

# Pathwork Lecture 194: Meditation: Its Laws and Various Approaches – A Summary (Meditation as Positive Life Creation)

1996 Edition, Original Given October 22, 1971

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.</i></b></p> <p><b><i>Blessings</i></b> <b><i>for all of you here.</i></b></p> <p><b><i>There is a lot of</i></b></p> <ul style="list-style-type: none"><li><b><i>• energy,</i></b></li><li><b><i>• love, and</i></b></li><li><b><i>• healing power –</i></b> <b><i>healing for</i></b><ul style="list-style-type: none"><li><b><i>• soul,</i></b></li><li><b><i>• spirit, and</i></b></li><li><b><i>• body –</i></b></li></ul></li></ul> <p><b><i>accumulated here.</i></b></p>

by Eva Broch Pierrakos

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*It [i.e., The energy, love, and healing power]  
comes from  
the unity  
of your own desire  
to reach  
forever new  
levels of*

- *consciousness,*
- *feelings, and*
- *experiences*

*• within  
and  
• without.*

*And it [i.e., And the energy, love, and healing power]  
stems from  
entities*

- *who are not in the body*

*and*

- *who are also present here.*

*As I have said to you occasionally,  
there are  
many more entities  
involved in this  
venture of communication  
than there are  
human beings here.*

*Like you,  
some [of these entities who are here but who are not human beings]*

- *help and*
- *fulfill tasks,*

*others*

- *only learn at this stage.*

*But every step of their [i.e., every step of these other learning entities']  
development*

- *has a beneficial influence*

*and thus*

- *teaches others,  
whether they realize it or not.*

04

*Tonight's lecture  
is a summary  
of meditation.*

*I will speak  
about*

- *what meditation is,*

*about*

- *some of the laws inherent in it;*

*and then  
specifically*

- *how meditation  
is best used  
to fulfill  
the aim  
of this particular pathwork:  
the unification  
of the whole person  
with the  
as yet  
separated part, [that is,]  
the lower self.*

*Much of it [i.e., much of this teaching]  
will sound,  
perforce,  
repetitious,  
but this [i.e., but the fact that much of this teaching will sound repetitious]  
cannot be avoided  
in any summary.*

*Yet it [i.e., Yet this teaching]  
will prove helpful  
because it*

- *will  
give all of you  
a better understanding of*
  - *the meaning of meditation and*
  - *its [i.e., meditation's] laws*

*and*

- *will make easier  
your attempts  
to put meditation into practice.*

05

*Meditation*

*is*

- *conscious and*
  - *deliberate*
- creating.*

*It [i.e., Meditation]*

*is one of the most*

- *dynamic and*
  - *creative*
- acts*

*imaginable.*

*You*

*constantly*

*create,*

*whether you know it*  
*or not.*

*You create*

*by*

- *what you are,*

*by*

- *what*

*the sum total of*  
*your*

- *feelings,*

*your*

- *conscious and*

- *unconscious*

- *opinions and*

- *convictions*

*are,*

*by*

- *your conceptions,*  
*which determine*

*your*

- *actions and*

- *reactions,*

*by*

- *your*

- *goals and*

- *attitudes.*

***Every thought***

- *is a creation and*
- *has its consequence;*

*it [i.e., every thought]*

- *brings about*  
*a specific result*  
*that expresses*  
*this thought.*

***Since people***

*consist of*  
*many conflicting thoughts, and*

***since their***

- *thoughts and*
- *beliefs*  
*often vary drastically from*  
*their emotions,*

• *the result,*

• *their creation,*

*must vary accordingly [must vary because the final result will be a mixture of*  
*results due to thoughts and results due to emotions, emotions*  
*which often vary drastically from thoughts and beliefs].*

***The***

- *mixed-up,*
- *conflicting, and*
- *confusing*  
*lives*

***most people lead***

*testifies to this fact [i.e., testify to this fact that some parts of their*  
*lives are a result of their thoughts and beliefs and other parts*  
*are of their lives are a result of their very different emotions.*

*There are those  
who create  
unwittingly [and unconsciously],  
never knowing  
that  
their*

- *unwise,*
- *erroneous*
- *thoughts,*

*their*

- *destructive*
- *feelings,*

*and  
their*

- *unchecked*
- *wishes*

*bring about  
a negative result  
just as surely as  
if they were to commit  
a conscious [negative or destructive]  
act.*

***Between***

***• them [i.e., Between those who unconsciously create negatively and unwittingly]***  
***and***

***• those people***

***• who attempt to***

- check,***
- test, and***
- challenge***

***their [own] concepts,***

***• who***

***• seek the truth and***

***• adjust their***

- ideas and***
- aims***

***to it [i.e., adjust their ideas and aims to what is really the truth],***

***and***

***• who purify their feelings***

***by going through them [i.e., by going through their feelings]***

***with***

- courage and***
- honesty,***
- wisdom, and***
- the knowledge that***

***what exists inside,***

***no matter how painful,***

***cannot***

***simply be avoided***

***but***

***must be experienced,***

***there is***

***an enormous difference.***

***This latter attitude toward life [i.e., this attitude of being in truth in thoughts,***  
***aims, and feelings, no matter the pain]***

***can then result in***

***the deliberate creation [rather than unconscious and unwitting creation]***  
***of one's life.***

***And that [i.e., And that attitude of being in truth and the resulting deliberate,***

***as opposed to negative and unwitting, creation of one's life]***

***is***

***meaningful meditation.***

06

***Meditation***

***is***

***creating***

***because***

***you live in a***

***• highly potent creative substance,***

***which is what I have also called***

***• soul substance.***

***You***

***• live in it [i.e., You live in soul substance, this highly potent creative substance],***

***you***

***• move in it [i.e., you move in soul substance,***

***this highly potent creative substance],***

***you***

***• have your being in it [i.e., you have your being in soul substance,***

***this highly potent creative substance].***

***Everything***

***that consciousness***

***sends forth into this substance [i.e., into this soul substance]***

***must take form.***

***• The word***

***you***

***• speak or***

***• think,***

***• the emotionally charged thought***

***you***

***• know and***

***• pronounce***

***are creative acts.***

***The creative substance [i.e., The soul substance]***

***• in which***

***you live***

***and***

***• which lives***

***in you***

***is then impressed by***

***the thought form,***

***which molds it [i.e., which molds the creative soul substance].***



	<p><i><b>This substance [i.e., This soul substance, this highly potent creative substance] changes constantly as it becomes impregnated by conscious</b></i></p> <ul style="list-style-type: none"><li><i><b>• thought and</b></i></li><li><i><b>• intent.</b></i></li></ul> <p><i><b>This [i.e., This creative soul substance changing in response to constantly changing conscious thoughts and intent which impregnate and impress it] is how creation unfolds in its myriad forms.</b></i></p>
07	<p><i><b>In conscious creation you express various</b></i></p> <ul style="list-style-type: none"><li><i><b>• thoughts,</b></i></li><li><i><b>• feelings, and</b></i></li><li><i><b>• attitudes,</b></i></li></ul> <p><i><b>and their sum total creates the totality of your life.</b></i></p> <p><i><b>All</b></i></p> <ul style="list-style-type: none"><li><i><b>• concepts and</b></i></li><li><i><b>• opinions,</b></i></li></ul> <p><i><b>all</b></i></p> <ul style="list-style-type: none"><li><i><b>• views and</b></i></li><li><i><b>• desires,</b></i></li></ul> <p><i><b>create a will direction,</b></i></p> <p><i><b>and this creative force [i.e., the creative force of this will direction] activates the receptive substance of your soul [i.e., activates your receptive and creative soul substance].</b></i></p>

***If you understand  
this principle [i.e., this principle of creation in which your concepts, opinions,  
views, and desires combine to create a will direction, a force  
that activates your receptive and creative soul substance],  
it will become obvious  
that you can tell exactly  
what  
other people***

- ***think,***
- ***feel, and***
- ***believe –***
  - ***consciously***

***and***

- ***unconsciously –***

***when you see in their lives  
where they have***

- ***fulfillment and***
- ***abundance,***

***and [conversely] where [they have]***

- ***impoverishment and***
- ***want.***

08

***It is therefore  
one of the most important aims on this path  
to make conscious  
all  
you***

- ***think and***
- ***know,***
- ***perceive and***
- ***conceive,***
- ***believe in and***
- ***want.***

***Only then [i.e., Only when all these thoughts, perceptions and feelings are conscious]  
can you see  
all the***

- ***conflicts and***
- ***misconceptions.***

***Only then [i.e., Only when all these thoughts and feelings are conscious and you see all the inner heretofore unconscious conflicts and misconceptions] can you begin to create a good life.***

***Meditation***

- can and***
- should, of course, be used for the very purpose of eliminating***
  - misconceptions and***
  - destructive attitudes.***

***With the help of meditation***

***you can become aware of***

- what your misconceptions are***

***and***

- why they are erroneous.***

***With the help of meditation***

***you can gradually impress correct beliefs [as opposed to negative, destructive, and incorrect beliefs] upon your soul substance.***

09

***You first use meditation to eliminate whatever prevents you from meditating.***

***This sounds like a paradox, but it is not.***

*If you hold*  
• *incorrect,*  
• *negative*  
    *beliefs,*  
*you cannot*  
    *create*  
    *a good life;*

*rather, [if you hold incorrect, negative beliefs]*  
*you unwittingly*  
    • *destroy*  
        *creative substance*  
*or*  
    • *turn it [i.e., or you unwittingly turn creative substance]*  
        *into*  
        *a negative manifestation.*

*Once the misconceptions*  
    *are eliminated,*  
*you can*  
    *actively*  
        *create*  
            • *more desirable*  
                *experiences,*  
            • *better*  
*and*  
            • *deeper*  
                *feeling capacity,*  
            • *more creative*  
                *self-expression,*  
            • *more*  
                • *joy and*  
                • *serenity.*

*All this [i.e., All this: more desirable experiences, better and deeper feeling*  
    *capacity, more creative self-expression, and more joy and serenity]*  
*exists in truly limitless abundance*  
    • *in the universe*  
*and is*  
    *completely available*  
    • *to you.*

	<p><b><i>The only limitation [to what you manifest in your life] is your own mind which, because of • its [i.e., because of your own mind's] false ideas and • the negative • feelings and • attitudes deriving from them [i.e., deriving from these false ideas], ignores this abundance [i.e., ignores this abundance that is freely available to all in the universe].</i></b></p>
10	<p><b><i>Every act in the universe comes about because the • active and • receptive principles • fuse and • create something new.</i></b></p> <p><b><i>This [creative process in which the active and receptive principles fuse and create something new] applies to everything, from the • smallest and • apparently most insignificant act to the • most sublime.</i></b></p>

	<p><i>Whether it is</i></p> <ul style="list-style-type: none"><li>• <i>you</i> <i>who creates</i> <i>a tiny object,</i></li></ul> <p><i>or [it is]</i></p> <ul style="list-style-type: none"><li>• <i>the cosmic intelligence</i> <i>which creates</i> <i>new galaxies,</i></li></ul> <p><i>or [it is]</i></p> <ul style="list-style-type: none"><li>• <i>you</i> <i>who creates</i> <i>your own evolutionary process,</i></li></ul> <p><i>both the</i></p> <ul style="list-style-type: none"><li>• <i>active</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>receptive</i> <i>principles</i> <i>must always merge</i> <i>harmoniously.</i></li></ul> <p><i>The same [i.e. That both active and receptive principles</i> <i>must always merge harmoniously]</i></p> <p><i>applies to</i> <i>the act of meditation,</i> <i>of course.</i></p>
11	<p><i>Each level of your personality</i> <i>can,</i> <i>at various stages in your development,</i> <i>use different approaches to</i> <i>meditation.</i></p> <p><i>Each approach [to meditation]</i> <i>can vary</i> <i>according to</i> <i>which level [of your personality]</i> <i>plays</i></p> <ul style="list-style-type: none"><li>• <i>the active part</i></li></ul> <p><i>and</i> <i>which [level of your personality]</i> <i>[plays]</i></p> <ul style="list-style-type: none"><li>• <i>the receptive [part].</i></li></ul>

*I shall be more specific about this later.*

*Now let me say only that  
in the first stage  
the conscious mind  
almost always  
assumes  
the active part  
by*

- speaking the word,*

*by*

- concisely formulating the*
  - thoughts and*
  - intents.*

*The more concisely  
the conscious mind*

- claims and*
- states,*

*and the more*

- constructive and*
- truthful*

*the*

- thoughts and*
- intents*

*are,*

*[then] the more*

- inner,*
- unconscious*

*obstructions  
will dissolve,  
provided they [i.e., provided the inner, unconscious obstructions]  
are dealt with*

- realistically and*
- honestly.*

12

*Let us assume, for example,  
that you meditate for  
more fulfillment  
with a mate.*

*The force  
of your own conviction  
that*

- *you deserve this [i.e., that you deserve more fulfillment with a mate],*
- that
- *this [i.e., that more fulfillment with a mate]  
is indeed*
  - *possible and*
  - *in keeping with divine law,*

*will depend on  
the extent you have faced  
your own wish  
not to love.*

*When you are  
unaware of  
this wish [in you not to love],  
your request*

- for more fulfillment [with a mate]*
- *must lack conviction and*
  - *will be infiltrated with doubt.*

*But if you*

- *face your incommensurate attitude [i.e., if you face your attitude that is  
incommensurate with your desire for more fulfillment with a mate] –*
- *your hatred,*
- *your demanding love [i.e., your demanding love from the other]–*

*and*

• *truly give it up [i.e., give up the incompatible attitude – your wish not to love],*  
*you can meditate first [i.e., before you meditate for more fulfillment with a mate]*  
*for your own  
increased capacity to love .*

*Thus [i.e., by first meditating for your own increased capacity to love]*

- *the obstruction to fulfillment [i.e., the obstruction that is your wish not to love]  
is realistically dealt with and*
- *all*
  - *resistance and*
  - *doubt that you indeed deserve the best  
will vanish.*



13	<p><i>The soul substance functions according to the receptive principle.</i></p> <p><i>The more</i></p> <ul style="list-style-type: none"><li>• <i>one-pointed,</i></li><li>• <i>unconflicted,</i></li><li>• <i>uncontaminated by secret doubts due to unrecognized negativities your statement is,</i></li></ul> <p><i>the more</i></p> <ul style="list-style-type: none"><li>• <i>deeply and</i></li><li>• <i>clearly</i></li></ul> <p><i>the receptive part – the soul substance – will be imprinted.</i></p> <p><i>Soul substance will be molded by consciousness according to its [i.e., according to consciousness's] • strength, • conviction, and • clarity.</i></p>
14	<p><i>The all-permeating Creator uses precisely the same principle all human beings use, whether they know it or not.</i></p>

*The higher  
the development, and  
the more truthful  
an entity's*

- *thoughts and*
- *concepts*

*are,  
the more powerful  
will be the energy  
with which  
the entity creates.*

*In the case of  
the ultimate Creator,  
the energy  
will never be eliminated  
by*

- *conflict,*

*by*

- *the limitations of the mind, or*

*by*

- *faulty visualization.*

15

*There is also  
a correlation  
between, on the one hand,*

- *the accuracy of*
  - *knowledge,*
- *visualization of*
  - new possibilities of*
    - *expansion and*
    - *experience, and*
- *correct concepts*

*and, on the other hand,*

- *receptivity*
  - of soul substance.*

***When***

- ***concepts***  
***are real and***
  - ***the limitless abundance of the universe***  
***is therefore correctly perceived,***
- attitudes will***

- ***be positive and***
- ***accord with***  
***the cosmic laws of***
  - ***truth and***
  - ***love.***

***Therefore [i.e., Because attitudes will be positive and accord with the cosmic laws of truth and love,]***

***defenses***  
***will be***  
***unnecessary.***

***In this defenseless state***  
***the soul substance***  
***becomes***

- ***loose,***
- ***resilient, and***
- ***receptive.***

***It [i.e., The soul substance]***  
***will be***

- ***easily impressed and***
- ***malleable,***  
***and***  
***creation***  
***can continuously***  
***flow forth.***

16	<p><i>Conversely [to times when concepts are real and hence undistorted and truthful], when concepts</i></p> <ul style="list-style-type: none"><li>• <i>are distorted, and</i></li><li>• <i>foster</i><ul style="list-style-type: none"><li>• <i>destructive attitudes and</i></li><li>• <i>negative feelings,</i></li></ul></li></ul> <p><i>cosmic law is broken.</i></p> <p><i>This [breaking of cosmic law] causes</i></p> <ul style="list-style-type: none"><li>• <i>guilt and</i></li><li>• <i>fear,</i></li></ul> <p><i>which in turn require defenses.</i></p> <p><i>The defenses make the surface of soul substance</i></p> <ul style="list-style-type: none"><li>• <i>hard and</i></li><li>• <i>brittle,</i></li></ul> <p><i>therefore</i></p> <ul style="list-style-type: none"><li>• <i>much harder to</i><ul style="list-style-type: none"><li>• <i>impress and</i></li><li>• <i>imprint.</i></li></ul></li></ul>
17	<p><i>To comprehend this [creative meditation] process to at least some degree, even if at first such comprehension is merely</i></p> <ul style="list-style-type: none"><li>• <i>theoretical and</i></li><li>• <i>intellectual,</i></li></ul> <p><i>will be very helpful for your further attempts at meditation.</i></p>

18	<p><i>Creative meditation thus consists of the following</i></p> <ul style="list-style-type: none"><li>• <i>stages or</i></li><li>• <i>phases:</i></li></ul> <p style="margin-left: 40px;"><i>(1) concept</i></p> <p style="margin-left: 40px;"><i>(2) impressing and allowing to be impressed</i></p> <p style="margin-left: 40px;"><i>(3) visualization</i></p> <p style="margin-left: 40px;"><i>(4) faith.</i></p> <p><i>Let us see how this works.</i></p>
19	<p><i>Meditation must begin with your conscious mind.</i></p> <p><i>Like all acts, it [i.e., meditation] follows from a decision of</i></p> <ul style="list-style-type: none"><li>• <i>will and</i></li><li>• <i>intent.</i></li></ul> <p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>concepts and</i></li><li>• <i>thoughts</i></li></ul> <p style="margin-left: 40px;"><i>you form with your conscious mind are your initial tools [in creative meditation].</i></p> <p><i>I repeat:</i></p> <ul style="list-style-type: none"><li>• <i>clarity and</i></li><li>• <i>conviction,</i></li><li>• <i>concise statement and</i></li><li>• <i>unconflicted directive</i></li></ul> <p style="margin-left: 40px;"><i>determine the</i></p> <ul style="list-style-type: none"><li>• <i>force and</i></li><li>• <i>energy</i></li></ul> <p style="margin-left: 40px;"><i>of the [creative meditation] process.</i></p>

	<p><i>If you feel</i></p> <ul style="list-style-type: none"><li>• <i>weakness and</i></li><li>• <i>doubt</i></li></ul> <p><i>in your statement of intent,</i></p> <p><i>it is</i></p> <p><i>an immediate sign</i></p> <p><i>that you must first deal with</i></p> <p><i>your obstructions,</i></p> <p><i>and your attention</i></p> <p><i>should be turned, for instance,</i></p> <p><i>to uncovering</i></p> <p><i>unconscious</i></p> <ul style="list-style-type: none"><li>• <i>negativities,</i></li><li>• <i>aspects of the lower self, or</i></li><li>• <i>distorted concepts.</i></li></ul>
20	<p><i>When you have</i></p> <p><i>removed the obstructions</i></p> <p><i>by dealing with them,</i></p> <p><i>when your conscious mind</i></p> <p><i>formulates</i></p> <ul style="list-style-type: none"><li>• <i>strongly and</i></li><li>• <i>concisely,</i></li></ul> <p><i>your</i></p> <p><i>inner will [i.e., your inner self-will]</i></p> <p><i>needs to relax,</i></p> <p><i>allowing</i></p> <p><i>the soul substance</i></p> <p><i>to be impressed.</i></p> <p><i>You can then</i></p> <p><i>create</i></p> <ul style="list-style-type: none"><li>• <i>good life,</i></li><li>• <i>new attitudes,</i></li><li>• <i>better</i><ul style="list-style-type: none"><li>• <i>experiences and</i></li><li>• <i>events,</i></li></ul></li><li>• <i>infinite expansion.</i></li></ul>

21

*[Conversely]*

*When the mind  
remains within  
the narrow framework  
of its present state,  
• expansion and  
• creation  
are impossible.*

*Meditation therefore  
requires that  
the mind  
take a leap  
into conceiving  
• new possibilities,  
• new states of consciousness  
for the self.*

*If you  
now  
cannot conceive yourself  
free from  
a certain attitude  
that blocks your way,  
you must  
first consider  
intellectually  
that  
• things  
could  
change  
and  
• you  
wish  
they would [change].*





*You can quite easily determine  
whether you  
reject  
a conscious thought  
by the way you  
feel  
about it.*

*If you sense [or feel]  
rejection [i.e., feel or sense a rejection of or resistance to a conscious thought]  
you must*

- *deal with  
your inner contradiction [i.e., the inner contradiction between your  
conscious mind and your unconscious mind that rejects it]*

*and*

- *use  
the creative process of meditation  
to resolve it [i.e., use meditation to resolve the inner contradiction  
between your conscious mind and your unconscious mind  
that rejects what your conscious mind thinks].*

*You can thus [i.e., You can, by resolving this inner contradiction  
through meditation,]*

- *overcome*
  - *fear and*
  - *resistance and*
- *face the truth  
that must be faced,*
- *feel the feelings  
that must be felt.*

*It may seem unnecessary [for me] to repeat this,  
but it is such an important point.*

*Many people  
give up meditation  
because  
it does not seem to work.*

*They*

- *disregard  
their unconscious ambivalence and*
- *give up.*

24

*If, for example,  
you have a*

- *strong*
- *unconscious*
- *neurotic*

*desire*  
*that conflicts with*  
*your conscious wish,*  
*your conscious mind*  
*may*

- *refute this [strong, unconscious, neurotic] desire*

*and*

- *battle against*
  - *acknowledging it,*
- *let alone*
- *ousting it.*

*As long as*  
*this battle continues*  
*in the unconscious,*  
*the conscious wish*  
*will be*  
*impotent.*

*At best, it [i.e., the conscious mind]*  
*will battle against*  
*the unconscious counterforce,*  
*vacillating between*  
*the two states of*

- *fulfillment*

*and*

- *deprivation,*

*at least until*  
*the hidden [i.e., the unconscious]*  
*wish*  
*for deprivation*  
*is unearthed.*

25	<p><i>Meditation is a wonderful way to test how much you [unconsciously] resist your conscious positive desire for fulfillment.</i></p> <ul style="list-style-type: none"><li>• <i>To what degree do you really want it [i.e., really want the fulfillment you say you desire]?</i></li><li>• <i>To what degree do you perhaps fear certain aspects of what you most desire?</i></li><li>• <i>To what degree are you really willing to pay the price [of the fulfillment you desire]?</i></li></ul> <p><i>Meditation can set your mind on the right track, provided you do not overlook your emotional reaction to the thought you issue forth.</i></p>
26	<p><i>Thus the conscious concept must also prevail in the unconscious.</i></p>

	<p><i>When you choose as your topic of meditation</i></p> <ul style="list-style-type: none"><li>• <i>a goal,</i></li><li>• <i>a wish, or</i></li><li>• <i>a state into which you want to expand,</i></li></ul> <p><i>it is essential to determine whether there is any conflict between</i></p> <ul style="list-style-type: none"><li>• <i>the conscious</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the unconscious concept.</i></li></ul>
27	<p><i>The unity between the</i></p> <ul style="list-style-type: none"><li>• <i>conscious</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>unconscious</i></li></ul> <p><i>directly affects the second stage:</i></p> <ul style="list-style-type: none"><li>• <i>impressing</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>being impressed.</i></li></ul> <p><i>With a unified consciousness [i.e., With unity between the conscious and unconscious minds],</i></p> <ul style="list-style-type: none"><li>• <i>impressing will be strong.</i></li></ul> <p><i>[And further, with a unified consciousness]</i></p> <p><i>No</i></p> <ul style="list-style-type: none"><li>• <i>defenses and</i></li><li>• <i>hiding</i></li></ul> <p><i>are needed, so</i></p> <p><i>your soul substance will be readily impressed with the truthful concept you send into it.</i></p>

*[With a unified consciousness, that is with unity between the conscious and  
unconscious minds]*

*You will actually  
feel  
the concept you issue  
"sink into you,"  
like a seed  
that falls into the soil  
to germinate.*

*With no defenses,  
you will let the germination process  
take its course.*

*You will not  
disrupt it [i.e., will not disrupt the germination process]  
with*

- doubt,*
- fear, and*
- impatience.*

*The less  
you are burdened with  
unconscious destructive attitudes,  
the more  
you will  
feel  
the creative process at work.*

*You will*

- trust it [i.e. You will trust the creative process at work within you],*
- allow it [i.e. You will allow the creative process at work within you]  
to happen  
in its own organic way,  
without hindering it  
with*
- self-will and*
- preconceived ideas  
that stem from  
the limited outer mind.*

*Thus the new creation  
will slowly unfold,  
perhaps a bit differently from  
the way you thought it would.*

28

*This [i.e., This meditation approach to creation]  
is*

- *the most desirable way to create;*
- indeed,*
- *the only possible way [to create].*

*It may well be that  
your first response  
to meditation  
points out  
more hindrances.*

*Since  
you may not be prepared for  
such an answer [from your meditation],  
you may at first  
• tend to overlook it [i.e., overlook the hindrances pointed out in meditation]  
and  
• fail to comprehend  
that certain  
• occurrences or  
• reactions  
are indeed  
the answer you now need [from your meditation to create  
the fulfillment you desire].*

*The more  
you are prepared to accept difficulties  
should they occur,  
the easier  
it will be  
to understand  
the language  
of the creative process  
you have deliberately set in motion [through meditation].*

29

*It cannot be emphasized enough  
that meditation,  
like all creative acts,  
consists of  
both*

- impressing  
by the active principle,*
- and*
- receiving the impression  
by the receptive principle.*

*The more  
you can  
feel  
this interaction [between impressing and receiving the impression],  
the more  
effective  
your creative act must be.*

*This is why  
the people with  
strong defenses  
cannot meditate,  
no matter how well-intentioned  
they may be.*

*Their conscious mind  
may be active enough  
to formulate  
the proper concepts,  
they may  
imprint  
strongly,*

*but  
inwardly  
nothing happens.*

*They cannot  
be impressed  
because  
they have not removed the defenses  
that still hide  
what they do not wish to acknowledge.*

30

*The third stage [of this creative meditation process]  
is  
visualization.*

*Let us first understand clearly  
what visualizing  
is not.*

*It [i.e., Visualizing]  
does  
not mean*

- *wishful thinking,*
- *daydreaming,*
- *fantasizing,*
- *illusory hope.*

*All of these [i.e., Wishful thinking, daydreaming, fantasizing, illusory hope]  
are attempts*

*to whisk away  
hopelessness,  
which, in turn,  
exists*

*because of*

- *destructive*
- *attitudes and*
- *traits*

*one does not wish to*

- *face and*
- *give up,*

*or [because of]*

- *residual feelings*

*one does not wish  
to experience.*



31

*Visualization  
means*

- *perceiving yourself  
in the state  
you wish to*
  - *attain,*
  - *experience,*
  - *become:*
- *feeling yourself  
in that state.*

*You can  
experience  
yourself  
in meditation  
as*

- *loving,*  
*as opposed to*
    - *resentful;*
  - *fulfilled,*  
*as opposed to*
    - *eternally*
      - *wanting and*
      - *empty;*
  - *joyful and*
  - *content,*  
*as opposed to*
    - *anxious and*
    - *depressed;*
- or whatever else  
you are concerned with.*

*Visualization*  
*follows*  
*proper conceiving.*

*Conceiving*  
*means*  
*considering*  
*the desired*  

- *state or*
- *experience*

*as a possibility,*

*visualization*  
*means*  
*feeling yourself*  
*in that state.*

*If [i.e., Visualization]*  
*does not mean*  
*picturing particulars,*  
*for that [i.e., for picturing particulars]*  
*may easily lead to*  
*wishful daydreaming,*  
*which is*  
*more a*  

- *hindrance*

*than a*  

- *help.*

32	<p><i>If you find yourself incapable of visualizing the desired</i></p> <ul style="list-style-type: none"><li>• <i>state of mind,</i></li><li>• <i>feeling, or</i></li><li>• <i>experience,</i></li></ul> <p><i>that is an immediate sign that you are unconsciously</i></p> <ul style="list-style-type: none"><li>• <i>blocking yourself, using a "countertruth"</i></li></ul> <p><i>and therefore</i></p> <ul style="list-style-type: none"><li>• <i>maintaining a</i><ul style="list-style-type: none"><li>• <i>hardened,</i></li><li>• <i>unimpressionable soul substance,</i></li></ul></li></ul> <p><i>and/or</i></p> <ul style="list-style-type: none"><li>• <i>weak thought-power.</i></li></ul> <p><i>You should then work on that.</i></p> <p><i>The process of visualization requires a constant tuning in to awareness of your inner responses.</i></p>
33	<p><i>The fourth stage [of this creative meditation process] is faith.</i></p> <p><i>At the beginning, you can only grope for faith by an honestly experimental attitude.</i></p>

***You cannot  
enforce  
faith  
as an act of will.***

***That [i.e., Enforcing faith as an act of will]  
would be  
dishonest.***

***It [i.e., Enforcing faith as an act of will]  
would mean  
superimposing  
a wishful kind of faith  
over  
inner***

- doubts,***
- negativities,***
- negation.***

***Unfortunately,  
this [i.e., this enforcing faith as an act of will]  
is what happens all too often  
in religions,  
with very undesirable results.***

***It [i.e., Enforcing faith as an act of will]  
discredits spirituality itself  
among those  
who cannot distinguish  
between***

- superimposition***

***and***

- real experience.***

34

*If you  
lack faith  
because  
you*

- *live in*
  - *blindness and*
  - *negation and*
- *are therefore  
cut off from  
the truth of the universe,*

*you must deal with*

*this attitude [i.e., you must deal with this attitude of intending to live in  
a state of blindness and negation, a state in which  
you cut yourself off from the truth of the universe]  
in the most honest way there is.*

- *Examine*

*courageously*

*this attitude [i.e., Examine courageously this attitude of intending to live in  
a state of blindness and negation, a state in which  
you cut yourself off from the truth of the universe]*

- *and test yourself  
to find*

*• whether you have a stake  
in maintaining it [i.e., a stake in maintaining this attitude of intending  
to live in a state of blindness and negation, cut of from truth],*

*and*

*• what this stake might be.*

*Since it is*

*basic human nature*

- *to love,  
not to hate;*
- *to be joyful,  
not to despair,*

*so it is also*

*your inherent nature*

- *to know  
the benign presence  
of the cosmic spirit*
    - *within yourself*
- and*
- *in the universe.*

	<p><b>If you</b> <b>do not know this</b> [<i>i.e., If you do not know the benign presence of the cosmic spirit within yourself and in the universe</i>], <b>at one point</b> <b>you</b> <b>have decided</b> <b>not</b> <b>to know it.</b></p> <p><b>This dishonesty</b> <b>must be</b></p> <ul style="list-style-type: none"><li>• <b>ascertained,</b></li><li>• <b>admitted,</b></li></ul> <p><b>and finally</b></p> <ul style="list-style-type: none"><li>• <b>given up.</b></li></ul>
35	<p><b>You need then</b> [<i>i.e. Then, after ascertaining, admitting, and giving up dishonesty by deciding to know the truth of the benign presence of the cosmic spirit within yourself and in the universe, you need to</i>] <b>adopt the attitude</b> <b>of</b></p> <ul style="list-style-type: none"><li>• <b>openness,</b></li><li>• <b>honest questioning.</b></li></ul> <p><b>Openness</b> <b>always means</b> <b>considering a possibility</b> <b>that you have</b> <b>not yet experienced.</b></p> <p><b>You must then</b> <b>give this possibility</b> [<i>i.e., give this possibility for having a new and unfamiliar experience you have not yet experienced and cannot yet know</i>] <b>a chance –</b> <b>an honest</b> <b>chance.</b></p>

	<ul style="list-style-type: none"><li>• <i>The wisdom of patience,</i></li><li>• <i>the intelligence to know that there are many possibilities beyond your scope of experience, and</i></li><li>• <i>the good will to grope for the way</i></li></ul> <p style="text-align: center;"><i>should help you.</i></p> <p><i>If you honestly seek answers</i></p> <ul style="list-style-type: none"><li>• <i>you will receive them,</i></li><li><i>and</i></li><li>• <i>the true universe will communicate itself to you.</i></li></ul>
36	<p><i>When you cultivate this attitude [i.e., this attitude of patience, of openness to new possibilities, of willingness to grope your way, and of honestly seeking truthful answers],</i></p> <p><i>positive results have to occur.</i></p> <p><i>The human being who is still in a very gray state of doubt is apt to believe that the first</i></p> <ul style="list-style-type: none"><li>• <i>manifestations and</i></li><li>• <i>answers</i></li></ul> <p><i>are coincidences,</i></p> <p><i>that they [i.e., that the first manifestations and answers that come in your groping for truth and fulfillment of your desires]</i></p> <ul style="list-style-type: none"><li>• <i>would have happened anyway and</i></li><li>• <i>do not really constitute an answer.</i></li></ul>

***This reaction [i.e., Seeing as mere coincidences the first manifestations and answers that come to you as you grope for truth and fulfillment of your desires in your creative meditation process]***

- ***is predictable***
- and even***
- ***inevitable.***

***It [i.e., This reaction of seeing as mere coincidences the early manifestations and answers from your creative meditation process]***

***should  
not  
make you  
feel guilty,  
and, certainly,  
you should no more hide it [i.e., you should no more hide this reaction of seeing answers to your creative meditation process as coincidences]  
from yourself  
than [you might hide]  
any other reaction.***

***Rather,***

- ***confront these thoughts [i.e., confront these reactions]***
- and again***
- ***use***
    - ***honesty and***
    - ***intelligence.***



37

*For instance, you can say:*

*"Yes,  
it seems miraculous [that creative meditation can manifest my desires  
and answer my questions about what is truth].*

*There is indeed a*  

- living process and*
- intelligence*

*at work  
that surpasses  
what might possibly be  
a fantasy.*

*It seems  
too good to be true [that creative meditation can manifest my desires  
and answer my questions about what is truth].*

*It is what I  
would like.*

*But there is also another part in me  
that doubts it  
could be true [i.e., there is a part of me that doubts that creative  
meditation could manifest my desires and  
answer my questions about what is truth].*

*Yet  
I will give it [i.e., I will give creative meditation]  
a further chance."*

*Right here  
at this point,  
where you are*  

- conflicted and*
- doubtful,*

*meditation should be used.*

	<p><b>Examine</b> <b>what the doubtful side [of you]</b></p> <ul style="list-style-type: none"><li>• <b>wants</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>does not want.</b></li></ul> <p><b>Let it [i.e., Let the doubtful side of you]</b> <b>express itself.</b></p> <p><b>Request guidance</b> <b>for this [i.e., Request guidance for inquiring what the doubtful side of you</b> <b>wants to express, for what it wants and what it does not want],</b> <b>and request</b> <b>further answers for yourself.</b></p>
38	<p><b>Answers may come</b> <b>in various ways:</b></p> <ul style="list-style-type: none"><li>• <b>inspiration,</b></li><li>• <b>sudden new ideas,</b> <b>usually when you least expect them;</b></li><li>• <b>new realizations of</b> <b>feelings, or</b></li><li>• <b>through a word you</b><ul style="list-style-type: none"><li>• <b>hear or</b></li><li>• <b>read</b> <b>somewhere.</b></li></ul></li></ul> <p><b>As you go on,</b> <b>you will recognize</b> <b>that these answers [i.e., inspiration, sudden new ideas, new realizations</b> <b>of feelings, a word you hear or read somewhere]</b> <b>are the manifestation</b> <b>of a live process</b> <b>that is so</b> <b>profoundly</b><ul style="list-style-type: none"><li>• <b>meaningful and</b></li><li>• <b>organic</b></li></ul><b>that nothing</b> <b>the intellect can think up</b> <b>can ever match it.</b></p>

*You will recognize  
that*

- *such answers and*
- *the enlightenment they bring*  
*are pieces*  
*in a jigsaw puzzle,*  
*forming*  
*little by little*  
*a comprehensive picture.*

*Eventually*

*you will rely*

- *on this process [i.e., on this process of creative meditation from which you receive answers in many forms and which leads to enlightenment]*

*as [you rely]*

- *on nothing else.*

*It [i.e., this creative meditation process from which you receive answers in many forms and which leads to enlightenment]*

*is more real  
than anything in the material world.*

*It [i.e., This creative meditation process]*

*is your own path  
that unfolds,*

*and it*

*eventually  
reveals*

- *the reason for your being here on this earth now,*
- *the meaning of your present incarnation.*

*When this  
inner*

- *experience and*
- *certainty*  
*comes,*  
*you have faith.*

39

*Until then [i.e., Until this inner experience and certainty comes],  
you must learn to deal with  
the stages  
that prevent you from reaching faith.*

*This may take years.*

*In the meantime,  
you must  
constantly  
examine the content  
of your own*

- unconscious, or*
- partly conscious,*
  - beliefs and*
  - attitudes,*
  - feelings and*
  - reactions.*

*The incontrovertible [and indisputable]  
experience [i.e., experience of feeling the meaningfulness and purpose of  
your life, the experience of creative meditation leading to the  
manifestation of the fulfillment you desire]*

*we call  
faith*

*can come  
only*

*when you*

- give yourself the chance,*

*when you*

- keep an open mind and*
- are honest with yourself.*

***In these days,  
people often keep  
a closed mind [i.e., a closed mind to the possibility of one experiencing the  
feeling of the meaningfulness and purpose of one's life, to the  
possibility that the process of creative meditation could lead  
to the manifestation of the fulfillment one desires]  
because  
they fear ridicule from others.***

***Thus  
their disbelief [i.e., their disbelief in the possibility of one experiencing the  
feeling of the meaningfulness and purpose of one's life, in the  
possibility that the process of creative meditation could lead  
to the manifestation of the fulfillment one desires]  
is often every bit as  
• unnatural,  
• dishonest, and  
• superimposed,  
as  
• opportunistic and  
• conformist,  
as  
false religion  
used to be.***

40

***By the same token,  
just as frequently  
people will  
not allow  
the answer to an honest question  
to come to them  
out of fear  
• that the answer  
may be "no," [i.e., "no," one's life is not meaningful]  
and  
• that they might find out  
that there is  
nothing  
beyond the  
• graspable and  
• material.***

*They are so afraid of this alternative [i.e., the alternative that they may find out that there is nothing beyond the graspable and material world]*

*that they will not  
let go enough  
to*

- *stay open and*
- *receptive*

*[i.e., to stay open and receptive to the possibility that there is indeed something beyond the graspable and material world].*

*True answers  
can come  
only*

- *when there is  
no*

- *tight,*
- *fearful  
attitude*

*and*

- *when the readiness  
to deal with  
whatever the answer may be  
is really there.*

*Since you fear  
the negative answer,  
you prefer to keep it [i.e., to keep the possible negative answer]  
constantly  
in abeyance.*

*You*

- *vacillate,*
- *theorize,*
- *stay on the edge*

*before  
going into  
the apparent abyss  
of commitment to test the truth.*

*Staying with the theory  
may sometimes last  
for many lifetimes.*

	<p><i>To risk obtaining a perhaps undesirable answer, you need to muster your courage.</i></p> <p><i>Then [i.e., when you muster your courage to risk obtaining a perhaps undesirable answer] truth will prevail.</i></p> <p><i>Theory allows only</i><ul style="list-style-type: none"><li><i>• illusory faith,</i></li></ul><i>never</i><ul style="list-style-type: none"><li><i>• the real [faith].</i></li></ul></p>
41	<p><i>Real faith is</i><ul style="list-style-type: none"><li><i>• knowledge,</i></li><li><i>• inner experience</i></li></ul><i>about which there is no longer any doubt.</i></p> <p><i>Real faith can be acquired only by those who</i><ul style="list-style-type: none"><li><i>• are ready to risk an undesirable answer</i></li></ul><i>and then</i><ul style="list-style-type: none"><li><i>• are determined to deal with it [i.e., determined to deal with any undesirable answer that may prove to be the truth].</i></li></ul></p>

*If you are  
truly prepared  
to deal with  
whatever comes  
in  
• life,  
in  
• yourself,  
you  
• can  
take chances  
and  
• will  
find truth.*

*If you are  
• not prepared to do this [i.e., not prepared to deal with whatever  
comes in life and in yourself]  
and  
• content yourself  
with theorizing sophistry [i.e., with theorizing subtle, tricky, superficially  
plausible, but generally fallacious method of reasoning],  
living by proxy in "as-if" land,  
you can  
never go beyond the step  
of inner argumentation.*

42

*You need also understand  
that such  
• honest commitment and  
• readiness  
to deal with  
what really is  
goes hand in hand with  
a similar attitude  
toward the lower self.*



	<p><i>To the degree you</i></p> <ul style="list-style-type: none"><li><i>• hide from the lower self</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• are unwilling to face it [i.e., unwilling to face the lower self],</i></li></ul> <p><i>you will not find the courage to deal with anything else – universal truth included.</i></p>
43	<p><i>All four stages [of creative meditation: (1) concept, (2) impressing and allowing to be impressed, (3) visualization, and (4) faith] are, of course, directly interdependent.</i></p> <p><i>Now I will present a few laws of meditation to give an overall picture of its [i.e. overall picture of meditation's] • sequence and • continuity.</i></p>
44	<p><i>One of the most important laws [of creative meditation] is what all Scripture reiterates:</i></p> <p><i>According to your belief you shall experience.</i></p> <p><i>This [i.e., That according to your belief you shall experience] is actually already quite clear from all I said before.</i></p>

*Since you are living in  
an infinitely malleable substance  
of*

- *creative,*
- *impressionable*
  - *mass or*
  - *substance [i.e., soul substance]*

*your belief*

- *molds and*
- *creates.*

*The*

- *powerful,*
  - *sizzling*
- sea of energy  
in which  
you*

- *move,*
  - *breathe,*
  - *think, and*
  - *express yourself,*
- can therefore  
manifest*

*anything you can conceive of:*

*from*

- *the most dismal state of hell*

*to*

- *the most sublime state of heaven,*

*and*

- *every degree in-between.*

*This realization [i.e., This realization that you can manifest anything of which  
you can conceive]*

*can truly  
bring*

*a profound change in your life.*

***I would suggest  
that you***

- ***think deeply about this [i.e., about this realization that you can manifest anything of which you can conceive and that this means you can bring about quite profound changes in your life]***

***and***

- ***request***
  - ***inspiration and***
  - ***guidance***  
***about it***  
***in mediation.***

***This is where  
visualization  
comes in.***

***In***

- ***conceiving,***
- ***impressing and being impressed,***
- ***visualizing and***
- ***having faith,***  
***you***
  - ***express and***
  - ***act upon***  
***a specific belief,***  
***which you must then***  
***experience***  
***as the created response [i.e., as the response***  
***you created from your beliefs].***

45

*If your belief,*

*as*

- *conceived and*
- *visualized,*

*is*

*that*

- *you cannot change,*

*that*

- *the universe is hostile,*

*that*

- *your ultimate fate is tragedy,*

*then indeed*

- *you will,*

- *you **MUST**,*

*experience*

*just that [i.e., you **MUST** experience a tragic life].*

*All your*

- *actions and*
- *reactions*

*are geared to bring this [tragic life] about.*

*Conversely,  
if you truly believe  
that*

- *you can*
  - *change and*
  - *grow out of*
    - *negativity,*
    - *destructiveness,*
    - *hopelessness,*
    - *misery and*
    - *poverty,*

*that*

- *the universe is  
abundant joy  
in every respect and*

*that*

- *you can  
experience  
this truth,*

*then, indeed,*

*you cannot help*

*but do so [i.e., you cannot help but experience growth out of negativity,  
destructiveness, hopelessness, misery, and poverty  
and into a life of abundant joy in every respect].*

*This belief*

*needs to include  
your willingness  
to remove  
your own obstructions.*

*If you are*

*honestly*

*committed to it [i.e., honestly committed to this work],*

*you will*

*feel*

*increasingly*

*free*

*to believe in the possibility of  
experiencing*

*the abundance of the universe.*

46

*A finely calibrated  
inner mechanism  
prevents you  
from violating the divine laws  
beyond a certain degree.*

*So, for instance,  
if you are  
unconsciously  
launched on a road of*

- hate and*
- spite,*

*you cannot believe in  
the possibilities of*

- love and*
- fulfillment.*

*[Or]*  
*If you  
unconsciously  
want to  
cheat life  
by wanting more  
than you are willing to give,  
you violate another important cosmic law,  
so that no matter  
how much you may  
try  
to believe in  
the possibility of  
life's abundance,*

*it [i.e., believing in the possibility of life's abundance]  
will not work.*

*It [i.e., Believing in the possibility of life's abundance]  
will not take,*

*your [soul] substance  
will refuse  
the impression [of believing in the possibility of life's abundance]  
until  
you remove this violation of law.*

*Life  
cannot be cheated –  
and it is well that way.*

47	<p><i>Another law is that</i></p> <p><i>you cannot skip a step.</i></p> <p><i>If you want a result that depends on eliminating obstructions which violate a law, the obstruction must first be dealt with.</i></p> <p><i>Therefore your meditative aim may have to be altered along the way.</i></p> <p><i>If you are not willing to correct what stands in the way,</i></p> <ul style="list-style-type: none"><li><i>• the result cannot come;</i></li><li><i>• creation cannot take place in this area.</i></li></ul>
48	<p><i>Here you have the choice of either</i></p> <ul style="list-style-type: none"><li><i>• a vicious</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• a benign circle.</i></li></ul>

*The vicious circle is:*

*"If I unconsciously*

- hold back and*
- do not wish*  
*to make the commitment*  
*to*

- truth and*
- honesty,*

*to*

- giving as much as*  
*I wish to receive,*

*but want [instead] –*

- childishly and*
- unfairly –*

*to*

- get more than*  
*I am willing to give,*

*then*

*my conviction*  
*will be lacking.*

*Or, if*

*I want*

*a positive result*  
*without wanting to*  
*make the necessary change*  
*in my own being,*

*I will*

*inevitably*  
*doubt*

*that change is possible for me.*

*Thus*

- my concept,*
- my belief*
- my visualization*  
*will be too weak and*
- my soul substance*  
*too brittle*  
*to be impressed.*

*This will reinforce my*

- doubt and*
- negation."*



49

*Conversely [i.e., As opposed to the vicious circle, the benign circle is],*

*"When I*

*• fulfill the law*

*of*

*• truth and*

*• love,*

*of*

*• honesty and*

*• openness,*

*when I*

*• remove*

*the defenses and*

*• face*

*my lower self,*

*when I*

*• am willing to change,*

*then I will*

*feel my birthright*

*to experience*

*• absolute abundance,*

*• the intrinsic nature of the universe.*

*If I*

*• am stuck along the way and*

*• am blind,*

*it is*

*up to me*

*to find the answer.*

*It [i.e., The answer]*

*is never as obscure*

*as a part of me*

*wants to believe.*

*A clear answer*

*is always possible to find*

*when I*

*really*

*want to."*

50

*One of the most helpful things to remember  
is*

- *that you can meditate  
to meditate;*
- *that you can ask for*
  - *guidance and*
  - *inspiration**to find  
the right*
  - *topic,*
  - *concentration,*
  - *concern,*
  - *word and*
  - *attitude**at any given phase of your path.*

*You can meditate  
for awareness*

- in your soul substance*
- *where it is*
    - *walled in and*
    - *cluttered up with untruth,*
  - *where it*
    - *needs to receive help**to loosen up.*

*Meditation*

- *can and*
  - *should*
- be used  
for every step  
along the way.*

*Where you  
feel the resistance  
is too great,  
you must know  
that you*

- *do not want  
the positive,*
- but*
- *wish to remain in  
the negative.*

*Then this wish [to remain in the negative]  
has to be dealt with.*

*Meditation  
becomes really problematic  
when you*

- *deny*  
your negative desire,

*but*

- *complain about*  
not getting the wished for result.

*The moment you know  
you  
want the negative  
you are  
one step further,  
because  
then you can meditate about that [i.e., about wanting the negative].*

51

*The more  
you progress in  
the art  
of meditation,  
the more  
aware you must become  
that it [i.e., aware that meditation]  
is a  
constant interaction  
between the*

- *active*

*and*

- *receptive*  
principles,

*between the*

- *voluntary*

*and*

- *involuntary*  
faculties.

*After this first stage of meditation [i.e., After this first stage in which you decide to pursue a particular aim such as guidance to find the right topic or area of concentration, or awareness of where your soul substance is walled in or where it needs help to loosen up],*

*[a stage] in which  
your mind*

- *performs the*
  - *active,*
  - *impressing*
- *affects [i.e., impresses]*
  - *the receptive soul substance,*

*other possibilities arise  
where*

*the various levels of human consciousness  
assume varying roles of*

- *active*
  - and
  - *receptive*
- interaction.*

*Your conscious ego-mind  
can*

- *activate*  
*the divine process and*
- *let it [i.e. let the divine process]*  
*respond.*

*[Here,]*

*The spiritual self  
is being*

- *impressed and*
- *called forth*  
by
  - *the conscious good will*
- and
- by
  - *the mind.*

*But then  
another interaction  
must come about.*

*The manifesting spiritual self  
must [now] become  
the active principle,  
and the conscious mind  
must become*

- *receptive,*
- *listening,*
- *pliable,*
- *impressionable.*

*It [i.e., The conscious mind]  
must*

- *tune into*

*and*

- *understand*

*the spiritual messages  
that come forth [from the manifesting and impressing spiritual self].*

52

*Still another possibility  
is that you  
actively use  
your conscious ego-mind,  
but [instead of addressing the spiritual self]  
address it this time  
to the*

- *lower,*
- *destructive*

*part of the self,  
asking it [i.e., asking the lower destructive  
part of the self]*

*to*

- *manifest and*
- *express*

*itself.*

*Subsequently,  
you must again*

- *become receptive and*
- *listen*

*with your conscious mind,  
so the lower self  
can truly be heard.*

	<p><i>This [i.e., Listening to the lower self] does not mean that the conscious mind</i></p> <ul style="list-style-type: none"><li>• <i>gives in to it [i.e., gives in to the lower self],</i></li><li>• <i>identifies with it, or</i></li><li>• <i>is in that sense impressed by it.</i></li></ul> <p><i>Rather, the conscious mind</i></p> <ul style="list-style-type: none"><li>• <i>listens and</i></li><li>• <i>absorbs,</i></li><li>• <i>evaluates and</i></li><li>• <i>discriminates</i></li></ul> <p><i>[i.e., evaluates and discriminates among points and attitudes expressed by the lower self].</i></p>
53	<p><i>As your conscious mind lets itself be instructed by the spiritual self,</i></p> <p><i>so the lower self can be instructed by both</i></p> <ul style="list-style-type: none"><li>• <i>the conscious ego-mind</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the divine self – perhaps in that order.</i></li></ul>

*After*  
*you have listened to*  
*the destructive nonsense*  
*of the lower self,*  
*without impinging on*  
*its [i.e., on the lower self's]*  
*free expression,*

*you can tell*

- *where it [i.e., where the lower self] is wrong;*
- *why it is so [i.e., why and in what ways what the lower self expresses is wrong];*
- *what its [i.e., what the lower self's] misconceptions are*

*as well as*

- *the damage it [i.e., the damage the lower self] causes.*

• *An interaction,*

• *a dialogue*

*develops [between the conscious ego-mind and the lower self].*

54

*Perhaps a bit later*  
*you*  
*can request*  
*the divine self*  
*to issue instructions*  
*to the lower self.*

*Let*

*the divine self*  
*talk to*

- *your conscious mind*

*and*

- *your*

*undeveloped*  
*lower self.*

	<p><b>Listen</b> <i>to it [i.e., Listen to the divine self];</i></p> <p><b>let it [i.e., let the divine self]</b> • <i>teach</i> <b>and</b> • <i>inspire</i> <i>you</i> <i>on all levels.</i></p> <p><b>Let it [i.e., Let the divine self]</b> • <i>talk or</i> • <i>write</i> <i>to you</i> <i>through</i> <i>your ego-mind.</i></p>
55	<p><b>The divine self</b> <i>can instruct</i> <i>the usually unconscious</i> <i>lower self</i> <i>in various ways.</i></p> <p><b>You may actually</b> <i>hear</i> <i>an inner dialogue</i> <i>conducted by</i> <i>these two levels of consciousness</i> <i>in your being.</i></p> <p><b>The ego</b> <i>can then</i> <i>actively</i> <i>ally itself with</i> <i>the divine self.</i></p> <p><b>Or the process [i.e., Or the inner dialog process between the higher self and lower self levels of consciousness in your being]</b> <i>can happen during your sleep</i> <i>without your conscious mind</i> <i>being directly involved.</i></p>



*The process [i.e., the inner dialog process between the higher self and lower self levels of consciousness in your being] may create some momentary turmoil you may at first not understand.*

*It [i.e., the inner dialog process between the higher self and lower self levels of consciousness in your being] may come from your wish to purify the lower self.*

*After you have fully recognized how the process works [i.e., After you have fully recognized how the inner dialog process between the higher self and lower self levels of consciousness in your being works] –*

- *this [understanding] is always necessary,*
- *it [i.e., this understanding] cannot be skipped, since you must assume responsibility for it [i.e., you must assume responsibility for this inner dialog process happening within you] –*

*the influence of the divine self may take place on the involuntary level.*

*You need to become very*

- *tuned in,*

*very*

- *receptive,*

*[in order] to become aware of it [i.e., in order to become aware of this inner dialog process between the higher self and lower self levels of consciousness in your being happening involuntarily].*

	<p><b><i>This much more advanced state [i.e., the state in which the influence of the divine self takes place on the involuntary level] comes about only when the previous stages [i.e., the stages in which the conscious ego participates in the dialog process between the higher self and lower self levels of consciousness] are already</i></b></p> <ul style="list-style-type: none"><li><b><i>• mastered</i></b></li><li><b><i>and</i></b></li><li><b><i>• practiced.</i></b></li></ul>
56	<p><b><i>There are occasional periods in the lives of all human beings when such an inner process [i.e., when the process in which the influence of the divine self takes place on the involuntary level] may go on even when they are not involved in a path such as this.</i></b></p> <p><b><i>It [i.e., the state in which the influence of the divine self takes place on the involuntary level] may arise from an intent stemming from before the present incarnation.</i></b></p> <p><b><i>The entity may have reached a specific crossroads where this inner guidance [from the higher self] becomes instrumental for an outer</i></b></p> <ul style="list-style-type: none"><li><b><i>• decision</i></b></li><li><b><i>and</i></b></li><li><b><i>• commitment to a real path,</i></b></li></ul> <p><b><i>with all that it [i.e., with all that a real path] implies.</i></b></p>

*Such guidance [from the higher self]  
may come*

- *in periods of upheaval,*
- *through powerful dreams or*
- *a specific succession of events.*

*However,*  
*if you are not already*

- *deeply involved with*

*and*

- *attuned to*  
*your inner reality,*

*you will*  
*not be able*  
*to decipher its meaning [i.e., not be able to decipher the meaning of the*  
*guidance you receive from the higher self].*

*You need*

- *help and*
- *guidance*  
*from others.*

*Even then [i.e., Even with help and guidance from others],*  
*the full significance*  
*of such a guidance [from the higher self or from others]*  
*may become clear*  
*only much later.*

57

*If your*

- *conscious*

*and*

- *unconscious*  
*mind*

- *do not obstruct*  
*such an inner guidance [from the higher self]*
- *but*
  - *wait and*
  - *listen,*

*tremendous development*  
*can take place*  
*following such periods.*

*More*

- *unfoldment,*
- more*
- *enlightenment*
- must come.*

*But [conversely,]*

*if*

- *conscious*
- *resistance*

*and*

- *unconscious*
- *negation,*
- *fears and*
- *blocks*

*bar the way,*

*then*

*a very harmful process*  
*is set in motion*

*because*

- *the*
- inner*

*expansion*

*pushes forward*

*and*

- *the*
- outer*

*blocks*

*stifle it [i.e., stifle the inner expansion].*

*This [stifling of the inner expansion by the outer blocks]*

*leads to*

*crisis.*

*It [i.e., this resulting crisis]*

*may occur*

*on*

- *any*

*or*

- *all*

*levels.*

*It [i.e., the crisis resulting from the inner expansion being stifled by the outer blocks] may cause*

*a breakdown*

*if*

- *the pull into expansion on the one hand*

*and*

- *obstruction on the other*

*are too strong.*

*It is*

*always*

- *the outer,*
- *the obstructing side*

*that must give way to the inner urge to expand,*

*for the latter [i.e., for the inner urge to expand]*

*is the*

- *divine*

*and*

- *true*

*voice*

*that knows*

*the right timing.*

*All crises*

*should be viewed in this way.*

58

*The farther  
you go on your path,*

- *the more  
receptive to  
the inner process  
you will be;*

- *the more  
you will be able  
to alternate  
between*
  - *receptivity**and*
  - *initiating,  
from level  
to level.*

*The increasing*

- *awareness of  
and*

- *attunement to  
the  
inner*

- *processes,*

*and thus [the increasing awareness of and attunement]  
to*

*the  
inner*

- *world of truth,*

*finally eliminates  
the strong wall  
that separates*

- *your ego*

*from*

- *the greater reality.*

59

***Meditation***

***can be applied***

- ***to all life experiences,***  
***both***

- ***inner***

***and***

- ***outer,***

***and [also]***

- ***to self-expression.***

***If it [i.e., If meditation]***

***is rightly practiced,***

***it [i.e., the inner and outer application of meditation rightly practiced]***  
***alternates.***

***If the***

***outer***

***fulfillment***

***is not obstructed***

***inside,***

***meditation for***

***fulfillment***

***will immediately***

***bring about***

- ***the proper concept,***

- ***with***

- ***impressing and***

- ***being impressed,***

- ***visualizing and***

- ***faith in the result.***

***The creative process***

***will work,***

***and you will***

***feel it.***

***But when there are***

***inner***

***obstructions,***

***meditation***

***must turn its focus on them [i.e., focus on the inner obstructions],***

***so that meditation***

***on the***

***outer***

***desirable goal***

***can later be resumed.***

60

*Whether you use meditation  
first  
for the express purpose of  
experiencing life  
in a more meaningful way,  
or whether  
your primary concern  
is to  
experience  
the Creator  
within you,  
it matters not.*

*For both [i.e., both experiencing life in a more meaningful way and experiencing  
the Creator within you]*

*mean  
the same  
inner  
state,  
and  
bring about  
the same  
outer  
experience.*

*If you*  

- *experience*

*God in you*  
*and*  

- *know that*

*you are God's manifestation,*  
*your [outer] life*  
*must be*  

- *rich and*
- *fulfilled.*

*Or, [conversely,]  
if you start with  
conceiving the richness of [your outer] life,  
you will succeed  
only when  
you know that  
abundance is*  

- *the nature of Creation and*
- *the will of God.*



	<p><b><i>In order to attain both aims [i.e., both the inner aim of experiencing God in you and the outer aim of experiencing the richness of your outer life], you have to remove inner obstructions to true unity, rather than trying to maintain the false unity that comes from splitting off [and therefore denying] the undesirable part [i.e., the inner obstructions to true unity] you do not wish to deal with.</i></b></p>
61	<p><b><i>You may use meditation to</i></b></p> <ul style="list-style-type: none"><li><b><i>• meet your deepest fears</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• deal with them [i.e., deal with your deepest fears].</i></b></li></ul> <p><b><i>You can ask for</i></b></p> <ul style="list-style-type: none"><li><b><i>• guidance and</i></b></li><li><b><i>• enlightenment,</i></b></li><li><b><i>• strength and</i></b></li><li><b><i>• courage.</i></b></li></ul> <p><b><i>You do not need to live in fear, but the fear vanishes only when you</i></b></p> <ul style="list-style-type: none"><li><b><i>• go into it [i.e., go into the fear]</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• expose it [i.e., expose the fear] as the phantom it really is.</i></b></li></ul>

62

*There is not a human being  
who does not fear death.*

*A wall within  
separates*

- *people*

*from*

- *the process of life  
beyond death.*

*That [i.e., The wall within that separates people from the process of life  
beyond death],  
too,  
can become  
a topic of meditation.*

*You may want to*

- *remove this wall*

*and*

- *ask for  
necessary guidance,*

*but  
are you truly willing  
to fulfill the conditions [for removing this wall]?*

*If you  
are [truly willing to fulfill the conditions for removing this wall within that  
separates people from the process of life beyond death],  
you can  
indeed  
remove the wall.*

*You can live  
without fearing death.*

*You can  
experience  
the truth  
of eternal life,  
right here  
and now,  
in the body.*

***But it [i.e., But experiencing the truth of eternal life right here and now in the body] means***

***giving up***

***• all***

***the ego attitudes;***

***• all***

***the tremendous preoccupation with everything that***

***• sustains and***

***• cultivates***

***the ego:***

***• pride,***

***• self-will,***

***• fear,***

***• vanity,***

***• separateness,***

***• duality,***

***in sum [giving up],***

***• the belief***

***• that there is a difference***

***between***

***you***

***and***

***others,***

***• that***

***either***

***you***

***or***

***the other***

***should be***

***more important.***

*All these*

- *erroneous,*
- *illusory*

*attitudes*

- *are part of*  
*the ego consciousness*

*and*

- *keep out*  
*the awareness of*  
*who you really are:*  
*[namely,]*

*the greater consciousness*  
*that*

- *knows*

*no wall [i.e., knows there is no wall within that*  
*separates people from the process of*  
*life beyond death]*

*and therefore [the greater consciousness that]*

- *fears*  
*nothing.*

*You may delude yourself [into believing]*

*that you*

*do*

*not*

*fear death*

*by not looking at it [i.e., by not looking at death],*

*but your fear [of death]*

*will manifest*

*in all sorts of ways.*

*As long as*

*you are encased in*

*the ego's walls [that separate you from the process of life beyond death],*

*you must fear death,*

*even as*

*you destructively wish for it [i.e., even as you destructively wish for death],*  
*motivated by*

- *hostility and*
- *the wish to escape.*

*You can truly*

*remove this fear*

*when you abandon*

*the ego attitudes.*

	<ul style="list-style-type: none"><li>• <i>Playing</i> <i>fair and square with life,</i> <i>without cheating,</i></li><li>• <i>not setting yourself above others</i> <i>and therefore</i> <i>not feeling below them</i></li></ul> <p style="text-align: center;"><i>will indeed</i> <i>make you fearless.</i></p> <p><i>For your fear</i> <i>is conditioned by</i> <i>your ego,</i> <i>as you know</i> <i>but choose to forget.</i></p>
63	<p><i>Any</i></p> <ul style="list-style-type: none"><li>• <i>question,</i></li></ul> <p><i>any</i></p> <ul style="list-style-type: none"><li>• <i>problem,</i></li></ul> <p><i>any</i></p> <ul style="list-style-type: none"><li>• <i>conflict,</i></li></ul> <p><i>any</i></p> <ul style="list-style-type: none"><li>• <i>darkness,</i></li></ul> <p style="text-align: center;"><i>• can</i> <i>and</i> <i>• should</i> <i>be</i></p> <ul style="list-style-type: none"><li>• <i>taken into meditation</i></li></ul> <p style="text-align: center;"><i>and</i> <i>• dealt with</i> <i>honestly.</i></p> <p><i>The only problem here,</i> <i>my dearest friends,</i> <i>is that</i> <i>even when you have already</i> <ul style="list-style-type: none"><li>• <i>experienced the truth of meditation and</i></li><li>• <i>have genuine faith in it,</i></li></ul><i>you still tend to forget to use</i> <i>this wonderful communication.</i></p>

*It simply does not occur to you  
to use it [i.e., to use meditation]  
at all times;*

*you forget  
how effectively  
it [i.e., how effectively meditation]  
can be used  
for*

- the smallest*

*and*

- the biggest*

*issues of living.*

*In reality  
there is  
no*

- small*

*or*

- big.*

*Everything  
is important.*

*Every issue  
makes room for  
the alternatives of*

- constructive*

*or*

- destructive*

*attitudes.*

*You can choose to adopt*

- truthful*

*or*

- erroneous*

*ones [i.e., truthful or erroneous attitudes],*

- divine*

*or*

- demonic*

*ones [i.e., divine or demonic attitudes].*

	<p><i>Since</i> <i>everything</i> <i>can be</i> <ul style="list-style-type: none"><li>• <i>important</i></li></ul><i>or</i> <ul style="list-style-type: none"><li>• <i>unimportant,</i> <i>depending on</i> <i>your vantage point,</i></li></ul><i>everything</i> <i>can be taken into meditation.</i></p>
64	<p><i>As you</i> <i>meditate to remove your blocks,</i> <i>you will</i> <i>increasingly</i> <i>be</i> <ul style="list-style-type: none"><li>• <i>lived</i> <i>through,</i></li><li>• <i>lived</i> <i>by,</i></li></ul><i>and be</i> <ul style="list-style-type: none"><li>• <i>a manifestation of</i> <i>the divine expression</i> <i>as this particular entity</i> <i>you are now.</i></li></ul><p><i>Then there is</i> <i>no more</i> <ul style="list-style-type: none"><li>• <i>wall,</i></li></ul><i>no more</i> <ul style="list-style-type: none"><li>• <i>ego:</i></li></ul><i>you are</i>  <i>the divine consciousness.</i></p></p>

*[Then, as the divine consciousness you are,]  
You no longer  
need to go into  
specific acts of meditation,  
in the sense of*

- thinking and*
- concentrating,*
- consolidating your thoughts and*
- listening,*
- shutting out*

*the vagaries of the mind  
that want to take you away.*

*You will  
not have to make an effort.*

*You will just  
emanate  
creating.*

*You will*

- live it [i.e., live creating],*
- breathe it [i.e., breathe creating],*
- be it [i.e., be creating].*

*Every*

- expression*

*and*

- thought*

*and*

- feeling*

*will be  
a creative meditative act  
when  
the real you [i.e., the divine consciousness you are,]  
is free.*

65

*There are other stages [i.e., There are other stages of enlightenment leading up to  
this stage of enlightenment in which the real you is free]  
I wish to discuss briefly  
[and] that are important to know.*



*The least enlightened people  
use  
petitionary prayer.*

*We do not need to go into this,  
for none of you  
are in that state any longer.*

*The concept [in this least enlightened state]  
that  
an outer entity  
• hears,  
• rewards you arbitrarily,  
and so on,  
is obviously  
the result of a  
• childish,  
• undeveloped  
state.*

*If such people  
plead humbly enough,  
they imagine  
the wish  
will be granted  
by this separated other entity [i.e., will be granted by a “god” outside  
and separate from themselves].*

*Even these  
primitive petitionary prayers  
may often be heard [i.e., seemingly “answered”]  
because  
• the power of conviction,  
• the visualization,  
• the law that  
"according to your belief you shall experience,"  
is followed.*

*The power of  
the thought  
does it [i.e., results in the request seemingly being granted by a “god”  
outside and separate from the individual who is praying].*

	<ul style="list-style-type: none"> <li>• <i>Love,</i></li> <li>• <i>humility of spirit, and</i></li> <li>• <i>honesty</i></li> </ul> <p style="padding-left: 40px;"><i>may also help</i> <i>the power of thought</i> <i>to be effective,</i> <i>in spite of</i> <i>the primitive belief [i.e., the belief that an outer entity or “god”</i> <i>has arbitrarily chosen to “answer yes” to one’s prayer].</i></p>
66	<p><i>The next stage [i.e., the second stage of enlightenment]</i> <i>is already</i> <i>much more enlightened,</i> <i>and that is</i> <i>a request.</i></p> <p><i>It means</i></p> <ul style="list-style-type: none"> <li>• <i>that you request</i> <i>your self</i> <i>to go in a certain direction [of personal development or fulfillment];</i></li> <li>• <i>that you know that</i> <ul style="list-style-type: none"> <li>• <i>these processes [i.e., these processes of development and meditation]</i> <i>are bound to respond and</i></li> <li>• <i>what you desire</i> <i>is in keeping with</i> <i>the immutable divine laws.</i></li> </ul> </li> </ul>
67	<p><i>The third stage [of enlightenment]</i> <i>is knowing</i></p> <ul style="list-style-type: none"> <li>• <i>that your wish</i> <i>will be fulfilled;</i></li> <li>• <i>that you</i> <ul style="list-style-type: none"> <li>• <i>have a right to fulfillment</i> <i>and</i></li> <li>• <i>deserve it [i.e., deserve fulfillment]</i> <i>because</i> <i>you are willing to give up</i> <i>all</i> <ul style="list-style-type: none"> <li>• <i>negative,</i></li> <li>• <i>obstructing</i> <i>attitudes.</i></li> </ul> </li> </ul> </li> </ul>

	<p><i>This total commitment leads you to believe that the divine</i></p> <ul style="list-style-type: none"><li><i>• power and</i></li><li><i>• consciousness</i></li></ul> <p><i>within you is bound to respond.</i></p>
68	<p><i>In the fourth and most advanced stage [of enlightenment] you know your wish has been fulfilled even before it has manifested.</i></p> <p><i>This [knowing] occurs with an inner click in which you experience the</i></p> <ul style="list-style-type: none"><li><i>• ongoing,</i></li><li><i>• immutable</i></li></ul> <p><i>divine process.</i></p> <p><i>This [fourth] state has eliminated all doubt because your negativity has been eliminated.</i></p>

69	<p><i>You may in some areas of your life be in the second [stage of enlightenment],</i></p> <p><i>in other areas [of your life] in the third [stage of enlightenment],</i></p> <p><i>and still others [i.e., and in still other areas of your life] in the fourth stage [of enlightenment].</i></p> <p><i>This is a good gauge for you.</i></p> <p><i>The fourth stage [of enlightenment] means you are in a stage of union.</i></p>
70	<p><i>My dearest friends, when</i></p> <ul style="list-style-type: none"><li><i>• I withdraw</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• you stay here together for a while,</i></li><li><i>• maybe one of you will spontaneously feel like meditating aloud</i></li><li><i>• and little by little others can participate.</i></li></ul> <p><i>Let it [i.e., Let this meditating aloud together] become a spontaneous expression.</i></p> <p><i>You can thus generate a marvelous energy here which can be used for any purpose on your path.</i></p>

**You can eventually**  
**use it** [i.e., use this marvelous energy that you generate  
when you spontaneously meditate aloud together]  
**directly on someone**  
**who needs it**  
**for a specific purpose,**  
**similar to the way**  
**I now give my power** [i.e., the way I now give the force]  
**to you.**

**It** [i.e., this marvelous power from the group when it spontaneously meditates aloud  
directly on someone who needs it for a specific purpose]  
**will**  
**in its own way**  
**be an even stronger tool** [i.e., stronger than the force I give].

**The energy**  
**of many**  
**is**  
**not only**  
**more powerful than that of one,**  
**but it** [i.e., the energy of many]  
**will also help you to realize**  
**what power**  
**you** [i.e., you as a group]  
**can generate**  
**when rightly channeled.**

**Let yourself**  
**be inspired**  
**and let come**  
**what comes.**

**Be blessed**  
**with**  
**• love,**  
  
**and**  
**• truth,**  
  
**and**  
**• power.**

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