

# Feeling All Feelings – the Doorway to Spiritual Aliveness

Notes on Pathwork Lecture 165

*Evolutionary Phases in the Relationship Between the Realms of Feelings,  
Reason, and Will*

Paragraphs 13-27

Gary Vollbracht June 8, 2012

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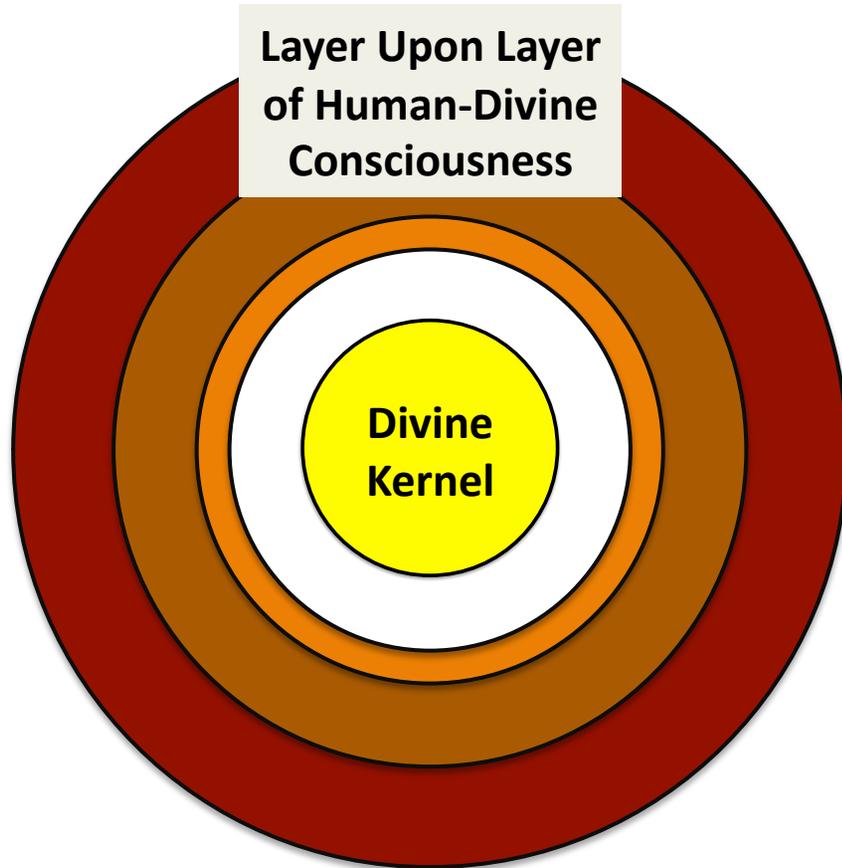
# Human Beings Before the Fall



**Divine  
Kernel**

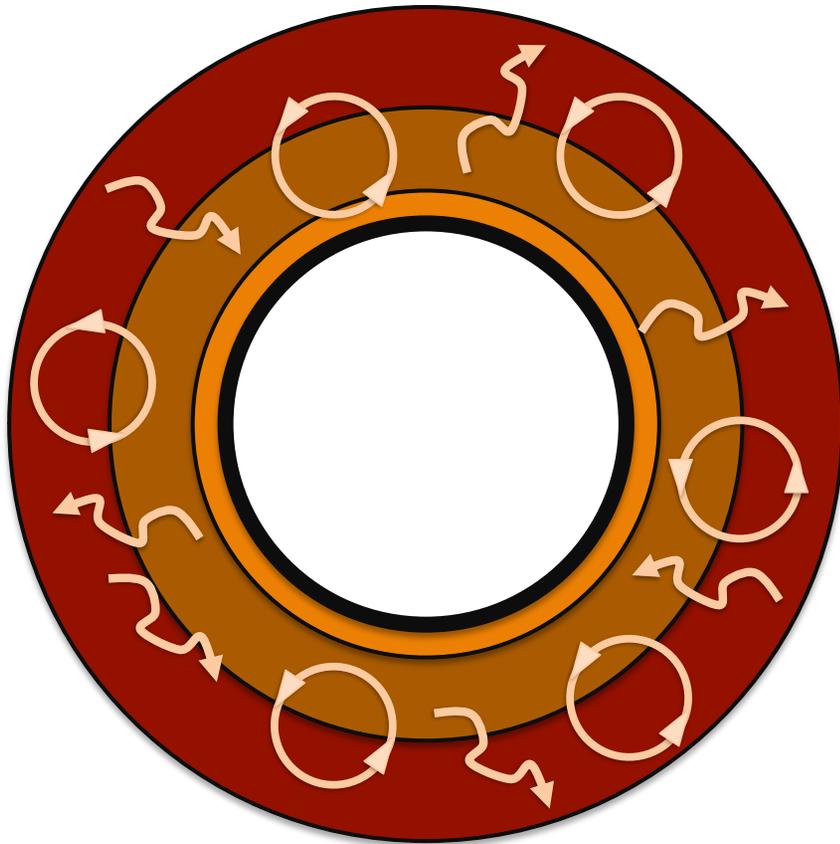
- **Godlike**
- **Moved by Creative, Cosmic Forces**
- **Expressed universal consciousness**
  - **In every breath and**
  - **In every move**
    - **Of their eternally living existence.**
- **Felt Oneness of all Beings/Cosmos**
  - **No Separation**

# Human Beings After the Fall



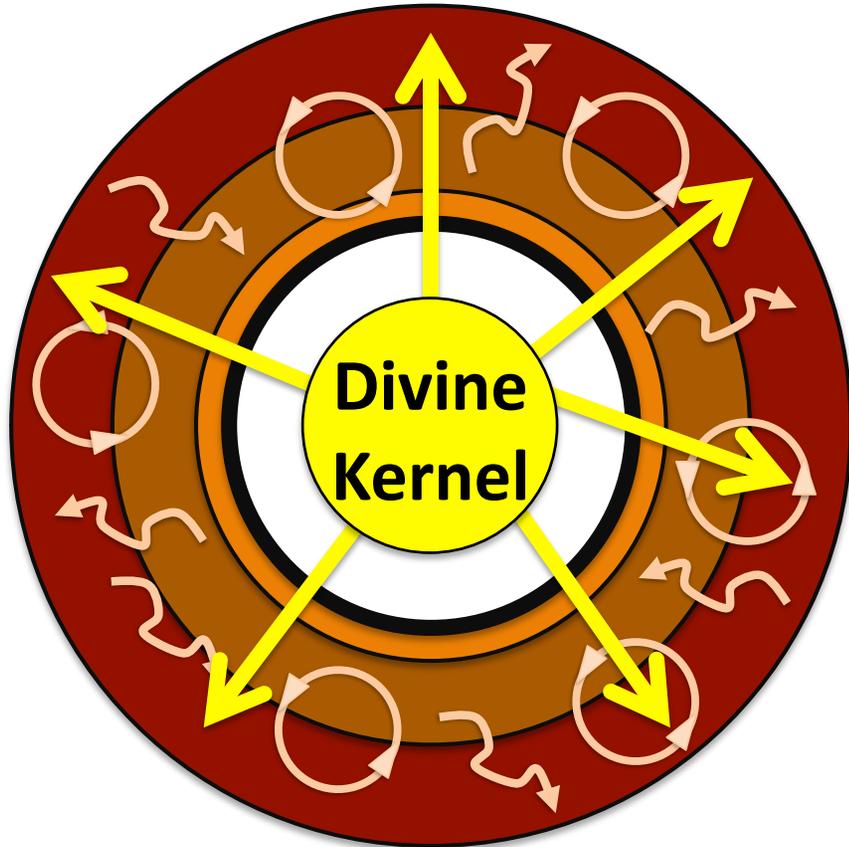
- **Erroneous Ideas**
- **Destructive Reactions**
- **Destructive Feelings**
- **Spiritual Blindness**
- **Unhappiness**
- **Suffering**

# Human Beings After the Fall



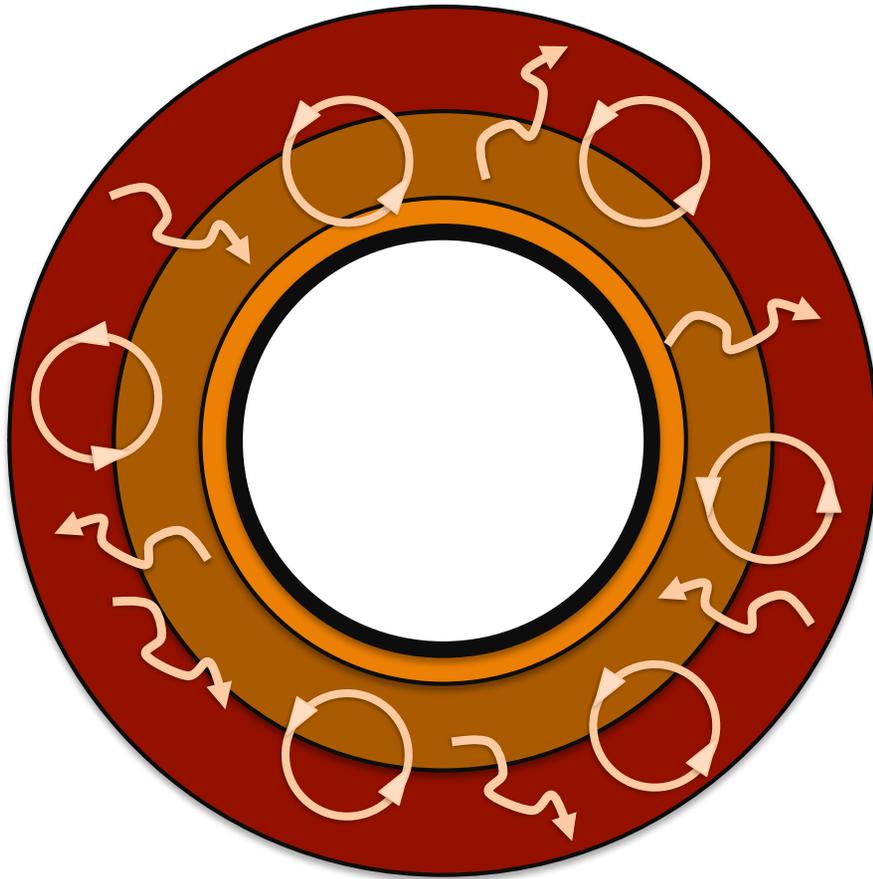
- **Human-Divine Consciousness:**
  - Functions on own -- Separateness
  - Not nurtured by Divine Kernel but rather by the error that brought it to be.
  - Resulting in Vicious Circles – no way out

# Human Beings After the Fall



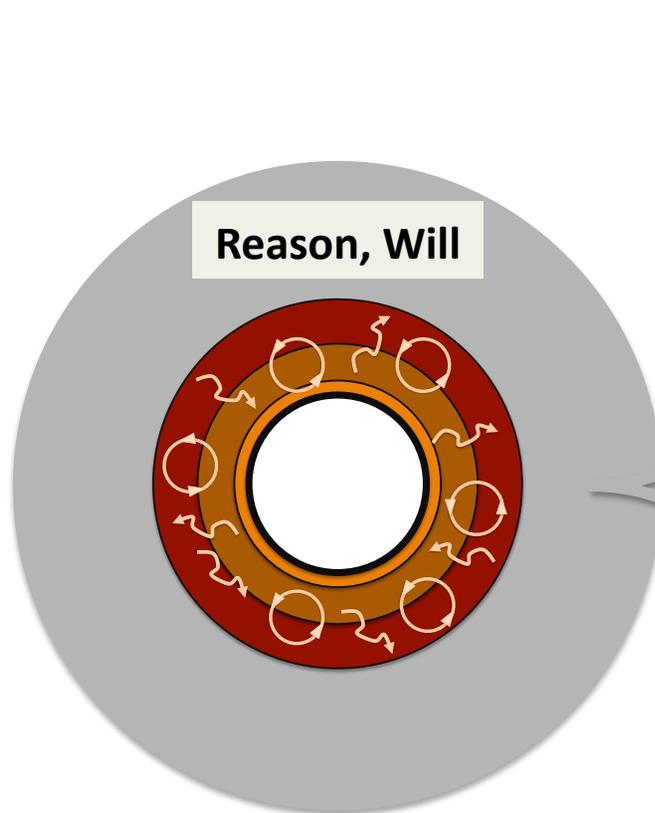
- Yet the freshness issuing from the source:
  - Is indivisible
  - Unifies all splits and conflicts

# In Primitive Human Beings – And In the Human Soul Today



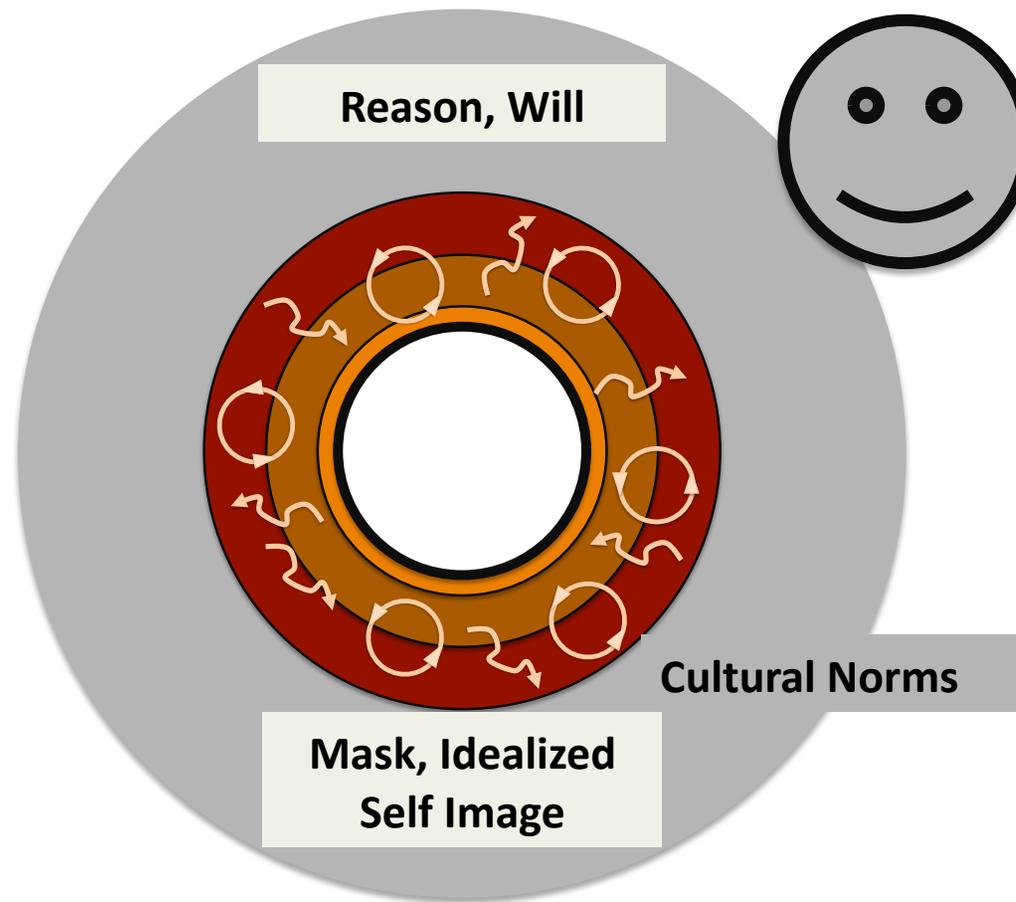
- Violence
- Greed
- Separateness
- Destructive Emotions
- Blindness
- Suffering
- Freely Acted Out
  - No Self-awareness
  - No inhibitions
  - No conscience
- Never sensing other's pain as their own

# First Stages of Consciousness Growth

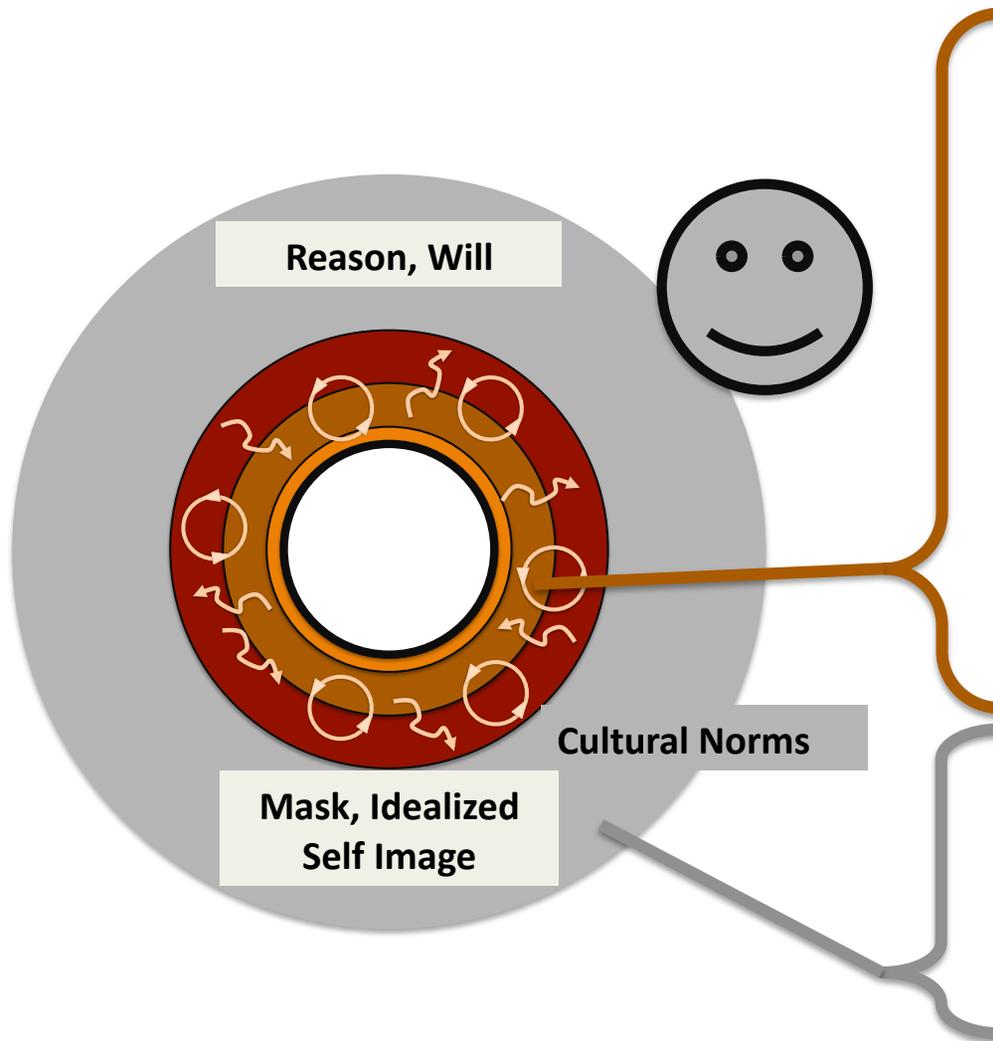


- **Enculturation**
- **First Reasoning Process**
  - Learn that unchecked acting out of feelings yields more pain
- **Social Conscience emerges**
  - From Instinct of Self Preservation
  - But not from inner sense of Oneness from Divine Kernel
- **Inner urge to destroy, etc. kept in check by**
  - Reason
  - Will, Self Discipline

# Growth of Consciousness, Civilized Behavior -- Emergence of Mask Self and Idealized Self Image

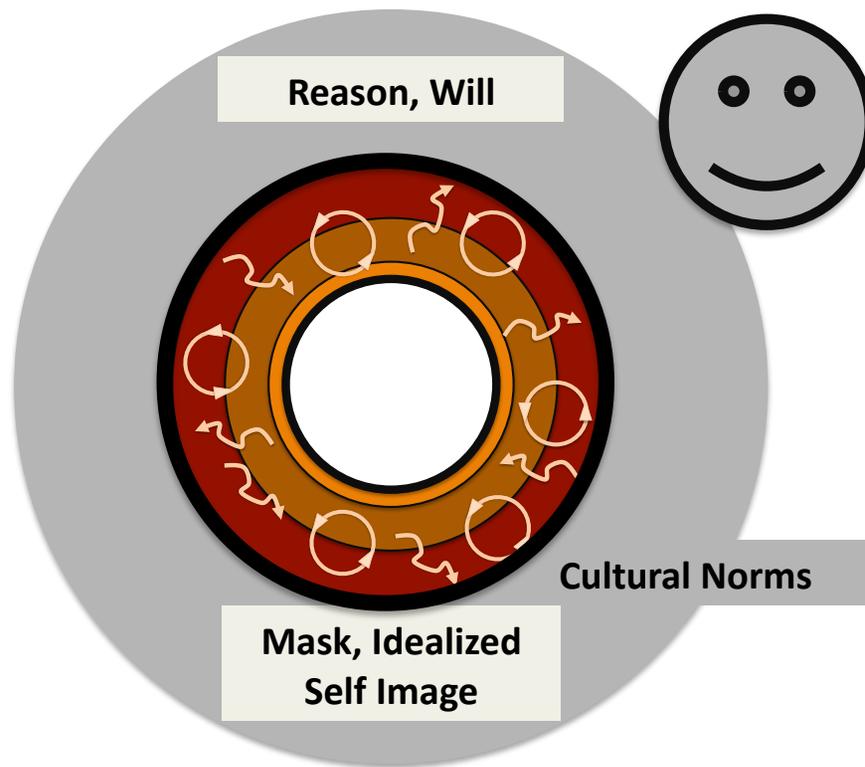


# Keeping the Lid on Negative Feelings



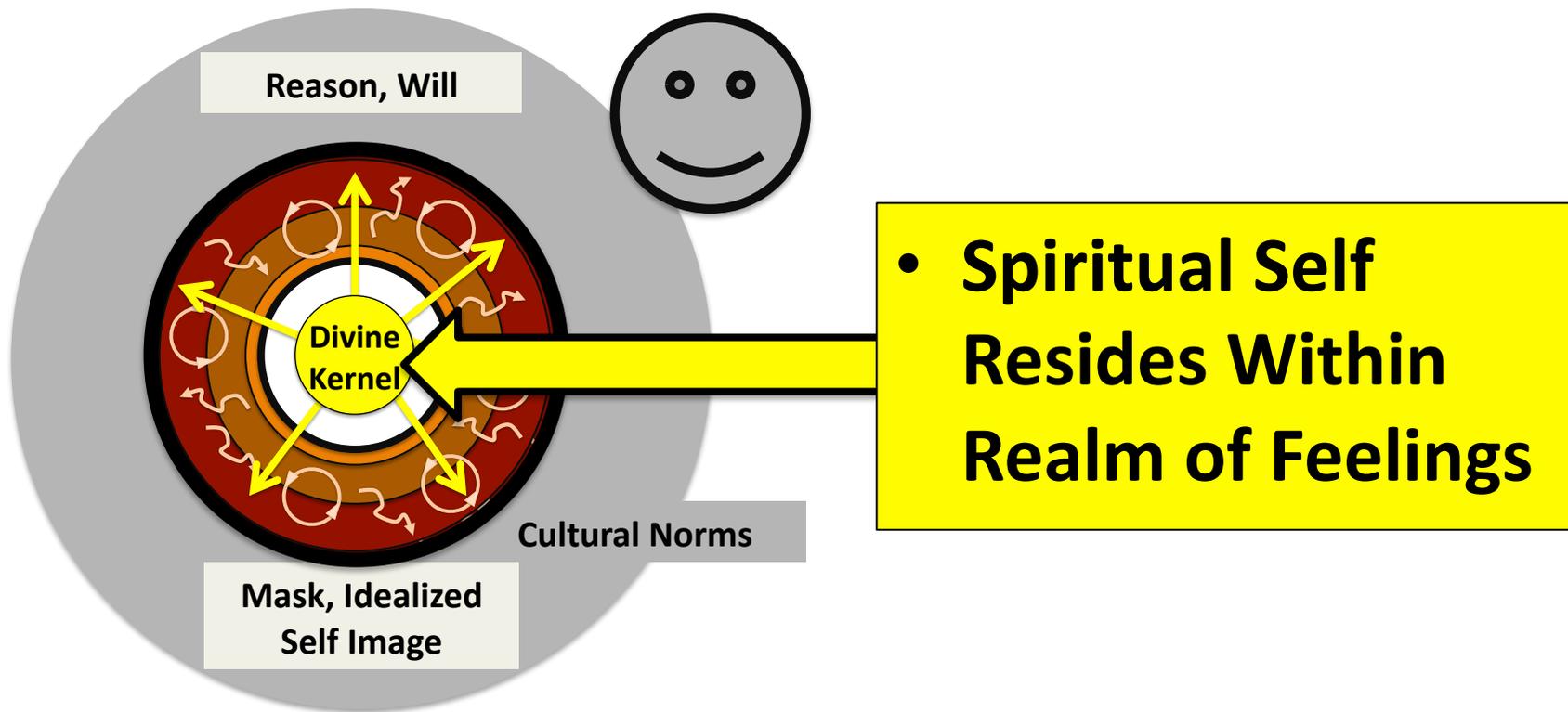
- **Realm of Spontaneous Negative Feelings**
  - Seething mass of
    - Denied pain, Hence:
    - Violence
    - Hate
    - Malice
  - Self Perpetuating
    - Though Negative, Alive Creative, Like Divine Kernel
  - Creates Highly Damaging
    - Impulses, Compulsions
  - Feared Greatly
- **Negative Spontaneous Feelings**
  - Held in Check by
    - Reason
    - Will
    - Self Discipline

# As Consciousness of Negative Feelings Grows...

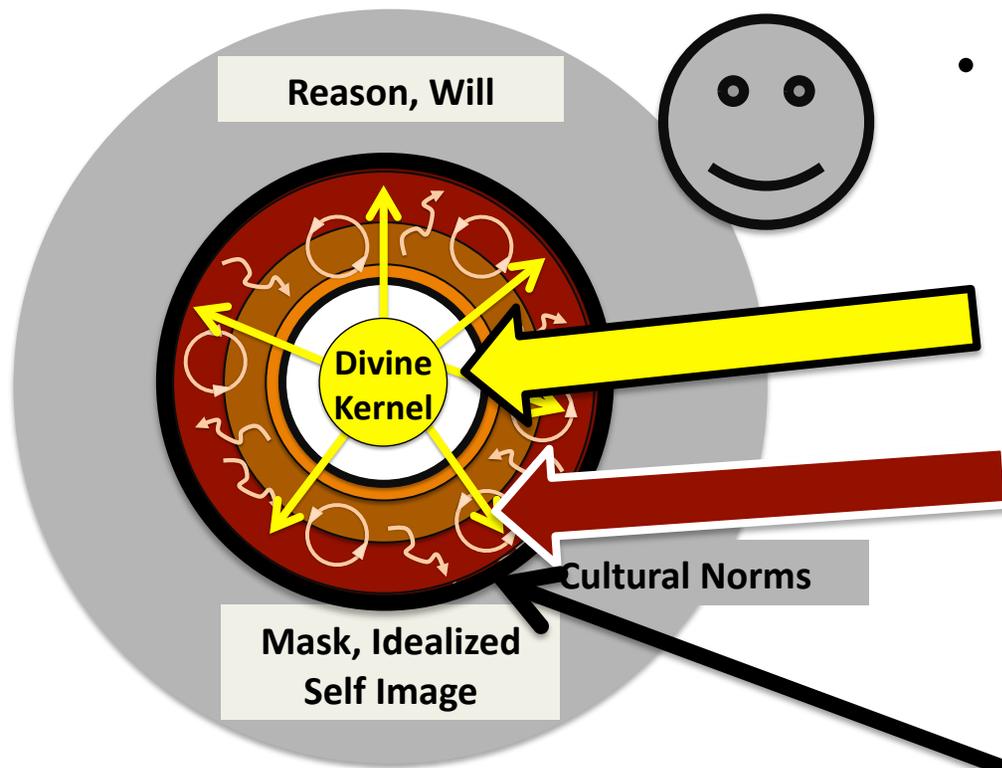


- People do best to
  - Deny
  - Cover up
  - Inactivate

# But in the Process Cover Up Spiritual Self



# Reason and Will Build up a Barricade Walling Out ALL Feelings, Walling Out the Divine Source



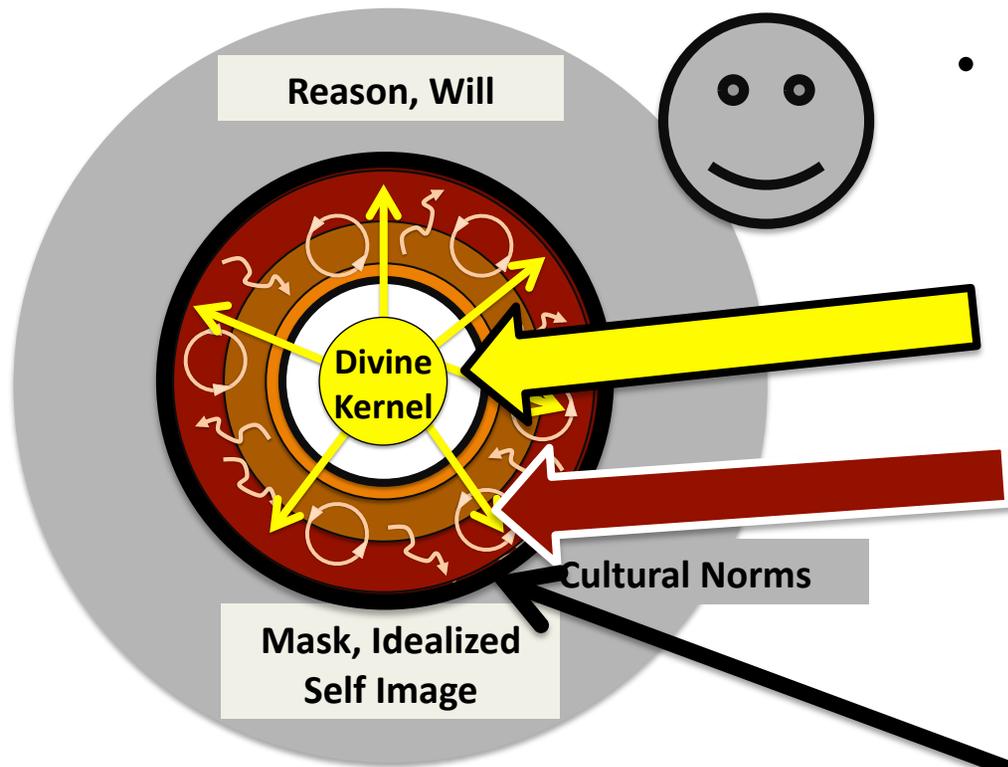
- The Creative Mass of Feelings IS the Divine!

– Self-Perpetuating Positive Creative Source

– Self-Perpetuating Negative Creative Source

Barricade Walling out ALL Feelings – ALL of the Divine  
– ALL of the Creative Source

# This Phase of Barricading Out All Feelings, and hence the Divine, the Creative Source, Is a Necessary Phase for the Soul to Go Through – Builds Self-Responsibility



- The Creative Mass of Feelings IS the Divine!

– Self-Perpetuating Positive Creative Source

– Self-Perpetuating Negative Creative Source

Barricade Walling out ALL Feelings – ALL of the Divine – ALL of the Creative Source