

Pathwork Lecture 238: The Pulse of Life on All Levels of Manifestation

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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	<ul style="list-style-type: none">• <u>Greetings,</u>• <u>divine blessings</u> <i>for every one of you here,</i> <i><u>my very beloved friends.</u></i> <u>And special</u><ul style="list-style-type: none">• <u>greetings and</u>• <u>blessings</u> <i>for our friends here</i> <i>from across the sea [Peter and Eileen Caddy from Findhorn</i> <i>in Scotland].</i> <u>As I said before,</u> <u>there is a very</u><ul style="list-style-type: none">• <u>deep,</u>• <u>significant</u> <u>meaning</u> <i>to the meeting of</i> <i>these two light centers [i.e., the light center in New York</i> <i>and the light center in Findhorn].</i>

by Eva Broch Pierrakos

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The reality of this meaning [i.e., The reality of this meaning of the meeting of the light center in New York and the light center in Findhorn]

already exists
on the
inner
level of being.

On the
outer
level of manifestation,
it takes some time
before
the inner meaning
can fully materialize.

More

- steps,
- effort and
- groping

may be necessary
before
outer consciousness

- follows suit

and

- brings into fruition

what the plan is.

A mutual nourishment
can come about
that is of utmost importance.

It [i.e., The outer manifestation of the meeting of these two light centers]
has much greater meaning
than many other linkages,
for there are
specific contributions to be made
by each community
to the other
that will
not only
enhance

- the two light centers,

but will
eventually
benefit

- all other light centers.

04

The outer mind

- is sluggish
at times and
- does not
immediately
 - comprehend and
 - follow through.

But

the greater meaning
can indeed
become a reality
if you use
all

your

- feelers,

your

- inner sensitivity,

to attune to

the meaning

of this

- meeting, or

- linking

[of the New York and Findhorn

light centers].

A mutual

- giving and
- exchanging and
- learning

can become

an ongoing process

that will yield much more

than you can now imagine.

05

The new age
that has begun to manifest
is, among other things,
an age of

- connecting and
- linking
in many
 - ways,
- areas, and
on many
 - levels.

The connecting
must take place primarily

- on the inner levels,
- within the personality,

but also

- on the outer levels,

so that
eventually

- nations,
- religions, and
- all such differences
will disappear.

This does
not
mean
that

- individuality and
- very individual self-expression
will disappear.

By no means.

Quite the contrary is true.

06

In the age of
duality,
from which
you are practically moving out now,
• diversity
existed on
outer
levels,
while
• uniformity and
• conformity
often existed
within the personality,
wiping out
true
individual
expression.

The age of
• unity and
• unification
brings a much different picture.

Outer
• diversity or
• differences
will disappear,
for they lose their importance.

Outer
• belief systems
will no longer be confused with
inner
independence of spirit.

Personal identity
will no longer be attached to
• nationality, or
• religious affiliation.

Thus
a defiant rigidity
will no longer prevent people
from finding their soul's
oneness with
the all.

07	<ul style="list-style-type: none">• <u>Diversity and</u>• <u>the individual</u> <u>divine expression</u> <u>of each human being</u> <u>will gain</u> <u>a much greater importance</u> <u>in the new age.</u> <p><u>Out of</u> <u>group</u></p> <ul style="list-style-type: none">• <u>unification</u> <p><u>and</u> <u>group</u></p> <ul style="list-style-type: none">• <u>consciousness</u> <u>a much more clearly defined</u> <u>individual</u> <u>will evolve.</u> <p><u>These</u> <u>clearly defined individuals</u> <u>will contribute</u> <u>a greater unity</u> <u>to the group process.</u></p>
08	<p><u>In the lecture I am about to deliver, my very beloved friends,</u> <u>I will speak about</u> <u>a specific phenomenon</u> <u>that will clarify what I meant</u> <u>when I mentioned</u> <u>the very special mutual contribution</u> <u>of these particular two light centers.</u></p> <p><u>The topic of this lecture deals with</u> <u>the pulsation of</u></p> <ul style="list-style-type: none">• <u>life and</u>• <u>consciousness.</u> <p><u>Everything</u> <u>is pulsation:</u> <u>divine</u> <u>pulsation.</u></p>

*The universal spirit
pulsates into
matter.*

*Matter
is enlivened by
the pulse
of the divine.*

*The divine movement
pushes its way forth
into the void,
• expanding
and
• contracting.*

*Each expansion
• moves
the eternal life forward and
• enlivens
the void
with spirit.*

*As I said before,
the "momentary" meeting of
• divine substance
and
• the void
creates matter.*

09

*The pulse
is a phenomenon of life
that you are well aware of
on the physical plane.*

*The physical body
is alive
through the pulsations of the organism.*

- The heart
pulsates,
- the lungs
pulsate,
- the bloodstream
pulsates.

These are
known phenomena.

But you are not familiar with
the more finely calibrated
pulsations of life

in the

- body,

in the

- mind,

in the

- feeling self, and

in the

- spiritual push

that

- expands into the void

and thus

- makes the void

no longer

a void.

It [i.e., The void]
becomes
life.

10

Each
individual
life manifestation –
be it [i.e., whether the individual life manifestation be]
• a human entity or
• another organism –
is a pulse beat.

Life
penetrates
all organisms.

As long as
manifest life
lasts,
the pulse
of universal life
expands into
this particular organism.

It [i.e., The pulse of universal life expanding into
this particular organism]
is
one single pulse.

Yet
each life manifestation
contains
many
different
• pulse beats,
different
• laws,
according to which
different rhythms
create
their own pulsatory rates.

	<p><u>As</u> <u>the body</u></p> <ul style="list-style-type: none">• <u>has different pulse systems –</u> <u>and there are pulse systems in the physical body</u> <u>that are not yet known to you,</u> <u>for</u> <u>each</u><ul style="list-style-type: none">• <u>organ,</u><u>each</u><ul style="list-style-type: none">• <u>cell,</u><u>each</u><ul style="list-style-type: none">• <u>pore,</u><u>each</u><ul style="list-style-type: none">• <u>molecule</u> <u>has its own pulse system –</u>• <u>so have</u> <u>the layers of consciousness</u> <u>different</u> <u>pulse</u><ul style="list-style-type: none">• <u>beats,</u><u>pulse</u><ul style="list-style-type: none">• <u>systems,</u><u>pulsatory</u><ul style="list-style-type: none">• <u>laws.</u>
11	<p><u>The existence</u> <u>of your earth plane</u> <u>is one pulse beat</u> <u>of the universal clock.</u></p> <p><u>Every planet</u> <u>has its own</u> <u>regulatory system of pulse beats.</u></p> <p><u>The star</u><ul style="list-style-type: none">• <u>appears,</u><u>the star</u><ul style="list-style-type: none">• <u>disappears,</u><u>perhaps</u> <u>one beat</u> <u>has billions of years of duration.</u></p>

*But
time
is an illusion,
and
you perceive
this illusion of time
as different time spans.*

*So the pulse beat of
a planet
seems
of a very different nature to you
than
one single pulse,
pumping spirit life
into
your organism
through your heart.*

12

*As I have explained before,
every pulse beat
consists of
three
universal movements,
which bring life
into manifestation:*

*the
• expanding,
the
• contracting,
and
the
• static.*

In terms of
a single human life manifestation, for instance,

during

- the expanding movement
of a single pulse,
life
- penetrates
the body of matter.

During

- the contracting movement
life
- withdraws
into
the inner eternal realm
that is its source.

During

- the static movement
it [i.e., life]
- refuels,
- regenerating itself
with
 - the life principle and
 - the potent energies
of the nucleus,

until it is ready [i.e., until life is ready]
to thrust itself forward anew,
billowing further
into the void,

fulfilling its [i.e., fulfilling life's]
innate plan

until
divinity
has filled
all there is.

13

Each single pulse
of a total life manifestation
consists of
many sub-systems of pulse beats.

Just as
the body has its

- main pulsatory system –
the heart –

so does it have

- subdivisions
in every single organ,
making up
the totality
of the life manifestation.

If one of these pulse systems
does not function properly,
life
must be
impaired.

It is similar
on all other
levels
of being.

Each level [i.e., Each level of being]
has its
main pulsatory appearance.

- Consciousness,
- the feeling body,
- the system of the will –
every aspect of
 - life and
 - self-awareness –

consists of

- its main pulse,
- causing its very appearance
in matter,

but it also contains

- sub-pulse systems
- that are necessary for total functioning.

14

The perfection
of the life manifestation
depends on
the
• strength and
• fullness
of the pulse
of divine life.

If the pulse [i.e., If the pulse of divine life]
is

• strong and
• full,
life
will manifest this
in various ways.

• Health,
• beauty,
• intelligence,
• goodness,
• talent –
all these
divine aspects
are "pumped" into
the life manifestation,
just as the heart
pumps the blood
into the organism.

Any imperfection –
• ill health,
• unattractiveness,
• lack of intelligence,
• negativities,
• problems,
• poverty,
• lack of talent,
and so on –
reveals that
the main pulse
of divine penetration
is weak.

15

What governs
the strength
of a pulse beat?

It is, of course,
• consciousness,
• inner
will.

In a human life,
the underlying consciousness,
appearing in matter
in order to fulfill
a specific task,
may be
strongly motivated
to do so [i.e., strongly motivated to fulfill that specific task].

Then [i.e., Then when the underlying consciousness is strongly motivated
to fulfill its specific task in a given incarnation]

the pulse
is
• strong and
• full.

If consciousness
is only half willing
to fulfill
its own destiny,
the momentary pulse
of specific life manifestations
will be weak.

The rhythms
of each pulse system
are therefore dependent on
• intentionality,
• determination,
• will,
on all levels of being.

*The weakness
of the pulse
brings about
a quicker –
first perhaps
• partial,
but then
• total –
• withdrawal,
that is,
• contracting movement.*

*A short life span
is a typical demonstration
of this principle [i.e., of this contracting principle].*

16

*So you see, my friends,
a human life
pulse beat
can be influenced by
the consciousness
that is truly
the prime regulator.*

*And as
• you,
• my friends on this path,
delve deeper
into the intricate levels of
your inner consciousness,
you become
more aware of
the intentionality
that is usually hidden behind
the manifestation.*

*In other words,
the pulse beat
that is represented in your life manifestation
is a direct expression of
your intentionality.*

The degree of

- trust,
- well-being,
- vitality,
- perfection,
- creativity,
- fulfillment, and
- all the other aspects

I mentioned before,
as well as

- many others,
is entirely dependent on
 - the impetus,
 - the strength,
 - the powerof the pulse
of your spirit
that enlivens
the shell of matter.

Too often,

when the thrust of spirit
should

- be strong and
- cause a
 - strong,
 - billowing

pulse beat,
unconscious levels
of the personality
interfere.

These levels [i.e., These unconscious levels of the personality
that interfere with the thrust of spirit]

need to be
made
conscious.

Then [i.e., Then when these unconscious levels of the personality that interfere with the thrust of spirit have been made conscious] the personality has a choice.

It is in its power [i.e., It is within the personality's power]

to

- strengthen
the pulse beat

and thus

- extend and
- perfect
the life manifestation.

17

Each pulse
is a billowing force.

When you observe
a life

where there is

- illness,
- lack of
 - energy,
- lack of
 - vitality and
 - creativity, or
- lack of
 - any other divine attribute,

you can be sure
that the main life pulse
is weak.

As the movement
withdraws back into
the inner reality of the spirit,
the matter
that was enlivened
dissolves into
its particles.

Yet these particles [i.e., Yet these particles that the matter that was enlivened
dissolved into]

will never be the same
as they were
before
life

- inhabited and
- pulsated through
them.

The life
that has gone back into itself
is waiting

to billow forth again
on its next
cosmic pulse beat,

- creating
new form,
- enlivening
more matter,
- filling
the void
forevermore.

That
is the evolutionary plan
until

divine life,
permeating all existence,
has totally pulsated through.

It is a process of
constant

- billowing,
- thrusting,
- expanding and
 - withdrawing,
- pulsating forward and
 - pulsating back.

Pulling back
is part of the pulse,
but it [i.e., but the pulling back]
can be
regulated
and the pulse
strengthened
by
inner

- *intent and*
- *attitude.*

Each

- *level of consciousness,*

each

- *self-expression,*

each

- *emotion,*

each

- *expression of will,*
- *everything that exists,*

even the

- *tiniest,*
- *invisible*

particle,
is

- *consciousness,*

and therefore

- *a pulsating expression.*

18

The subdivisions
in the life pulse
of your current manifestation
are manifold.

Every level
of your consciousness
has its own
pulsatory reality.

Your

• thought processes,
the life of your
• feelings,
the expressions of your

• will –

how do they all [i.e., how do your thought processes,
your feelings, and the expressions of your will]

• combine?

How do they [i.e., How do your thought processes,
your feelings, and the expressions of your will]

• interact?

When you manifest
in matter,
you bring into your manifestation
many aspects of consciousness.

Consciousness
permeates
all being.

Your divine self
chooses
certain aspects
• to manifest,
and
others
• not to manifest.

You
choose
• "finished,"
• purified
aspects of your eternal being.

	<p><u>But you also</u> <u>choose</u></p> <ul style="list-style-type: none">• <u>unfinished aspects,</u> <u>and you incorporate them</u> [i.e., <u>you incorporate these unfinished aspects of your eternal being</u>] <p><u>into the unit</u> <u>that becomes</u> <u>your personality.</u></p> <p><u>Therefore</u> [i.e., <u>Because you choose BOTH “finished” and purified aspects of your eternal being AS WELL AS unfinished aspects of your eternal being to incorporate into the unit that becomes your personality</u>]</p> <p><u>many divergent aspects</u> <u>coexist</u> [i.e., <u>coexist in the unit that becomes your personality</u>].</p>
19	<p><u>In your pathwork</u> <u>you find</u> <u>these divergent aspects,</u> <u>often to your surprise.</u></p> <p><u>On the conscious level</u> <u>you are convinced</u> <u>that you</u> <u>think</u> <u>in only one way</u> <u>about specific aspects of</u></p> <ul style="list-style-type: none">• <u>yourself,</u>• <u>others, and</u>• <u>life.</u> <p><u>Yet when you go inward,</u> <u>you find that</u> <u>totally opposite</u></p> <ul style="list-style-type: none">• <u>thoughts,</u>• <u>feelings,</u>• <u>will expressions and</u>• <u>attitudes</u> <u>exist</u> <u>on deeper levels of your being.</u>

It is therefore
of utmost importance
to

- allow
into your consciousness
aspects
that you are not yet familiar with,

and

- incorporate them [i.e., incorporate these heretofore unconscious
aspects of yourself that you are not yet familiar with]

into
the process
of your

- purification and
- transformation
work.

Otherwise
the work [i.e., the work or task of your life plan for this incarnation]
remains half done.

20

In former times
it was not only

- sufficient,

but it was

- the task of humanity
to focus on

- the outer awareness and
- the will level,

to

- strengthen and
- purify
that aspect of the human personality,

as the prerequisite for
what was to come later.

The outer levels
of personality
had to
first
attain strength.

	<p><u><i>In former times</i></u> <u><i>all that could be expected</i></u> <u><i>was for</i></u> <u><i>the conscious</i></u> <ul style="list-style-type: none">• <u><i>will and</i></u>• <u><i>mind</i></u> <u><i>to be</i></u><ul style="list-style-type: none">• <u><i>pure and</i></u>• <u><i>good.</i></u></p> <p><u><i>Now</i></u> <u><i>humanity is</i></u> <u><i>becoming ready for</i></u> <u><i>the next step.</i></u></p>
21	<p><u><i>Development on the</i></u> <u><i>conscious</i></u> <u><i>plane</i></u> <u><i>can open certain channels</i></u> <u><i>that reach,</i></u> <u><i>at least in part,</i></u> <u><i>to the inner reality</i></u> <u><i>of the divine self.</i></u></p> <p><u><i>Those</i></u> <u><i>who have the discipline</i></u> <u><i>to do the work on the</i></u> <u><i>conscious</i></u> <u><i>level</i></u> <ul style="list-style-type: none">• <u><i>could, and</i></u>• <u><i>can,</i></u> <u><i>establish channels to</i></u> <u><i>the divine.</i></u></p> <p><u><i>However,</i></u> <u><i>when</i></u> <u><i>unconscious</i></u> <u><i>material</i></u> <u><i>remains unattended,</i></u> <u><i>the pulsation</i></u> <ul style="list-style-type: none">• <u><i>lowers and</i></u>• <u><i>weakens.</i></u></p>

The pulsation
can be strong
only to the degree
the total consciousness [i.e., including both conscious and
unconscious aspects of consciousness]
is in harmony with
divine reality.

This [i.e., The degree to which the total consciousness (including both conscious and
unconscious aspects) is in harmony with divine reality]
influences

- **the reliability**
of the channel,
- as well as its**
- **scope,**
- **width and**
- **depth.**

A channel may be
• **reliable**
in a specific area only,
and
• **quite limited**
in others.

22

It is therefore
quite correct
to predict that
in the age of
unification,
in which
self-purification
on inner levels
must occur,
the average age of human beings
will be much longer.

Through
inner purification,
the life pulse
will be strengthened.

The life span
will extend way beyond
your present conception.

Very simply,

- when the whole personality
is in harmony with itself,
- when there are
no divergent levels,
- when it [i.e., when the whole personality]
is
totally conscious of
all of itself,

then

- the pulsation
can come through strongly.
- The spirit
can fully
 - enliven matter,
 - energize it [i.e., fully energize matter],
 - vitalize it [i.e., fully vitalize matter].

23

In the present stage
of humanity's development,
when
even in the best of circumstances
only
some levels
are conscious,
the unconscious levels
prevent
the strong pulse beat
of divine life
to expand

- further and
- deeper.

You have brought
certain negative aspects
into your present incarnation
for the purpose of
making them known
to yourself.

If you
do not become aware of
these negative aspects,
they will
eventually

- weaken
the organism

and

- create
either
 - illness,

or, perhaps –
on an unconscious level –

- the will to die.

Thus
the life span
becomes more limited
than it need be.

24

In the new age
it is of utter necessity
that
unconscious
levels of the personality
be

- discovered and
- included
[in order] to accomplish
the process
 - that is developing,
 - that is organically
waiting to materialize.

The time has passed
when it was enough
to give attention to
the
conscious
level of being
only.

Much more
• intricate and
• subtle
approaches
are necessary
for
• an individual, or
• a group, or
• a community
to
• grow in harmony and
• completely fulfill its task.

25

To the degree
aspects of personality
remain unconscious,
limitations exist

not only in
• the life expression,

but also in
• one's connectedness
with
• divine reality,
and even with
• the needs of one's own organism.

The
conscious
self
may

- be very pure and
- manifest
a beautiful channel.

But to the degree
unconscious
levels are ignored,

- the channel must have its limitations;
- the personality
will be limited
in his or her perception
of the
 - real needs
of the
 - spirit,
of the
 - higher self,
or even [the real needs]
of the
 - body.
 - False needs
will predominate and
the personality
will be confused.

Thus
the mind
will no longer be able to assess
what need is

- real

and
what need is

- false.

The fine attunement
to the needs of your organism –
both
• physical
and
• spiritual –
can be relied on
only to the degree
you have the courage
to go all the way
to
• see,
• familiarize yourself with, and
• accept
all
aspects of yourself
that you have carried
into this life
as your task.

26

To build a bridge
to these aspects
you need
• faith,
• courage, and
• inner wisdom,
all of which
can be
activated
by your commitment to
this path.

What prevents you from
making the connections with
the inner layers of your consciousness
is
fear.

Fear of self
is

- the greatest,
- the most dominant factor

when you attempt to spiritualize your being in ways which avoid taking cognizance of what in you seems less palatable.

Such approaches [i.e., Approaches to spiritualizing your being in ways which avoid taking cognizance of what in you seems less palatable]

cannot be

- whole or
- complete.

For if you have fear of some parts of yourself you divide yourself.

27

As most of you know, at first you may not even know that you have this fear of self.

You are very quick to rationalize these fears away.

Thus you lose contact with

- the real need of your spirit

and create

- false needs – needs to
 - escape,
- needs to avoid parts of yourself.

Just as the
• body
can create
• false needs
to the point of
compulsion,
as for
• drugs,
• harmful stimulants, or
• unwholesome food,

so can the
• mental and
• emotional
organism
become polluted
by its
• false need
to escape from
some levels of the inner being.

The consciousness
then becomes involved in
these false needs.

28

As you become
more
• thoughtful and
more
• open to
other possibilities,
you can learn perhaps,
as a first substantial step,
that there are indeed
areas
that you fear in yourself.

When you

- can acknowledge
these fears and
- do not push them aside,
you begin to build the bridge
to the part of your inner being
that has remained estranged from you.

What then follows suit

is no longer quite so difficult.

Once

- you know your
fear
and
- you
 - question
and
 - challenge
the fear,
- you create
a strong new pulse beat
on a new level of your being.
- You let in
 - the spirit,
 - the life
of eternal reality,
where it
could not have penetrated before,
because your fears –
or, more exactly,
the denial of your fears –
prevented
the full beat of the pulse
of your incarnation
to enliven
 - all
of you,
 - every particle
of your
 - mental,
 - emotional and
 - physical
organism.

When you learn
to overcome
this inner fear
and thereby
to dissolve
the inner defenses
that can be
so
• intricate and
so
• subtle and
so
• sophisticated,
then you make room for
an entirely new
expression of divine life
that wants to penetrate
all
of your being.

29

So you see, my friends,
if
• you work deeply,
and
• the fear begins to disappear
as a result of
your courage to challenge it [i.e., as a result of your courage
to challenge the fear],
you liberate
new energies
in your
inner world.

**You will begin
to feel**

these energies [i.e., to feel these energies you liberate in your inner world as a result of your courage to challenge the fear you have of areas of yourself that you may at first dislike or distain]

as you

• **meet** [these] **new levels of personality**
that you

may first

- **dislike or**
- **disdain,**

and

• **learn to**

• **challenge them** [i.e., learn to challenge these areas in yourself that you at first dislike or distain]

and

• **deal with them** [i.e., learn to deal with these areas in yourself that you at first dislike or distain].

As this happens [i.e., As you learn to challenge and deal with these areas in yourself that you may at first dislike or distain],

an entirely new pulse beat

expands into your total organism,

filling you with

new

• **life**

and

new

• **consciousness.**

30

These inner linkings [i.e., These inner linkings with areas in yourself that you may at first dislike or distain]
are very much needed in the world today.

The spiritual movement

needs this approach [i.e., needs the approach of learning to see, challenge, and deal with areas in yourself that you may at first dislike or distain]

particularly

to complete

the total spiritualization

of the inner personality.

Then [i.e., *Then when you have completed the total spiritualization of the inner personality by learning to see, challenge, and deal with areas in yourself that you may at first dislike or distain*]

the power of the

• *Christ consciousness,*

the power of the

• *word of Christ,*

can manifest

unhampered

on

all

personality levels.

This [i.e., *The manifestation of the power of the Christ consciousness and of the power of the word of Christ unhampered on all personality levels because you have completed the total spiritualization of the inner personality by learning to see, challenge, and deal with areas in yourself that you may at first dislike or distain*]

is what

we in our world

• *work for,*

• *seek to inspire*

you for, and

• *seek openings for*

in many different ways,

even if these ways, at times,

seem disconnected from

the spiritual reality

that you know.

For example,

at the beginning of the century [i.e., *at the beginning of the 20th Century*]

you experienced

a new influx from

psychology.

**Granted that this knowledge [i.e., Granted that this psychological knowledge]
has its limitations,
it [i.e., psychology]
nevertheless
pointed to
the reality
of divergent levels of the personality,
without which
total
spiritual
• unification and
• purification
cannot take place
• genuinely and
• realistically.**

**Thus it [i.e., Thus psychology]
was
• divinely inspired and
• necessary
for the great task ahead.**

31

**We in our world
can no longer be content with
the purification
of the
conscious
level.**

**More is needed
in this age.**

And as you
experience
• in your
outer world,
• in symbolic reflections,
how
the lower self
of nations
becomes exposed,
so it happens
with each individual.

It [i.e., The exposure of your lower self]
may make you
sad at first,
but how can
true purification take place
unless the sadness
that has existed all along
about the
• impure,
• limited
aspects
reaches the foreground
of consciousness?

You must
take the existence of your lower self
seriously –
not in the wrong way
by fearing it [i.e., by fearing your lower self],
but meeting it [i.e., but meeting your lower self]
in trust,
knowing that
its energies [i.e., knowing that your lower self's energies]
• are divine and
• can be
• altered,
• transformed, and
• are essential.

*You must make sure
that no part of you
remains*

- *disconnected,*
- *rejected and*
- *denied.*

*For to any part of you
that you
deny
you give
much more power.*

The denied part

- *will manifest
indirectly and*
- *will somehow
deprive you
of*

- *something you need:*

of

- *vitality,*
- *health,*
- *happiness,*
- *joy,*

or perhaps [deprive you]

of

- *some inspiration
that you would need
but that cannot come through.*

32	<p><i><u>So, my dearest friends,</u></i> <i><u>perhaps I can answer a question,</u></i> <i><u>at this opportunity,</u></i> <i><u>from my beloved friends from across the sea.</u></i></p>
33	<p>QUESTION: <i><u>You spoke about</u></i> <ul style="list-style-type: none">• <i><u>Findhorn across the sea,</u></i><i><u>and spoke then also about</u></i> <ul style="list-style-type: none">• <i><u>the</u></i><ul style="list-style-type: none">• <i><u>work and</u></i>• <i><u>cooperation</u></i><i><u>between our two centers.</u></i></p> <p><i><u>There has been an exchange</u></i> <i><u>between our members,</u></i> <i><u>we discussed holding</u></i> <i><u>a full-scale European conference next year.</u></i></p> <p><i><u>Have you</u></i> <i><u>any other suggestions</u></i> <i><u>as to how we may</u></i> <ul style="list-style-type: none">• <i><u>work together and</u></i>• <i><u>cooperate</u></i><i><u>in the days ahead?</u></i></p>
34	<p>ANSWER: <i><u>Yes.</u></i></p> <p><i><u>I have actually</u></i> <i><u>already given some such suggestions to you,</u></i> <i><u>but I will say it again.</u></i></p>

It would be of the greatest

- *significance and*
- *importance*

if some of these methods
of dealing with the purification process
of the inner levels of the personality
could be

- *learned and*
- *used*

at your Center [i.e., your Center in Findhorn].

This would give

an entirely new

- *dynamic and*
- *approach*

to the work you are doing.

The exchange that has already taken place
has been quite effective

in what

this Center [i.e., this New York Center]

has learned from yours [i.e., learned from your Center in Findhorn].

It has been very beneficial [i.e., very beneficial to
the New York Center].

But now perhaps

the other way

can also be instituted,

and then more

- *fusion and*
- *exchange*

could take place

that would become

a true mutuality.

You would of course

both retain

your individual "centership,"
if I may use this word.

However,

you will increasingly

mutually benefit from each other

in dynamic ways

that will find ever new expressions.

Your Center [in Findhorn]
holds a great influence
over many other light centers
and could thereby [i.e., and could, by spreading what you learn
from this New York Center about this purification
process of the inner levels of the personality]
become very instrumental
in extending this so essential aspect
of the inner work.

In the long run,
without this inner work,
the outer work
will dry up.

Many difficulties
cannot be resolved
unless
this inner work is done.

You know that
every human being
is a
divine channel.

Each
has its own
"specialty,"
each
has its own
preponderance
of the infinite divine manifestation.

	<p><u>The specialty of</u> <u>this channel</u> [i.e., <u>The specialty of this Eva Pierrakos' Pathwork channel</u> <u>in the New York Center</u>]</p> <p><u>is precisely</u> <u>the</u> • <u>purification work,</u> <u>the</u> • <u>method</u> <u>of it</u> [i.e., <u>the method of the purification work</u>], <u>the</u> • <u>approach</u> <u>to it</u> [i.e., <u>the approach to the purification work</u>], <u>the</u> • <u>timing</u> <u>of it</u> [i.e., <u>the timing of the purification work</u>], <u>the</u> • <u>laws</u> <u>governing it</u> [i.e., <u>the laws governing the purification work</u>].</p> <p><u>I say that this</u> [i.e., <u>I say that the specialty of this Eva Pierrakos' Pathwork channel</u> <u>in the New York Center</u>]</p> <p><u>would be of</u> <u>great,</u> <u>great benefit</u> [i.e., <u>great, great benefit to the Center in Findhorn</u>].</p>
35	<p><u>QUESTION:</u> <u>I accept what you say</u> <u>in gratitude.</u></p> <p><u>Have you any suggestions</u> <u>of people who could come over now, soon, to Findhorn?</u></p>
36	<p><u>ANSWER:</u> <u>This can be arranged,</u> <u>I am sure,</u> <u>among you human beings.</u></p>

*And also, perhaps,
you can send some of your key people here
for periods of study
at this [New York] Center.*

*It [i.e., The exchange of information between centers]
can happen both ways.*

*If you
• think and
• feel
in this direction,
and
• open yourself up,*

*many
• wonderful and
• joyful
inspirations
will come
that will enliven
both these
most beloved centers.*

37

***QUESTIONER:**
Thank you,
we look forward to that emerging.*

38

*My beloved friends,
angels of God
are filling this space.*

*It is truly an
inner
space [i.e., The space that the angels of God
are filling is truly an inner space],
which is reflected,
from your point of view,
on the outside.*

These angels

- cooperate and
- are deeply concerned with
the task
 - that every one of you
has to fulfill,
 - that is waiting for you
in a time of great
 - meaning and
 - inner expansion and
 - purpose.

Each of you

can be,
and many of you
will be,
carriers,
in one form or another,
of
new

- truths and

new

- ways.

Every one of your

• tasks
is of
the greatest importance,
and

- the happiness of each of you
is of
the greatest importance.

Your happiness

will be
a natural expression
of your devotion to the

- truth
of your transformation

and [a natural expression]
of your devotion to the

- task
that is waiting.

So happiness
will be
• a result,
and at the same time also
• a prerequisite.

For only
the joyous
can give joy;
only those
in truth
can bring truth;
only
• the loving and
• loved
ones
can give love.

Let yourself
experience this [i.e., experience this joy, truth, and
the giving and receiving of love]
• every day and
• every hour
of your life.

The love of the universe
permeates
all that
• is,
all that
• ever was, and
all that
• ever will be,
all that
• you are,
every
• level
of your blessed being.

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