

Pathwork Lecture 243: The Great Existential Fear And Longing

1996 Edition, Original Given October 6, 1977

This lecture is given in an **expanded poetic format**, what I call a **Devotional Version** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**.

The blessings to me in developing this version have been truly profound, and my wish is that this Devotional Version will be a blessing to others. **I invite you to slowly read and ponder this version of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to live you.**

For clarity: The **original text** is in **bold**, usually **italicized**. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/> Gary Vollbracht

¶	Content
03	<p><i>[Note: the previous lecture – 242 – was given 16 months earlier in June, 1976. Eva was shocked by her doubts concerning eternal life that were brought into sharp focus by the cancer she faced during this long period near the end of her life. These were challenging times for Eva and the community, exacerbated by the 16-month gap in the Guide’s lectures.]</i></p> <p>Greetings, my very beloved friends.</p> <p>I am here with you, I have always been with you, during all this time that was such a difficult test for all of you.</p> <p>I am here, once again, in immediacy so that you can • hear and • receive my words.</p> <p>This interruption [of over a year] was necessary for many reasons.</p>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Version Posted 12/4/14

*Some of you
may sense
some of the reasons,
but the
full impact
will dawn on you
only much later.*

*In the meantime,
the purpose
of the interruption
of my direct messages*

- takes shape
in your
souls
gradually and,*
- even more slowly,
begins to manifest
in your
lives.*

04

*There was,
understandably,
fear*

- in all of you,
not only*
- in the instrument
through which I manifest –*
 - fear
that*
 - I will no longer manifest to you,*
 - fear
of*
 - untimely death,*
 - chaos,*
 - disruption,*
 - meaningless suffering.*

	<p><i>Again,</i> <i>not only</i> <i>• my instrument</i> <i>had to</i> <i>experience</i> <i>these feelings,</i> <i>but</i> <i>• everyone of you</i> <i>was given an opportunity</i> <i>to recognize these reactions</i> <i>in yourselves</i> <i>through your</i> <i>identifying with the instrument.</i></p>
05	<p><i>It is</i> <i>so important for you</i> <i>to truly grasp that</i> <i>• these reactions,</i> <i>• these feelings</i> <i>exist in you always;</i> <i>they are there,</i> <i>whether or not</i> <i>an outer event</i> <i>brings them to the fore.</i></p> <p><i>Such outer events</i> <i>are simultaneously</i> <i>the result of</i> <i>• the existing feelings and</i> <i>• inner attitudes and of</i> <i>• the means [you use] to</i> <i>• deal with and</i> <i>• overcome</i> <i>them [i.e., overcome the inner feelings and attitudes].</i></p> <p><i>If</i> <i>what caused</i> <i>a negative experience</i> <i>is not elicited</i> <i>into the foreground of consciousness,</i> <i>it [i.e., the cause of a negative experience]</i> <i>can never be given</i> <i>a chance to transform itself.</i></p>

06

*In this case [i.e., in the case where you do not know
the cause of a negative experience]*

you fear

• *that perhaps the world is an*

- *arbitrary,*
- *chaotic,*
- *senseless*

place

without rhyme or reason;

• *that there is*

- *no God,*
- *no eternal life,*
- *no eternal soul,*
- *no meaning*

to the experiences you encounter.

As you so well know

*from previous discoveries on your path,
your attitude*

may be totally different

*on one level of your personality
from that on another level.*

This certainly applies to

faith in

- *God and*
- *His creation –*

and, as part of that, to

faith in the

- *meaning and*
- *purpose*

of all that comes to pass

in your lives

in an

- *endless,*
- *ongoing*

chain

• *of being,*

• *of consciousness.*

07

*It is the
ultimate aim
of self-realization
to establish
the truth*

- of God,
- of eternal life,
- of the
benign
meaning
of everything
in every crevice
of consciousness.

*This process [of establishing the truth of God and eternal life, and
the truth of the goodness of all things]*

*is the
very reason
for*

- incarnation and
- purification.

*What do you think
purification
is all about?*

*It is
not
just to become
"good."

"Being good"
in and by itself
is almost meaningless.*

*The deeper you go
in your work
of fulfilling yourself,
the more you
become aware of
goodness often being a matter
of different*

- approaches and
- values,
of
- the mores of a particular culture.

*Sometimes
what is considered
"bad"
by a certain society
may be of
the highest value
on deeper levels of reality,
and vice versa.*

*Absolute good
can be found
only
on the most profound
levels of
truth,
through the
• mundane and
• personal
"little truths"
often so difficult to face.*

*The greatest truth
of God's
• reality and
• immediacy
brings you to
the ultimate good
that is beyond
all
• question and
• doubt.*

08

*The path
I have the privilege to
• bring to you and
• help you on
prepares you
for this process.*

*Little by little
you deal
first
with the*

- *personal,*
- *individual*

*violations
of*

- *integrity and*
- *truth,*

level by level.

*The more open you are
to this process,
and, consequently,
the more you*

- *recognize and*
- *loosen up*

*your defenses
so that a
state of open flow
is established,
the easier it becomes
to lift out
the existential fear
that grips
all
humankind.*

*This [existential fear that there is no God, no eternal life and that all of life is
meaningless, purposeless, arbitrary, random, and chaotic]
is the
common denominator
that unites
all
human beings
on the
deepest level.*

	<p><i>When</i></p> <ul style="list-style-type: none">• <i>you meet</i> <i>this deepest</i> <i>of all</i><ul style="list-style-type: none">• <i>doubts and</i>• <i>fears,</i> <i>existing in</i> <i>all</i> <i>human beings, and</i>• <i>you deal with it</i><ul style="list-style-type: none">• <i>individually and</i>• <i>personally,</i> <p><i>then</i> <i>a new phase</i> <i>in the total process</i> <i>can begin.</i></p>
09	<p><i>It is</i> <i>very different</i></p> <ul style="list-style-type: none">• <i>to</i><ul style="list-style-type: none">• <i>be clearly aware</i> <i>of this</i><ul style="list-style-type: none">• <i>fear and</i>• <i>doubt</i><i>and, for a while,</i>• <i>live with it and</i>• <i>deal with it</i> <i>again and again,</i>• <i>from</i><ul style="list-style-type: none">• <i>being in</i> <i>the previous state</i> <i>in which these</i><ul style="list-style-type: none">• <i>doubts and</i>• <i>fears</i> <i>are</i><ul style="list-style-type: none">• <i>covered up</i> <i>and consequently</i>• <i>manifest indirectly.</i>

To

- **know,**
 - **feel,**
 - **experience and**
 - **suffer**
- these**
- **doubts and**
 - **fears**
- is the**
first step
on this
vital new phase
in your evolution.

Your

longing for eternal life
must be
totally conscious.

This [conscious longing for eternal life]
is by no means so [in most human beings],
as a general rule.

Usually

the longing [for eternal life]
is

- **suppressed and**
- **repressed.**

It [i.e., the longing for eternal life]
then becomes

transformed
into subsidiary longings,
such as
longing

- **for health,**
- **for happiness,**
- **for abundance,**
- **for avoiding**

physical death
as long as possible.

10

Obviously,
every one of these [subsidiary] longings
is most legitimate.

Do not infer from my words

- **that they [i.e., that these subsidiary longings]**
are
 - **wrong and**
 - **immature and**
- **that you should attempt**
to eliminate them.

Quite the contrary
is true.

These [subsidiary] longings
are most legitimate.

However,
there is

an enormous difference

- **between**
 - **seeing them [i.e., seeing the subsidiary longings] as**
the original ones [i.e., as the original longings for eternal life],
- **or**
 - **seeing them [i.e., or seeing the subsidiary longings] as**
natural byproducts
of a genuinely basic
state of soul [i.e., the soul's basic state
of longing for eternal life]

that

- **could exist,**
- **is meant to exist, and**

that

the personality

- **first**
unconsciously, and
- **finally**
consciously,
longs for.

11

***When this [basic soul] longing [for eternal life]
is unfulfilled,
the separation
between***
• *the created being*
and
• *the Christ*
***exists
in a part of
the total personality.***

***It [i.e., the separation] exists
not only
between***
• *the Christ*
and
• *the individual,
to the extent
he or she
is still in darkness,*

***but also
within the personality.***

***The personality is split [within itself];
one part [of the personality]
is in the
light of knowing –
and there [in that part of the personality]
the longing [for eternal life]
is fulfilled.***

***The other part [of the personality]
is still in
darkness,
therefore [that part of the personality is still]
in***
• *fear,*
• *doubt,*
• *suffering;*
***for that part [of the personality] the longing [for eternal life]
is unfulfilled.***

12

*When you are
not even conscious of
the dark part [of your personality],
it [i.e., the dark part of your personality] creates
commensurately [dark and]
painful
experiences.*

*For
experience
is constantly being created
as an ongoing process
from the*

- *consciousness,*
- *attitudes,*
- *thoughts,*
- *beliefs and*
- *feelings*

of the person.

*How painful it is
when
the [negative and painful] result
of
these inner [negative, unconscious, and dark]
creative agents [i.e., the cause: the person's negative feelings, etc.]
is
so separated from
what created the experiences [i.e., the cause: negative feelings, etc.]
that
the person
is under the illusion
that
the [painful] experience
comes to him
without rhyme or reason!*

*This [state of consciousness, or actually state of unconsciousness] is
the most painful
state of consciousness.*

*It leads to the assumption
that the universe
is a world of*

- *chaos and*
- *meaningless arbitrariness.*

13

*When a human being
dies
in that state of darkness,
the disruption
of conscious connection
will
temporarily
create the impression
of non-existence
in the life
outside the physical body.*

*That is,
the personality aspects
that are in*

- light and*
- true knowledge*

*will
experience
life after death
accordingly,*

*while
the personality aspects
that live in
the darkness
of unconscious*

- fear and*
- doubt*

*will
remain
unconscious
after
separation from the body.*

*Because of this process,
the illusion
is perpetuated
that physical death
is an
extinction
of consciousness.*

	<p><i>The aspects [of the personality] that have not yet awakened [and which are, therefore, still unconscious] are then</i></p> <ul style="list-style-type: none">• <i>incorporated into the reincarnating personality and</i>• <i>carried with it, to be dealt with [i.e., to be brought to consciousness and transformed]</i> <p><i>when the total personality is ready on its evolutionary journey.</i></p>
14	<p><i>When this</i></p> <ul style="list-style-type: none">• <i>separated,</i>• <i>fearful,</i>• <i>doubting</i> <p><i>part [of the personality] remains unconscious, the longing for eternal life is also unconscious.</i></p> <p><i>As the</i></p> <ul style="list-style-type: none">• <i>fears,</i>• <i>doubts and</i>• <i>terrors</i> <p><i>manifest indirectly, so does the longing for eternal life [manifest indirectly].</i></p>

***It [i.e., the longing for eternal life] may manifest
in various ways,
such as***

[1.] the

- conscious,***
- subsidiary but***
- legitimate***

longings

***I mentioned before [i.e., longings for health,
happiness, abundance, or avoiding
death as long as possible]***

or in

***[2.] displaced longings –
longings for***

- false,***
- unreal***

fulfillments.

***The longing may
also manifest in***

[3.] compulsive drives.

***Whatever it [i.e., whatever the distorted and indirect longing for eternal life]
may be,***

***it is important
to make conscious
the***

- underlying,***
- real***

***longing
for
eternal life.***

15

*All this [inner work along the path]
will make it clear
that
there is a
direct connection
between*

- *the dark corner of*
- *fear,*
- *doubt,*
- *terror,*

and

- *the longing [for eternal life].*

*To the degree
the*

- *fears,*
- *doubts and*
- *terrors*

are unconscious,

the

- *longing [for eternal life]*

is unconscious.

*To the degree
they [i.e., the fears, doubts and terrors]
are conscious,
the longing [for eternal life]
is conscious.*

*To the degree
they [i.e., the fears, doubts and terrors]
are conscious,
the first step
toward transforming
the level of*

- *fears,*
- *doubts and*
- *terrors*

into

- *faith,*
- *knowledge of truth,*
- *security, and*
- *peace*

can be undertaken

- *systematically,*
- *meaningfully and*
- *intelligently.*

	<p><i>Obviously, it is exactly this process through which the longing [for eternal life] is fulfilled.</i></p>
16	<p><i>As it required</i></p> <ul style="list-style-type: none">• <i>courage,</i>• <i>integrity,</i>• <i>openness,</i>• <i>goodwill,</i>• <i>positive intentionality and</i>• <i>utter commitment to the truth</i><ul style="list-style-type: none">• <i>to get to know yourself,</i>• <i>to face the lower self</i> <p><i>and thereby begin</i></p> <ul style="list-style-type: none">• <i>to transform it,</i> <p><i>so does it require</i> <i>exactly the same</i></p> <ul style="list-style-type: none">• <i>courage,</i>• <i>integrity,</i>• <i>openness,</i>• <i>goodwill,</i>• <i>positive intentionality and</i>• <i>utter commitment to the truth</i> <i>to</i><ul style="list-style-type: none">• <i>face,</i>• <i>live through, and</i>• <i>transform</i> <i>the</i><ul style="list-style-type: none">• <i>deep,</i>• <i>universal,</i>• <i>existential</i><ul style="list-style-type: none">• <i>fears,</i>• <i>doubts and</i>• <i>terrors.</i>

17

*Let us now deal with
two further points
in this connection [with facing and dealing with existential fear].*

*The first [point]
is a*

- *vision, or*
- *concept,*
about
the state of fulfillment
which
alone
 - *eliminates the*
 - *fears and*
 - *terrors and*
 - *stills*
 - *all doubt.*

*Without even a
vague idea*

*that such a
state [of fulfillment where there are no fears, no terrors, and no doubts]
exists,
it is impossible
to be conscious of
your longing for it.*

*Nor can you
visualize it – which brings me to*

the second point:

*How to work on
establishing awareness
both of the*

- *dark level of*
 - *doubt and*
 - *fear*

and of the

- *longing [for eternal life].*

And further,

*how should you work on
directly establishing the state*

- *in which*
this basic longing [for eternal life] is fulfilled, and
- *from which*
all other fulfillments naturally derive.

18

*I will first
describe
the fulfilled state.*

*Let us be quite clear
that
we are
not discussing
any outer
state of fulfillment.*

- *Health,*
 - *abundance,*
 - *success,*
 - *a sense of self-worth,*
 - *emotional fulfillment in love with a mate,*
- all these are desired
by all human beings.*

*Yet
even when achieved,
they [i.e., these many outer states of fulfillment]
mean nothing
without
the inner
state of fulfilled longing [for eternal life].*

*That [inner] state [of fulfilled longing for eternal life]
is most difficult
to describe in words.*

*Once again we meet
the already familiar obstruction
of squeezing
a cosmic*

- *state or*
- *concept*

*into the narrow confines of human language,
which is geared to
three-dimensional concepts [i.e., concepts of
1) space, 2) time, and 3) movement].*

	<p><i>Nevertheless, I shall attempt to give you a</i></p> <ul style="list-style-type: none">• <i>vision or</i>• <i>description</i> <p><i>of this state [of inner fulfillment],</i> <i>so that you can further attempt</i></p> <ul style="list-style-type: none">• <i>to</i><ul style="list-style-type: none">• <i>grasp and</i>• <i>sense</i>• <i>to</i><ul style="list-style-type: none">• <i>make it</i> <p><i>eventually</i> <i>your own.</i></p>
19	<p><i>This state [of inner fulfillment]</i> <i>has been variously described</i> <i>in</i></p> <ul style="list-style-type: none">• <i>mystical and</i>• <i>spiritual</i> <p><i>literature and</i> <i>has been given various names,</i> <i>such as</i></p> <ul style="list-style-type: none">• <i>nirvana,</i>• <i>satori,</i>• <i>cosmic consciousness.</i> <p><i>But I am not interested to find a name.</i></p> <p><i>Let us rather</i> <i>see what this state – a</i></p> <ul style="list-style-type: none">• <i>deep union with and</i>• <i>awareness of</i> <p><i>God –</i> <i>means</i> <i>in your</i> <i>personal experience.</i></p>

20

*In this state [i.e., in this state of deep union with and awareness of God]
there is no fear.*

A sense of being

- *utterly safe and*
 - *at home in the world*
- permeates*

your whole being:

*A sense of security
about*

- *life,*
- *yourself,*
- *all things,*

*that might perhaps also be described as
"being cozy"
with life.*

Life

*fits you
like a glove.*

21

*It is impossible
to attain this sense*

- *of safety,*
- *of living*
- *in security and*
- *without fear,*

unless

*you first ascertain
that there
is*

fear in you.

*For that [fact that there is fear in you]
is not*

- *obvious or*
 - *self-understood,*
- as I explained before.*

*The [great existential] fear [that there is no eternal life, and that life is
meaningless, chaotic and purposeless]*

is often

- *submerged,*
- *covered up or*
- *displaced onto*
substitute
 - *levels and*
 - *manifestations.*

Once

*the deep existential fear
is conscious,
you can sense
the longing
for another state
in which there is
nothing
to fear.*

*That [longing for another state in which there is nothing to fear]
is*

- *not*
wishful thinking,
- *not*
escaping,
- but [rather] the*
 - *deep,*
 - *most realistic,*
 - *experiential*
knowledge
 - *that*
you are held by God,
 - *that*
you live in a Creation
in which there is
absolutely
nothing
to fear.

22

*There is a
vibrancy
in this state of safety [where you sense that you are held by God
and live in a benign Creation]
that bears
no resemblance
to a false faith.*

*It [i.e., the vibrancy in this state of safety]
is not [a pseudo faith or mere intellectual belief that is]
superimposed [over the existential fear that there is no eternal life, or
that there is no God, no benign Creation]
in order to
avoid facing
the underlying
[great existential] fear.*

*In this
vibrancy
there is a
most realistic attitude toward
all
things in life.*

*Through
this sense of
belonging in the world
you
experience*

- true joyousness,
a joyousness
combined with*
- the peace which surpasses all understanding,*
- an*
- excitement and*
- fascination*

with

- life and*
- its [i.e., life's]*

*manifold possibilities of
meaningful experiences.*

23

Part of the
• *safety and*
• *peace*
consists in a
deep
• *knowledge and*
• *perception*
of the meaning of
• *life and*
• *experience.*

You sense a
deep meaning
in your own existence,
from the
• *largest*
issues
to the
• *most mundane and*
• *seemingly insignificant*
ones.

The more
you become aware of
the fear of
• *chaos and*
• *meaninglessness*
in you,
the more
this state of emotion [i.e., this state of fear of chaos and meaninglessness in you]
can be replaced by
an experience of
• *meaning and*
• *significance.*

And the more
this is the case [i.e., the more your experience of meaning and
significance is the case],
the greater
your sense of security.

24

*Shall we simply say that
this [vibrancy and experience of meaning and significance in your life]
signifies
the experience of
the presence of God
in your life?*

*Surely
God
has always been present,
only*

- *you did not know it,*
- *your mind
could not perceive*
- *the immediacy of Him and*
- *the meaning*

He is bringing

- *into your*
 - *events and*
 - *experiences,*
- *into the sequences of your days and*
- *into what they [i.e., the sequences of your days]
contain.*

*Now
the experience of
the reality of Christ
colors all you*

- *see,*
- *touch,*
- *hear and*
- *feel.*

A glow of

- *joy and*
- *peace*

is attached

- *to your own being and*
- *to your surroundings.*

	<ul style="list-style-type: none">• <i>The joyous excitement,</i>• <i>the peaceful fascination</i><ul style="list-style-type: none">• <i>with living and</i>• <i>with all that is created</i> <p style="text-align: center;"><i>in a continuum of creation, is the most desirable state imaginable.</i></p> <p style="text-align: center;"><i>Whether you know it or not, you want nothing more than this state.</i></p>
25	<p style="text-align: center;"><i>I could try to describe this state with more words, but I find it difficult to do so.</i></p> <p style="text-align: center;"><i>You need to listen with your innermost potential to understand in order to glean what I mean.</i></p> <p style="text-align: center;"><i>People usually assume</i></p> <ul style="list-style-type: none">• <i>that</i><ul style="list-style-type: none"><i>these higher states of consciousness –</i><ul style="list-style-type: none">• <i>whatever name they are given in different</i><ul style="list-style-type: none">• <i>cultures and</i>• <i>eras –</i><i>are removed from this world and</i>• <i>that having them [i.e., that having these higher states of consciousness]</i><ul style="list-style-type: none"><i>means</i><ul style="list-style-type: none"><i>living in another world.</i> <p style="text-align: center;"><i>This is far from being so.</i></p>

The
• *true and*
• *genuine*
state of
union with the Christ
means
being
deeply anchored in
the life of matter.

It is far more [nearly] correct
to say that
the higher spiritual states
I attempted to describe here
are brought
• *into*
• *the world of matter,*
• *into*
• *the matter-mind and*
• *the matter-body,*
so that they [i.e., so that the world of matter, or matter-mind and matter-body]
are being penetrated by
the great light
of
eternal
• *life,*
• *peace and*
• *joy.*

The state of
union
is most certainly
not
a separation from
the matter
you are meant
to imbue with the spirit
to whatever extent you can.

26	<p><i>In this state [of union] you begin to sense the unification of all opposites.</i></p> <p><i>You no longer need to battle them [i.e., you no longer need to battle all opposites].</i></p> <p><i>So, for example, you know your own power</i></p> <ul style="list-style-type: none"><i>• to create,</i><i>• to resolve,</i><i>• to heal</i> <p><i>in full autonomy.</i></p> <p><i>Simultaneously you know the necessity to be in a state of divine grace without which you cannot accomplish anything.</i></p> <p><i>You feel the</i></p> <ul style="list-style-type: none"><i>• compatibility and</i><i>• union</i> <p><i>of these</i></p> <p><i>two ways of being [i.e., the first way being: being in your own power alone, and the second way being: being in a state of divine grace alone],</i></p> <p><i>in fact, their [i.e., in fact, you feel these two opposite ways']</i></p> <ul style="list-style-type: none"><i>• interconnectedness and</i><i>• interdependence.</i>
27	<p><i>When the great longing is being fulfilled, connections are discovered that give life a most</i></p> <ul style="list-style-type: none"><i>• exciting and [yet]</i><i>• safe</i> <p><i>new face.</i></p>

*All the fragmentation
that is the result of
being split off from God
is mended,
and this
new wholeness
increasingly
permeates
your person.*

*Your own possibilities
become
a new playground for living.*

*Knowing your
infinite ability
to bend
with life,
you can
"snuggle in with it [i.e., "snuggle in with life] sweetly,"
as it were.*

In this

- *soft,*
- *yielding,*
- *life-accepting,*
- *life-affirming*

*attitude,
your own strength
grows*

- *effectively,*
- *powerfully,*

and yet

- *so softly.*

*Conversely,
your softness
can manifest
in*

- *strong assertion and*
- *determination.*

But what a
• *subtle*
and yet
• *distinct*
difference there is
between the
• *brittle,*
• *stubborn,*
• *rebellious*
strength
that is nothing but
concealed weakness
and the
• *real*
strength
that comes from
being true to God's will!

28

Knowing
that life is
• *unending,*
• *ongoing,*
• *eternal and*
• *infinite*
does not necessarily mean
that God
reveals an exact blueprint to you
of how you are going to
• *feel,*
• *think,*
• *sense,*
• *experience and*
• *be*
when you leave your present body behind.

The sense
• *of your eternal existence,*
• *of the impossibility of ceasing to be,*
may come in a
deep inner knowing,
without
• *sight or*
• *sound.*

29

Thinking of your

- *desires and*
- *surface longings,*
your emphasis in prayer
may be on
outer needs,
such as

- *health,*
- *emotional [fulfillment] and*
- *vocational fulfillment,*
and so on.

Even the

- *fulfillment of your spiritual task*
cannot in itself
fulfill the longing
we are discussing here [i.e., the longing
for eternal life].

All outer fulfillment

- *can be, and*
- *often is,*
a direct byproduct
of the

- *great,*
- *deep,*
- *universal*
longing

for the state of consciousness

- *in which there is*
no fear,
- *in which*
the realization of God's
immediate presence
is in you,
• *now and*
• *always.*

30

This [first point, a description of the fulfilled state where there is no fear and where you know the reality of eternal life and the immediacy of God's presence always] leads us to

the second point:

What should be your

- *activity or*
- *attitude*

so you can attain this [fulfilled] state?

First, to repeat,

*you need to look at
your*

- *feelings,*
 - *moods and*
 - *various mental states*
- in a new light.*

*You will, for instance,
find that many*

- *moods or*
- *states*

*you have interpreted
to mean one thing
have a yet*

deeper meaning

in the light of the topic of this lecture.

- *A restlessness,*
- *a discontent,*
- *a vague feeling of insecurity*

may all be rooted in

psychological problems

on levels you need indeed to

- *explore and*
- *resolve.*

*But in addition to these
psychological*

- *origins and*
- *explanations*

there is

- *the repressed great existential longing as well as*

- *the fear of*

- *non-existence and*

- *meaninglessness*

that result directly from

the unfulfillment of the [great existential] longing.

31

*So it is
essential
that you now uncover
a yet deeper level of your being
that lies*

- *beyond*
 - *the mask and*
 - *the lower self,*
- *beyond the*
 - *psychological and*
 - *emotional*
problems,
- *beyond the*
 - *images and*
 - *mental misconceptions.*

*All of these [more superficial levels of your being]
are the result of*

- *the great existential longing and*
- *the fear*
that it can never be fulfilled.

*On your evolutionary path
you need to trace your steps
back through the outer mazes,
level by level,
as you have learned to do.*

*Only then
can the discovery of [both]
• the fear [of unfulfillment] and
• the [great existential] longing
be a
• real experience,
rather than a [merely]
• theoretical understanding.*

32

**Once you
experience**

- **the fear [of unfulfillment] and**
 - **the [great existential] longing,**
- do not**

- **push it away and**
- **assuage it busily**
with substitute
 - **problems,**
 - **pains and**
 - **fears.**

**[Rather,] Have the courage
to fully experience
the pain of**

- **the fear [of unfulfillment] and**
- **the [great existential] longing.**

**Do not wait for
the deeply hidden [inner]**

- **fear [of unfulfillment] and**
- **[great existential] longing**
to manifest in

**outer experience
that [then]**

**forces you
to turn inward**

**in this direction [i.e., turn inward to finally fully
experience the pain of the inner fear
and great existential longing you face].**

**Unfortunately,
most human beings**

**do not heed the signs even then [i.e., even when forced to by the outer
experiences this inner fear and great existential longing manifest].**

**[Instead] They [i.e., most human beings] may go on and on
during a succession of incarnations
carrying these manifestations [in outer experiences]
with them
as karmic ballast.**

***But the point must come
when the soul
awakens to the meaning
of these [outer]
• manifestations and
• experiences
and uses them
• as pointing arrows,
• as red threads
leading to the source [i.e., leading to the inner fear and
inner great existential longing for eternal life].***

33

***You are in
illusion
when you
shirk
full experience
of the pain of this [deep inner]
• fear [of unfulfillment] and
• [great existential] longing [for eternal life].***

***[Conversely,] When you
fully savor
the experience [of this pain],
you dissolve it [i.e., you dissolve this pain of deep
inner fear and longing],
little by little.***

***Yes,
it is necessary
to go through
these
• approaches and
• experiences
• many, many times,
• again and again,
• with
• patience,
• perseverance and
• wisdom.***

*The wisdom
to comprehend
that
the*

- *highest,*
- *most desirable,*
- *most unified*
state of consciousness,

the
• *ultimate*
of all fulfillment
that

- *includes and*
- *encompasses and*
- *transcends*
all other
desirable
• *states and*
• *attainments,*

cannot come
• *quickly,*
• *cheaply,*
• *easily.*

*By this I mean that
your
total*

- *focus,*
- *commitment,*
- *devotion*
must be generated by
your active
• *mind and*
• *will.*

	<p><i>Your total goal in life must be to find the reality of the living God as immediate experience – not as</i></p> <ul style="list-style-type: none">• <i>theoretical speculation and</i>• <i>a luxury of belief,</i> <p><i>but as</i></p> <ul style="list-style-type: none">• <i>living reality in your</i>• <i>inner and</i>• <i>outer life.</i>
34	<p><i>You may have started the pathwork merely because you were</i></p> <ul style="list-style-type: none">• <i>unhappy and</i>• <i>vaguely [unfulfilled] or</i>• <i>specifically unfulfilled.</i> <p><i>You may even have been consciously seeking</i></p> <ul style="list-style-type: none">• <i>the spiritual meaning of life.</i> <p><i>But none of you started out being aware</i></p> <ul style="list-style-type: none">• <i>of this [deep inner great existential] longing [for eternal life, for finding the reality of the living God as immediate experience],</i>• <i>of the</i>• <i>pain and</i>• <i>fear</i> <p><i>of not being able to fulfill it [i.e., of not being able to fulfill this deep longing] because you were too afraid to consciously deal with it.</i></p>

Perhaps
you are not quite ready
even now [to fulfill this deep longing for experiencing the reality of God as immediate experience, to fulfill this deep longing for eternal life],
perhaps
you still need
more specific purification work
on other levels
of your
outer
personality.

But
you may

- **begin to contemplate this aspect in you** [i.e., begin to contemplate the longing and the need for specific purification work] **and**
- **pray for direct guidance** [in the purification work needed].

35

There may have been
short spans of time in your life
in which you
experienced
temporarily
a state of
ultimate fulfillment
in

- **mind and**
- **being,**

similar to
the one I described.

If this is so [i.e., if you have had such an experience],
it will be helpful to

- **recapture the experience and**
- **coordinate it**
with the meaning
I am giving to it in this lecture.

*These short periods
of*

- *elation,*
- *vibrant*
 - *peace and*
 - *security,*
- *excitement,*
- *fascination,*
- *profound joyousness, and*
- *intense aliveness*

*can then serve as
the vision you need
to motivate yourself
with more vigor.*

But even

- *if you cannot ever remember such a state, or*
- *if you experienced*
only lesser aspects of it,

some

- *deep*
- *inner*
knowing in you
is fully aware of
this as yet
unrealized potential.

And you can tap this knowledge.

36

With some

- *effort and*
- *focus,*
you can
experience
 - *the fear [of unfulfillment] and*
 - *the [great existential] longing [for experiencing the reality of God as immediate experience, and for eternal life].*

These feelings [both of the fear of unfulfillment as well as of the longing for experiencing the reality of God as immediate experience, and for eternal life] may perhaps at first be vague, but as you allow them to rise to the surface, you will know their exact meaning, as I have described it in this lecture.

As you experience the fear of a

- fragmented,*
- meaningless,*
- disconnected*

world

- in which you exist without rhyme or reason,*
- in which you can cease to exist at any time,*
- in which you seem to hang isolated over an abyss without an*

- all-loving Creator and*
- Creative Principle that gives sense to all things,*

you will also discover that you intensely long

- for this all-loving Creator,*
- for a world in which*

- you and*
- all that exists*

has

- a purpose and*
- a benign meaning.*

37

Do not push this

- ***fear*** [*of unfulfillment, of living in a meaningless disconnected world*] ***and***
- ***longing*** [*for experiencing the reality of God as immediate experience, and
for eternal life*]

away any longer,

- ***neither by***
false reassurances,
without
first knowing the
 - ***fear and***
 - ***longing,***

- ***nor by***
the false cynicism
of accepting a
 - ***mean,***
 - ***godless***
world,

- ***nor by***
simply displacing the
 - ***fear*** [*of unfulfillment and of living in a meaningless world*] ***and***
 - [*great existential*] ***longing***
into
 - ***more superficial,***
 - ***even though in themselves quite legitimate***
 - ***fears and***
 - ***longings.***

Have the

- ***courage and***
- ***commitment***
to go deeply through
these most essential aspects
of your being.

- ***Repeat it*** [*i.e., repeat this process over and over again*],
- ***feel the feelings of***
 - ***pain,***
 - ***fear*** [*of unfulfillment, of living in a meaningless disconnected godless world*] ***and***
 - ***longing*** [*for experiencing the reality of God as immediate experience, and
for eternal life*]
most specifically.

Pray in the
• *simplest and*
• *most humble*
way
for Christ's intervention
to help you attain
the state
that religion often calls
salvation.

Be
• *wise and*
• *humble*
enough
to know that
you may attain
an inkling of
this new state
for a short while
only to lose it again,

so that your
• *battle and*
• *search*
may be repeated
again and again,
• *never ceasing*
the inner effort,
• *never relinquishing*
this new goal [of fulfilling your deepest longing for
experiencing the reality of God as immediate experience,
and for experiencing eternal life]

38

Doubt
is, of course,
part and parcel
of
the state of separation.

Meet

- *the doubt,*
- as you meet*
- *the fear and*
 - *the longing for*
not being in
 - *doubt and*
 - *fear.*

But make it an
honest doubt,
in which
you give

- *the state*
you long for

at least as much possibility as

- *the state*
you fear exists.

Question yourself:
Could there be
a state of

- *doubt,*
- *fear,*
- *pain and*
- *unfulfilled longing,*

if there would
not also exist,
on some other
level of consciousness,
a state of

- *total certainty,*
- *joy and*
- *utter fulfillment*
of all longing?

39

We are now dealing with
the most central
of all issues of human life
that every single religion
has taken up
in its own way.

Salvation

*is a very real concept,
[and] by no means
a religious fanatic's whim.*

The terminology

*may possibly offend you
because*

*you associate it [i.e., you associate the term "salvation"]
with a religion*

you have outgrown.

But this *[i.e., your association of "salvation" with a religion you have outgrown]
does not alter the fact*

*that your soul
cries for
salvation*

in the sense of this lecture.

As long as

all of

your

- *soul and*
- *mind,*

your total

- *thinking,*
- *knowing,*
- *feeling and*
- *being*

has not

experienced the

- *living,*
 - *eternal*
- God*

as immediate presence,

your soul

is, at least in part,

in a state of painful

- *separation and*
- *darkness,*

in the fear of

- *not knowing*
- the reality of God,*

- *not knowing*

the continuum of your own life,

no matter what you believe consciously.

40

*Ask
Jesus Christ
to give you a hand.*

He is
• *there,*
• *always*
with you,
• *always*
loving you.

But
you cannot always sense it [i.e., cannot always sense the presence of Jesus Christ],
your
state of separation
still prevents you.

So
• *be patient and*
• *surge on*
with this
greatest of all surges
of the human soul.

In your terms,
this particular journey
may seem long;
all else you have done so far
was preliminary work.

But according to the
great clock of
eternal "time,"
it is but
• *a minute,*
• *a second.*

41

*It is
your task
to surge forward
deeply
into the world of matter,
filling the void
with divine life.*

*In this process,
particles of
your consciousness
have
temporarily*

- *separated themselves and*
- *lost their*
 - *knowing,*
 - *eternal and*
 - *inevitable*

*connectedness
with
the All-Consciousness.*

You need to

- *re-establish this connection [with the All-Consciousness]
by the process I now describe and*
- *put all your*
 - *heart,*
 - *soul,*
 - *mind, and*
 - *will*

*into this undertaking,
for this alone
will make
all else you do,
all*

- *your tasks,*
- *your duties,*
- *your fulfillments,*
- *your pleasures,*

deeply

- *meaningful and*
- *joyous.*

	<p><i>It [i.e., your consciousness' connectedness with the All-Consciousness] will lend to all else a new glow, a glow you longed for, but</i></p> <ul style="list-style-type: none"><i>• did not know you missed,</i><i>• did not know you knew.</i>
42	<p><i>My most beloved friends, let us terminate this lecture now.</i></p> <p><i>You can surely imagine that this new topic is only the beginning of a new phase that most significantly coincides with many an outward change in your lives.</i></p> <p><i>This topic is the blueprint for the new phase of our work together, that never ceased, not even during the time I could not directly speak to you.</i></p>
43	<p><i>Your</i></p> <ul style="list-style-type: none"><i>• growth and</i><i>• progress, • as individuals and • as a group, is most joyous.</i> <p><i>It spreads a stronger and stronger light into your environment.</i></p>

*You generate
a new energy
[that] you need to nurture
most carefully.*

*For the stronger these energy currents are,
the most infinite
the inherent
creative potential for
• divinely positive and
• joyous
experience
becomes.*

*At the same time
these currents
can turn more destructive
when channeled into
• inappropriate and
• negative
directions.*

*Therefore
I suggest that
• your meditation and
• your prayer
be concerned with
specific guidance
• so that you may
never be blind
to your inner direction,
• so that these energy currents
would flow
where they are meant to flow.*

44

*I have one more suggestion
before terminating
this first lecture of the new working year:
It would be
• most helpful and
• beneficial for you, my friends,
if you became more familiar with the Bible.*

I am most

- *eager and*
- *willing*
 - *to help you understand*
this great document,
 - *to disentangle for you*
what belongs on which level.

For this great book

- is a combination of fragments*
- *of historical accounts,*
 - *of symbolic meanings,*
 - *of the greatest truths,*
 - *of distortions deriving*
 - *from human limitation of consciousness, as well as*
 - *from the then existing*
cultural conditions
that were "right" at that time,
but are no longer so today.

I would like to

- lift up the jewels of truth*
contained in this book,
separating
the grains
from the husks,
so that you can
 - *appreciate and*
 - *benefit from*
the timeless wisdom
of these messages.

So I suggest that you

ply me with questions.

You have a whole month to prepare,

and I promise you that I will give you

- *interpretations and*
- *answers*
that will be most
 - *useful and*
 - *helpful*
for everyone.

This will open a new horizon for you.

45	<ul style="list-style-type: none">• <i>The love and</i>• <i>the blessings</i><ul style="list-style-type: none">• <i>I send you and</i>• <i>that surround you always</i> <p style="text-align: center;"><i>in</i></p> <ul style="list-style-type: none">• <i>your endeavors and</i>• <i>your beautiful struggle</i> <p style="text-align: center;"><i>will become</i></p> <p style="text-align: center;"><i>more palpable reality for you</i></p> <p style="text-align: center;"><i>as your vision grows.</i></p> <p style="text-align: center;"><i>Be filled with</i></p> <p style="text-align: center;"><i>the love of Christ,</i></p> <p style="text-align: center;"><i>be in God!</i></p>
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