

# Pathwork Lecture 223: The Era of the New Age and New Consciousness

1996 Edition, Original Given: September 25, 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>• <b><i>Blessings,</i></b>            • <b><i>love, and</i></b>            • <b><i>greetings</i></b>                <b><i>to all of you,</i></b>                  <b><i>my dearest ones.</i></b></p> <p><b><i>With immense joy</i></b>                <b><i>do we resume our contact</i></b>                  <b><i>for the coming working period.</i></b></p> <p><b><i>The rejoicing in</i></b>                <b><i>our world</i></b>                  <b><i>is great.</i></b></p> <p><b><i>This rejoicing</i></b>                <b><i>can communicate itself</i></b>                  <b><i>to you</i></b>                  <b><i>if</i></b>                    <b><i>you open yourself to it.</i></b></p>

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*It [i.e., This rejoicing in our world]  
has to do with  
what many of you  
have accomplished*

- *individually*

*and*

- *together.*

*But the rejoicing [i.e., But this rejoicing in our world]  
is also about  
what  
is to come.*

*For  
more*

- *growth and*
- *liberation,*
- *peace, and*
- *joy*

*will come  
to those of you  
who really devote yourselves  
to your own innermost path.*

04

*Now, my dearest friends,  
you have often heard  
from*

- *me and*

*from*

- *many other sources*

*that  
an*

- *immense*
- *new*

*cosmic force  
that will sweep the planet earth  
has been released  
into the universe.*

*A new surge  
toward  
spiritual truth  
is spreading  
throughout  
your world.*

*New values  
are seeking to push through  
old resistances.*

*I will speak in this lecture  
about  
the meaning  
of the new cosmic force  
in terms of  
your*

- community,*

*your*

- individuality, and*

*your*

- growth.*

05

*The planet Earth  
is an entity  
of which each individual inhabiting it  
is a cell,  
not unlike  
the cells of your body.*

*Each of these cells [i.e., Each of these cells of your body]  
is a*

*• consciousness  
and  
• energy  
center,*

*just as  
you*

*are a*

*• consciousness  
and  
• energy*

*center [i.e., as you are a “center” in planet Earth].*

*Now  
the entity Earth  
is growing up.*

*It [i.e., The entity Earth]  
is coming to  
an inner crossroads  
just as  
a growing person  
comes to  
an inner crossroads.*

06

*You have all experienced  
at some point on your path  
that  
one part of you  
is ready  
to*

- expand,*

*to*

- risk exposure of its hidden secrets,*

*to*

- move toward  
a new vision  
of*

- life,*
- self, and*
- a new mode of being.*

*The new modality*

- does not  
shed  
the old,*
- but  
transforms  
what is  
not compatible with  
the*

- new,*
- pure, and*
- great  
influx.*

	<p><i>It [i.e., The new modality] incorporates the pure substance of the old self into a</i></p> <ul style="list-style-type: none"><li><i>• new,</i></li><li><i>• expanded version.</i></li></ul>
07	<p><i>You also know that at the same time the part of you we call the lower self obstructs this movement.</i></p> <p><i>It [i.e., The lower self] • fears, • distrusts, and • resists such growth.</i></p> <p><i>Which part you ally yourself with depends on your ego consciousness.</i></p> <p><i>In such a conflict crisis is inevitable.</i></p> <p><i>The resisting part creates the crisis by obstructing the inexorable evolutionary force.</i></p>

**The less**  
**you recognize this struggle** [i.e., this struggle created by the lower self  
obstructing the inexorable evolutionary force]  
**for what it is, and**  
**the more**  
**you**  
**• deny and**  
**• rationalize**  
**its** [i.e., the more you deny and rationalize this struggle's]  
**true significance,**  
**the greater**  
**an upheaval**  
**it** [i.e., the greater an upheaval this struggle created by the lower self  
obstructing the inexorable evolutionary force]  
**will cause and**  
**the more frightening**  
**the upheaval will appear.**

**Conversely,**  
**the more**  
**you recognize the struggle** [i.e., the more you recognize this struggle  
created by the lower self obstructing the inexorable  
evolutionary force]  
**for what it really is and**  
**the more**  
**you act**  
**in accordance with**  
**higher self principles,**  
**the shorter**  
**the crisis will be.**

**In fact,**  
**the crisis** [i.e., the crisis created by the lower self obstructing the inexorable  
evolutionary force]  
**will transform itself**  
**into**  
**undreamed-of bliss.**

08	<p><i>So you see, the crisis [i.e., the crisis created by the lower self obstructing the inexorable evolutionary force]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>healthy and</i></li><li>• <i>unavoidable.</i></li></ul> <p><i>Growth cannot take place without crisis [i.e., without the crisis created by the lower self obstructing the inexorable evolutionary force],</i></p> <p><i>and to the extent you resist growth, you create crisis.</i></p> <p><i>The lower self is not merely</i></p> <ul style="list-style-type: none"><li>• <i>devious,</i></li><li>• <i>dishonest, and</i></li><li>• <i>selfish;</i></li></ul> <p><i>it [i.e., the lower self] is also</i></p> <ul style="list-style-type: none"><li>• <i>ignorant.</i></li></ul> <p><i>This ignorance makes it [i.e., makes the lower self]</i></p> <ul style="list-style-type: none"><li>• <i>stubborn,</i></li><li>• <i>unperceptive,</i></li></ul> <p><i>as well as</i></p> <ul style="list-style-type: none"><li>• <i>destructive and</i></li><li>• <i>negative.</i></li></ul>
09	<p><i>Earth also possesses a lower self.</i></p>

***Like the individual's [i.e., Like the individual's lower self],***

***Earth's lower self***

***is not only***

- ***negative,***
- ***selfish,***
- ***greedy, and***
- ***dishonest;***

***it [i.e., Earth's lower self]***

***is also***

- ***ignorant with a vengeance.***

***It [i.e., Earth's lower self]***

***totally resists***

***the new consciousness***

***the soul is ready for.***

***Thus***

***there is crisis***

***on this earth.***

***You see***

- ***the crisis [i.e., You see this crisis on this earth]***

***as much as you see, here and there,***

- ***expanded new ways of being,***
- ***new understanding,***
- ***deeper vision of life, and***
- ***deeper perception***  
***of spiritual reality.***

***The new expansive movements***

***are not always***

***without their***

- ***distortions and***
- ***exaggerations or***

***without their***

- ***fanaticism and***
- ***misunderstandings.***



**They** [i.e., *These new expansive movements, in some of their distortions, exaggerations, fanaticism, and misunderstandings,*]  
**sometimes**

- **miss the point of  
the great new influx of consciousness and**
- **avoid confronting  
unpurified matter in the soul.**

**Such abuse** [i.e., *Such abuse brought about by distortions, exaggerations, fanaticism, and misunderstandings of the new expansive movements, such abuse that avoids the critical need to confront unpurified matter in the soul*]  
**will turn out to be  
particularly**

- **costly and**
- **disappointing  
to the individual.**

**The new cosmic force  
has made  
many attempts to come through,  
but its** [i.e., *but the new cosmic force's*]  
**meaning  
is poorly understood  
in many quarters.**

**So there are  
many spiritual movements  
which seek to follow  
the pressure from within,  
without  
devoting themselves  
to the [purification] work that needs to be done  
within the soul.**

**The spirit world  
has been preparing for  
this new expansion  
for many centuries  
with a great deal of  
• investment and  
• energy.**

	<p><i>Many are called but not all follow.</i></p> <p><i>Not all are sufficiently willing to heed the inner call.</i></p> <p><i>It is best</i></p> <ul style="list-style-type: none"><li><i>• to clearly acknowledge this [i.e., to acknowledge that not all are sufficiently willing to heed the inner call],</i></li><li><i>• to leave open the possibility for later following the call.</i></li></ul> <p><i>If, however,</i></p> <ul style="list-style-type: none"><li><i>• it [i.e., If, however, the inner call] is explained away</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• illusions and</i></li><li><i>• delusions accepted as if they [i.e., as if these illusions and delusions] were valid reasons for the decision [i.e., for the decision not to follow the inner call],</i></li></ul> <p><i>then the soul will remain in confusion.</i></p>
10	<p><i>Now the earth as an entity is going through such a struggle [i.e., going through such a struggle, a struggle created by the lower self obstructing the inexorable evolutionary force].</i></p>

*Those who  
resist the light  
of the new consciousness  
have a stake in  
making themselves*

- *deaf and*
- *blind*

*to it [i.e., deaf and blind to the new consciousness].*

*Many of them [i.e., Many of those who resist the light of the new consciousness]  
have the*

- *mental and*
- *spiritual*

*equipment  
to follow the movement,  
but choose,  
out of*

- *pride,*
- *fear, and*
- *self-will,*

*not to*

- *follow*

*or even to*

- *notice*

*it [i.e., not to follow or even to notice this movement,  
this light of the new consciousness].*

*There are others, of course,  
who are  
not yet ready  
in their spiritual development  
even to know  
that levels of reality exist  
that cannot be seen with the eye.*

*And then, of course,  
some do follow the movement  
even though  
they do not quite understand  
what is at stake.*

11

**Those who follow it** [*i.e., who follow this movement, this light of the new consciousness*]  
• **will find**  
**the deepest**  
• **joy and**  
• **blessings**  
**and**  
• **need not fear anything.**

**They** [*i.e., Those who follow this movement, this light of the new consciousness*]  
**need only to**  
• **rejoice.**

**In following the influx** [*i.e., In following the influx of this immense new cosmic force that has been released into the universe and is sweeping the planet Earth*],  
**they**  
• **keep in harmony**  
**with the universe;**  
**they**  
• **flow with**  
**the process** [*i.e. they flow with the process energized by the new influx*],  
**rather than**  
• **obstructing it** [*i.e. rather than obstructing*  
*the process energized by the new influx*].

**They** [*i.e., They who follow this influx of immense new cosmic force*]  
**are also**  
**needed**  
**as physical channels**  
**for the further penetration**  
**of the Christ consciousness**  
**into the new era.**

	<p><i>Their ever-renewed decision to devote all of themselves to the process that has encompassed them will make their life as</i></p> <ul style="list-style-type: none"><li><i>• fulfilled and</i></li><li><i>• glorious</i></li></ul> <p><i>as it will be</i></p> <ul style="list-style-type: none"><li><i>• useful and</i></li><li><i>• meaningful</i></li></ul> <p><i>to the entire cosmic evolution.</i></p>
12	<p><i>My dearest friends, the fulfillment of this surge cannot come about unless the most profound purification process takes place.</i></p> <p><i>With this particular community [i.e., With this Pathwork community], an emphasis on personal purification has existed, as you very well know, for all these years.</i></p> <p><i>Until now, the emphasis was directed exclusively toward your individual fulfillment.</i></p>

*Now  
a new phase  
has arisen  
where  
your own inner expansion  
has readied you  
to realize  
that  
individual fulfillment  
is the basis for  
the cohesive fulfillment of  
the total movement  
that sweeps your world.*

*In other words,  
more is at stake  
than your  
individual  
fulfillment.*

13

*When I say  
"more,"  
it may sound as though  
your  
individual  
fulfillment  
were not important,  
and that  
may indeed  
appear  
to contradict  
what I have just said.*

*I always emphasize  
the importance of  
your  
individual*

- happiness,*
- wholeness, and*
- freedom from obstruction.*

***This*** [i.e., *That your individual happiness, wholeness, and  
freedom from obstruction are important*]  
**is not**  
**a contradiction** [i.e., *is not a contradiction to the statement that  
there is "more" at stake than your individual fulfillment*].

**Your**  
**individual fulfillment,**  
**which cannot exist**  
**as long as**  
**you are**

- **unpurified and**
- **alienated from the truth**

**of your inner processes,**  
**is**  
**the most important thing.**

**At the same time**  
**something**  
**much larger**  
**is at stake.**

**Perhaps I can put it this way:**

**You can find**  
**total**  
**individual**  
**fulfillment**  
**only if**  
**you serve**  
**a greater cause.**

**Many of you, in this work,**  
**almost inadvertently**  
**found this to be so.**

*The guidance of events  
has brought you to realize,  
some*

- *more intellectually,*

*some*

- *more intuitively,*

*that  
you are involved in  
a great task  
[in] which  
you are  
simultaneously*

- *servicing [i.e., serving a greater cause]*

*while you*

- *fulfill yourself.*

*You have found that  
this very service*

- *enhances*

*your fulfillment,  
just as  
this service*

- *requires*

*you  
to be a*

- *fulfilled and*
- *happy*

*person.*

*You are beginning  
to experience  
that*

- *fulfillment of  
the self*

*lies in*

- *service [i.e., fulfillment of the self lies in service to a greater cause].*

*And*

- *service [i.e., And service to a greater cause]*

*can be executed only through*

- *self-fulfillment.*



	<p><b><i>In other words, the apparent contradiction [i.e., the perception that the pursuit of “service to a greater cause” is opposite to the pursuit of “individual self-fulfillment”] proves, once again, to be a faulty perception [i.e., they are not, in fact, opposite pursuits].</i></b></p> <p><b><i>What appear to be</i></b> • <b><i>opposites [i.e., pursuing “service to a greater cause” and pursuing “self-fulfillment” appearing to be opposite pursuits]</i></b></p> <p><b><i>coexist in</i></b> • <b><i>oneness [i.e., pursuing “service to a greater cause” and pursuing “self-fulfillment” are in fact one and the same pursuit].</i></b></p> <p><b><i>Therefore</i></b> • <b><i>the individual is only apparently opposed to • the whole.</i></b></p>
14	<p><b><i>You will learn to perceive more</i></b> • <b><i>consciously and</i></b> • <b><i>deliberately</i></b> <b><i>the importance of service to the entire Christ consciousness that is infiltrating your universe.</i></b></p> <p><b><i>This [i.e., This perceiving the importance of service to the entire Christ consciousness that is infiltrating your universe]</i></b> <b><i>will</i></b> <b><i>very drastically change the</i></b> • <b><i>life,</i></b> <b><i>the</i></b> • <b><i>consciousness, and</i></b> <b><i>the</i></b> • <b><i>values</i></b> <b><i>of those who are willing to follow that movement.</i></b></p>

*In my coming lectures  
I will increasingly concentrate on  
helping you comprehend  
the difference  
between  
the old  
• values  
and  
the new;  
the old  
• consciousness  
and  
the new.*

*You will come to view  
your  
• personal fulfillment  
as exactly  
what it is:*

*a necessary tool  
with which  
you can*

- *serve [i.e., you can serve a greater cause by serving the entire Christ consciousness that is infiltrating your universe].*

*For*

- *unhappy and*
- *frustrated*

*people  
cannot  
• serve,  
cannot  
• undertake the task of*

- *enriching*
- *life,*
- *enriching*
- *others, and*
- *setting*
- *a desirable example.*

*For how can  
the poor  
enrich?*

*Nor is it possible  
to pretend,  
for followers  
do know,  
in a deep inner place,  
whether  
those who lead  
are*

- *genuinely fulfilled [i.e., are individually fulfilled]*
- *or are*
- *just pretending [i.e., just pretending to be fulfilled].*

15

*Only those  
who are  
fully centered  
in their own  
God-consciousness,  
thus able  
to create their lives  
according to  
their*

- *needs and*
- *wishes,*
- can*
- *enliven*
- their*
- *surroundings and*
- *teach*
- their*
- *consciousness*
- to others.*

*Many different tasks exist,  
but all who  
serve in this cause  
must*

- teach and*
- lead,*

*representing  
the new*

- consciousness and*

*the new*

- values*

*in their own lives,  
whether  
through*

- instruction or*

*through*

- example,*

*transmitting*

- joy,*
- love, or*
- the capacity*

*to be  
one's best.*

16

*Now, my friends,  
I would like to explain  
another dichotomy  
you have experienced  
in the course of this work.*

*Most of you  
who are starting this work  
have a compulsion  
to be good,  
like many other human beings.*

*You may  
fear  
your selfishness.*

*But  
your mask  
has put a cloak over  
your  
• selfishness and  
your  
• little meannesses.*

*That mask  
makes you  
• comply with  
higher standards and  
• appear  
to be  
a very good person.*

*Often  
the real  
• surge and  
• message  
from the higher self  
is interwoven with  
• the masking cloak,  
• the false goodness.*

*In your pathwork  
many of you  
have already dealt extensively with  
the part of you  
that sells out  
your  
• genuine  
self-interest,  
your  
• real rights,  
in order to  
please  
some  
imaginary authority.*

***You have also found  
that you***

***do this [i.e. that you act not from your genuine self-interest or real rights  
but rather in order to please some imaginary authority]***

***not***

***• out of the pure spirit of service***

***but***

***• by design.***

***You always wanted***

***this authority [i.e., this “imaginary” authority]***

***to do something for you***

***• that was not fair to expect***

***and***

***• what you really have to do for yourself***

***in order***

***to become***

***fully yourself.***

***You work through these issues***

***again***

***and again***

***until***

***you find the strength***

***to***

***• relinquish***

***the secret hope [i.e., relinquish the secret hope that some  
“imaginary” authority will do for you what  
you really have to do for yourself in order to  
become fully yourself],***

***to***

***• cease***

***the false service [i.e., cease using false service in order to  
“trick” some “imaginary” authority into doing  
for you what you have to do for yourself if  
you are to become fully yourself],***

***to***

***• become***

***more***

***• self-responsible***

***and consequently***

***more***

***• self-assertive.***

*You find a balance:*

*The more you*  
• *stop cheating*  
*in ways*  
*which you pretend*  
*do not exist and*  
*the more you*  
• *stop*  
*the false goodness,*  
[then]  
*the more you*  
• *assert*  
*your right*  
*to have*  
*the best in life.*

*The guilt*  
*ceases*  
*because*  
*you live honestly.*

*When*  
*dependency*  
*and the consequent*  
• *submission and*  
• *lack of selfhood*  
*exist,*  
*service to*  
*a greater cause*  
*is premature,*  
*because*  
*you*  
• *misuse it [i.e., you misuse “service to a greater cause” by*  
*using service to get something in return]*  
*and*  
• *perpetuate*  
*the pretenses of*  
*the mask self.*

*So you had*  
*to learn*  
*to be selfish,*  
*my friends.*

17

*As you know,  
there is a  
• right kind  
of selfishness*

*and  
there is a  
• wrong kind.*

*The  
right kind  
of selfishness  
preserves  
the right to unfold  
in the best way  
for you,  
regardless of  
• the opinions  
of others and  
• their possibly covert reasons  
to exploit you.*

*This [right kind of] selfishness  
rooted in  
independence  
can easily  
• recognize and  
• refute  
other people's  
exploitative demands  
rather than  
• submitting to them [i.e., rather than submitting to  
other people's exploitative demands]  
because of  
your own  
hidden agenda.*

*People with  
the right kind of selfishness  
feel  
deeply deserving of  
happiness  
because  
they never want it  
at the expense of others.*



	<p><i>The distorted form of selfishness splits the interest of</i><ul style="list-style-type: none"><li><i>• self</i></li></ul><i>and</i><ul style="list-style-type: none"><li><i>• others;</i></li></ul><i>the right kind unifies them [i.e., the right kind of selfishness unifies the interest of self and others].</i></p>
18	<p><i>At first, sorting out the misunderstandings [i.e., the misunderstandings about selfishness] is complicated, but once you have accomplished this [i.e., accomplished living out the right kind of selfishness] along the spiral movement of your path, there is no longer a dichotomy between</i><ul style="list-style-type: none"><li><i>• the self</i></li></ul><i>and</i><ul style="list-style-type: none"><li><i>• others.</i></li></ul></p>

*When you  
free yourself of the  
real guilt  
of  
your  
• hiding and  
your  
• pretenses,  
of  
disguising your  
• hidden agenda and  
• the negativity it [i.e., the negativity your hidden agenda]  
perpetuates,  
you will not feel  
unworthy of  
becoming  
the  
• best,  
the  
• happiest and  
• most fulfilled  
person.*

*Then  
service  
will no longer be compensating for  
guilt.*

19

*On this path  
we want to prepare  
as many human beings as possible  
for  
the great event  
that sweeps your universe.*

*This [i.e., Preparing human beings for the great event that sweeps your universe,  
preparing them for the great influx of the Christ consciousness]*

*requires*

- strong and*
  - guilt-free*
- souls*  
*who act*  
*for*
  - real,*
  - not for*
  - false**reasons.*

*So your path*  
*had to*

- first*  
*bring out*
  - false and*
  - real**selfishness*  
*in order to*  
*help you*  
*become*
  - unselfish**without sacrificing*
  - personal fulfillment.*

20

*The lower self*  
*with its*  
*lower aims*  
*must often be sacrificed.*

*But is this really a sacrifice?*

*It only seems so.*

*What ultimately emerges*  
*is a*  
*real*  
*fulfillment.*

*Your*  
*• outer ego-self*  
*will no longer contradict*  
*your*  
*• Godself.*

*This state,*  
*however,*  
*comes only after*  
*you have learned*  
*• to let go of*  
*the mask*  
*of false service and*  
*• to expose*  
*the short-sighted selfishness*  
*of the*  
*• lower,*  
*• little*  
*self.*

*Then you learn*  
*healthy selfishness,*  
  
*and from there*  
*you come into*  
*true selflessness*  
*that is*  
*not at all contradictory to*  
*it [i.e., you come into true selflessness*  
*that is not contradictory to healthy selfishness].*

21	<p><i>When people follow spiritual teachings which emphasize service too soon, there is a danger that they [i.e., that these followers] will use these teachings to escape from their</i></p> <ul style="list-style-type: none"><li><i>• hidden</i></li><li><i>• inward</i></li></ul> <p><i>selfishness.</i></p> <p><i>Thus they will cultivate a service through martyrdom that is not wholesome for the soul.</i></p> <p><i>When people refuse to become truly</i></p> <ul style="list-style-type: none"><li><i>• independent and</i></li><li><i>• self-responsible,</i></li></ul> <p><i>they do not undertake to meet their hidden selfishness, and therefore their service will also be distorted.</i></p>
22	<p><i>In this light, you will see more clearly the overall dynamic of your own pathwork.</i></p>

*A figure you have used in many other instances  
because  
it is a recurrent thought form  
in symbolic spiritual expressions  
might be useful here also:*

*the three circles,  
the mandala-shaped design.*

*In this figure*  

- *the higher self*

*is surrounded by*  

- *the lower self,*

*which is surrounded by*  

- *the mask self*

*and*  

- *the defenses.*

*Individually  
you have dealt with this configuration  
again  
and again.*

*The same applies to*  

- *your community,*

*as well as to*  

- *humanity as a whole.*

23

*Let us now look at  
your community.*

*Those of you  
who*  

- *are most involved  
in taking responsibility for the community,*

*who*  

- *have most deeply*
  - *worked and*
  - *exposed themselves and*
- *are thus*  
*beginning to reap tangible fruits of fulfillment,  
represent*
  - *the higher self of the group.*

***You [i.e., Those of you who make up the higher self of the group]  
have traveled through  
the outer layers.***

***You have learned  
more  
and more  
not to fear  
any part of yourself and  
you have come  
to accept  
all of you,  
thereby  
uniting  
what was once divided.***

***You can  
identify  
more  
and more with  
• your higher self,  
since you are  
increasingly able to differentiate  
between  
• it [i.e., between your higher self]  
and  
• the wishful thinking of  
• the mask self  
that  
hides  
• the distortion and  
• the untruth  
of  
• the lower self.***

***You thereby [i.e., By identifying more and more with your higher self, you]  
come to hear  
the true voice  
of  
your higher self,  
which you can increasingly  
trust.***

***Your community  
as a whole  
has come to this point [i.e., come to this point  
of identifying with your higher self],  
and I daresay  
you cannot help  
but notice it.***

***The evidence is  
in the  
• growing numbers of new Pathwork members;  
in the  
• nature of these newer people  
who are more ready to  
• understand and  
• follow  
the new cosmic force;  
in the  
• deeper feelings of  
genuine  
• love and  
• joy  
among all of you;  
in the  
• increased  
• removing of  
• blocks and  
• obstructions,  
• resolving of  
• problems and  
• conflicts,  
so that  
fulfillment occurs  
on all levels  
for more and more of you.***

***This fact [i.e., This fact that fulfillment occurs on all levels for more and more of you]  
can no longer be ascribed to  
coincidence  
but is obviously  
the natural expression  
of your development.***



24

*So a good number  
of the inner nucleus  
function  
as the higher self  
of the community.*

*This does  
not mean  
that they are perfect;  
of course not.*

*But you are  
sufficiently capable of*  

- *establishing  
the channel  
to the higher self.*

*You are  
increasingly capable*  

- *of totally committing yourself to  
the will of God*

*and*  

- *of perceiving the importance of  
the Christ consciousness  
that sweeps your planet*

*and*  

- *to serve it [i.e., and you are increasingly capable to serve  
the Christ consciousness that sweeps your planet].*

*As such [i.e., As you increasingly commit yourself to the will of God, perceive the  
importance of the Christ consciousness, and serve the Christ consciousness]  
you protect yourself  
in an incredibly efficient way  
against  
the onslaught of  
the countermovement.*

*You immunize yourself  
against  
the countermovement  
from within*  

- *your own lower self,*

*and therefore  
from without, against [the countermovement of]*  

- *the lower self of the planet.*

25

***Then there are those others [i.e., those others not in the higher self of the community]***

- ***working diligently on the path,***
- ***still struggling,***  
***who are in the phase of***
  - ***owning up to***  
***the lower self,***
  - ***laboriously getting to know it [i.e., getting to know the lower self]***  
***by penetrating***  
***the concealments***  
***of***  
***the mask self.***

***In this struggle***

- ***the temptation to hide,***  
***as well as***
- ***the habit of doing so [i.e., the habit of hiding],***  
***are strong obstacles;***

***so are***

- ***guilt and***
- ***the fear of***  
***exposing the truth.***

***And***

***the illusion***

***of this fear [i.e., the illusion of this fear of exposing the truth]***  
***can only be eliminated***  
***gradually***  
***by testing it [i.e., by testing this fear of exposing the truth***  
***to see if this fear of exposing the truth is warranted]***  
***until you learn sufficiently***  
***to trust the process [i.e., trust rather than fear***  
***the process of exposing the truth].***

***There are those of you***

***who***

***at first***

- ***cannot find the channel***  
***to your higher self,***

***and thus***

- ***do not even want it [i.e., do not even want the channel***  
***to your higher self].***

	<p><b>You fear</b> <i>it [i.e., You fear your higher self];</i> <b>you do not trust</b> <i>it [i.e., you do not trust your higher self].</i> <b>You trust</b> <b>your</b></p> <ul style="list-style-type: none"><li>• <i>old,</i></li><li>• <i>destructive</i> <i>habitual defenses</i> <i>more.</i></li></ul>
26	<p><b>Then of course</b> <i>there are always those</i> <i>who are still</i> <i>strongly identified with</i> <i>their mask self.</i></p> <p><b>They have</b> <i>the most difficult time, and</i> <b>they seek reasons to</b></p> <ul style="list-style-type: none"><li>• <i>discredit the process [i.e., the process of exposing oneself and growing] and</i></li><li>• <i>judge it.</i></li></ul> <p><b>But this does</b> <i>not make them</i> <i>any happier;</i> <b>on the contrary.</b></p> <p><b>Their stake in</b> <i>not growing</i> <i>is strong;</i> <b>their</b> <i>fear of growing</i> <i>is equally strong,</i> <b>so they do not want to find out</b> <b>how unjustified</b> <i>the fear is [i.e. they do not want to find out how unjustified the fear of</i> <i>exposing oneself and thereby growing is].</i></p> <p><b>They are not necessarily</b> <i>new friends,</i> <b>for it is not always</b> <i>a matter of time [i.e., it is not always a matter of time to overcome</i> <i>the fear of exposing oneself and growing].</i></p>

	<p><i>These friends</i></p> <ul style="list-style-type: none"><li>• <i>have to recognize that they identify with their mask self</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>must begin to travel through the layers.</i></li></ul>
27	<p><i>The purpose of my saying this here is that you should</i></p> <ul style="list-style-type: none"><li>• <i>experience yourself where you are</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>be aware of it [i.e., be aware of where you truly are].</i></li></ul> <p><i>As you</i></p> <ul style="list-style-type: none"><li>• <i>have learned to take responsibility for your lower self and</i></li><li>• <i>overcame the shame to admit it [i.e., as you overcame the shame of admitting your lower self],</i></li></ul> <p><i>so must you now</i></p> <ul style="list-style-type: none"><li>• <i>learn to</i><ul style="list-style-type: none"><li>• <i>take responsibility for and</i></li><li>• <i>not be ashamed of your higher self.</i></li></ul></li></ul>

***Admit***

***where you have indeed  
already arrived.***

***Then you can  
give yourself  
even more fully to it.***

***Then you can***

***• fully commit yourself  
to be  
a part of  
the great movement and***

***• feel  
the  
• privilege,  
the  
• honor,  
the  
• beauty and  
the  
• excitement***

***of it [i.e., the privilege, honor, beauty, and excitement  
of being part of the great movement, of giving  
yourself to the great cause, of giving yourself to  
the cause of the influx of the Christ consciousness  
that is sweeping the earth].***

***To give service***

***to a greater cause  
will cleanse  
the residual little selfishnesses  
that make you fearful.***

*You believe  
you cannot give  
all  
of yourself  
to a greater cause  
because  
you fear to do so.*

*But I say to you once again:  
It is the other way around.*

*You are afraid [i.e., You are afraid of giving all of yourself to a greater cause]  
because  
you still cling to  
a little selfishness  
here or there.*

*Consciously  
giving yourself  
to a greater cause  
that sweeps the entire planet  
is in itself  
a cleansing process.*

28

*We will discuss  
the new values  
of  
the new consciousness  
in the lectures to come.*

*We shall share these*  
• new  
*and*  
• old  
*truths.*

*What I have just said  
is one of the  
most important differences  
between*

- the old*

*and*

- the new*

*value systems.*

*I say  
"new,"  
though they [i.e., though these "new" value systems]  
have  
always  
existed  
in*

- isolated,*
- highly developed*

*individuals  
who have incarnated  
for a specific task.*

*The great difference  
at this time  
is that  
the entire planet  
is*

- growing up,*
- coming into*

*its own  
divine consciousness.*

29

*The first thing  
for all of you  
in this respect [i.e., in respect to the entire planet  
coming into its own divine consciousness]  
has to be  
a very conscious understanding  
that your life  
must  
consist of  
much more than  
the immediate little personality.*

*And you must also understand  
that  
this expansion [i.e., this expansion into divine consciousness]  
will lead to  
happiness,  
even though  
happiness  
is also  
its prerequisite [i.e., happiness is also the prerequisite  
for this expansion into divine consciousness].*

*There is  
no division  
between  
• expansion  
and  
• happiness.*

*To follow the will of God  
cannot  
deprive you,  
so in the years to come  
you will become proficient in  
trusting  
total surrender to  
the God within  
every day of your life,  
in every  
• issue,  
in every  
• venture,  
in every  
• decision you undertake,  
even  
in  
• the opinions  
you  
choose  
to adopt.*



30

*With the  
new consciousness  
you will  
not  
make superficial decisions  
with your head,  
wanting  
the  
immediate  
fulfillment  
of your desire.*

*The  
new consciousness  
makes decisions  
in an entirely new way.*

*It [i.e., The new consciousness]  
is aware  
that  
the outer self  
• does not know,  
that  
it [i.e., that the outer self]  
• is not trustworthy and  
• is full of  
subjectively colored  
• distortions and  
• prejudices.*

*The  
new consciousness  
always  
• consults  
the higher self and  
• learns to wait  
• quietly and  
• patiently  
for the answer.*

*It [i.e., The new consciousness]*  
**is**  
**never**  
**opinionated.**

*It [i.e., The new consciousness]*  
**accepts**  
**that it does not know yet.**

*It [i.e., The new consciousness]*  
**keeps itself open.**

*It [i.e., The new consciousness]*  
**has no stake in**  
**a certain answer.**

*It [i.e., The new consciousness]*  
**makes room for**  
**an answer**  
**that may be**  
**anything,**  
**be it**  
**• what is most desired**  
**or [be it]**  
**• its exact opposite [i.e., or be it what is least desired**  
**or even hated],**  
**but it [i.e., but the new consciousness]**  
**trusts**  
**that what will come**  
**will be good.**

*Such an approach [i.e., The approach of the new consciousness]*  
**• has no fixed opinion;**  
*it [i.e., the new consciousness]*  
**• empties itself.**

*That [i.e., Having no fixed opinion and emptying itself]*  
**is one of the hallmarks**  
**of the new value system**  
**that has already**  
**begun to sweep the planet.**

31

*This [i.e., The approach using the value system of the new consciousness]  
clashes, of course, with  
the old value system,  
which functions  
merely  
from  
• the surface,  
from  
• immediate little emotions,  
from  
• the narrow view  
that has a stake in  
not even wanting to  
• widen one's perception and  
• consider other possibilities.*

*The  
old attitude  
clashes with  
the new  
in you,  
and  
in your environment  
the clash is  
between  
those who represent  
• the new  
and  
those who represent  
• the old  
consciousness.*

*In this process  
it will become increasingly clear  
where you belong.*

*It does not suffice to say,  
"I belong in the new"  
while you continue  
acting  
in the old ways.*

*You can*  
• *say*  
*anything,*  
*but*  
*your*  
• *actions and*  
*your*  
• *approach to decisions*  
*prove*  
*in which camp you belong.*

32

*More*  
*and more of you*  
*have already*  
• *made the commitment*  
*and*  
*are already*  
• *caught up in*  
*the tremendous surge*  
*of*  
*the new golden light*  
*that sweeps the earth,*  
*unbearable*  
*only*  
*to those who refuse it.*

*They [i.e., Those who refuse the new golden light that sweeps the earth]*  
*are the ones*  
*who*  
• *perceive*  
*only*  
• *the negative countermovement*  
*and*  
• *are blind*  
*to*  
• *the light itself.*

***When the light comes near them*** [i.e., *When the new golden light comes near those who refuse the new golden light that sweeps the earth*],

***they feel***

- ***strong discomfort and***

***they***

- ***misinterpret it*** [i.e., *they misinterpret the new golden light that sweeps the earth*].

***It*** [i.e., *The new golden light that sweeps the earth*]

***brings***

***the greatest joy***

***to those***

***who***

- ***want it,***

***who***

- ***give themselves to it,***

***who***

- ***fight for it and***

- ***serve it.***

***This is my message for this time.***

33

***We shall continue  
all future lectures  
from this wider vision:***

***How you, as an individual,***

- ***fit into***

***the scheme of  
the whole;***

***how you***

- ***can become happy***

***only when***

***you are***

***part of***

***the force***

***that fights for***

***the***

- ***growing and***

- ***purification***

***of the planet***

***to reach its own divinity.***

34	<p><i>Your purification work on the path begins to acclimatize you to</i></p> <ul style="list-style-type: none"><li><i>• the joy and</i></li><li><i>• the light of what is to come.</i></li></ul> <p><i>But you must now also begin specifically to</i></p> <ul style="list-style-type: none"><li><i>• aim for this,</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• meditate for it,</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• want it.</i></li></ul>
35	<p><i>I have truly given you what you need in this first lecture of the year.</i></p> <p><i>It is the kind of map I always give at the beginning of a new working season.</i></p>

***Be blessed,  
my very dearest ones.***

***You***

***• must***

***and***

***• will***

***increasingly***

***feel***

***how***

***• guided and***

***• protected***

***you are,***

***how***

***• important your venture is,***

***what***

***• a privilege it is***

***to***

***• be involved with it and***

***• give your all to it.***

***For this [i.e., For this venture]  
is not only***

***important for***

***the little outer life.***

***It [i.e., This venture]***

***is***

***important***

***in terms of evolution.***

***Be blessed,  
my dearest ones.***

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