

Pathwork on
Soul vs. Spirit

In this quote from Pathwork Lecture 50 *The Vicious Circle*, a clear and concise definition of the Soul is given. It is described as a subtle body, our feeling body, our true inner personality, as distinguished from Spirit (our Divine Spark or Essence) or our physical body. It also describes our Soul leaving our body during sleep.

37	<p>QUESTION: Would you be kind enough to tell us the difference between soul and spirit?</p>
38	<p>ANSWER: You have not only a physical body, but several subtle bodies. Each subtle body represents a certain aspect of the human personality. The higher your development, the more of these subtle bodies dissolve, until finally the only original spirit body remains.</p>
39	<p>The various subtle bodies differ in degree of density. The densest is the human form, the physical body, at least from your sphere upwards. There are lower spheres before the cycle of incarnations begins, where matter is even denser than yours. It is so dense that you cannot see and touch it. As far as you are concerned, what is unseeable and untouchable would all fall into the same category of "subtle matter." Actually it is not so. There is matter that is so dense that you, with your physical perception, can no more see it than you can see real subtle matter, subtler than your own. You could walk through it just as a spirit who is not incarnated can walk through your matter. But on your plane of perception, the densest matter is physical matter. For each life on earth you need this physical matter, but you shed it after each earth life. You also shed, soon after the so-called physical death, another body of matter subtler than the physical one. Then the soul-body or the feeling-body remains. In this body are all your emotions, impressions, attitudes and trends, in other words, your true, inner personality. As development continues to the highest degree, the soul-body -- as well as all other bodies -- dissolves, and only the spirit, the original being, remains. The spirit is the indestructible, the eternal, which lives in you, containing the divine conscience I have spoken about tonight. It contains all the wisdom, all the truth, and all the love, but it is covered up by these many layers.</p> <p style="text-align: center;">QUESTIONER: Thank you very much.</p>
40	<p>QUESTION: When a person is sleeping, does the soul stay with the body or does it leave temporarily for revitalization?</p>
41	<p>ANSWER: It leaves temporarily. There are various subtle bodies that leave the physical body in different states of unconsciousness. Usually in sleep the feeling-body is removed from the physical body, sometimes more, sometimes less. It produces the pictures that you translate into symbols in a dream. If the feeling-body remained during sleep in the physical body, sleep would not be</p>

	<p>profound; it would be disturbed sleep. But during deep sleep your feeling-body or soul is out of the physical body. That is the physical rest. The feeling-body can expand nearer or farther. Is that clear?</p>
42	<p>QUESTION: Yes. Does one have to be sound asleep for relaxation or does a light sleep suffice?</p>
43	<p>ANSWER: The sounder the sleep, the more relaxation. You know that when you wake up. When you had a sound sleep, you will feel much more refreshed than when you had a light sleep. The sounder the sleep, the more removed is the feeling-body from your physical body.</p>
44	<p>QUESTIONER: I have known some people who can relax for ten minutes and be thoroughly refreshed.</p>
45	<p>ANSWER: If the sleep is profound enough, a ten-minute sleep will give you more rest than a whole night of fitful and disturbed sleep, when, because of your tensions, your feeling-body cannot leave completely.</p> <p>QUESTIONER: Thank you.</p>