

Gems from the Guide

234 Communicating Deep Spiritual Experience and Truth (L96)

In this quote from L96 *Questions and Answers and Additional Comments on Laziness as Symptom of Self-Alienation*, the Guide speaks of the great challenges in communicating deep and complex topics, especially in sharing *deep spiritual experience and truth*, which cannot be adequately communicated in words alone.

(See also these paragraphs of L96 on pages 51-57 of the *Devotional Format*:
<https://www.garyvollbracht.com/wp-content/uploads/2022/03/L096GaryDevotional.pdf>)

50 COMMENT: Often in our discussions topics are touched that we have great difficulty defining and expressing. So emotions enter, and that may also bring a certain lack of control, because we don't express them.

51 ANSWER: Yes, that is very true. The inability to express is due to the difficulty of communication, which in turn is dependent on your coming from your real self. The more you are estranged from your real self, the less you can express yourself, relate and communicate with others. This we know already. But there is also the fact that spiritual experience cannot be conveyed in words. This inability causes pressure and frustration. You cannot find the right words because spiritual experience is no longer a question of words; it functions on a different level.

52 Do you recall the lecture I gave some time ago on communication and union? Now add to it my most recent lecture on self-alienation, and you will find the following: The more you relate to your real self and identify with it, the more you will be able to communicate to others what you experience. The words will not matter so much, because in such communication a different level of your being operates. You will be able to convey through being, through your full life-experience, and that will direct itself to the real self of the other person. The words will then become secondary. They will no longer be the exclusive means of communication. The more alienated you are from yourself, the more you need words as the exclusive means of communication. While the more real you become, the more feeling will quite naturally, and without effort, go to the other person and thus convey what you want. Then words will be just one of the faculties of communication, instead of the only one.

53 Now you will increasingly understand my insistence on the necessity of letting your emotions come to the surface. If and when, in spite of all your resistance and rationalization, you finally allow repressed emotions to reach your awareness, you will see that first the negative flow has to dissipate itself through understanding your emotions' origin, before the positive feelings, coming from your real self, follow suit.

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Here is another link: the connection between the lecture on the necessity of bringing out emotions and self-alienation. When much of the past material is forgotten and thus cannot be linked with the current material, so much understanding is lost.

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How can you communicate if your emotions are not functioning? And how can they function if the negative emotions are repressed and you barricade behind a solid wall many of your productive, genuine feelings whose guidance you need in order to fully participate in life? The shallow artificiality of superimposed positive emotions lacks real substance and is therefore untrustworthy. You cannot communicate from within if this process has not been gone through.