Pathwork Lecture 255: The Birthing Process – Cosmic Pulse

This lecture is given in an expanded poetic format, what I call a Devotional Format 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 Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, devotionally.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. I invite you to slowly read and ponder this format 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 and italicized. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/

---

<table>
<thead>
<tr>
<th>03</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>My dearly beloved friends,</td>
<td></td>
</tr>
<tr>
<td>• love and</td>
<td></td>
</tr>
<tr>
<td>• blessings</td>
<td></td>
</tr>
<tr>
<td>go forth</td>
<td></td>
</tr>
<tr>
<td>to all of you.</td>
<td></td>
</tr>
<tr>
<td>Your human struggle</td>
<td></td>
</tr>
<tr>
<td>to find</td>
<td></td>
</tr>
<tr>
<td>your</td>
<td></td>
</tr>
<tr>
<td>• way out of the mazes,</td>
<td></td>
</tr>
<tr>
<td>your</td>
<td></td>
</tr>
<tr>
<td>• growth and</td>
<td></td>
</tr>
<tr>
<td>• expansion,</td>
<td></td>
</tr>
<tr>
<td>is a golden light</td>
<td></td>
</tr>
<tr>
<td>that illuminates</td>
<td></td>
</tr>
<tr>
<td>the universe.</td>
<td></td>
</tr>
</tbody>
</table>

---

by Eva Broch Pierrakos
Edited by Judith and John Saly; Devotional Format posted 7/11/16
It [i.e., your human struggle leading to expansion – a golden light to the universe] is a powerful force, although you may not feel it [i.e., may not feel your human struggle as a powerful force] at this moment because there is still so much disconnectedness in you.

You are gradually making the connections [i.e., the connections of that which has been so disconnected in you], until • all flows together and • there is no more • puzzlement, no more • fear, no more • pain – [rather.] only • peace and • joy.

On a deep level of your being this state of bliss exists • already, • now, and in a hidden part in you you know this.

To make this knowledge [i.e., To make this knowledge that on a deep level of your being this stage of bliss already exists right now] available is the great task you have all undertaken.
In isolated moments you experience
  • the hand of God in your life,
  • the breath of God.

Such a moment [i.e., Such a moment of experiencing the hand of God in your life]
  • may occur at any time and
  • may be triggered by certain experiences either
    • within
    or
    • outside of you.

At such moments,
  • inside and
  • outside
    • fuse and
    • become one.

It is then that you know God's reality.

There simply is no longer any doubt about it [i.e. no longer any doubt about God’s reality].

The • peace and • joy you experience at those times [i.e. at those times when you no longer have any doubt about God’s reality] cannot be put into words.
You know
that all the isolated goals
you pray for
converge on
one central point,
[and that one central point is]
   experiencing
   the reality of God.

When this happens [i.e., When you experience the reality of God],
you are already
   pure –
   at least in that moment –
   for the purity of
   your
   • uncluttered
   • unobstructed
   spirit
   is freed
   through
   all the
   • shells and
   • layers.

You are pure,
   so you do not have to pray for
   purification.

In that instant [when you experience the reality of God],
you
   • know all you need to know –
   so you do not have to pray for
   • insight and
   • enlightenment and
   • understanding.

You
   • understand,
you
   • know
you
   • are enlightened.
In such a moment [when you experience the reality of God]
• love
  flows through
  every vein of your
  • body and
  • soul –
  so you do not have to pray for
  • love.

In that moment [when you experience the reality of God]
• you activate
  the greatest healing power there is –
  so you do not have to pray for
  • healing.

In such a moment [when you experience the reality of God]
• you have
  • strength,
  • imagination,
  • resourcefulness and
  • creativity –
  so you do not have to pray for
  • success.

In such a moment [when you experience the reality of God]
• you also have
  • measure,
  so you know what is
  • right and
  • possible
  for your earthly existence
  at this juncture
  of your evolution.

When these rare moments [i.e., moments when you experience the reality of God] occur,
you are bathed
  in the grace of God.

All your prayers
  flow into
  one central point.
Sw PATHW. GUIDE LECTURE 255 (1996 Ed.)
Page 6

Through such an experience [i.e., Through such an experience of the reality of God]

you come to understand
that all you really need to pray for is to experience
• God's presence,

[to experience]
• God's hand
  in all of life,

[to experience]
• God's breath
  in your own existence.

But
until such time [i.e., until such a time when you come to understand that all you really need to pray for is to experience God's presence],
it may often be necessary
to divide your prayers,
  for the sake of
  your deeper understanding
  of what is necessary
  at any given time in your life,
  when your soul
  has to be impressed
  with certain aspects
  that need focus.

This [i.e., coming to a time when you understand that all you really need to pray for is to experience God's presence]

do not mean
  that you should
  now

  cease praying for
  the specific goals
  that fill out the total picture.
The time will come, however, when you simply pray that you can contact the power and presence of God without waiting for the special occasions [i.e., without waiting for those special occasions when you experience the reality of God] which come only rarely at first and seem to depend on circumstances outside of yourself.

Eventually you will be so uncluttered, so freed, that the light [i.e., the light of the experience of the reality of God] will come more often.

At first it [i.e., At first the light of the experience of the reality of God] will be an indirect, apparently involuntary occurrence that seems unrelated to you in any way.

Yet it [i.e., Yet the light of the experience of the reality of God] is a direct result of your efforts, positive intentions, and commitment to God's will.
• **Cause** [i.e., the cause – your efforts, positive intentions, and commitment to God’s will] and
• **effect** [i.e., the effect – the light of the experience of the reality of God], however,
  are removed from one another on the level of appearance, because of time.

You have already experienced that with your spiritual growing,
• **cause**
  and
• **effect**
  move closer together until a direct link [between cause and effect] can be seen.

*When this* [i.e., When seeing direct link between cause and effect] occurs in experiencing the
• **power and**
• **presence of the Creator,**
• you have attained self-realization.

• **You have**
  • **purified and**
  • **unified yourself.**

*Then* [i.e., when you have attained self-realization and have therefore purified and unified yourself]
you can be one with Him at will.

*This* [i.e., This willing yourself to be one with Him] is the outer will but here it [i.e., the outer will] is totally compatible with the will of the Highest.
This gradual growth process
depends on
your willingness
to open your heart.

Opening your heart
seems
to require
a special kind of courage.

You must
be willing to risk
the imaginary dangers
of
• truly feeling
  with your heart,

of feeling
• your self,
• your lovingness,
• your vulnerability,
• the beauty of creation,
• the endearingness of others
  who struggle
  in their attempt
  to find the light.

When you are
• willing [to risk the imaginary dangers of
  truly feeling all this with your heart],
• truly willing [to risk this],

the Christ spirit
will
• take over and
• perform
  the "operation" of
    removing the tight lock –
    that has existed for millennia –
    from your heart.
The more 
your heart 
is open,
the more 
God 
can enter it [i.e., the more God can enter your heart] 
with 
His magnificent reality.

You will 
• be touched by His breath 
  more frequently,

you will 
• sense His hand 
  in all things.

In this lecture 
I would like to discuss particularly 
a law of timing 
that applies 
to the development 
of every entity.

You 
• surely must have 
sensed this law and 
• may even know about it 
vaguely.

But it is important 
that you 
  thoroughly understand it.

According to this law 
a certain necessary time sequence 
exists on an individual's path.

The time sequence 
is entirely different 
for every entity.
What
  for one person
  needs to be taken
  at the very beginning,
  because
    it is a fundamental key,
    without which
    nothing further
    can be genuinely accomplished,

  may follow only
    much later
    for another.

You know
  that you are working with
    different
    • levels and
    • layers.

You know about
  the spiral movement
    that seems to bring
      the same sequence up
        again
          and again.

There comes a point
  when a particular spiral
    has truly
      resolved itself.

An entirely
  "new"
    aspect (of you)
      is coming to the fore,
        an aspect
          so
            • strange and
            • unfamiliar
              that it seems at first
                somewhat frightening.

"Is that really me?" you ask.
This [i.e., This going deeper into a “new” aspect of the self] is not merely
a question of
going to a deeper level
of the same problem.

[Rather.] The deeper level [i.e., The deeper level into a “new” aspect of the self] • brings
new material
to the fore
that could not have been handled before,

and it [i.e., the deeper level into a “new” aspect of the self] • may also bring
a feeling of hopelessness
about self-purification.

"Will it [i.e., Will the process of self-purification] never end?"

I want to • warn you about this feeling [i.e., this feeling of hopelessness] and • tell you that it [i.e., tell you that this feeling of hopelessness] is a good sign
of deep progress.

In the life of
the average human being • who is far from pursing any path of self-confrontation,
• who ignores even the possibility of inner • growth and • development,
these previously concealed aspects are taken on as • new tasks in a • new incarnation.
Specific
• circumstances and
• surroundings
    are geared to
    bringing out
    the aspects
    that could not be brought to the fore
    in the previous incarnations
where
• circumstances and
• surroundings
    had to activate
    other material.

With people
    who follow
    an intense path,
such as you do,
it might happen
    that what would have waited
    for a future incarnation
    under "normal" circumstances
    is released
    now.

The inner timetable
    has readied
    the soul
    for it [i.e., readied the soul for work that would have waited for a future
    incarnation under “normal” circumstances]
    now,

since all the work
    intended for this life
    has been completed
    before physical life
    is terminated.
Encountering additional tasks
which you were not certain
you could handle in this incarnation
may seem
too much.

You would rather
leave them for a later time
when you will have gathered
new strength
in your spiritual home.

Often
• this is true and
• you do not even attempt
to undertake
the new tasks.

But when you
do attempt them [i.e., when you do attempt the new tasks],
the benefit
is immense.

It [i.e., Attempting the new tasks that would “normally” come
in a future incarnation]
represents
an immeasurable amount of
"saving"
for you.

Much
• energy,
• expenditure,
• time and
• creativity
are saved
that would otherwise
have to be distributed over
new incarnations,
particularly destined for
fulfilling these tasks.
Also,

do not forget that
when such additional new material
comes to the fore,
it is never without
your full consent.

Sometimes
you wish to undertake it
and
your spiritual advisers
do not agree.

Often
they
• encourage you and
• warn you of the difficulties.

But
in a state of
greater
• consciousness and
• vision
you understand
that it is
truly worth undertaking
an extra task
in the same incarnation.

A long time ago [see Pathwork Lecture 34 Preparation For Reincarnation, given July 25, 1958]

I discussed some aspects of
the processes of reincarnation.

You may remember me saying then
that
in the preparation
before incarnation
the life plan
• is exactly laid out and
• etched into
the soul substance.
I say to you now that the soul substance contains much more than the life plan of the current incarnation.

There is an overall plan that shows what has been accomplished in the past, and there are the future tasks to fulfill, stacked in layers, as it were.

It is difficult to convey these spiritual facts in human terms.

They [i.e., these spiritual facts I am trying to convey in human terms] may sound oversimplified and therefore misleading.

Of course in our reality there is no such thing as up or down, below or above, or, for that matter, time.

So we cannot speak of past and future.
Yet there is
• a sequel,
• a rhythm
  that takes its
  natural course.

• One step
  must logically follow
• the previous one.

Each
• step or
• phase
  • has a meaning and
  • cannot possibly be undertaken
    at the wrong juncture
    of the sequel.

So only in that sense
is there
• past or
• future,
• layers above and
• layers below.

I often mentioned that
occasionally
some human beings
experience a rebirth
within the present incarnation.

When Jesus spoke about
the necessity
to be born again,
hedid not
only
refer to
the reality of reincarnation.
He [i.e., Jesus, in speaking about the necessity to be born again] also meant that in order to experience the truth of the living God within, a rebirth must take place.

This [i.e., This rebirth] is made possible by
- fully following the life plan for this incarnation and then
- freeing the plans that might have waited for a subsequent embodiment.

The process of birth is never, under any circumstances, a one-time phenomenon.

It [i.e., The process of birth] is always gradual.

Even on the purely physical plane, a human being is not born complete.

The baby
- leaves the womb of the mother
- and first becomes merely
  a physically separate entity.
<table>
<thead>
<tr>
<th>Even the physical separation [between mother and child] is not complete right away.</th>
</tr>
</thead>
<tbody>
<tr>
<td>It takes a while until • mother and • child are truly separate entities.</td>
</tr>
<tr>
<td>And I do not mean this [separation between mother and child] in terms of • independence and • self-sufficiency, for obviously the child is not able to fend for himself for a long time.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you think carefully, you will note that all the childhood years are part of the birth process.</th>
</tr>
</thead>
<tbody>
<tr>
<td>The mind is gradually • freed, • released, • born into the physical reality.</td>
</tr>
<tr>
<td>More gradually and much later, the person's • spiritual nature and • higher values may be born.</td>
</tr>
</tbody>
</table>
However,
they [i.e., the person’s spiritual nature and higher values]
may often remain
unborn,
waiting to be released
in a future existence.

Talents
often take time to be born,
in most instances
considerable time.

Accomplishments
which the soul
has acquired
in previous lives
need to be nurtured.

The technical skills
learned in this body
need to be assimilated
so that
the inner knowledge
has an adequate instrument
through which
to express itself.

The time has come
for you, my friends,
to become more aware
• of these possibilities,
• of incarnatory processes
reaching the surface
only now –
or at a later period –
when
• sufficient groundwork has been done,
when
• your current life plan has been fulfilled.
You need to
• listen sensitively
  into your
  entire pathwork process
and
• occasionally
  gain sufficient distance from yourself
  to have an overview.

You will then [i.e., when your listen into your entire pathwork process and
  gain sufficient distance from yourself to have an overview, you will then]
sense the beginnings
  of a rebirthing process.

With some
  this [rebirthing process]
  may never be,
  • not necessarily because
    they do not work as dedicatedly as others
    on their purification,
  • but perhaps because
    the present task
    is so
    • vast and
    • all-embracing
      that it suffices
        for this embodiment.

So do not expect this [rebirthing process]
  to happen in all instances.

Also,
  you need to be aware of
  too
  • simple and
  • quick
  assumptions in this respect [i.e., in respect to
    this rebirthing process].
Often
a new phase on your path
merely indicates
• another facet of
  the present life plan
and not
• an additional task
  that may be
    • undertaken now,
    or possibly
    • left for a later incarnation.

I would not like to see this community
rushing en masse
into this explanation [i.e., rushing into this explanation that you are
in a process of rebirthing]
every time
you enter another facet of
your inner development.

A finely attuned sensitivity
will give you a deeper understanding
about these [development and rebirthing] processes.

It [i.e., an understanding of these development and rebirthing processes]
will also make you realize that
divine birth
is never
a onetime event.

It [i.e., a divine birth]
is always
an extended birthing process.

You
participate keenly
in your own birthing process
by the work you are doing
on this path.
Consider
the entire purification work
as a birthing process.

For you
truly give birth
to your
  • unobstructed,
  • unencumbered
  spirit
    in its full glory.
You eliminate,
  step by step,
  the enfolding layers.

When your spirit
is being born
it [i.e., the birthing of your spirit]
  always
    happens in stages.

One aspect
was already born
when you came into this plane.

Other parts
shed the covers
later,
  one by one.

Finally,
at one point
your spirit
will stand
  • free and
  • unencumbered,
  • without
    any
      • covers,
    any
      • obstructions,
    any
      • layers
        that need to be removed.
| 21 | I cannot stress emphatically enough that you are not to take this [rebirthing in your current incarnation] lightly.  

This concept [of rebirthing in your current incarnation] should not be bandied about.  

- Not every insight revealing a hitherto unfamiliar pattern,  
- not every new phase, indicates the process of uncovering material that may have ordinarily waited for a future incarnation. |

| 22 | The information I give you here is not to be confused with the practice of many psychics, who tell a person  
- where,  
- when and  
- in what form he or she has lived in previous periods of history.  

Such information  
- is usually – with few exceptions – pointless, and  
- only serves sensationalism.  

Only when  
- traits and  
- attitudes are under discussion is this [information from previous incarnations] of any value. |
And even then [i.e., even when information from previous incarnations is of value when discussing current traits and attitudes], in most instances, the realization [of how experiences from previous incarnations have affected current traits and attitudes], if necessary, should come from • yourself, through • your own intuitive sensing.

Then such insight [i.e., insight derived from experiences of previous incarnations] will complete a picture that has bearing on your • present struggle, on your • current task.

The process of birth is, as I said, always ongoing.

Perhaps it will help you to visualize the universe as a breathing entity. Each breath is a pulsation that • penetrates onward, that • bleeds through previously inert mass – the mass of the void.
Once the pulsation
  reaches this mass
  with sufficient
  • intensity and
  • frequency,
the mass
  begins to soften.

The breath of life
enters, and
consciousness
is being born
where previously
there was
  no
  • life,
  no
  • consciousness,
  no
  • being.

Each breath
consists of
  • expansion,
  • contraction, and
  • the static moment in-between.

Each of these movements [i.e., each of the movements of each breath, that is, each expansion, contraction, and the static moment in-between]
is designed
to
  • expand life,
to
  • spread it.

In this way
the pulse of life
surges on.

Each pulsation
is another
thrust of the life forces,
penetrating matter and
gradually infusing it [i.e., gradually infusing matter] with life.
24

Every incarnation
on the earth plane
represents
• a pulse beat,
• an outbreathing.

Each time
life seems to die
an inbreathing
takes place.

The strength
of the pulse beat
is determined
• by the will
to live on earth
  in a body,

• by the degree of fulfillment
  of the task
  the entity has come for.

If the task
is negated
because
• inner life and
• truth
  are denied,
the will to live
is usually weak,
although
the reverse
is not necessarily true.

It is possible
that the will to live
is strong
and yet
the path [i.e., task] negated.
In such instances [i.e., in such instances when the will to live is strong and yet the task is negated],
the spirit
has justified hope
that at least part of the task
may still be
• accepted,
may be
• allowed into
  surface consciousness.

Old age
is a slow withdrawal
of the personality
that lives forever [i.e., the personality lives forever, but slowly withdraws from the body in old age].

When you humans speak about dying, it seems absurd
• to us,
• from our vantage point.

There can never be death, there can only be a withdrawal of life from the outer encrustations, leaving them [i.e., leaving the outer encrustations] inanimate again.
When the entity builds a body, the body consists of material:
- that is as yet lifeless,
  but
- that will be enlivened once:
  - the spirit, or
  - the soul, or
  - the person with:
    - all his traits and
    - all the special combinations of attitudes that form his or her unique personality at this point of evolution,
  takes possession of this shell.

Each further incarnation represents a further thrust into the inanimate.

Very gradually the pulse beat of life, in this particular regard, will become so strong that:
- matter is no longer matter,
- it [i.e., matter] no longer becomes inanimate.
- It [i.e., matter] remains forever imbued with spirit.
• It [i.e., matter, now forever imbued with spirit] has become
  • so refined,
• its [i.e., matter’s] vibratory frequency so high,
  that
• it [i.e., matter, now forever imbued with spirit] can no longer decay.

• It [i.e., matter, now forever imbued with spirit] has been wholly
  made into spirit.

• It [i.e., matter, now forever imbued with spirit] has been absorbed
  by
  • spirit,
  by
  • life,
  by
  • consciousness,
  so that
• it [i.e., so that matter, now forever imbued with spirit] has become
  • spirit,
  • life,
  • consciousness.

27

These are not idle speculations.

On your earth plane you can observe this truth by a very simple fact:
  the extension
  • of life,
  • of the average age, of the human being.
| Not too long ago in your history,  
| the average age  
| was thirty years.  

| Now it is  
| seventy.  

| In the not too distant future,  
| even in your terms of time,  
| the average age  
| will be  
| one hundred years  
| and over.  

| The inner meaning of this fact  
| is that matter  
| is more strongly imbued with life.  

| Life can  
| therefore  
| have a greater staying power.  

| The forward thrust  
| of the pulse beat  
| can penetrate deeper.  

| Everything  
| in creation  
| exists  
| in  
| both  
| • the macrocosm  
| and  
| • the microcosm.  

| It [i.e., Everything in creation]  
| is repeated  
| over  
| and over  
| • in different proportions,  
| • to different degrees,  
| • in different ways.  

| 28  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

|  

 |
So the
  • breath of life,
  • cycles of life,
  • principles of life
    all exist
    • in smallest
    and
    • in largest
    measures,
    based on
    the same creative
    • conditions and
    • laws.

It will be helpful for you
to visualize life
  as an ongoing breathing phenomenon,
  • each incarnation
    representing
    a pulse beat,
  • each withdrawal from matter
    not as
    • a dying of life,
    but as
    • a withdrawal from matter,
    • an inbreathing.

In this vision
you will
  • strengthen yourself and
  • open up
    new doors of understanding.

It is of the
greatest importance
for you to
fully understand
what constitutes
  • the strength of
    the pulse,
  • the breath of life
    that is a human life.
What determines
the vigor
of the pulse beat –
that single cosmic beat
that is
a human incarnation?

Before discussing this,
I should like to add that
not only
human
life
fulfills this function [i.e., fulfills this function of the pulse beat].

The earth plane
is particularly designed
as an arena
to serve the purpose
of
"breathing into
• the inanimate" –
or [breathing into]
• the void,
    if you will.

Every
• plant,
every
• animal,
every
• life form
existing on this plane,
• breathes into
    matter and
• enlivens
    it [i.e., enlivens matter].
The enlivening
   is at first
      only temporary,
for after a while
    life
      * withdraws again,
         only to
      * reappear
         at intervals.

But the time will come
when life
    can no longer withdraw,
       even from
        * plant,
        * mineral and
        * animal
           life.

Vibrations of matter
      will be
         so refined
            that
              * matter
                 will become
                   * spirit.

Then
  the breath of life
    will continue
       in a way
          that life
             no longer
                pulls back.

The thrust
      will have become
         so strong
            that
              all is
                * life,
                all is
                  * spirit.
The human course of development is constituted differently from other life forms on earth.

For humans, consciousness plays a major role in the course of development.

After a certain degree of evolvement, consciousness can determine the strength, vigor, and length of the pulse-thrust.

This happens in several ways.

In the first place, the understanding of these cosmic processes is necessary and increases the strength, vigor, and length of the pulse-thrust of a given incarnation.

This is why I give you this lecture.

Think and visualize life in these terms and you will sense the truth on an inner level.
Only in the rarest of instances
is such a vision [i.e., a vision of life being a pulse-thrust in each incarnation
that is strengthened by understanding these processes]
attained
without
outer
• help and
• stimulation.

Humanity
has now reached a point in its overall development
when it needs such help
so as to accelerate the [evolutionary and developmental] process.

• When you perceive
  • life and
  • death
  as a pulsating breath,

• when you
  experience
  the spirit
  as the constant
  that pushes into matter,

your entire world picture
is going to change.

If you permit
this new consciousness
• to grow
  in you,
• to take hold of
  your being,

you must
experience
• life,
• death, and
• all happenings
  in a very different way.
This [new and different] way [to experience life, death, and all happenings]

• is liberating

and

• will eliminate the existential
  • anger,
  • rage and
  • fear
  about
  • life and
  • death

that we discussed in another recent lecture.

But to

• hear this and
• file it away as additional "spiritual information"
  is not enough.

You need to stretch your
  • imagination,
  your
  • inner senses,
  your
  • deeper vision to make this
    • knowledge gradually
      your own
    • experience.

Another determining factor [regarding your evolution and development]
is, of course,
your attitude.
When
  • difficulties come,
it is
  human
  to be discouraged.

When you are
  • puzzled or
  • in pain,

when you are
  • disappointed or
  • unhappy
  about something,
it is
  most normal [and human]
  to lose courage.

You cannot help it [i.e., in your humanity you cannot help losing courage when you are puzzled, in pain, disappointed, or unhappy about something].

But with this [new and different] inner consciousness growing in you,
you will
  perhaps gradually
  learn
  that it is
  most essential
  • to keep
    your vigor toward life
    intact,
  • to not allow
    negative experiences
    weaken your inner pulse.

Your
inner will
directly
affects
the pulse beat
of your life force.
Your choice to want to
  • master the situation,
  • make the best of it [i.e., make the best of the situation],
  • learn from it [i.e., learn from the situation],
  • live it [i.e., live the situation] to the fullest,

directly affects
  the vigor of the cosmic pulse beat
  that enlivens your personal existence.

In addition to
  the understanding of the cosmic processes,
this [i.e., this choice to want to master the situation, make the best of it, learn from it, and live it to the fullest]

requires
  • goodwill,
  • courage and
  • faith,
  which you will have to the degree you truly want to fulfill your part in creation.

Every created being, without exception, plays such a part [in creation].

For every being is a direct expression of the Creator.
In every being
    a part
    of the Creator
    lives.

The entire Plan of Salvation
is a conjoint effort
to penetrate
all
with
    • life,
with
    • consciousness,
with
    • the divine joy
      that is so exquisite
      that it [i.e., that this divine joy that is to penetrate all]
      cannot be conveyed in words.

I mentioned before
that
everything
exists
in
    • microcosm
and
    • macrocosm,
in
    • many repetitions,
for
the principles of creation
    • are perfect and
    • can be adjusted to
      many different
      • situations and
      • conditions.

Let us now think of
the phenomenon
of the pulse beat.
In the human body the pulse beat indicates

• the vital signs,
• the functioning of the heart,
• the flow of blood in the arteries.

On a larger scale [i.e., on a scale larger than that of the body], each human life manifestation is a cosmic pulse beat.

The one pulse beat that constitutes an entire incarnation consists of many smaller pulse beats.

During a lifetime the cosmic pulse beat [i.e., the one pulse beat that constitutes an entire incarnation] pumps the spiritual blood repeatedly [i.e., by means of the many smaller pulse beats that make up the one cosmic pulse beat for that lifetime] into

• hardened,
• inanimate matter.

These beats [i.e., these smaller beats that constitute the one cosmic pulse beat for that incarnation] vary in intensity.

At times the [smaller pulse] beat is vigorous,

at other times it [i.e., the smaller pulse beat] weakens.
You can see how
the same creative principle
• repeats itself and
• manifests in different ways.

I mentioned before that
on isolated occasions
a person
may live
his or her
• next incarnation,
or
• at least part of it,
in the same lifetime,
if the life task [of the current incarnation]
has already been
totally
fulfilled.

Instead of
life
 withdrawing [and the body dying],
a new pulse beat
sets in,
eralding
• another set of conditions,
• another task –
  often within the framework
  of the same overall task
  so that
outer life circumstances
need not necessarily
change at all.

Sometimes, however,
they [i.e., life circumstances]
may change
dramatically.
The new pulse beat
is often weak
at first.

A break
has occurred,
even though
the break
is not as crass as
the body
• dying and
• later being reborn
under entirely new conditions.

But
the break nevertheless
exists.

It [i.e., the break]
is often experienced as
• intense,
sometimes
• prolonged
• crisis.

Since crisis
is painful,
it [i.e., crisis]
weakens
the pulse beat.

Only as
the new life
is fully
• understood and
• embraced
can a new continuity begin to evolve,

and [when a new continuity between the old life and new life begins to evolve.] the new cosmic pulse beat in the entity can resume
with renewed vigor.
When you hear these words, you may fear such an occurrence [i.e., the occurrence of a new birth from new pulse beat in your current incarnation].

You may think it preferable to progress [in your evolvement, purification, and development] in slower stages.

I say to you that, quite apart from the tremendous value for • your personal evolvement and • your overall task in the great plan, it is erroneous to think that the transition into a new incarnation within the same body is more traumatic than the greater break of • dying and • being reborn.

For many human beings fear of death makes dying traumatic.

The threat of extinction prevents the entity from experiencing the sweetness of the transition.
In many instances this [i.e., the sweetness of the transition involved in dying] can be experienced only much later, after
• the real has been severed from
• the temporary.

Birth is always
• traumatic and
• painful.

I spoke about this before in another context.

The personality needs to squeeze into a very tight structure, and this is experienced as painful.

When you see the baby’s
• struggle and
• resistance,
it is not difficult to perceive this [i.e., not difficult to perceive the personality’s pain in squeezing into the very tight structure of a tiny physical body].

It is also traumatic for the entity, before the birthing process into matter begins,
• to temporarily abdicate full consciousness and
• to await it [to await the consciousness] to slowly reawaken by stages.
This process in which the entity temporarily abdicates full consciousness and then awaits the consciousness to slowly reawaken by stages seems very risky.

- Will all that you know as unencumbered spirit reach the brain through the matter and through the dimmed experiences of earth life?

- Is it not much preferable to stay in the continuity you have gained through your growth and development?

The break in consciousness can be avoided in that way.

This avoiding the break in consciousness between incarnations by avoiding some incarnations is not always possible, but sometimes development proceeds very fast and well when this opportunity arises [i.e., when this opportunity to avoid an incarnation arises].

However, as I said before, do not assume anything too quickly and too glibly.
Let it [i.e., Let the matter of whether or not an incarnation could be avoided] rather be a question within you that
• may
or
• may not find an answer.

If it is
• necessary and
• important for you to know,

if you are open without any preconceived ideas one way or another,
you will know.

Most certainly you should not ask me whether or not this is so.

There is a general acceleration in the process of evolution which is manifesting in various ways.

One manifestation [in the process of evolution] is that knowledge of the inner realities has become accessible to the general public.

This is unprecedented in your history.

It has never happened before.
In former times, there were only an elect few who could join:
- a secret esoteric society,
- or what might be called
- a mystery school,
in which knowledge about
- inner truths,
- real values and
- purification processes
  was disseminated.

Nowadays, it [i.e., Nowadays knowledge about inner truths, real values, and purification processes] is
- open and
- available to all,
  although
  many souls reaching the earth plane do not make use of this possibility.

Some lack
- the development and therefore [lack]
- the understanding.

Others have the capacity to understand but do not move out of their
- resistance and
- apathy
to do so [i.e., to understand].

They do not fulfill their potential.
**Another manifestation of the acceleration in development** [in addition to the first manifestation of the acceleration in development: that knowledge of the inner realities has become accessible to the general public] is exactly what I explained in this lecture: the possibility to uncover layers of the soul that would ordinarily await a future embodiment.

**In this** ever-increasing acceleration of the movement of divine life,

the penetration of life into the void becomes ever • deeper and • stronger with each embodiment.

This movement [of divine life] comes even to those • who do not fulfill all their potential, or • who are still on a much lower scale of consciousness.

Even • trees, • plants, • birds, participate [in this movement of divine life as life penetrates the void].
Their life span [i.e., the life span of trees, plants, and birds] is not longer in your terms, but the general movement causes their
• real,
• eternal being
to penetrate deeper into matter, so that matter is altered after their life is withdrawn.

The entire process is
• heightening and
• quickening.

The result is a particular phenomenon that, seen
• from the outside and
• out of context, may seem to contradict what I say.

In your era, there is a new balance between
• developed and
• undeveloped souls.
As there are highly developed spirits coming into this plane in ever greater numbers, so is an increasing number of undeveloped souls reaching this plane.

In former times these differences [between the developed and the undeveloped souls reaching this plane] were much less acute.

There was a greater leveling.

Less-highly-developed souls made the primitive incarnations less noticeable.

Now the differences [between highly developed spirits coming into this plane and the undeveloped souls reaching this plane] are striking.

For you, who work on this path, it is important to be aware of these general cosmic processes and to incorporate them [i.e., to incorporate these general cosmic processes] into your understanding about the world and yourself.
At certain stages such knowledge [i.e., such knowledge about these general cosmic processes] would not
  • help you at all and
would not
  • be relevant to
  what you are called upon
  to deal with.

But the time comes when this [i.e., when such knowledge about these general cosmic processes] is important,
  not just
  • for some of you
    individually,
  but
  • for the Pathwork entity
    as a whole.

For what occurs to you individually repeats itself on a larger scale – always.

So your individuality is
  a cell
  of the Pathwork entity.

The Pathwork entity is
  a cell
  of the Earth-plane entity.

The healthier each cell becomes, the better can the total organism function.

And health includes
  • knowledge and
  • understanding.
Your Pathwork entity has been reborn several times already.

It [i.e., Your Pathwork entity] will continue to do so [i.e., will continue to be reborn], if you give your best • to your own truth and development and • to the task of which you are a blessed part.

I say this to you now because at this very period you, as a community, are going through such a process [i.e., going through such a rebirth process].

By understanding this fact [i.e., this fact that you are going through a rebirth process as a community], it will be much easier for you to • grope and search, to • struggle and stretch to find new ways of being, to • make changes that, in the end, if you allow divine inspiration to reach you, can only become a blessing for every individual joining this venture, on all levels.
Be fearless in your
• trust and
• faith
that you are involved in something
infinitely bigger than
your personal little concerns
to which you sometimes assign
such disproportionate importance.

The Christ spirit is with you,
• at all times,
• in all things.
God's blessings enable
your most mundane undertakings,
for they [i.e., for your most mundane undertakings]
are put into the service of
the divine cause.

Let your inner joy reach your consciousness,
for there is only
cause for rejoicing!

For information to find and participate in Pathwork activities worldwide, 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.