Greetings, my beloved ones.

The blessings flow richly from your innermost being into the outer world and from the outer world around you back into your innermost being.
The birth of Christ

• celebrates and
• symbolizes

birth –

not only birth
of
• an entity,
of
• a human being,

but birth
of
• new expressions,
of
• new ways
  of expressing
    God in life,

birth
of
• new levels of consciousness.

The celebration of
• birth
always follows
the celebration of
what you experience as
• death.

It [i.e., Birth following death]
is
• an endless chain,
• a continuum of consciousness,

but
• each birth
always gives rise to
• new joy.
And
  • death
is nothing else but
  another form of
  • birth.

It [i.e., Death as another form of birth]
simply is
  the reverse side,
symbolized
  in your religious history by
  Easter,
    where
      • resurrection
        follows
      • death.

At one time in your history,
  birth
    had to be
      • celebrated and
      • symbolized
        by the appearance of
          a human being.

At that time in history
  human consciousness
    was still very much
      on an outer level.

Everything
    had to be
      outward.
Now,
there was a man
of such purity
that
the Christ
could manifest
in a totality
• seldom,
• if ever,
experienced
to that degree
on the plane of matter.

It is a misunderstanding, however,
to assume that
the new coming of the Christ
will take form
in the same manner.
The Christ lives
within
• everyone and
within
• everything that
• breathes and
• has consciousness.
The Christ
has been given birth
by your work,
my beloved friends.

At each step of your path
where you find
• a misconception,
• a negativity,
• a block,
• a destructiveness,
• a problem,
• an ignorance,
you find
a direct obstruction
to
the Christ within.
In the New Age
• the energy,
• the impetus,
• the power
  of the Christ
  has newly risen.

It [i.e., The energy, impetus, and power of the newly-risen Christ within]
is not a
• sentimental,
• meek
  force
  by any means.

It [i.e., The energy, impetus, and power of the newly-risen Christ within]has
  tremendous power.

Its [i.e., Christ’s]
  strength
  sweeps your earth sphere,
and those of you
  who
  • are ready and
  • have
    • the courage,
    • the inner courage,
    to make room
    for
    • joy,
    for
    • pleasure,
    to make room
    for
    • ecstasy,
    can
    experience
    the Christ within.

You can
give birth to
  the Christ in you.
At the same time this
  - joy,
  - ecstasy,
  - total peace cannot be experienced unless you purify your soul,

for otherwise [i.e., for if you do not purify your soul]
  - you become anxious and contracted in a negative way and
  - you reject the experience of joy and ecstasy.

You cannot bear it [i.e., You cannot bear the experience of joy and ecstasy].

You create circumstances around you that seem to justify misery and darkness, but you must have been courting that misery and darkness.
To the degree
  you refuse purification,
  you lack
    the courage
      to change
        into
          • better ways,
          into
            • new ways,
            into
              • the ways within you
                that come with
                  a powerful sweep.

They [i.e., The better and new ways, the ways within you
     that come with a powerful sweep]
    show you
      that life is good.

You can afford
  • generosity.

You can afford
  • to let others be their best.

You can afford
  • to give up the little self-interests.

You can afford
  • to be in a state of love.

You can afford
  • to have the courage
    and risk truth.

You can afford
  • humility,
    and
      the best
        will flow to you
          because
            you can receive it.
Your offerings [i.e., Your offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility], symbolized in the ornaments on your tree [i.e., on your Christmas tree], are very real.

These offerings [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility] must often be repeated, perhaps in your • daily meditation, in your • work sessions, in your • group experiences, in your • interaction with one another.

They [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility] can be renewed • when one points out to another what he or she observes, and • when you listen more with an ear to • what is the truth, rather than with the attitude of being • rejected, • hurt and • misjudged.
When you listen for the truth you will
• find the Christ within.

You will
• experience so much more
  • the greater life,
  • the real life that you are a part of,
  • your greater being,
  • your eternal reality.

You will
• know there is nothing to
  • fear
  and nothing to
  • mourn.

You, my friends, who are
• carriers and
• instruments in this important historical time at this point of evolution, actually live simultaneously in two worlds.
You start off believing only in this material world that is very real to you.

And it [i.e., And this material world that is very real to you] is indeed important, for it is your task to infuse the world of matter with the greater spiritual reality in which you are much more firmly planted than you realize.

Only the separated consciousness manages not to know this [i.e., manages not to know that you are firmly planted in the greater spiritual reality], but as you progress on your path, slowly but surely your mind • enlarges, your mind • makes a leap, and suddenly you find another consciousness that is so much more real [i.e., that is so much more real than your separated and limited ego consciousness].
Perhaps you discover it [i.e., Perhaps you discover the consciousness of this greater spiritual reality] first by creating a channel, as you call it.

More and more of you • begin to create a channel and thus • find out who you really are.

What greater gift could you give to yourself than making an effort to create a channel to that in you which is the Christ?

The Christ in you is your true identity, which • knows all and • fears nothing and • lives forever.

It [i.e., The Christ in you, your true identity] is that you that is • always bathed in light, that is • a light body, • an energy body, • truly indestructible.
Your consciousness has its feet planted in both these worlds [i.e., planted in both the world that is reality and the world of matter in the outer realms], and that is your task –

to bring

• the world that is the reality

into

• the outer realms

and so to infuse

• the light of the newly-born Christ

into

• matter.

Christ is born every

• minute,

every

• second,

in time.
Every
  • new realization,
every
  spurt of
  • new consciousness,
every
  breath of
  • love,
every
  change of
  • attitude
gives birth to
  the Christ,

until
  all these many little lights
  that you light up in
  • your own souls,
  spreading into
  • others' souls,
  • converge
  and
  • emerge
  into
  one huge sea of
  • light,
  into
  a sea of
  • love,
  into
  a sea of
  • intense
  • joyous
  awareness.
Your community
grows
in
• depth,
in
• beauty,
in
• truth,
in
• love and
in
• abundance,
and so more
and more
you make room for
the Christ
to
• guide you,
to
• infuse you,
to
• protect you, and
to
• love you.

And you discover
a new oneness
with each other,
although
you had started off
as strangers,
with walls around you.
But these walls begin to crumble, and what was illusory separation turns out to be what it always was and really is, a oneness of consciousness, a love between various aspects of God.

Each one of you is a beautiful aspect and individualization of God.

As you learn to discover this [i.e., to discover that each one of you is a beautiful aspect and individualization of God], you learn not to diminish your personality, but rather to make a bridge, a beautiful golden bridge from one [i.e., from your divine aspect] to the other [i.e., to your personality].
This message,
   my beloved ones,
will
   • bring you into
   • your inner being
and perhaps
   • create
    a greater awareness of it [i.e., create a greater awareness of
    your inner being]
    than you have ever had.

You can
   • translate these words
     into
     your own new awareness of
     your true identity
and
   • discover
     your
     eternal
     • reality,
     your
     eternal
     • love and
     • beauty and
     • safety,
     for you need not
     • fear or
     • guard against
     • anyone or
     • anything.
**QUESTION:**
A group of us who work with children on the path as helpers have started what we call a children's seminar where we discuss the problems of working with children.

One of the subjects of discussion for our next meeting is sexuality in children.

I wondered if you could
- address the children tonight on this subject and
- help us who work with the children.

**ANSWER:**
It is of course a wonderful thing that the old taboos are removed.

The old restrictions that make sexuality a dirty, guilty secret no longer exist.

It is important that a growing human being knows and learns to accept this beautiful force, this divine force.
At the same time it is of equal importance to realize that the greater a force – whether it be • the force of sexuality or • any other spiritual force – the more it [i.e., the greater the force the more that spiritual force] requires a tremendous amount of maturity – and young people can be mature – which means a sense of • responsibility and • self-discipline.

Self-discipline here is not meant in the sense of • denial of pleasure, but in the sense of • the constant process of • self-purification, of • honesty, of • truthfulness, of • commitment to growing.
If this
  • deep
  • sincere
  commitment to
  self-discipline
  is lacking,
the sexual force
  • cannot be borne
  and
  • will turn into
destructiveness.

It is important to understand this.

It is also important to realize
that
without a loving heart
sexuality
becomes
  • shallow,
  • unfulfilling,
  • empty,
and it [i.e., and without a loving heart, sexuality] will always be
  • guilt-producing,
  no matter
  what the mores
  of your outer society may be.

The guilt [i.e., The guilt produced by experiencing sexuality without a loving heart] is then
an inner guilt
for wanting to
  grab a pleasure
  in a selfish way
  without lovingness.
Only when that attitude of lovingness is cultivated can
  • guiltlessness exist
  and therefore [i.e., and therefore can]
  • the full capacity
to enjoy
  all the pleasures,
  including
  sexual pleasure
  [exist].

QUESTION ([from a] Child):
I want to know why
I hurry through life.

ANSWER:
You hurry through life because
  you want to
  shut out
  your
  • anxieties and
  • fears,
  my son.

And you need not do so [i.e., And you need not shut out your anxieties and fears].

You have people around you
who will help you
to
  • feel and
  • explore
  your anxieties.

The anxiety you produce
  by denying your anxiety
is much greater than
  the original anxiety.
So my suggestion is:

- when you wish to rush,
  - hold still and
  - allow yourself to feel your
    - fears,
    - worries,
    - negative thoughts,
  - express them [i.e., express your fears, worries, and negative thoughts] to your helper.

Discuss them [i.e., Discuss your fears, worries, and negative thoughts]
  - in your sessions
  - with your path friends who have more experience to guide you.

This [i.e., Discussing your fears, worries, and negative thoughts in your helper sessions and with your pathwork friends who have more experience] will free you of the anxieties so that you can be calm.

It is wonderful that you have asked this question.
QUESTION:
My daughter is of very low energy level especially in the morning.

It is very difficult for her to move in the morning.

I know there is a characterological reason for this, but I would like to know
• if there is anything I can do about it and
• what is the deeper meaning of this problem?

ANSWER:
The meaning is that she uses a great deal of energy in an artificially stirred up way.

There is a lot of sexual energy there
• that she does not know how to handle and
• that creates an over-agitation that is then pushed into an overactivity that is not quite
• organic or harmonious, so that then
• an imbalance is created and
• at certain times energy is lacking.

Now, you may not be able to immediately do something about this.

At the same time
• your understanding,
• simply your awareness of this, may already have an effect on another level of reality.
QUESTION:
I find that
I am filled with
• distrust and
• suspicion and
• fear
and it [i.e., and this distrust, suspicion, and fear]
manifests
in paralyzing my
• creativity and
• ability
• to work and
• to pull things together economically
in my personal life.

I wonder if you could help me?

ANSWER:
This first early stage on your path
is the most difficult struggle.

The further you go
the easier it becomes.

But in this first phase
you find it difficult
to
• remove your
• mask self and
• look at your
• lower self
without losing sight
that you also have a
• higher self.

Yet
• this higher self
must not be confused with
• the mask self
you have identified with
for a long time.
You confuse this
  * mask self
with your
  * higher self.

To remove
  * the mask self
    is complicated,
    for if you
      only focus on
        * the lower self
          you despair.

At the same time,
  if you revert to
    your mask self,
    you are right back where you started from.

Your despair
  is that
    * you cannot differentiate
      between
        * the mask self [which is a pretense of the higher self, or is the
          false higher self]

        and

        * the real higher self,

    and that
    * you believe
      that if
        * the mask self
          is taken from you,
            you are going to disintegrate into
              an evil person.

Now,
  * the lower self
    is there;
  * it [i.e., the lower self]
    is never beautiful;
  * it
    cannot be [i.e., the lower self cannot be beautiful];
  * it [i.e., the lower self]
    is a
distortion of
  the beauty.
However, you need to pray for:
- the courage and
- the strength and
- the faith
to go through it [i.e., the courage, strength, and faith to go through the lower self]

so that
  you will find
  - the real higher self,
  not
  - the false version of it [i.e., not the false version of the higher self, the false version of the higher self being the mask self].

In this initial struggle, my suggestion is to make yourself available to all the help here for you; give yourself to every aspect the pathwork offers you and you will come through.

You need also the meditational practice to make full commitment to:
- the courage and
- the trust
to give birth to the Christ in you as you
  - go through your lower self and
  - do not evade it [i.e., do not evade your lower self] by wishful thinking.

Your distrust is an outpicturing of your inner lack of trust that there is a real higher self in you.
Your distrust [i.e., Your distrust that there even is a REAL higher self in you] is that
  • you know
    deep down
    that
    your mask self
    is not genuine and
  • you project
    that lack of genuineness
    on the world outside [i.e., you consider that others lack genuineness].

For it is
  a human being's weakness
  to always believe
  of others
  what they feel about themselves.

One cannot suppose
  that others are different.

You can go over these hurdles, and
  if you really want to,
  you can make it.

**QUESTION:**
I feel also
  that I strongly mistrust
  my higher self
and even to ask for help from you
  is very difficult for me,
  because there is a part in me
  that persists in
  wanting to
    • doubt
  and not only to
    • mistrust
  but really [wanting to]
    • prove
      the unreality of beauty.

And I want very much to take the step
  and ask for your help.
ANSWER:
Open your heart
and the blessing that is here
will flow into it.

Speak the words,

• "I want to give up
  my negation.

• I want to see
  the truth of
  the God within."

Say these words.

So it will be,
it must be,
for
that [i.e., for seeing the truth of the God within]
is
• your destiny,
that [i.e., for the God within]
is
• your true nature.

The other [i.e., Your negation in wanting to doubt and mistrust your higher self
and in wanting to prove the unreality of beauty]
is but
a temporary bad dream,
but
• a dream
  with a deep
    • purpose and
    • meaning,
• a dream
  that is a task.

Your earthly lives
are
dreams
that are
tasks.
QUESTION:
I would like to ask your guidance on our crisis intervention program.

We have tried to follow your suggestions as closely as possible.

But as far as I am concerned there are two kinds of attitudes:
• one that
  • is overcautious and
  • examines everything and
  • kills spontaneity,
and
• the other, which
  • gives in with
    • a carelessness
    rather than
  • a trust
    in the spontaneous growth.

I find that when we discuss individual cases we get caught in this type of dilemma.

ANSWER:
I would make the following comments and suggestions:
When the person who is in crisis asks for the help, then the difficulties will be relatively small.

When the person refuses to acknowledge his state of crisis, it [i.e., help] should not be forced upon him.
At the same time
it would be important
to tell the person,

"We think you are in crisis.

We are willing to give you help,
if you wish it.

If you do not wish it,
it is your responsibility,"

and let it go at that.

As to the people
who
• are open for it [i.e., open for your help]
and
• request it,
you have so far
always seen
that it was [i.e., that your help was]
• very helpful and
• very effective.

The only thing I might suggest
is that
when you get entangled in
these contradictory currents,
you immediately
• let go and
• flow together
in your focusing in
• to your inner channels,
• to the guidance
of the will of God,
and it [i.e., and the guidance of the will of God]
will come.
You will find
the right balance
between
• giving,
• reaching out
and
• moving,

between
• spontaneity
and
• cautiousness.

At times
discuss the problems
with the person
who is in need of help,
without necessarily
making it a helper session.

And at other times
simply be there
with
• love and
• prayer and
• companionship.

No rules exist.

Only
the intuitive connection
will be
• valid and
• reliable.

And that [i.e., And the intuitive connection]
will come
through prayer.
QUESTION:
I find myself
in a state of being very aware of
how my judgments
• hurt me and
• poison my life.

Yet I can't seem to
stop these judgments
from coming up all the time.

I'm wondering if perhaps you could help me.

ANSWER:
When you observe yourself
in this state,
just
• hold still
and
• question yourself,

"What would happen
if I gave up the judging?"

Experiment with it [i.e., Experiment with this question].

[As you experiment with this question of what would happen
if you gave up the judging]

You will discover
various states.

For example,
a black hole
of nothingness
to begin with,
which you fear,
something you cannot
• name or
• label or
• pin on anything.
That [i.e. That state of being in a black hole, something you cannot name or label or pin on anything, a state that you fear]
is the creative emptiness
• you have to go into,
• out of which
  the true feelings will emerge.

Your negative feelings, fear on a more superficial level,
are a coverup of
• that empty black hole,
or
• what seems to be such.

You need to have the courage to
• go there [i.e., the courage to go to that “empty black hole,” which is the creative emptiness out of which true feelings will emerge]
and
• learn to trust it [i.e., learn to trust the state of creative emptiness out of which true feelings will emerge],
• let yourself be with it [i.e., let yourself be with the state of creative emptiness out of which true feelings will emerge],
in order to get to know the real you.

My dearest friends,
this is what I have to give you tonight.

There will be many more opportunities where you can all come and
• ask your questions and
• receive my
• help and
• guidance.
Let us close
with a deep focusing
all together
on
the
• One,
the one
• power that motivates,
the one
• life that you are an expression of,
the one
• love that colors everything
into radiant beauty,
the one
• peace that surpasses all understanding,
the one
• joy that
• vibrates and
• resonates
through
the pores of the universe
that you are a part of.

Continue your tasks of
self-purification,
thus
• spreading this great light and
• being carriers of the Christ.

The love
that
• envelops the universe,
that
• permeates the universe,
can be borne
by your purified souls.

You become acclimatized to do so [i.e., acclimatized to bear the love
that permeates the universe].

Let this love
surge through you,
and be one with it [i.e., and be one with this love].

Be
your God.
Be
the Christ.
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