

Pathwork Lecture 220: Reawakening from Pre-Incarnatory Anesthesia

1996 Edition, Original Given April 3, 1974

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><u>Greetings.</u></p> <p><u>Loving blessings</u> <u>are pouring forth</u> <u>for every one of you here.</u></p> <p><u>Welcome,</u> <u>my dearest friends.</u></p> <p><u>Let us continue with</u> <u>this specific series of lectures.</u></p> <p><u>And keep in mind, my friends,</u> <u>that they are a sequence,</u> <u>one leading to the next,</u> <u>on the spiral</u> <u>of your</u> <u>evolutionary process,</u> <u>commensurate with</u> <u>your increasing awareness.</u></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format Posted 3/12/18

04	<p><u><i>In this lecture,</i></u> <u><i>I will again speak about</i></u> <u><i>the phenomenon of</i></u> <u><i>consciousness,</i></u> <u><i>particularly in connection with</i></u> <ul style="list-style-type: none">• <u><i>the evolutionary process</i></u><u><i>and</i></u> <ul style="list-style-type: none">• <u><i>the meaning</i></u> <u><i>of individual life.</i></u></p>
05	<p><u><i>All knowledge</i></u> <u><i>is in you.</i></u></p> <p><u><i>I have often said this,</i></u> <u><i>but it is rarely understood.</i></u></p> <p><u><i>Before you are born into this life,</i></u> <u><i>a process of</i></u> <u><i>anesthesia</i></u> [i.e., <u><i>a process of temporarily losing awareness</i></u>] <u><i>sets in.</i></u></p> <p><u><i>There is a specific reason for this.</i></u></p> <p><u><i>You awaken from it</i></u> [i.e., <u><i>You awaken from this temporary loss of awareness</i></u>], <u><i>as you come out of</i></u> <u><i>infanthood,</i></u> <u><i>with a limited consciousness.</i></u></p> <p><u><i>The awakening is</i></u> <ul style="list-style-type: none">• <u><i>partial and</i></u>• <u><i>gradual.</i></u></p> <p><u><i>As you</i></u> <u><i>grow</i></u> <ul style="list-style-type: none">• <u><i>physically,</i></u>• <u><i>mentally, and</i></u>• <u><i>emotionally,</i></u><u><i>you grope</i></u> <u><i>to rediscover</i></u> <u><i>your inner knowledge</i></u> [i.e., <u><i>you grope to rediscover some of the</i></u> <u><i>pieces of the “all knowledge that is in you” that had been</i></u> <u><i>anesthetized prior to your coming into this incarnation</i></u>].</p>

	<p><u><i>At first</i></u> <u><i>you do this [i.e., you rediscover pieces of your anesthetized inner knowledge]</i></u> <u><i>in a limited way,</i></u> <u><i>with a focus on</i></u> <u><i>material life.</i></u></p> <p><u><i>You learn to</i></u></p> <ul style="list-style-type: none">• <u><i>walk,</i></u>• <u><i>handle objects,</i></u> <p><u><i>you</i></u></p> <ul style="list-style-type: none">• <u><i>speak;</i></u> <p><u><i>you learn</i></u></p> <ul style="list-style-type: none">• <u><i>reading,</i></u>• <u><i>writing,</i></u>• <u><i>numbers,</i></u>• <u><i>certain basic laws</i></u> <u><i>of</i></u><ul style="list-style-type: none">• <u><i>outer life,</i></u><u><i>of</i></u><ul style="list-style-type: none">• <u><i>physical matter</i></u> <u><i>that</i></u><ul style="list-style-type: none">• <u><i>surrounds you and</i></u> <u><i>that</i></u><ul style="list-style-type: none">• <u><i>you will need to handle.</i></u>
06	<p><u><i>Once basic material knowledge is</i></u><ul style="list-style-type: none">• <u><i>mastered or</i></u>• <u><i>reawakened,</i></u><u><i>deeper knowledge</i></u> <u><i>is reacquired,</i></u> <u><i>provided that</i></u> <u><i>the growth process</i></u> <u><i>takes place as planned.</i></u></p> <p><u><i>When a person is in</i></u> <u><i>an intensive growing process,</i></u> <u><i>this [i.e., this reacquiring of anesthetized pieces of deeper knowledge]</i></u> <u><i>will happen</i></u> <u><i>in ever-increasing</i></u><ul style="list-style-type: none">• <u><i>depth and</i></u>• <u><i>scope.</i></u></p>

If [i.e., If, on the other hand]
the person has
stopped the movement of

- the growth process,
- his "life train,"

that interruption
will prevent
the reacquisition of knowledge
he or she possesses
in a potential state [i.e., prevent reacquisition of pieces of knowledge
that he or she possesses in a potential state, but pieces of
knowledge that were anesthetized prior to birth].

07

Here you will have to ask inevitably,

"Why
does anesthesia [i.e., Why does the temporary loss of awareness]
set in?"

Actually,
the anesthesia [i.e., the temporary loss of awareness]
sets in
well before
the birth process.

In your spiritual reality,
where
the total entity that you are
truly belongs,
you decide upon
a reappearance
in this dimension [i.e., you decide upon a reappearance
or incarnation in this material earth plane].

That
is when you are
deliberately
anesthetized.

After
all plans for your life on the material plane
are

- thoroughly discussed and
- assimilated,

you lose consciousness.

*A person who undergoes an operation
goes through a similar process.*

*In fact
the process of anesthetization
is*

- *copied from the spirit life,*
- *remembered and*
- *rediscovered
in earthly life.*

*On earth
its purpose [i.e., the purpose of the process of anesthetization]
is to*

- *prevent pain during an operation.*

*In the case of
the incarnatory process,
the reason is [i.e., the reason for the process of anesthetization is]
• different.*

08

*Before
the spiritual self
takes possession of
the human body
in the birth process,*

*the entity
is already in
a sleeping state,
• anesthetized and
• unaware.*

*At birth,
there is an awakening [i.e., an awakening from the anesthetized sleeping state]
to a slight degree –
slight
in relation to its
actual
state [i.e. in relation to the entity's actual
fully-awakened state prior to its incarnation].*

The limited part of the entity
that takes possession of
the infant body
finds itself awake to

- physical
 - sensations and
 - functioning, and
- certain limited
 - perception and
 - awareness;

none of these
can be properly

- assessed,
- interpreted, or
- assimilated.

That [i.e., The assessment, interpretation, and assimilation of physical
sensations and functioning, and certain limited perception and awareness]
comes later.

The state of awareness
after birth

is

- increased,

but

is

- still very limited.

Becoming

- aware and
- awake
is a gradual process.

09

The first years –
roughly, the first twenty-two to twenty-five years,
although this cannot be generalized –
are primarily focused on
acquiring
outer
knowledge.

Provided the process [i.e., Provided the process of becoming aware and awake]
is

- meaningful and
- organic,
the focus should [i.e., the focus should,
after focusing on OUTER knowledge,]

then go to
acquiring knowledge
that transcends
the physical reality:
[namely]

- inner,
- spiritual
knowledge.

This [i.e., This acquiring of inner, spiritual knowledge]
can take place
first
on a psychological level.

I include
psychological knowledge
when I speak of
spiritual knowledge,
for it [i.e., for psychological knowledge, like
spiritual knowledge,]
concerns itself with the

- laws and
- processes

of the inner self.

10

Certain highly developed individuals
with a capacity for
spiritual fulfillment
awaken to

- inner
reality

often, though not always, earlier,
[a time in their life]
which can coincide with the

- outer
learning.

You have
children
on your path
who early in life
begin to

- acquire and
- comprehend

inner knowledge.

This can happen [i.e., This acquiring and comprehending inner knowledge by
children on your path can happen]

because
the knowledge [i.e., because this inner knowledge]
is

- near and
- deeply anchored

into the soul;

in previous lifetimes
it [i.e., this inner knowledge]
had become
such an integral part of the entity
that it [i.e., that this inner knowledge]
is easier to reawaken
than [it is] in others

- without
such previous development,
- who must still go through
processes of
 - growing,
 - searching, and
 - strugglingbefore
the inner knowledge
penetrates
every particle
of the soul.

That [i.e., Going through the processes of growing, searching, and struggling
until the inner knowledge has penetrated every particle of the soul]

is, of course,
what
life
is all about.

And all of it [i.e., And going through all of this process of growing, searching, and struggling until the inner knowledge has penetrated every particle of the soul] is necessary:

- *the groping process,*
- *the process of*
 - *trial and error,*
 - *searching,*
 - *often being confused*
and not knowing,
 - *dealing with*
the not knowing
in a constructive way,
 - *finding*
the often precarious balance
between
 - *patience and*
 - *humility*
for the grace of
knowledge to communicate itself
on the one hand,
- and*
 - *serious commitment,*
 - *endeavor,*
 - *focused will and*
 - *healthy aggression*
on the other.

This process [i.e., This groping, trial-and-error process] is the key.

When
the lessons of these endeavors
are absorbed by the soul,
the reacquisition
of knowledge
comes more easily
in a future lifetime.

11	<p><u>Now I return to the question of</u> <u>why the temporary anesthetizing</u> <u>takes place.</u></p> <p><u>Perhaps</u> <u>a part of the answer</u> <u>has already dawned on you.</u></p> <p><u>It is not easy</u> <u>to convey these principles,</u> <u>but I shall do the best I can.</u></p>
12	<p><u>I recapitulate briefly:</u></p> <p><u>The manifest personality</u> <u>does not know [i.e., does not know because parts of it have been anesthetized]</u> <u>what it knows –</u></p> <p><u>whether</u></p> <ul style="list-style-type: none">• <u>the soul has already gone through</u> <u>the [groping, trial-and-error incarnatory] process described</u> <u>and thus</u> <u>spiritual</u><ul style="list-style-type: none">• <u>knowledge,</u>• <u>understanding, and</u>• <u>perception</u><u>are natural</u> <u>even in the limited state</u> <u>of the human embodiment;</u> <p><u>whether</u></p> <ul style="list-style-type: none">• <u>this [i.e., whether this groping, trial-and-error</u> <u>incarnatory process]</u> <p><u>has</u> <u>not yet taken place;</u></p> <p><u>or</u></p> <p><u>whether</u></p> <ul style="list-style-type: none">• <u>a soul continues</u> <u>within this process [i.e., continues within this groping,</u> <u>trial-and-error incarnatory process]</u> <u>life after life.</u>

Knowledge,
to whatever degree it exists,

is
• blotted out;

it [i.e., knowledge, to whatever degree it exists,]

is
• "forgotten."

Whatever state of development you may be in,
you start off with
a clean slate:

you start off
knowing nothing,

whether
you are
• highly developed,

or
whether
the process occurs
• still on a lower scale.

So, at first,
the knowledge
that

is
in you
is, apparently,
not
in you.

Now,
why
must that be?

13

In a recent lecture about the evolutionary process [see: Lecture 218
The Evolutionary Process],

I discussed
how
the "mass" of consciousness
spreads,
filling the void.

As it does so [i.e., As the "mass" of consciousness spreads, and fills the void],
particles of consciousness
lose themselves.

The essential divine consciousness,
in its

- beauty,
 - wisdom, and
 - benign power,
- functions in a
• limited and
• distorted
way.

The isolated particles
must

seek to unite again
with the
• forward-rushing,
• spreading
movement
of the divine state of life
that inexorably
fills the void.

In this process
the separated particles –
which are individual entities –
must find the way back
on their own,
by dint of
reawakening
the divine potentials
always present,
even in
the most separated aspects.

14	<p><u><i>I return to this analogy again and again to help you understand this topic:</i></u></p> <p><u><i>the part of your soul that is still separated must forget whatever it has known in a more awake state in order for the undeveloped part to find its own way.</i></u></p>
15	<p><u><i>Let me try to make this clear.</i></u></p> <p><u><i>Suppose you were consciously to know, now, all that you deeply know.</i></u></p> <p><u><i>Then the undeveloped aspects in you would not find, under their own steam, their innate essence.</i></u></p> <p><u><i>They [i.e., The undeveloped aspects in you] would be swept along, as it were, by the already • knowing, already • developed aspects.</i></u></p> <p><u><i>They [i.e., The undeveloped aspects in you] would therefore always represent an unreliable element.</i></u></p>

They [i.e., The undeveloped aspects in you]
would essentially,
although not necessarily manifestly,
blur the

- beauty,
- vitality,
- creativity, and
- wisdom

of the rest of your being.

They [i.e., The undeveloped aspects in you]
would be carried
by the surge of
the glory of God-consciousness,

but they [i.e., but the undeveloped aspects in you]
would not be
totally infused with it [i.e., not be totally infused with
the glory of God-consciousness].

• Purification
and
• evolution
mean that
every smallest aspect
of all that is
must be infused with
its own essence [i.e., must be infused with its own
glory of God-consciousness].

16	<p><u>Let us apply this somewhat</u></p> <ul style="list-style-type: none">• <u>metaphysical,</u>• <u>philosophical, and</u>• <u>general</u> <p><u>explanation</u> <u>to</u> <u>your</u></p> <ul style="list-style-type: none">• <u>present state,</u> <p><u>your</u></p> <ul style="list-style-type: none">• <u>everyday</u>• <u>life and</u>• <u>struggle</u> <p><u>on your path.</u></p> <p><u>You may then</u> <u>not only</u></p> <ul style="list-style-type: none">• <u>understand better what I am saying,</u> <p><u>but will</u></p> <ul style="list-style-type: none">• <u>personally benefit from it.</u>
17	<p><u>On your path</u> <u>you constantly discover</u> <u>aspects of</u></p> <ul style="list-style-type: none">• <u>negativity,</u>• <u>irrationality,</u>• <u>childishness,</u>• <u>selfishness,</u>• <u>destructiveness.</u> <p><u>You know that</u> <u>these aspects</u> [i.e., <u>that these undeveloped aspects of negativity, irrationality,</u> <u>childishness, selfishness, and destructiveness</u>] <u>flare up,</u> <u>at an early stage of your development,</u></p> <ul style="list-style-type: none">• <u>by themselves,</u>• <u>without provocation from outside.</u> <p><u>These aspects</u> [i.e., <u>These undeveloped negative aspects in you</u>] <u>are so strong</u> <u>that you activate them,</u> <u>initiating negativity,</u> <u>regardless of</u> <u>what the outer situation is.</u></p>

As your development proceeds,
this [i.e., This situation in which the undeveloped negative aspects in you
flare up by themselves, without provocation from the outside]
changes.

The negative aspects
cease to manifest
by themselves.

They [i.e., The negative aspects in you]
need
outer provocation.

You respond with them [i.e., You respond with the
undeveloped negative aspects in you]
to the
initiating negativity
of others around you.

However,
you do live in the world of matter,
in which,
under even the best of circumstances,
life is not easy.

Matter
• obstructs
and
• frustrates.

The very fact
of living in this dimension of reality –
which is your production, of course –
is always a challenge.

Imagine
that you lived under circumstances
so

- sublime,
- favorable and
- bliss-producing,

that even the worst in you
would not find occasion
to express itself.

Then
the worst in you

- would remain
- dormant,
- unexposed,

and

- would not go through
its necessary process
of purification.

18

You are often convinced,
and partially rightly so,
that
if
others did not do this or that,

- you would
be fine,
- you would
stay in a state of
 - harmony and
 - bliss.

The blurred areas in you
would, however,
continue to smolder,
because
without their manifestation
you would not know of
their existence.

They [i.e., the blurred, undeveloped negative areas in you]
need exactly

- to be triggered off,

they

need the

- exposure and
- provocation.

By the same token,

if you were

consciously to know

all you know,

just as with [i.e., just as with the situation where there were]

no provocations from outside,

the undeveloped aspects

- would not flare up and
- would not acquire

their own

ingrained knowing.

They [i.e., the blurred, undeveloped negative areas in you]

would merely be affected by

what the already developed aspects

know.

19

On your path

you have experienced that

when you successfully

work through

those blurred areas [i.e., work through those blurred, undeveloped
negative areas in you],

you become

absolutely safe,

no matter what

others

- do

or

- fail to do,

no matter

how they react.

*[When you successfully work through
those blurred, undeveloped negative areas in you]*

You remain
essentially
• whole,
essentially
• unaffected.

[By “unaffected”]

I do
not mean
unaffected
in the sense of being
• remote and
• without feeling.

[Rather, by “unaffected”]

I mean that
the particular negativity in you
that you have worked through
• no longer exists
and therefore
• cannot flare up
when others do wrong by you.

You may be
• hurt or
• angry,
but
in an entirely different way
than when
your own unresolved
• faults and
• flaws
are triggered off
by outside circumstances.

So you no longer depend on
perfection *[i.e., So you no longer depend on others being perfect]*
in order
not
to face your imperfection *[i.e., in order not to have your own
imperfections triggered off and thereby not having to be faced].*

The effect of
others' destructiveness
will not make you
lose

your
• bearing or
your
• center

if
your blurred areas [i.e., if your blurred, undeveloped
negative areas]

have been
• clarified,
• purified,
• cleansed, and
• eliminated.

20

The same principle [i.e., The principle that the destructiveness of the blurred,
undeveloped, and negative aspects of consciousness of one
cannot affect the developed aspects of consciousness of others]

holds
in the relationship
between
• your own
inner imperfections
and
• your
already purified parts.

If you were born
knowing
all you know,
the uncleansed areas
would

- *depend on*
the cleansed ones

and not

- *become whole*
within themselves;

if the

- *wise,*
- *knowing,*
- *enlightened*
aspects of yourself
are asleep,

that sleep
is necessary
to allow
the blurred areas [i.e., the blurred, undeveloped negative areas in you]
to struggle through
on their own,
with the aid of
the knowledge
that is essentially
in you [i.e., with the aid of the knowledge
that is essentially in these blurred,
undeveloped negative areas of you].

Thus
out of

- *a lack of knowledge [i.e., out of, and with the aid of, the knowledge that*
is essentially knowledge already in this as yet lacking,
undeveloped, and hence negative, knowledge in you],

knowledge
is developed.

Out of

- *the darkness [i.e., out of, and with the aid of, the light that*
is essentially light already in this as yet lacking,
undeveloped, and hence darkened, light in you]

light
develops.

Even in the

- darkest,
- most ignorant

part
is

the essence of

- knowledge and
- light.

That essence [i.e., That essence of light that is in the darkest part,
that essence of knowledge that is in the most ignorant part]

must express

from

- within
itself,

not from

an aspect

- outside
itself

[and that is]

already in possession of [i.e., in possession of its own]

- wisdom and
- light.

So when the

- knowledge and
- light

are brought forth

from within

your own limitations,

purification

is

- thorough,
- reliable and
- real.

Then

- true independence from
one's surroundings

is being established

and thus,

- true freedom.

Then
each
• particle,
each
• aspect of consciousness
has brought forth
its own
"minuscule Godness,"
so to speak.

And
that [i.e., And that role of anesthesia in the reincarnational purification process
by which each aspect of consciousness brings forth
its own "minuscule Godness," so to speak]
is the meaning of [and reason for]
the anesthesia
with which you enter into life.

It is
your struggle
for your essential light
that
• gradually and
• surely
• diminishes
the anesthesia and
• awakens you to
who you really are.

21

You also experience on your path
that
the more
• courage you muster
to face your truth,
the more
• humility and
• honesty
you bring to bear on
your whole inner person,
the more
• alert and
• awake
you become.

This [i.e., To become more alert and awake]
is an inexorable consequence [i.e., is an inexorable consequence of having
the courage to face your truth and of bringing the humility
and honesty to bear on your whole inner person]

that
cannot fail to manifest.

or

- *Suddenly,*
- *gradually,*

you

- *understand and*
- *perceive*

others
in a way you never could before.

You begin to
recognize
others' negativities
without being
personally

- *affected or*
- *disturbed*

by them.

You no longer
struggle against
others' negativity

- *in a*
 - *blind,*
 - *resentful*

way,

- *without*
seeing clearly,
- *only vaguely perceiving*
as through a fog.

Now
you

- *see clearly;*

you

- *comprehend intuitively*
the connections
that make the transgression
no longer a personal annihilation.

You also begin to

- see and
- perceive
others'
beauty
in a way
 - that doesn't make you jealous
- but
 - that fills you with
 - awe,
 - wonder, and
 - gratitude.

You begin to

- perceive
connections of interactions
between
 - yourself
- and
 - others
that
eliminate
the riddle of
 - life –
- and
the riddle of
 - living with others –
and that [i.e., that eliminating the riddle of life]
increases
your security
because you
 - see and
 - know
the processes
in human interaction.

As you go on in that way,

- dealing with
your own impurities and
- eliminating them,
 - suddenly, or
 - gradually,

a new

- focusing and
- awareness
awaken inside of you.

**A knowledge
flows into you,
apparently
from out of nowhere.**

**It [i.e., This knowledge that flows into you,
apparently from out of nowhere]**
is not from
• the brain.

**It [i.e., This knowledge that flows into you,
apparently from out of nowhere]**
is not from
**• the outer knowledge
you have acquired
in**
**• the first two decades of your life, or
later.**

**It [i.e., This knowledge that flows into you,
apparently from out of nowhere]**
has nothing to do with
• what you have learned.

**It [i.e., This knowledge that flows into you,
apparently from out of nowhere]**
comes from
• a different source.

22

**As channels open,
a new focusing
can set in.**

**You can begin
very deliberately
to listen into**
• the inner universe,
**• the place
from which
all
wisdom
flows into your outer being.**

It [*i.e.*, This process of coming very deliberately to listen into the inner universe, the place from which all wisdom flows into your outer being]
is a gradual process,
yet it [*i.e.*, yet this gradual process of coming to listen into the inner universe]
can be
sudden
in its manifestation.

The process [*i.e.*, This gradual process of coming to listen into the inner universe]
sometimes seems to be
interrupted,
because
it often disappears
at the initial stages,
so that the experience [*i.e.*, this experience of hearing the inner universe]
can appear to have been
a dream.

The state
in which you
hear the inner voice
must be fought for
in a
• positive,
• relaxed
sense.

It [*i.e.*, This state in which you hear the inner voice]
must be
• gained
and
• regained,
for it [*i.e.*, for this state in which you hear the inner voice]
is lost
over
and over again.

23

The focusing [i.e., The focusing that is necessary to hear the inner voice]
must be done
quite deliberately
after a certain stage of

- development and
- purification

has been reached.

The focusing
will yield
to

- connections,

to

- listening and
- "hearing."

Now,
the state of consciousness
in humanity as a whole,
because of mass conditioning,
makes such focusing [i.e., makes such focusing that is necessary
to hear the inner voice]
virtually impossible.

Many of those
who are

- developed enough and
- could succeed [i.e., are developed enough and could succeed, if they tried,
in such focusing practices that enable them to hear the inner voice]
don't even try.

Their still unresolved problem
may be
fear of

- ridicule and
- disapproval

from the world around them;

they [i.e., those who could but don't even try focusing to hear the inner voice]
lack courage
to establish the inner self
as the true center
of individual life.

The whole of humanity
is conditioned
to focus

- only on certain phenomena,
- outside and
- inside,
- at the exclusion of
other aspects of reality,
until
only that which is in their focus
seems real.

A whole world
exists around you
which
you do not

- see or
- experience;

it [i.e., this whole world that exists around you, which you do not see or experience]
seems like
a fantasy
when you hear it discussed.

This
limitation of perception
is the result of
a conditioned reflex
in focusing,
which, in turn,
is the result of
anesthesia.

24

At the beginning of such a path,
if you listen into yourself,
you
• probably hear nothing
and
• may become convinced
that there is nothing
but emptiness.

Or, perhaps,
you hear
occasionally
the voice of the
• childish,
• demanding,
• negative
self.

Then, of course,
you are
convinced
that this [i.e., convinced that this childish, demanding, negative self]
is
your final reality,
which frightens you,

and so you
avoid facing
the negative self
even more,

until later
when, perhaps,
you learn to make room
to listen deeper

and so can contact
levels of
unimagined inner reality.

25

- Question
and
- challenge
your negative voice.

- Confront it [i.e., Confront your negative voice].

- Identify it [i.e., Identify your negative voice]
without
being identified
with it.

- Learn
not to allow it to
 - control you,not to
 - act it out –
even as you acknowledge
the existence of this voice of
 - selfishness and
 - meanness.

Only
as this attitude [i.e., this attitude of questioning, challenging, and confronting
your negative voice, of not letting it control you, of not acting it out]
becomes consistent,
as confrontation
between

- the lower self

and the

- conscious,
- reasonable,
- positive

ego-self
takes place
constantly,

will you
eventually
find your focus
on another level of consciousness,
which
as you will suddenly discover
has always been there.

26

The voice of God
has
always
spoken to you.

It [i.e., The voice of God]
continues to speak to you –
always

- in a new way,

always

- adapted exactly
to what you need most
at any given moment in your life.

It [i.e., The voice of God]
is the voice
that you

- overlooked and
- kept out of focus

so that you were left with
the illusion
of silence.

When I say "you"
I mean, of course,
humanity as a whole.

27

It is impossible
to refocus on
this beautiful voice
by skipping over
the confrontation
with the lower self
that also
always
speaks to you.

Your ego
has to learn to
distinguish between them [i.e., distinguish between the voice of God
and the voice of the lower self].

The voice of
the lower self says,

"I want it for me.

I do not care about others."

That part of you [i.e., That lower self part of you]
believes

- in a mutual exclusivity,
 - in a division of interests
between
 - you
- and
- others,

and

- that it must
triumph
at the expense of others.

That part [i.e., That lower self part of you]
is not connected to
the reality
that you can have
all
without
depriving others.

That negative voice [i.e., That negative voice of the lower self]
must be

- confronted,

it [i.e., that negative voice of the lower self]
must be

- questioned.

Question

- the voices of
 - meanness and
 - malice,
- your
 - stake in seeing others as bad, and
 - not wishing
to make room
to even doubt this [i.e., to even doubt that others are as bad
as you see them to be].

Simultaneously

- see that
- you – or
 - a part of you –
doubt the
 - beauty and
 - trustworthiness
of the universe.

Question

- the voice of fear,
question
its [i.e., question the fear's]
lack of faith,
and confront it [i.e., confront the fear's lack of faith]
sincerely.

Then [i.e., When you confront the fear's lack of faith, then]
the ongoing voice of God
will be heard.

And you will
recognize it [i.e., you will recognize the voice of God].

You will rediscover
that it [i.e., that the voice of God]
has always spoken to you,

- clearly and
- beautifully.

You simply
could not hear it before [i.e., You could not hear the voice of God before],
because
it [i.e., because the voice of God]
could not push itself through
as long as
you
deliberately
focused away from it [i.e., deliberately focused
away from the voice of God].

28

Focusing [i.e., Focusing away from the divine voice of God]
is
deliberate,
both in a
• positive
and in a
• negative
sense.

In a
positive sense,
you had to be born
• in anesthesia,
• having forgotten
what you know,
in order to purify
totally
all
aspects of the self.

Had you
always
heard the divine voice,
purification
could not have taken place.

You would
not have been able to
• focus on
the negative, or
• deal with it.

It [i.e., The negative, which you could not have focused on had you
always focused on and heard the divine voice,]
would have been

- quieted down and
- swept along.

In a sense [i.e., In a positive sense, then],
focusing away from
the divine voice

is

the anesthesia

that your self

deliberately

chooses

for the incarnatory process.

In the negative sense,
deliberate

focusing away from
the divine voice

is due to

the power you give to

the negative self

that rejects

any rule

but its own.

The negative self
does

not

want

to know itself.

Yet the divine voice
leads the negative self
to know itself.

That [i.e., This negative self coming to know itself]
is the first step

for the negative self
to purify itself.

29

Many of my friends on this path
can perhaps
begin to take
deliberate steps
toward
distinctly hearing
both voices [i.e., both the divine
and the negative lower-self voices].

What is the
negative,
lower self?

It [i.e., The negative lower self]
may manifest
under a clever disguise.

And what is the
divine
voice?

You can learn to
deliberately
shift your focus,
and you can spend time
in your meditation
practicing
this differentiation [i.e., practicing this differentiation
between the negative lower-self voice
and the divine voice].

30

For a long time
the main goal in our meditation
was what I called
impressing.

In one of the basic lectures about meditation

I spoke about

both aspects:

- impressing,
that is,
 - instructing,
 - claiming,
 - conditioning,
 - re-creating;

and

- expressing:
that is,
 - listening,
 - hearing, and
 - receiving.

The time has come

when you can safely focus on
expressing.

You can

learn to listen to the

- whole,
- wonderful
universe,

an

- ongoing,
- alive
phenomenon.

You

dwell in
 this universe

and it

dwells in
 you.

You can

discover it [i.e., You can discover this universe]
by focusing on it.

You can
awaken from
your
• dream state,
your
• anesthesia,
my friends.

You can
• become
truly alive
and
• know
the aliveness
that is in you.

31

Are there any questions?

QUESTION:

Yes.

Most of my life I have been listening to
my negativity.

The negativity
has been conducting me.

This negativity
is
• excessive control and
• contempt.

Going

from

- that lower voice,
which has been such a large element in my personality,

to

- trying to listen to
the other part,
let's say
 - the sweet part of myself,
 - the child's voice
that was squashed,

I am afraid

- that I will then
not deal with
the negativity,
- that I will
 - go overboard [i.e., go overboard in listening only to
the sweet part of myself, the child's voice]

and

- be false [i.e., and be false because I would be leaving out and
not dealing with the negativity in me].

32

ANSWER:

That [i.e., The fact that in wishful thinking you may overlook and not deal with
the negativity in you]

is always

- the danger,
- the difficulty
in the groping.

The wishful thinking

that

the positive voice
is the self's
only reality

must be taken into consideration,

and then [i.e., and then when this wishful thinking
that the positive voice is the self's only
reality is taken into consideration]

self-deception

will no longer present a danger.

It is possible
to hear
the divine voice
in many areas,
yet
the negative self
still exists.

The ego's block
against
recognition of
the negative
makes it impossible
for the divine
to come through.

If the ego
specifically
requests
wisdom
from
the divine part of the self
to find
the best way to deal with
unpurified aspects,

- the divine voice
will be heard and
- its wisdom
can be applied
to where it is most needed.

33

On this path
you have a number of good tools
to prevent you
from the danger of
overlooking
the undesirable aspects of yourself,
even as you
begin to awaken the

- wisdom and
- splendor

of your divine reality.

You learn again
and again
that

- one [*say for example, the divine part of you*]
does not eliminate
- the other [*here, the negative, lower self part of you*];

you learn
to deal with
apparent contradiction;

you learn
to keep a record
of your disharmonies
in your daily review;

you learn
the power of
repeated impressing
in meditation [*i.e., in meditation, impressing on your soul substance*]
that you
do want to be aware of
every aspect
your inner path
wants you to be aware of
at any given phase.

By using these tools
you can strengthen
your determination to

- observe
- the undesirable

and

- get to know
- the glory of God
in you.

34

Another good tool

is to

- heed
your reactions.

- Assess
your feelings.

If you are

- truly in
 - joy and
 - brightness,
- free of anxiety,
- in a happy state,

then

in that particular moment
you truly are
in touch with
your divinity.

And your inner path
does not invite you,
at that particular time,
to deal with anything else.

Maybe the next day
something blurs the picture.

Some

- unhappiness
comes to you,
- doubts,
- heaviness,
- anxiety.

It [i.e., That you experience some unhappiness, doubts, heaviness, anxiety]
is a sign
that you are
overlooking something.

Your life manifestation
is a reliable gauge,
it [i.e., your life manifestation]
shows

whether

- *you are living in*
self-deception

or

- *truly following your path*
according to your plan.

Examine

your state of
fulfillment
in your

- *relationships,*
- *partnership,*
- *work,*
- *pleasures,*

- *your inner state of*
 - *joyousness and*
 - *peace,*

and

- *your outer state of*
 - *fulfillment and*
 - *abundance.*

These [i.e., These states of fulfillment and unfulfillment in all areas of your life]
are gauges.

Where there is
unfulfilled longing,
there is something
you do not focus on.

35

The divine voice
will not lead you astray.

When you
• lose focus
or
• seem to [i.e., or seem to lose focus],
notice
the ego's
intentionality.

The divine voice
will not
• tell you
beautiful stories
about
your already purified state
or
• speak in generalities.

It [i.e., The divine voice]
will point out
with
• love
and
• firmness
exactly
where you have to go.

But
your ego-self
must
• want
and
• ask for
this guidance.

If you
want
the truth,
• open yourself,
and
• humbly ask:

- "What do I need to see in myself?"
- Where am I still blind?
- What can you tell me?"

The divine voice
will instruct you
in the most marvelous way.

Nothing
can strengthen
your faith in
the truth of God's existence
more than
this connection with God.

Then [i.e., Then, with this faith in the truth of God's existence
and this connection with God within]
you
create
a unification.

The teaching
you receive
from
within
will be a
• strengthening
and
• unifying
experience.

Listening to
the beautiful voice [i.e., Listening to
the beautiful divine voice of the Godself within]
will not get you away from
the unpurified part;

it [i.e., listening to the beautiful divine voice of the Godself within]
will bring both parts together [i.e., will bring both
the negative, lower self part and the Godself together],

- the negative energy
transforming
itself
to become part of
• the Godself.

The manifestation [i.e., The manifestation of this transformation of the negative
energy and its unification with the Godself]
will be
exactly
a result of
your intention.

If you want to use
the voice of beauty
in order
not
to deal with
the ugliness,
you will hear
only
beauty.

You will hear
what your ego-consciousness
is ready to receive.

The divine voice
cannot manifest
in any other way [i.e., The divine voice cannot manifest in a way other
than what your ego-consciousness is ready for and longing to receive].

36	<p>QUESTION: <u>I have difficulties</u> <u>in</u> • <u>interpreting the messages that I receive</u> <u>and</u> <u>in</u> • <u>believing in them.</u></p> <p><u>I receive messages,</u> <u>but only later</u> <u>do I realize that I did.</u></p>
37	<p>ANSWER: <u>That is the</u> <u>learning process</u> <u>I spoke about.</u></p> <p><u>By</u> • <u>experience,</u> <u>by</u> • <u>trial and error</u> <u>you can learn to understand the laws.</u></p> <p><u>There are certain rules.</u></p> <p><u>Those</u> <u>who have gone through the process extensively</u> <u>can be helpful,</u> <u>as, for example,</u> <u>the instrument through whom I manifest.</u></p> <p><u>However,</u> <u>even that is limited [i.e., even help from those</u> <u>who have gone through the growth process extensively is limited].</u></p> <p><u>For every person</u> <u>is</u> <u>different,</u> <u>has</u> <u>different</u> • <u>leanings,</u> <u>different</u> • <u>weak points</u> <u>of wishful thinking.</u></p>

And you
will be tested
as to the extent to which
you have to

- grobe,
- question yourself and
- learn.

The most valuable treasure
a human being can possess –
the connection with the divine voice –
cannot be handed out
ready-made.

It [i.e., The connection with the divine voice]
must be
earned through
the groping process.

You must learn
to question yourself
about the extent to which
wishful thinking
may be coloring the reception [i.e., may be coloring the reception
of the divine voice].

Beware also of
the opposite danger:

To what extent does
fear of wishful thinking
• color the reception [i.e., color the reception of the divine voice]
and
• obstruct the truth
that would only be too welcome?

If the voice [i.e., *If the divine voice*]
says something
so desirable
that you do not dare believe it,
it may still be true.

You must
• *test it out* [i.e., *test out the divine voice*]
and
• *explore*
your inner self.

Do you sense
any desire
to
• *cheat,*
or
to
• *avoid?*

Only
• *deep,*
• *inner*
experience
will
• *teach you and*
• *give you security.*

Try again
and again.

• *Listen,*
• *give it* [i.e., *give the divine voice*]
attention,
• *take it* [i.e., *take the divine voice*]
seriously.

Also,
do not be gullible.

Realize
that tests must come
for you to learn
what you need to learn.

38

If you discover
the voice [i.e., the divine voice]
only after the fact,
that, too, is all right.

It is then up to you
to rethink
the way that you heard it [i.e., rethink the way
you heard the divine voice].

You can meditate
for enlightenment,
slowly
you will learn the process.

If there were
hard-and-fast rules,
that security
would not come.

It [i.e., That security of the divine voice]
can come
only through
the process of

- groping,
- learning,
- making mistakes.

Eventually
the inner knowing [i.e., the inner knowing of the divine voice]
will come.

You will have
the feeling
deep in your center:

it will
feel

- right and
- good

and
you will know that
this is it [i.e., that this is the divine voice within];

you will learn to
trust it [i.e., learn to trust the divine voice within].

39

Now, my dearest friends,
I bless
all of you.

Divine
• love
and
• wisdom
are here
in abundance.

You
who work on this path
create
so much
• blessing for yourself,
so much
• light.

More
and more
you will
awaken from your sleep,
so that
you will never have to fall asleep again.

Rest
will not impair
the awareness of a
• joyous,
• peaceful,
• exciting,
• blissful
universe
• in which
you live
and
• which
lives in you.

You are blessed.

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

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.