

# Pathwork Lecture 243: The Great Existential Fear And Longing

1996 Edition, Original Given October 6, 1977

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

¶	Content
03	<p data-bbox="298 825 1484 961"><i>[Note: the previous lecture – 242 – was given 16 months earlier in June, 1976. Eva was shocked by her doubts concerning eternal life that were brought into sharp focus by the cancer she faced during this long period near the end of her life. These were challenging times for Eva and the community, exacerbated by the 16-month gap in the Guide’s lectures.]</i></p> <p data-bbox="375 1003 748 1073"><b><i>Greetings, my very beloved friends.</i></b></p> <p data-bbox="375 1115 878 1367"><b><i>I am here with you, I have always been with you, during all this time that was such a difficult test for all of you.</i></b></p> <p data-bbox="375 1371 716 1587"><b><i>I am here, once again, in immediacy so that you can</i></b><ul data-bbox="529 1482 667 1545" style="list-style-type: none"><li><b><i>• hear and</i></b></li><li><b><i>• receive</i></b></li></ul><b><i>my words.</i></b></p> <p data-bbox="375 1629 813 1734"><b><i>This interruption [of over a year] was necessary for many reasons.</i></b></p>

by Eva Broch Pierrakos

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*Some of you  
may sense  
some of the reasons,  
but the  
full impact  
will dawn on you  
only much later.*

*In the meantime,  
the purpose  
of the interruption  
of my direct messages*

- takes shape  
in your  
souls  
gradually and,*
- even more slowly,  
begins to manifest  
in your  
lives.*

04

*There was,  
understandably,  
fear*

- in all of you,  
not only*
- in the instrument  
through which I manifest –*
  - fear  
that*
    - I will no longer manifest to you,*
  - fear  
of*
    - untimely death,*
    - chaos,*
    - disruption,*
    - meaningless suffering.*

	<p><i>Again,</i> <i>not only</i> <i>• my instrument</i> <i>had to</i> <i>experience</i> <i>these feelings,</i> <i>but</i> <i>• everyone of you</i> <i>was given an opportunity</i> <i>to recognize these reactions</i> <i>in yourselves</i> <i>through your</i> <i>identifying with the instrument.</i></p>
05	<p><i>It is</i> <i>so important for you</i> <i>to truly grasp that</i> <i>• these reactions,</i> <i>• these feelings</i> <i>exist in you always;</i> <i>they are there,</i> <i>whether or not</i> <i>an outer event</i> <i>brings them to the fore.</i></p> <p><i>Such outer events</i> <i>are simultaneously</i> <i>the result of</i> <i>• the existing feelings and</i> <i>• inner attitudes and of</i> <i>• the means [you use] to</i> <i>• deal with and</i> <i>• overcome</i> <i>them [i.e., overcome the inner feelings and attitudes].</i></p> <p><i>If</i> <i>what caused</i> <i>a negative experience</i> <i>is not elicited</i> <i>into the foreground of consciousness,</i> <i>it [i.e., the cause of a negative experience]</i> <i>can never be given</i> <i>a chance to transform itself.</i></p>

06

*In this case [i.e., in the case where you do not know  
the cause of a negative experience]*

*you fear*

*• that perhaps the world is an*

- arbitrary,*
- chaotic,*
- senseless*

*place*

*without rhyme or reason;*

*• that there is*

- no God,*
- no eternal life,*
- no eternal soul,*
- no meaning*

*to the experiences you encounter.*

*As you so well know*

*from previous discoveries on your path,*

*your attitude*

*may be totally different*

*on one level of your personality*

*from that on another level.*

*This certainly applies to*

*faith in*

- God and*
- His creation –*

*and, as part of that, to*

*faith in the*

- meaning and*
- purpose*

*of all that comes to pass*

*in your lives*

*in an*

- endless,*
- ongoing*

*chain*

*• of being,*

*• of consciousness.*

07

*It is the  
ultimate aim  
of self-realization  
to establish  
the truth*

- of God,
- of eternal life,
- of the  
benign  
meaning  
of everything  
in every crevice  
of consciousness.

*This process [of establishing the truth of God and eternal life, and  
the truth of the goodness of all things]*

*is the  
very reason  
for*

- incarnation and
- purification.

*What do you think  
purification  
is all about?*

*It is  
not  
just to become  
"good."  
  
"Being good"  
in and by itself  
is almost meaningless.*

*The deeper you go  
in your work  
of fulfilling yourself,  
the more you  
become aware of  
goodness often being a matter  
of different*

- approaches and
- values,  
of
- the mores of a particular culture.

*Sometimes  
what is considered  
"bad"  
by a certain society  
may be of  
the highest value  
on deeper levels of reality,  
and vice versa.*

*Absolute good  
can be found  
only  
on the most profound  
levels of  
truth,  
through the  
• mundane and  
• personal  
"little truths"  
often so difficult to face.*

*The greatest truth  
of God's  
• reality and  
• immediacy  
brings you to  
the ultimate good  
that is beyond  
all  
• question and  
• doubt.*

08

*The path  
I have the privilege to  
• bring to you and  
• help you on  
prepares you  
for this process.*

*Little by little  
you deal  
first  
with the*

- *personal,*
- *individual*

*violations  
of*

- *integrity and*
- *truth,*

*level by level.*

*The more open you are  
to this process,  
and, consequently,  
the more you*

- *recognize and*
- *loosen up*

*your defenses  
so that a  
state of open flow  
is established,  
the easier it becomes  
to lift out  
the existential fear  
that grips  
all  
humankind.*

*This [existential fear that there is no God, no eternal life and that all of life is  
meaningless, purposeless, arbitrary, random, and chaotic]  
is the  
common denominator  
that unites  
all  
human beings  
on the  
deepest level.*

	<p><i>When</i></p> <ul style="list-style-type: none"><li>• <i>you meet</i> <i>this deepest</i> <i>of all</i><ul style="list-style-type: none"><li>• <i>doubts and</i></li><li>• <i>fears,</i> <i>existing in</i> <i>all</i> <i>human beings, and</i></li></ul></li><li>• <i>you deal with it</i><ul style="list-style-type: none"><li>• <i>individually and</i></li><li>• <i>personally,</i></li></ul></li></ul> <p><i>then</i> <i>a new phase</i> <i>in the total process</i> <i>can begin.</i></p>
09	<p><i>It is</i> <i>very different</i></p> <ul style="list-style-type: none"><li>• <i>to</i><ul style="list-style-type: none"><li>• <i>be clearly aware</i> <i>of this</i><ul style="list-style-type: none"><li>• <i>fear and</i></li><li>• <i>doubt</i></li></ul></li><li><i>and, for a while,</i></li><li>• <i>live with it and</i></li><li>• <i>deal with it</i> <i>again and again,</i></li></ul></li><li>• <i>from</i><ul style="list-style-type: none"><li>• <i>being in</i> <i>the previous state</i> <i>in which these</i><ul style="list-style-type: none"><li>• <i>doubts and</i></li><li>• <i>fears</i> <i>are</i><ul style="list-style-type: none"><li>• <i>covered up</i> <i>and consequently</i></li><li>• <i>manifest indirectly.</i></li></ul></li></ul></li></ul></li></ul>



*To*

- *know,*
  - *feel,*
  - *experience and*
  - *suffer*
- these*
- *doubts and*
  - *fears*
- is the*  
*first step*  
*on this*  
*vital new phase*  
*in your evolution.*

*Your*

*longing for eternal life*  
*must be*  
*totally conscious.*

*This [conscious longing for eternal life]*  
*is by no means so [in most human beings],*  
*as a general rule.*

*Usually*

*the longing [for eternal life]*  
*is*

- *suppressed and*
- *repressed.*

*It [i.e., the longing for eternal life]*  
*then becomes*

*transformed*  
*into subsidiary longings,*  
*such as*  
*longing*

- *for health,*
- *for happiness,*
- *for abundance,*
- *for avoiding*

*physical death*  
*as long as possible.*

10

**Obviously,**  
**every one of these [subsidiary] longings**  
**is most legitimate.**

**Do not infer from my words**

- **that they [i.e., that these subsidiary longings]**  
**are**
  - **wrong and**
  - **immature and**
- **that you should attempt**  
**to eliminate them.**

**Quite the contrary**  
**is true.**

**These [subsidiary] longings**  
**are most legitimate.**

**However,**  
**there is**

**an enormous difference**

- **between**
  - **seeing them [i.e., seeing the subsidiary longings] as**  
**the original ones [i.e., as the original longings for eternal life],**
- **or**
  - **seeing them [i.e., or seeing the subsidiary longings] as**  
**natural byproducts**  
**of a genuinely basic**  
**state of soul [i.e., the soul's basic state**  
**of longing for eternal life]**

**that**

- **could exist,**
- **is meant to exist, and**

**that**

**the personality**

- **first**  
**unconsciously, and**
- **finally**  
**consciously,**  
**longs for.**

11

***When this [basic soul] longing [for eternal life]  
is unfulfilled,  
the separation  
between***  
• ***the created being***  
***and***  
• ***the Christ***  
***exists***  
***in a part of  
the total personality.***

***It [i.e., the separation] exists  
not only  
between***  
• ***the Christ***  
***and***  
• ***the individual,  
to the extent  
he or she  
is still in darkness,***  
***but also  
within the personality.***

***The personality is split [within itself];  
one part [of the personality]  
is in the  
light of knowing –  
and there [in that part of the personality]  
the longing [for eternal life]  
is fulfilled.***

***The other part [of the personality]  
is still in  
darkness,  
therefore [that part of the personality is still]  
in***  
• ***fear,***  
• ***doubt,***  
• ***suffering;***  
***for that part [of the personality] the longing [for eternal life]  
is unfulfilled.***

12

**When you are  
not even conscious of  
the dark part [of your personality],  
it [i.e., the dark part of your personality] creates  
commensurately [dark and]  
painful  
experiences.**

**For  
experience  
is constantly being created  
as an ongoing process  
from the**

- **consciousness,**
- **attitudes,**
- **thoughts,**
- **beliefs and**
- **feelings**

**of the person.**

**How painful it is  
when  
the [negative and painful] result  
of  
these inner [negative, unconscious, and dark]  
creative agents [i.e., the cause: the person's negative feelings, etc.]  
is  
so separated from  
what created the experiences [i.e., the cause: negative feelings, etc.]  
that  
the person  
is under the illusion  
that  
the [painful] experience  
comes to him  
without rhyme or reason!**

**This [state of consciousness, or actually state of unconsciousness] is  
the most painful  
state of consciousness.**

**It leads to the assumption  
that the universe  
is a world of**

- **chaos and**
- **meaningless arbitrariness.**

13

*When a human being  
dies  
in that state of darkness,  
the disruption  
of conscious connection  
will  
temporarily  
create the impression  
of non-existence  
in the life  
outside the physical body.*

*That is,  
the personality aspects  
that are in*

- light and*
- true knowledge*

*will  
experience  
life after death  
accordingly,*

*while  
the personality aspects  
that live in  
the darkness  
of unconscious*

- fear and*
- doubt*

*will  
remain  
unconscious  
after  
separation from the body.*

*Because of this process,  
the illusion  
is perpetuated  
that physical death  
is an  
extinction  
of consciousness.*

	<p><i>The aspects [of the personality] that have not yet awakened [and which are, therefore, still unconscious] are then</i></p> <ul style="list-style-type: none"><li>• <i>incorporated into the reincarnating personality and</i></li><li>• <i>carried with it, to be dealt with [i.e., to be brought to consciousness and transformed]</i></li></ul> <p><i>when the total personality is ready on its evolutionary journey.</i></p>
14	<p><i>When this</i></p> <ul style="list-style-type: none"><li>• <i>separated,</i></li><li>• <i>fearful,</i></li><li>• <i>doubting</i></li></ul> <p><i>part [of the personality] remains unconscious, the longing for eternal life is also unconscious.</i></p> <p><i>As the</i></p> <ul style="list-style-type: none"><li>• <i>fears,</i></li><li>• <i>doubts and</i></li><li>• <i>terrors</i></li></ul> <p><i>manifest indirectly, so does the longing for eternal life [manifest indirectly].</i></p>

***It [i.e., the longing for eternal life] may manifest  
in various ways,  
such as***

***[1.] the***

- conscious,***
- subsidiary but***
- legitimate***

***longings***

***I mentioned before [i.e., longings for health,  
happiness, abundance, or avoiding  
death as long as possible]***

***or in***

***[2.] displaced longings –  
longings for***

- false,***
- unreal***

***fulfillments.***

***The longing may  
also manifest in***

***[3.] compulsive drives.***

***Whatever it [i.e., whatever the distorted and indirect longing for eternal life]  
may be,***

***it is important***

***to make conscious  
the***

- underlying,***
- real***

***longing  
for***

***eternal life.***

15

*All this [inner work along the path]  
will make it clear  
that  
there is a  
direct connection  
between*

- *the dark corner of*
- *fear,*
- *doubt,*
- *terror,*

*and*

- *the longing [for eternal life].*

*To the degree  
the*

- *fears,*
- *doubts and*
- *terrors*

*are unconscious,*

*the*

- *longing [for eternal life]*

*is unconscious.*

*To the degree  
they [i.e., the fears, doubts and terrors]  
are conscious,  
the longing [for eternal life]  
is conscious.*

*To the degree  
they [i.e., the fears, doubts and terrors]  
are conscious,  
the first step  
toward transforming  
the level of*

- *fears,*
- *doubts and*
- *terrors*

*into*

- *faith,*
- *knowledge of truth,*
- *security, and*
- *peace*

*can be undertaken*

- *systematically,*
- *meaningfully and*
- *intelligently.*



	<p><i>Obviously, it is exactly this process through which the longing [for eternal life] is fulfilled.</i></p>
16	<p><i>As it required</i></p> <ul style="list-style-type: none"><li>• <i>courage,</i></li><li>• <i>integrity,</i></li><li>• <i>openness,</i></li><li>• <i>goodwill,</i></li><li>• <i>positive intentionality and</i></li><li>• <i>utter commitment to the truth</i><ul style="list-style-type: none"><li>• <i>to get to know yourself,</i></li><li>• <i>to face the lower self</i></li></ul></li></ul> <p><i>and thereby begin</i></p> <ul style="list-style-type: none"><li>• <i>to transform it,</i></li></ul> <p><i>so does it require</i> <i>exactly the same</i></p> <ul style="list-style-type: none"><li>• <i>courage,</i></li><li>• <i>integrity,</i></li><li>• <i>openness,</i></li><li>• <i>goodwill,</i></li><li>• <i>positive intentionality and</i></li><li>• <i>utter commitment to the truth</i> <i>to</i><ul style="list-style-type: none"><li>• <i>face,</i></li><li>• <i>live through, and</i></li><li>• <i>transform</i> <i>the</i><ul style="list-style-type: none"><li>• <i>deep,</i></li><li>• <i>universal,</i></li><li>• <i>existential</i><ul style="list-style-type: none"><li>• <i>fears,</i></li><li>• <i>doubts and</i></li><li>• <i>terrors.</i></li></ul></li></ul></li></ul></li></ul>

17

*Let us now deal with  
two further points  
in this connection [with facing and dealing with existential fear].*

*The first [point]  
is a*

- *vision, or*
- *concept,*  
*about*  
*the state of fulfillment*  
*which*  
*alone*
  - *eliminates the*
    - *fears and*
    - *terrors and*
  - *stills*
  - *all doubt.*

*Without even a  
vague idea*

*that such a  
state [of fulfillment where there are no fears, no terrors, and no doubts]  
exists,  
it is impossible  
to be conscious of  
your longing for it.*

*Nor can you  
visualize it – which brings me to*

*the second point:*

*How to work on  
establishing awareness  
both of the*

- *dark level of*
  - *doubt and*
  - *fear*

*and of the*

- *longing [for eternal life].*

*And further,*

*how should you work on  
directly establishing the state*

- *in which*  
*this basic longing [for eternal life] is fulfilled, and*
- *from which*  
*all other fulfillments naturally derive.*

18

*I will first  
describe  
the fulfilled state.*

*Let us be quite clear  
that  
we are  
not discussing  
any outer  
state of fulfillment.*

- *Health,*
  - *abundance,*
  - *success,*
  - *a sense of self-worth,*
  - *emotional fulfillment in love with a mate,*
- all these are desired  
by all human beings.*

*Yet  
even when achieved,  
they [i.e., these many outer states of fulfillment]  
mean nothing  
without  
the inner  
state of fulfilled longing [for eternal life].*

*That [inner] state [of fulfilled longing for eternal life]  
is most difficult  
to describe in words.*

*Once again we meet  
the already familiar obstruction  
of squeezing  
a cosmic*

- *state or*
- *concept*

*into the narrow confines of human language,  
which is geared to  
three-dimensional concepts [i.e., concepts of  
1) space, 2) time, and 3) movement].*

	<p><i>Nevertheless, I shall attempt to give you a</i></p> <ul style="list-style-type: none"><li>• <i>vision or</i></li><li>• <i>description</i></li></ul> <p><i>of this state [of inner fulfillment],</i> <i>so that you can further attempt</i></p> <ul style="list-style-type: none"><li>• <i>to</i><ul style="list-style-type: none"><li>• <i>grasp and</i></li><li>• <i>sense</i></li></ul></li><li>• <i>to</i><ul style="list-style-type: none"><li>• <i>make it</i></li></ul></li></ul> <p><i>eventually</i> <i>your own.</i></p>
19	<p><i>This state [of inner fulfillment]</i> <i>has been variously described</i> <i>in</i></p> <ul style="list-style-type: none"><li>• <i>mystical and</i></li><li>• <i>spiritual</i></li></ul> <p><i>literature and</i> <i>has been given various names,</i> <i>such as</i></p> <ul style="list-style-type: none"><li>• <i>nirvana,</i></li><li>• <i>satori,</i></li><li>• <i>cosmic consciousness.</i></li></ul> <p><i>But I am not interested to find a name.</i></p> <p><i>Let us rather</i> <i>see what this state – a</i></p> <ul style="list-style-type: none"><li>• <i>deep union with and</i></li><li>• <i>awareness of</i></li></ul> <p><i>God –</i> <i>means</i> <i>in your</i> <i>personal experience.</i></p>

20

*In this state [i.e., in this state of deep union with and awareness of God]  
there is no fear.*

*A sense of being*

- *utterly safe and*
  - *at home in the world*
- permeates*

*your whole being:*

*A sense of security  
about*

- *life,*
- *yourself,*
- *all things,*

*that might perhaps also be described as  
"being cozy"  
with life.*

*Life*

*fits you  
like a glove.*

21

*It is impossible  
to attain this sense*

- *of safety,*
- *of living*
- *in security and*
- *without fear,*

*unless*

*you first ascertain  
that there  
is*

*fear in you.*

*For that [fact that there is fear in you]  
is not*

- *obvious or*
  - *self-understood,*
- as I explained before.*

*The [great existential] fear [that there is no eternal life, and that life is  
meaningless, chaotic and purposeless]*

*is often*

- *submerged,*
- *covered up or*
- *displaced onto*  
*substitute*
  - *levels and*
  - *manifestations.*

*Once*

*the deep existential fear  
is conscious,  
you can sense  
the longing  
for another state  
in which there is  
nothing  
to fear.*

*That [longing for another state in which there is nothing to fear]  
is*

- *not*  
*wishful thinking,*
- *not*  
*escaping,*  
*but [rather] the*
  - *deep,*
  - *most realistic,*
  - *experiential*  
*knowledge*
    - *that*  
*you are held by God,*
    - *that*  
*you live in a Creation*  
*in which there is*  
*absolutely*  
*nothing*  
*to fear.*

22

*There is a  
vibrancy  
in this state of safety [where you sense that you are held by God  
and live in a benign Creation]  
that bears  
no resemblance  
to a false faith.*

*It [i.e., the vibrancy in this state of safety]  
is not [a pseudo faith or mere intellectual belief that is]  
superimposed [over the existential fear that there is no eternal life, or  
that there is no God, no benign Creation]  
in order to  
avoid facing  
the underlying  
[great existential] fear.*

*In this  
vibrancy  
there is a  
most realistic attitude toward  
all  
things in life.*

*Through  
this sense of  
belonging in the world  
you  
experience*

- *true joyousness,*
- *a joyousness*

*combined with*

- *the peace which surpasses all understanding,*
- *an*

- *excitement and*
- *fascination*

*with*

- *life and*
- *its [i.e., life's]*

*manifold possibilities of  
meaningful experiences.*

23

*Part of the*  
• *safety and*  
• *peace*  
*consists in a*  
*deep*  
• *knowledge and*  
• *perception*  
*of the meaning of*  
• *life and*  
• *experience.*

*You sense a*  
*deep meaning*  
*in your own existence,*  
*from the*  
• *largest*  
*issues*  
*to the*  
• *most mundane and*  
• *seemingly insignificant*  
*ones.*

*The more*  
*you become aware of*  
*the fear of*  
• *chaos and*  
• *meaninglessness*  
*in you,*  
*the more*  
*this state of emotion [i.e., this state of fear of chaos and meaninglessness in you]*  
*can be replaced by*  
*an experience of*  
• *meaning and*  
• *significance.*

*And the more*  
*this is the case [i.e., the more your experience of meaning and*  
*significance is the case],*  
*the greater*  
*your sense of security.*



24

*Shall we simply say that  
this [vibrancy and experience of meaning and significance in your life]  
signifies  
the experience of  
the presence of God  
in your life?*

*Surely  
God  
has always been present,  
only*

- *you did not know it,*
- *your mind  
could not perceive*
- *the immediacy of Him and*
- *the meaning*

*He is bringing*

- *into your*
  - *events and*
  - *experiences,*
- *into the sequences of your days and*
- *into what they [i.e., the sequences of your days]  
contain.*

*Now  
the experience of  
the reality of Christ  
colors all you*

- *see,*
- *touch,*
- *hear and*
- *feel.*

*A glow of*

- *joy and*
- *peace*

*is attached*

- *to your own being and*
- *to your surroundings.*

	<ul style="list-style-type: none"><li>• <i>The joyous excitement,</i></li><li>• <i>the peaceful fascination</i><ul style="list-style-type: none"><li>• <i>with living and</i></li><li>• <i>with all that is created</i></li></ul></li></ul> <p style="text-align: center;"><i>in a continuum of creation, is the most desirable state imaginable.</i></p> <p style="text-align: center;"><i>Whether you know it or not, you want nothing more than this state.</i></p>
25	<p style="text-align: center;"><i>I could try to describe this state with more words, but I find it difficult to do so.</i></p> <p style="text-align: center;"><i>You need to listen with your innermost potential to understand in order to glean what I mean.</i></p> <p style="text-align: center;"><i>People usually assume</i></p> <ul style="list-style-type: none"><li>• <i>that</i><ul style="list-style-type: none"><li><i>these higher states of consciousness –</i></li><li><i>whatever name they are given in different</i><ul style="list-style-type: none"><li>• <i>cultures and</i></li><li>• <i>eras –</i></li></ul></li><li><i>are removed from this world and</i></li></ul></li><li>• <i>that having them [i.e., that having these higher states of consciousness] means living in another world.</i></li></ul> <p style="text-align: center;"><i>This is far from being so.</i></p>

*The*  
• *true and*  
• *genuine*  
*state of*  
*union with the Christ*  
*means*  
*being*  
*deeply anchored in*  
*the life of matter.*

*It is far more [nearly] correct*  
*to say that*  
*the higher spiritual states*  
*I attempted to describe here*  
*are brought*  
• *into*  
• *the world of matter,*  
• *into*  
• *the matter-mind and*  
• *the matter-body,*  
*so that they [i.e., so that the world of matter, or matter-mind and matter-body]*  
*are being penetrated by*  
*the great light*  
*of*  
*eternal*  
• *life,*  
• *peace and*  
• *joy.*

*The state of*  
*union*  
*is most certainly*  
*not*  
*a separation from*  
*the matter*  
*you are meant*  
*to imbue with the spirit*  
*to whatever extent you can.*

26	<p><b><i>In this state [of union] you begin to sense the unification of all opposites.</i></b></p> <p><b><i>You no longer need to battle them [i.e., you no longer need to battle all opposites].</i></b></p> <p><b><i>So, for example, you know your own power</i></b></p> <ul style="list-style-type: none"><li><b><i>• to create,</i></b></li><li><b><i>• to resolve,</i></b></li><li><b><i>• to heal</i></b></li></ul> <p><b><i>in full autonomy.</i></b></p> <p><b><i>Simultaneously you know the necessity to be in a state of divine grace without which you cannot accomplish anything.</i></b></p> <p><b><i>You feel the</i></b></p> <ul style="list-style-type: none"><li><b><i>• compatibility and</i></b></li><li><b><i>• union</i></b></li></ul> <p><b><i>of these</i></b></p> <p><b><i>two ways of being [i.e., the first way being: being in your own power alone, and the second way being: being in a state of divine grace alone],</i></b></p> <p><b><i>in fact, their [i.e., in fact, you feel these two opposite ways']</i></b></p> <ul style="list-style-type: none"><li><b><i>• interconnectedness and</i></b></li><li><b><i>• interdependence.</i></b></li></ul>
27	<p><b><i>When the great longing is being fulfilled, connections are discovered that give life a most</i></b></p> <ul style="list-style-type: none"><li><b><i>• exciting and [yet]</i></b></li><li><b><i>• safe</i></b></li></ul> <p><b><i>new face.</i></b></p>

*All the fragmentation  
that is the result of  
being split off from God  
is mended,  
and this  
new wholeness  
increasingly  
permeates  
your person.*

*Your own possibilities  
become  
a new playground for living.*

*Knowing your  
infinite ability  
to bend  
with life,  
you can  
"snuggle in with it [i.e., "snuggle in with life] sweetly,"  
as it were.*

*In this*

- *soft,*
- *yielding,*
- *life-accepting,*
- *life-affirming*

*attitude,  
your own strength  
grows*

- *effectively,*
- *powerfully,*

*and yet*

- *so softly.*

*Conversely,  
your softness  
can manifest  
in*

- *strong assertion and*
- *determination.*

*But what a*  
• *subtle*  
*and yet*  
• *distinct*  
*difference there is*  
*between the*  
• *brittle,*  
• *stubborn,*  
• *rebellious*  
*strength*  
*that is nothing but*  
*concealed weakness*  
*and the*  
• *real*  
*strength*  
*that comes from*  
*being true to God's will!*

28

*Knowing*  
*that life is*  
• *unending,*  
• *ongoing,*  
• *eternal and*  
• *infinite*  
*does not necessarily mean*  
*that God*  
*reveals an exact blueprint to you*  
*of how you are going to*  
• *feel,*  
• *think,*  
• *sense,*  
• *experience and*  
• *be*  
*when you leave your present body behind.*

*The sense*  
• *of your eternal existence,*  
• *of the impossibility of ceasing to be,*  
*may come in a*  
*deep inner knowing,*  
*without*  
• *sight or*  
• *sound.*

29

*Thinking of your*

- *desires and*
- *surface longings,*  
*your emphasis in prayer*  
*may be on*  
*outer needs,*  
*such as*

- *health,*
- *emotional [fulfillment] and*
- *vocational fulfillment,*  
*and so on.*

*Even the*

- *fulfillment of your spiritual task*  
*cannot in itself*  
*fulfill the longing*  
*we are discussing here [i.e., the longing*  
*for eternal life].*

*All outer fulfillment*

- *can be, and*
- *often is,*  
*a direct byproduct*  
*of the*

- *great,*
- *deep,*
- *universal*  
*longing*

*for the state of consciousness*

- *in which there is*  
*no fear,*
- *in which*  
*the realization of God's*  
*immediate presence*  
*is in you,*  
• *now and*  
• *always.*

30

*This [first point, a description of the fulfilled state where there is no fear and where you know the reality of eternal life and the immediacy of God's presence always] leads us to*

*the second point:*

*What should be your*

- *activity or*
- *attitude*

*so you can attain this [fulfilled] state?*

*First, to repeat,*

*you need to look at  
your*

- *feelings,*
  - *moods and*
  - *various mental states*
- in a new light.*

*You will, for instance,  
find that many*

- *moods or*
- *states*

*you have interpreted  
to mean one thing  
have a yet*

*deeper meaning*

*in the light of the topic of this lecture.*

- *A restlessness,*
- *a discontent,*
- *a vague feeling of insecurity*

*may all be rooted in*

*psychological problems*

*on levels you need indeed to*

- *explore and*
- *resolve.*

*But in addition to these  
psychological*

- *origins and*
- *explanations*

*there is*

• *the repressed great existential longing as well as*

• *the fear of*

• *non-existence and*

• *meaninglessness*

*that result directly from*

*the unfulfillment of the [great existential] longing.*



31

*So it is  
essential  
that you now uncover  
a yet deeper level of your being  
that lies*

- *beyond*
  - *the mask and*
  - *the lower self,*
- *beyond the*
  - *psychological and*
  - *emotional*  
*problems,*
- *beyond the*
  - *images and*
  - *mental misconceptions.*

*All of these [more superficial levels of your being]  
are the result of*

- *the great existential longing and*
- *the fear*  
*that it can never be fulfilled.*

*On your evolutionary path  
you need to trace your steps  
back through the outer mazes,  
level by level,  
as you have learned to do.*

*Only then  
can the discovery of [both]  
• the fear [of unfulfillment] and  
• the [great existential] longing  
be a  
• real experience,  
rather than a [merely]  
• theoretical understanding.*

32

**Once you  
experience**

- **the fear [of unfulfillment] and**
  - **the [great existential] longing,**
- do not**

- **push it away and**
- **assuage it busily**  
**with substitute**
  - **problems,**
  - **pains and**
  - **fears.**

**[Rather,] Have the courage  
to fully experience  
the pain of**

- **the fear [of unfulfillment] and**
- **the [great existential] longing.**

**Do not wait for  
the deeply hidden [inner]**

- **fear [of unfulfillment] and**
  - **[great existential] longing**
- to manifest in**

**outer experience  
that [then]**

**forces you  
to turn inward**

**in this direction [i.e., turn inward to finally fully  
experience the pain of the inner fear  
and great existential longing you face].**

**Unfortunately,  
most human beings**

**do not heed the signs even then [i.e., even when forced to by the outer  
experiences this inner fear and great existential longing manifest].**

**[Instead] They [i.e., most human beings] may go on and on  
during a succession of incarnations  
carrying these manifestations [in outer experiences]  
with them  
as karmic ballast.**

***But the point must come  
when the soul  
awakens to the meaning  
of these [outer]  
• manifestations and  
• experiences  
and uses them  
• as pointing arrows,  
• as red threads  
leading to the source [i.e., leading to the inner fear and  
inner great existential longing for eternal life].***

33

***You are in  
illusion  
when you  
shirk  
full experience  
of the pain of this [deep inner]  
• fear [of unfulfillment] and  
• [great existential] longing [for eternal life].***

***[Conversely,] When you  
fully savor  
the experience [of this pain],  
you dissolve it [i.e., you dissolve this pain of deep  
inner fear and longing],  
little by little.***

***Yes,  
it is necessary  
to go through  
these  
• approaches and  
• experiences  
• many, many times,  
• again and again,  
• with  
• patience,  
• perseverance and  
• wisdom.***

*The wisdom  
to comprehend  
that  
the*

- *highest,*
- *most desirable,*
- *most unified*  
*state of consciousness,*

*the*  
• *ultimate*  
*of all fulfillment*  
*that*

- *includes and*
- *encompasses and*
- *transcends*  
*all other*  
*desirable*  
• *states and*  
• *attainments,*

*cannot come*  
• *quickly,*  
• *cheaply,*  
• *easily.*

*By this I mean that  
your  
total*

- *focus,*
- *commitment,*
- *devotion*  
*must be generated by*  
*your active*  
• *mind and*  
• *will.*

	<p><i>Your total goal in life must be to find the reality of the living God as immediate experience – not as</i></p> <ul style="list-style-type: none"><li><i>• theoretical speculation and</i></li><li><i>• a luxury of belief,</i></li></ul> <p><i>but as</i></p> <ul style="list-style-type: none"><li><i>• living reality in your</i></li><li><i>• inner and</i></li><li><i>• outer life.</i></li></ul>
34	<p><i>You may have started the pathwork merely because you were</i></p> <ul style="list-style-type: none"><li><i>• unhappy and</i></li><li><i>• vaguely [unfulfilled] or</i></li><li><i>• specifically unfulfilled.</i></li></ul> <p><i>You may even have been consciously seeking</i></p> <ul style="list-style-type: none"><li><i>• the spiritual meaning of life.</i></li></ul> <p><i>But none of you started out being aware</i></p> <ul style="list-style-type: none"><li><i>• of this [deep inner great existential] longing [for eternal life, for finding the reality of the living God as immediate experience],</i></li><li><i>• of the</i></li><li><i>• pain and</i></li><li><i>• fear of not being able to fulfill it [i.e., of not being able to fulfill this deep longing] because you were too afraid to consciously deal with it.</i></li></ul>

	<p><b>Perhaps</b> <i>you are not quite ready</i> <i>even now [to fulfill this deep longing for experiencing the reality of God as immediate experience, to fulfill this deep longing for eternal life],</i></p> <p><b>perhaps</b> <i>you still need</i> <i>more specific purification work</i> <i>on other levels</i> <i>of your</i> <i>outer</i> <i>personality.</i></p> <p><b>But</b> <i>you may</i></p> <ul style="list-style-type: none"><li>• <i>begin to contemplate this aspect in you [i.e., begin to contemplate the longing and the need for specific purification work] and</i></li><li>• <i>pray for direct guidance [in the purification work needed].</i></li></ul>
35	<p><i>There may have been</i> <i>short spans of time in your life</i> <i>in which you</i> <i>experienced</i> <i>temporarily</i> <i>a state of</i> <i>ultimate fulfillment</i> <i>in</i></p> <ul style="list-style-type: none"><li>• <i>mind and</i></li><li>• <i>being,</i></li></ul> <p><i>similar to</i> <i>the one I described.</i></p> <p><i>If this is so [i.e., if you have had such an experience],</i> <i>it will be helpful to</i></p> <ul style="list-style-type: none"><li>• <i>recapture the experience and</i></li><li>• <i>coordinate it</i></li></ul> <p><i>with the meaning</i> <i>I am giving to it in this lecture.</i></p>

*These short periods  
of*

- *elation,*
- *vibrant*
  - *peace and*
  - *security,*
- *excitement,*
- *fascination,*
- *profound joyousness, and*
- *intense aliveness*

*can then serve as  
the vision you need  
to motivate yourself  
with more vigor.*

*But even*

- *if you cannot ever remember such a state, or*
- *if you experienced*  
*only lesser aspects of it,*

*some*

- *deep*
- *inner*  
*knowing in you*  
*is fully aware of*  
*this as yet*  
*unrealized potential.*

*And you can tap this knowledge.*

36

*With some*

- *effort and*
- *focus,*  
*you can*  
*experience*
  - *the fear [of unfulfillment] and*
  - *the [great existential] longing [for experiencing the reality of God*  
*as immediate experience, and for eternal life].*

*These feelings [both of the fear of unfulfillment as well as of the longing for experiencing the reality of God as immediate experience, and for eternal life] may perhaps at first be vague, but as you allow them to rise to the surface, you will know their exact meaning, as I have described it in this lecture.*

*As you experience the fear of a*

- *fragmented,*
- *meaningless,*
- *disconnected world*

- *in which you exist without rhyme or reason,*
- *in which you can cease to exist at any time,*
- *in which you seem to hang isolated over an abyss without an*

- *all-loving Creator and*
- *Creative Principle that gives sense to all things,*

*you will also discover that you intensely long*

- *for this all-loving Creator,*
- *for a world in which*

- *you and*
- *all that exists has*

- *a purpose and*
- *a benign meaning.*



37

***Do not push this***

- ***fear*** [*of unfulfillment, of living in a meaningless disconnected world*] ***and***
- ***longing*** [*for experiencing the reality of God as immediate experience, and for eternal life*]

***away any longer,***

- ***neither by***  
***false reassurances,***  
***without***  
***first knowing the***
  - ***fear and***
  - ***longing,***

- ***nor by***  
***the false cynicism***  
***of accepting a***
  - ***mean,***
  - ***godless***  
***world,***

- ***nor by***  
***simply displacing the***
  - ***fear*** [*of unfulfillment and of living in a meaningless world*] ***and***
  - [*great existential*] ***longing***  
***into***
    - ***more superficial,***
    - ***even though in themselves quite legitimate***
      - ***fears and***
      - ***longings.***

***Have the***

- ***courage and***
- ***commitment***  
***to go deeply through***  
***these most essential aspects***  
***of your being.***

- ***Repeat it*** [*i.e., repeat this process over and over again*],
- ***feel the feelings of***
  - ***pain,***
  - ***fear*** [*of unfulfillment, of living in a meaningless disconnected godless world*] ***and***
  - ***longing*** [*for experiencing the reality of God as immediate experience, and for eternal life*]  
***most specifically.***

*Pray in the*  
• *simplest and*  
• *most humble*  
*way*  
*for Christ's intervention*  
*to help you attain*  
*the state*  
*that religion often calls*  
*salvation.*

*Be*  
• *wise and*  
• *humble*  
*enough*  
*to know that*  
*you may attain*  
*an inkling of*  
*this new state*  
*for a short while*  
*only to lose it again,*

*so that your*  
• *battle and*  
• *search*  
*may be repeated*  
*again and again,*  
• *never ceasing*  
*the inner effort,*  
• *never relinquishing*  
*this new goal [of fulfilling your deepest longing for*  
*experiencing the reality of God as immediate experience,*  
*and for experiencing eternal life]*

38

*Doubt*  
*is, of course,*  
*part and parcel*  
*of*  
*the state of separation.*

*Meet*

- *the doubt,*
- as you meet*
- *the fear and*
  - *the longing for*  
*not being in*
    - *doubt and*
    - *fear.*

- But make it an*  
*honest doubt,*  
*in which*  
*you give*
  - *the state*  
*you long for*  
*at least as much possibility as*
    - *the state*  
*you fear exists.*

- Question yourself:*  
*Could there be*  
*a state of*
  - *doubt,*
  - *fear,*
  - *pain and*
  - *unfulfilled longing,**if there would*  
*not also exist,*  
*on some other*  
*level of consciousness,*  
*a state of*
  - *total certainty,*
  - *joy and*
  - *utter fulfillment*  
*of all longing?*

39

*We are now dealing with*  
*the most central*  
*of all issues of human life*  
*that every single religion*  
*has taken up*  
*in its own way.*

**Salvation**

*is a very real concept,  
[and] by no means  
a religious fanatic's whim.*

**The terminology**

*may possibly offend you  
because*

*you associate it [i.e., you associate the term "salvation"]  
with a religion*

*you have outgrown.*

**But this** *[i.e., your association of "salvation" with a religion you have outgrown]  
does not alter the fact*

*that your soul  
cries for  
salvation*

*in the sense of this lecture.*

**As long as**

*all of*

*your*

- *soul and*
- *mind,*

*your total*

- *thinking,*
- *knowing,*
- *feeling and*
- *being*

**has not**

*experienced the*

- *living,*
  - *eternal*
- God*

*as immediate presence,*

*your soul*

*is, at least in part,*

*in a state of painful*

- *separation and*
- *darkness,*

*in the fear of*

- *not knowing*
- the reality of God,*

- *not knowing*

*the continuum of your own life,*

*no matter what you believe consciously.*

40

*Ask  
Jesus Christ  
to give you a hand.*

*He is*  
• *there,*  
• *always*  
*with you,*  
• *always*  
*loving you.*

*But*  
*you cannot always sense it [i.e., cannot always sense the presence of Jesus Christ],*  
*your*  
*state of separation*  
*still prevents you.*

*So*  
• *be patient and*  
• *surge on*  
*with this*  
*greatest of all surges*  
*of the human soul.*

*In your terms,*  
*this particular journey*  
*may seem long;*  
*all else you have done so far*  
*was preliminary work.*

*But according to the*  
*great clock of*  
*eternal "time,"*  
*it is but*  
• *a minute,*  
• *a second.*

41

*It is  
your task  
to surge forward  
deeply  
into the world of matter,  
filling the void  
with divine life.*

*In this process,  
particles of  
your consciousness  
have  
temporarily*

- *separated themselves and*
- *lost their*
  - *knowing,*
  - *eternal and*
  - *inevitable*

*connectedness  
with  
the All-Consciousness.*

*You need to*

- *re-establish this connection [with the All-Consciousness]  
by the process I now describe and*
- *put all your*
  - *heart,*
  - *soul,*
  - *mind, and*
  - *will*

*into this undertaking,  
for this alone  
will make  
all else you do,  
all*

- *your tasks,*
- *your duties,*
- *your fulfillments,*
- *your pleasures,*

*deeply*

- *meaningful and*
- *joyous.*

	<p><i>It [i.e., your consciousness' connectedness with the All-Consciousness] will lend to all else a new glow, a glow you longed for, but</i></p> <ul style="list-style-type: none"><li><i>• did not know you missed,</i></li><li><i>• did not know you knew.</i></li></ul>
42	<p><i>My most beloved friends, let us terminate this lecture now.</i></p> <p><i>You can surely imagine that this new topic is only the beginning of a new phase that most significantly coincides with many an outward change in your lives.</i></p> <p><i>This topic is the blueprint for the new phase of our work together, that never ceased, not even during the time I could not directly speak to you.</i></p>
43	<p><i>Your</i></p> <ul style="list-style-type: none"><li><i>• growth and</i></li><li><i>• progress, • as individuals and • as a group, is most joyous.</i></li></ul> <p><i>It spreads a stronger and stronger light into your environment.</i></p>

*You generate  
a new energy  
[that] you need to nurture  
most carefully.*

*For the stronger these energy currents are,  
the most infinite  
the inherent  
creative potential for  
• divinely positive and  
• joyous  
experience  
becomes.*

*At the same time  
these currents  
can turn more destructive  
when channeled into  
• inappropriate and  
• negative  
directions.*

*Therefore  
I suggest that  
• your meditation and  
• your prayer  
be concerned with  
specific guidance  
• so that you may  
never be blind  
to your inner direction,  
• so that these energy currents  
would flow  
where they are meant to flow.*

44

*I have one more suggestion  
before terminating  
this first lecture of the new working year:  
It would be  
• most helpful and  
• beneficial for you, my friends,  
if you became more familiar with the Bible.*



*I am most*

- *eager and*
- *willing*
  - *to help you understand  
this great document,*
  - *to disentangle for you  
what belongs on which level.*

*For this great book*

- is a combination of fragments*
- *of historical accounts,*
  - *of symbolic meanings,*
  - *of the greatest truths,*
  - *of distortions deriving*
    - *from human limitation of consciousness, as well as*
    - *from the then existing  
cultural conditions  
that were "right" at that time,  
but are no longer so today.*

*I would like to*

- lift up the jewels of truth  
contained in this book,  
separating  
the grains  
from the husks,  
so that you can*
- *appreciate and*
  - *benefit from  
the timeless wisdom  
of these messages.*

*So I suggest that you*

*ply me with questions.*

*You have a whole month to prepare,*

*and I promise you that I will give you*

- *interpretations and*
  - *answers*
    - that will be most*
    - *useful and*
    - *helpful*
- for everyone.*

*This will open a new horizon for you.*

45	<ul style="list-style-type: none"><li>• <i>The love and</i></li><li>• <i>the blessings</i><ul style="list-style-type: none"><li>• <i>I send you and</i></li><li>• <i>that surround you always</i></li></ul></li></ul> <p style="text-align: center;"><i>in</i></p> <ul style="list-style-type: none"><li>• <i>your endeavors and</i></li><li>• <i>your beautiful struggle</i></li></ul> <p style="text-align: center;"><i>will become</i></p> <p style="text-align: center;"><i>more palpable reality for you</i></p> <p style="text-align: center;"><i>as your vision grows.</i></p> <p style="text-align: center;"><i>Be filled with</i></p> <p style="text-align: center;"><i>the love of Christ,</i></p> <p style="text-align: center;"><i>be in God!</i></p>
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For information to find and participate in Pathwork activities world wide, please write:

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PO Box 6010  
Charlottesville, VA 22906-6010, USA  
Call: 1-800-PATHWORK, or  
Visit: [www.pathwork.org](http://www.pathwork.org)

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