</u></p> <ul style="list-style-type: none">• <u>change the vehicle and</u>• <u>choose</u> <u>different "stage settings," so to speak.</u>
29	<p><u>Now, mind you, my friends,</u> <u>this</u> [i.e., <u>this need to change vehicles and enter a new incarnation</u>] <u>is by no means</u> <u>always true.</u></p> <p><u>In many instances</u> <u>it is quite possible</u> <u>to change a groove</u> <u>deeply engraved over considerable time,</u> <u>even in</u> <u>advanced human age.</u></p> <p><u>Whether or not</u> <u>one has reached this point of no return</u> [i.e., <u>Whether or not</u> <u>one must address his or her negativities in a new incarnation</u>], <u>no conscious mind</u> <u>can possibly evaluate –</u> <u>only the deeper divine mind</u> <u>can do so.</u></p> <p><u>But one thing is sure:</u></p> <p><u>The farther you go</u> [i.e., <u>the farther you go in the wrong direction</u>], <u>the harder change becomes.</u></p>

To avoid all possible misunderstanding:

Any individual
who has reached such a point of no return
would not even venture
anywhere near
a path like this [i.e., a path like this Pathwork].

So none of you here
should believe
that you may be lost,
simply because
you momentarily find yourselves

- in a deep struggle

or

- temporarily feeling hopeless.

These manifestations [i.e., These manifestations of deep struggle or feeling hopeless]
merely bring out
what needs to reach the surface
in order to be dissolved.

That [i.e., Dissolving those negativities you brought into this incarnation BEFORE
they become part of a negative creative process that sets in motion a spiral
configuration of negative psychic nuclear points that unleash their energy]
is part of your
task fulfillment.

Anyone who is within the radius of such a path [i.e., such a path as Pathwork]
can change
the configuration of
a negative psychic nuclear spiral.

30

*In cases where a person
has veered so far from
the plan intended for the personality
that a new direction
is impossible to establish,
the inner being
may decide to die.*

The higher self

knows

that

- *to continue in the established direction
is wasteful,*
- *the suffering
pointless, and*
- *the fragmented personality
better served by starting over again [i.e., starting over again
in a new incarnation].*

In such instances,

the death

does not manifest

as organic,

but

it [i.e., but the death in such instances]

is

- *meaningful
under these circumstances*

and thus

- *organic
in the larger context.*

31

When I say that [i.e., When I say that in such instances]
death

does not manifest
as organic,

I mean that it [i.e., I mean that death]

may occur

• in a

sudden

• accident or

• illness,

• in a

• painful,

• slow

illness

and, above all,

• with the conscious mind

completely disconnected from
the inner will.

The conscious mind

may

• battle against

the inner decision [i.e., the inner decision to die] and

• contract against

its own disposition,

widening

the disconnection [i.e., disconnection with the inner divine self].

• Fear

and

• self-will

• take over

and

• make inner listening

impossible.

• Premature

and

• violent

deaths,

as when young people die in war,

often, though not always,

fall into this category.

Nothing can be generalized.

But

when death occurs in

• contraction and

• fear,

it is an

inorganic manifestation,

even though

it is organic

in relation to the higher self.

In these instances [i.e., In these instances when death occurs

in contraction and fear],

the outer personality

is totally unaware of

the inner self's decision

and that [i.e., and that fact that the outer personality is unaware
of the inner self's decision to die]

makes the process of dying

all the more

• difficult and

• painful,

because it seems

• senseless and

• arbitrary.

The outer consciousness

will then struggle

against death

without realizing

that

its greater total consciousness

has chosen the best solution

under the prevailing circumstances.

32

*In such circumstances,
when the outer personality
fights against
the inner being's decision,
a tremendous struggle
ensues.*

*That struggle [i.e., That outer personality's struggle and fight against
the inner being's decision to die]
may continue
even into old age,
because
the outer personality
uses its
life force
to battle the inner decision.*

*At times,
the decision of the inner entity
may deliberately
outweigh
the will
of the outer person.*

*Its powers [i.e., The inner entity's powers]
are, of course,
infinitely greater than
powers available to
the outer consciousness.*

*But under
other circumstances
the struggle may continue
and the inner self
may choose
gradually
to discontinue
• the old stage setting –
• the old incarnation –
in order to establish
a new one,
without, however,
overexerting its powers.*

The inner self
may allow
the outer self
to keep the battle going to some extent
so that
the soul
may at least learn some important lessons,
which it can then utilize
in the next "scene."

In these cases
a life-or-death struggle
is literally taking place
inside.

On one level
the struggle is

- against
- dying.

On another level
the struggle is

- for
 - task fulfillment,
- for
 - going inward
to find out
where the personality most needs
self-work,
so that the outer person
can focus on areas
that it has
 - ignored and
 - negated,

creating
the agonizing struggle
in the first place.

33

Another frequent way
that people ignore what they most need to look at
is by
seeking spiritual paths
that do not emphasize
this aspect of self-work.

This [i.e., This seeking other spiritual paths that do not emphasize this
self-reflective, self-confrontational purification aspect of self-work]
is a convenient way
to delude the self,
because
"spiritual development"
can become
an escape,
even though
you may

- gain
spiritual knowledge,
- achieve
beautiful meditations

and even

- gain
genuine spiritual experiences
of cosmic reality –
for moments.

All this [i.e., All this "spiritual development" – all this gaining spiritual knowledge,
achieving beautiful meditations and even, for moments,
gaining genuine spiritual experiences of cosmic reality]
can happen
without dealing with
the areas
that give the person
the most

- pain,
- discomfort, and
- guilt,

whether or not
this [i.e., whether or not this condition of
pain, discomfort, and guilt]
is consciously experienced.

34

Still another possibility I would like to discuss

is

the opposite of the case

in which

• the inner being
decides for death

and

• the outer personality
resists it [i.e., and the outer personality resists death].

In this instance [i.e., In the instance opposite to the one in which the inner being
decides for death but the outer personality resists death],

the outer personality

may indeed take a favorable direction

where every possibility exists

for the task fulfillment.

Aspects of that personality

may, however,

cause

so much

• trouble and

so much

• resistance,

that in spite of

the propitious circumstances [i.e., the propitious

circumstances supporting task fulfillment],

the outer personality

may

not

want to live [i.e., not want to live and work to
fulfill its task].

The person may

ignore

the favorable direction

because it [i.e., because the favorable direction]

is so deeply enmeshed

with aspects of the problem

that the whole is blurred.

For example,
if the outer personality
refuses to give up stubbornness,
[then] the isolated areas
that have not been worked out
remain

- obscure and
- frightening, and

the person
starts feeling hopeless,
without any real cause.

Part of
the dishonest "game"
may be to
aggrandize
the suffering
in order
not to

- "give in,"

not to

- look for
new approaches to
 - the self and
 - life.

The self-perpetuating principle
accelerates
the psychic nuclear point
so much
that the personality
finally
believes in
its hopelessness.

Thus
the outer personality
finds itself
unwilling to move,
even though it could [i.e., could move and fulfill its task].

The

- inner,
- real,

divine self

- knows of

the very favorable circumstances

and

- is totally in favor of

a continued life [i.e., a life where the life task could be fulfilled].

But

the outer self

willfully destroys this life,

acting out

its worst impulses

despite

all its favorable manifestations.

Thus

the personality

fragments itself

so much

that

extremely destructive manifestations

will take place.

In extreme cases,

this may lead to

suicide.

35

When

the total entity

terminates life

in any of these ways,

it determines

its subsequent life circumstances.

These circumstances [i.e., These subsequent life circumstances]
are figured out
in a most exacting way
that you cannot even imagine.

Every detail
is part of an

- *exacting and*
- *intricate*

equation
in which

every possibility
is taken into consideration

in

- *complete,*
- *logical*
connection with
the total picture:

- *the task of*
purification,
- *the task of*
helpfully influencing others
in a way best suited to the particular entity,

- *the specific assets of the total entity*
the life manifestation will bring out,

- *the greatest*
 - *dangers and*
 - *pitfalls,*
- *how much risk to take,*

- *how many*
 - *favorable*
- and*
 - *unfavorable*

outer influences should exist in the life
not necessarily coinciding with

- *"pleasant"*
- and*
- *"unpleasant."*

	<p><u>Finding</u> <u>the most fitting</u></p> <ul style="list-style-type: none">• <u>environment,</u>• <u>parents,</u>• <u>siblings,</u>• <u>friends,</u>• <u>contacts in later life,</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>many other variables,</u> <u>that you cannot possibly envisage</u> <p><u>requires</u> <u>exacting research.</u></p>
36	<p><u>You must also imagine</u> <u>that all other people</u> <u>who make contact with the person</u> <u>must equally be figured out.</u></p> <p><u>Each contact</u> <u>opens</u> <u>many possibilities.</u></p> <p><u>Will these individuals</u> <u>interact</u> <u>from their higher selves?</u></p> <p><u>Will their lower selves</u> <u>affect one another?</u></p>

How much
should each higher self
infuse its

- guidance,
- inspiration and
- energies?

Too much [i.e., Too much infusion of the higher self's guidance,
inspiration, and energies]
becomes
pointless,
and the personality aspect
may just as well
not have embodied itself.

The most sophisticated computer of your present-day science
could never figure out
all these details.

Nothing is left to chance.

The total plan
surpasses human

- understanding and
- expertise.

I have said in an early lecture [See: Lecture 34 – Preparation for Reincarnation],
that an entire

- sphere, or
- world,

deals with exactly this task.

A hierarchy of
highly developed
spirit beings
are experts in this field,
and their task
is to figure out
these life plans.

37

The fluid system
of the energy body
carries the plan within itself.

It [i.e., The life plan]
is always

- visible,
- available and
- recognizable.

There are no secrets about it [i.e., no secrets about the life plan].

It [i.e., The life plan],
in turn,
has great

- energetic and
- magnetic

power.

It [i.e., The life plan]
is the most powerful magnetic field
an individual

- is born with and
- carries through life.

A being

- does not and
- cannot

arbitrarily choose
a future incarnation.

The stage is set
as a result of the last incarnation.

• How much
was fulfilled
and

- what

remains to be done?

- What contributed to the failures
- and
- what to the proper execution?
- Where may more challenge be needed
- and
- where less?

The plan for future embodiments is determined by the

- life

and

- death process

outlined in this lecture.

- Time,
 - place
- and
- circumstances,
- the exact setting of the stage,
- must be painstakingly figured out to fit the total plan.

38

To the degree the life and death process fulfilled the contract from the total entity's point of view, the future life – in your terms – will create a greater connectedness with the eternal being that you are.

The

- life forces,
- fluids and
- various energy currents

of your total entity

will infuse

the manifesting personality accordingly;

that is, [i.e., the various aspects of your total entity

will infuse the manifesting personality]

to the degree

the plan has been fulfilled.

Conversely,

to the degree

you turn away

from the

- task fulfillment,

from the

- inner connection

- where it [i.e., where the inner connection to your total entity]
is most needed,

- where it [i.e., where the inner connection to your total entity]
seems most difficult at first,

[to that degree]

you weaken

the bridge

that allows the

- energies,
- consciousness and
- the currents

of eternal life

to infuse you.

The future incarnation
then becomes
that much more difficult:

- The outer personality
must make
all the efforts;
- it [i.e., the outer personality]
has to gather
its own forces
in its disconnected state
to establish the bridge [i.e., the bridge to
your inner total entity, to the real self].

That
is the inexorable law.

Separated consciousness
must discover
its own potential
to

- change direction and
- transcend its narrow confines.

You can apply all this
to the lecture I have given about
the psychic nuclear points [See Lecture 214 - Psychic Nuclear Points].

The creation
has to be set in motion
until it takes on
its own momentum.

39

When the outer personality
has finished a series of embodiments
in which it has consistently
weakened
its connection to the real self
by willfully going
in the opposite direction [i.e., in the direction
opposite to the direction of the real self],

then the personality

- *cannot*
feel

its intrinsic connectedness [i.e., its connectedness to the real self]

and

- *believes itself*
to be a
totally separate being.

This is a familiar picture for you.

- *You and*
- *many people you know on this path*
still often
experience yourself
in this way [i.e., experience yourself as a totally separate being].

Then

the effort you need

to

- *re-establish connection [i.e., to re-establish connection to the real self],*

to

- *probe the black spots,*
where it seems most difficult,

is much greater.

Only with
this

- greater effort and
- goodwill

can the direction be changed [i.e., changed from moving AWAY from the real self to building a bridge and moving TOWARD the real self],

however

it [i.e., changing direction from moving AWAY from the real self to the direction of building a bridge and moving TOWARD the real self]

gradually

becomes easier,

because

as you change direction,

- a new spiral movement,
- a positive force
builds up, and
- psychic nuclear points
start exploding,

creating more

and more

positive

- manifestations,
- energies and
- momentum.

Thus

the influx of

divine

- truth,
- wisdom,
- power, and
- love

becomes

forever

greater.

40

*This infusion of energies
from the inner being,
interpenetrating the outer personality,
is directly connected with
the willingness to go through
what seems most difficult.*

*This [i.e., The level of your willingness to go through what seems most difficult]
is truly
a very simple gauge for you.*

*With this gauge [i.e., With this gauge, that is, with seeing your level
of willingness to go through what seems most difficult,]
you will find
all the answers.*

*You will then [i.e. When you see your level of willingness to go through
what seems most difficult, you will then]
be able to use
the already manifest
connection with the eternal consciousness
to open the mind
to more
and more
possibilities.*

41

*Let us look at this
in a more specific way.*

*You all know
from past experience
how easy it is
to believe
that there is no way out
when you are in a difficult spot.*

The moment you
blindly assume,

either

- consciously

or

- unconsciously,

either

- directly

through your thinking process

or

- indirectly

by the way you

- act

and

- react

in your situation,

that no solution exists

but the negative one

that creates

- hopelessness and

- pain,

you have closed your

- inner

and

- outer

mind

to any alternatives.

First the

- disconnected,

- conscious

mind

must make a

deliberate effort

to be ready for

other possibilities.

The conscious mind,
as it is now available to you,

contains

the potential

to

- **see more,**

to

- **think in different ways,**

to

- **expand its present circumference.**

This is its task [i.e., Seeing more, thinking in different ways and expanding its present circumference IS THE TASK OF THE CONSCIOUS MIND].

Without this [i.e., Without your conscious mind seeing more, thinking in different ways and expanding its present circumference]
you cannot accomplish
your goal.

This [i.e., Your conscious mind seeing more, thinking in different ways and expanding its present circumference]
is the only way
you can

- **form the connection with**
your greater consciousness

and then

- **increasingly infuse it** [i.e., increasingly infuse your conscious mind]
with the

- **consciousness**

and

- **energy**

of your total being.

This is very important
for you to understand, my friends.

42

Another
equally important aspect
of changing the tide is
identification,
which I have also discussed
in the past [See Lecture 195- Identification and Intentionality:
Identification with the Spiritual Self to
Overcome Negative Intentionality].

When you
totally identify with
gloom and doom,
you
• perpetuate
the negative creation and
you
• strengthen
the imaginary separation
from all that
• has meaning and
• is good.

The
• negative creation,
the
• negative psychic nuclear point,
makes it increasingly difficult
for you to discover
that you are
more than
the part of you
that feels this hopelessness.

So when you
feel
hopeless
it is important to realize
that you now
identify with
your hopelessness.

When you
feel

- self-rejecting,
- guilty and
- bad,

it is important to realize
that you now
identify
totally

with the part of you
that

- is unpurified and
- hates itself.

The moment

you realize this [i.e., The moment you realize that you identify with the part of
you that is unpurified, that hates itself, and that is hopeless],

it makes

a great deal of difference.

You can then

take the next step
by asking yourself,

- "Is there
no other possibility?
- Is this really
all there is for me?
- Am I not also
something else?"

I don't mean [i.e., I don't mean by "Am I not something else?"]
something that still
appears remote.

You cannot
yet

experience the reality of
your divine self [i.e., Because your divine self still APPEARS
remote you cannot yet experience its reality, so your
"divine reality" is not what I mean by "something else"].

But even
in your conscious mind,
are you not also
something else?

You
do have the possibility of
seeing this situation differently,
maybe by merely
opening your mind
to another train of thought
you have not yet tried,
but which you certainly can.

Opening the doors of the mind
is exceedingly important
in changing the tide,
because
the fragmented consciousness
must find its way back
on its own,
since it
is not aware of
its essential connection with
the divine.

And
only through
the means of the disconnected mind
can the bridge to
the divine
be established.

And as you establish the bridge,
you increasingly
allow
your fragmented consciousness
to be infused with
the powerful energy
of
your eternal being.

43

Great blessings
are given to
every one of you.

- **Extend love**
to each other,
- **give sustenance**
to each other,
even when
you seem to be rejected.

Love is needed,
perhaps
not always
in an overt act,
but certainly
always
in feelings.

A

- **great,**
- **wonderful**
blessing
goes deeper
and deeper into you,
hallowing your life.

Be in peace.

For information to find and participate in Pathwork activities world wide, please write:
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