

Pathwork™ Steps

Freedom, Justice, Religion: Happiness as a Link in the Chain of Life

Study Guide for Online Meetings on PL 5

Week 1: What is Happiness?

Week 2: What is Freedom?

Week 3: What is Justice?

Week 4: What is Truth?

Appendix: Spiritual Principles condensed from PC10

Introduction from May 20th 1957:

Greetings! I bring you God's blessings.

My dear ones, God's spirit world would want nothing more than to help you grow spiritually, into happiness, harmony, enlightenment. And God's spirits try continually to stretch out their hand to man to make him pass the grade where he is just encountering difficulty, struggling in his development on the path to perfection. But we can only help, not enforce it.

First, man has to make up his mind and open the door with a perpetual desire; then he will feel this help as a palpable reality. This in turn will tremendously increase the feeling of walking on safe ground and deepen his trust in the reality and truthfulness of God's spirit world.

But man hardly sees, hears, feels that God's spirit helpers are around him, offering a helping hand, because he pays no attention. Even if in principle he believes in the existence of God and His spirit world, he does not think that his belief or unbelief make a difference affecting his life and its problems on a personal level. He just closes the door and thus may switch again to the wrong direction, which is **often triggered by a minute detail**. But the more he moves away from this central focus, the deeper he runs into a dark alley, and he will have a most difficult time to get out of it again.

It is my task to give you hints, through my words, to awaken you. May each of you hear what applies individually, but, even for this, you have to have the desire. Only then can you digest beneficially this material within.

Get to know the unconscious, make it conscious in meditation, in prayer, in all your striving.

PL 5

Week 1: What is Happiness?

Whenever you have staked out your goal, consciously or just emotionally, and this goal is a selfish one, you may not be able to reach what you want. And even if you reach it, it will be of fleeting effect and satisfaction. Its climax will be dry and shallow and quickly dispersed. If you want the outer happiness, you will never be happy. Of course, you will say, *"I don't want this selfish happiness, I will be glad to see others happy."*

Here, too, you may deceive yourself. The mind wants it because you know this or that recipe for happiness, but another part of the personality, which I call the lower self, pulls the emotions into a completely different direction.

Exercise 1: Who is willing to sacrifice the least bit for anybody else? Ask yourself: *"Do I want the happiness because I want to be happy? Or is it a secondary necessity?"*

Meditate on this. Approach God, and say: *"Naturally, I cannot feel Thee, dear Lord. I want to be happy, but to maintain this happiness, I want to be a link. What you give me, I want to convey to others in some shape or form even if I have to make a sacrifice, perhaps the sacrifice of some ego desire. Please, show me how I may convert that which you give me **into something I can relate to others.**"*

If you absorb this thought until it has taken root in the soul, until it becomes a spiritual form, penetrating the emotions wholly and entirely, then man will have met the conditions, and the spiritual law involved will take beneficial effect, which will be true inner happiness because man himself is no longer the target and his selfish happiness no longer the ultimate goal.

A human being who functions as such an adapter **will receive in return in a hundredfold measure what he gave.** God will always show you how, in which form, you may give out, but you must be willing to do so. Action counts here, especially so that God may show you more precisely the way, and the law can slowly be set in motion.

Think about the good you receive. Once you decide *"I don't want to be the ultimate goal, but I want to serve as an adapter,"* you will be shown how you can convey what you received. You will consequentially receive more and more; **that is the law.**

PL 5

Law of Cause and Effect: *Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels.* PL245

Law of Brotherhood: *To be able to open up, to really open your heart to another person, brings a spiritual help that you could not receive by yourself.* PL26

Law of Consciousness Reflects Experience: *Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need.* PL132

From Q&A section of PL 5:

QUESTION: You said one should relate happiness to give something to others, i.e., if one has a little gift which might make another one happy and one has only one choice, should one give it to a stranger or a loved one, a relative? Whom do I have to give it since I can only give it to one person? Who will have preference?

ANSWER: ...What I was actually speaking of did not involve material values that you can give away, because sometimes you don't have the possibility -- and it is actually not so important.

What I meant is, if you are longing for happiness and love, whether you have it to a certain degree or not yet, then fill yourself with the thought: **how to convey that which you have** (or wish to) have to others, **how to adapt your inner riches to others' needs.** If you want this wholeheartedly, God's spirit helpers will show you the way and help you to do it in the right manner.

You may not know exactly what the how of such giving involves, but your willingness and sensitization for it will show you the way. Help will appear.

If you don't do this ultimately for your own sake in order to become a happier human being, but instead channel your emotions to make others happier, give more, love more intensely, then God's spirit world will render incredible support and help to overcome inner obstacles.

You can be of true help only when you have achieved soul healing to such extent that you have inner harmony, not an illusive one in appearance, because your inner currents affect the others. To encourage others, to give love, warmth, consolation when they are unhappy, to assist constructively in finding their way, to offer true understanding is only then possible when, inside and emotionally, the ego self is no longer the center.

If you are able to give yourself in the right way per se, you can do it with all with whom you come in contact. But before you can give yourself, you have to find yourself.

You cannot give what you don't have. And very few human beings "have" themselves because they don't know themselves sufficiently or not at all; therefore they lost their countenance. The degree to which you feel abashed of your own imperfection, emotionally, is the degree to which you don't "have" yourself.

As long as you are embarrassed over each inner imperfection or outer weak point, you are enslaved and anything but free even if there would be utmost freedom on the outside. In such enslavement, you don't "have" yourself, and thus you cannot really give yourself. Moreover, you are all still too dependent on outer happenings and hearsay to feel harmoniously. This harmony has to be built in such a way that you are no longer dependent on things that you cannot control. As long as this applies to you, you are not free, and thus you cannot truly give yourself.

PL 5

Daily Review PL 28

Exercise: Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware. All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit: 10 per day). Eventually, this can become a thought process.

Each week, see if you can relate with the sub-topic.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences of this topic. Can you find additional patterns?

Week 2: What is Freedom?

There are so many human beings who want to remain free. They shy away from everything that might bind them. But, here too, the law takes effect.

If you want freedom for selfish reasons, you will remain chained inside.

If you desire freedom to serve in a special way as an adapter for God and His plan of salvation, in order to help others develop more profoundly and rapidly, you will receive the gift of freedom without being bound inside. Yes, then you will not only be free in outer circumstances, but also within.

If man presumptuously craves for freedom from God, in that he does not want to abide by His law, such craving will turn into bondage, captivity, and utter confinement of the soul. If man draws closer to God and His laws, his freedom and independence will truly increase. This is the immutable law, which man cannot overthrow. These laws are born of wisdom and love, and if man, in defiance and ignorance, revolts against them, regardless whether man cannot comprehend them fully or for some unhealthy emotional reasons, the result will invariably be a growing inner bondage.

PL 5

Exercise 2: Notice any feelings about the Spiritual Laws listed in this study guide, such as –

Law of Paying the Price: *There is a price to be paid for each desired gratification.* PL29
The disadvantageous side of each alternative or decision has to be faced and accepted. PL32
Every advantage has its disadvantage. PL 41

From the Q&A Section of PL 5:

QUESTION: I still don't understand the free will problem. I still consider it a contradiction when man relinquishes his own will to fulfill God's will. Then it is not free will. To assimilate his free will to God's will needs tremendous discipline.

ANSWER: Oh yes, of course. Quite certainly, this needs discipline. But you give over voluntarily; nobody forces you. If something is difficult and needs discipline, it does not mean that it is a contradiction when man voluntarily give his will over to God's will.

To abide by your own will needs hardly, and not so often, any discipline. It is the path of least resistance. God does not force you either to fulfill His will -- that is His greatness and magnificence -- and thus you have the free will to do what you please, God's will or yours. You may or may not give over your will. That is the freedom of free will decision: this or that.

The less evolved beings will say, "Freedom is when I can do or not do what is most convenient." This is a misunderstanding emotionally, and perhaps superficial thinking.. The pleasant life where everything is just convenient does not constitute freedom.

QUESTION: But free will is limited considerably, due to karmic or inherited circumstances --

ANSWER: I want to say that the lower the level of development of a being is, the more his personal freedom will have to be limited. This must be so to protect other beings that live around

such a low-grade being. But that such limitation was necessary already was due to that low being's free will. It acted so and utilized his free will in the wrong way. **It did not fulfill the duty which goes hand in hand with the possessing of free will.**

Law of Self-Responsibility: *You create your own reality.* PL40

Only you create your own happiness and unhappiness. PL60

Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it. PL48

The higher a being is developed, the less limited will be the use of the free will because the duty concept grows too. You forgot that karmic circumstances have once been self-created. What you inherit is no accident either, because every spirit incarnates into that where he belongs and where it is best for his development, even considering possible difficulties with family members because especially these difficulties are necessary for growth and for the inner discipline.

Do not always judge viewing only one earth life, but try to gain sight over the entire life of a being, the many lives that are required for his perfection. Of course, if you only consider this one tiny link in the whole chain, you cannot gain the true understanding.

It would be a world of complete chaos and horror if man could act as he pleases and would not have to bear the consequences. Free will, duty, and responsibility have to go hand in hand. Another example, a criminal thinks freedom permits him to do what he wants. If there were no civil laws which limit this kind of freedom, imagine the consequences! The same holds true for the spiritual. The well-developed being knows that his freedom comprises self-discipline, self-control, duty, and responsibility, or else he would lose his freedom in a far more expandable and higher covenant. **You have sufficient free will to decide whether you want to expand your spiritual development or not, thus working on your future lives.** Even your present life can be changed, according to the direction of your free will decision. Karmic debts can be worked on and paid off.

QUESTION: Yes, but in spite of it, it can be compared, say, with a lion in a cage. He is free within the limits of his cage, etc., but...

ANSWER: ...I want to say, my friend, that you are not fully aware of the true concept of freedom. It is not the feeling of being free to do what you please and leave what does not please you, whether you have money and spend it as you wish, etc. No, that is not freedom!

As long as you consider the earth life, even if only emotionally, as the center and not as a passing intermediary stage, you cannot gain conceptual recognition of many areas such as free will or whatever else may arise. **True freedom within can be achieved while on earth.** It is not an outer state of being free, but it is an inner liberation. There is your misunderstanding.

Therefore try to differentiate between human and spiritual freedom. You know that the greatest, most inspired human beings of all ages, peoples, and continents, who lived in very unfree conditions, attained inner liberation and spread the idea of true spiritual freedom all over the world.

PL 5

Week 3: What is Justice?

Many rebel against a seemingly unjust distribution of destiny to man; they cannot comprehend that God is just and that in the spiritual realm infallible justice rules. God's justice uses human injustice in order to become operable! My dear ones, this may appear to some of you as a contradiction, but this is not the case. The equation always equalizes. I will explain by giving you some examples of how you should see this.

Take, for instance, a criminal who has committed a number of crimes, who is acquitted every time. He laughs sardonically, not only about man's stupidity but also about the injustice, which, in his case, due to his machinations, was to his advantage. But one day he is accused of and imprisoned for a crime which he did not commit. Then he will scream how unjust the world is. You see, he was acquitted of crimes previously which he committed, and then he was convicted, forced to pay, for a crime he did not commit.

Law of Cause and Effect: *Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels.* PL245

The more obstinate a human being is, the less he will comprehend the great justice that is behind the seeming, minor injustice because he does not want to see it.

Law of Lack of Awareness or *Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another:* It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off. PL193

Law of Living in Truth (Facing Life): To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me. PL25

And this is the test because if man's justice would be equal to God's justice, it would be too effortless for man to recognize God's justice and all that is interwoven in it. A being's self-induced imperfection must serve as a remedy, if I may say so, to strive for recovery of lost perfection.

If there would be perfect justice on earth -- impossible though, since imperfection was the choice of free will and thus has to be overcome by free will decision -- then it would be too easy for man. It would be no test, and it also would be too little or no challenge at all to strive for higher recognition.

Sometimes you have to pay for something you did not do, yet actually the bill was not presented for past misdeeds. Only in meditation and firmly determined, will you be able to find this out. **Even if you did something in a past life for which you have to pay now**, in your meditation you may realize it, of course, assuming that you walk on the path of purification. This I can promise

each one of you. Some of my friends have already experienced this, and it has helped them in their present life to understand the background. Now it is easier for them to fulfill their task, pay debts.

Such realizations are heaven's thanks for the honest effort man makes, for his humility and his good will.

You know by now that **all thoughts and feelings are forms of greatest reality** even if you cannot see them. These forms are of far-reaching effect that moves in circles, causes consequences and reactions, which in turn haul along their own consequences, altogether resulting in a long chain reaction. Man may be able to control the more recent chain reactions when they manifest in outer events, but, as said before, that is not enough because the shifting of soul force can only then take place when he penetrates to the core in the unconscious.

Exercise 3: The Importance of the Unconscious

Therefore, my dear ones, I urge you to direct all your attention to this -- in meditation, in prayer, in your efforts. **Get acquainted with your unconscious; bring it to your awareness** (ref PL124). Without such recognition, there can be no progress that counts. Without it, you will see these tendencies openly when the soul returns to the spirit realm, and it will be a harder battle then.

PL 5

Excerpted from [Anne Dillard's Essay on the 1982 Eclipse](#)

A metaphor of a brief experience of the unconsciousness

From nowhere it came and overlapped the sun. It did not look like the moon. It was enormous and black. If I had not read that it was the moon, I could have seen the sight a hundred times and never thought of the moon once. (If, however, I had not read that it was the moon—if, like most of the world's people throughout time, I had simply glanced up and seen this thing—then I doubtless would not have speculated much, but would have, like Emperor Louis of Bavaria in 840, simply died of fright on the spot.) It did not look like a dragon, although it looked more like a dragon than the moon. It looked like a lens cover, or the lid of a pot. It materialized out of thin air—black, and flat, and sliding, outlined in flame.

Seeing this black body was like seeing a mushroom cloud. The heart screeched. The meaning of the sight overwhelmed its fascination. It obliterated meaning itself.

You have seen photographs of the sun taken during a total eclipse. The corona fills the print. All of those photographs were taken through telescopes. The lenses of telescopes and cameras can no more cover the breadth and scale of the visual array than language can cover the breadth and simultaneity of internal experience.

Less than two minutes later, when the sun emerged, the trailing edge of the shadow cone sped away.

This was the universe about which we have read so much and never before felt: the universe as a clockwork of loose spheres flung at stupefying, unauthorized speeds. How could anything moving so fast not crash, not veer from its orbit amok like a car out of control on a turn?

One turns at last even from glory itself with a sigh of relief. From the depths of mystery, and even from the heights of splendor, we bounce back and hurry for the latitudes of home. https://www.theatlantic.com/science/archive/2017/08/annie-dillards-total-eclipse/536148/?utm_source=nl-atlantic-daily-080817

Week 4: What is Truth?

Now I want to switch to a subject which has been discussed at some occasions and which seems to puzzle some of you: how and why is it possible that there are so many different concepts in the field of religion on earth? You think, *"Everybody says something different, contradictory to some extent; thus none can be the truth."*

There is only one truth, my dear ones, and the difference in human concept should be pictured in the following way (excluding errors that have been handed down from old times). As everything of spirit has form and gestalt, so does the truth, i.e., the true facts. **This form is unchangeable and yet in constant flux** since everything of spirit is moving continuously, vibrating in circular rotation. There is no standstill, no feeling, nothing is stagnant.

Imagine a wheel which, on the whole, is unchangeable, but it moves constantly. Men, at their various locations and times, lift, now and then, the veil that hides the wheel, and they see a minute part of the huge wheel behind the veil. One man sees this little detail of the wheel at a certain time; another human being sees something else at another location and time. Whatever they have seen may or may not agree because the wheel is moving, and whoever lifts the veil may see just then something different, and when they relate what they have seen, it may appear to be contradictory because the connecting lines of the whole cannot be seen due to the veil. If the whole wheel would be uncovered, that which seems contradictory would become a whole. And there is humanity -- fighting -- because the various concepts sound like contradictions, while in reality it is not so.

Man approaches this whole area with a wrong attitude. He thinks frequently that absolute truth cannot exist, only relative truth, based on the various concepts derived from the views behind the veil. Thus he purports that everything connected with God and creation is more or less a matter of personal opinion or taste. *"Each belief has its good and its beauty,"* he says, *"therefore all these questions are subjective, not absolute or objective ones."* The emotional result is that absolute spiritual truth does not exist.

The basis for self-search includes man's recognition that **there is absolute truth beyond human relative truth** and that if he transfers human relative truth to the spiritual truth (thinking it is also relative, while it is absolute), he shuts the door to self-realization.

For all religion, the back to God is essential. God is absolute. God is the truth; thus the truth behind human error is also absolute. Each one will receive that part of the truth **that he is able to digest and absorb** according to his development. Understanding will come in proportion to the spiritual work you do for yourself.

The inner search, requiring discipline, may reveal an unexpected insight which will not only solve this seemingly general problem, but will also shed light on important facets of your inner self. I urge all of you to examine your inner self when you feel angry or disturbed over certain points of discussion. These angry or disturbed feelings may not even be noticeable; on the outside you may appear calm, but inside something is stirring, and this certain something should show you the way how to approach the problem from another angle.

Think, by what personal fault such inner reaction is caused, even if you cannot see the connecting thread instantly. If you are truly willing and make an all outgoing effort to recognize,

you will receive help to recognize, and soon you will be able to see the "red thread." When you have detected this inner core, the way is free to absorb what is true, as much as you are capable of, and not only words.

A human being serves in the plan of salvation [in many ways]. He contributes much when he walks the path of purification. Not only other human beings profit from it but a great many spirits too, especially those with whom you had a close tie, because as you recognize your inner self, they learn from it as far as your frictions were caused by those spirit beings while they were man or woman on earth. It speeds up their development. A human being who is on this path of self-recognition thus helps to a much greater extent than you can realize. The good and the evil have far-reaching consequences. As you throw a stone into the water, it creates many circles in the water movement, many! You cannot even remotely see how many circles are formed because the outer circles are minute vibrations which the eye can no longer behold. There are many, many minute vibrations circling in your sea of life from one "stone" thrown.

PL 5

Misusing the concept of 'flexibility': Excerpt from "How America Lost Its Mind"

Being American means we can believe anything we want; that our beliefs are equal or superior to anyone else's, experts be damned. Once people commit to that approach, the world turns inside out, and no cause-and-effect connection is fixed.

The great unbalancing and descent into full Fantasyland was the product of two momentous changes. The first was a profound shift in thinking that swelled up in the '60s: Do your own thing, find your own reality, it's all relative. The second change was the onset of the new era of information. Digital technology empowers real-seeming fictions of the ideological and religious and scientific kinds. Now all of the fantasies look real.

Truth in general becomes flexible, personal, subjective. And we like this new ultra-freedom, insist on it, even as we fear and loathe the ways so many of our "wrongheaded" fellow Americans use it.

Mix epic individualism with extreme religion; mix show business with everything else; let all that ferment for a few centuries; then run it through the anything-goes '60s and the internet age. The result is the America we inhabit today, with reality and fantasy weirdly and dangerously blurred and commingled.

I wonder whether it's only America's destiny, exceptional as ever, to unravel in this way. Or maybe we're just early adopters, the canaries in the global mine, and Canada and Denmark and Japan and China and all the rest will eventually follow us down our tunnel.

It will require a struggle to make America reality-based again. We need to adopt new protocols for information-media hygiene.

Fight the good fight in your private life. And fight the good fight in the public sphere. Progress is not inevitable, but it's not impossible, either.

How America Lost Its Mind by Kurt Anderson for The Atlantic Magazine ©2017
https://www.theatlantic.com/magazine/archive/2017/09/how-america-lost-its-mind/534231/?utm_source=nl-atlantic-daily-080817

Exercise 4: Notice your Attitude Towards Daily Review or Spiritual Principles / Laws:

When you feel an inner pressure or a resistance, think and search why. If your soul is truly healthy and free and on the right way in every respect, you would not feel a pressure when certain subjects are discussed.

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The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

“The Pathwork Purification Process is the way we stay true to spiritual principles.”
Condensed from Pathworker Contributions Document 10 (PC10)

1. Principle: Law of Self-Responsibility

"You create your own reality." PL40 "Only you create your own happiness and unhappiness." PL60 "Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL48

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. PL29 “The disadvantageous side of each alternative or decision has to be faced and accepted.” PL32 “Every advantage has its disadvantage. PL41

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL245

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life wholeheartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL25

5. Principle: Law of Brotherhood

"To be able to open up, to really open your heart to another person, brings a spiritual help that you could not receive by yourself." PL26

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." PL193

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." PL132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." PL132

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