

Pathwork Lecture 21: The Fall

1996 Edition, Original Given January 17, 1958

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Version** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, 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**. *I invite you to slowly read and ponder this rendition of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The original text is in bold, italicized, and mostly underlined. [My interpretations and intended clarifications are in brackets, italicized, sometimes underlined, but never bolded.]

To learn more of my Devotional Version and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

Blessings on your journey, Gary

Track	Content
03	<p><u>Greetings</u> <u>in the name of the Lord.</u></p> <p><u>Blessed are all of you,</u> <u>my dear friends.</u></p> <p><u>Last time I talked about</u> <u>how evil came into existence.</u></p> <p><u>This question has bothered many people</u> <u>who cannot imagine</u> <u>how a God of love</u> <u>could permit</u> <u>the existence of evil.</u></p> <p><u>For those friends who are here for the first time,</u> <u>I suggest they read the last two lectures</u> <u>in order to understand this one</u> <u>which is a continuation.</u></p>

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04

*To briefly recapitulate,
I explained how
long before
the existence of the material world,
some of the created beings
who had been endowed
not only with
• free will
but also with
• a certain power,
abused this power.*

*I explained how
this Fall of the Angels,
as it is called,
happened gradually
as a slow process of degeneration,
whereby
everything divine
• very slowly and
• gradually
turned into
its opposite aspect.*

*In this way
a separation occurred
between
• those who had abused their power
and
• those who had not.*

*I have often said –
and this applies to all beings,
• spirit or
• human –*

*that
• your attitudes,
• your opinions,
• your feelings, and
• your thoughts
create the spiritual worlds,
even though
you may still live on earth.*

You each
create the world
which will be yours.

In the same way,
the spirits participating in the Fall
created

- new worlds
according to their changing attitudes,
- dark worlds
often referred to as
- Hell.

The attitudes of

- disharmony and
- hatred

created such forms.

05

There is
not just one
possibility
in this respect.

Let us suppose, for instance,
that a being
in its perfect state
had the particular characteristic of

- great strength of love,
- the fire of divine love.

This
love force
would

- turn around
into its opposite and
- create a fire of
 - hatred and
 - wickedness;

thus
a very disharmonious kind of fiery world
would come into existence.

*So, you see,
all legends
are not as unreal
as they might appear to you.*

*Let us suppose
another individual
in his or her perfect state of development
had the particular characteristic of*

- wise judgment,
- calmness, and
- detached reflection.

*These attributes
would enable the being
to further the divine creation
in a particular way
through the slow unfoldment
of this special creative power.*

*Directed to
its opposite force [, however],
this power
would create
a world of*

- icy coldness,
- icy darkness, and
- desolation.

*There are many more possibilities
of how
the infinite variety
of divine attributes
can*

- change into their opposites and
- create
the corresponding spheres
in the world of darkness,
of which there is also
an infinite variety,
just as in the divine world.

These spheres
• of fire or
• of icy coldness –
in the spiritual sense, of course –
are just two examples.

There are
spheres of
• slime and
• dirt,
spheres of
• intense suffering
through
• overcrowding or
through
• isolation, and
• many, many other varieties.

06

Since
one of the most important divine aspects
is
• free will or
• freedom of choice,
this had to
turn into its opposite too.

The spirit
who was the first
to succumb to the temptation
of abusing this power,
the one
who is sometimes referred to as
• Lucifer,
• Satan, or
• the Devil,
who
influenced others to follow him,
would naturally have been
the first one
to inhabit
the new world
that came into existence.

This spirit [i.e., Lucifer, Satan, or the Devil]
had complete power over
all those
who followed him,

and,

contrary to God [and God's use of His infinite power over others],
he [i.e., Lucifer] used this power [over others to control others].

God [, in sharp contrast to Lucifer and Lucifer's exercising control over others,]
gives the freedom of choice
and this has deeper significance
than most of you realize.

With that freedom
necessarily comes
the possibility

- *to abuse the given power and*
- *to use it*
contrary to
the divine laws.

If no choice
were available,
there would be

- *no freedom and*
- *no [individual] power.*

There can be

- *no divine happiness,*

in fact,

- *no divinity at all,*

if it cannot be

- *attained or*
- *maintained*
by free choice.

	<p><i><u>By the same token,</u></i> <i><u>the opposite of</u></i> <ul style="list-style-type: none">• <i><u>God and</u></i>• <i><u>His laws</u></i><i><u>must be</u></i> <ul style="list-style-type: none">• <i><u>the prohibition of</u></i> <i><u>free choice and</u></i>• <i><u>the domination of</u></i> <i><u>the stronger [here Lucifer]</u></i> <i><u>over</u></i> <i><u>the weaker ones [i.e., domination over other weaker spirits,</u></i> <i><u>including humans].</u></i></p>
07	<p><i><u>This state of affairs</u></i> <i><u>would seem to make</u></i> <i><u>the salvation</u></i> <i><u>of the fallen beings [who are under the domination of Lucifer</u></i> <i><u>and not free to choose otherwise]</u></i> <i><u>impossible;</u></i></p> <p><i><u>for even should they</u></i> <i><u>have come to the point</u></i> <i><u>of desiring</u></i> <i><u>to go back to God,</u></i> <i><u>they would</u></i> <i><u>not have had the power to do so</u></i> <i><u>since they</u></i> <i><u>were under the</u></i> <ul style="list-style-type: none">• <i><u>dominion and</u></i>• <i><u>power</u></i><i><u>of the one who reigns</u></i> <i><u>in the world of darkness.</u></i></p> <p><i><u>On the other hand,</u></i> <i><u>how could God</u></i> <ul style="list-style-type: none">• <i><u>not break his own laws</u></i><i><u>and still</u></i> <ul style="list-style-type: none">• <i><u>save those beings</u></i> <i><u>who longed for him?</u></i></p>

If He were to use
his infinite power
by overruling

- the free will and
- the choice

of those
who decided to
use the given power
in their own way,

He would actually
be acting from
the same principle [of domination over His created beings]
as Lucifer.

Here
more than in anything else,
maintaining
the divine principle
was of utmost importance,

for only if
God remained true to

- himself and
- his laws

would there be
a fundamental difference
between

- the ways of God [i.e., freedom to all His created beings]

and

- the ways of Lucifer [i.e., domination over weaker created beings].

Since
it is God's plan
that
every creature

- should recognize him

and at one time

- come back to him
out of free choice and
- reattain divinity [i.e., reattain the divinity it had originally],

it was imperative
that he [i.e., that God]
not
use the
same means of force
as his opponent [i.e., Lucifer],
even though
his [i.e., God's] purpose
might be a good one [i.e., here, God's purpose
being that all who had fallen would
reattain their original divinity].

It is
not
the end [i.e., here, that the fallen would reattain divinity]
alone
that counts,

but
very much
the means too [i.e., the means by which created beings reattain divinity]!

Only by remaining true to these principles [including giving freedom to all beings]
would the
most stubborn
of the fallen beings
one day

- see the vast difference
between these two ways of being [i.e., freedom vs. domination]

and

- understand
the dignity
that lies in the divine principles,
even though it means
a path of suffering
for those who wish to get out of
the self-created miserable circumstances.

08

Since
life in spirit
is in direct relationship
to the
inner

- harmony,
- enlightenment, and
- general attitude,

spirits
who have become
disharmonious
cannot be simply put into
a world of harmony
as you might travel
into a beautiful country.

In the world of spirit
the country
is
both

- you

and

- your product.

Therefore,
the once fallen spirits

- had and
- still have

to attain
a state
where again
they
naturally
produce harmonious worlds.

That this can
only be accomplished
through
the same
slow process
of development
as the Fall
with its
degeneration
is natural enough.

You will readily understand now
that this must happen [i.e., the fallen spirits must change their innermost attitudes]
in free choice, too,
so that questions like,

"Why has God not done away with evil?",

need not come up any more
in your deliberations.

On the other hand,

means

had to be found

so that

the creatures

who desired

• to return to God and

• to keep

• his laws

instead of

• Lucifer's [laws]

could do so

within the framework

of the laws of God [including the divine aspect of free will].

Thus

the free will

of no one

would be broken,

not even [the free will]

of Lucifer himself.

This [means by which those who have fallen and who now desire to return to God
and regain divinity without violating free will and other of God's laws]

is

the great Plan of Salvation

in which

Christ played a major role.

I will talk about this in more detail the next time.

09

The spheres of darkness
first came into existence
where the spirits lived
under the dominion of Lucifer.

In the beginning
there was no

- longing for or
- sense of
the light

they had once possessed.

Only after tasting
the self-chosen medicine
for a considerable time,
that is, [the self-chosen medicine of]
experiencing
a state of desolation [for a considerable time],
did a vague longing
for something else –
they did not quite know [longing] for what –
take hold of
some of these [fallen] beings.

It goes without saying
that the memory of

- God and
- his worlds

was extinguished
to the degree
that disharmony
had set in,
but it [i.e., but the memory of God and his worlds]
was revived again
as attitudes changed.

The latter [i.e., the changing attitudes in the fallen beings, leading to the reviving of the
memory of God and his worlds in the fallen beings]
could only occur
as an exceedingly slow process, however.

Spiritual darkness
annuls knowledge,
which is spiritual light.

Just as with human beings,
if you have
no
spiritual enlightenment,
you have to work
spiritually
to regain
glimpses
of this light.

The vague longing
that
first

- some and

later

- more

creatures
felt
was sufficient
to bring
a glimmer of light
into their world,
as though
a faraway dawn
changed
the contours of their world
a little bit.

- The cold
would not be
quite so cold any more;
- the fire
not so hot anymore;
- the filth
not quite so filthy any more; and
- the loneliness
not quite so
 - unbearable and
 - hopelessany more.

10

When
enough spirits
came into the state
of longing
and
the longing [in these spirits]
increased,
the time was ripe
for the material world
as you know it [i.e., the earth sphere]
to come into existence.

You may say
that God
created
the material world,
and this is true,
for nothing can be created
without
the creative divine force.

However,
it is equally true
that the material world
was also created
by the longing of enough spirits
for something higher.

The world
in which you are now living
is
the product
of the desire
to strive higher.

Here [in the world in which you are now living, i.e., in the earth sphere]
conditions exist

- in which
spiritual development
can proceed, and
- in which
a free choice for God
can be made –
which is impossible
in the worlds of darkness.

In other words,
this earth sphere
is a product
of the longing
of the fallen spirits.

And it [i.e., the earth sphere]
is equally a product
of the longing
of all those beings

- who remained with God and
- whose deepest desire
 - was always, and
 - is always,

to bring their brothers and sisters
back to God.

Therefore,
both

- the divine worlds

and

- the worlds of darkness

helped
in the creation
of this earth sphere.

The influence
of both worlds

- exists and
- will manifest itself
according to
the attitude
of each individual being
on this plane [i.e., on the plane of the earth sphere]
possessing the power
of free choice.

• Conditions and
• circumstances
on this earth sphere
are different, of course,
due to
the new form of matter;

but then,
circumstances vary
in all spheres.

11

Long before
the fallen spirits developed far enough
to be born as
men and women [on this earth sphere],
the spiritual life force
first acted
to create
other forms of life.

The original life force
that

- works and
- manifests itself

in each created being

not only
produced

- animals,
- plants, and
- minerals,

but also

- other substances

which were at first
without
self-awareness.

Just as
a plant
is without
self-awareness,
so too
were these substances.

As time went on,
more and more beings
came into
a state of longing for light.

This [state of longing for light] would perhaps
constitute
the only feeling
these beings had
at that time.

Very gradually,
human beings
came into existence
in material form
through
various intermediate states.

When this happened [i.e., when human beings
came into existence in material form],
a major phase
was accomplished.

This was the time
when the first glimmer
of self-awareness
was

- born, or
- reborn, or
- re-awakened.

More
and more
people
came to live on earth.

Only with
self-awareness,
which includes

- thinking and
- deciding,

can
development
take place.

All the forms of life
which existed
before human beings
have been
leading up to this point.

12

You all know now
that human beings
produce
their spiritual world.

And on earth
where the influence
of God's world
also existed,
for the first time
since the Fall,
they [i.e., human beings]
now had the opportunity

- to learn,
- to change,
- to turn to God

and thus

- to create a better world
for themselves
in both
 - matter and
 - spirit.

They [i.e., human beings]
would go to
the spirit world
after

- the death of the body and

also

- during sleep
when the body rested.

From the spirit world
they would receive

- inspirations and
- influences
of all sorts.

This is why
development
cannot proceed faster;
for all the incarnated beings
were at first
so low in their development
that
they were
constantly influenced
by their own sphere.

If God's world
had not
acted on this earth too,
there would not have been
any difference
between

- the earth sphere

and

- a sphere
in the world of darkness.

13

You must all realize, my friends,
that I can give you
only a very rough outline of all this.

This touches
the very greatest questions,
which cannot be fully understood
by any human being,
for
both

- human language

and

- human understanding
are too limited.

Therefore, as a rule
I do not even like to talk much
about all this
because the main thing for you is

- to learn to know your own soul and
- to develop it spiritually.

However,
human beings
often wonder about
these fundamental questions,
not merely

- in a spirit of superficial curiosity,

but

- in good faith.

And

- ignorance and
- wrong conceptions

of some of these points
may seriously hinder
your development.

This is why
I have been charged
to give this series of lectures,
even though
some of you
may not yet have
sufficient inner perception
to

- sense and
- feel

the

- truth and
- deep significance

all this information holds

- in general

and also

- for your own lives in particular.

14

How did
the influence
of the world of God
manifest itself?

Could angels of God
• guide and
• inspire
the human beings
who were incarnated
from the spheres of darkness?

This would be
an impossibility
since
according to universal law
an individual human being
has to make
the first step
in order to receive help
from the world of God.

How could this [first] step be made
if the whole entity
was still so coarse
that it had
• no inkling of God,
• no idea of his world, and
• no notion of what to do?

On the other hand,
God's world
co-created this material earth
and thus,
according to the law of free will,
[God's world] had the right
to manifest its influence on earth.

The answer is that
pure spirits
who remained in the divine worlds
were incarnated
at all times.

To be sure,
very few
were incarnated [on your material earth] at one time,
but the influence
of one such being
outweighs by far
the

- strength and
- influence

of a hundred creatures
of the world of darkness.

The spirits
who were incarnated
from the world of God
brought with them

- light,
- love, and
- wisdom.

They fulfilled
a great mission
with their incarnation on earth, and
their influence
was much more far reaching
than might have appeared at first sight.

With this influence
growing steadily
through the ages,
the fallen spirits
during their incarnation on earth
could freely choose
what side to listen to:

- the side that reached their lower nature

or

- the side that seemed to
push them ever upward
regardless of the difficulties encountered.

	<p><u>By such free choice,</u> <u>God's law</u> <u>concerning this aspect of life</u> [i.e., <u>the divine aspect of life of having free choice rather than being forced by God</u>] <u>was not violated.</u></p>
15	<p><u>Communication with</u> <u>the beyond</u> <u>took place</u> <u>not only</u></p> <ul style="list-style-type: none">• <u>through</u>• <u>guidance and</u>• <u>inspiration,</u> <p><u>but –</u></p> <ul style="list-style-type: none">• <u>what always existed and</u>• <u>what will exist –</u>• <u>through</u>• <u>a more direct form of communication,</u> <u>namely</u> <u>what you now call</u> <u>mediumship</u> <u>in various forms.</u> <p><u>Communication with</u> <u>spheres of the beyond</u> <u>depends entirely on</u> <u>the</u></p> <ul style="list-style-type: none">• <u>attitude,</u>• <u>goal, and</u>• <u>general development</u> <u>of the</u><ul style="list-style-type: none">• <u>medium</u> <p><u>as well as of the</u></p> <ul style="list-style-type: none">• <u>people using the channel.</u> <p><u>During the early times,</u> <u>human beings</u> <u>who were fallen spirits</u> <u>could not have</u> <u>any communications</u> <u>other than</u> <u>with the world of darkness.</u></p>

But
the pure
incarnated spirits [i.e., the spirits not participating in the fall]
had communication with
the world of God.

And this [communication with the world of God by incarnated spirits
not participating in the fall]

so strongly outweighed

the

• danger and

• damage

of communication with

the Luciferic worlds

that it [i.e., that the incarnation on earth of a few spirits from the world of God]

was indeed

worthwhile.

If communication with

one world

could exist,

a connection with

the other

was within the law.

If one [i.e., If connecting with the world of God]

had been impossible,

then the other [i.e., then connecting with the Luciferic worlds]

would have had to be

equally impossible.

Incidentally,

this is where some human beings make a great mistake

when they reason that

any

communication with the beyond is

• Luciferic and

• dangerous

and even claim that

it [i.e., claim that communication with the Luciferic worlds]

is the only possible one [i.e., the only possible communication with

the world beyond the human sphere is with the Luciferic worlds].

Human development
could not have proceeded at all
in those early times
if the pure spirits
who were occasionally incarnated [into the material earth sphere]
could not have made
a very direct connection
with the world of God
from which
truth
could come to humanity.

16

To

- have this benefit and
- remain within the framework
of the divine law [i.e., within the framework of free will],

an equality
had to exist
so that each individual
could make
a free choice.

An equal influence
had to come from both sides.

This meant fewer beings
of the divine world
living on earth,
because
their strength
always

- outweighs and
- outlasts
the influence of evil.

However,
especially during the early times,
a great interchange existed
between

- the material

and

- the Luciferic
worlds.

The dark spirits
claimed

- to be gods and
- to favor [or shower] human beings
with all sorts of grants
if they [i.e., if the human beings], in turn,
would follow
what the Luciferic spirits dictated.

Despite all this

- harm and
- danger,
the few communications
which were established with
the world of God
made up for the damage
a hundred times over.

The incarnated pure spirits

- had
- enough enlightenment
within themselves
to spread divine truth
- as well as
- the necessary requirements
to be in communication
with the world of God
as instruments.

For without
the mediumistic connection [to the world of God],
not enough truth
could have been given to humanity.

Even though

the pure spirits
had no evil in them,
the material shell of a body
took so much energy away
that the teachings
coming from within their own selves
would not have been sufficient.

Truth was spread
in the manner that humanity
at each particular period
was ready to absorb.

17

This went on for a long time.

Gradually
more of
the once fallen spirits
came into the state
where they could recognize God.

Their longing
became

- conscious and
- meaningful.

Their will
could now be developed
to overcome
the evil impulses
of their lower nature.

The change
that began to take place
had a much greater effect
than can be easily realized.

Not one of you
fully understands
that
if
a single person
develops really well,
doing the best
in his or her power,
this person
does not only

- help himself

but

- adds the most valuable cosmic power
to a great reservoir.

It [i.e., a single person developing really well]
will ultimately
have a very decisive effect
that will spread considerably,
even though
the person
may not see
even a part
of this effect.

As people change,
they might see
some of the effect
in their immediate surroundings
by noticing
how all of a sudden
their fellow-creatures
begin to change a little bit,
due to their own change.

But people
will not know,
as long as they are on earth,
how far-reaching
the effect
of the smallest endeavor in this direction
is.

No such endeavor [to develop oneself really well, doing the best in one's power]
is therefore ever in vain,
my friends!

It is as though
you threw a stone
into a pond of quiet water.

A ring appears around it,
then come more and more rings,
until
they extend so far
that your eyes cannot follow them
to the outer periphery,
but the rings are still there.

	<p><i><u>If one person</u></i> <i><u>overcomes</u></i> <i><u>a single weakness,</u></i> <i><u>it constitutes</u></i> <i><u>the best help</u></i> <i><u>in the great</u></i> <i><u>Plan of Salvation.</u></i></p>
18	<p><i><u>Next time I will continue from here</u></i> <i><u>and talk in greater detail</u></i> <i><u>about the part</u></i> <i><u>Jesus Christ</u></i> <i><u>has played</u></i> <i><u>in the Plan of Salvation.</u></i></p>
19	<p><i><u>And now I am ready for your questions, my friends.</u></i></p> <p><i><u>QUESTION:</u></i> <i><u>The dissection of Einstein's brain</u></i> <i><u>showed no marked anatomical differences</u></i> <i><u>between</u></i> <ul style="list-style-type: none"><i><u>• his brain</u></i><i><u>and</u></i> <ul style="list-style-type: none"><i><u>• the brains of other human beings.</u></i><p><i><u>What is,</u></i> <i><u>in a metaphysical sense,</u></i> <i><u>the brain</u></i> <i><u>as the physio-psychological vehicle</u></i> <i><u>for</u></i> <ul style="list-style-type: none"><i><u>• intelligence and</u></i><i><u>• intellect?</u></i></p></p>
20	<p><i><u>ANSWER:</u></i> <i><u>This experiment</u></i> <i><u>is the very best example</u></i> <i><u>to show that</u></i> <i><u>intelligence</u></i> <i><u>is not</u></i> <i><u>in the physical body.</u></i></p>

The ability

- to think,
- to create,

has nothing to do with
the physical organs,
unless, of course,
the physical organ
is damaged,
which would affect
the corresponding subtle body.

I think most of you know
that

- all thinking
takes place in
one of the subtle bodies,
- just as
- all feeling
is in another subtle body.

The subtle bodies,
as development proceeds,
will

- integrate and
- eventually become
just one:
the spiritual body,
where all
 - purified and
 - perfect
 - thinking and
 - feeling
will have integrated
into the
 - last,
 - ultimate and
 - eternal
subtle body.

Until this [integration and unification]
is accomplished,
there is **division**,
each function [such as thinking or feeling]
belonging to a

- special layer or
- subtle body.

The physical layer
has
as its sole function
the physical life
in its various aspects.

But

- thinking or
- feeling

belongs to
different realms
and therefore
takes place in a
different

- layer or
- body.

21

QUESTION:
Could I hear a few words about

- bodhisattvas

in relationship to

- Jesus Christ;

is there any relation?

ANSWER:
There is
no relation
in a direct way.

The word you use [i.e., bodhisattvas] –
we have different terms –
designates
a special type of being
in the divine world.

All created beings
had originally
a particular divine aspect,
specially developed,
and the [original]
purpose of creation
was
that each being would
complement
the creation
by furthering
other aspects
through [its] development,
so that
perfection
would be reached
not only in

- one aspect,

but in

- all [aspects].

This is how
the power of creation
could have been used
by all beings,
but was only used
by those
who did not abuse this power [in the Fall of the angels].

Absolute perfection
exists only

- in God and
- in Christ,

who has
most of
the divine substance.

The perfection
of all other beings
is a relative one,
but it [i.e., the perfection of all other beings]
could become perfect
by their [i.e., by other beings']
becoming co-creators.

The so-called bodhisattvas
are beings
endowed with
certain particular aspects
of divinity,
each [bodhisattva]
representing
a different one [i.e., representing a different aspect of divinity].

This one aspect [of divinity]
is their particular force
with which
they help
in the great Plan of Salvation

- in very special ways and
- by
 - various and
 - special

means.

But
until the plan [i.e., the plan of creation]
reaches its completion,
the pure beings
use their efforts
to help others
with their particular strengths.

The plan of creation [in contrast to the Plan of Salvation]
will only come
to its full conclusion
as each being
perfects
himself or herself
in all ways.

Now [i.e., presently]
only Christ,
except of course for God,

- is perfect in all ways, and
- has all talents

completely developed.

All other beings
have their characteristics
with which they were created,
God leaving it up to them,
that is, [up to] all of us,
to continue his creation ourselves,
by developing all other

- characteristics,
- aspects, or
- talents

in a perfect way.

22

So
it is not quite correct
to say that
all created beings
were once
completely perfect,
as the Absolute is.

We were perfect
in our own ways
which, of course,
is always relative.

You can be perfect
within the frame
of your present development,
for instance,
but that does
not mean
that you are
absolutely perfect.

Someone
of a much lower development
than anyone of you here
can be
relatively more perfect
than some of you
of whom
more can be expected.

	<p><i><u>So perfection</u></i> <i><u>remains relative</u></i> <i><u>as long as</u></i> <i><u>the plan of creation</u></i> <i><u>is not fulfilled,</u></i> <i><u>except with</u></i></p> <ul style="list-style-type: none">• <i><u>God and</u></i>• <i><u>Christ.</u></i> <p><i><u>And this should answer your question,</u></i> <i><u>for the beings you have mentioned</u></i> <i><u>are perfect</u></i> <i><u>only in some ways,</u></i> <i><u>while Christ</u></i> <i><u>is perfect</u></i> <i><u>in all ways.</u></i></p>
23	<p><i>QUESTION:</i> <i><u>Last time,</u></i> <i><u>you answered the question about</u></i></p> <ul style="list-style-type: none">• <i><u>willpower and</u></i>• <i><u>self-control.</u></i> <p><i><u>I think it is important</u></i> <i><u>to see oneself</u></i> <i><u>in one's true reality</u></i> <i><u>to achieve self-understanding</u></i> <i><u>in order to improve oneself.</u></i></p> <p><i><u>But how can one attain this self-knowledge?</u></i></p>
24	<p><i>ANSWER:</i> <i><u>This [question about how to attain self-knowledge]</u></i> <i><u>is a</u></i></p> <ul style="list-style-type: none">• <i><u>very good and</u></i>• <i><u>very important</u></i> <i><u>question indeed.</u></i>

*Of course,
I speak a great deal about this subject
to my friends
with whom I work privately,
and
I have also treated it occasionally
in general lectures,
but this is so*

- *basic and*
- *important*

that it cannot be stressed enough.

25

*As you rightly say,
before*

- *willpower and*
- *self-control*

*can be strengthened,
you have to have
a certain amount of
self-knowledge
so as to have
a clear-cut idea*

- *why*
you want to develop your attributes,
- *what is*
your goal, and
- *in what direction should*
 - *willpower and*
 - *self-control**be utilized.*

26

In order to have willpower,
the goal
has to be clear in your mind,

yet

- to find out your
true
 - goals and
 - wishes,

and most important of all,

- to gain
 - self-knowledge,

you definitely need
some willpower
already to begin with.

Thus

the process works both ways.

The first step

in the proper order
is to establish

- what the issues are,
- why it is necessary
to have self-knowledge.
- What are its advantages?
- How costly is it [i.e., how costly is self-knowledge] to attain?
- What are the disadvantages of not having it [i.e., what are the
disadvantages of not having self-knowledge]?

Once you clearly understand this,
you can make the proper decision.

You will gain

clear understanding [of the importance of self-knowledge]

if you set out

to think about it objectively,

disregarding

the resistances [to having self-knowledge]

of your lower nature.

All you have to do

is

- not shirk the issue [of having self-knowledge] and
- think things through to the end of the road.

This is not so difficult;

it merely requires

a little bit of

- courage and
- wisdom.

27

Everybody

has some

- courage and
 - wisdom
- within,

and it is only a question of
letting it come to the surface.

As with willpower,

here too,

it is a question

- of deciding,
- of making up one's mind [for attaining self-knowledge concerning all aspects of one's inner life]

once and for all.

This can be done

only

by considering all sides.

The trouble with people

- is not that
they cannot do this

- but that
they avoid those decisions
concerning their inner life [i.e., concerning their self-knowledge].

They run away from them [i.e., from those decisions concerning their inner life and self-knowledge],

*sensing it might be uncomfortable;
they prefer to cover up the issue [regarding their inner life and self-knowledge],
instead of viewing it with

- clear eyes
- and an
- open,
- unbiased mind,

not pampering the lazy self that likes to wallow in the swamp of self-indulgence.*

*So the why of the

- trouble and
- discomfort of self-knowledge

has to be established.*

28

*These questions are not so difficult to answer, at least not for a person who knows that God exists, even if many facets of

- him and
- his creation

are still ignored.*

Even if
your belief is feeble,
but you follow the thought
to the end,
the understanding
must come
that it is necessary
to develop oneself.

And self-development
cannot be done
without
self-knowledge [i.e., knowledge of all aspects of one's inner life].

Self-knowledge
is the only thing
that really counts,
my friends!

Nothing else [but self-knowledge of all aspects of your inner life]
is any good,
nothing else [but self-knowledge of all aspects of your inner life]
will ever

- bring your development about,
- enable you to have
 - real faith and
 - real love,
 - for God
above everything and
 - for your fellow-creatures
as for yourself.

You have to
begin with yourself
before you can attain the

- freedom and
- harmony

you all long for
in your innermost being.

No matter
what path you choose,
if it

- does not contain
complete self-knowledge, or
- does not make it [i.e., does not make complete self-knowledge of your inner life]
a major requirement,

you will accomplish nothing,
no matter how much you

- learn and
- read and
- do this or that.

All this counts
for nothing,
unless
you use the knowledge you acquire
as you follow the path
of soul-knowledge.

29

Now
how to accomplish
this [i.e. now how to accomplish following the path of soul-knowledge]?

Of course,
it [i.e., following the path of attaining self-knowledge or soul-knowledge]
is not easy.

But its rewards
are the richest,

for this path [of attaining self-knowledge or soul-knowledge, or knowledge
of your inner life]

is the only one
that will bring you liberation.

So it is only logical
that it cannot be easy.

It [i.e., attaining self-knowledge of your inner life] means,
in the first place,
to be able to
humble yourself.

No one likes to hear that,
my friends.

For

- self-will and
- ego and
- vanity
 - exist
in every human being and
 - are the strongest hindrances to
 - perfection,
 - faith,
 - harmony and
 - love.

Whatever

the various individual faults
can possibly be,
this [humbly facing one's self-will, ego, and vanity, facing the truth about the self]

applies to each and everyone

- who goes through
the cycle of incarnations,
in other words,
- who is not
a pure spirit.

If you want
to gain self-knowledge,

you have to reconcile yourself
first to the idea:

"I have to do what is most difficult for me."

For that is the key.

*If it is most difficult for you
to show
having a weakness,
then
to show
that [i.e., to show your weakness]
is just what your soul needs
to struggle free
of its chains.*

*Or if it is difficult for you
to give up
• your vanity, or
• your selfishness,
then
that is where you should jump in –
freely,
• because
you choose so,
• not because
life forces you.*

30

*You see, my friends,
the divine laws
are made in such a way
that the things you need
come to you.*

*But it will be so much easier
• if you meet them halfway,
• if you decide
on your own accord,*

*"I want it [i.e., I want this self-knowledge about what I do not want to see]
because
I obviously need it"*

and then step into it yourself.

If life

- forces or
- pushes

you into it,
against your will,

it will not only
be so much harder

but it will
come to you again
and again,

until you have learned
through self-knowledge
that you need

- what life gives you, and
- to meet it freely yourself.

Then the lesson will be learned
and life will have other things to offer you.

The more
purified you are by this process,
the less
you will need unpleasant experiences.

Or rather,
what used to seem unpleasant
will not be so any more.

You cannot avoid
what you need,
that I can assure you.

Until you have met it
• out of your own accord,
• with the
• realization and
• understanding
of its necessity
for your character,
it will not cease.

Please remember that,
all of you.

31

In order to gain self-knowledge,
you might, for instance,
sit down
and ask yourself,
"What is most difficult for me to do
in my daily life?"

Perhaps for some of you
the most difficult thing
will be
to admit the truth,
for whatever motive.

For another,
it might be humiliating
to show yourself as you are

- without a mask and
- without the superiority

with which you try to impress people.

For yet another
it may be most difficult

- to be modest,
- to remain in the background;

for another,

- to give something,
whether
 - materially or
 - spiritually.

Everyone has different difficulties,
and each one of you
can find out about them
comparatively easily,
if you really try.

You do not have to think very far;
think of

- your
immediate
reality,
- your life
right now.

*View every day that passes
from that point of view.*

*And you will,
after some*

- *trying and*
- *training,*
*come to see your reactions
quite differently,
I assure you.*

*You will learn to recognize
emotional reactions
of which you had been
completely unaware before.*

32

*Your immediate
outer problems
are only
the effect
of some cause
which is hidden from you,
but not so deeply
that you could not
so easily recognize it
if you only practiced
what I say here.*

*Then the connections
will appear so clearly in front of your eyes
that you will be shocked at yourself
for not having seen all this in the past.*

*Making the connection
between*

- *your troubles*
- and*
• *their causes,*
*which you subconsciously
yet deliberately
had pushed out of your awareness,
will have a blissful effect on you.*

It [i.e., making the connection between your troubles and their causes]
will make you happy
the way only truth can.

It will
liberate latent

- powers and
- healing forces

for your

- body and
- soul.

If you experience this [liberation by connecting troubles with
their causes through attaining self-knowledge]
regularly,
then you can be quite sure
you are on the proper path.

But because the temptation
is always so great
to put all this [attaining of self-knowledge] aside,
you should be prepared
to do battle with it [i.e., with the temptation to put aside attaining self-knowledge]
every time anew.

After a time,
this temptation [to put all this attaining of self-knowledge aside] will cease.

But at the beginning
it will require considerable effort
to guard against
your lower self
that tries to stifle
the aspirations of your spirit [to develop and grow].

You may be the loser
if your outer self
allows
all the "excuses" [to humbly attaining this honest self-knowledge]
your lower nature furnishes.

Of course, I speak very generally now,
not just to answer a personal question.

This applies to everybody.

33

Make a list of your faults.

*If you can think of only two or three,
then you have proof
that you do not know yourself.*

*And then you can avail yourself
of the opportunity of*

- *self-purification and*
- *self-knowledge*

by doing what seems at first so difficult.

*Ask the people around you
to tell you
what your faults are.*

This

- *will give you knowledge about yourself and*
- *will teach you the humility you need.*

*For as long as it is difficult for you,
it is a telling sign
that you need just that [i.e., the humility to
ask others about your faults]
very badly.*

*If it is
easy for you [to ask others about your faults],
if you
do not feel*

- *resentment,*
- *resistance, or*
- *any kind of heaviness within,*

*then it [i.e., then asking others about your faults]
is not important any more.*

It does not matter
what you try to tell others;
[rather] it matters
how you feel
when someone tells you
of your shortcomings.

If you observe
clinically
what you feel
when that happens [i.e., when someone tells your of your shortcomings],
if you
do not want to fool yourself about it,
you will know
where you stand
spiritually.

This is the only way
you can become
really detached, my friends.

When your own shortcomings in the eyes of others
do not matter any more,
when your humiliation
does not matter any more,
then
you are detached –
not when you
avoid the things that bother you [about yourself].

34

This is difficult,
at least at the beginning,
and perhaps not everyone is ready for it.
Some may need

- *more time,*
- *more knowledge,*
- *more dabbling at the fringes*

before they can
really go on the path;
but whoever does it
will, indeed,
become free.

God will help you
through all the further stages
of self-realization
if these initial steps [of attaining self-knowledge] are taken.

So my advice is this:

First,
think about what,
in relation to other people,
seems most difficult for you.

After you have found this out,
consider with what trend in you
this might be connected.

And then
decide
whether you are really ready
to overcome
whatever chains you in this way,
not only
for the sake of

- your own freedom,

but
for the sake of

- God,

for the sake of

- your own spirit,
- your higher self,

for the sake of

- your development,

for

- the love you could only then
 - give and
 - receive,

for

- your complete fulfillment.

Are you ready to do that?

How many of my friends here are?

35

And then,
if you have decided
with a

- big and
- wholehearted

Yes,
you will need
your willpower,
my dear ones.

You will need

- willpower and
- self-discipline

to battle all your faults,
which can never happen

- by pushing them
into the subconscious,
- by merely covering them up
so that they do not show on the surface.

For do not believe
that something
you are unaware of
does not exist.

The process
of eliminating your faults,
which is the next step
after self-knowledge,
is a very different one.

Briefly, the process [of eliminating your faults] is this:
Watch yourself first
as you really are,

- without vanity,
- without wanting to be
 - better or
 - more

than you are at this point.

Simply

- take stock and
- get accustomed to seeing yourself
 - where you really are

and not

- where you want to be.

36

Accept
your temporary reality
for two reasons:

1) You have to be
• unemotional and
• undisturbed
about what you are
before you can change yourself.

This requires
the new habit
of seeing yourself
• clearly,
• without any
• false motives and
• excuses and
• blindness,
for a while.

2) This will also teach you
the necessary humility
that is a
major requirement
of
• spiritual development and
• true detachment.

Accepting yourself
as you are
does
not
mean
that you should
remain this way.

The ultimate goal
must be
to change the negative trends,

but this cannot be done
before
you have accepted
entirely
the stage you are in.

Thus, observe yourself daily

- when and
- how

your faults manifest,
not only outwardly,
but also
in your feelings.

By observing

your [emotional] reactions
you will learn to ascertain

how far you
have to come [yet]
toward

accepting yourself
without embellishment.

37

After this stage [of fully accepting yourself with your faults]
is mastered,
the next one [i.e., the next stage of eliminating your faults]
can begin:

by meditating on
what

the opposite
of any particular fault is;

how you might

- react and
- feel

if you had already
achieved

the transformation [of this particular fault].

If you do this faithfully
for a while,

asking God for

- inspiration,
- help and
- strength,

you will begin to
feel

differently.

Your
new
inner reactions

will

- leave you
so free,
- make you
feel
so wonderful!

You may also meditate on
how

each of
your particular faults
is a
direct hindrance
to the unfoldment
of love.

For
each fault
is just that [i.e., a direct hindrance
to the unfoldment of love].

It [i.e., each fault]
blurs
the love force
in the soul.

If you proceed in this way,
God will

- inspire and
- guide
you,
you can be quite sure of that.

As I said,
this is a difficult path.

But blessed are those
• who take it,
• who have
• the courage and
• the wisdom
to do so.

38

I know, my friends,
that I have given you
strong medicine.

No one
likes to hear these things.

It would be so much more pleasant
to hear
what

- is easy or
- is impersonal.

But, unfortunately,
that would
not correspond
to truth.

And since I am
a spirit

- of truth,
- of the world of God,

I have to give you
truth,
whether it is comfortable [for you]
or not.

Yet,
bitter as the medicine may be,
I think that
if you
open your hearts,
you will
feel
the love
I have for
each one of you.

Love
cannot come
from any other side
but
the side of
God's world.

And you should
never be grateful
to anyone else
but God.

Whether it is
through

- me or
- another spirit

of the world of God,
no matter
how much
you may be helped,
no created being
is anything
without God.

The higher developed
a creature,
the less
it will want

- honor and
- admiration.

That [i.e., honor and admiration]
is due
only to the Creator,
without whom
we are nothing.

This applies

- to us spirits
- just as much as
- to you humans.

When you are
accomplishing something –
whatever it may be –
realize
that it is only through
the grace of God
that you can do it,
not through yourself.

By yourself
you are nothing.

And the highest created being in existence,
Christ himself,
has said so,
time and again.

39

QUESTION:
I understand that
when we are incarnated on earth
we have certain limitations
in our spiritual development.

Is it possible
• to burst this,
• to go farther
than the limitations
which are set for us?

ANSWER:
Oh yes.

I will say this, however:

You cannot
accomplish everything
in one incarnation.

That would be impossible.

But you can certainly
break the limitations.

That happens quite often.

It can
only
happen
by what I have explained in the answer I gave before
about this
noblest of all paths.

- If a person really has the will, and
- if this will is put into practice, then
 - the limitations will recede and
 - much more can be accomplished in one life.

What you can accomplish in one incarnation by taking this path would perhaps need twenty otherwise.

That is the difference.

This example should give you an idea of your power to break the limitations.

40

QUESTION:
But not everyone is led to this path.

There are millions of people who are not...

ANSWER:
In the first place, This [pathwork group with whom I communicate] is not the only possibility to take a path such as this, my dear.

Certainly, the help that direct communication with the spirit world of God can give is a very valuable one.

But
everyone
who has
even the slightest possibility
to take the path
will be led

- **somehow,**
- **somewhere**
to the right place,
either to
 - **a person**
- or to**
 - **a spirit,**

so that
he or she
may receive
the necessary material to work with.

It may be
through

- **a church, or**

through

- **a particular teacher, or**

through

- **a spirit, or**

through

- **a very strong**
direct communication
by way of inspiration.

The spirits
recognize
where the possibility exists;
they
recognize
whether the desire

- **is there or**
- **may be aroused, and**

they will guide
accordingly.

Everybody will get
just what they need,
you can be sure.

41

The problem
never arises
that someone
who is ready for the path
may not have the opportunity to find it.

This [i.e. this situation that someone who is ready
is not given the opportunity to find a suitable path]
does not exist, my friends.

The laws
of the divine world
work too accurately for that.

The problem
is much rather
that
a great percentage of people

- who could take this path and
- who are led to where they could do it,

finally
do not.

Often
the world of God
tries
again
and again,
offering different possibilities,
but
the essence
is never understood,
because
people
do not
want
to understand it [i.e., to understand the path to God].

Just look at
your own circle –
and it is similar everywhere –
many more
come
than

- stay and
- actually do it.

Believe me,
this [situation of people leaving when offered an opportunity for growth]
does not happen
at the cost of
others
who may not have such possibilities.

Whether
• here or
• elsewhere,
only a handful
out of hundreds
will
really and truly
take this path.

Every
• great person,
• teacher,
• priest –
any communication
with the world of God –
will convey the same:
many people are guided to them,
and a
small, small part
will fulfill the purpose
of that guidance.

The great majority
of humankind,
however,
is not yet ready
to take this difficult path
of perfection.

If in this life
they learn just enough
• to become a better person,
• to accept that perhaps
God does exist after all,
this might prepare them
for the path
in their next incarnation.

So, you see,
the spirit world
actually

- gives more people the possibility,
just on
the remotest chance [that they will take the path],
- than there are people
who
take the opportunity.

You can be sure
that those
who are not guided anywhere
either have

- no desire,
- no real understanding, or
- not the remotest possibility
in this life
to change in this respect,

or have
already found

- what they needed and
- what is best for them
in this incarnation.

42

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.*

43

*I will answer the rest of the questions next time,
my friends, for our time is up.*

I beg all of you,
especially those
who have come here for the first time:
Do not be too hasty in your conclusions.

This is such a
vast subject,
new in many respects
even to some of my more regularly attending friends –
and it may take a little time
to adjust to
new outlooks.

Do not
bar your vision
by too hasty conclusions;

think

- seriously and
- carefully,

and do not let your
unconscious emotions
play you a trick
by blurring your judgment.

Be careful of that [i.e., of letting your unconscious
emotions blur your judgment],
for you may do great harm to yourselves.

44

God's blessings
go to every one of you.

Take this blessing
in awareness,
so that
it may help you in your decisions,
that

it may strengthen you to

- recognize the will of God and
- act accordingly.

Be in peace,
be in God!

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