

# Pathwork Lecture 255: The Birthing Process – Cosmic Pulse

1996 Edition, Original Given November 15, 1978

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/>

Gary Vollbracht

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03	<p><i><b>My dearly beloved friends,</b></i></p> <ul style="list-style-type: none"><li><i><b>• love and</b></i></li><li><i><b>• blessings</b></i></li></ul> <p><i><b>go forth</b></i> <i><b>to all of you.</b></i></p> <p><i><b>Your human struggle</b></i> <i><b>to find</b></i> <i><b>your</b></i></p> <ul style="list-style-type: none"><li><i><b>• way out of the mazes,</b></i></li></ul> <p><i><b>your</b></i></p> <ul style="list-style-type: none"><li><i><b>• growth and</b></i></li><li><i><b>• expansion,</b></i></li></ul> <p><i><b>is a golden light</b></i> <i><b>that illuminates</b></i> <i><b>the universe.</b></i></p>

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*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.*

04

*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.*

05

*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.*

06

*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.*

*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]*

*does 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.**



07

*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.*

08

*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.*

09	<p><b><i>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.</i></b></p> <p><b><i>[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,</i></b></p> <p><b><i>and it [i.e., the deeper level into a “new” aspect of the self] • may also bring a feeling of hopelessness about self-purification.</i></b></p> <p><b><i>"Will it [i.e., Will the process of self-purification] never end?"</i></b></p> <p><b><i>I want to</i></b></p> <ul style="list-style-type: none"><li><b><i>• warn you about this feeling [i.e., this feeling of hopelessness] and</i></b></li><li><b><i>• tell you that it [i.e., tell you that this feeling of hopelessness] is a good sign of deep progress.</i></b></li></ul>
10	<p><b><i>In the life of the average human being</i></b></p> <ul style="list-style-type: none"><li><b><i>• who is far from pursuing any path of self-confrontation,</i></b></li><li><b><i>• who ignores even the possibility of inner</i></b><ul style="list-style-type: none"><li><b><i>• growth and</i></b></li><li><b><i>• development,</i></b></li></ul></li></ul> <p><b><i>these previously concealed aspects are taken on as</i></b></p> <ul style="list-style-type: none"><li><b><i>• new tasks</i></b></li></ul> <p><b><i>in a</i></b></p> <ul style="list-style-type: none"><li><b><i>• new incarnation.</i></b></li></ul>

	<p><i>Specific</i></p> <ul style="list-style-type: none"><li>• <i>circumstances and</i></li><li>• <i>surroundings</i></li></ul> <p><i>are geared to bringing out the aspects that could not be brought to the fore in the previous incarnations where</i></p> <ul style="list-style-type: none"><li>• <i>circumstances and</i></li><li>• <i>surroundings</i></li></ul> <p><i>had to activate other material.</i></p>
11	<p><i>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.</i></p> <p><i>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,</i></p> <p><i>since all the work intended for this life has been completed before physical life is terminated.</i></p>

12

*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.*

13	<p><i>Also,</i> <i>do not forget that</i> <i>when such additional new material</i> <i>comes to the fore,</i> <i>it is never without</i> <i>your full consent.</i></p> <p><i>Sometimes</i> <i>you wish to undertake it</i> <i>and</i> <i>your spiritual advisers</i> <i>do not agree.</i></p> <p><i>Often</i> <i>they</i> <ul style="list-style-type: none"><li>• <i>encourage you and</i></li><li>• <i>warn you of the difficulties.</i></li></ul></p> <p><i>But</i> <i>in a state of</i> <i>greater</i> <ul style="list-style-type: none"><li>• <i>consciousness and</i></li><li>• <i>vision</i></li></ul><i>you understand</i> <i>that it is</i> <i>truly worth undertaking</i> <i>an extra task</i> <i>in the same incarnation.</i></p>
14	<p><i>A long time ago [see Pathwork Lecture 34 Preparation For Reincarnation,</i> <i>given July 25, 1958]</i></p> <p><i>I discussed some aspects of</i> <i>the processes of reincarnation.</i></p> <p><i>You may remember me saying then</i> <i>that</i> <i>in the preparation</i> <i>before incarnation</i> <i>the life plan</i> <ul style="list-style-type: none"><li>• <i>is exactly laid out and</i></li><li>• <i>etched into</i></li></ul><i>the soul substance.</i></p>

*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.*

15

*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,  
he did 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.

16

**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.

*Even the physical separation [between mother and child]  
is not complete  
right away.*

*It takes a while  
until*

- *mother*

*and*

- *child*

*are truly separate entities.*

*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.*

17

*If you think carefully,  
you will note that  
all the childhood years  
are part of  
the birth process.*

*The mind  
is gradually*

- *freed,*
- *released,*
- *born into*

*the physical reality.*

*More gradually  
and much later,  
the person's*

- *spiritual nature and*
- *higher values*

*may be born.*

**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.**

18

**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 you 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-encompassing  
that it suffices  
for this embodiment.*

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

19

*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.***

20

***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	<p><i>I cannot stress emphatically enough that you are not to take this [rebirthing in your current incarnation] lightly.</i></p> <p><i>This concept [of rebirthing in your current incarnation] should not be bandied about.</i></p> <ul style="list-style-type: none"><li>• <i>Not every insight revealing a hitherto unfamiliar pattern,</i></li><li>• <i>not every new phase, indicates the process of uncovering material that may have ordinarily waited for a future incarnation.</i></li></ul>
22	<p><i>The information I give you here is not to be confused with the practice of many psychics, who tell a person</i></p> <ul style="list-style-type: none"><li>• <i>where,</i></li><li>• <i>when and</i></li><li>• <i>in what form</i></li></ul> <p><i>he or she has lived in previous periods of history.</i></p> <p><i>Such information</i></p> <ul style="list-style-type: none"><li>• <i>is usually – with few exceptions – pointless, and</i></li><li>• <i>only serves sensationalism.</i></li></ul> <p><i>Only when</i></p> <ul style="list-style-type: none"><li>• <i>traits and</i></li><li>• <i>attitudes</i></li></ul> <p><i>are under discussion is this [information from previous incarnations] of any value.</i></p>



*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.

23

*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.*

	<p><i>In such instances [i.e., in such instances when the will to live is strong and yet the task is negated],</i></p> <p><i>the spirit</i> <i>has justified hope</i> <i>that at least part of the task</i> <i>may still be</i></p> <ul style="list-style-type: none"><li>• <i>accepted,</i></li></ul> <p><i>may be</i></p> <ul style="list-style-type: none"><li>• <i>allowed into</i> <i>surface consciousness.</i></li></ul>
25	<p><i>Old age</i> <i>is a slow withdrawal</i> <i>of the personality</i> <i>that lives forever [i.e., the personality lives forever, but slowly</i> <i>withdraws from the body in old age].</i></p> <p><i>When you humans</i> <i>speak about dying,</i> <i>it seems</i> <i>absurd</i></p> <ul style="list-style-type: none"><li>• <i>to us,</i></li><li>• <i>from our vantage point.</i></li></ul> <p><i>There can</i> <i>never</i> <i>be death,</i> <i>there can</i> <i>only</i> <i>be a withdrawal of life</i> <i>from the outer encrustations,</i> <i>leaving them [i.e., leaving the outer encrustations]</i> <i>inanimate again.</i></p>

*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.*

26

*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.*

	<ul style="list-style-type: none"><li>• <b><i>It</i></b> [i.e., matter, now forever imbued with spirit] <b><i>has become</i></b><ul style="list-style-type: none"><li>• <b><i>so refined,</i></b></li></ul></li><li>• <b><i>its</i></b> [i.e., matter's] <b><i>vibratory frequency</i></b> <b><i>so high,</i></b></li></ul> <p><b><i>that</i></b></p> <ul style="list-style-type: none"><li>• <b><i>it</i></b> [i.e., matter, now forever imbued with spirit] <b><i>can no longer decay.</i></b></li></ul> <ul style="list-style-type: none"><li>• <b><i>It</i></b> [i.e., matter, now forever imbued with spirit] <b><i>has been</i></b> <b><i>wholly</i></b> <b><i>made into spirit.</i></b></li></ul> <ul style="list-style-type: none"><li>• <b><i>It</i></b> [i.e., matter, now forever imbued with spirit] <b><i>has been absorbed</i></b> <b><i>by</i></b><ul style="list-style-type: none"><li>• <b><i>spirit,</i></b></li></ul><b><i>by</i></b><ul style="list-style-type: none"><li>• <b><i>life,</i></b></li></ul><b><i>by</i></b><ul style="list-style-type: none"><li>• <b><i>consciousness,</i></b></li></ul></li></ul> <p><b><i>so that</i></b></p> <ul style="list-style-type: none"><li>• <b><i>it</i></b> [i.e., so that matter, now forever imbued with spirit] <b><i>has become</i></b><ul style="list-style-type: none"><li>• <b><i>spirit,</i></b></li><li>• <b><i>life,</i></b></li><li>• <b><i>consciousness.</i></b></li></ul></li></ul>
27	<p><b><i>These are</i></b> <b><i>not</i></b> <b><i>idle speculations.</i></b></p> <p><b><i>On your earth plane</i></b> <b><i>you can observe this truth</i></b> <b><i>by a very simple fact:</i></b> <b><i>the extension</i></b><ul style="list-style-type: none"><li>• <b><i>of life,</i></b></li><li>• <b><i>of the average age,</i></b> <b><i>of the human being.</i></b></li></ul></p>

*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.*

28

*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.*

*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.*

29

*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.*



	<p><i>What determines the vigor of the pulse beat – that single cosmic beat that is a human incarnation?</i></p>
30	<p><i>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].</i></p> <p><i>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.</i></p> <p><i>Every • plant, every • animal, every • life form existing on this plane, • breathes into matter and • enlivens it [i.e., enlivens matter].</i></p>

*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.*

31	<p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>human</i> <i>course of development</i></li></ul> <p><i>is constituted differently from [i.e., differently from the course of development of]</i></p> <ul style="list-style-type: none"><li>• <i>other life forms on earth.</i></li></ul> <p><i>For humans,</i> <i>consciousness</i> <i>plays a major role [in the course of development].</i></p> <p><i>After a certain degree of evolvement,</i> <i>consciousness</i> <i>can determine</i> <i>the</i></p> <ul style="list-style-type: none"><li>• <i>strength,</i></li><li>• <i>vigor, and</i></li><li>• <i>length</i></li></ul> <p><i>of the pulse-thrust.</i></p> <p><i>This happens in several ways.</i></p>
32	<p><i>In the first place,</i> <i>the understanding</i> <i>of these cosmic processes</i> <i>is necessary [and increases the strength, vigor, and length</i> <i>of the pulse-thrust of a given incarnation].</i></p> <p><i>This [i.e., to increase the strength of the pulse-thrust]</i> <i>is why</i> <i>I give you this lecture.</i></p> <ul style="list-style-type: none"><li>• <i>Think and</i></li><li>• <i>visualize life</i></li></ul> <p><i>in these terms [i.e., in terms of life being a pulse-thrust in each incarnation</i> <i>that is strengthened by understanding these processes]</i> <i>and you will sense the truth [i.e., the truth of needing this understanding]</i> <i>on an inner level.</i></p>

	<p><i>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</i></p> <ul style="list-style-type: none"><li>• <i>help and</i></li><li>• <i>stimulation.</i></li></ul> <p><i>Humanity has now reached a point in its overall development when it needs such help so as to accelerate the [evolutionary and developmental] process.</i></p>
33	<ul style="list-style-type: none"><li>• <i>When you perceive</i><ul style="list-style-type: none"><li>• <i>life and</i></li><li>• <i>death</i></li></ul><i>as a pulsating breath,</i></li> <li>• <i>when you</i><ul style="list-style-type: none"><li><i>experience</i></li><li><i>the spirit</i></li><li><i>as the constant</i></li><li><i>that pushes into matter,</i></li></ul></li></ul> <p><i>your entire world picture is going to change.</i></p> <p><i>If you permit this new consciousness</i></p> <ul style="list-style-type: none"><li>• <i>to grow</i><ul style="list-style-type: none"><li><i>in you,</i></li></ul></li><li>• <i>to take hold of</i><ul style="list-style-type: none"><li><i>your being,</i></li></ul></li></ul> <p><i>you must</i><ul style="list-style-type: none"><li><i>experience</i></li><li>• <i>life,</i></li><li>• <i>death, and</i></li><li>• <i>all happenings</i><ul style="list-style-type: none"><li><i>in a very different way.</i></li></ul></li></ul></p>

*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.*

34

*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.*

	<p><i>Your choice to want to</i></p> <ul style="list-style-type: none"><li>• <i>master the situation,</i></li><li>• <i>make the best of it [i.e., make the best of the situation],</i></li><li>• <i>learn from it [i.e., learn from the situation],</i></li><li>• <i>live it [i.e., live the situation] to the fullest,</i></li></ul> <p><i>directly affects the vigor of the cosmic pulse beat that enlivens your personal existence.</i></p> <p><i>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</i></p> <ul style="list-style-type: none"><li>• <i>goodwill,</i></li><li>• <i>courage and</i></li><li>• <i>faith,</i></li></ul> <p><i>which you will have to the degree you truly want to fulfill your part in creation.</i></p>
35	<p><i>Every created being, without exception, plays such a part [in creation].</i></p> <p><i>For every being is a direct expression of the Creator.</i></p>

*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.*

36

*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.*

37

*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,  
heralding*

- *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  
drastically.*

38

*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.*

39

*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 evolvment, purification, and development]  
in slower stages.*

*I say to you that,  
quite apart from  
the tremendous value for*

- *your personal evolvment 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.*

	<p><i>In many instances this [i.e., the sweetness of the transition involved in dying] can be experienced only much later, after</i></p> <ul style="list-style-type: none"><li>• <i>the real</i></li></ul> <p><i>has been severed from</i></p> <ul style="list-style-type: none"><li>• <i>the temporary.</i></li></ul>
40	<p><i>Birth is always</i></p> <ul style="list-style-type: none"><li>• <i>traumatic and</i></li><li>• <i>painful.</i></li></ul> <p><i>I spoke about this before in another context.</i></p> <p><i>The personality needs to squeeze into a very tight structure, and this is experienced as painful.</i></p> <p><i>When you see the baby's</i></p> <ul style="list-style-type: none"><li>• <i>struggle and</i></li><li>• <i>resistance,</i></li></ul> <p><i>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].</i></p> <p><i>It is also traumatic for the entity, before the birthing process into matter begins,</i></p> <ul style="list-style-type: none"><li>• <i>to temporarily abdicate full consciousness</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>to await it [to await the consciousness] to slowly reawaken by stages.</i></li></ul>

*This [i.e., 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*
  - *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.*

41

*This [i.e., 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.*

42

*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.*



43	<p><i>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:</i> <i>the possibility</i> <i>to uncover layers of the soul</i> <i>that would</i> <i>ordinarily</i> <i>await a future embodiment.</i></p>
44	<p><i>In this</i> <i>ever-increasing</i> <i>acceleration</i> <i>of the movement of divine life,</i></p> <p><i>the penetration of life</i> <i>into</i> <i>the void</i> <i>becomes ever</i> <i>• deeper and</i> <i>• stronger</i> <i>with each embodiment.</i></p> <p><i>This movement [of divine life]</i> <i>comes</i> <i>even to those</i> <i>• who do not fulfill</i> <i>all their potential, or</i> <i>• who are still</i> <i>on a much lower scale of consciousness.</i></p> <p><i>Even</i> <i>• trees,</i> <i>• plants,</i> <i>• birds,</i> <i>participate [in this movement of divine life as life penetrates the void].</i></p>

*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*
- *quickenning.*

45

*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.*

46

*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.*

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*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.*

	<p><b><i>Be fearless in your</i></b></p> <ul style="list-style-type: none"><li><b><i>• trust and</i></b></li><li><b><i>• faith</i></b></li></ul> <p><b><i>that you are involved in something infinitely bigger than your personal little concerns to which you sometimes assign such disproportionate importance.</i></b></p>
48	<p><b><i>The Christ spirit is with you,</i></b></p> <ul style="list-style-type: none"><li><b><i>• at all times,</i></b></li><li><b><i>• in all things.</i></b></li></ul> <p><b><i>God's blessings enable</i></b></p> <p><b><i>your most mundane undertakings, for they [i.e., for your most mundane undertakings] are put into the service of the divine cause.</i></b></p> <p><b><i>Let your inner joy reach your consciousness, for there is only cause for rejoicing!</i></b></p>

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

The Pathwork® Foundation, PO Box 6010  
Charlottesville, VA 22906-6010, USA

Call: 1-800-PATHWORK, or Visit: [www.pathwork.org](http://www.pathwork.org)

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