

Pathwork Lecture 255: The Birthing Process – Cosmic Pulse

1996 Edition, Original Given November 15, 1978

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** 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 Format 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 format 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, mostly underlined, but never bolded.]

To learn more of my Devotional Format 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

¶	Content
03	<p><i><u>My dearly beloved friends,</u></i></p> <ul style="list-style-type: none"><i><u>• love and</u></i><i><u>• blessings</u></i> <p><i><u>go forth</u></i></p> <p><i><u>to all of you.</u></i></p> <p><i><u>Your human struggle</u></i></p> <p><i><u>to find</u></i></p> <p><i><u>your</u></i></p> <ul style="list-style-type: none"><i><u>• way out of the mazes,</u></i> <p><i><u>your</u></i></p> <ul style="list-style-type: none"><i><u>• growth and</u></i><i><u>• expansion,</u></i> <p><i><u>is a golden light</u></i></p> <p><i><u>that illuminates</u></i></p> <p><i><u>the universe.</u></i></p>

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It [i.e., your human struggle leading to expansion – a golden light to the universe]
is a
powerful force,
although
you may not feel it [i.e., may not feel your human struggle as a powerful force]
at this moment
because
there is still
so much disconnectedness in you.

You are
gradually
making the connections [i.e., the connections of that which has been so
disconnected in you],
until

- all flows together and
- there is
no more
 - puzzlement,
- no more
 - fear,
- no more
 - pain –

[rather,]
only

- peace and
- joy.

On a deep level
of your being
this state of bliss
exists

- already,
- now,

and
in a hidden part in you
you know this.

To make this knowledge [i.e., To make this knowledge that on a deep level of your
being this stage of bliss already exists right now]
available
is the great task
you have all undertaken.

04

In isolated moments

you

experience

- *the hand of God*
in your life,
- *the breath of God.*

Such a moment [i.e., *Such a moment of experiencing the hand of God in your life*]

- *may occur*
at any time and
- *may be triggered by*
certain experiences
either
 - *within*
- or*
 - *outside*
of you.

At such moments,

- *inside*
- and*
- *outside*
 - *fuse and*
 - *become one.*

It is then

that you

know

God's reality.

There simply

is no longer

any doubt

about it [i.e. *no longer any doubt about God's reality*].

The

• *peace and*

• *joy*

you

experience

at those times [i.e. *at those times when you no longer have any*
doubt about God's reality]

cannot be put into words.

You know
that all the isolated goals
you pray for
converge on
one central point,
[and that one central point is]
experiencing
the reality of God.

When this happens [i.e., When you experience the reality of God],
you are already

pure –
at least in that moment –
for the purity of
your

- uncluttered
- unobstructed

spirit
is freed
through
all the

- shells and
- layers.

You are pure,
so you do not have to pray for
purification.

05

In that instant [when you experience the reality of God],
you

- know all you need to know –
so you do not have to pray for
 - insight and
 - enlightenment and
 - understanding.

You

- understand,

you

- know

you

- are enlightened.

In such a moment [when you experience the reality of God]

- love
flows through
every vein of your
 - body and
 - soul –
so you do not have to pray for
 - love.

In that moment [when you experience the reality of God]

- you activate
the greatest healing power there is –
so you do not have to pray for
 - healing.

In such a moment [when you experience the reality of God]

- you have
 - strength,
 - imagination,
 - resourcefulness and
 - creativity –
so you do not have to pray for
 - success.

In such a moment [when you experience the reality of God]

- you also have
 - measure,
so you know what is
 - right and
 - possible
for your earthly existence
at this juncture
of your evolution.

06

When these rare moments [i.e., moments when you experience the reality of God]
occur,
you are bathed
in the grace of God.

All your prayers
flow into
one central point.

Through such an experience [i.e., Through such an experience of
the reality of God]

you come to understand
that all you really need to pray for
is to experience

- God's presence,

[to experience]

- God's hand
in all of life,

[to experience]

- God's breath
in your own existence.

But

until such time [i.e., until such a time when you come to understand that
all you really need to pray for is to experience God's presence],

it may often be necessary
to divide your prayers,

for the sake of

your deeper understanding
of what is necessary

at any given time in your life,

when your soul

has to be impressed

with certain aspects

that need focus.

This [i.e., coming to a time when you understand that all you really need
to pray for is to experience God's presence]

does not mean
that you should
now

cease praying for

the specific goals

that fill out the total picture.

The time
will come, however,
when you
simply pray
that you can contact the

- power and
- presence

of God
without waiting
for the special occasions [i.e., without waiting for
those special occasions when you
experience the reality of God]
which

- come only rarely at first and
- seem to depend on circumstances
outside of yourself.

Eventually
you will be

- so uncluttered,
- so freed,

that the light [i.e., the light of the experience of the reality of God]
will come more often.

At first it [i.e., At first the light of the experience of the reality of God]
will be an

- indirect,
- apparently involuntary
occurrence
that seems
unrelated to you
in any way.

Yet it [i.e., Yet the light of the experience of the reality of God]
is a direct result of
[your]

- efforts,
- positive intentions, and
- commitment to God's will.

- Cause [i.e., the cause – your efforts, positive intentions, and commitment to God’s will]
- and
- effect [i.e., the effect – the light of the experience of the reality of God],
however,
are removed from one another
on the level of appearance,
because of time.

You have already experienced
that with your spiritual growing,

- cause
- and
- effect
- move closer together
until
a direct link [between cause and effect]
can be seen.

When this [i.e., When seeing direct link between cause and effect]
occurs in

- experiencing the
- power and
 - presence
- of the Creator,
- you have attained
self-realization.
- You have
 - purified and
 - unifiedyourself.

Then [i.e., when you have attained self-realization and have therefore
purified and unified yourself]

you can
be one
with Him
at will.

This [i.e., This willing yourself to be one with Him]

is the outer will
but here it [i.e., the outer will] is totally compatible with
the will of the Highest.

07

This gradual growth process
depends on
your willingness
to open your heart.

Opening your heart
seems
to require
a special kind of courage.

You must
be willing to risk
the imaginary dangers
of

- *truly feeling*
with your heart,

of feeling

- *your self,*
- *your lovingness,*
- *your vulnerability,*
- *the beauty of creation,*
- *the endearingness of others*
who struggle
in their attempt
to find the light.

When you are

- *willing* [*to risk the imaginary dangers of*
truly feeling all this with your heart],
- *truly willing* [*to risk this*],

the Christ spirit
will

- *take over and*
- *perform*
the "operation" of
removing the tight lock –
that has existed for millennia –
from your heart.

The more
your heart
is open,
the more
God
can enter it [i.e., the more God can enter your heart]
with
His magnificent reality.

You will
• be touched by His breath
more frequently,

you will
• sense His hand
in all things.

08

In this lecture
I would like to discuss particularly
a law of timing
that applies
to the development
of every entity.

You
• surely must have
sensed this law and
• may even know about it
vaguely.

But it is important
that you
thoroughly understand it.

According to this law
a certain necessary time sequence
exists on an individual's path.

The time sequence
is entirely different
for every entity.

What
for one person
needs to be taken
at the very beginning,
because
it is a fundamental key,
without which
nothing further
can be genuinely accomplished,
may follow only
much later
for another.

You know
that you are working with
different

- levels and
- layers.

You know about
the spiral movement
that seems to bring
the same sequence up
again
and again.

There comes a point
when a particular spiral
has truly
resolved itself.

An entirely
"new"
aspect [of you]
is coming to the fore,
an aspect
so

- strange and
- unfamiliar

that it seems at first
somewhat frightening.

"Is that really me?" you ask.

09	<p><u>This [i.e., This going deeper into a “new” aspect of the self]</u> <u>is not merely</u> <u>a question of</u> <u>going to a deeper level</u> <u>of the same problem.</u></p> <p><u>[Rather,] The deeper level [i.e., The deeper level into a “new” aspect of the self]</u></p> <ul style="list-style-type: none">• <u>brings</u> <u>new material</u> <u>to the fore</u> <u>that could not have been handled before,</u> <p><u>and it [i.e., the deeper level into a “new” aspect of the self]</u></p> <ul style="list-style-type: none">• <u>may also bring</u> <u>a feeling of hopelessness</u> <u>about self-purification.</u> <p><u>"Will it [i.e., Will the process of self-purification]</u> <u>never end?"</u></p> <p><u>I want to</u></p> <ul style="list-style-type: none">• <u>warn you about this feeling [i.e., this feeling of hopelessness] and</u>• <u>tell you that it [i.e., tell you that this feeling of hopelessness]</u> <u>is a good sign</u> <u>of deep progress.</u>
10	<p><u>In the life of</u> <u>the average human being</u></p> <ul style="list-style-type: none">• <u>who is far from</u> <u>pursuing any path</u> <u>of self-confrontation,</u>• <u>who ignores</u> <u>even the possibility of</u> <u>inner</u><ul style="list-style-type: none">• <u>growth and</u>• <u>development,</u> <p><u>these</u> <u>previously concealed aspects</u> <u>are taken on as</u></p> <ul style="list-style-type: none">• <u>new tasks</u> <u>in a</u><ul style="list-style-type: none">• <u>new incarnation.</u>

	<p><i><u>Specific</u></i></p> <ul style="list-style-type: none">• <i><u>circumstances and</u></i>• <i><u>surroundings</u></i> <p><i><u>are geared to</u></i> <i><u>bringing out</u></i> <i><u>the aspects</u></i> <i><u>that could not be brought to the fore</u></i> <i><u>in the previous incarnations</u></i> <i><u>where</u></i></p> <ul style="list-style-type: none">• <i><u>circumstances and</u></i>• <i><u>surroundings</u></i> <p><i><u>had to activate</u></i> <i><u>other material.</u></i></p>
11	<p><i><u>With people</u></i> <i><u>who follow</u></i> <i><u>an intense path,</u></i> <i><u>such as you do,</u></i> <i><u>it might happen</u></i> <i><u>that what would have waited</u></i> <i><u>for a future incarnation</u></i> <i><u>under "normal" circumstances</u></i> <i><u>is released</u></i> <i><u>now.</u></i></p> <p><i><u>The inner timetable</u></i> <i><u>has readied</u></i> <i><u>the soul</u></i> <i><u>for it [i.e., readied the soul for work that would have waited for a future</u></i> <i><u>incarnation under "normal" circumstances]</u></i> <i><u>now,</u></i></p> <p><i><u>since all the work</u></i> <i><u>intended for this life</u></i> <i><u>has been completed</u></i> <i><u>before physical life</u></i> <i><u>is terminated.</u></i></p>

12

Encountering additional tasks
which you were not certain
you could handle in this incarnation
may seem
too much.

You would rather
leave them for a later time
when you will have gathered
new strength
in your spiritual home.

Often
• this is true and
• you do not even attempt
to undertake
the new tasks.

But when you
do attempt them [i.e., when you do attempt the new tasks],
the benefit
is immense.

It [i.e., Attempting the new tasks that would “normally” come
in a future incarnation]
represents
an immeasurable amount of
"saving"
for you.

Much
• energy,
• expenditure,
• time and
• creativity
are saved
that would otherwise
have to be distributed over
new incarnations,
particularly destined for
fulfilling these tasks.

13

Also,
do not forget that
when such additional new material
comes to the fore,
it is never without
your full consent.

Sometimes
you wish to undertake it
and
your spiritual advisers
do not agree.

Often
they

- encourage you and
- warn you of the difficulties.

But
in a state of
greater

- consciousness and
- vision

you understand
that it is
truly worth undertaking
an extra task
in the same incarnation.

14

A long time ago [see Pathwork Lecture 34 Preparation For Reincarnation,
given July 25, 1958]

I discussed some aspects of
the processes of reincarnation.

You may remember me saying then
that
in the preparation
before incarnation
the life plan

- is exactly laid out and
- etched into

the soul substance.

I say to you
now
that the soul substance
contains much more than
the life plan of
the current incarnation.

There is
an overall plan
that shows what has been accomplished in the past,
and there are
the future tasks to fulfill,
stacked in layers,
as it were.

It is difficult to convey
these spiritual facts
in human terms.

They [i.e., these spiritual facts I am trying to convey in human terms]
may sound

- oversimplified

and therefore

- misleading.

Of course
in our reality
there is no such thing as

- up or
- down,
- below or
- above,

or, for that matter,

- time.

So we cannot speak of

- past and
- future.

Yet there is

- a sequel,
- a rhythm

that takes its
natural course.

- One step
must logically follow
- the previous one.

Each

- step or
- phase
 - has a meaning and
 - cannot possibly be undertaken
at the wrong juncture
of the sequel.

So only in that sense
is there

- past or
- future,
- layers above and
- layers below.

15

I often mentioned that
occasionally
some human beings
experience a rebirth
within the present incarnation.

When Jesus spoke about
the necessity
to be born again,
he did not
only
refer to
the reality of reincarnation.

He [i.e., Jesus, in speaking about the necessity to be born again]
also meant
that
in order to
experience
the truth of the living God
within,
a rebirth
must take place.

This [i.e., This rebirth]
is made possible
by

- fully following
the life plan
for this incarnation

and then

- freeing the plans
that might have waited for
a subsequent embodiment.

16

The process of birth
is never,
under any circumstances,
a one-time phenomenon.

It [i.e., The process of birth]
is always
gradual.

Even on
the purely physical plane,
a human being
is not born complete.

The baby

- leaves the womb of the mother
- and first becomes
merely
a physically separate entity.

Even the physical separation [between mother and child]
is not complete
right away.

It takes a while
until

- mother

and

- child

are truly separate entities.

And I do not mean this [separation between mother and child]
in terms of

- independence and
- self-sufficiency,

for obviously
the child
is not able to fend for himself
for a long time.

17

If you think carefully,
you will note that
all the childhood years
are part of
the birth process.

The mind
is gradually

- freed,
- released,
- born into

the physical reality.

More gradually
and much later,
the person's

- spiritual nature and
- higher values

may be born.

However,
they [i.e., the person's spiritual nature and higher values]
may often remain
unborn,
waiting to be released
in a future existence.

Talents
often take time to be born,
in most instances
considerable time.

Accomplishments
which the soul
has acquired
in previous lives
need to be nurtured.

The technical skills
learned in this body
need to be assimilated
so that
the inner knowledge
has an adequate instrument
through which
to express itself.

18

The time has come
for you, my friends,
to become more aware

- of these possibilities,
- of incarnatory processes

reaching the surface
only now –
or at a later period –
when

- sufficient groundwork has been done,

when

- your current life plan has been fulfilled.

You need to

- listen sensitively
into your
entire pathwork process

and

- occasionally
gain sufficient distance from yourself
to have an overview.

You will then [i.e., when you listen into your entire pathwork process and
gain sufficient distance from yourself to have an overview, you will then]
sense the beginnings
of a rebirthing process.

With some

this [rebirthing process]
may never be,

- not necessarily because
they do not work as dedicatedly as others
on their purification,
- but perhaps because
the present task
is so
 - vast and
 - all-encompassing
that it suffices
for this embodiment.

So do not expect this [rebirthing process]
to happen in all instances.

19

Also,

you need to be aware of
too

- simple and
- quick

assumptions in this respect [i.e., in respect to
this rebirthing process].

Often

a new phase on your path
merely indicates

• another facet of
the present life plan

and not

• an additional task
that may be

• undertaken now,

or possibly

• left for a later incarnation.

I would not like to see this community

rushing en masse

into this explanation [i.e., rushing into this explanation that you are
in a process of rebirthing]

every time

you enter another facet of
your inner development.

A finely attuned sensitivity

will give you a deeper understanding

about these [development and rebirthing] processes.

It [i.e., an understanding of these development and rebirthing processes]

will also make you realize that

divine birth

is never

a onetime event.

It [i.e., a divine birth]

is always

an extended birthing process.

20

You

participate keenly

in your own birthing process

by the work you are doing

on this path.

Consider
the entire purification work
as a birthing process.

For you
truly give birth
to your

- unobstructed,
- unencumbered

spirit
in its full glory.

You eliminate,
step by step,
the enfolding layers.

When your spirit
is being born
it [i.e., the birthing of your spirit]
always
happens in stages.

One aspect
was already born
when you came into this plane.

Other parts
shed the covers
later,
one by one.

Finally,
at one point
your spirit
will stand

- free and
- unencumbered,
- without
any
 - covers,
- any
 - obstructions,
- any
 - layers

that need to be removed.

21	<p><u>I cannot stress</u> <u>emphatically enough</u> <u>that you are</u> <u>not to take this [rebirthing in your current incarnation] lightly.</u></p> <p><u>This concept [of rebirthing in your current incarnation]</u> <u>should not be bandied about.</u></p> <ul style="list-style-type: none">• <u>Not every insight</u> <u>revealing a hitherto unfamiliar pattern,</u>• <u>not every new phase,</u> <u>indicates the process</u> <u>of uncovering material</u> <u>that may have ordinarily</u> <u>waited for a future incarnation.</u>
22	<p><u>The information I give you here</u> <u>is not to be confused with</u> <u>the practice of many psychics,</u> <u>who tell a person</u><ul style="list-style-type: none">• <u>where,</u>• <u>when and</u>• <u>in what form</u> <u>he or she has lived</u> <u>in previous periods of history.</u></p> <p><u>Such information</u><ul style="list-style-type: none">• <u>is usually –</u> <u>with few exceptions –</u> <u>pointless, and</u>• <u>only serves</u> <u>sensationalism.</u></p> <p><u>Only when</u><ul style="list-style-type: none">• <u>traits and</u>• <u>attitudes</u> <u>are under discussion</u> <u>is this [information from previous incarnations]</u> <u>of any value.</u></p>

And even then [i.e., even when information from previous incarnations
is of value when discussing current traits and attitudes],
in most instances,
the realization [of how experiences from previous incarnations have
affected current traits and attitudes],
if necessary,
should come
from

- yourself,

through

- your own intuitive sensing.

Then such insight [i.e., insight derived from experiences of previous incarnations]
will complete a picture
that has bearing
on your

- present struggle,

on your

- current task.

23

The process of
birth
is, as I said,
always
ongoing.

Perhaps it will help you
to visualize the universe
as a breathing entity.

Each breath
is a pulsation
that

- penetrates onward,

that

- bleeds through
previously inert mass –
the mass of the void.

Once the pulsation
reaches this mass
with sufficient
• intensity and
• frequency,
the mass
begins to soften.

The breath of life
enters, and
consciousness
is being born
where previously
there was
no
• life,
no
• consciousness,
no
• being.

Each breath
consists of
• expansion,
• contraction, and
• the static moment in-between.

Each of these movements [i.e., each of the movements of each breath,
that is, each expansion, contraction, and the static moment in-between]
is designed
to
• expand life,
to
• spread it.

In this way
the pulse of life
surges on.

Each pulsation
is another
thrust of the life forces,
penetrating matter and
gradually infusing it [i.e., gradually infusing matter]
with life.

24

Every incarnation
on the earth plane
represents
• a pulse beat,
• an outbreathing.

Each time
life seems to die
an inbreathing
takes place.

The strength
of the pulse beat
is determined
• by the will
to live on earth
in a body,

• by the degree of fulfillment
of the task
the entity has come for.

If the task
is negated
because
• inner life and
• truth
are denied,
the will to live
is usually weak,
although
the reverse
is not necessarily true.

It is possible
that the will to live
is strong
and yet
the path [i.e., task] negated.

	<p><i><u>In such instances [i.e., in such instances when the will to live is strong and yet the task is negated],</u></i></p> <p><i><u>the spirit</u></i> <i><u>has justified hope</u></i> <i><u>that at least part of the task</u></i> <i><u>may still be</u></i></p> <ul style="list-style-type: none">• <i><u>accepted,</u></i> <p><i><u>may be</u></i></p> <ul style="list-style-type: none">• <i><u>allowed into</u></i> <i><u>surface consciousness.</u></i>
25	<p><i><u>Old age</u></i> <i><u>is a slow withdrawal</u></i> <i><u>of the personality</u></i> <i><u>that lives forever [i.e., the personality lives forever, but slowly withdraws from the body in old age].</u></i></p> <p><i><u>When you humans</u></i> <i><u>speak about dying,</u></i> <i><u>it seems</u></i> <i><u>absurd</u></i></p> <ul style="list-style-type: none">• <i><u>to us,</u></i>• <i><u>from our vantage point.</u></i> <p><i><u>There can</u></i> <i><u>never</u></i> <i><u>be death,</u></i> <i><u>there can</u></i> <i><u>only</u></i> <i><u>be a withdrawal of life</u></i> <i><u>from the outer encrustations,</u></i> <i><u>leaving them [i.e., leaving the outer encrustations]</u></i> <i><u>inanimate again.</u></i></p>

When the entity
builds a body,
the body
consists of material
• that is as yet lifeless,
but
• that will be enlivened
once
• the spirit, or
• the soul, or
• the person
with
• all his traits and
• all the special combinations of attitudes
that form his or her
unique personality
at this point of evolution,
takes possession
of this shell.

26

Each further incarnation
represents
a further thrust
into the inanimate.

Very gradually
the pulse beat of life,
in this particular regard,
will become so strong
that
• matter
is no longer matter,
• it [i.e., matter]
no longer
becomes inanimate.

• It [i.e., matter]
remains
forever
imbued with spirit.

	<ul style="list-style-type: none">• <u><i>It</i></u> [i.e., <u><i>matter, now forever imbued with spirit</i></u>] <u><i>has become</i></u><ul style="list-style-type: none">• <u><i>so refined,</i></u>• <u><i>its</i></u> [i.e., <u><i>matter's</i></u>] <u><i>vibratory frequency</i></u> <u><i>so high,</i></u> <p><u><i>that</i></u></p> <ul style="list-style-type: none">• <u><i>it</i></u> [i.e., <u><i>matter, now forever imbued with spirit</i></u>] <u><i>can no longer decay.</i></u> <ul style="list-style-type: none">• <u><i>It</i></u> [i.e., <u><i>matter, now forever imbued with spirit</i></u>] <u><i>has been</i></u> <u><i>wholly</i></u> <u><i>made into spirit.</i></u> <ul style="list-style-type: none">• <u><i>It</i></u> [i.e., <u><i>matter, now forever imbued with spirit</i></u>] <u><i>has been absorbed</i></u> <u><i>by</i></u><ul style="list-style-type: none">• <u><i>spirit,</i></u><u><i>by</i></u><ul style="list-style-type: none">• <u><i>life,</i></u><u><i>by</i></u><ul style="list-style-type: none">• <u><i>consciousness,</i></u> <p><u><i>so that</i></u></p> <ul style="list-style-type: none">• <u><i>it</i></u> [i.e., <u><i>so that matter, now forever imbued with spirit</i></u>] <u><i>has become</i></u><ul style="list-style-type: none">• <u><i>spirit,</i></u>• <u><i>life,</i></u>• <u><i>consciousness.</i></u>
27	<p><u><i>These are</i></u> <u><i>not</i></u> <u><i>idle speculations.</i></u></p> <p><u><i>On your earth plane</i></u> <u><i>you can observe this truth</i></u> <u><i>by a very simple fact:</i></u> <u><i>the extension</i></u><ul style="list-style-type: none">• <u><i>of life,</i></u>• <u><i>of the average age,</i></u> <u><i>of the human being.</i></u></p>

Not too long ago in your history,
the average age
was thirty years.

Now it is
seventy.

In the not too distant future,
even in your terms of time,
the average age
will be
one hundred years
and over.

The inner meaning of this fact
is that matter
is more strongly imbued with life.

Life can
therefore
have a greater staying power.

The forward thrust
of the pulse beat
can penetrate deeper.

28

Everything
in creation
exists
in
both

- the macrocosm

and

- the microcosm.

It [i.e., Everything in creation]
is repeated
over
and over

- in different proportions,
- to different degrees,
- in different ways.

So the

- breath of life,
- cycles of life,
- principles of life
all exist
 - in smallestand
 - in largestmeasures,
based on
the same creative
 - conditions and
 - laws.

It will be helpful for you
to visualize life

- as an ongoing breathing phenomenon,
- each incarnation
representing
a pulse beat,
 - each withdrawal from matter
not as
 - a dying of life,but as
 - a withdrawal from matter,
 - an inbreathing.

In this vision
you will

- strengthen yourself and
- open up
new doors of understanding.

29

It is of the
greatest importance
for you to
fully understand
what constitutes

- the strength of
the pulse,
- the breath of life
that is a human life.

What determines
the vigor
of the pulse beat –
that single cosmic beat
that is
a human incarnation?

30

Before discussing this,
I should like to add that
not only
human
life
fulfills this function [i.e., fulfills this function of the pulse beat].

The earth plane
is particularly designed
as an arena
to serve the purpose
of
"breathing into
• the inanimate" –
or [breathing into]
• the void,
if you will.

Every
• plant,
every
• animal,
every
• life form
existing on this plane,
• breathes into
matter and
• enlivens
it [i.e., enlivens matter].

The enlivening
is at first
only temporary,
for after a while
life
• withdraws again,
only to
• reappear
at intervals.

But the time will come
when life
can no longer withdraw,
even from
• plant,
• mineral and
• animal
life.

Vibrations of matter
will be
so refined
that
• matter
will become
• spirit.

Then
the breath of life
will continue
in a way
that life
no longer
pulls back.

The thrust
will have become
so strong
that
all is
• life,
all is
• spirit.

31

The
• human
course of development
is constituted differently from [i.e., differently from the course of development of]
• other life forms on earth.

For humans,
consciousness
plays a major role [in the course of development].

After a certain degree of evolvement,
consciousness
can determine
the
• strength,
• vigor, and
• length
of the pulse-thrust.

This happens in several ways.

32

In the first place,
the understanding
of these cosmic processes
is necessary [and increases the strength, vigor, and length
of the pulse-thrust of a given incarnation].

This [i.e., to increase the strength of the pulse-thrust]
is why
I give you this lecture.

• Think and
• visualize life
in these terms [i.e., in terms of life being a pulse-thrust in each incarnation
that is strengthened by understanding these processes]
and you will sense the truth [i.e., the truth of needing this understanding]
on an inner level.

Only in the rarest of instances
is such a vision [i.e., a vision of life being a pulse-thrust in each incarnation
that is strengthened by understanding these processes]

attained
without
outer
• help and
• stimulation.

Humanity
has now reached a point in its overall development
when it needs such help
so as to accelerate the [evolutionary and developmental] process.

33

- When you perceive
 - life and
 - deathas a pulsating breath,

- when you
experience
the spirit
as the constant
that pushes into matter,

- your entire world picture
is going to change.

- If you permit
this new consciousness
 - to grow
in you,
 - to take hold of
your being,
- you must
experience
 - life,
 - death, and
 - all happenings
in a very different way.

This [new and different] way [to experience life, death, and all happenings]

• is

liberating

and

• will eliminate

the existential

• anger,

• rage and

• fear

about

• life and

• death

that we discussed in another recent lecture.

But to

• hear this and

• file it away

as additional

"spiritual information"

is not enough.

You need to

stretch

your

• imagination,

your

• inner senses,

your

• deeper vision

to make

this

• knowledge

gradually

your own

• experience.

34

Another determining factor [regarding your evolution and development]

is, of course,

your attitude.

When
• difficulties come,
it is
human
to be discouraged.

When you are
• puzzled or
• in pain,

when you are
• disappointed or
• unhappy
about something,

it is
most normal [and human]
to lose courage.

You cannot help it [i.e., in your humanity you cannot help losing courage
when you are puzzled, in pain, disappointed, or unhappy
about something].

But with this [new and different] inner consciousness
growing in you,

you will
perhaps gradually
learn

that it is
most essential

• to keep
your vigor toward life
intact,

• to not allow
negative experiences
weaken your inner pulse.

Your
inner will
directly
affects
the pulse beat
of your life force.

Your
choice
to want to
• master the situation,
• make the best of it [i.e., make the best of the situation],
• learn from it [i.e., learn from the situation],
• live it [i.e., live the situation] to the fullest,

directly
affects
the vigor
of the cosmic pulse beat
that enlivens
your personal existence.

In addition to
the understanding
of the cosmic processes,
this [i.e., this choice to want to master the situation, make the best of it, learn
from it, and live it to the fullest]

requires
• goodwill,
• courage and
• faith,
which you will have
to the degree
you
truly
want
to fulfill
your part
in creation.

35

Every created being,
without exception,
plays such a part [in creation].

For
every being
is a direct expression of
the Creator.

In every being
a part
of the Creator
lives.

The entire Plan of Salvation
is a conjoint effort
to penetrate
all
with

- *life,*

with

- *consciousness,*

with

- *the divine joy*

that is so exquisite
that it [i.e., that this divine joy that is to penetrate all]
cannot be conveyed in words.

36

I mentioned before
that
everything
exists
in

- *microcosm*

and

- *macrocosm,*

in

- *many repetitions,*

for
the principles of creation

- *are perfect and*
- *can be adjusted to*

many different

- *situations and*
- *conditions.*

Let us now think of
the phenomenon
of the pulse beat.

In the human
body
the pulse beat
indicates

- the vital signs,
- the functioning of the heart,
- the flow of blood in the arteries.

On a larger scale [i.e., on a scale larger than that of the body],
each human
life
manifestation
is a
cosmic
pulse beat.

The one pulse beat
that constitutes
an entire incarnation
consists of
many
smaller pulse beats.

During a lifetime
the cosmic
pulse beat [i.e., the one pulse beat that constitutes an entire incarnation]
pumps
the spiritual blood
repeatedly [i.e., by means of the many smaller pulse beats
that make up the one cosmic pulse beat for that lifetime]
into

- hardened,
- inanimate
matter.

These beats [i.e., these smaller beats that constitute the one cosmic pulse beat
for that incarnation]
vary in intensity.

At times the [smaller pulse] beat
is vigorous,

at other times
it [i.e., the smaller pulse beat]
weakens.

37

You can see how
the same creative principle
• repeats itself and
• manifests in different ways.

I mentioned before that
on isolated occasions
a person
may live
his or her
• next incarnation,
or
• at least part of it,
in the same lifetime,
if the life task [of the current incarnation]
has already been
totally
fulfilled.

Instead of
life
withdrawing [and the body dying],
a new pulse beat
sets in,
heralding
• another set of conditions,
• another task –
often within the framework
of the same overall task
so that
outer life circumstances
need not necessarily
change at all.

Sometimes, however,
they [i.e., life circumstances]
may change
drastically.

38

The new pulse beat
is often weak
at first.

A break
has occurred,
even though
the break
is not as crass as
the body

- dying and
- later being reborn

under entirely new conditions.

But
the break nevertheless
exists.

It [i.e., the break]
is often experienced as

- intense,
- sometimes
- prolonged

crisis.

Since crisis
is painful,
it [i.e., crisis]
weakens
the pulse beat.

Only as
the new life
is fully

- understood and
- embraced

can a new continuity begin to evolve,

and [when a new continuity between the old life and new life begins to evolve,]
the new cosmic pulse beat in the entity
can resume
with renewed vigor.

39

When you hear these words,
you may fear
such an occurrence [i.e., the occurrence of a new birth from new pulse
beat in your current incarnation].

You may think it preferable
to progress [in your evolvment, purification, and development]
in slower stages.

I say to you that,
quite apart from
the tremendous value for

- your personal evolvment and
- your overall task in the great plan,

it is erroneous to think
that the transition
into a new incarnation
within the same body
is
more traumatic
than
the greater break of

- dying
- and
- being reborn.

For many human beings
fear of death
makes
dying
traumatic.

The threat of
extinction
prevents the entity
from experiencing
the sweetness
of the transition.

	<p><u><i>In many instances this [i.e., the sweetness of the transition involved in dying] can be experienced only much later, after</i></u> <ul style="list-style-type: none">• <u><i>the real</i></u><u><i>has been severed from</i></u> <ul style="list-style-type: none">• <u><i>the temporary.</i></u></p>
40	<p><u><i>Birth</i></u> <u><i>is always</i></u> <ul style="list-style-type: none">• <u><i>traumatic and</i></u>• <u><i>painful.</i></u></p> <p><u><i>I spoke about this before</i></u> <u><i>in another context.</i></u></p> <p><u><i>The personality</i></u> <u><i>needs to</i></u> <u><i>squeeze into</i></u> <u><i>a very tight structure,</i></u> <u><i>and this is experienced</i></u> <u><i>as painful.</i></u></p> <p><u><i>When you see</i></u> <u><i>the baby's</i></u> <ul style="list-style-type: none">• <u><i>struggle and</i></u>• <u><i>resistance,</i></u><u><i>it is not difficult</i></u> <u><i>to perceive this [i.e., not difficult to perceive the personality's pain in squeezing</i></u> <u><i>into the very tight structure of a tiny physical body].</i></u></p> <p><u><i>It is also traumatic for the entity,</i></u> <u><i>before the birthing process into matter begins,</i></u> <ul style="list-style-type: none">• <u><i>to temporarily abdicate</i></u> <u><i>full consciousness</i></u><u><i>and</i></u> <ul style="list-style-type: none">• <u><i>to await it [to await the consciousness]</i></u> <u><i>to slowly reawaken</i></u> <u><i>by stages.</i></u></p>

This [i.e., This process in which the entity temporarily abdicates full consciousness and then awaits the consciousness to slowly reawaken by stages] seems very risky.

- *Will all that you know as unencumbered spirit reach the brain through*
 - *the matter and through*
 - *the dimmed experiences of earth life?*

- *Is it not much preferable to stay in the continuity you have gained through your*
 - *growth and*
 - *development?*

The break in consciousness can be avoided in that way.

41

This [i.e., This avoiding the break in consciousness between incarnations by avoiding some incarnations]

is not always possible, but sometimes development proceeds very

- *fast and*
- *well*

when this opportunity arises [i.e., when this opportunity to avoid an incarnation arises].

However, as I said before, do not assume anything

- *too quickly and*
- *too glibly.*

Let it [i.e., Let the matter of whether or not an incarnation could be avoided]
rather
be a question within you
that
• may
or
• may not
find an answer.

If it is
• necessary and
• important
for you to know,

if you are open
without any
preconceived ideas
one way or another,

you will know.

Most certainly
you should not ask me
whether or not this is so.

42

There is
a general acceleration
in the process of evolution
which is manifesting in various ways.

One manifestation [in the process of evolution]
is that knowledge
of the inner realities
has become accessible
to the general public.

This is unprecedented
in your history.

It has
never happened
before.

In former times,
there were
only an elect few
who could join
• a secret esoteric society,
or what might be called
• a mystery school,
in which
knowledge about
• inner truths,
• real values and
• purification processes
was disseminated.

Nowadays
it [i.e., Nowadays knowledge about inner truths, real values,
and purification processes]
is
• open and
• available
to all,
although
many souls reaching the earth plane
do not make use of
this possibility.

Some
lack
• the development
and therefore [lack]
• the understanding.

Others
have the capacity
to understand
but do not
move out of
their
• resistance and
• apathy
to do so [i.e., to understand].

They do not
fulfill
their potential.

43	<p><i><u>Another manifestation of the acceleration in development [in addition to the first manifestation of the acceleration in development: that knowledge of the inner realities has become accessible to the general public] is exactly what I explained in this lecture:</u></i> <i><u>the possibility</u></i> <i><u>to uncover layers of the soul</u></i> <i><u>that would</u></i> <i><u>ordinarily</u></i> <i><u>await a future embodiment.</u></i></p>
44	<p><i><u>In this</u></i> <i><u>ever-increasing</u></i> <i><u>acceleration</u></i> <i><u>of the movement of divine life,</u></i></p> <p><i><u>the penetration of life</u></i> <i><u>into</u></i> <i><u>the void</u></i> <i><u>becomes ever</u></i> <ul style="list-style-type: none">• <i><u>deeper and</u></i>• <i><u>stronger</u></i><i><u>with each embodiment.</u></i></p> <p><i><u>This movement [of divine life]</u></i> <i><u>comes</u></i> <i><u>even to those</u></i> <ul style="list-style-type: none">• <i><u>who do not fulfill</u></i> <i><u>all their potential, or</u></i>• <i><u>who are still</u></i> <i><u>on a much lower scale of consciousness.</u></i></p> <p><i><u>Even</u></i> <ul style="list-style-type: none">• <i><u>trees,</u></i>• <i><u>plants,</u></i>• <i><u>birds,</u></i><i><u>participate [in this movement of divine life as life penetrates the void].</u></i></p>

Their life span [i.e., the life span of trees, plants, and birds]
is not longer in your terms,
but the general movement
causes their

- *real,*
- *eternal*

being
to penetrate deeper into matter,
so that matter
is altered
after their life is withdrawn.

The entire process
is

- *heightening and*
- *quickenning.*

45

The result
is a particular phenomenon
that,
seen

- *from the outside and*
- *out of context,*

may seem
to contradict
what I say.

In your era,
there is a new balance
between

- *developed*

and

- *undeveloped*

souls.

As there are
highly developed spirits
coming into this plane
in ever greater numbers,
so is
an increasing number
of undeveloped souls
reaching this plane.

In former times
these differences [between the developed and the undeveloped souls
reaching this plane]
were much less acute.

There was
a greater leveling.

Less-highly-developed souls
made
the primitive incarnations
less noticeable.

Now
the differences [between highly developed spirits coming into this plane
and the undeveloped souls reaching this plane]
are striking.

46

For you,
who work on this path,
it is important
• to be aware of
these general cosmic processes
and
• to incorporate them [i.e., to incorporate these general cosmic processes]
into your understanding
about
• the world and
• yourself.

At certain stages
such knowledge [i.e., such knowledge about these general cosmic processes]
would not
• help you at all and
would not
• be relevant to
what you are called upon
to deal with.

But the time comes
when this [i.e., when such knowledge about these general cosmic processes]
is important,
not just
• for some of you
individually,
but
• for the Pathwork entity
as a whole.

For what occurs
to you individually
repeats itself on a larger scale –
always.

So your
individuality
is
a cell
of the Pathwork entity.

The Pathwork entity
is
a cell
of the Earth-plane entity.

The healthier
each cell becomes,
the better
can the total organism function.

And health
includes
• knowledge and
• understanding.

47

Your Pathwork entity
has been
reborn
several times already.

It [i.e., Your Pathwork entity]
will continue to do so [i.e., will continue to be reborn],
if you
give your best

- to your own
- truth and
- development and
- to the task

of which
you are a blessed part.

I say this to you
now
because at this very period
you,
as a community,
are going through such a process [i.e., going through such
a rebirth process].

By understanding
this fact [i.e., this fact that you are going through a rebirth
process as a community],
it will be much easier for you
to

- grope and
- search,

to

- struggle and
- stretch

to find new ways of being,
to

- make changes that,

in the end,
if you allow divine inspiration to reach you,
can only become
a blessing
for every individual
joining this venture,
on all levels.

	<p><u>Be fearless</u> <u>in your</u></p> <ul style="list-style-type: none">• <u>trust and</u>• <u>faith</u> <p><u>that you are involved in something</u> <u>infinitely bigger than</u> <u>your personal little concerns</u> <u>to which you sometimes assign</u> <u>such disproportionate importance.</u></p>
48	<p><u>The Christ spirit</u> <u>is with you,</u></p> <ul style="list-style-type: none">• <u>at all times,</u>• <u>in all things.</u> <p><u>God's blessings</u> <u>enable</u> <u>your most mundane undertakings,</u> <u>for they [i.e., for your most mundane undertakings]</u> <u>are put into the service of</u> <u>the divine cause.</u></p> <p><u>Let your inner joy</u> <u>reach your consciousness,</u> <u>for there is</u> <u>only</u> <u>cause for rejoicing!</u></p>

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