# Pathwork™ Steps

# The Human Role In the Material and Spiritual Universes

AKA: God; Father Image; The Third Kingdom; Matter

Study Guide for Online Meetings on PL 6

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Week 1: Free Will vs. God's Will

Week 2: Law of Cause and Effect / Karma

Week 3: Rebellion against / Rejection of ALL Authority

**Week 4: Additional Questions and Answers** 

#### Week 1: Free Will vs. God's Will

Recently there were discussions of how difficult it is for man to subject his own free will to God's will. I want to say a little more about it. There is hardly a human being starting this path, where this would not apply. Therefore we want to now examine this problem together, and what is the real reason that it is so difficult for man to subject his will to God's will.

If you study this question, you will have to admit that it is definitely a lack of trust; yes, also a lack of trust in God. Even if you cannot clarify this in your thoughts, emotionally it <u>must</u> be so. Because if you would trust God as could be expected, then no one would have difficulty to place His will above yours. Thus emotionally you react somehow, "I believe I know better what is good for me, what is more advantageous," while in reality it is not so! PL 6

**Exercise 1a:** What does God's Will mean to you? Use different phrases, such as Divine Will, Perfected Will, etc. Does your understanding change when you don't invoke images of an all-powerful 'being' who rules over us? Do you demand that God have express permission to rule, and that you have not yet agreed? Explore your relationship to such authority in <u>Authority</u> PL 46, <u>The God Image</u> PL 52.

Long before the existence of the material world, a part of the created beings who have been endowed, not only with free will, but also with a certain power, have abused this power. This fall of the angels, as it is called, has happened very slowly -- a slow process of degeneration, it might be called, whereby everything divine very slowly and gradually turned into its opposite aspect. A separation occurred between those who abused their power and those who did not.

The Fall PL 21

QUESTION: I don't have difficulties with the problem of free will. I understand it in my way, ... the meaning of free will is whether or not it suits me personally to do the right thing or not, and that, one already knows more or less.

ANSWER: That is true. You can know if you really want to, but often man does not want to find out because the answer does not suit him. Very frequently, the spiritual duty does not agree with what man wants! There it involves what I said the last time. Free will must include responsibility, duty, and self-discipline; otherwise free will is a danger, and catastrophes may happen, as referred to in this lecture. I outlined in detail in my last lecture these things [PL 5 Happiness, Justice, Truth], and I advise you to study it again because sometimes you don't comprehend fully at once.

PL 6

**Exercise 1b:** Do you have any difficulty with the 'problem' of Free Will regarding yourself? What about the 'problem' of *others* exercising *their* Free Will?

Paradox of the Stone: This classic philosophical problem asks, "Can God create a stone so heavy that He cannot lift it?" If He can create such a stone, there is something He cannot do (lift the stone). If He cannot create it, there is also something He cannot do (create the stone). This paradox suggests that omnipotence may not be logically coherent. Alternative statements of the paradox include "If given the axioms of Euclidean geometry, can an omnipotent being create a triangle whose angles do not add up to 180 degrees?" and "Can God create a prison so secure that He cannot escape from it?". Omnipotence Paradox, Wikipedia

This argument sidesteps the possibility that God can make a promise that specific natural laws will govern, for instance, planet earth, and **use** its free will to **keep that promise** (i.e., the story of Noah and the flood, and the promise of the rainbow).

The argument also restricts the concept of God. That is, by defining God as a man-like creature who can't lift a stone, it ignores the reality that we are flying through space = the stone isn't in the same place from moment to moment regardless of how humans perceive it. jr

Exercise 2b: How do *you* reconcile the concept of divine omnipotence with PL teachings about spiritual law and natural law on the earth plane?

QUESTION: I would like to ask a question about the sensitivity of animals...I have observed that they run to the door long before they can hear the member of the family at the door, while when strangers pass by, they don't move. Q2: With the animals, it is similar to blind and deaf people who have these senses more developed than other people? Q3: Why can animals on the twelfth floor feel that a family member is approaching the house? How is that?

ANSWER: Imagine a clairvoyant who has the gift of seeing things that take place outside your room, at a different time and in another dimension. The clairvoyant can see what will happen in the future as well as what happened in the past, of which his mind does not know anything. He can also see what is happening at the present time at a different location without being physically present. He does not see with human eyes. He sees with the spiritual eye or hears with the spiritual ear. That's how it is with the animal. Q4: *Then a clairvoyant can see, for instance, when somebody is entering the house or so?* A: Sometimes, not always; but when a spiritual vibration touches or harmonizes, it is picked up. An animal does this. Take your cat; she is quite attuned to your vibration, harmonized by love. When you reach a certain radius, the animal picks up your vibration although she cannot yet see you with the physical eyes, but her spiritual eye or ear or nose perceives the familiar vibration. You find this in a clairvoyant or a clairaudient or otherwise mediumistic person who perceives with the spiritual psychic organs, as opposed to only with the physical ones.

PL 6

Most human beings think of inner space as merely a symbolic description of a person's state of mind. This is not so. Inner space is a vast reality, a real world. It is in fact the real universe, while outer space is a mirror image, a reflection of it. This is why outer reality can never be quite grasped. Life can never be truly understood and experientially absorbed when it is viewed only from the outside. This is why life is so frustrating, and often so frightening, for so many people.

\*\*Inner Space, Focused Emptiness\*\* PL 256\*\*

Exercise 1c: How do you handle feelings of not being able to fully understand life?

#### Week 2: Law of Cause and Effect / Karma

I give you this hint. **It is an important key.** When you trust God, <u>really</u> trust, there will not be such weight if you think, "Father, Thy will be done." PL 6

**Exercise 2a:** Feel or say the phrase, "Father, Thy will be done. Notice the effect(s) as it resonates throughout your inner reality. Such simple, straightforward spiritual practices, done regularly, magnify subtle thoughts and feelings. Note: Bert and Moira Shaw founded their 50/50 Teachings on the basis of such 'Keys' in the PLs (the word is used 239 times in 258 lectures and 110 Q&As).

The law of cause and effect, based on your own past deeds and attitudes, must be fulfilled. Once you have learned to accept, any burden will be considerably relieved of its weight. Only after these self-created obstacles are overcome, the great happiness which God holds in store for you --probably already on earth -- can be harbored.

Victory over difficulties caused by self, even if you don't at first realize the cause, liberates you sufficiently to make you receptive for this happiness, that it may be gained, "endured," and maintained. And only those who advance spiritually will ever really experience this happiness and thus be able to see the difficulties from a less strained angle.

PL 6

#### The Law of Cause and Effect

Edited from Spiritual Laws of Pathwork by Training Class 6A / PC10

# III-A. Law of Cause and Effect "Every act has its consequence." PL 245

- 1. Every thought and attitude, whether conscious or unconscious, is a definite act. But the more unconscious, the greater the consequence. PL 57
- **2.** The outer happening responds to unconscious negativity, even though the positive side has won out in your outer reactions (vs. your ongoing inner battle). PL 57
- **3.** According to the level you give out (mask. lower self, etc.) you affect that particular level in another person. Your subconscious affects the subconscious of, other people.. PL 60
- **4.** The primary goal of this Path is understanding cause and effect connections. This gives an individual a sense of strength, independence, self-reliance, and justice. PL 100
- **III-B.** Law of Karma (Law of Cause and Effect but over many life spans) "Every entity is always given a chance to solve his problems, conflicts, and disharmonies in the easiest\* circumstances possible." PL 38 *Per Eva Pierrakos*: \*easiest = the best opportunity to resolve a problem, since hardship may be necessary to bring out the aspects to be purified.
  - 1. Life on this imperfect and impure planet is necessary for every soul who is not yet pure. PL 50
  - 2. The only reason for life on this earth is purification and self-finding. PL 43
  - **3.** The God in you regulates your life in such a way that all your wrong attitudes have the opportunity to come to the fore. PL 60
  - **4**. An entity is prepared for life on earth according to previous existences, and according to what should be accomplished and overcome in the next incarnation. When an image exists from previous lives, the incarnation takes place in an environment where provocations to the existing image are bound to occur. Conflicts are arranged so as to bring the problems to the surface. If the person looks away from the current life circumstances, the *following* life on earth might require even more difficult circumstances before the image can be released and dissolved. PL 38
  - 5. As you give, so shall you receive. AD9 You never receive more than you invest. PL 50

**Exercise 2b:** You deal with cause and effect every day, in navigating physical reality based upon Newtonian laws (gravity, momentum, equal and opposite reactions) as well as Quantum laws that man has not yet figured out. Notice your feelings about these everyday causes, and their effects.

Are your feelings about spiritual cause and effect different? If so, explore why.

# **Spiritual Language is Picture-Based**

I see the forms of thought in picture language, and try to express it in the respective human tongue, through the medium, utilizing her sense organs as well as her language. Through the medium's ears I hear while I manifest, and through her mouth and physical knowledge -- language, for instance -- I express myself. I am afraid I cannot possibly convey it to you. I

So it is not possible that I give you an explanation of it. Human beings simply cannot grasp this much wider means of communication. Their own language is only a small part of the wider scope of picture language. It is as though you would try to explain human language to an animal.

If I could convey it, it would be so much easier for me to express myself and many a misinterpretation of my words would be avoided.

Questions and Answers PL 54

**Exercise 2c:** Keep exploring any reactions to the Guide's words. What feelings, thoughts, memories, visualizations, or sensations do the words bring up for you? That is, we may understand and use 'picture language' more than we realize. if a picture comes to you, it may be a 'collage'?

Humans use and understand picture language just as much as they use and understand body language – yet many of these impressions come from our unconscious, so are not crystal clear. Or they may be a 'collage' of images, memories, and sensory input. Plus, it is usually more 'subjective' than objective, and so may reveal something about our inner processes and perspectives.

We may also feel inadequate about the task of translating our pictures into language that others are able to understand. (The Guide is admitting having trouble with this part as well!)

## "What if I find out that I lack trust in God?"

Now, perhaps this question is on your mind. But my dear ones, this is already a lot, that you find the sore spot! The recognition of your inner state will lead to further recognitions and keys until the whole clew is disentangled. Search for the why.

Man's superficial questioning does not suffice. Therefore it is imperative to dig within in order to get well acquainted with the inner jungle. Man will always moan, "If there is a God of justice, how can there be so much trouble on earth?" This thought alone is lack of trust in God.

Thus you rather doubt God's justice and love than your own, and you don't include man's fallibility! This is already an important point. But more so, it should be considered that if such feeling is deeply embedded in the human being, an interplay of purely <u>personal</u> problems which have not yet been realized is the underlying factor.

PL 6

### An objective definition of Trust

- a. A firm belief in the integrity, ability, or character of a person or thing; confidence or reliance.
- **b.** The condition (and resulting obligation) of having confidence placed in oneself or others.
- **c.** One in which confidence is placed.

  American Heritage Dictionary Online

Exercise 2d: Does this dictionary definition match your sense of what is being asked of you, to trust in God? Notice if you have added other meanings to the word, based upon your human experiences (or if others use the word to imply that trust be perfect, a reward to be doled out, etc.).

# Resistance can also be a 'Key'

Something very personal produces these resistances. Therefore it is of such urgency that man studies God's laws, and if the intellect is sufficiently developed - and there is a will to see objectively - more and more light will be shed on the functioning of these divine laws, helping to level the ground for fruitful examination of emotional reactions. Oh, then peace and harmony will fill the soul, and man will be able to master life constructively.

And one focal point is <u>trust in God</u>. If you really trust, you will gladly place everything in God's hands and be guided; you will give yourself over to God and decide with all your will power to will only that, do only that, which is in accordance with God's will.

And only when you have reached this point, the individual contact with God's spirit world can be well established, acceptable as the true reality. You ought not to go on this path of self-examination for any other purpose than to liberate yourself, thereby embracing true happiness, with the ultimate goal -- since happiness is not attainable nor maintainable when sought for self-satisfaction -- to serve, help, and love more profoundly. Once you approach this level, being truly enlightened and strong, all this is no longer sacrifice. True love and service can only be rendered by the truly happy and free being -- the completed circle!

I urge you, my dear friends, each one of you and especially those who feel an emotional resistance when reading these words, to examine yourself with regard to <u>trust in God</u>. All these wrong inner attitudes have to be thought out and rectified, and this needs introspective viewing from all angles. Then you will find the whole answer.

PL 6

**Exercise 2e:** It's hard to answer a question that isn't clear! Spend some time formulating your resistance to God's will / divine authority / trusting the spiritual path you have consciously chosen.

Then ask – why exactly do I resist? What exactly is there to fear?

If God / divine authority / an all-powerful universal consciousness is responsible for our pain and suffering, who are we but puppets or slaves? Explore your images!

# A Definition of Superstition

An irrational belief that an object, action, or circumstance not logically related to a course of events influences its outcome.

<u>American Heritage Dictionary Online</u>

# **Distortions and Misconceptions about 'Love Thyself;**

"Love thyself" is the commandment; however, the love for self man practices is an unhealthy, shortsighted one. God's love for you is a pure, strong, and bracing love and thus is far-sighted and of great goodness, caring to let you have the best. PL 6

By seeing the connection between your inner wrong currents and attitudes and the outer unwelcome occurrence, you will come face to face with your inadequacy. Instead of weakening you, this will make you strong and free.

The Abyss of Illusion PL 60

### Week 3: Rebellion against / Rejection of ALL Authority

So often a human being has a very personal objection against the idea that God is a being, gestalt, personality, thus the Father of all beings. As I said before, such strong inner resistance exists due to underlying personal struggle.

PL 6

**Exercise 3a:** The first 12 lectures were delivered in German, Eva's native language, and contain a number of phrases and words that were not commonly used by English speakers. This may explain some of the unusual vocabulary and syntax of the Pathwork Lectures. For instance, gestalt means "a configuration or pattern of elements so unified as a whole that its properties cannot be derived from a simple summation of its parts" <a href="www.ahdictionary.com">www.ahdictionary.com</a> And below, the German idiom 'red thread' means a theme, referencing the Greek mythologic take of Ariadne, who gave Theseus a ball of string so he could find his way out of the labyrinth.

Do you struggle with the archaic language and syntax of the lectures? See if you can translate this into feelings / reactions that could affect your attitude towards studying them.

# **Spiritual Transference**

I want to give another clue. If you feel this resistance, examine your relationship with your human father -- past or present. The Father-God concept is often resented because of resentment or rebellion against the human father (justified or not is not the point of discussion now). We are discussing the emotional relation between you and your father, how far are you conscious of a conflict with him, how deeply does it affect you emotionally by mere association -- rebellion against the higher power, which the father represents to the child, and rebellion against authority in general. You may have carried over these rebellious emotions from early youth into an unconscious rebellion against God-Father. Such hidden feelings against the father are not really recognized, maybe superficially, without the deeper consequences, but this is not sufficient. I emphasize, wherever you find such strong rejection of the concept that God is gestalt, personality, father, it is connected with the earthly father or with the general attitude towards him. PL 6

**Exercise 3b:** Contemplate this! If you discover your inner truth in this area, you will be able to say: "My former opinion was not based on objective conviction, but was the judgment of unrecognized, so far unconscious emotional reactions, which even colored my general viewpoints emotionally. And this I do not want as the spiritual, growing being of my desire." PL 6

**Exercise 3c:** Examine the chart at the end of this section on Emotional Reactions vs. Feelings. Being able to differentiate reactions (based upon history or experience from genuine feelings (generated in that moment / based upon reality) is an important skill to develop.

#### **Desire for / Fear of / Resistance to Authority**

Of course, not every human being with father problems will react in the same way. Others will react in the opposite direction; they, so to speak, compensate. By longing for a good father relation, they seek God, want to recognize God as the Father. But even here, I will say, it is immaterial. The truth is God is personality and gestalt, He is your Father.

If you cling to God in a sickly manner, i.e., unconsciously compensating for the earth father, that relationship will be clouded because then you do not [actually] love God and you don't seek God in such case to find <u>Him</u>. Therefore, my dear ones, contemplate. Listen to the inner self, penetrate

to the bottom. You will find how much the feelings for the earth father will color, influence, and confuse the relationship to God-Father either way: rejection because you rebel against the authority, or longing and compensation. Examine especially this prime clue. Everything in the soul should be clear, pure, true, and healthy. It does not matter if a sickly feeling clings to something that is truth.

You do not realize to what extent these unrecognized feelings are responsible for man's attitude toward the most trivial and general subjects. Your best yardstick, your most helpful way of self-examination is, how do you feel when a certain subject is discussed? Are you calm and unconcerned inside? no disharmony? Then it is a sign that there is nothing bent and out of focus. But when a subject creates a heaviness, resistance, or tension, then you may be certain that something in your soul is not well. This you have to find out yourself. I tell you, my friends, you just cannot shy away from this truth if you seek sincerely, and if you fill your whole being with the thought that you want the truth as you may find it within you, if you are determined, even if your discoveries may seem to be unpleasant. Then you will be able, to a certain degree, to heal and liberate your soul and find happiness and convey your happiness to others! If you ask God for help, with your entire soul force, to show you the "red thread," [i.e. theme] he will assist you! PL 6

Exercise 3d: Make a list of authority figures in your life, in 3 groups: 1) childhood / under 21 2) adulthood; and 3) spiritual governing element(s) or authority(ies)

For each figure selected, find 1-2 words that describe A) how they exercised authority (Firm but fair, disciplinarian, unpredictable, absent?) B) how you resisted or supported them (submission, rebellion, sabotage, or becoming a law-upholder / defender of 'the system'?). C) the effect on your attitudes in that aspect of your life (enthusiastic, wary, resentful, trusting, hopeful / hopeless?) Compare the lists. Notice any similarities or patterns.

Every human being, not only a medium, can and should have a personal contact with God's spirit world. But the conditions have to be met. And if God's spirit beings speak to you (through a medium), they do not want to make some kind of puppet out of you in complete dependence, my dear ones. Lower beings, not to speak of the dark forces, will be glad to tell you sweetly to do or skip this or that in material problems. It gives them power, and flatters their vanity. But an evolved spirit does not need this kind of power nor flattery. He wants what God wants, and God wants to make free and liberated human beings out of you. And real liberation can only be felt in God and through God, and by the process of your personal soul work, recognizing what is God's will in a particular instance and what is not. We want to open your eyes to how all of you could establish contact with God's spirit world. Yes, this we want to show you. There are certain fixed rules, on the one hand, and on the other hand, it needs the elimination of your personal obstacles. The first reaction will be, emotionally: "I don't want to know it. Go away, go away truth. I close my eyes." And you will find all kinds of explanations. Then you might say: "I must face it. I want my soul to get well. I want to be a wholesome human being. I desire love and deep insight. Only this can be God's will. And if it is my Lord's will, then it will be good for me, and I will not moan when I have to face an unpleasant truth within me." Then there will be victory over the inner blindness, over the lower self, and thus over the darkness.

**Exercise 3e:** Make a pledge daily to be open for the truth within you. It may be shown to you in different ways, but it needs your whole will-force at all times, a constant readiness to see. It requires courage! Only when you have overcome the resistance to will this continuously, then you will feel happy afterwards. PL 6

# The Difference Between... Feelings and Emotions

#### **Emotional Reactions**

- 1. Come from <u>misconceptions</u> reactions to 100/100 (illusion) life or death reactions
- 2. Have to do with thoughts coming from images (wrong thinking).
  Guide: "unthought thoughts"
- 3. Are from the past: are history, transference reactions
- 4.Are charged, <u>stuck:</u> even when expressed, don't change. Come back, again and again
- 5. Have <u>unhealthy</u> desire within them (to get rid of one side of duality)
- 6. Are not based on reality, subjective
- 7. Are destructive
- 8. Are personal
- 9. When in emotional reaction we are defended
- 10. Need to be experienced and expressed but <u>not to others</u> (acting out)
- 11. Rage at somebody
- 12.Are pleasure or unpleasure
- 13. We think emotional reactions are about others (blame)
- 14. Creates hard pain
- 15. Are superficial conditions in soul
- 16. Are distorted

## **Feelings**

- 1.Are in reality 50/50 accepting human condition
- 2. <u>Are not</u> about <u>thoughts:</u> they are spontaneous experiences # 158 "feelings are soul movements"
- 3. Relate to the <u>present</u> are in the immediate now
- 4. Are flowing, relaxed. Pass through us, change from one moment to the next
- 5. Come from <u>healthy</u> desire to accept 50/50 responses to the human condition (50/50 plus memory of perfection)
- 6. Are based on reality, <u>objective</u> healthy detachment
- 7. Are constructive
- 8. Are impersonal When in real feelings we are undefended
- 9. When in real feelings we are undefended
- Are real responses to life and need to be experienced and expressed
- 11. Rage at the Human Condition
- 12. Are pleasure and unpleasure
- 13. We are our own real responses to life, to both the negative and positive PC10 Law of personal responsibility.
- 14. Allow soft pain
- I5. Are permanent in essence from real self --part of eternal spirit
- 16. Are in truth

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Observe the emotions despite the resistances and the pretexts they can muster -- for there is always that part in you that resists change and growth.

This part in the human personality is very shrewd. Be wise to these ruses.

Realize that your emotions need time to adjust, but do everything in your power to give them the opportunity to grow.

The God Image PL 52

#### From Authority PL 46:

Hostile Experience Benign Experience

#### Interpretation

I am prohibited I can have anything I want!

#### Feelings / ERs

Fear, frustration; Expectation of ease or
Resentment sense of entitlement
Alt: rebellion Alt: outrage at ANY limits

#### **Image of Authority**

Unfair, unjust Bliss, then rage

#### **End result for BOTH Images**

Rejection of ALL authority (atheism/anarchy), Fear/submission/distrust of ALL authority

# Week 4: Additional Questions and Answers

QUESTION: *How can one dissolve difficulties?* 

ANSWER: That is a good question. Don't get tense trying to remove these difficulties; accept and confirm them as a just consequence, even if you cannot see the root readily.

First you have to meet the fundamental requirements, which are **the necessary time and effort on a regular basis** to overcome all personal resistances, whatever they may be. Then you will recognize, step by step, why you need to master such a heavy lot. When man aims at learning spiritually, not looking for comfort alone, at developing and overcoming, then recognition will come. When man is willing to learn from the difficulties instead of trying to remove them superficially, then you will see the light.

Know that God is just, and wants to lead you as quickly as possible to happiness, even if it is a stony road. Ask God with all your might to show you whether you can already, in the present life, change things, and how. If all your efforts are directed towards the spiritual life and soul development, then you will be able to dissolve many knots, even a heavy karmic lot. And this contact is supposed to help you with it so that you learn that which is necessary to establish a contact with God's world yourself. Then you will have the necessary recognitions; that I can promise you.

Learn to see that any difficulty does not only have a cause but also a purpose. Purpose and cause are closely connected; they are interrelated. Learn that every difficulty may serve, if man wants it, to liberate and elevate him. It only depends on the attitude you take facing the difficulties, what you are willing to make of them, how you approach them. That is a matter of man's free will. You will learn to discriminate where you, by changing certain actions, can already bring on improvement and where not. In the latter case, it is necessary to learn not to get tense and run emotionally against a wall, i.e., to accept that which is not so easy at times. In the first case, it means discipline, i.e., to do that which seems to be most difficult.

PL 6

QUESTION: What if one does not know which of two alternatives is the right one?

ANSWER: This recognition will be given to you on this path. This you will be able to find out, as many other things, and you will find it out if you sincerely try. For instance, if I would give you the answer to such questions, you would not accept it if it was not convenient for you or if you were all locked inside. Whoever will open his inner doors will quite certainly receive an answer himself from his spirit friends. And I would like to help you open your doors in these classes.

PL 6

QUESTION: After the last session, I have, for the first time since I have belonged to this group, experienced that when one opens oneself and asks for spiritual help, an answer is received right away when one is lucky enough to think of it.

ANSWER: This is not luck in the sense of chance or accident. It is also a training which you can further by daily resolution, as anything else. Q: Yes, but I only learned it now. A: It may happen to each one of you in a different way. It depends on the individual traits and trends, talents and characteristics. Everyone will experience it differently.

PL 6

QUESTION: We human beings are concerned to know, or at least get an inkling, that it is the truth that bonds with loved ones remaining in existence.

ANSWER: If there were no individual personality, there could be no contact with others, in love or otherwise. Not only is the love bond maintained with those who were very close, but some day in the future -- perhaps a long time from now, according to your time element -- these bonds will expand, and they will include other beings, even those you don't like or feel indifferent about.

This love and this connection will, in ever growing expansion, include more brothers and sisters. Thus what is achieved in the spiritual development -- i.e., love, understanding, etc. -- can never get lost.

Man thinks so often that his whole personality and individuality is ego connected. I want to say, the ego is part of the lower self; the individual personality is the sum total of the state of being at the present level of development, including the lower and the higher self. The lower self is that which decreases or vanishes. It makes you dense and earthbound, and as a matter of fact, it is the ego -- lower self -- which limits your individual capacity of spiritual experience, love for others, compassion, etc. Imagine that you have two selves fighting each other. This I always tell you. Once you are advanced enough to feel this difference, and know how to discriminate one from the other, then you will understand these explanations much better, and you are closer then to the spiritual experience yourself. If man clings so tightly to his ego, it is not only because of the difficulty to overcome the low vibrations, but also because he erroneously thinks that with his ego traits he will lose his individual personality.

### Pathwork Tool / Technique

The Process of Meditation, known as <u>Meditation for Three Chairs</u> PL 182 which describes a way for the Real Self / Higher Self to hold space for a dialogue between the Ego Consciousness and other aspects such as Child Consciousness, Lower Self, etc.

#### **Question about alternative earth civilizations**

QUESTION: I would like to ask a question of a scientific nature. I have a friend who is a scientist, and he said that it is more than just a hypothesis that humanity was once before on such a high level, if not higher than nowadays, in an earthly sense, not spiritually, I mean, and that atomic energy was at that time undoubtedly already known, that the world had come to an end, so to speak, several hundreds of thousands of years ago. Is that true?

ANSWER: Yes, that is true. As you rightly say, humanity was not on the level of development spiritually where they should have been according to their technical progress. When the discrepancy between the earthly and the spiritual development is too wide, then certain events have to take place because otherwise it would constitute a danger. This happens as a natural consequence, and God does not prevent such events because the spiritual danger would be much more consequential than the earthly catastrophe could ever be. It is nothing to lose your earth life compared to losing spiritual life. The effect follows the causes. When God interferes, He only does so when it does not constitute a danger to the spiritual life. Often spiritual annihilation can only be avoided by an earthly one. History has shown this often. Only when the spiritual development -- the back to God -- is included, then the living and positive circle is rotating. The negative, dead currents annihilate.

#### The Silurian Hypothesis

A playful yet serious scientific proposition by NASA scientists – may explain how the Guide's statements could be true, yet we may never be able to prove it. = Since the earth's crust folds over itself every 170 million years, this process could bury any trace of an *extremely* ancient civilization— so deeply that we would never be able to find or uncover it. Link: <a href="https://www.zmescience.com/science/a-provocative-theory-by-nasa-scientists-asks-what-if-wewerent-the-first-advanced-civilization-on-earth/">https://www.zmescience.com/science/a-provocative-theory-by-nasa-scientists-asks-what-if-wewerent-the-first-advanced-civilization-on-earth/</a>

### **Metaphysical Questions**

QUESTION: God had seven sons, and we know only of three, at least I do: Christ, Lucifer, and this Ahriman. Who were the others?

ANSWER: The seven sons are Christ, Michael, Gabriel, Raphael, Uriel, Lucifer, and the other one. Q: *The archangels?* A: Yes.

QUESTION: Our medium [Unlike some mediums, Eva could not differentiate herself while trance / ask her own questions] has asked to have the following asked. One of our friends, a follower of the Rudolf Steiner teachings, said that there are not only two "kingdoms" -- heaven and hell, good and evil -- but three. According to this concept, the earth is ruled by a being that is not Lucifer or the Devil, but by, I think it is Ahriman, who is the ruler of matter and who is supposed to be more dangerous for man than Lucifer. The medium would like to know whether this is true, how far, and where Ahriman comes in, what role he played in the fall. We only know about Lucifer. How is it?

ANSWER: Here, too, is a core of truth. I will explain it this way. You know that not only Lucifer fell, but he dragged many beings along. Not all of these beings are equally burdened. God had seven "sons," those first-created beings who where closest to Him. Two of them fell, in addition to the other beings -- not all of them fell who were close to God in special ways. But about these, I do not want to speak now. It has nothing to do with the question, and it is not important for you to know all the details at this point because you cannot yet understand them, and it would create misunderstandings. It is sufficient now to know about this.

Now, one of the other sons of God who went with Lucifer is that spirit who rules matter; thus you may say he is the ruler of the earth. This spirit is also heavily burdened; however, Lucifer, who initiated the fall, is the most burdened spirit. When certain teachings say that there are three kingdoms, it is not quite true -- i.e., from this viewpoint, there are more than three because Lucifer, who is the most powerful spirit in those spheres which are separated from God, has given certain "districts," if I may say so, to other heavily burdened spirits, where they rule more or less independently and only with certain questions do they have to turn to Lucifer.

It is a replica of what exists in God's world as well as in man's world and which has to exist wherever a number of beings are living together -- order, different ranks. Also, here in God's world, the spirit beings have their independent power according to their development. Their area of activities is expanding continuously, where they can decide and rule, to a certain degree, and in the precise knowledge of the spiritual laws. But when it exceeds this certain degree, they have to turn to a higher spirit who has dominion over them...[For the rest of this response, read or download the free online 1996 Edited version PL 6 at www.pathwork.org]

You see there is basic truth in the statement of the question I answered even though you cannot say that there are three kingdoms. If I would say so, I would have to tell you of many more of which you don't know anything. Therefore it is safe to say that primarily all this is the battle between good and evil, the evil fighting against the good. Everything else is a subdivision.

PL 6

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