

Pathwork on
The Difference Between Soul and Spirit

from

Pathwork Lecture 21: **The Fall**

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<http://www.garyvollbracht.com/wp-content/uploads/L021GaryDevotional.pdf>

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QUESTION:

***Could you please make clear
the difference
between
• the soul
and
• the spirit?***

ANSWER:

***The spirit
is
• the ultimate being,
• the indestructible being
that lives eternally.***

***The soul [in contrast to the spirit]
is
one
of the subtle bodies
that will,
eventually,
disintegrate.***

***Is that clear,
do you understand that?***

***I think what you want to know
is how
the two manifest,
so that you may know
which is which.***

***Is that what you mean?
{That is correct.}***

To have
the spirit
consciously
manifest
is, of course,
not easy.

This [i.e., having the spirit consciously manifest]
can only happen

- when spiritual development
has reached a certain point,
- when a breakthrough
has been accomplished
in a person's higher self.

Then [i.e., when your spiritual development has reached a certain point
and when a breakthrough has been accomplished in your higher self]
you will
feel

- that something
- thinks within you,
 - directs you,
 - sends you messages,
 - gives you
 - deep and
 - unquestionable
knowledge –

and all this
does not come from

- your brain region
where your
normal thinking takes place,

but from

- the region of your solar plexus.

Your soul [in contrast to the spirit],
however,
manifests
in your

- emotional life,

in your

- feelings and

in your

- subconscious.

Even to become
conscious of
your feelings,
a great deal of
self-knowledge
is necessary;

most people are
unaware of their

- real feelings and
- emotional reactions

and are thus slave to them;

they are mastered by them,
instead of

- controlling and
- mastering

them.

To achieve this mastery [over feelings and emotional reactions],

- self-observation,
- objectivity, and
- self-criticism

are essential.

If what I advised tonight
in my second reply [*i.e., the reply regarding attaining self-knowledge, page 35ff*]
is followed,
the result
must be,
first,
awareness of

- the soul,

and then
awareness of

- the spirit.