

# Pathwork Lecture 17: The Call – Daily Review

1996 Edition, Original Given November 22, 1957

This lecture is given in an **expanded poetic format**, what I call a **Devotional Version** 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 Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**.

The blessings to me in developing this version have been truly profound, and my wish is that this Devotional Version will be a blessing to others. ***I invite you to slowly read and ponder this version 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, usually italicized. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/> Gary Vollbracht*

¶	Content
03	<p><b><i>Greetings</i></b> <b><i>in the Name of the Lord.</i></b></p> <p><b><i>I bring you</i></b> <b><i>His blessings,</i></b> <b><i>my friends.</i></b></p>
04	<p><b><i>Very few people indeed</i></b> <b><i>have</i></b> <b><i>no belief in God at all.</i></b></p> <p><b><i>Almost everyone</i></b> <b><i>has at least a feeble belief</i></b> <b><i>• in a higher intelligence,</i></b> <b><i>• in a superior wisdom</i></b> <b><i>that created this universe.</i></b></p> <p><b><i>Yet very few people</i></b> <b><i>know how to continue on logically</i></b> <b><i>from this premise [i.e., the premise that there is a higher intelligence].</i></b></p> <p><b><i>They</i></b> <b><i>limit God</i></b> <b><i>all the time.</i></b></p>

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05

There are many of you  
who admit

- God exists.

- God or

- this Higher Intelligence –  
or whatever you choose to call it –  
is of course one and the same.

Yet

you do not believe

that it could be possible

in this wonderful Creation

for an entity

of higher intelligence than human beings

to manifest to you

through a human instrument,

if

- preparations are made and

- certain conditions fulfilled.

This, you think,

is incredible.

This is something

you cannot believe.

But why not, my friends?

Why is it so hard to believe?

It is certainly not unimaginable

that creatures

- of higher intelligence,

- of greater wisdom,

- endowed with

more love

than human beings

should exist!

If so,

it should be possible

to communicate with them.

06

*A hundred years ago*

*it would have seemed impossible to you*

- *that a machine could fly in the sky, or*
- *that you could turn a knob*  
*and hear music played hundreds of miles away, or*
- *that you could turn a knob*  
*and see pictures.*

*Often,*

*because some people*

*whom you trust*

*declare that something is*

• *possible and*

• *scientific,*

*you agree,*

*even though*

*you yourself*

*never experienced it.*

*Why then,*

*when communication*

*with the spirit world of God*

*is manifested to you,*

*do you still think*

*somewhere in the back of your mind*

• *that it is impossible,*

• *that it must be, if not a trick,*

• *a delusion,*

• *the subconscious of the medium, or*

• *something of the sort?*

*Is that reasonable,*

*my friends?*

*If so many other astounding things*

*are possible in this world of yours,*

*why should it not be equally possible*

*that God sends you*

*His emissaries of truth*

*for your benefit?*

*This, in itself,*

*is not more astounding*

*than so many other things*

*that you have freely accepted.*

07

Furthermore,  
there are a number of people  
who  

- know and
- admit

that a communication with the beyond  
is possible.

They have  
experienced it;  
they  
have no possible doubt about it.

Yet,  
they deny the possibility of such a communication  
with higher entities  
than themselves.

This  
is even more unreasonable!

Although it is quite true  
that a communication  
with  
divine spirits  
is far more difficult to obtain,  
which is  
as it should be,  
it is highly illogical  
to believe  
that it [i.e., that a communication with divine spirits]  
is impossible.

If God  
has created any possibility  
of communication  
with people on the other side,  
then He must also have given  
you  
the means of communing  
with higher spheres  
from where you can receive teachings  
that  

- further you spiritually and
- bring you nearer to God.

08

*So, my friends,*  
*communication with divine spheres*

- *is possible;*

*it [i.e., communication with divine spheres]*

- *has always existed and*
- *will always exist.*

*How frequently it occurs*  
*depends solely*

- *on people,*
- *on*

*whether or not*  
*they fulfill*

*the necessary requirements.*

*I*

- *have occasionally mentioned*  
*what these requirements are and*
- *may mention them again in the future.*

*However,*

*any of you*

*who are seriously interested*  
*can find out about*

- *the mechanics*
  - *of mediumship,*
  - *of what is necessary*  
*to communicate with divine spheres,*

- *what the difference is*  
*between*

*such advisable communication [i.e., advisable*  
*communication with divine spheres]*

*and*

*that [i.e., communication] with*

- *earthbound and*
- *erring*

*spirits and*

- *how this difference*  
*can be determined.*

*In fact,  
any one of you  
who really wants to form  
a judicious opinion [about communicating  
with divine spheres]  
  
has the duty  
to find out,  
  
otherwise  
you have no right to say,  
even to yourself,  
that all this [communicating with divine spheres]  
is impossible.*

09

*There are many people  
who are called.*

*God  
is calling them.*

*Whether this call  
will come forth  
or not  
depends on  
a person's  
spiritual development.*

*Granted,  
there are  
many, many people living on earth  
who have  
not experienced  
such a call.*

*They are still in their  
spiritual childhood  
and such  
a call  
would be meaningless  
for them.*

They have  
not yet attained the  

- strength and
- development

necessary to follow it;  
therefore  
God waits  
until they have reached  
sufficient maturity  
in the course of  
their various incarnations,  
[incarnations] where they  

- gather
- experience and
- wisdom, and,
- step by step,
- develop spiritually.

But at some time  
the call must come forth, and  
I venture to say  
that everyone of you, my friends,  
has been called.

10

How do you  
feel  
this call,  
you might ask.

As I have said repeatedly,  
the human being  
consists of  
two natures:  

- the higher
- and
- the lower
- self,

which are in conflict  
with one another.

The higher self

- registers the call and
- pushes the person  
in a certain direction  
which  
the conscious self  
cannot  
immediately  
interpret.

The conscious self

- just feels
- a certain longing,
  - a certain dissatisfaction  
with the present life,
- even when  
you fulfill  
all your earthly duties  
to the best of your ability.

Nonetheless,

- there is
- a certain  
voice within you,
  - a certain  
pressure;
- it seems as though  
you were  
being pushed  
in some unknown direction,  
you don't know quite
  - where and
  - why.

You will

- eventually  
find out,  
provided  
you
  - do not  
fight against it and
  - do not give in  
to your lower self.



11

If  
your lower self  
were not also  
alive within you,  
it would be  
comparatively easy  
to follow the call.

But  
your lower self  

- does not want  
to make any effort, it
- does not want  
any change, and it
- holds you back and
- furnishes you with many excuses  
not to follow  
your higher self.

The excuses [not to follow your higher self, excuses furnished by your lower self,]  
are manifold.

Some are quite transparent, like  
"I have no time."

Or they [i.e., Or the excuses not to follow your higher self]  
take the form of  
doubts.

These are all  
rationalizations  
but, [in your] being inexperienced  

- in differentiating and
- in pulling off your masks,

you  
believe the  

- pretexts and
- self-illusions, the
- voice of your lower self,

because you  
want  
to believe  
these rationalizations;  
it is so much easier to do so [than it is to challenge them].

*But until this fight [with the rationalizations and excuses  
offered by your lower self]*  
*is successfully won,*  
*once and for all,*  
*you will*  
*not*  
*have peace –*  
*never,*  
*my friends!*

*The call*  
*will become*  
*stronger*  
*and stronger*  
*as you go on,*  
*and the more*  
*you resist it,*  
*the more dissatisfied*  
*you must become*  
*with your life.*

*The more*  
*God can expect from you*  
*because of*  
*your basic spiritual development,*  
*the more*  
*dissatisfied*  
*you must be*  
*if you do not*  
*follow this call.*

12

*The question has been asked*  
*time and again*  
*why there are so many people*  
*who are inferior to others*  
*and yet*  
*are much happier.*

- *This appears to be an injustice.*
- *Why is this so?*

It is because  
less can be expected  
of a child  
in a lower grade  
than  
of a child  
in a higher grade.

You  
must be dissatisfied  
with your

- outer life

as well as with your

- inner life

if  
you do not deliver  
according to your development.

13

Now that you have understood  
how the call  
is felt,  
I will explain

- what follows it and
- what is expected of you.

Your lower self  
has some idea of it.

If it had not,  
it would not  
fight against it.

Now  
what does God  
want from you  
when He calls you?

He [i.e., God]  
does not expect you  
• to be a martyr or  
• to fulfill tremendous tasks;  
though He may expect the latter  
of some of you,  
He does not expect it  
from most of you.

You can fulfill His will  
between your four walls  
and no one  
has to know about it.

Who is to say  
• what is  
a big task and  
• what is  
a little one?

Simply because  
you are  
• famous and  
• in the limelight  
does not necessarily mean  
that your task  
is a greater one  
than  
working spiritually in solitude  
with no one knowing about it.

What God wants  
from each and every one of you,  
as the  
• first step and  
• necessary prerequisite  
before you can give to others,  
is  
• self-development,  
• self-purification, and  
• self-knowledge.

	<p><i><u>It [i.e., what God wants from you]</u></i> <i><u>is</u></i></p> <ul style="list-style-type: none"><li>• <i><u>tearing off your masks;</u></i></li><li>• <i><u>tearing away</u></i> <i><u>all your self-delusions</u></i> <i><u>about</u></i><ul style="list-style-type: none"><li>• <i><u>yourself and</u></i></li><li>• <i><u>your</u></i><ul style="list-style-type: none"><li>• <i><u>inner or</u></i></li><li>• <i><u>outer</u></i> <i><u>motives.</u></i></li></ul></li></ul></li></ul> <p><i><u>God expects</u></i> <i><u>this</u></i> <i><u>from you.</u></i></p>
14	<p><i><u>Whoever</u></i> <i><u>is</u></i> <i><u>not quite</u></i></p> <ul style="list-style-type: none"><li>• <i><u>happy and</u></i></li><li>• <i><u>harmonious</u></i> <i><u>can truthfully declare:</u></i> <i><u>"I have not quite followed God's call."</u></i></li></ul> <p><i><u>How happy</u></i> <i><u>are you?</u></i></p> <p><i><u>How well-balanced</u></i> <i><u>are you?</u></i></p> <p><i><u>How harmonious</u></i> <i><u>are you</u></i> <i><u>"inside"?</u></i></p>

Outside

you may have troubles,  
but if you  
• are truly on the right path and  
• fulfill God's will for you,  
no matter what your  
outer  
difficulties may be,  
you  
must  
be happy.

That [inner happiness]

should be your  
• yardstick and  
• indication  
of  
• where you stand and  
• how much you are fulfilling [God's will],  
my friends.

I want each one of you,  
when you go home tonight,  
to ask yourself:

- "How happy am I?
- How satisfied am I
  - with my life and
  - with myself?"

Think about it.

If you feel  
any

- disharmony or
- dissatisfaction,  
you will know the answer.

15

*If you really  
want  
to follow the call,  
you can.*

*Do not say,*  

- *"I do not know*
  - *how or*
  - *where to turn;*
- *I cannot do it alone."*

*Of course,  
you cannot  
do it alone.*

*However,*  

- *first*  
*you must really  
want  
to do it [i.e., really want to follow the call];*
- *first*  
*you must  
decide  
for it [i.e., decide for following the call]*
  - *clearly and*
  - *unconditionally,*

*then God  
will guide you*  

- *wherever you need to go and*
- *through whatever means  
may be best for you*
  - *so that you receive  
the necessary help from outside,*
  - *so that you can  
develop yourself within  
to the highest degree  
that can be expected of you.*

16

*It is not enough  
that you*

- *lead a decent life and*
- *are a so-called ethical person*
  - *who does*  
*no harm to others and*
  - *who does not*  
*violate earthly laws.*

*This may be enough  
for a person who is  
a younger soul,  
but  
not for any of you,  
my friends.*

*So*

- *test yourself and*
- *answer the question:*  
*How much do I*  
*really want*  
*to follow the call,*  
*even if*  
*it means that*  
*I have to*
  - *use*
    - *willpower,*
    - *effort,*
    - *patience –**and, perhaps,*
  - *suffer some pain?*

17

- *Self-recognition and*
- *the tearing off of masks*  
*is always painful*  
*during the process,*  
*although it is*  
*a great relief afterward –*  
*a relief that will bring*  
*a very new peace*  
*into your soul*  
*once you have overcome*  
*the initial resistance.*



*So you must realize that  
first*

- *you have to  
go to battle with  
your lower self;*
- *you have to  
enlist  
your conscious willpower  
to conquer  
your lower self.*

*Combined with  
your higher self,  
your will-directing consciousness  
must win.*

*But  
do not be  
superficial about it.*

*Test yourself  
again and again  
as to*

- *how sincere,*
- *how deep  
is your  
desire  
to do God's will.*

- *How much  
are you willing to sacrifice?*

*What you have to sacrifice  
may be*

- *comfort,*
- *self-delusion,*
- *selfishness,*
- *holding on to  
various  
faults and  
weaknesses.*

- *How much  
are you willing  
to give up all this?*

18

First  
this sacrifice  
will appear  
to be tremendous,  
but  
only while  
you are in the battle.

Afterward  
will come the realization  
that you have  
freed yourself of  

- burdens and
- chains

that were  
directly  
responsible for  
your unhappiness.

Afterward  
you will recognize  
without a shadow of a doubt  
that God's will for you  
means  
no sacrifice,  
for it [i.e., for God's will for you]  
brings you  
happiness  
on every plane of existence:  

- physical,
- mental,
- emotional, and
- spiritual.

But  
as long as you have  
not actually won this victory [over the lower self],  

- the decision [to follow the call of God] and
- its consequences [i.e., the consequences of following the call of God]

will appear to you  
to demand a sacrifice –  
and this [apparent sacrifice], too,  
is what God  
wants from you.

There is a reason

why

He does not give you

the realization of all this [i.e., the realization that following God's will actually brings you happiness on every level of your existence and, hence, is, in reality, no sacrifice]

• before,

but only

• afterward.

In other words,

• until you have

completely

decided to do the will of God,

whatever

this may mean, and

• until you have

made

your lower self

submissive –

and this [making your lower self submissive]

can be done

if

you penetrate your willpower

into all layers of consciousness –

you should

not even

try

to think about

• what you

should do or

• what

the practical consequences

of your decision [to follow the will of God]

will be.

What follows next [after you have made this decision to follow the will of God

completely and after you have made your lower self submissive]

will be made known to you

• through guidance,

• through inspiration.

Do not worry about it now.

19

**First**

**you have to**

- **prepare the ground,**
- **lay the foundation stone**  
**through this**  
**initial fight within yourself**  
**that enables you**  
**to make**  
**the great decision [to follow God's call].**

**Only then [when you engage in this initial fight within yourself]**

**can you**

**cross the first threshold**  
**on the path to God.**

**But this fight [within yourself]**

**cannot be won**

**in one day.**

**It is sometimes**

**a hard battle**

**and you should know**

**what you are letting yourself in for**  
**as you go into it.**

**However,**

**I can promise you, my friends,**

**that**

**if you have reached the stage**

**when you can say,**

**"I want to follow the call**  
**one hundred percent,"**

- **you have won**
  - **the most important and**
  - **the most difficult**  
**of all battles and**
- **nothing that follows on this path**  
**can be compared to it.**

You will emerge from  
this battle [within yourself]  
not only

- victoriously,

but also

- a great deal stronger  
than you were before,

and, needless to say,

- a somewhat  
happier person.

You will not be  
quite the same person  
you were  
before you entered this battle.

And then [after this battle within]  
God  
will help you further along  
to take the next step.

This  
you may safely believe.

Ask God  
for the strength  
to win the battle.

20

All you have to do  
is to think  
of asking God  
for His help.  
Many people  
say wonderful prayers  
using

- beautiful and
- poetic

words,  
but they  
seldom think  
of asking for help  
with their  
immediate  
spiritual problems.

*This [not asking God for help for immediate spiritual problems]*  
*is a great mistake,*  
*for there are also*  
*spiritual laws*  
*governing this issue.*

*If you*  
*ask for help,*  
*you can receive it,*  
*particularly*  
*the kind of help I have mentioned.*

21

*You are*  
*expected*  
*to turn to God*  
*with your difficulties.*

*If you*  

- *really want this help*  
*with all your heart and*
- *ask God for it,*  
*He will answer you.*

*I can promise it.*

*The only question left*  
*is*  

- *how honestly*  
*do you really want it?*
- *How much*  
*still remains*  
*of your lower self*  
*that is powerful enough*  
*to pull you*  
*into the opposite direction?*

As long as

you

• do not face this [i.e., face how much remains of your lower self] and

• do not

want

to realize

the significance of it [i.e., the significance of your lower self  
that remains in you]

• you cannot win, and

• your prayer

will not have the desired effect

because

it is

• half-hearted and

• full of reservations.

I am giving you these words

so that

you will

know how to

• win your battle [with your lower self] and

• follow your call.

Only then [i.e., only when you win your battle with your lower self

and follow God's call]

will you find

the

• peace and

• harmony

of the fulfillment

for which you are longing –

all of you.

22

Everyone knows  
that selfishness is wrong.

By the same token,  
everyone knows  
that to give to  
one's brothers and sisters  
is right.

- It is according to  
divine law, and
- it makes one  
happy.

There are  
many different kinds of giving,  
however.

For many people  
the easiest way out,  
if I may say so,  
is to give  
financially.

- It hurts least and
- it means  
the smallest sacrifice.

Everyone knows,  
on the other hand,  
that to give  
love  
is the greatest gift of all.

And each one of you  
asks nothing better  
than to be able to  
give love.



But how many of you  
find yourselves saying,  
"If only I knew how [to love]!"

I am unable to love  
as much as  
I want to love."

If this is how you feel,  
my dear ones,  
your soul

- is sick in some way and it
- must be cured.

23

You cannot  
effect this cure  
alone,  
but  
God will help you.

If all your  
inner currents  
were flowing according to divine law,  
you would certainly  
be able to love.

Each one of your

- faults and
- shortcomings

is a direct hindrance  
to the unfolding of  
love.

When I say  
unfoldment,  
I mean  
that the love you wish to give forth  
is already within you.

You cannot receive it [i.e., you cannot receive love]  
from the outside.

It [i.e., Love]  
exists within you,  
but  
it [i.e., the love within you]  
is covered by  
obstructing layers  
that prevent  
your love  

- from shining through,
- from manifesting itself.

These layers  
are, as I said,  

- your faults,
- your fears, and
- your ignorance of spiritual law.

These layers  
have to disappear,  
and this can only be accomplished  
by your  

- very personal and
- serious

endeavors.

This  
is the path  
to God.

This  
is what it means  
to follow the call.

24

Each one of your faults  
is a  

- direct or
- indirect

hindrance to  
love.

You can never  
learn love  
through forcing yourself,  
but  
love  
will  

- grow and
- evolve

as an organic consequence of  
your self-purification.

One of  
the best meditations  
is to ponder:

- "What are my faults?
- And how could  
any of my faults  
possibly hinder  
the manifestation  
of the love  
that obviously  
must be hidden  
within me?"

I challenge each one of you  
to present me  
with a personal example,  
for at first you may think that  
a number of your faults  
could have  
absolutely no bearing on  
the unfoldment of love,  
and yet it is so!

25	<p><u>At the same time,</u> <u>there is a</u></p> <ul style="list-style-type: none"><li>• <u>wonderful and</u></li><li>• <u>direct</u></li></ul> <p><u>road to loving,</u> <u>in addition to</u> <u>the indirect one just mentioned.</u></p> <p><u>Both [the indirect and direct roads to loving]</u> <u>should be taken</u> <u>simultaneously</u> <u>to further the growth of love</u> <u>within you.</u></p> <p><u>If you can bring yourself</u> <u>to learn to do</u> <u>what I will tell you now,</u></p> <ul style="list-style-type: none"><li>• <u>you will gain</u> <u>a powerful weapon</u> <u>to cure yourself</u> <u>of the sick currents</u> <u>within your soul, and</u></li><li>• <u>you will unfold</u> <u>the love in you.</u></li></ul>
26	<p><u>Each living individual</u> <u>has the understandable tendency</u> <u>to want to</u> <u>appear</u> <u>superior to others.</u></p> <ul style="list-style-type: none"><li>• <u>You hide your faults,</u></li><li>• <u>you hide your shortcomings, and</u></li><li>• <u>you want to show your best side.</u></li><li>• <u>You all crave</u><ul style="list-style-type: none"><li>• <u>admiration,</u></li><li>• <u>acceptance, and</u></li><li>• <u>love.</u></li></ul></li><li>• <u>You think that</u> <u>showing your best side</u> <u>will bring you love.</u></li></ul>

And yet  
you all know that  
if you want to  
receive love,  
you have to  
give it first.

Impressing other people,  
whether you do it  

- consciously or
- unconsciously,

is not  
giving love.

On the other hand,  
you decidedly  
give love  
in the deepest sense  
when you  

- give and
- show

yourself  

- as you really are,
- without any masks –  
even if it means  
a little humiliation.

27

Yes, my friends,  
in this way [i.e., by giving and showing yourself as you are, without any masks]  
you offer  
the greatest gift.

Why?

Because  
your fellow creatures  
feel just as  
insecure  
as you do.

If they [i.e., if your fellow creatures]  
see you  
as perfect as  
you want to appear,  
their sense of  
inferiority  
will grow.

They will feel,  
• consciously or  
• unconsciously:

"He is so perfect – or she is so perfect –  
why can't I be that way?"

They will feel even  
• lonelier and  
• more deflated,  
and they will  
• despise themselves  
even more.

Therefore  
they will,  
• in their blindness and  
• as their only defense,  
put an  
even tighter shell  
around themselves.

This separates them even more  
from their brothers and sisters.

They will do  
what you are doing  
by trying so hard  
to appear  
• independent,  
• hard, and  
• oh, so perfect!

Yet  
if you show yourself  
• as you really are,  
• with all your weaknesses,  
• without any pretense,  
you make a  
• great and  
• generous  
gift;  
your brother or sister will think,  
"Well, he, or she,  
is not any better than I am,"  
and this will give him or her  
a lift.

He or she  
• will relax,  
• will feel less lonely.

Then do you know what will happen?

You will  
receive  
in this way  
exactly  
what you have set out to gain:  
• love,  
• admiration.

28

You will  
receive  
love  
because you have  
first given it up [i.e., you have first given up trying to receiving love].

You know  
the spiritual law:  
first  
you have to give up  
what you want to gain.

*You have given up*  
• *admiration,*  
*which means*  
*you have*  
*given up*  
• *making an impression,*  
• *wanting love from others*  
*because you*  
*appear so wonderful;*

*instead you have*  
*made a gift to others*  
*by diminishing their loneliness*  
*in their supposed imperfection.*

*All people*  
*think they are*  
*quite alone*  
*with their imperfections,*  
*even though*  
*they may*  
• *see and*  
• *criticize*  
*the imperfections of others*  
*all the time.*

*This is one of*  
*the inconsistencies*  
*of the*  
• *blind and*  
• *undeveloped*  
*self.*

29

*You have given up*  
• *your vanity.*

*You have given up*  
• *some of your ego.*



And  
this  
is why you  
must receive in  
• this way [i.e., this way of giving up seeking admiration and love,  
and giving up vanity, and some of your ego],  
and in  
• this way alone,  
what you have never succeeded in receiving  
• the other way,  
which  
your lower self  
has chosen until now  
in its blindness.

If you  
give up your ego  
in this way,  
you bestow  
the greatest possible gift  
on another human being,  
and therefore  
the law [i.e., the spiritual law: first you have to give up what you want to gain,  
here, giving up receiving love in order to receive love]  
must take effect.

It is such a simple way,  
my dear ones,  
so simple  
that none of you  
would ever think of it.

And yet,  
at first  
it does not appear easy.

It seems difficult  
to pull yourself down  
from the high place  
you  
• consciously or  
• unconsciously  
have built for yourself.

Once you have taken this step [of pulling yourself down  
from the high place you have built for yourself]  
in spite of all resistance,  
you must see  
divine law  
working  

- within you and
- outside of you.

  
The result  
must come.

30

Wherever  
there is a problem  
that you cannot solve,  
try this [i.e., try showing yourself as you really are, with all your  
weaknesses, without any pretense].

Try it!

- You do not have to  
exaggerate;
- you do not have to  
go to strangers  
and pull yourself down.

This [i.e., exaggerating your weaknesses and pulling yourself down]  
might even embarrass others.

Just  
take off your masks  

- naturally and
- unostentatiously.

Find out  

- what and
- who  
you really are  
and  
be  
that person.

Here, too,

you will receive

- help,
- opportunity, and
- the inspiration

as to

- when and
- how

to do it [i.e., when and how to be with others naturally  
and without masks and pretense],

once you have decided

to ask God

for His help.

All of a sudden,

if

you leave yourself open,

you will find yourself in a position –

perhaps

- with some member of your family or
- with a friend –

to discover

for the first time in your life

- that you have so far  
put on an act,
- that you have  
not given yourself  
as you really are.

Once you become conscious of this,

you will be able

to act

- as you really are,  
my friends, and
- without any pretense.

31

No  
sickly exaggerations!

No  
extremes!

As in everything else,  
here too  
you find  
two extremes.

A number of people  
indulge in  

- self-debasement,
- pulling themselves down  
in the eyes of others.

They say,  

- I am  
so bad,
- I am  
such a sinner,
- I am  
this and
- I am  
that.

This is  
as insincere a mask  
as the other extreme.

Such people  
want to accomplish  
by these means  
the very same thing  
as the other group of people [who build themselves up].

This is quite  
a smart maneuver,  
although it is often  
unconscious.

By accusing  
yourself,  
you take the weapon  
out of the hands of the others.

In this situation,  
they

- will find it quite impossible  
to accuse you and
- will even be inclined  
to contradict  
your self-accusations;  
thus  
the [i.e., your] ego is bolstered.

Furthermore,  
you think

- that accusing yourself  
is sufficient and
- that you do not have to do anything further  
about  
overcoming  
your shortcomings.

This attitude exists too  
and it is just as bad as its opposite.

32

When you think about this question,  
think of the two extremes.

It is important  
to know

- your weaknesses, and
- which extreme you tend to,  
for only what is  
truly genuine  
will have an effect:  
of that you can be quite sure!

This too is a law.

33	<p><i>And now, my dear friends, I am ready for your questions.</i></p> <p><b>QUESTION:</b> <i><u>May I have some help in finding the psychological problem underlying my physical condition?</u></i></p>
34	<p><b>ANSWER:</b> <i>Yes, my dear friend.</i></p> <p><i><u>I will answer your question in a general way which will also apply partly to yourself.</u></i></p> <p><i><u>I cannot give you a completely personal answer here;</u></i></p> <ul style="list-style-type: none"><li>• <i><u>it would not be fair to the others, and</u></i></li><li>• <i><u>it would not be fair to you.</u></i></li></ul> <p><i><u>However,</u></i></p> <p><i><u>a general explanation</u></i></p> <ul style="list-style-type: none"><li>• <i><u>will help you to search in the right direction and</u></i></li><li>• <i><u>will, at the same time, be useful to everyone.</u></i></li></ul>
35	<p><i><u>Whenever there is a so-called psychosomatic illness,</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the cause or</u></i></li><li>• <i><u>the root of it has to be found in the unconscious.</u></i></li></ul>

This is  
very difficult to do  
alone;  
nevertheless,  
there are certain points  
which I can give you  
to help you  
get a little further  
on this road.

In the first place,  
I would advise you  
to find out  
all your faults,  
for there are  
hardly any human beings –  
unless they have gone through  
such a purification process  
with help from someone –  
who are  
really aware of  
all their faults.

And they [i.e., all your faults]  
can be found.

It is not easy;  
it means perhaps also  
a little humiliation,  
which is  

- good and
- healthy

for you,  
particularly in the connection  
I have just mentioned [i.e., connection between  
psychosomatic illnesses and the unconscious].

36

Ask

- your dear ones, and
- those who
  - are closest to you and
  - know you best,

"Please tell me,  
what are my faults?"

You can tell me frankly;  
I will not be angry with you;

I will consider carefully  
what you say."

And after they have done so,  
consider

every one of the faults  
that have been mentioned,  
even if you are convinced  
that you are  
unjustly accused.

You will always find  
some grain of truth  
in what others have observed about you.

This will give you  
a very important clue  
which will direct you  
in coming to  
the roots  
of your problems.

The fewer faults you find,  
the more proof you have  
that you  
do not know yourself  
very well.



37

The best way  
to find out about  
your unconscious  
apart from dream analysis –  
but not everyone knows how to do that –  
is by doing  
what I call  
the Daily Review.

With its help  
you can find out  
your true reactions  
to certain events;  
you begin to  

- pull off masks and
- stop pretenses.

You can find out  
where your actions  
go against  
a spiritual law.

The daily review  
should be conducted  
in the following manner:

Let the whole day  
pass  

- in front of your eyes and
- in your memory;

think of everything  
that  

- has happened and
- has given you,

in some way,  
a disharmonious  

- feeling or
- reaction.

And no matter how wrong  
the other person may have been,  
the moment you have been  
negatively touched by it,  
there must be  
something wrong within you.

Write down  
in a few words

- the occasions,
- your reactions and
- [your] associations.

If you  
follow this practice through  
for some time to come,  
and

- not just once or twice,

but

- faithfully,

you will see  
after a while  
a clear pattern  
emerging.

At first,  
these disharmonious incidents  
will appear

- entirely unconnected and
- isolated;

they  
will be  
meaningless for you.

Later on  
you will begin to

- sense

and, in time,

- clearly understand  
the pattern.

This will help greatly [in finding out about your unconscious and your faults].

38

You should  
pray for  
• enlightenment and  
• guidance  
every time  
you conduct  
the daily review.

Then  
ideas  
• will flow into you and  
• will eventually  
furnish you  
with further clues [about your unconscious and your faults],  
though at first  
they may not  
make sense to you.

Do not  
discard  
any of the ideas;  
do not  
resist them.

Later on,  
all of them  
will form  
a clear picture [of aspects of your unconscious and your faults].

As with a puzzle,  
when you look at  
the pieces,  
you cannot see  
the picture,  
but if you  
patiently  
put them [i.e., put the pieces] together,  
you will succeed.

Thus you will  
uncover  
your hidden  
• anxieties and  
• complexes  
which are responsible for  
your disease.

Most of it [i.e., most of what is responsible for your disease]

is

- anxiety or
  - fear,
- almost all of it,  
in one form or another,
- a fear
    - that you  
do not permit yourself  
to realize
      - consciously,
    - that you  
have pushed back  
into your
      - unconscious.

So now

you have to  
let it [i.e., let the fear] out.

It takes

- time and
  - effort
- before  
you
- can deal with it properly  
in your conscious mind and
  - become aware of  
the spiritual laws  
from which  
you have deviated  
within your soul.

39

The recognition  
of your faults

- is of  
utmost importance and
- relates  
directly  
to your  
hidden anxieties.

*This [recognition of your faults related to your hidden anxieties]*  
*is the only way*  
*your problems can be solved.*

*And I tell you, my friend,*  
*there is*

- *a great fear*  
*in you,*  
*part of which*  
*you do not want to acknowledge,*
- *a fear*  
*that*  
*creates hostility*  
*in certain aspects of your life,*  
*which again*  
*you do not want to see.*

*When you find this out [i.e., when you find out that there is a fear in you*  
*that is creating hostility in your life],*

*you are at*  
*the root,*  
*and all that remains to be accomplished*  
*is the reeducation*  
*of certain emotional currents.*

*If you go about it*  
*seriously*  
*and not expect a result*

- *tomorrow or*
- *next week,*

*and yet*  
*keep on working,*

*you must*  
*come to the roots,*  
*and thus dissolve*  
*the knot in your soul*  
*which creates*  
*the physical symptoms.*

*Is that clear?*

**QUESTIONER**  
*Yes, thank you.*

40	<p><b>QUESTION:</b> <i>I would like to ask if you could explain the <u>miracle of Therese von Neumann</u> who has the <u>stigmata</u> that bleed every week; she has <u>not eaten for years....</u></i></p>
41	<p><b>ANSWER:</b> <i>Well, I cannot possibly give you in this short time a technical explanation of how these things work, but there are <u>many, many things</u> <u>possible in this world.</u></i></p> <p><i><u>What you call</u> <u>"miracles"</u> <u>are simply laws</u> <u>you do not understand,</u> <u>just as many people</u> <u>do not know</u></i></p> <ul style="list-style-type: none"><li>• <u>the laws</u> <u>governing communication with the beyond,</u></li><li>• <u>that a spirit can manifest through a medium.</u></li></ul> <p><i><u>There are</u> <u>many spiritual laws</u> <u>governing mastery</u> <u>over the physical body,</u> <u>and this person</u> <u>is not the only one</u> <u>who has done it.</u></i></p> <p><i><u>There are other examples</u> <u>where physical functions</u> <u>are completely controlled.</u></i></p> <p><i><u>When this happens,</u> <u>certain influences from the spirit world</u> <u>can occur.</u></i></p> <p><i>Such phenomena belong in the same chapter.</i></p>

42

**QUESTION:**

**Does it necessarily mean  
that such a person is  
spiritually  
very highly developed?**

**ANSWER:**

**Usually,  
yes.  
Those people  
have a task to fulfill.**

**They bring something  
that helps mankind  
to wake up.**

**They produce  
what is called  
a miracle.**

**Here I want to stress the point,  
although you all know it,  
that there is  
no such thing  
as a miracle  
in the sense the word is usually understood,  
unless  
you consider  
the whole universe  
a miracle,  
which it is, of course!**

**But there are  
only laws,  
• some of which  
you understand and  
• many of which  
you do not understand.**

**Humanity has fallen into the habit of  
calling  
• events or  
• phenomena  
that it does not understand  
"miracles."**

43	<p><b>QUESTION:</b> <i>I would like to ask about the <u>evolution of animals</u>.</i></p> <p><i>When the highest animal becomes a human being, for instance.</i></p> <p><i>That a nice gentle horse becomes the lowest type of human being, such as a criminal, I can't imagine.</i></p>
44	<p><b>ANSWER:</b> <i>No,</i> <i>you cannot say</i> <i>• <u>one horse</u></i> <i>turns into</i> <i>• <u>a human being</u>.</i></p> <p><i><u>That is not correct.</u></i></p> <p><i><u>There are</u></i> <i>• <u>many parts</u></i> <i>that</i> <i>• <u>form a whole.</u></i></p> <p><i><u>And it does not necessarily</u></i> <i><u>have to be a criminal.</u></i></p> <p><i><u>No,</u></i> <i><u>it is not so.</u></i></p>



It is rather that  
a person  
on the lowest level  
of human development  
• knows very little,  
• is still very blind,  
and if he  
becomes a criminal  
it is only because  
his free will  
directs him  
to give in to  
the lower part of his nature.

You see,  
the soul particles  
incarnated as animals  
are different aspects of  
the human inner makeup.

Perhaps one horse –  
though this is but a rough explanation –  
would represent  
one aspect [of a human's inner makeup],  
and so on.

Because  
the animal soul  
is not a whole,  
it is  
just a particle of  
a group soul.

Before incarnation,  
the group souls  
of the respective animals  
are collected  
in the spirit world  
and for a long time  
they [i.e., the group souls]  
are put through  
an extremely complicated process,  
which would be impossible to explain to you.

They [i.e., the group souls]  
are made unconscious  
and their

- fluids and
- subtle bodies

are

- dissolved and
- put through a process

where

new subtle bodies

can form

around

the original divine spark,

nearer to the state

that it once was.

Then

the first incarnation

can begin

and there is

a clean slate.

Whatever

this being

decides,

it can do.

*Is that somehow clearer?*

**QUESTIONER**

*Yes.*

**ANSWER:**

*I realize this is*

extremely complicated

for any of you to understand.

45

**QUESTION:**

Animals

have the same diseases  
as human beings,  
but human beings  
learn from their disease.

What can

an animal learn  
from having a disease?

**ANSWER:**

*That is not the point.*

*At that stage,*

before the human incarnation,  
there is nothing to learn;  
it [i.e., the disease]  
is just  
something to go through.

46

**QUESTION:**

Do

the great ideas  
start in the spirit world  
or do they  
start here  
and are taken back [to the spirit world]?

**ANSWER:**

Oh no.

They [i.e., the great ideas]  
start in the spirit world, of course.

For every

- specialty,
- art, or
- science –  
*and I have mentioned this before –*

there are

- special spheres.

Different creatures

- work and
  - create
- in the respective spheres.

When these beings  
are incarnated,  
they bring  
something of their knowledge  
with them.

Only part of it, of course.

They cannot remember  
all of it.

They  
unfold their gift  
here [on earth]  
with the help of  
their friends in the spirit world  
who guide them accordingly.

But  
the ideas  
are created  
in the spirit world.

The entire earth  
is only the

- effect,

not the

- origin or
- cause.

So  
everything  
must be created  
in the spirit world.

47

**QUESTION:**

**Are the**

- spirits or
- doctors or
- masters

**in the spirit world**

**limited**

**in the extent of their ability**

**to advise us**

**in some material problems?**

**ANSWER:**

**Oh, yes,**

**they are, indeed,**

**limited**

**to an extent.**

**They [i.e., those in the spirit world]**

**can do it [i.e., can advise you]**

**only**

**according to law,**

**which is**

- very firmly regulated and
- very wisely [regulated].

**Here again**

**you touch on a question**

**that is**

**impossible**

**for you to understand.**

**You can only have**

**a vague idea of it.**

**For example,**

**the spirits**

**cannot possibly**

**interfere with [i.e., interfere by offering] their guidance**

**in anybody's affairs**

**if the interference [offered by means of their guidance]**

**would hamper**

**the person's free will.**

*You live on this earth  
with your free will  
for a very definite purpose.*

*It is not so important  
whether everything [you experience] is*  

- *pleasant and*
- *painless.*

*Only you human beings  
think that this [i.e., think that everything being pleasant and painless]  
is of utmost importance.*

*When you have*  

- *a disease,*

*when you feel*  

- *pain,*

*when you have*  

- *a problem or*
- *some sort of unhappiness,*

*you think*  
*this is the end of the world.*

*Your goal is*  

- *to be always happy and*
- *to eliminate all problems*  
*the easy way,*

*but*  
*that is not the point [of your life on earth].*

*The point is*  

- *how you can*  
*overcome them [i.e., overcome your diseases, pains,*  
*problems, and unhappiness],*
- *how you can*  
*solve your problems, and*
- *how you can*  
*meet them*  
*from a*  
*spiritual point of view.*

Only in that way [i.e., only by meeting and solving life's issues from a spiritual point of view]

can you become  
• strong and  
• independent.

If there would be  
undue interference,  
you would not  
be capable of learning  
what you have to learn [from your life experience on earth].

48

QUESTION:

Even if  
we ask for certain specific help?

ANSWER:

Certainly,  
help can be given,  
and this again  
is regulated  
according to law.

The fact  
that you ask for it [i.e., ask for help]  
is already a sign  
that you  
have learned something.

But here again,  
you have to be careful about  
how  
to ask.

I would advise you  
to ask in this way:

"Show me,  
Father,  
the real reason  
for my difficulties,  
so that  
I  
can solve them."

Do not ask  
that the difficulty  
is simply taken away.

That would be the  
• wrong and  
• immature  
way of asking.

But if you  
ask  
the right way,  
trying to  
learn  
from your difficulties,  
you will be answered.

And perhaps  
you will be answered  
in a very different way  
than you thought, my dear!

49

**QUESTION:**  
To what extent  
can we expect to  
help heal our friends  
through  
• meditation and  
• prayer?

**ANSWER:**  
Very few people, indeed,  
have the strength  
to heal  
through prayer.

However,  
• your prayers and  
• your thinking  
• of friends, or  
• of anyone for that matter,  
in meditation,  
is of tremendous help.



You cannot  
even begin to appreciate  
how much  
you can help  
in that way.

As you know,  
each  
• thought and  
• feeling  
is a  
substantial form  
in the spirit world,  
and  
no thought  
is ever lost,  
especially  
not a  
• constructive and  
• good  
one  
that comes from  
• love and  
• goodwill.

These thoughts  
add to  
the cosmic  
• reservoir and  
• flow  
in the universe,  
so that  
the forces of good  
become  
that much stronger  
compared to  
the forces of evil,  
for  
each evil thought  
is  
• added to that [i.e., added to the evil] reservoir and  
• furnishes it [i.e., furnishes the evil reservoir] with strength.

50

If,  
according to many factors  
which I cannot discuss here,  
direct help  
can be given to a particular friend –  
perhaps in a different form  
than you human beings  
can conceive of at present –  
then your prayer  
will have  
an immediate result.

If,  
on the other hand,  
this dear one  
has to  
go through some difficulties  
for the sake of  
his or her  

- eventual and
- permanent  
  - happiness and
  - liberation from bonds,

  
then  
your prayer  
will not be lost either.

You can be quite sure of that.

Its [i.e., your prayer's]  
form  
remains preserved, so to speak,  
and will have its  
proper effect  
at the proper time.

So nothing of that sort  
is ever lost.

51

*I cannot recommend strongly enough*  
*that*  
*the few privileged people*  
*who have*  
*found God*  
*in their souls*  
*to some extent*

*devote more time*  
*to prayer*  
*not only*  

- *for themselves*

*but*  

- *for other people*

*also.*

*Offer your prayers*  

- *for general development,*
- *for the unhappy souls*  
*who have not yet reached*  
*even a glimmer of light.*

*So many thoughts*  
*are wasted*  
*in*  

- *unproductive*

*and even*  

- *harmful*  
*brooding.*

*If*  
*that same time*  
*could be used*  
*productively –*  
*and there is*  
*nothing more productive*  
*than prayer –*  
*then*  
*you would add*  
*a great force*  
*to the Plan of Salvation*  
*that is working*  
*in the whole universe.*

52

**QUESTION:**  
*I would like to know if*  
*everything*  
*is a manifestation of*  
*man's belief?*

**ANSWER:**  
*How exactly*  
*do you mean that, my dear?*

**QUESTION:**  
*I mean*  
*everything*  
*that we know on earth.*

*Is it*  
*the result of*  
*what we*  
*believe it to be?*

53

**ANSWER:**  
*It is very difficult to answer this*  
*with*  
*a yes or a no.*

*I will try to put it this way:*

- *The earth sphere or*
- *the material world*  
*has been created*  
*for you humans*  
*for a definite purpose*  
*which I have mentioned many times.*

*The main purpose [of the earth sphere or material world]*  
*is development.*

*In the earth sphere,*  
*development*  
*proceeds infinitely faster [than it does in our spirit spheres].*

Your earth sphere,  
with all that is contained therein –

- landscapes,
- mountains,
- seas,
- houses,
- any object –
- exists concretely and
- does not alter its shape  
according to  
people's attitudes.

In other words,  
you see this room  
the same way  
as

- a person of  
much higher development or
- someone of  
much lower development  
would.

The objects in this room  
remain the same  
for any human being  
with a normal sense of perception,

while  
the spirit world  
is the outpicturing  
of the spirit's

- ideas,
- attitudes,
- thoughts, and
- mentality.

There [i.e., in the spirit world],  
everything  
is the result of

- thoughts,
- feelings, and
- deeds.

Therefore,  
spirits  
of the same development  
are always together  
in one sphere.

Other spirits,  
let us say  
lower ones,  
could not even  
see these  
• landscapes or  
• objects  
• which  
the spirits see and  
• which  
are the products  
of their personalities.

But on earth  
it is not that way,  
and  
there is  
a very good reason for that.

Yet,  
in another way,  
there is  
a particle of truth  
in what you have said,  
but not as far as  
the actual objects are concerned.

It is much more  
in the sense of  
what people  
do with their lives.

A person can  
• guide and  
• determine  
his or her own life  
to a very large degree,  
and in that way you are right.

54

Anyone  
who has sufficient faith  
will also  
automatically  
follow the divine laws.

And anyone  
who is  
seriously trying to  

- learn and
- keep

the divine laws  
will  
gain the faith  
that may still be lacking  
at the beginning of this path.

Here, too,  
nobody  
can have faith  
by forcing it;  
it can only grow  
organically  
by self-development.

It [i.e., faith]  
will grow  
by living these laws,  
even though  
it [i.e. living these laws]  
may be difficult  
at the beginning.

Then [i.e., as your faith grows by living these divine laws]  
you  

- guide your own life and
- produce all the conditions

that you need  
to find God,

while [conversely]  
by not following the divine laws  
you produce  
unfavorable conditions.

In that respect what you think is true.  
Do you understand the difference?

55	<p><b>QUESTION:</b> <i>The reason I asked was that <u>the Bible says,</u> <u>"By your faith</u> <u>you can move the unmovable."</u></i></p> <p><b>ANSWER:</b> <i><u>Oh yes,</u> <u>that is quite true.</u></i></p> <p><i><u>These</u> <u>are then</u></i></p> <ul style="list-style-type: none"><li><i>• <u>the so-called</u> <u>miracles,</u></i></li><li><i>• <u>the so-called</u> <u>supernatural happenings.</u></i></li></ul> <p><i>Any more questions?</i></p>
56	<p><b>QUESTION:</b> <i>Could you explain to us in a few words the difference between</i></p> <ul style="list-style-type: none"><li><i>• <u>mysticism</u></i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• <u>white and black magic?</u></i></li></ul> <p><b>ANSWER:</b> <i>This is too long a subject for tonight.</i></p> <p><i>I suggest that you remember the question for next time and ask it at the beginning of the question period, when I will have more time to go into it.</i></p>



57

***I will retire  
and leave you  
with the blessings of the Lord.***

***Receive  
His love,  
for there is actually  
a great blessing  
in this room,  
right now.***

***And if  
you are open to it,  
though perhaps  
not all of you  
can see this shining force,  
you may***

- feel it and***
- receive it and***
- use it***

***for God.***

***Be in peace!***

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