

Pathwork™ Steps

Male and Female Incarnations: Their Rhythms and Causes

Study Guide for Online Meetings on PL 10

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Week 1: Earth as a Reflected Reality vs. Reality

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Week 1: Earth as a Reflected Reality vs. Reality

It is so enormously difficult for man to understand what it really means to say that heaven or hell is within man. Man usually thinks this is an emotional state, thus something unreal, something that cannot be touched because, for man, reality is that which he can see and touch. His emotional state he can neither see nor touch.

When we tell you that thoughts and feelings are forms, then it is already a little easier for you to understand that these forms build the respective spheres. But this still does not answer the question how all this can be within because man thinks there is no room inside for these landscapes and those spheres.

Just as the time element is so entirely different on earth from that in the true reality of spirit, so it is with dimension, or, if you prefer, with geographical denotations: above/below, right/left, etc., i.e., the dimensions which you are able to comprehend on earth.

When man sheds his body, he goes inside, into the spiritual spheres, because the whole universe is within man, factually! Perhaps you will better understand when I give you an example, as deficient as it has to be. Imagine you have a telescope and you look into it from the wrong side; everything becomes very small. But this tiny picture is still the same that you say exists in reality.

But now, you will object, how can the entire universe, even if the dimensions are different, be in every man? -- the one universe?

This is my reply. Your earthly world is, as a matter of fact, not the true reality, also not in the spiritually translated or symbolical sense, but it is only a reflex, the reflected image, a projection of the true reality. The body, which engages the spirit, brings the separation. But as soon as this separating wall is removed (when the body is shed), this entire universe, which is in each one of you, unites.

I give you here only a vague outline; words cannot convey fully. They have their own limitation, but may they be a guidance for your own meditation as to what it means: heaven or hell and everything in between is within you. It is not an emotional state only, as you always think, just a mood, or something abstract. What you consider abstract is concrete in the spiritual -- everything. What is without form to you, in the spiritual it has form, but no density.

It may still be difficult for you to understand that the matter which you can touch is only a reflected image or a reflex of the universe which is in each soul, in its entirety, but this difficulty can perhaps, to a certain degree, be overcome in meditation.

QUESTION: *I cannot find my way through this. When we touch, for instance, a tree, there is the bark. That is real to us. Somehow I do not understand what you mean. I am not that far yet.*

ANSWER: Of course, what you touch is reality, at least it seems so to you. When you touch a mirror, it is also real; you feel the mirror.

Let us assume you do not know that the being is warm-blooded, as it feels when you really touch it; then you would think that touching the mirror -- reflected image -- would be touching the real person, There is nothing for you to compare with, because you do not know how.

Therefore that which you are able to touch, see, and hear seems to you the final criterion, in absence of comparison.

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Exercise 1a: Spend some time throughout the day imagining that thoughts and feelings have actual forms. What would these look like? Common expressions hint at this spiritual reality; ‘his anger pierced me’, ‘the sadness overflowed’, ‘her words grabbed me’.

Differences on the Spiritual and Earth Planes

Words are so limited to describe an inner process that is on a different dimension than human language. Therefore it is so easy to become confused with words and verbal explanation. This is the reason that higher dimensions can never be made accessible by verbal learning, but only by inner experience, which in turn becomes possible if and when inner error and distortion is dissolved.

Soul Substance: Coping with Demands PL 111

Man's existence on earth, in the dimension of the earth atmosphere, is bound by time. Time is a product of mind. Without mind, time does not exist. When a higher degree of consciousness is reached, time, space, and movement unify more and more until they become one. It will be impossible for man to grasp this. The best you can do is sense this truth occasionally.

Time is a very limiting factor. It is a fragment, cut of a wider and freer dimension of experience. Time, is put at man's disposal, in which he can grow, fulfill himself, experience, live, reach happiness and liberation up to the degree commensurate with this dimension. To the degree man fulfills this potential through inner growth, to that degree will life be a dynamic and full experience in which the limitation of time will not represent a hardship or a problem.

[Man's Relationship to Time](#) PL 112

The emotional or mental or spiritual organism belongs to another dimension. Therefore its rhythmic nature does not seem to have the same kind of regularity in its intervals as the physical pulsations do. To the three-dimensionally oriented perception, the pulsations or cycles of consciousness do not appear rhythmic. They appear irregular and haphazard.

It is meaningful within its own inner law and can only be understood in terms of the individual consciousness and of those aspects of the consciousness which each particular movement expresses and signifies.

Pulsation of Consciousness PL 154

Exercise 1b: Consider how time supports your life by creating boundaries, just like the boundaries of your body help you delineate yourself. See if you can relax these boundaries for a few moments, slowing down or expanding time and sensing items as if your body included them.

Week 2: Gender is Reflection of Spiritual Split

There is the male principle in God. This is the positive element, the creative, the active, the doing. When God recontracts to form in order to create, then the male principle operates. The female principle, the negative element (negative is not to be seen as an evaluation here) is the dissolving one which slowly and continuously builds, grows, that which is in nature "motherliness," not the creative, but the ever being principle that affects and is.

Both principles are found in all manifestations of creation of infinite variety, thus also in the united duality being, having both the male and the female pole. When God has created the united duality being, then both are in perfection, each in his own way. Therefore it is not right that the male takes over, at the same time, that the female functions, and conversely.

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Exercise 2a: Consider your inner 'dance' with male and female aspects, such as how you balance work and leisure. Each contains both active and passive principles. Make a list of activities and interests you engage with in a given week. Explore the balance of male/female aspects in each one.

A spirit in his highest degree of development combines the male and the female aspect. There is no separateness. That man and woman exist on earth as separate entities is a result of this splitting. Therefore, each being has its counterpart. Man's urge to find the right partner is nothing else but the deep longing for reunion with the separated other part.

There may be other partners with whom not only great happiness can be built, but with whom other duties may be fulfilled, karmas paid off, and so on. So if you pass an incarnation without your true double but have another partner with whom you have something to fulfill, do not think that your counterpart in the spirit world will be hurt or jealous because of the love you may give to your present partner. Oh no, things do not work out in this way in absolute reality. If you learn to give love, you come a step nearer to God, to your fulfillment, to your liberation, and thus also to your counterpart, no matter how you learn it. *God: The Creation* PL 20

The conscious mind you express in your daily living is separated from the vast whole, the universal mind, only by an illusory belief that you are separate. You do not possess an aspect of this universal mind, you are not even a separated part of it. You are it. When the separation vanishes, the illusion vanishes as well; namely that you are a separate being. The main error in this separated state is dualism: all either/or. Again, as with the conscious and unconscious, they are merely separated by lack of awareness. *Life Manifestations Reflects Dualistic Illusion* PL 159

Exercise 2b: Consider your inner longing for an 'other'. What aspects of male or female would fulfill your sense of your purpose and destiny? How has that played out? That is, how have you sought these qualities in friendships, careers, interests, as well as intimate relationships?

Do we change roles from one incarnation to the other?

I have said that once in a while there are cases where such change takes place, but I have also said that fundamentally a being is either male or female, and therefore, generally speaking, incarnations are in that sex (which is the being's, so to speak, nature).

But there are cases where such change has to take place several times. Imagine that this united duality being resembles a ball. This ball is composed of male and female elements, as everything in creation is male or female.

Now I will explain why man's concepts are contradictory about this. What I now say is a picture. Don't take it literally because I cannot express it differently. Otherwise you can't imagine it, and I can't bring the right words.

Imagine this ball. On one side is the positive pole, i.e., the male principle, and on the other side is the negative pole, i.e., the female principle. United, both operate in complete harmony. When the split took place, the two poles were not always, actually quite rarely, cut in the center because the split was the result of the separation from God, and this is chaos which therefore was not part of God's order. Thus the split is not a work of order. Thus the split may have varied with the individual being. There are cases where the split more or less separated the male from the female pole, while in other cases the split was quite arbitrary.

Now, in the regressive return to God, this balance must be established. That which belongs to the male principle and fell on the female side in the split must incarnate in the opposite side to equalize. Therefore the more disorderly the split occurred, the more changing incarnations are needed.

It would be absurd if the healthy and harmonious female principle would have to change to the male principle. Both these principles are divine, and both are perfect in their own way.

But if man thinks it is necessary to gain experience in both sexes, then I say no. When you meditate this profoundly, you will realize that experience in the spiritual, for the growth and perfection, has nothing to do with being man or woman.

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Exercise 2b: Imagine yourself as a ball or circle, including both male and female aspects. How would you draw how much space each aspect occupies? Consider this as a snapshot of where you are today. Then, reflect on whether your interests and activities have shifted back and forth over the decades, becoming more creative and active, or more reflective and receptive. What would the ball or circle have looked like 10 years ago, 20 years ago? If it feels unbalanced, consider that you may be rebalancing forces from previous lifetimes. Imagine what your balance 'goal' might be.

Daily Review 1.0

Let the whole day pass in front of your eyes, in your memory, and think of everything that has happened that has given you in some way a disharmonious feeling or reaction. No matter how wrong the other person may have been, the moment you have been touched by it, there must be something wrong within you. [The Call](#) PL 17

Daily Review 3.0

Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

The Capacity to Wish: Healthy and Unhealthy Motives in Desire PL 56

Exercise 2c: Consider how items on your Daily Review reflect masculine or feminine aspects, even in the way they are collected and considered!

Finding Balance

If each of you would know all your own previous incarnations, then you would know how many male and how many female incarnations there were, and you would also know how the split was, with each one different. However, although such changes -- in one case frequently, in others less often -- take place, each being fundamentally belongs either to the male or to the female principle and thus has more of one or more of the other in its nature.

Basically, each one will have an inner feeling what he essentially really is. Development leads to perfection in his own way. Those who have to go through an incarnation in this exchange, i.e., when not incarnated in the original sex, feel or sense it somehow when such awareness will be awakened in meditation. Of course, experience must be collected. It is, however, not so that the male element must turn female, or conversely. That is human misunderstanding.

As God is perfect in His male and female principle, each in its own, each one operating in manner and function absolutely harmoniously, thus it is with all other beings. Harmony and experience must, during the course of development, be collected or, better, attained in order to restore beingness in divine perfection.

QUESTION: *Does the separation between male and female continue in the incarnation cycle, or is there androgen uniting in the spiritual?*

A: In the spiritual, there is uniting. It must be that way.

Q: *But only after there is no more need for earth incarnation?*

A: Quite right. As long as incarnations are necessary, this uniting cannot take place in this way, in the spiritual way.

QUESTION: *Is it right that also an era may be male or female?*

A: Yes, that is right. There is such an influence. This always depends on the influence of certain spirit beings which are then especially active. This, too, is according to the spiritual laws because it is good for the general development.

Q: *Is it right that the twentieth century brings the female element more into the foreground?*

A: Yes, that is quite right. This, too, is a necessary balance.

QUESTION: *Are there not two kinds of meditation, the spiritually active and another one, the emotional one, involving more the feelings -- for instance, "Be still and know that I am God" -- without thinking, simply letting the eternal principle of God penetrate. Is that right?*

A: Quite right. Here you have another parallel. Even in meditation, there is the male and the female principle. The one is active, with thoughts participating, thus male; the other one is more passive, involving the feelings, flowing, thus female. Both can be very important.

At a certain phase during development, it may be more important to cultivate the one kind, and at other times the opposite one. **But, in general, that which causes more difficulty should be practiced more often because the need may lie in that area to establish the balance.**

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Exercise 2d: Eastern philosophy refers to 'yin' energy as the feminine, and 'yang' as the masculine. Where in life do you see different aspects of yin and yang energies playing out?

Notice your energy throughout the day. Does it shift from yin to yang? When?

Which energy are you most comfortable with? Why?

Week 3: Human Misunderstandings about Spiritual Perfection

QUESTION: *When a person is incarnated as a female and feels quite masculine, is that a sin against the incarnation, or is it a sign for what you just have explained?*

A: I should not say "sin." But when, for instance, a woman rebels against her womanhood, then there is an offense in it, even though only emotionally, because in such rebellion is at the same time rebellion against God, against creation, against destiny. This should therefore be healed because a human being can only find perfect happiness by affirming the given life fully and wholly, to fulfill as that being into which he was born.

This does not only refer to this subject, but to everything.

Therefore the first step should be to find his calling, his destiny, which, on this path, is easily possible. When man does not walk the path of his destination, even if he is successful and does a lot of good, he will always be unhappy inside. He will always have problems and feel unfulfilled. I am very sorry to say that man usually does not draw the right consequences from this feeling of unhappiness, which actually is a message of the innermost core. They ascribe this feeling of unhappiness to many outside factors; they listen to everything but the inner message. Therefore if a human being is unhappy, somewhere, somehow, he should realize that he did not yet fulfill his task as far as it would be possible. When there are any problems, it does not make sense to eliminate just the outer problems alone. The roots have to be found. Man should find out in which areas the calling is met and where not. This is the only averter of evil or of the strength-consuming inner dissatisfaction.

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Exercise 3a: Finding our calling is a process rather than a destination. Notice the areas of your life that are in harmony; have they always been that way, or have you had to make adjustments?

QUESTION: *In which way then can someone fulfill real womanhood or real manhood, when the split of which was spoken previously was not so well done and thus man has to live -- without being responsible for it and without being able to change it -- against his/her true beingness, i.e., if a woman is so masculine that she cannot go through her womanhood, or only with great difficulty?*

A: That is a good question, but I will make one correction. What is wrong in your question is to suppose "*without being responsible for it.*" That does not exist.

Everything is man's own responsibility, regardless whether the wrongdoing is recognized or not. It may have happened just recently in this present life, and the memory still exists, or it has happened way back in other lives that the consciousness is not aware of it; but man's spirit knows it even if he does not reveal it.

As far as the question itself is concerned, in each man there are female elements, and in each woman there are male elements. Even in astrology, this is so. A man thus may be born under a female sign and yet be a perfectly healthy man. The same holds true for the woman who is born under a male sign. As far as the psychological angle is concerned, if a human being is healthily integrated -- which means perfect fulfillment of destination, paired with the maximum of personal development -- then these tendencies of the opposite sex elements in him will be no obstacle for the true unfoldment of his masculinity or her femininity, but all will further and perfect the personality to the best possible extent.

If, for example, a male element bothers the woman, then it is because she doesn't live her life fully in the spiritual sense. But if she develops, the same male element in her will be a helping factor, and it will change to something positive and good. The more she develops, the more harmonious each soul current and tendency will adjust, and everything leads to better integration.

You see, again, everything depends on the free will of man. The decisive factor is not what man is born with -- advantages and disadvantages, positive or negative (from the human viewpoint) -- but what man does make of it. If he walks the spiritual path most intensively, then any disturbing element, outside or within, will become advantageous.

If man does not go the spiritual path, then everything, even advantages, will become disadvantages and problems. In such latter case, the male element in the woman would become a discrepancy, leading to great conflicts, and the discrepancy would make of her an inharmonious being. It depends on the free will for personal development exclusively.

Any element, taken as such, is neutral. When you utilize the element, it can have advantageous or disadvantageous effect. It may be formed this way or that way. It can be harmful or benign. And thus it is with these parts.

If, for instance, the male element burdens the woman, then, on her path of development, she should work on this through purification, discipline, unfoldment, healing, and integration, which can only be started by a decision of free will. She has the choice to do nothing against it, or to walk this path of light and purify the soul.

It is not accidental or arbitrary when the split is so irregular, but it was also by free will, i.e., doing nothing, which at first seemed so convenient. Therefore regression back to God is always the overcoming of difficulties which were self-created originally.

QUESTION: *Is it at all possible that there could be a technical error in the incarnation? (No, no, that is impossible.) But I have seen human beings who in the best sense of the word were 100 percent feminine although being in a male body.*

A: Such a case may often be a karmic effect which has nothing to do with the subject we discussed, at least only indirectly. When a human being, in a previous incarnation, has committed offenses against his own sex -- I do not need to go into details -- then that woman has to be born as a man, then this must be borne, or vice versa.

QUESTION: *How is it with hermaphrodites, where there are male or female differences. Science, I believe, has only one case where it was exactly half man, half woman, or not even one.*

A: Here you have raised an interesting question because in it is a reference, a key. Science has found so much which could be a key if attention would be directed to it and bring the discoveries into the area of questions regarding creation.

Such a burdensome incarnation is always for karmic reasons. It would go too far to outline all the reasons, but in the course of time you may be able to understand this much better, with further examples and certain explanations, in which cases such an incarnation may be necessary. There is never a mistake.

Exercise 3b: What questions would you have asked the Guide about your own incarnatory process, your choice of gender, or how your male and female aspects manifest?

Paradox and Contradiction: The limitations of words

Words are always, also in this area, lacking perfection. And in order to really understand what I say -- it is so difficult to press these concepts into your language -- it is of utmost necessity that you do not cling to the exact wording and to the "logical" exactness, if I may say so, but that you let your feelings generously dwell on it and connect your knowledge and your feelings. Then the recognition, which cannot be replaced by words, will grow in you.

In most cases where, among men, theories about creation exist which deviate from each other or contain contradiction, you will find that in each opinion is a grain of truth. In this connection, one human concept worships God as a person, another concept has experienced Him in the dissolved state. You will always realize that a grain of truth is even in two apparently contradictory concepts.

Thus also in the question whether the sex changes during several incarnations, versus the assumption that there are only male or female beings; you can also see that both are right.

If you meditate on it, my friend, and contemplate everything that you have learned, and recognized, and then think of the parallels referring to this truth, then you will find out by way of meditation that it must be this way, that it cannot be differently.

Religious concepts generally imply that everything is on the outside: hell below, heaven above, etc. But when you read in the Holy Scriptures "The heavenly kingdom is within you," just to give you one example, then man thinks of only an emotional state. There is a contradiction. And nuclear science sheds some light on what I have discussed here, that everything is one and the same, i.e., that the emotional state at the same time is a sphere or spheres which are within man.

An echo of feeling can be experienced by every human being. When you are extremely happy, you may sense a longing of dissolving, not only in love unison but also in other outstanding experiences when the soul is very uplifted, God is very close, in whichever way this may happen, be it nature, music, meditation, or simply when God's breath has touched man. But then you do feel the limitation of the body, and you might wish to burst open and merge with this current, dissolve in it.

You may never have thought it in these words, but if you think about it now, you will be able to confirm that once in a while such feelings have been experienced. The more impurity is in the soul -- and by impure, I do not only mean faults and weaknesses, but also fears, sick currents -- the more fear to dissolve is in man, at the same time, despite the longing. The more man has grown spiritually, the less he will resist this dissolving.

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Exercise 3d: Spend some time noticing your own thought and feeling processes. Notice any gap or delay between the process and when language becomes available, and you become able to describe the thoughts or feelings in words.

Week 4: Paradoxes in the Incarnatory Process

QUESTION: *There is absolutely no mistake, no error of any kind, in the entire creation? An absolute 100 percent infallibility? (Absolutely.) Disasters only occur to fulfill the laws?*

A: Exactly.

If man has struggled and gained victory, then he will carry the fruits over to his next life -- as you can see in astrology also -- that some of these gifts develop very smoothly, while others must fight many battles to be victorious. Then he may receive this in the next life, so that all will be easily attained. On the other hand, there are cases where it is given as a test, where the inner experience is achieved to lead man on the path for quicker unfoldment.

It may then be this way. A human being has brought along certain credits which are not necessarily connected with the spiritual; they are just some credits. Now he returns to the spirit world, and the credits take effect according to law. When the next incarnation is discussed, there is always and frequent planning. Especially from a certain level on, the spirit being can participate in deciding. Then he is given the choice how he wants to enjoy the fruits of his credits in his next earth life. Although this spirit being has not yet worked on the spiritual unfoldment, he may, if wanted, wish for such experience based on other credits earned. This is different now from the first case because if the spirit being then returns to earth, he must work hard to achieve the spiritual unfoldment. In the first case above, the human being has already had spiritual credits from a previous life.

Such spirit beings may now choose. One wants to live his credits by being extremely healthy, another one wants wealth, etc., etc., and again another one wants something whereby he can make spiritual progress more rapidly. This one has already comprehended that the temporary earth pleasures are little compared to the happiness of spiritual progress.

Now the high beings of God's world who are assigned the task of making the decision will say: *"I cannot grant you spiritual unfoldment without any effort. But based on your credits, I can help you that in your next life certain things will be offered which require that you make a free will decision. It will not be effortless, but you will be guided that it will be easier by having the possibility."* The decision and the battle will always have to be by your own effort in order to reach then the happiness of spiritual liberation.

When man has the possibility to walk on this path and he does not utilize it, then the door remains locked for a longer time. Because if he resists it, then it involves always a personal fault, as much as he may deceive himself about it. And the faults should be overcome, mainly those which bar the door to the spiritual path.

This will also have its own consequences, and such a human being will have to fight ever more and struggle much harder to make spiritual progress because discipline and overcoming will only be more difficult, but by no means decreased by postponing. Yes, it is only postponing; it cannot be prevented. I know, my dear ones, you do not like to hear this; it is not pleasing to any ears, especially those who have not yet made real progress. But still it is truth, actually not unjust. Because the greatest and most divine happiness man can achieve is his own development and must be acquired by fiercely battling for it. And if he is guided already thus far and he still does not do the utmost, don't you think what I said is just and right?

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Not one of you has come here just by coincidence, even though you yourself may think so. With these explanations, you may understand that what first appeared to you like a chain reaction of coincidences is nothing else but a great guidance put in action.

God: The Creation PL 20

There is no coincidence possible. Nothing is just left to itself. And when it says in the Bible that God has counted each hair on your head, it is no exaggeration, my friends. This saying is to be understood in this sense: every smallest detail has to correspond and has a meaning, a much deeper meaning and significance than you can possibly imagine. Symbolism is not the way humanity thinks. It is mostly the other way around.

Your bodies are often symbols in one way or another for your spiritual development, for psychological trends, and so forth. All this is not arbitrary or left to coincidence. For every detail, there is a reason.

But beware of rules and generalizations here. There are none.

Preparation for Reincarnation PL 34

Exercise 4a: If there are no coincidences, mistakes, or accidents, everything that has happened in your life – to the tiniest detail or trivial circumstance – has been brought forward or allowed in order to assist your self-development.

Make a list of life choices that you have called mistakes, events in your life that are commonly considered accidents. things that you have got by being ‘lucky’

Consider the spiritual purpose that each one of these may have served.

Miscellaneous:

Q&A sessions like PL 10 included topics that were not addressed in any particular main lecture topic. Here are some examples:

QUESTION: *If man has sinned and repents from the bottom of his heart, truly repents, and he tries to make up and to improve, must he then bear the consequences?*

ANSWER: No. What you really repent, in the best sense of the word, by overcoming this fault which caused the sin on the path of development, then it is extinct. Any karma may be extirpated, and more so that which was caused in the present life.

QUESTION: *Today's lecture seems to be very closed to me. And you seem to have difficulty to break through the medium. Why is that so?*

A: These are not difficulties in the sense of my words, these come through to a certain extent. Perhaps you see it a little more difficult than it is; I get through. But of course, here are concepts which are not easily expressed in words so that in this sense it is not so easy to get through the medium. All this is foreign to her and thus causes obstacles, but I am able to build around them, as I have said at a previous occasion.

These realities of spirit are almost beyond man's comprehension. My words can only be helping agents, and they alone can never make you understand this or give you the recognition, but they may be the spark which suddenly kindles a luminous flame in you.

PL 10

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