

Pathwork Lecture 220: Reawakening from Pre-Incarnatory Anesthesia

1996 Edition, Original Given April 3, 1974

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

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

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

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03	<p><i>Greetings.</i></p> <p><i>Loving blessings are pouring forth for every one of you here.</i></p> <p><i>Welcome, my dearest friends.</i></p> <p><i>Let us continue with this specific series of lectures.</i></p> <p><i>And keep in mind, my friends, that they are a sequence, one leading to the next, on the spiral of your evolutionary process, commensurate with your increasing awareness.</i></p>

by Eva Broch Pierrakos

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04	<p><i>In this lecture, I will again speak about the phenomenon of consciousness, particularly in connection with</i></p> <ul style="list-style-type: none"><i>• the evolutionary process</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the meaning of individual life.</i>
05	<p><i>All knowledge is in you.</i></p> <p><i>I have often said this, but it is rarely understood.</i></p> <p><i>Before you are born into this life, a process of anesthesia [i.e., a process of temporarily losing awareness] sets in.</i></p> <p><i>There is a specific reason for this.</i></p> <p><i>You awaken from it [i.e., You awaken from this temporary loss of awareness], as you come out of infanthood, with a limited consciousness.</i></p> <p><i>The awakening is</i></p> <ul style="list-style-type: none"><i>• partial and</i><i>• gradual.</i> <p><i>As you grow</i></p> <ul style="list-style-type: none"><i>• physically,</i><i>• mentally, and</i><i>• emotionally,</i> <p><i>you grope to rediscover your inner knowledge [i.e., you grope to rediscover some of the pieces of the “all knowledge that is in you” that had been anesthetized prior to your coming into this incarnation].</i></p>

	<p><i>At first</i> <i>you do this [i.e., you rediscover pieces of your anesthetized inner knowledge]</i> <i>in a limited way,</i> <i>with a focus on</i> <i>material life.</i></p> <p><i>You learn to</i></p> <ul style="list-style-type: none">• <i>walk,</i>• <i>handle objects,</i> <p><i>you</i></p> <ul style="list-style-type: none">• <i>speak;</i> <p><i>you learn</i></p> <ul style="list-style-type: none">• <i>reading,</i>• <i>writing,</i>• <i>numbers,</i>• <i>certain basic laws</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>outer life,</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>physical matter</i> <p><i>that</i></p> <ul style="list-style-type: none">• <i>surrounds you and</i> <p><i>that</i></p> <ul style="list-style-type: none">• <i>you will need to handle.</i>
06	<p><i>Once basic material knowledge is</i></p> <ul style="list-style-type: none">• <i>mastered or</i>• <i>reawakened,</i> <p><i>deeper knowledge</i> <i>is reacquired,</i> <i>provided that</i> <i>the growth process</i> <i>takes place as planned.</i></p> <p><i>When a person is in</i> <i>an intensive growing process,</i> <i>this [i.e., this reacquiring of anesthetized pieces of deeper knowledge]</i> <i>will happen</i> <i>in ever-increasing</i></p> <ul style="list-style-type: none">• <i>depth and</i>• <i>scope.</i>

	<p><i>If [i.e., If, on the other hand] the person has stopped the movement of</i><ul style="list-style-type: none"><i>• the growth process,</i><i>• his "life train,"</i><p><i>that interruption will prevent the reacquisition of knowledge he or she possesses in a potential state [i.e., prevent reacquisition of pieces of knowledge that he or she possesses in a potential state, but pieces of knowledge that were anesthetized prior to birth].</i></p></p>
07	<p><i>Here you will have to ask inevitably,</i></p> <p><i>"Why does anesthesia [i.e., Why does the temporary loss of awareness] set in?"</i></p> <p><i>Actually, the anesthesia [i.e., the temporary loss of awareness] sets in well before the birth process.</i></p> <p><i>In your spiritual reality, where the total entity that you are truly belongs, you decide upon a reappearance in this dimension [i.e., you decide upon a reappearance or incarnation in this material earth plane].</i></p> <p><i>That is when you are deliberately anesthetized.</i></p> <p><i>After all plans for your life on the material plane are</i><ul style="list-style-type: none"><i>• thoroughly discussed and</i><i>• assimilated,</i><p><i>you lose consciousness.</i></p></p>

*A person who undergoes an operation
goes through a similar process.*

*In fact
the process of anesthetization
is*

- *copied from the spirit life,*
- *remembered and*
- *rediscovered*
in earthly life.

*On earth
its purpose [i.e., the purpose of the process of anesthetization]
is to*

- *prevent pain during an operation.*

*In the case of
the incarnatory process,
the reason is [i.e., the reason for the process of anesthetization is]
• different.*

08

*Before
the spiritual self
takes possession of
the human body
in the birth process,*

*the entity
is already in
a sleeping state,
• anesthetized and
• unaware.*

*At birth,
there is an awakening [i.e., an awakening from the anesthetized sleeping state]
to a slight degree –
slight
in relation to its
actual
state [i.e. in relation to the entity's actual
fully-awakened state prior to its incarnation].*

*The limited part of the entity
that takes possession of
the infant body
finds itself awake to*

- *physical*
- *sensations and*
- *functioning, and*
- *certain limited*
- *perception and*
- *awareness;*

*none of these
can be properly*

- *assessed,*
- *interpreted, or*
- *assimilated.*

*That [i.e., The assessment, interpretation, and assimilation of physical
sensations and functioning, and certain limited perception and awareness]
comes later.*

*The state of awareness
after birth*

is

- *increased,*

but

is

- *still very limited.*

Becoming

- *aware and*
- *awake*

is a gradual process.

09

*The first years –
roughly, the first twenty-two to twenty-five years,
although this cannot be generalized –
are primarily focused on
acquiring
outer
knowledge.*

	<p><i>Provided the process [i.e., Provided the process of becoming aware and awake]</i> <i>is</i></p> <ul style="list-style-type: none"><i>• meaningful and</i><i>• organic,</i> <i>the focus should [i.e., the focus should,</i> <i>after focusing on OUTER knowledge,]</i> <p><i>then go to</i> <i>acquiring knowledge</i> <i>that transcends</i> <i>the physical reality:</i> <i>[namely]</i></p> <ul style="list-style-type: none"><i>• inner,</i><i>• spiritual</i> <i>knowledge.</i> <p><i>This [i.e., This acquiring of inner, spiritual knowledge]</i> <i>can take place</i> <i>first</i> <i>on a psychological level.</i></p> <p><i>I include</i> <i>psychological knowledge</i> <i>when I speak of</i> <i>spiritual knowledge,</i> <i>for it [i.e., for psychological knowledge, like</i> <i>spiritual knowledge,]</i> <i>concerns itself with the</i></p> <ul style="list-style-type: none"><i>• laws and</i><i>• processes</i> <i>of the inner self.</i>
10	<p><i>Certain highly developed individuals</i> <i>with a capacity for</i> <i>spiritual fulfillment</i> <i>awaken to</i></p> <ul style="list-style-type: none"><i>• inner</i> <i>reality</i> <p><i>often, though not always, earlier,</i> <i>[a time in their life]</i> <i>which can coincide with the</i></p> <ul style="list-style-type: none"><i>• outer</i> <i>learning.</i>

***You have
children
on your path
who early in life
begin to
• acquire and
• comprehend
inner knowledge.***

***This can happen [i.e., This acquiring and comprehending inner knowledge by
children on your path can happen]***

***because
the knowledge [i.e., because this inner knowledge]
is
• near and
• deeply anchored
into the soul;***

***in previous lifetimes
it [i.e., this inner knowledge]
had become
such an integral part of the entity
that it [i.e., that this inner knowledge]
is easier to reawaken
than [it is] in others
• without
such previous development,
• who must still go through
processes of
• growing,
• searching, and
• struggling
before
the inner knowledge
penetrates
every particle
of the soul.***

***That [i.e., Going through the processes of growing, searching, and struggling
until the inner knowledge has penetrated every particle of the soul]
is, of course,
what
life
is all about.***

And all of it [i.e., And going through all of this process of growing, searching, and struggling until the inner knowledge has penetrated every particle of the soul] is necessary:

- ***the groping process,***
 - ***the process of***
 - ***trial and error,***
 - ***searching,***
 - ***often being confused and not knowing,***
 - ***dealing with the not knowing in a constructive way,***
 - ***finding the often precarious balance between***
 - ***patience and***
 - ***humility***
 - ***for the grace of knowledge to communicate itself on the one hand,***
- and***
- ***serious commitment,***
 - ***endeavor,***
 - ***focused will and***
 - ***healthy aggression on the other.***

This process [i.e., This groping, trial-and-error process] is the key.

When the lessons of these endeavors are absorbed by the soul, the reacquisition of knowledge comes more easily in a future lifetime.

11	<p><i>Now I return to the question of why the temporary anesthetizing takes place.</i></p> <p><i>Perhaps a part of the answer has already dawned on you.</i></p> <p><i>It is not easy to convey these principles, but I shall do the best I can.</i></p>
12	<p><i>I recapitulate briefly:</i></p> <p><i>The manifest personality does not know [i.e., does not know because parts of it have been anesthetized] what it knows –</i></p> <p><i>whether</i></p> <ul style="list-style-type: none"><i>• the soul has already gone through the [groping, trial-and-error incarnatory] process described and thus spiritual • knowledge, • understanding, and • perception are natural even in the limited state of the human embodiment;</i> <p><i>whether</i></p> <ul style="list-style-type: none"><i>• this [i.e., whether this groping, trial-and-error incarnatory process]</i> <p><i>has not yet taken place;</i></p> <p><i>or</i></p> <p><i>whether</i></p> <ul style="list-style-type: none"><i>• a soul continues within this process [i.e., continues within this groping, trial-and-error incarnatory process]</i> <p><i>life after life.</i></p>

Knowledge,
to whatever degree it exists,
is
• blotted out;

it [i.e., knowledge, to whatever degree it exists,]
is
• "forgotten."

Whatever state of development you may be in,
you start off with
a clean slate:

you start off
knowing nothing,

whether
you are
• highly developed,
or
whether
the process occurs
• still on a lower scale.

So, at first,
the knowledge
that
is
in you
is, apparently,
not
in you.

Now,
why
must that be?

13

*In a recent lecture about the evolutionary process [see: Lecture 218
The Evolutionary Process],*

*I discussed
how
the "mass" of consciousness
spreads,
filling the void.*

*As it does so [i.e., As the "mass" of consciousness spreads, and fills the void],
particles of consciousness
lose themselves.*

*The essential divine consciousness,
in its*

- beauty,*
 - wisdom, and*
 - benign power,*
- functions in a*
- limited and*
 - distorted*
- way.*

*The isolated particles
must*

*seek to unite again
with the*

- forward-rushing,*
- spreading*

*movement
of the divine state of life
that inexorably
fills the void.*

*In this process
the separated particles –
which are individual entities –
must find the way back
on their own,
by dint of
reawakening
the divine potentials
always present,
even in
the most separated aspects.*

14	<p><i>I return to this analogy again and again to help you understand this topic:</i></p> <p><i>the part of your soul that is still separated must forget whatever it has known in a more awake state in order for the undeveloped part to find its own way.</i></p>
15	<p><i>Let me try to make this clear.</i></p> <p><i>Suppose you were consciously to know, now, all that you deeply know.</i></p> <p><i>Then the undeveloped aspects in you would not find, under their own steam, their innate essence.</i></p> <p><i>They [i.e., The undeveloped aspects in you] would be swept along, as it were, by the already • knowing, already • developed aspects.</i></p> <p><i>They [i.e., The undeveloped aspects in you] would therefore always represent an unreliable element.</i></p>

*They [i.e., The undeveloped aspects in you]
would essentially,
although not necessarily manifestly,
blur the*

- *beauty,*
- *vitality,*
- *creativity, and*
- *wisdom*

of the rest of your being.

*They [i.e., The undeveloped aspects in you]
would be carried
by the surge of
the glory of God-consciousness,*

*but they [i.e., but the undeveloped aspects in you]
would not be
totally infused with it [i.e., not be totally infused with
the glory of God-consciousness].*

• *Purification*
and
• *evolution*
mean that
every smallest aspect
of all that is
must be infused with
its own essence [i.e., must be infused with its own
glory of God-consciousness].

16	<p><i>Let us apply this somewhat</i></p> <ul style="list-style-type: none">• <i>metaphysical,</i>• <i>philosophical, and</i>• <i>general</i> <p><i>explanation</i> <i>to</i> <i>your</i></p> <ul style="list-style-type: none">• <i>present state,</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>everyday</i><ul style="list-style-type: none">• <i>life and</i>• <i>struggle</i> <p><i>on your path.</i></p> <p><i>You may then</i> <i>not only</i></p> <ul style="list-style-type: none">• <i>understand better what I am saying,</i> <p><i>but will</i></p> <ul style="list-style-type: none">• <i>personally benefit from it.</i>
17	<p><i>On your path</i> <i>you constantly discover</i> <i>aspects of</i></p> <ul style="list-style-type: none">• <i>negativity,</i>• <i>irrationality,</i>• <i>childishness,</i>• <i>selfishness,</i>• <i>destructiveness.</i> <p><i>You know that</i> <i>these aspects [i.e., that these undeveloped aspects of negativity, irrationality,</i> <i>childishness, selfishness, and destructiveness]</i></p> <p><i>flare up,</i> <i>at an early stage of your development,</i></p> <ul style="list-style-type: none">• <i>by themselves,</i>• <i>without provocation from outside.</i> <p><i>These aspects [i.e., These undeveloped negative aspects in you]</i> <i>are so strong</i> <i>that you activate them,</i> <i>initiating negativity,</i> <i>regardless of</i> <i>what the outer situation is.</i></p>

*As your development proceeds,
this [i.e., This situation in which the undeveloped negative aspects in you
flare up by themselves, without provocation from the outside]
changes.*

*The negative aspects
cease to manifest
by themselves.*

*They [i.e., The negative aspects in you]
need
outer provocation.*

*You respond with them [i.e., You respond with the
undeveloped negative aspects in you]
to the
initiating negativity
of others around you.*

*However,
you do live in the world of matter,
in which,
under even the best of circumstances,
life is not easy.*

Matter
• obstructs
and
• frustrates.

*The very fact
of living in this dimension of reality –
which is your production, of course –
is always a challenge.*

*Imagine
that you lived under circumstances
so*

- sublime,*
- favorable and*
- bliss-producing,*

*that even the worst in you
would not find occasion
to express itself.*

*Then
the worst in you*

- would remain*
- dormant,*
- unexposed,*

and

- would not go through
its necessary process
of purification.*

18

*You are often convinced,
and partially rightly so,
that
if
others did not do this or that,*

- you would
be fine,*
- you would
stay in a state of*

- harmony and*
- bliss.*

*The blurred areas in you
would, however,
continue to smolder,
because
without their manifestation
you would not know of
their existence.*

	<p><i>They [i.e., the blurred, undeveloped negative areas in you]</i> <i>need exactly</i></p> <ul style="list-style-type: none">• <i>to be triggered off,</i> <p><i>they</i> <i>need the</i></p> <ul style="list-style-type: none">• <i>exposure and</i>• <i>provocation.</i> <p><i>By the same token,</i> <i>if you were</i> <i>consciously to know</i> <i>all you know,</i> <i>just as with [i.e., just as with the situation where there were]</i> <i>no provocations from outside,</i> <i>the undeveloped aspects</i></p> <ul style="list-style-type: none">• <i>would not flare up and</i>• <i>would not acquire</i> <i>their own</i> <i>ingrained knowing.</i> <p><i>They [i.e., the blurred, undeveloped negative areas in you]</i> <i>would merely be affected by</i> <i>what the already developed aspects</i> <i>know.</i></p>
19	<p><i>On your path</i> <i>you have experienced that</i> <i>when you successfully</i> <i>work through</i> <i>those blurred areas [i.e., work through those blurred, undeveloped</i> <i>negative areas in you],</i></p> <p><i>you become</i> <i>absolutely safe,</i> <i>no matter what</i> <i>others</i></p> <ul style="list-style-type: none">• <i>do</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>fail to do,</i> <p><i>no matter</i> <i>how they react.</i></p>

*[When you successfully work through
those blurred, undeveloped negative areas in you]*

**You remain
essentially**
• *whole,*
essentially
• *unaffected.*

[By “unaffected”]

**I do
not mean
unaffected
in the sense of being**
• *remote and*
• *without feeling.*

[Rather, by “unaffected”]

**I mean that
the particular negativity in you
that you have worked through**
• *no longer exists*
and therefore
• *cannot flare up*
when others do wrong by you.

You may be
• *hurt or*
• *angry,*
but
**in an entirely different way
than when**
your own unresolved
• *faults and*
• *flaws*
are triggered off
by outside circumstances.

**So you no longer depend on
perfection** *[i.e., So you no longer depend on others being perfect]*
**in order
not**
to face your imperfection *[i.e., in order not to have your own
imperfections triggered off and thereby not having to be faced].*

	<p><i>The effect of others' destructiveness will not make you lose your</i></p> <ul style="list-style-type: none"><i>• bearing or</i> <p><i>your</i></p> <ul style="list-style-type: none"><i>• center</i> <p><i>if your blurred areas [i.e., if your blurred, undeveloped negative areas]</i></p> <p><i>have been</i></p> <ul style="list-style-type: none"><i>• clarified,</i><i>• purified,</i><i>• cleansed, and</i><i>• eliminated.</i>
20	<p><i>The same principle [i.e., The principle that the destructiveness of the blurred, undeveloped, and negative aspects of consciousness of one cannot affect the developed aspects of consciousness of others]</i></p> <p><i>holds</i></p> <p><i>in the relationship between</i></p> <ul style="list-style-type: none"><i>• your own inner imperfections</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• your already purified parts.</i>

*If you were born
knowing
all you know,
the uncleansed areas
would*

- depend on
the cleansed ones*

and not

- become whole
within themselves;*

if the

- wise,*
- knowing,*
- enlightened*

*aspects of yourself
are asleep,
that sleep
is necessary
to allow*

*the blurred areas [i.e., the blurred, undeveloped negative areas in you]
to struggle through
on their own,
with the aid of
the knowledge
that is essentially
in you [i.e., with the aid of the knowledge
that is essentially in these blurred,
undeveloped negative areas of you].*

Thus

- out of*
 - a lack of knowledge [i.e., out of, and with the aid of, the knowledge that
is essentially knowledge already in this as yet lacking,
undeveloped, and hence negative, knowledge in you],*

*knowledge
is developed.*

Out of

- the darkness [i.e., out of, and with the aid of, the light that
is essentially light already in this as yet lacking,
undeveloped, and hence darkened, light in you]*

*light
develops.*

Even in the
• *darkest,*
• *most ignorant*
part
is
the essence of
• *knowledge and*
• *light.*

That essence [i.e., That essence of light that is in the darkest part,
that essence of knowledge that is in the most ignorant part]
must express
from
• *within*
itself,
not from
an aspect
• *outside*
itself
[and that is]
already in possession of [i.e., in possession of its own]
• *wisdom and*
• *light.*

So when the
• *knowledge and*
• *light*
are brought forth
from within
your own limitations,
purification
is
• *thorough,*
• *reliable and*
• *real.*

Then
• *true independence from*
one's surroundings
is being established
and thus,
• *true freedom.*

Then
each

- *particle,*

each

- *aspect of consciousness*
has brought forth
its own
"minuscule Godness,"
so to speak.

And
that [i.e., *And that role of anesthesia in the reincarnational purification process*
by which each aspect of consciousness brings forth
its own "minuscule Godness," so to speak]
is the meaning of [and reason for]
the anesthesia
with which you enter into life.

It is
your struggle
for your essential light
that

- *gradually and*
- *surely*
• *diminishes*
the anesthesia and
- *awakens you to*
who you really are.

21

You also experience on your path
that
the more

- *courage you muster*
to face your truth,

the more

- *humility and*
- *honesty*
you bring to bear on
your whole inner person,

the more

- *alert and*
- *awake*
you become.

*This [i.e., To become more alert and awake]
is an inexorable consequence [i.e., is an inexorable consequence of having
the courage to face your truth and of bringing the humility
and honesty to bear on your whole inner person]
that
cannot fail to manifest.*

*• Suddenly,
or
• gradually,
you
• understand and
• perceive
others
in a way you never could before.*

*You begin to
recognize
others' negativities
without being
personally
• affected or
• disturbed
by them.*

*You no longer
struggle against
others' negativity
• in a
• blind,
• resentful
way,
• without
seeing clearly,
• only vaguely perceiving
as through a fog.*

*Now
you
• see clearly;*

*you
• comprehend intuitively
the connections
that make the transgression
no longer a personal annihilation.*

You also begin to

- *see and*
- *perceive*

others'

beauty

in a way

- *that doesn't make you jealous*

but

- *that fills you with*
 - *awe,*
 - *wonder, and*
 - *gratitude.*

You begin to

- *perceive*

connections of interactions

between

- *yourself*

and

- *others*

that

eliminate

the riddle of

- *life –*

and

the riddle of

- *living with others –*

and that [i.e., that eliminating the riddle of life]

increases

your security

because you

- *see and*

- *know*

the processes

in human interaction.

As you go on in that way,

- *dealing with*
your own impurities and
- *eliminating them,*
 - *suddenly, or*
 - *gradually,*

a new

- *focusing and*
- *awareness*
awaken inside of you.

***A knowledge
flows into you,
apparently
from out of nowhere.***

***It [i.e., This knowledge that flows into you,
apparently from out of nowhere]
is not from
• the brain.***

***It [i.e., This knowledge that flows into you,
apparently from out of nowhere]
is not from
• the outer knowledge
you have acquired
in
• the first two decades of your life, or
• later.***

***It [i.e., This knowledge that flows into you,
apparently from out of nowhere]
has nothing to do with
• what you have learned.***

***It [i.e., This knowledge that flows into you,
apparently from out of nowhere]
comes from
• a different source.***

22

***As channels open,
a new focusing
can set in.***

***You can begin
very deliberately
to listen into
• the inner universe,
• the place
from which
all
wisdom
flows into your outer being.***

***It [i.e., This process of coming very deliberately to listen into the inner universe,
the place from which all wisdom flows into your outer being]
is a gradual process,
yet it [i.e., yet this gradual process of coming to listen into
the inner universe]
can be
sudden
in its manifestation.***

***The process [i.e., This gradual process of coming to listen into
the inner universe]
sometimes seems to be
interrupted,
because
it often disappears
at the initial stages,
so that the experience [i.e., this experience of hearing
the inner universe]
can appear to have been
a dream.***

***The state
in which you
hear the inner voice
must be fought for
in a
• positive,
• relaxed
sense.***

***It [i.e., This state in which you hear the inner voice]
must be
• gained
and
• regained,
for it [i.e., for this state in which you hear the inner voice]
is lost
over
and over again.***

23

*The focusing [i.e., The focusing that is necessary to hear the inner voice]
must be done
quite deliberately
after a certain stage of*

- *development and*
- *purification*

has been reached.

*The focusing
will yield
to*

- *connections,*

to

- *listening and*
- *"hearing."*

*Now,
the state of consciousness
in humanity as a whole,
because of mass conditioning,
makes such focusing [i.e., makes such focusing that is necessary
to hear the inner voice]
virtually impossible.*

*Many of those
who are*

- *developed enough and*
- *could succeed [i.e., are developed enough and could succeed, if they tried,
in such focusing practices that enable them to hear the inner voice]
don't even try.*

*Their still unresolved problem
may be
fear of*

- *ridicule and*
- *disapproval*

from the world around them;

*they [i.e., those who could but don't even try focusing to hear the inner voice]
lack courage
to establish the inner self
as the true center
of individual life.*

*The whole of humanity
is conditioned
to focus*

- *only on certain phenomena,*
- *outside and*
- *inside,*
- *at the exclusion of
other aspects of reality,
until
only that which is in their focus
seems real.*

*A whole world
exists around you
which*

- you do not*
- *see or*
 - *experience;*

*it [i.e., this whole world that exists around you, which you do not see or experience]
seems like
a fantasy
when you hear it discussed.*

*This
limitation of perception
is the result of
a conditioned reflex
in focusing,
which, in turn,
is the result of
anesthesia.*

24

*At the beginning of such a path,
if you listen into yourself,
you*

- probably hear nothing*

and

- may become convinced
that there is nothing
but emptiness.*

*Or, perhaps,
you hear
occasionally
the voice of the*

- childish,*
- demanding,*
- negative
self.*

*Then, of course,
you are
convinced
that this [i.e., convinced that this childish, demanding, negative self]
is
your final reality,
which frightens you,*

*and so you
avoid facing
the negative self
even more,*

*until later
when, perhaps,
you learn to make room
to listen deeper*

*and so can contact
levels of
unimagined inner reality.*

25

- *Question*
and
- *challenge*
 your negative voice.

- *Confront it* [i.e., *Confront your negative voice*].

- *Identify it* [i.e., *Identify your negative voice*]
 without
 being identified
 with it.

- *Learn*
 not to allow it to
 - *control you,**not to*
 - *act it out –*
 even as you acknowledge
 the existence of this voice of
 - *selfishness and*
 - *meanness.*

Only
 as this attitude [i.e., *this attitude of questioning, challenging, and confronting*
 your negative voice, of not letting it control you, of not acting it out]
 becomes consistent,
 as confrontation
 between

- *the lower self*

and the

- *conscious,*
- *reasonable,*
- *positive*

ego-self
 takes place
 constantly,

will you
 eventually
 find your focus
 on another level of consciousness,
 which
 as you will suddenly discover
 has always been there.

26	<p><i>The voice of God has always spoken to you.</i></p> <p><i>It [i.e., The voice of God] continues to speak to you – always</i></p> <ul style="list-style-type: none">• <i>in a new way,</i> <p><i>always</i></p> <ul style="list-style-type: none">• <i>adapted exactly to what you need most at any given moment in your life.</i> <p><i>It [i.e., The voice of God] is the voice that you</i></p> <ul style="list-style-type: none">• <i>overlooked and</i>• <i>kept out of focus</i> <p><i>so that you were left with the illusion of silence.</i></p> <p><i>When I say "you" I mean, of course, humanity as a whole.</i></p>
27	<p><i>It is impossible to refocus on this beautiful voice by skipping over the confrontation with the lower self that also always speaks to you.</i></p> <p><i>Your ego has to learn to distinguish between them [i.e., distinguish between the voice of God and the voice of the lower self].</i></p>

*The voice of
the lower self says,*

"I want it for me.

I do not care about others."

*That part of you [i.e., That lower self part of you]
believes*

- *in a mutual exclusivity,*
- *in a division of interests
between*

• *you*

and

- *others,*

and

- *that it must
triumph
at the expense of others.*

*That part [i.e., That lower self part of you]
is not connected to
the reality*

that you can have

all

without

depriving others.

*That negative voice [i.e., That negative voice of the lower self]
must be*

- *confronted,*

*it [i.e., that negative voice of the lower self]
must be*

- *questioned.*

Question

- *the voices of*
 - *meanness and*
 - *malice,*
- *your*
 - *stake in seeing others as bad, and*
 - *not wishing*
to make room
to even doubt this [i.e., to even doubt that others are as bad
as you see them to be].

Simultaneously

- see that*
- *you – or*
 - *a part of you –*
doubt the
 - *beauty and*
 - *trustworthiness*
of the universe.

Question

- the voice of fear,*
question
its [i.e., question the fear's]
lack of faith,
and confront it [i.e., confront the fear's lack of faith]
sincerely.

Then *[i.e., When you confront the fear's lack of faith, then]*
the ongoing voice of God
will be heard.

And you will
recognize it [i.e., you will recognize the voice of God].

You will rediscover
that it [i.e., that the voice of God]
has always spoken to you,

- *clearly and*
- *beautifully.*

*You simply
could not hear it before [i.e., You could not hear the voice of God before],
because
it [i.e., because the voice of God]
could not push itself through
as long as
you
deliberately
focused away from it [i.e., deliberately focused
away from the voice of God].*

28

*Focusing [i.e., Focusing away from the divine voice of God]
is
deliberate,
both in a
• positive
and in a
• negative
sense.*

*In a
positive sense,
you had to be born
• in anesthesia,
• having forgotten
what you know,
in order to purify
totally
all
aspects of the self.*

*Had you
always
heard the divine voice,
purification
could not have taken place.*

*You would
not have been able to
• focus on
the negative, or
• deal with it.*

*It [i.e., The negative, which you could not have focused on had you
always focused on and heard the divine voice,]*

would have been

- *quieted down and*
- *swept along.*

*In a sense [i.e., In a positive sense, then],
focusing away from*

the divine voice

is

the anesthesia

that your self

deliberately

chooses

for the incarnatory process.

*In the negative sense,
deliberate*

*focusing away from
the divine voice*

is due to

the power you give to

the negative self

that rejects

any rule

but its own.

*The negative self
does*

not

want

to know itself.

*Yet the divine voice
leads the negative self
to know itself.*

*That [i.e., This negative self coming to know itself]
is the first step*

*for the negative self
to purify itself.*

29

*Many of my friends on this path
can perhaps
begin to take
deliberate steps
toward
distinctly hearing
both voices [i.e., both the divine
and the negative lower-self voices].*

*What is the
negative,
lower self?*

*It [i.e., The negative lower self]
may manifest
under a clever disguise.*

*And what is the
divine
voice?*

*You can learn to
deliberately
shift your focus,
and you can spend time
in your meditation
practicing
this differentiation [i.e., practicing this differentiation
between the negative lower-self voice
and the divine voice].*

30

*For a long time
the main goal in our meditation
was what I called
impressing.*

In one of the basic lectures about meditation

I spoke about

both aspects:

- *impressing,*
that is,
 - *instructing,*
 - *claiming,*
 - *conditioning,*
 - *re-creating;*

and

- *expressing:*
that is,
 - *listening,*
 - *hearing, and*
 - *receiving.*

The time has come

when you can safely focus on
expressing.

You can

learn to listen to the

- *whole,*
- *wonderful*
universe,

an

- *ongoing,*
- *alive*
phenomenon.

You

dwell in
 this universe

and it

dwells in
 you.

You can

discover it [i.e., You can discover this universe]
 by focusing on it.

*You can
awaken from
your
• dream state,
your
• anesthesia,
my friends.*

*You can
• become
truly alive
and
• know
the aliveness
that is in you.*

31

Are there any questions?

QUESTION:
Yes.

*Most of my life I have been listening to
my negativity.*

*The negativity
has been conducting me.*

*This negativity
is
• excessive control and
• contempt.*

	<p>Going from</p> <ul style="list-style-type: none">• <i>that lower voice,</i> <i>which has been such a large element in my personality,</i> <p>to</p> <ul style="list-style-type: none">• <i>trying to listen to</i> <i>the other part,</i> <i>let's say</i><ul style="list-style-type: none">• <i>the sweet part of myself,</i>• <i>the child's voice</i> <i>that was squashed,</i> <p>I am afraid</p> <ul style="list-style-type: none">• <i>that I will then</i> <i>not deal with</i> <i>the negativity,</i>• <i>that I will</i><ul style="list-style-type: none">• <i>go overboard [i.e., go overboard in listening only to</i> <i>the sweet part of myself, the child's voice]</i> <p>and</p> <ul style="list-style-type: none">• <i>be false [i.e., and be false because I would be leaving out and</i> <i>not dealing with the negativity in me].</i>
32	<p>ANSWER: That [i.e., <i>The fact that in wishful thinking you may overlook and not deal with</i> <i>the negativity in you]</i></p> <p>is always</p> <ul style="list-style-type: none">• <i>the danger,</i>• <i>the difficulty</i> <i>in the groping.</i> <p>The wishful thinking that the positive voice is the self's only reality must be taken into consideration, and then [i.e., <i>and then when this wishful thinking</i> <i>that the positive voice is the self's only</i> <i>reality is taken into consideration]</i></p> <p>self-deception will no longer present a danger.</p>

*It is possible
to hear
the divine voice
in many areas,
yet
the negative self
still exists.*

*The ego's block
against
recognition of
the negative
makes it impossible
for the divine
to come through.*

*If the ego
specifically
requests
wisdom
from
the divine part of the self
to find
the best way to deal with
unpurified aspects,*

- the divine voice
will be heard and*
- its wisdom
can be applied
to where it is most needed.*

33

*On this path
you have a number of good tools
to prevent you
from the danger of
overlooking
the undesirable aspects of yourself,
even as you
begin to awaken the*

- wisdom and*
- splendor
of your divine reality.*

*You learn again
and again
that*

- *one* [say for example, the divine part of you]
does not eliminate
- *the other* [here, the negative, lower self part of you];

*you learn
to deal with
apparent contradiction;*

*you learn
to keep a record
of your disharmonies
in your daily review;*

*you learn
the power of
repeated impressing
in meditation [i.e., in meditation, impressing on your soul substance]
that you
do want to be aware of
every aspect
your inner path
wants you to be aware of
at any given phase.*

*By using these tools
you can strengthen
your determination to*

- *observe*
 - *the undesirable*

and

- *get to know*
 - *the glory of God
in you.*

34

*Another good tool
is to*

- *heed
your reactions.*

- *Assess
your feelings.*

If you are

- *truly in*
- *joy and*
- *brightness,*
- *free of anxiety,*
- *in a happy state,*

then
*in that particular moment
you truly are
in touch with
your divinity.*

*And your inner path
does not invite you,
at that particular time,
to deal with anything else.*

*Maybe the next day
something blurs the picture.*

Some

- *unhappiness
comes to you,*
- *doubts,*
- *heaviness,*
- *anxiety.*

*It [i.e., That you experience some unhappiness, doubts, heaviness, anxiety]
is a sign
that you are
overlooking something.*

*Your life manifestation
is a reliable gauge,
it [i.e., your life manifestation]
shows
whether*

- *you are living in
self-deception*

or

- *truly following your path
according to your plan.*

*Examine
your state of
fulfillment
in your*

- *relationships,*
- *partnership,*
- *work,*
- *pleasures,*

and

- *your inner state of*
 - *joyousness and*
 - *peace,*

and

- *your outer state of*
 - *fulfillment and*
 - *abundance.*

*These [i.e., These states of fulfillment and unfulfillment in all areas of your life]
are gauges.*

*Where there is
unfulfilled longing,
there is something
you do not focus on.*

35

*The divine voice
will not lead you astray.*

When you
• *lose focus*
or
• *seem to [i.e., or seem to lose focus],*
notice
the ego's
intentionality.

The divine voice
will not
• *tell you*
beautiful stories
about
your already purified state
or
• *speak in generalities.*

It [i.e., The divine voice]
will point out
with
• *love*
and
• *firmness*
exactly
where you have to go.

But
your ego-self
must
• *want*
and
• *ask for*
this guidance.

*If you
want
the truth,
• open yourself,
and
• humbly ask:*

- "What do I need to see in myself?"*
- Where am I still blind?*
- What can you tell me?"*

*The divine voice
will instruct you
in the most marvelous way.*

*Nothing
can strengthen
your faith in
the truth of God's existence
more than
this connection with God.*

*Then [i.e., Then, with this faith in the truth of God's existence
and this connection with God within]
you
create
a unification.*

*The teaching
you receive
from
within
will be a
• strengthening
and
• unifying
experience.*

**Listening to
the beautiful voice [i.e., Listening to
the beautiful divine voice of the Godself within]
will not get you away from
the unpurified part;**

**it [i.e., listening to the beautiful divine voice of the Godself within]
will bring both parts together [i.e., will bring both
the negative, lower self part and the Godself together],**

- **the negative energy
transforming
itself
to become part of
• the Godself.**

**The manifestation [i.e., The manifestation of this transformation of the negative
energy and its unification with the Godself]
will be
exactly
a result of
your intention.**

**If you want to use
the voice of beauty
in order
not
to deal with
the ugliness,
you will hear
only
beauty.**

**You will hear
what your ego-consciousness
is ready to receive.**

**The divine voice
cannot manifest
in any other way [i.e., The divine voice cannot manifest in a way other
than what your ego-consciousness is ready for and longing to receive].**

36	<p>QUESTION: <i>I have difficulties in</i> • <i>interpreting the messages that I receive</i> <i>and</i> <i>in</i> • <i>believing in them.</i></p> <p><i>I receive messages, but only later do I realize that I did.</i></p>
37	<p>ANSWER: <i>That is the learning process I spoke about.</i></p> <p><i>By</i> • <i>experience,</i> <i>by</i> • <i>trial and error</i> <i>you can learn to understand the laws.</i></p> <p><i>There are certain rules.</i></p> <p><i>Those who have gone through the process extensively can be helpful, as, for example, the instrument through whom I manifest.</i></p> <p><i>However, even that is limited [i.e., even help from those who have gone through the growth process extensively is limited].</i></p> <p><i>For every person is different, has different • leanings, different • weak points of wishful thinking.</i></p>

*And you
will be tested
as to the extent to which
you have to*

- *grope,*
- *question yourself and*
- *learn.*

*The most valuable treasure
a human being can possess –
the connection with the divine voice –
cannot be handed out
ready-made.*

*It [i.e., The connection with the divine voice]
must be
earned through
the groping process.*

*You must learn
to question yourself
about the extent to which
wishful thinking
may be coloring the reception [i.e., may be coloring the reception
of the divine voice].*

*Beware also of
the opposite danger:*

*To what extent does
fear of wishful thinking*

- *color the reception [i.e., color the reception of the divine voice]*

and

- *obstruct the truth
that would only be too welcome?*

***If the voice [i.e., If the divine voice]
says something
so desirable
that you do not dare believe it,
it may still be true.***

You must

- ***test it out [i.e., test out the divine voice]***

and

- ***explore
your inner self.***

***Do you sense
any desire
to***

- ***cheat,***

or

- ***to
avoid?***

Only

- ***deep,***
- ***inner***

***experience
will***

- ***teach you and***
- ***give you security.***

***Try again
and again.***

- ***Listen,***
- ***give it [i.e., give the divine voice]
attention,***
- ***take it [i.e., take the divine voice]
seriously.***

***Also,
do not be gullible.***

***Realize
that tests must come
for you to learn
what you need to learn.***

38

*If you discover
the voice [i.e., the divine voice]
only after the fact,
that, too, is all right.*

*It is then up to you
to rethink
the way that you heard it [i.e., rethink the way
you heard the divine voice].*

*You can meditate
for enlightenment,
slowly
you will learn the process.*

*If there were
hard-and-fast rules,
that security
would not come.*

*It [i.e., That security of the divine voice]
can come
only through
the process of*

- groping,*
- learning,*
- making mistakes.*

*Eventually
the inner knowing [i.e., the inner knowing of the divine voice]
will come.*

*You will have
the feeling
deep in your center:*

*it will
feel*

- right and*
- good*

*and
you will know that
this is it [i.e., that this is the divine voice within];*

*you will learn to
trust it [i.e., learn to trust the divine voice within].*

39

*Now, my dearest friends,
I bless
all of you.*

*Divine
• love
and
• wisdom
are here
in abundance.*

*You
who work on this path
create
so much
• blessing for yourself,
so much
• light.*

*More
and more
you will
awaken from your sleep,
so that
you will never have to fall asleep again.*

*Rest
will not impair
the awareness of a
• joyous,
• peaceful,
• exciting,
• blissful
universe
• in which
you live
and
• which
lives in you.*

You are blessed.

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