

Pathwork on
Personal Spirit Guides

An interesting quote from Pathwork Lecture 11 *Self-Knowledge – The Great Plan – The Spirit World* on one's personal Spirit Guides

29	QUESTION: I would like to ask how it is possible to contact one's personal guide.
30	ANSWER: This can be done only if the purpose is to follow the path of perfection, to help one's own development, to solve a particular problem. And this wish has to be very strong and sincere, not half-hearted at all! This must be truly the only reason, with no sense of sensationalism or curiosity mixed into this wish. If and when this is recognized by the spirits of God -- and it might take considerable testing, as well as patience and endurance, for the wish must not be given up too soon -- such a contact will be established. The personal guide of the individual in question will make itself known, provided the answer cannot be obtained another way, let us say through other human beings. For God's spirits do not answer questions that can be answered in your own world. It is not their task to help you avoid a little bit of effort to find out. They answer only those questions which would be impossible for you to find an answer to through human channels.
31	Now if all these requirements are fulfilled, you will eventually establish contact one way or another. There are many questions a personal guide can and will gladly answer: if, for instance, you do not know what the will of God is in a particular situation, if you want to discover unconscious trends and emotions, or if you find yourself in some kind of disharmony with your fellow-creatures and do not know the reason. If such a situation occurs, you may be quite sure that no matter how flagrantly wrong the other person may be there must be something within you that is responsible. This and similar questions will be answered if you open the door for truth. And this can happen only if you are prepared to accept the truth under any circumstances, even if you should hear what you least want to hear.
32	If you overcome the natural resistance to hearing an unflattering or uncomfortable truth, your door is open and we can get through. I might add here that even if you do hear occasionally something you have feared to hear, you will be extremely happy after you have thus established contact. Not only because truth always has that effect, but also you will then know for the first time that this spirit world with all its laws is a reality and not a theory. This will make you very happy indeed.
33	The way the answer can be received varies greatly. One way may be that while you meditate and become still and ask this question, wanting only truth and God's will, suddenly a new thought comes to you. This thought will grow, and

	<p>the more it grows the more you will see how right it is. There will be no doubt about the rightness and truth of this thought no matter whatever angle you consider it from. This may be one way, and it is called the way of inspiration. Later on you may directly perceive a new voice within you that sounds quite different from your usual thoughts or ideas. Or you may see something that will give you the answer in picture form. Often such answers are given a little later through another human being who will be inspired. Just this kind of an answer may be a test for you, to gauge how you receive it, how you react. God's spirit world has many ways of working and presenting necessary knowledge to you.</p>
34	<p>Establishing contact is always up to you, however, and it always requires your openness. Then you will receive. If you are patient and you do not want only one particular answer, or if you are not set in your mind to receive the answer in one particular way, but leave to God as to how it will come to you -- then you will gradually establish a perfect and wonderful contact. Perhaps it will feel quite different from what you have imagined, but whatever God decides will ultimately be best for you. So when seeking such personal contact, this should be your motive and this should be the way to go about it.</p>