

# Pathwork Lecture 21: The Fall

1996 Edition, Original Given January 17, 1958

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><b><i>Greetings in the name of the Lord.</i></b></p> <p><b><i>Blessed are all of you, my dear friends.</i></b></p> <p><b><i>Last time I talked about how evil came into existence.</i></b></p> <p><b><i>This question has bothered many people who cannot imagine how a God of love could permit the existence of evil.</i></b></p> <p><b><i>For those friends who are here for the first time, I suggest they read the last two lectures in order to understand this one which is a continuation.</i></b></p>

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04

*To briefly recapitulate,  
I explained how  
long before  
the existence of the material world,  
some of the created beings  
who had been endowed  
not only with*

- free will*

*but also with*

- a certain power,*

*abused this power.*

*I explained how  
this Fall of the Angels,  
as it is called,  
happened gradually  
as a slow process of degeneration,  
whereby  
everything divine*

- very slowly and*
- gradually*

*turned into  
its opposite aspect.*

*In this way  
a separation occurred  
between*

- those who had abused their power*

*and*

- those who had not.*

*I have often said –  
and this applies to all beings,*

- spirit or*
- human –*

*that*

- your attitudes,*
- your opinions,*
- your feelings, and*
- your thoughts*

*create the spiritual worlds,  
even though  
you may still live on earth.*

*You each  
create the world  
which will be yours.*

*In the same way,  
the spirits participating in the Fall  
created*

- new worlds  
according to their changing attitudes,*
- dark worlds  
often referred to as*
- Hell.*

*The attitudes of*

- disharmony and*
- hatred*

*created such forms.*

05

*There is  
not just one  
possibility  
in this respect.*

*Let us suppose, for instance,  
that a being  
in its perfect state  
had the particular characteristic of*

- great strength of love,*
- the fire of divine love.*

*This  
love force  
would*

- turn around  
into its opposite and*
- create a fire of*
  - hatred and*
  - wickedness;*

*thus  
a very disharmonious kind of fiery world  
would come into existence.*

*So, you see,  
all legends  
are not as unreal  
as they might appear to you.*

*Let us suppose  
another individual  
in his or her perfect state of development  
had the particular characteristic of*

- *wise judgment,*
- *calmness, and*
- *detached reflection.*

*These attributes  
would enable the being  
to further the divine creation  
in a particular way  
through the slow unfoldment  
of this special creative power.*

*Directed to  
its opposite force [, however],  
this power  
would create  
a world of*

- *icy coldness,*
- *icy darkness, and*
- *desolation.*

*There are many more possibilities  
of how  
the infinite variety  
of divine attributes  
can*

- *change into their opposites and*
- *create*  
*the corresponding spheres  
in the world of darkness,  
of which there is also  
an infinite variety,  
just as in the divine world.*

*These spheres*  
• *of fire or*  
• *of icy coldness –*  
*in the spiritual sense, of course –*  
*are just two examples.*

*There are*  
*spheres of*  
• *slime and*  
• *dirt,*  
*spheres of*  
• *intense suffering*  
*through*  
• *overcrowding or*  
*through*  
• *isolation, and*  
• *many, many other varieties.*

06

*Since*  
*one of the most important divine aspects*  
*is*  
• *free will or*  
• *freedom of choice,*  
*this had to*  
*turn into its opposite too.*

*The spirit*  
*who was the first*  
*to succumb to the temptation*  
*of abusing this power,*  
*the one*  
*who is sometimes referred to as*  
• *Lucifer,*  
• *Satan, or*  
• *the Devil,*  
*who*  
*influenced others to follow him,*  
*would naturally have been*  
*the first one*  
*to inhabit*  
*the new world*  
*that came into existence.*

*This spirit [i.e., Lucifer, Satan, or the Devil]  
had complete power over  
all those  
who followed him,*

*and,*

*contrary to God [and God's use of His infinite power over others],  
he [i.e., Lucifer] used this power [over others to control others].*

*God [, in sharp contrast to Lucifer and Lucifer's exercising control over others,]  
gives the freedom of choice  
and this has deeper significance  
than most of you realize.*

*With that freedom  
necessarily comes  
the possibility*

- to abuse the given power and*
- to use it*

*contrary to  
the divine laws.*

*If no choice  
were available,  
there would be*

- no freedom and*
- no [individual] power.*

*There can be*

- no divine happiness,*

*in fact,*

- no divinity at all,*

*if it cannot be*

- attained or*
- maintained*

*by free choice.*

	<p><i>By the same token, the opposite of</i></p> <ul style="list-style-type: none"><li>• <i>God and</i></li><li>• <i>His laws</i></li></ul> <p><i>must be</i></p> <ul style="list-style-type: none"><li>• <i>the prohibition of free choice and</i></li><li>• <i>the domination of the stronger [here Lucifer] over the weaker ones [i.e., domination over other weaker spirits, including humans].</i></li></ul>
07	<p><i>This state of affairs would seem to make the salvation of the fallen beings [who are under the domination of Lucifer and not free to choose otherwise] impossible;</i></p> <p><i>for even should they have come to the point of desiring to go back to God, they would not have had the power to do so since they were under the</i></p> <ul style="list-style-type: none"><li>• <i>dominion and</i></li><li>• <i>power</i></li></ul> <p><i>of the one who reigns in the world of darkness.</i></p> <p><i>On the other hand, how could God</i></p> <ul style="list-style-type: none"><li>• <i>not break his own laws</i></li></ul> <p><i>and still</i></p> <ul style="list-style-type: none"><li>• <i>save those beings who longed for him?</i></li></ul>

*If He were to use  
his infinite power  
by overruling*

- *the free will and*
- *the choice*

*of those  
who decided to  
use the given power  
in their own way,*

*He would actually  
be acting from  
the same principle [of domination over His created beings]  
as Lucifer.*

*Here  
more than in anything else,  
maintaining  
the divine principle  
was of utmost importance,*

*for only if  
God remained true to*

- *himself and*
- *his laws*

*would there be  
a fundamental difference  
between*

- *the ways of God [i.e., freedom to all His created beings]*

*and*

- *the ways of Lucifer [i.e., domination over weaker created beings].*



*Since*  
*it is God's plan*  
*that*  
*every creature*  
*• should recognize him*  
*and at one time*  
*• come back to him*  
*out of free choice and*  
*• reattain divinity [i.e., reattain the divinity it had originally],*  
*it was imperative*  
*that he [i.e., that God]*  
*not*  
*use the*  
*same means of force*  
*as his opponent [i.e., Lucifer],*  
*even though*  
*his [i.e., God's] purpose*  
*might be a good one [i.e., here, God's purpose*  
*being that all who had fallen would*  
*reattain their original divinity].*

*It is*  
*not*  
*the end [i.e., here, that the fallen would reattain divinity]*  
*alone*  
*that counts,*  
*but*  
*very much*  
*the means too [i.e., the means by which created beings reattain divinity]!*

*Only by remaining true to these principles [including giving freedom to all beings]*  
*would the*  
*most stubborn*  
*of the fallen beings*  
*one day*  
*• see the vast difference*  
*between these two ways of being [i.e., freedom vs. domination]*  
*and*  
*• understand*  
*the dignity*  
*that lies in the divine principles,*  
*even though it means*  
*a path of suffering*  
*for those who wish to get out of*  
*the self-created miserable circumstances.*

08

*Since  
life in spirit  
is in direct relationship  
to the  
inner*

- *harmony,*
- *enlightenment, and*
- *general attitude,*

*spirits  
who have become  
disharmonious  
cannot be simply put into  
a world of harmony  
as you might travel  
into a beautiful country.*

*In the world of spirit  
the country  
is  
both*

- *you*

*and*

- *your product.*

*Therefore,  
the once fallen spirits*

- *had and*
- *still have*

*to attain  
a state  
where again  
they  
naturally  
produce harmonious worlds.*

*That this can  
only be accomplished  
through  
the same  
slow process  
of development  
as the Fall  
with its  
degeneration  
is natural enough.*

*You will readily understand now  
that this must happen [i.e., the fallen spirits must change their innermost attitudes]  
in free choice, too,  
so that questions like,*

*"Why has God not done away with evil?",*

*need not come up any more  
in your deliberations.*

*On the other hand,  
means*

*had to be found*

*so that*

*the creatures*

*who desired*

*• to return to God and*

*• to keep*

*• his laws*

*instead of*

*• Lucifer's [laws]*

*could do so*

*within the framework*

*of the laws of God [including the divine aspect of free will].*

*Thus*

*the free will*

*of no one*

*would be broken,*

*not even [the free will]*

*of Lucifer himself.*

*This [means by which those who have fallen and who now desire to return to God  
and regain divinity without violating free will and other of God's laws]*

*is*

*the great Plan of Salvation*

*in which*

*Christ played a major role.*

*I will talk about this in more detail the next time.*

09

*The spheres of darkness  
first came into existence  
where the spirits lived  
under the dominion of Lucifer.*

*In the beginning  
there was no*

- *longing for or*
- *sense of*  
*the light*

*they had once possessed.*

*Only after tasting  
the self-chosen medicine  
for a considerable time,  
that is, [the self-chosen medicine of]  
experiencing  
a state of desolation [for a considerable time],  
did a vague longing  
for something else –  
they did not quite know [longing] for what –  
take hold of  
some of these [fallen] beings.*

*It goes without saying  
that the memory of*

- *God and*
- *his worlds*

*was extinguished  
to the degree  
that disharmony  
had set in,  
but it [i.e., but the memory of God and his worlds]  
was revived again  
as attitudes changed.*

*The latter [i.e., the changing attitudes in the fallen beings, leading to the reviving of the  
memory of God and his worlds in the fallen beings]  
could only occur  
as an exceedingly slow process, however.*

*Spiritual darkness  
annuls knowledge,  
which is spiritual light.*

*Just as with human beings,  
if you have  
no  
spiritual enlightenment,  
you have to work  
spiritually  
to regain  
glimpses  
of this light.*

*The vague longing  
that  
first  
• some and  
later  
• more  
creatures  
felt  
was sufficient  
to bring  
a glimmer of light  
into their world,  
as though  
a faraway dawn  
changed  
the contours of their world  
a little bit.*

- *The cold  
would not be  
quite so cold any more;*
- *the fire  
not so hot anymore;*
- *the filth  
not quite so filthy any more; and*
- *the loneliness  
not quite so  
• unbearable and  
• hopeless  
any more.*

10

*When  
enough spirits  
came into the state  
of longing  
and  
the longing [in these spirits]  
increased,  
the time was ripe  
for the material world  
as you know it [i.e., the earth sphere]  
to come into existence.*

*You may say  
that God  
created  
the material world,  
and this is true,  
for nothing can be created  
without  
the creative divine force.*

*However,  
it is equally true  
that the material world  
was also created  
by the longing of enough spirits  
for something higher.*

*The world  
in which you are now living  
is  
the product  
of the desire  
to strive higher.*

*Here [in the world in which you are now living, i.e., in the earth sphere]  
conditions exist*

- in which  
spiritual development  
can proceed, and*
- in which  
a free choice for God  
can be made –  
which is impossible  
in the worlds of darkness.*

*In other words,  
this earth sphere  
is a product  
of the longing  
of the fallen spirits.*

*And it [i.e., the earth sphere]  
is equally a product  
of the longing  
of all those beings*

- who remained with God and*
- whose deepest desire*
  - was always, and*
  - is always,*

*to bring their brothers and sisters  
back to God.*

*Therefore,  
both*

- the divine worlds*

*and*

- the worlds of darkness*

*helped  
in the creation  
of this earth sphere.*

*The influence  
of both worlds*

- exists and*
- will manifest itself*

*according to  
the attitude  
of each individual being  
on this plane [i.e., on the plane of the earth sphere]  
possessing the power  
of free choice.*

- Conditions and*
- circumstances*

*on this earth sphere  
are different, of course,  
due to  
the new form of matter;*

*but then,  
circumstances vary  
in all spheres.*

11

*Long before  
the fallen spirits developed far enough  
to be born as  
men and women [on this earth sphere],  
the spiritual life force  
first acted  
to create  
other forms of life.*

*The original life force  
that*

- *works and*
- *manifests itself*

*in each created being*

*not only  
produced*

- *animals,*
- *plants, and*
- *minerals,*

*but also*

- *other substances*

*which were at first  
without  
self-awareness.*

*Just as  
a plant  
is without  
self-awareness,  
so too  
were these substances.*

*As time went on,  
more and more beings  
came into  
a state of longing for light.*

*This [state of longing for light] would perhaps  
constitute  
the only feeling  
these beings had  
at that time.*



*Very gradually,  
human beings  
came into existence  
in material form  
through  
various intermediate states.*

*When this happened [i.e., when human beings  
came into existence in material form],  
a major phase  
was accomplished.*

*This was the time  
when the first glimmer  
of self-awareness  
was*

- born, or*
- reborn, or*
- re-awakened.*

*More  
and more  
people  
came to live on earth.*

*Only with  
self-awareness,  
which includes*

- thinking and*
- deciding,*

*can  
development  
take place.*

*All the forms of life  
which existed  
before human beings  
have been  
leading up to this point.*

12

*You all know now  
that human beings  
produce  
their spiritual world.*

*And on earth  
where the influence  
of God's world  
also existed,  
for the first time  
since the Fall,  
they [i.e., human beings]  
now had the opportunity*

- to learn,*
- to change,*
- to turn to God*

*and thus*

- to create a better world  
for themselves  
in both*
  - matter and*
  - spirit.*

*They [i.e., human beings]  
would go to  
the spirit world  
after*

- the death of the body and*

*also*

- during sleep  
when the body rested.*

*From the spirit world  
they would receive*

- inspirations and*
- influences  
of all sorts.*

*This is why  
development  
cannot proceed faster;  
for all the incarnated beings  
were at first  
so low in their development  
that  
they were  
constantly influenced  
by their own sphere.*

*If God's world  
had not  
acted on this earth too,  
there would not have been  
any difference  
between  
• the earth sphere  
and  
• a sphere  
in the world of darkness.*

13

*You must all realize, my friends,  
that I can give you  
only a very rough outline of all this.*

*This touches  
the very greatest questions,  
which cannot be fully understood  
by any human being,  
for  
both  
• human language  
and  
• human understanding  
are too limited.*

*Therefore, as a rule  
I do not even like to talk much  
about all this  
because the main thing for you is  
• to learn to know your own soul and  
• to develop it spiritually.*

*However,  
human beings  
often wonder about  
these fundamental questions,  
not merely*

- in a spirit of superficial curiosity,*

*but*

- in good faith.*

*And*

- ignorance and*
- wrong conceptions*

*of some of these points  
may seriously hinder  
your development.*

*This is why  
I have been charged  
to give this series of lectures,  
even though  
some of you  
may not yet have  
sufficient inner perception  
to*

- sense and*
- feel*

*the*

- truth and*
- deep significance*

*all this information holds*

- in general*

*and also*

- for your own lives in particular.*

14

*How did  
the influence  
of the world of God  
manifest itself?*

*Could angels of God*  
• *guide and*  
• *inspire*  
*the human beings  
who were incarnated  
from the spheres of darkness?*

*This would be  
an impossibility  
since  
according to universal law  
an individual human being  
has to make  
the first step  
in order to receive help  
from the world of God.*

*How could this [first] step be made  
if the whole entity  
was still so coarse  
that it had*  
• *no inkling of God,*  
• *no idea of his world, and*  
• *no notion of what to do?*

*On the other hand,  
God's world  
co-created this material earth  
and thus,  
according to the law of free will,  
[God's world] had the right  
to manifest its influence on earth.*

*The answer is that  
pure spirits  
who remained in the divine worlds  
were incarnated  
at all times.*

*To be sure,  
very few  
were incarnated [on your material earth] at one time,  
but the influence  
of one such being  
outweighs by far  
the*

- strength and*
- influence*

*of a hundred creatures  
of the world of darkness.*

*The spirits  
who were incarnated  
from the world of God  
brought with them*

- light,*
- love, and*
- wisdom.*

*They fulfilled  
a great mission  
with their incarnation on earth, and  
their influence  
was much more far reaching  
than might have appeared at first sight.*

*With this influence  
growing steadily  
through the ages,  
the fallen spirits  
during their incarnation on earth  
could freely choose  
what side to listen to:*

- the side that reached their lower nature*

*or*

- the side that seemed to  
push them ever upward  
regardless of the difficulties encountered.*

	<p><i>By such free choice, God's law concerning this aspect of life [i.e., the divine aspect of life of having free choice rather than being forced by God] was not violated.</i></p>
15	<p><i>Communication with the beyond took place not only</i></p> <ul style="list-style-type: none"><li><i>• through</i></li><li><i>• guidance and</i></li><li><i>• inspiration,</i></li></ul> <p><i>but –</i></p> <ul style="list-style-type: none"><li><i>• what always existed and</i></li><li><i>• what will exist –</i></li><li><i>• through</i></li><li><i>• a more direct form of communication, namely what you now call mediumship in various forms.</i></li></ul> <p><i>Communication with spheres of the beyond depends entirely on the</i></p> <ul style="list-style-type: none"><li><i>• attitude,</i></li><li><i>• goal, and</i></li><li><i>• general development of the</i></li><li><i>• medium</i></li></ul> <p><i>as well as of the</i></p> <ul style="list-style-type: none"><li><i>• people using the channel.</i></li></ul> <p><i>During the early times, human beings who were fallen spirits could not have any communications other than with the world of darkness.</i></p>

**But**  
**the pure**  
**incarnated spirits [i.e., the spirits not participating in the fall]**  
**had communication with**  
**the world of God.**

**And this [communication with the world of God by incarnated spirits**  
**not participating in the fall]**

**so strongly outweighed**  
**the**

- **danger and**
  - **damage**
- of communication with**  
**the Luciferic worlds**

**that it [i.e., that the incarnation on earth of a few spirits from the world of God]**  
**was indeed**  
**worthwhile.**

**If communication with**  
**one world**  
**could exist,**  
**a connection with**  
**the other**  
**was within the law.**

**If one [i.e., If connecting with the world of God]**  
**had been impossible,**  
**then the other [i.e., then connecting with the Luciferic worlds]**  
**would have had to be**  
**equally impossible.**

**Incidentally,**  
**this is where some human beings make a great mistake**  
**when they reason that**  
**any**  
**communication with the beyond is**

- **Luciferic and**
- **dangerous**

**and even claim that**  
**it [i.e., claim that communication with the Luciferic worlds]**  
**is the only possible one [i.e., the only possible communication with**  
**the world beyond the human sphere is with the Luciferic worlds].**



	<p><i>Human development could not have proceeded at all in those early times if the pure spirits who were occasionally incarnated [into the material earth sphere] could not have made a very direct connection with the world of God from which truth could come to humanity.</i></p>
16	<p><i>To</i></p> <ul style="list-style-type: none"><li>• <i>have this benefit and</i></li><li>• <i>remain within the framework of the divine law [i.e., within the framework of free will],</i></li></ul> <p><i>an equality had to exist so that each individual could make a free choice.</i></p> <p><i>An equal influence had to come from both sides.</i></p> <p><i>This meant fewer beings of the divine world living on earth, because their strength always</i></p> <ul style="list-style-type: none"><li>• <i>outweighs and</i></li><li>• <i>outlasts</i></li></ul> <p><i>the influence of evil.</i></p> <p><i>However,</i> <i>especially during the early times, a great interchange existed between</i></p> <ul style="list-style-type: none"><li>• <i>the material</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the Luciferic worlds.</i></li></ul>

*The dark spirits  
claimed*

- *to be gods and*
- *to favor [or shower] human beings  
with all sorts of grants  
if they [i.e., if the human beings], in turn,  
would follow  
what the Luciferic spirits dictated.*

*Despite all this*

- *harm and*
  - *danger,*
- the few communications  
which were established with  
the world of God  
made up for the damage  
a hundred times over.*

*The incarnated pure spirits  
had*

- *enough enlightenment  
within themselves  
to spread divine truth*
- as well as*
- *the necessary requirements  
to be in communication  
with the world of God  
as instruments.*

*For without  
the mediumistic connection [to the world of God],  
not enough truth  
could have been given to humanity.*

*Even though*

*the pure spirits  
had no evil in them,  
the material shell of a body  
took so much energy away  
that the teachings  
coming from within their own selves  
would not have been sufficient.*

	<p><i>Truth was spread in the manner that humanity at each particular period was ready to absorb.</i></p>
17	<p><i>This went on for a long time.</i></p> <p><i>Gradually more of the once fallen spirits came into the state where they could recognize God.</i></p> <p><i>Their longing became</i></p> <ul style="list-style-type: none"><li><i>• conscious and</i></li><li><i>• meaningful.</i></li></ul> <p><i>Their will could now be developed to overcome the evil impulses of their lower nature.</i></p> <p><i>The change that began to take place had a much greater effect than can be easily realized.</i></p> <p><i>Not one of you fully understands that if a single person develops really well, doing the best in his or her power, this person does not only</i></p> <ul style="list-style-type: none"><li><i>• help himself</i></li></ul> <p><i>but</i></p> <ul style="list-style-type: none"><li><i>• adds the most valuable cosmic power to a great reservoir.</i></li></ul>

*It [i.e., a single person developing really well]  
will ultimately  
have a very decisive effect  
that will spread considerably,  
even though  
the person  
may not see  
even a part  
of this effect.*

*As people change,  
they might see  
some of the effect  
in their immediate surroundings  
by noticing  
how all of a sudden  
their fellow-creatures  
begin to change a little bit,  
due to their own change.*

*But people  
will not know,  
as long as they are on earth,  
how far-reaching  
the effect  
of the smallest endeavor in this direction  
is.*

*No such endeavor [to develop oneself really well, doing the best in one's power]  
is therefore ever in vain,  
my friends!*

*It is as though  
you threw a stone  
into a pond of quiet water.*

*A ring appears around it,  
then come more and more rings,  
until  
they extend so far  
that your eyes cannot follow them  
to the outer periphery,  
but the rings are still there.*

	<p><i>If one person overcomes a single weakness, it constitutes the best help in the great Plan of Salvation.</i></p>
18	<p><i>Next time I will continue from here and talk in greater detail about the part Jesus Christ has played in the Plan of Salvation.</i></p>
19	<p><i>And now I am ready for your questions, my friends.</i></p> <p><b>QUESTION:</b> <i>The dissection of Einstein's brain showed no marked anatomical differences between</i></p> <ul style="list-style-type: none"><li><i>• his brain</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• the brains of other human beings.</i></li></ul> <p><i>What is, in a metaphysical sense, the brain as the physio-psychological vehicle for</i></p> <ul style="list-style-type: none"><li><i>• intelligence and</i></li><li><i>• intellect?</i></li></ul>
20	<p><b>ANSWER:</b> <i>This experiment is the very best example to show that intelligence is not in the physical body.</i></p>

*The ability*

- *to think,*
- *to create,*

*has nothing to do with  
the physical organs,  
unless, of course,  
the physical organ  
is damaged,  
which would affect  
the corresponding subtle body.*

*I think most of you know  
that*

- *all thinking  
takes place in  
one of the subtle bodies,*
- just as*
- *all feeling  
is in another subtle body.*

*The subtle bodies,  
as development proceeds,  
will*

- *integrate and*
- *eventually become  
just one:  
the spiritual body,  
where all*
  - *purified and*
  - *perfect*
    - *thinking and*
    - *feeling*
      - will have integrated  
into the*
        - *last,*
        - *ultimate and*
        - *eternal*
          - subtle body.*

*Until this [integration and unification]  
is accomplished,  
there is **division**,  
each function [such as thinking or feeling]  
belonging to a*

- *special layer or*
- *subtle body.*

*The physical layer  
has  
as its sole function  
the physical life  
in its various aspects.*

*But*

- *thinking or*
- *feeling*

*belongs to  
different realms  
and therefore  
takes place in a  
different*

- *layer or*
- *body.*

21

**QUESTION:**  
*Could I hear a few words about*

- *bodhisattvas*

*in relationship to*

- *Jesus Christ;*

*is there any relation?*

**ANSWER:**  
*There is  
no relation  
in a direct way.*

*The word you use [i.e., bodhisattvas] –  
we have different terms –  
designates  
a special type of being  
in the divine world.*

*All created beings  
had originally  
a particular divine aspect,  
specially developed,  
and the [original]  
purpose of creation  
was  
that each being would  
complement  
the creation  
by furthering  
other aspects  
through [its] development,  
so that  
perfection  
would be reached  
not only in  
• one aspect,  
but in  
• all [aspects].*

*This is how  
the power of creation  
could have been used  
by all beings,  
but was only used  
by those  
who did not abuse this power [in the Fall of the angels].*

*Absolute perfection  
exists only  
• in God and  
• in Christ,  
who has  
most of  
the divine substance.*

*The perfection  
of all other beings  
is a relative one,  
but it [i.e., the perfection of all other beings]  
could become perfect  
by their [i.e., by other beings']  
becoming co-creators.*



*The so-called bodhisattvas  
are beings  
endowed with  
certain particular aspects  
of divinity,  
each [bodhisattva]  
representing  
a different one [i.e., representing a different aspect of divinity].*

*This one aspect [of divinity]  
is their particular force  
with which  
they help  
in the great Plan of Salvation*

- *in very special ways and*
- *by*
  - *various and*
  - *special*

*means.*

*But  
until the plan [i.e., the plan of creation]  
reaches its completion,  
the pure beings  
use their efforts  
to help others  
with their particular strengths.*

*The plan of creation [in contrast to the Plan of Salvation]  
will only come  
to its full conclusion  
as each being  
perfects  
himself or herself  
in all ways.*

*Now [i.e., presently]  
only Christ,  
except of course for God,*

- *is perfect in all ways, and*
- *has all talents*

*completely developed.*

*All other beings  
have their characteristics  
with which they were created,  
God leaving it up to them,  
that is, [up to] all of us,  
to continue his creation ourselves,  
by developing all other*

- characteristics,*
- aspects, or*
- talents*

*in a perfect way.*

22

*So  
it is not quite correct  
to say that  
all created beings  
were once  
completely perfect,  
as the Absolute is.*

*We were perfect  
in our own ways  
which, of course,  
is always relative.*

*You can be perfect  
within the frame  
of your present development,  
for instance,  
but that does  
not mean  
that you are  
absolutely perfect.*

*Someone  
of a much lower development  
than anyone of you here  
can be  
relatively more perfect  
than some of you  
of whom  
more can be expected.*

	<p><i>So perfection remains relative as long as the plan of creation is not fulfilled, except with</i></p> <ul style="list-style-type: none"><li><i>• God and</i></li><li><i>• Christ.</i></li></ul> <p><i>And this should answer your question, for the beings you have mentioned are perfect only in some ways, while Christ is perfect in all ways.</i></p>
23	<p><b>QUESTION:</b> <i>Last time, you answered the question about</i></p> <ul style="list-style-type: none"><li><i>• willpower and</i></li><li><i>• self-control.</i></li></ul> <p><i>I think it is important to see oneself in one's true reality to achieve self-understanding in order to improve oneself.</i></p> <p><i>But how can one attain this self-knowledge?</i></p>
24	<p><b>ANSWER:</b> <i>This [question about how to attain self-knowledge] is a</i></p> <ul style="list-style-type: none"><li><i>• very good and</i></li><li><i>• very important question indeed.</i></li></ul>

*Of course,  
I speak a great deal about this subject  
to my friends  
with whom I work privately,  
and  
I have also treated it occasionally  
in general lectures,  
but this is so*

- basic and*
- important*

*that it cannot be stressed enough.*

25

*As you rightly say,  
before*

- willpower and*
- self-control*

*can be strengthened,  
you have to have  
a certain amount of  
self-knowledge  
so as to have  
a clear-cut idea*

- why  
you want to develop your attributes,*
- what is  
your goal, and*
- in what direction should*
  - willpower and*
  - self-control*

*be utilized.*

26

*In order to have willpower,  
the goal  
has to be clear in your mind,  
yet*

- *to find out your  
true*
- *goals and*
- *wishes,*

*and most important of all,  
• to gain  
• self-knowledge,*

*you definitely need  
some willpower  
already to begin with.*

*Thus  
the process works both ways.*

*The first step  
in the proper order  
is to establish*

- *what the issues are,*
- *why it is necessary  
to have self-knowledge.*

- *What are its advantages?*

- *How costly is it [i.e., how costly is self-knowledge] to attain?*

- *What are the disadvantages of not having it [i.e., what are the  
disadvantages of not having self-knowledge]?*

*Once you clearly understand this,  
you can make the proper decision.*

*You will gain  
clear understanding [of the importance of self-knowledge]  
if you set out  
to think about it objectively,  
disregarding  
the resistances [to having self-knowledge]  
of your lower nature.*

*All you have to do  
is*

- *not shirk the issue [of having self-knowledge] and*
- *think things through  
to the end of the road.*

*This is not so difficult;  
it merely requires  
a little bit of*

- *courage and*
- *wisdom.*

27

*Everybody  
has some*

- *courage and*
- *wisdom  
within,*

*and it is only a question of  
letting it come to the surface.*

*As with willpower,  
here too,  
it is a question*

- *of deciding,*
- *of making up one's mind [for attaining self-knowledge concerning  
all aspects of one's inner life]*

*once and for all.*

*This can be done  
only  
by considering all sides.*

*The trouble with people*

- *is not that  
they cannot do this*
- *but that  
they avoid those decisions  
concerning their inner life [i.e., concerning their self-knowledge].*

*They run away from them [i.e., from those decisions concerning their inner life  
and self-knowledge],*

*sensing it might be  
uncomfortable;  
they prefer  
to cover up  
the issue [regarding their inner life and self-knowledge],  
instead of  
viewing it  
with*

- clear  
eyes*
- and an*
  - open,*
  - unbiased  
mind,*

*not pampering  
the lazy self  
that likes to wallow  
in the swamp  
of self-indulgence.*

*So the why  
of the*

- trouble and*
- discomfort  
of self-knowledge  
has to be established.*

28

*These questions  
are not so difficult to answer,  
at least  
not for a person  
who knows  
that God exists,  
even if*

- many facets of*
  - him and*
  - his creation  
are still ignored.*

*Even if  
your belief is feeble,  
but you follow the thought  
to the end,  
the understanding  
must come  
that it is necessary  
to develop oneself.*

*And self-development  
cannot be done  
without  
self-knowledge [i.e., knowledge of all aspects of one's inner life].*

*Self-knowledge  
is the only thing  
that really counts,  
my friends!*

*Nothing else [but self-knowledge of all aspects of your inner life]  
is any good,  
nothing else [but self-knowledge of all aspects of your inner life]  
will ever*

- *bring your development about,*
- *enable you to have*
  - *real faith and*
  - *real love,*
    - *for God*  
*above everything and*
    - *for your fellow-creatures*  
*as for yourself.*

*You have to  
begin with yourself  
before you can attain the*

- *freedom and*
- *harmony*

*you all long for  
in your innermost being.*



	<p><i>No matter what path you choose, if it</i></p> <ul style="list-style-type: none"><li><i>• does not contain complete self-knowledge, or</i></li><li><i>• does not make it [i.e., does not make complete self-knowledge of your inner life] a major requirement, you will accomplish nothing, no matter how much you</i></li></ul> <ul style="list-style-type: none"><li><i>• learn and</i></li><li><i>• read and</i></li><li><i>• do this or that.</i></li></ul> <p><i>All this counts for nothing, unless you use the knowledge you acquire as you follow the path of soul-knowledge.</i></p>
29	<p><i>Now how to accomplish this [i.e. now how to accomplish following the path of soul-knowledge]?</i></p> <p><i>Of course, it [i.e., following the path of attaining self-knowledge or soul-knowledge] is not easy.</i></p> <p><i>But its rewards are the richest, for this path [of attaining self-knowledge or soul-knowledge, or knowledge of your inner life] is the only one that will bring you liberation.</i></p> <p><i>So it is only logical that it cannot be easy.</i></p>

***It [i.e., attaining self-knowledge of your inner life] means,  
in the first place,  
to be able to  
humble yourself.***

***No one likes to hear that,  
my friends.***

***For***

- self-will and***
- ego and***
- vanity***
  - exist***
    - in every human being and***
  - are the strongest hindrances to***
    - perfection,***
    - faith,***
    - harmony and***
    - love.***

***Whatever***

***the various individual faults  
can possibly be,  
this [humbly facing one's self-will, ego, and vanity, facing the truth about the self]***

***applies to each and everyone***

- who goes through  
the cycle of incarnations,  
in other words,***
- who is not  
a pure spirit.***

***If you want  
to gain self-knowledge,***

***you have to reconcile yourself  
first to the idea:***

***"I have to do what is most difficult for me."***

***For that is the key.***

*If it is most difficult for you  
to show  
having a weakness,  
then  
to show  
that [i.e., to show your weakness]  
is just what your soul needs  
to struggle free  
of its chains.*

*Or if it is difficult for you  
to give up  
• your vanity, or  
• your selfishness,  
then  
that is where you should jump in –  
freely,  
• because  
you choose so,  
• not because  
life forces you.*

30

*You see, my friends,  
the divine laws  
are made in such a way  
that the things you need  
come to you.*

*But it will be so much easier  
• if you meet them halfway,  
• if you decide  
on your own accord,*

*"I want it [i.e., I want this self-knowledge about what I do not want to see]  
because  
I obviously need it"*

*and then step into it yourself.*

*If life*

- *forces or*
- *pushes*

*you into it,  
against your will,*

*it will not only  
be so much harder*

*but it will  
come to you again*

*and again,  
until you have learned  
through self-knowledge  
that you need*

- *what life gives you, and*
- *to meet it freely yourself.*

*Then the lesson will be learned  
and life will have other things to offer you.*

*The more  
purified you are by this process,  
the less  
you will need unpleasant experiences.*

*Or rather,  
what used to seem unpleasant  
will not be so any more.*

*You cannot avoid  
what you need,  
that I can assure you.*

*Until you have met it*

- *out of your own accord,*
- *with the*
  - *realization and*
  - *understanding*

*of its necessity  
for your character,  
it will not cease.*

*Please remember that,  
all of you.*

31

*In order to gain self-knowledge,  
you might, for instance,  
sit down  
and ask yourself,  
"What is most difficult for me to do  
in my daily life?"*

*Perhaps for some of you  
the most difficult thing  
will be  
to admit the truth,  
for whatever motive.*

*For another,  
it might be humiliating  
to show yourself as you are*

- *without a mask and*
- *without the superiority  
with which you try to impress people.*

*For yet another  
it may be most difficult*

- *to be modest,*
- *to remain in the background;*

*for another,*

- *to give something,  
whether*
  - *materially or*
  - *spiritually.*

*Everyone has different difficulties,  
and each one of you  
can find out about them  
comparatively easily,  
if you really try.*

*You do not have to think very far;  
think of*

- *your  
immediate  
reality,*
- *your life  
right now.*

	<p><i>View every day that passes from that point of view.</i></p> <p><i>And you will, after some</i></p> <ul style="list-style-type: none"><li>• <i>trying and</i></li><li>• <i>training,</i></li></ul> <p><i>come to see your reactions quite differently, I assure you.</i></p> <p><i>You will learn to recognize emotional reactions of which you had been completely unaware before.</i></p>
32	<p><i>Your immediate outer problems are only the effect of some cause which is hidden from you, but not so deeply that you could not so easily recognize it if you only practiced what I say here.</i></p> <p><i>Then the connections will appear so clearly in front of your eyes that you will be shocked at yourself for not having seen all this in the past.</i></p> <p><i>Making the connection between</i></p> <ul style="list-style-type: none"><li>• <i>your troubles</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>their causes,</i></li></ul> <p><i>which you subconsciously yet deliberately had pushed out of your awareness, will have a blissful effect on you.</i></p>

*It [i.e., making the connection between your troubles and their causes]  
will make you happy  
the way only truth can.*

*It will  
liberate latent*

- powers and*
- healing forces*

*for your*

- body and*
- soul.*

*If you experience this [liberation by connecting troubles with  
their causes through attaining self-knowledge]  
regularly,  
then you can be quite sure  
you are on the proper path.*

*But because the temptation  
is always so great  
to put all this [attaining of self-knowledge] aside,  
you should be prepared  
to do battle with it [i.e., with the temptation to put aside attaining self-knowledge]  
every time anew.*

*After a time,  
this temptation [to put all this attaining of self-knowledge aside] will cease.*

*But at the beginning  
it will require considerable effort  
to guard against  
your lower self  
that tries to stifle  
the aspirations of your spirit [to develop and grow].*

*You may be the loser  
if your outer self  
allows  
all the "excuses" [to humbly attaining this honest self-knowledge]  
your lower nature furnishes.*

*Of course, I speak very generally now,  
not just to answer a personal question.*

*This applies to everybody.*

33

*Make a list of your faults.*

*If you can think of only two or three,  
then you have proof  
that you do not know yourself.*

*And then you can avail yourself  
of the opportunity of*

- *self-purification and*
- *self-knowledge*

*by doing what seems at first so difficult.*

*Ask the people around you  
to tell you  
what your faults are.*

*This*

- *will give you knowledge about yourself and*
- *will teach you the humility you need.*

*For as long as it is difficult for you,  
it is a telling sign  
that you need just that [i.e., the humility to  
ask others about your faults]  
very badly.*

*If it is  
easy for you [to ask others about your faults],  
if you  
do not feel*

- *resentment,*
- *resistance, or*
- *any kind of heaviness within,*

*then it [i.e., then asking others about your faults]  
is not important any more.*



*It does not matter  
what you try to tell others;  
[rather] it matters  
how you feel  
when someone tells you  
of your shortcomings.*

*If you observe  
clinically  
what you feel  
when that happens [i.e., when someone tells you of your shortcomings],  
if you  
do not want to fool yourself about it,  
you will know  
where you stand  
spiritually.*

*This is the only way  
you can become  
really detached, my friends.*

*When your own shortcomings in the eyes of others  
do not matter any more,  
when your humiliation  
does not matter any more,  
then  
you are detached –  
not when you  
avoid the things that bother you [about yourself].*

34

*This is difficult,  
at least at the beginning,  
and perhaps not everyone is ready for it.  
Some may need*

- more time,*
- more knowledge,*
- more dabbling at the fringes*

*before they can  
really go on the path;  
but whoever does it  
will, indeed,  
become free.*

*God will help you  
through all the further stages  
of self-realization  
if these initial steps [of attaining self-knowledge] are taken.*

*So my advice is this:*

*First,  
think about what,  
in relation to other people,  
seems most difficult for you.*

*After you have found this out,  
consider with what trend in you  
this might be connected.*

*And then  
decide  
whether you are really ready  
to overcome  
whatever chains you in this way,  
not only  
for the sake of  
• your own freedom,  
but  
for the sake of  
• God,  
for the sake of  
• your own spirit,  
• your higher self,  
for the sake of  
• your development,  
for  
• the love you could only then  
• give and  
• receive,  
for  
• your complete fulfillment.*

*Are you ready to do that?*

*How many of my friends here are?*

35

*And then,  
if you have decided  
with a*

- big and*
- wholehearted*

*Yes,  
you will need  
your willpower,  
my dear ones.*

*You will need*

- willpower and*
- self-discipline*

*to battle all your faults,  
which can never happen*

- by pushing them  
into the subconscious,*
- by merely covering them up  
so that they do not show on the surface.*

*For do not believe  
that something  
you are unaware of  
does not exist.*

*The process  
of eliminating your faults,  
which is the next step  
after self-knowledge,  
is a very different one.*

*Briefly, the process [of eliminating your faults] is this:  
Watch yourself first  
as you really are,*

- without vanity,*
- without wanting to be*
  - better or*
  - more*

*than you are at this point.*

*Simply*

- take stock and*
- get accustomed to seeing yourself*
  - where you really are*

*and not*

- where you want to be.*

36

*Accept  
your temporary reality  
for two reasons:*

*1) You have to be*  
*• unemotional and*  
*• undisturbed*  
*about what you are*  
*before you can change yourself.*

*This requires*  
*the new habit*  
*of seeing yourself*  
*• clearly,*  
*• without any*  
*• false motives and*  
*• excuses and*  
*• blindness,*  
*for a while.*

*2) This will also teach you*  
*the necessary humility*  
*that is a*  
*major requirement*  
*of*  
*• spiritual development and*  
*• true detachment.*

*Accepting yourself*  
*as you are*  
*does*  
*not*  
*mean*  
*that you should*  
*remain this way.*

*The ultimate goal*  
*must be*  
*to change the negative trends,*

*but this cannot be done*  
*before*  
*you have accepted*  
*entirely*  
*the stage you are in.*

*Thus, observe yourself daily*  
• *when and*  
• *how*  
*your faults manifest,*  
*not only outwardly,*  
*but also*  
*in your feelings.*

*By observing*  
*your [emotional] reactions*  
*you will learn to ascertain*  
*how far you*  
*have to come [yet]*  
*toward*  
*accepting yourself*  
*without embellishment.*

37

*After this stage [of fully accepting yourself with your faults]*  
*is mastered,*  
*the next one [i.e., the next stage of eliminating your faults]*  
*can begin:*

*by meditating on*  
*what*  
*the opposite*  
*of any particular fault is;*  
*how you might*  
• *react and*  
• *feel*  
*if you had already*  
*achieved*  
*the transformation [of this particular fault].*

*If you do this faithfully*  
*for a while,*  
*asking God for*  
• *inspiration,*  
• *help and*  
• *strength,*  
*you will begin to*  
*feel*  
*differently.*

*Your  
new  
inner reactions*

*will*

- *leave you  
so free,*
- *make you  
feel  
so wonderful!*

*You may also meditate on  
how*

*each of  
your particular faults  
is a  
direct hindrance  
to the unfoldment  
of love.*

*For  
each fault  
is just that [i.e., a direct hindrance  
to the unfoldment of love].*

*It [i.e., each fault]  
blurs  
the love force  
in the soul.*

*If you proceed in this way,  
God will*

- *inspire and*
- *guide  
you,  
you can be quite sure of that.*

*As I said,  
this is a difficult path.*

*But blessed are those*

- *who take it,*
- *who have*
  - *the courage and*
  - *the wisdom  
to do so.*

38

*I know, my friends,  
that I have given you  
strong medicine.*

*No one  
likes to hear these things.*

*It would be so much more pleasant  
to hear  
what*

- is easy or*
- is impersonal.*

*But, unfortunately,  
that would  
not correspond  
to truth.*

*And since I am  
a spirit*

- of truth,*
- of the world of God,*

*I have to give you  
truth,  
whether it is comfortable [for you]  
or not.*

*Yet,  
bitter as the medicine may be,  
I think that  
if you  
open your hearts,  
you will  
feel  
the love  
I have for  
each one of you.*

*Love  
cannot come  
from any other side  
but  
the side of  
God's world.*

*And you should  
never be grateful  
to anyone else  
but God.*

*Whether it is  
through*

- *me or*
- *another spirit*

*of the world of God,  
no matter  
how much  
you may be helped,  
no created being  
is anything  
without God.*

*The higher developed  
a creature,  
the less  
it will want*

- *honor and*
- *admiration.*

*That [i.e., honor and admiration]  
is due  
only to the Creator,  
without whom  
we are nothing.*

*This applies*

- *to us spirits*

*just as much as*

- *to you humans.*

*When you are  
accomplishing something –  
whatever it may be –  
realize  
that it is only through  
the grace of God  
that you can do it,  
not through yourself.*



*By yourself  
you are nothing.*

*And the highest created being in existence,  
Christ himself,  
has said so,  
time and again.*

39

**QUESTION:**  
*I understand that  
when we are incarnated on earth  
we have certain limitations  
in our spiritual development.*

*Is it possible*  
• *to burst this,*  
• *to go farther*  
*than the limitations*  
*which are set for us?*

**ANSWER:**  
*Oh yes.*

*I will say this, however:*

*You cannot  
accomplish everything  
in one incarnation.*

*That would be impossible.*

*But you can certainly  
break the limitations.*

*That happens quite often.*

*It can  
only  
happen  
by what I have explained in the answer I gave before  
about this  
noblest of all paths.*

- *If a person really has the will, and*
- *if this will is put into practice, then*
  - *the limitations will recede and*
  - *much more can be accomplished in one life.*

*What you can accomplish in one incarnation by taking this path would perhaps need twenty otherwise.*

*That is the difference.*

*This example should give you an idea of your power to break the limitations.*

40

**QUESTION:**  
*But not everyone is led to this path.*

*There are millions of people who are not...*

**ANSWER:**  
*In the first place, This [pathwork group with whom I communicate] is not the only possibility to take a path such as this, my dear.*

*Certainly, the help that direct communication with the spirit world of God can give is a very valuable one.*

*But*  
    *everyone*  
        *who has*  
            *even the slightest possibility*  
                *to take the path*  
*will be led*  
    • *somehow,*  
    • *somewhere*  
        *to the right place,*  
            *either to*  
                • *a person*  
            *or to*  
                • *a spirit,*  
*so that*  
    *he or she*  
        *may receive*  
            *the necessary material to work with.*

*It may be*  
    *through*  
        • *a church, or*  
    *through*  
        • *a particular teacher, or*  
    *through*  
        • *a spirit, or*  
    *through*  
        • *a very strong*  
            *direct communication*  
                *by way of inspiration.*

*The spirits*  
    *recognize*  
        *where the possibility exists;*  
*they*  
    *recognize*  
        *whether the desire*  
            • *is there or*  
            • *may be aroused, and*  
*they will guide*  
    *accordingly.*

*Everybody will get*  
    *just what they need,*  
        *you can be sure.*

41

*The problem  
never arises  
that someone  
who is ready for the path  
may not have the opportunity to find it.*

*This [i.e. this situation that someone who is ready  
is not given the opportunity to find a suitable path]  
does not exist, my friends.*

*The laws  
of the divine world  
work too accurately for that.*

*The problem  
is much rather  
that  
a great percentage of people  
• who could take this path and  
• who are led to where they could do it,  
finally  
do not.*

*Often  
the world of God  
tries  
again  
and again,  
offering different possibilities,  
but  
the essence  
is never understood,  
because  
people  
do not  
want  
to understand it [i.e., to understand the path to God].*

*Just look at  
your own circle –  
and it is similar everywhere –  
many more  
come  
than  
• stay and  
• actually do it.*

*Believe me,  
this [situation of people leaving when offered an opportunity for growth]  
does not happen  
at the cost of  
others  
who may not have such possibilities.*

*Whether*

- here or
- elsewhere,

*only a handful  
out of hundreds  
will  
really and truly  
take this path.*

*Every*

- great person,
- teacher,
- priest –

*any communication  
with the world of God –  
will convey the same:  
many people are guided to them,  
and a  
small, small part  
will fulfill the purpose  
of that guidance.*

*The great majority  
of humankind,  
however,  
is not yet ready  
to take this difficult path  
of perfection.*

*If in this life  
they learn just enough*

- to become a better person,
- to accept that perhaps  
God does exist after all,

*this might prepare them  
for the path  
in their next incarnation.*

*So, you see,  
the spirit world  
actually*

- *gives more people the possibility,  
just on  
the remotest chance [that they will take the path],*
- *than there are people  
who  
take the opportunity.*

*You can be sure  
that those  
who are not guided anywhere  
either have*

- *no desire,*
- *no real understanding, or*
- *not the remotest possibility  
in this life  
to change in this respect,*

*or have  
already found*

- *what they needed and*
- *what is best for them  
in this incarnation.*

42

**QUESTION:**  
*Could you please make clear  
the difference  
between*

- *the soul*

*and*

- *the spirit?*

**ANSWER:**  
*The spirit  
is*

- *the ultimate being,*
- *the indestructible being  
that lives eternally.*

*The soul [in contrast to the spirit]  
is  
one  
of the subtle bodies  
that will,  
eventually,  
disintegrate.*

*Is that clear,  
do you understand that?*

*I think what you want to know  
is how  
the two manifest,  
so that you may know  
which is which.*

*Is that what you mean?  
{That is correct.}*

*To have  
the spirit  
consciously  
manifest  
is, of course,  
not easy.*

*This [i.e., having the spirit consciously manifest]  
can only happen*

- when spiritual development  
has reached a certain point,*
- when a breakthrough  
has been accomplished  
in a person's higher self.*

*Then [i.e., when your spiritual development has reached a certain point  
and when a breakthrough has been accomplished in your higher self]*

*you will  
feel*

*that something*

- *thinks within you,*
- *directs you,*
- *sends you messages,*
- *gives you*
  - *deep and*
  - *unquestionable**knowledge –*

*and all this*

*does not come from*

- *your brain region*  
*where your*

*normal thinking takes place,*

*but from*

- *the region of your solar plexus.*

*Your soul [in contrast to the spirit],  
however,*

*manifests*

*in your*

- *emotional life,*

*in your*

- *feelings and*

*in your*

- *subconscious.*



*Even to become  
conscious of  
your feelings,  
a great deal of  
self-knowledge  
is necessary;*

*most people are  
unaware of their*

- real feelings and*
- emotional reactions*

*and are thus slave to them;*

*they are mastered by them,  
instead of*

- controlling and*
- mastering*

*them.*

*To achieve this mastery [over feelings and emotional reactions],*

- self-observation,*
- objectivity, and*
- self-criticism*

*are essential.*

*If what I advised tonight  
in my second reply [i.e., the reply regarding attaining self-knowledge, page 35ff]  
is followed,  
the result  
must be,  
first,  
awareness of*

- the soul,*

*and then  
awareness of*

- the spirit.*

43

*I will answer the rest of the questions next time,  
my friends, for our time is up.*

*I beg all of you,  
especially those  
who have come here for the first time:  
Do not be too hasty in your conclusions.*

*This is such a  
vast subject,  
new in many respects  
even to some of my more regularly attending friends –  
and it may take a little time  
to adjust to  
new outlooks.*

*Do not  
bar your vision  
by too hasty conclusions;*

*think*

- *seriously and*
- *carefully,*

*and do not let your  
unconscious emotions  
play you a trick  
by blurring your judgment.*

*Be careful of that [i.e., of letting your unconscious  
emotions blur your judgment],  
for you may do great harm to yourselves.*

44

*God's blessings  
go to every one of you.*

*Take this blessing  
in awareness,  
so that  
it may help you in your decisions,  
that  
it may strengthen you to*

- *recognize the will of God and*
- *act accordingly.*

*Be in peace,  
be in God!*

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