

Pathwork™ Steps

Order and Diversity in the World of Spirit

Study Guide for Online Meetings on PL 12

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

Note: October 2023 needed a 5th week to re-align the meeting schedule with the calendar. Instead of scheduling a workshop for the 5th week, I integrated additional activities into the study guide.

Week 1: Humans Experience Spirituality as Paradoxical

Week 2: Developing Spiritual Intelligence

Week 3: Spheres in the World of Spirit

Week 4: The Preparation Process for Incarnation

Week 5: Connecting Heaven and Earth

Week 1: Humans Experience Spirituality as Paradoxical

If only a small part of humankind sowed the seeds of peace, wars would not exist in spite of a few unscrupulous politicians.

Most people harbor thoughts of anxiety and, if not thoughts of hate, then of mistrust and separation such as between one group and another. And all of these violate the law of brotherhood. Each thought of this kind, each emotion is a significant contribution to the outbreak of war.

This does not apply to thoughts and feelings only, or to individual reactions to general political issues and opinions. Even when people are free of false reactions concerning society in general, but react in their private lives in erroneous negative ways, this energy will contribute to precipitate a war or another mass catastrophe.

Only when you purify yourself from within, cleanse your emotions and thoughts, and so best fulfill your destiny wherever you are placed, can you also become a carrier of peace. Indirectly, by living spiritually, people can do more for or against war than politicians or statesmen, my dear friends.

PL 12

If my words are not truth, you should not accept them. But if they are, you must not barricade yourselves against them. *Tradition: Its Divine and Distorted Aspects* PL 246

Exercise 1a: In the 1946 film *It's a Wonderful Life*, an angel grants George Bailey's wish 'to never have been born at all'. George then realizes the impact his life had on others, including how a single act of bravery in his childhood contributed to someone else being able to save hundreds of lives. <https://www.youtube.com/watch?v=gH1kKxNHGow> 1 ½ mins.

Recall an act of genuine kindness that had a greater impact on you than the giver could ever have imagined. Then, imagine what *your* 'George Bailey' story might look like.

Paradox: from the Greek *paradoxos* = Latin *paradoxum*: beyond+think, or beyond the normal, expected limits of your thinking, = conflicting with expectations

1. A statement that seems to contradict itself but may nonetheless be true: *standing is more tiring than walking*. "The only thing we have to fear is fear itself." (Franklin D. Roosevelt)
2. A person, thing, or situation that exhibits inexplicable or contradictory aspects: "*The silence of midnight, to speak truly, though apparently a paradox, rung in my ears*" (Mary Shelley).

3. A statement that is self-contradictory or logically untenable, though based on a valid deduction from acceptable premises. American Heritage Dictionary <https://ahdictionary.com/>

Everything that I say is a lie or This statement is false. *The Liar's Paradox*

To be natural is such a very difficult pose to keep up." *Oscar Wilde*

I know one thing; that I know nothing *Socrates, told to Plato*

All animals are equal, but some animals are more equal than others. *George Orwell*

The Odyssey by Homer: Odysseus tells the Cyclops that his name is Nobody. When Odysseus attacks him, the Cyclops tells his friends that Nobody is hurting him, and so they don't help him.

Catch-22 by Joseph Heller: Pilots who are psychologically unfit can bail out of combat duty, but anyone who attempts to do so establishes his sanity.

Exercise 1b: What are your favorite mind puzzlers? Notice how the modern science of animation resolves conundrums with imagination, such as how the 2015 film *Inside Out* depicts emotions.

Theological Puzzlers

The Canterbury Puzzles by Henry Dudeney: "A child asked, *Can God do everything?* On receiving an affirmative reply, she at once said: *Then can He make a stone so heavy that He can't lift it?*" Such arguments unconsciously rely upon anthropomorphized images of God as a human being having the almighty powers of an original Creator. "How many angels can fit on the head of a pin" proposes a 3D test for beings whose reality may include 1,000s of dimensions.

The Blind Wise Men and the Elephant

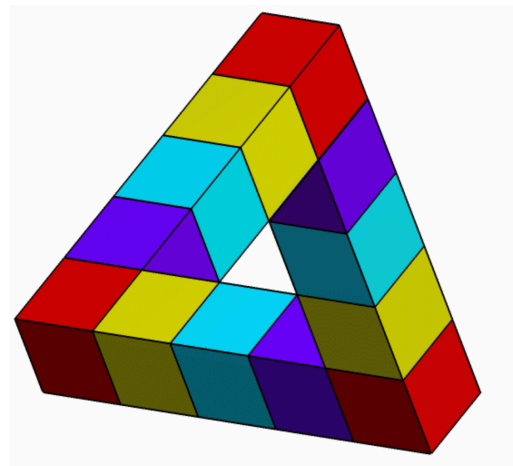
There was once a king who received a gift, an elephant, from a friend in a faraway land. The king's people had never encountered such a beast. He instructed six wise men, all blind, to inspect the elephant and describe it to him. Each of the six wise men observed the elephant based on their own perception but did not make out the elephant in its totality.

The king, aware of the elephant's complete form, sought to explain that all people—even the wise—can be mistaken if they fail to observe the bigger picture. "*All of you are right. The reason every one of you is telling it differently because each one of you touched the different part of the elephant. So, actually the elephant has all those features what you all said.*" · The moral of the story is that one's truth is determined by his or her perspective.

<https://www.worldtribune.org/2022/six-wise-men-and-the-elephant/>

Exercise 1c: Pathwork lectures can feel challenging to religious, cultural, or personally held beliefs. Whenever you sense resistance to this lecture, consider the possibility that the Guide may be expressing a different aspect of truth than humans are used to hearing, or describing it from a different perspective, that human language may be inadequate to fully describe.

See if you can allow multiple possibilities to co-exist without insisting that one version triumph over another.



Impossible Objects: The Penrose Triangle

Judged as impossible only because the viewer is unable to imagine or understand what they are seeing. A buildable version ©Creative Commons can be realized if it's seen in motion:

<https://commons.wikimedia.org/wiki/File:Penrose-triangle-4color-rotation.gif>

Week 2: Developing Spiritual Intelligence

One hears people say again and again, "*If God exists and there is indeed a divine order, how can it be that so many terrible things happen on earth?*"

You have all learned that human beings forge their own destinies. That you have to carry such heavy burdens is the result of breaking spiritual laws, often unconsciously. Still, this will not sufficiently explain to you events like wars, in which, through the decision of a few (many who seem innocent) have to suffer a heavy fate. To this I have a reply.

First of all, even in mass or group disasters, an individual will never need to experience anything that does not fit into his or her own destiny. PL 12

Exercise 2a: Individual stories about escaping from near-certain disaster are usually portrayed as escaping consequences. Consider this in reverse; that miracles represent *not needing* to experience events *in the same way as others*.

Second, every person, except those very few who have already reached a higher state of purification, is also sharing the responsibility for wars and other mass disasters. Not only the politicians or those few who visibly and publicly shape world history are to be made responsible for wars, but every single person who, with impure thoughts and emotions, pollutes the cosmic "reservoir," and this, one day, must have its effect.

Each thought of hate, of separation, of egoism, of injustice, of discrimination, of wanting more for oneself than for one's neighbor -- in short, each thought that breaks God's laws -- is a building block in that enormous spiritual structure -- war -- which must first be formed in spirit before it can manifest destruction on the material plane. PL 12

Exercise 2b: There are 2 parts to this concept to absorb; first, the magnitude of energy that is released by humanity every second of every day. When teaching this in workshops, I would alternate speaking with blowing soap bubbles to represent what I had just expressed coming into form. Spend a few moments imagining what our planet actually looks and feels like to spirits.

Consider: how many of these 'soap bubbles you have created throughout your lifetime

For as you know, every thought, every feeling, every ambition, every act is form in spirit and thus creates a world. *Salvation* PL 22

Every attitude, every expression, every feeling creates an energy movement in your system; creates a specific soul movement. *Desire – Creative or Destructive* PL 208.

Exercise 2c: If you decide to accept that these concepts are true, consider how your behavior might change in the coming weeks and months. If you have been studying Pathwork for any length of time, this section may validate why personal transformation work can feel so weighty and overwhelming at times. Its like becoming a homeowner, and having to take on a dizzying number of new responsibilities! Consider 2 light-hearted analogies from the 1950 film *Mr Blandings Builds His Dream House*, about unintended consequences: [Mr Blandings Lintels](#) & [Mrs Blandings Flower Sink Scene](#)

12 Principles Underlying Spiritual Intelligence

1. Self-awareness: Know what I believe in and value, and what deeply motivates me.
2. Spontaneity: Live in and being responsive to the moment.
3. Being vision- and value-led: Act from principles and deep beliefs, and live accordingly.
4. Holism: See larger patterns, relationships, and connections; have a sense of belonging.
5. Compassion: Have the quality of "feeling-with" and deep empathy.
6. Celebration of diversity: Value other people for their differences, not despite them.
7. Field independence: Stand against the crowd and have one's own convictions.
8. Humility: Have the sense of being a player in a larger drama, of one's true place in the world.
9. Tendency to ask fundamental "Why?" questions: Need to understand things, get to the bottom of them.
10. Ability to reframe: Stand back from a situation or problem and see the bigger picture or wider context.
11. Positive use of adversity: Learn and grow from mistakes, setbacks, and suffering.
12. Sense of vocation; Feel called upon to serve, to give something back.

Rewiring the Corporate Brain by Danah Zohar

Exercise 2d: An occasion to test yourselves, from PL 12.

1. Question yourself honestly, feel into it, examine yourselves when you send out -- perhaps until now unconsciously -- such "poison" that aids and abets the powers promoting war.
2. Look at some of your fellow humans with whom you might have difficulties. They might have hurt you, and you cannot get over it or understand it.
3. Yet try looking at the issue from another point of view. Try to see that the other person has perhaps reacted to you only from blindness, ignorance, and a great inner insecurity, erroneously attempting to protect himself. Consider how often you have had a similar reaction yourself and may have wounded a fellow human being -- not because you wanted to, but because in your own blind insecurity, you thought that this was the best way to protect yourself.
4. To the extent you do this yourself, it will be inevitably done to you by others, although not always by the same person. To the extent you recognize and understand this state of affairs, you will recognize the so far inexplicable behavior of the other for what it is, just in the way I have explained here.
5. With this understanding, the hurt will leave you, and then the understanding for the other party will increase steadily because you have experienced it yourself and it has become part of your consciousness.
6. From the understanding comes empathy, and that is the way of love. With it you build your happiness, you gain knowledge and wisdom, you fulfill your life and so contribute to the cause of peace.
7. Complete this little task, my friends. Take it seriously, not superficially, and then you will feel a great liberation. You will free yourself of a burden.

-- Try not always to focus on yourselves and your pain. Try to see the other. Forget yourselves for the moment, attempt to understand the other. See his pain, not yours; see his insecurity, not yours.

-- Ask God to give you the light of truth and knowledge to look at the whole situation as it really is, not the way you are trying to present it from your point of view.

-- If you are truly desirous to understand the need and the loneliness of the other, then you will not experience his erroneous acts as painful to you.

-- You can liberate yourself from your suffering by concentrating on the "thou" instead of the "I" and by asking God to give you the full vision of the truth.

-- If this desire is genuinely present, it will be fulfilled.

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The World of Spirit

And now, my dear friends, I would like to fulfill a wish of some of my friends and, as an exception, talk about life in the worlds of spirit.

In this short time, I can only say a little about the immeasurable complexity of the spirit worlds and their different conditions and interrelationships.

When human beings hear about the spheres of the beyond, they often think that all this is too much like conditions on earth, and they cannot believe it. But truly, my dear ones, everything you have in your world is also in the spiritual world, and much more. For earthly objects are only a reflection, an imitation of the corresponding spiritual things. They actually could not exist in your world, unless they first existed in spirit. Thus spiritual things are not, as human beings often think, symbols. It is the other way around: the earthly things are symbols standing for spiritual reality. There is much material in this to meditate upon.

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An allegory of how paradoxical and disorienting the World of Spirit can seem to humans: excerpt from [In Heaven as On Earth A Vision of the Afterlife](#) by M. Scott Peck ©1996.

Exercise 2e: Explore what it means that a concept must exist in spirit before it can manifest as a material object on this planet. Look around you; what might each object ‘stand for’?

Everything in the Universe is Interconnected

However, the things of the spirit world are in a different relationship to the spirit entities than what an earthly thing, an earthly landscape, is to human beings. In the spirit world, the landscapes or objects are the mental expression, the product of the mentality of the respective spirit being. In the human world, the objects or landscapes seem to have nothing to do with the individual. They are perceived to exist independently of the individual, purely functional, if I may say so.

Of course, for human beings this is difficult to understand. But in time, your knowledge will increase.

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Exercise 2f: The play of children is actually very serious work; they are learning about the world and themselves. Consider that our experiences here are a form of serious play; a learning process.

Daily Review 2.0 PL 28

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

Track your daily experiences of disharmonies. After keeping logs for several weeks, see if you can find a common denominator.

| Daily Review | | | | |
|--------------|------------------------------------|------------------------------|---------------------------------------|------------------------------------|
| DATE | SITUATION | REACTION | BEHAVIOR/ RESPONSE | JUDGMENT |
| | Facts/Circumstances of Disturbance | Feelings, thoughts, emotions | How You Acted (Exaggerated/Minimized) | Affirmed/Negated My Belief That... |
| 10/01/20 | Late for work | Fear/anxiety about job | Yelled at kids | Im a bad mom |
| 10/01/20 | Fight re dinner cleanup | Felt let down by family | Didn't speak for hours | People are inconsiderate |

Graphic created by Shakila F.

Week 3: Spheres in the World of Spirit

The things of the spirit world are in a different relationship to the spirit entities than what an earthly thing, an earthly landscape, is to human beings. In the spirit world, the landscapes or objects are the mental expression, the product of the mentality of the respective spirit being. In the human world the objects or landscapes seem to have nothing to do with the individual. They are perceived to exist independently of the individual.

There are an infinite number of spheres from the highest and purest to the deepest and most impure with, for you, unfathomable gradations in between. Not all the beings who are no longer subject to the incarnational cycle are already in the highest spiritual spheres. They have to develop further, a development which will take place in the spirit world.

The highest world is what we call "the house of God" even though this is not to be understood literally. Spirits of higher development who do not yet live in the highest sphere are given occasional access to these highest splendors. These worlds consist of subtle matter of such immeasurable harmony and beauty that you, my friends, cannot possibly imagine. The most beautiful landscape on earth is tainted with impurity and disharmony compared to this beauty. The most beautiful and most masterfully executed music on earth is dissonance compared to the spiritual sounds, and so on and so forth.

I lack the words to describe it, and you lack the concepts. Everything is created from rays, all is in movement, in change, and yet in equilibrium. This apparent contradiction cannot be squeezed into your verbal concepts, just as it is impossible for me to convey to you even an approximation of the splendors to be found in the high and highest spheres.

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The word is expression and creation. It is plan, knowledge, opinion, consciousness. The word is feeling, attitude, and intentionality. The word carries immense energy powers of its own kind, differing from other energies. The word is what is behind all creation.

The word that is spoken reveals the will that motivates this particular word. It can be the divine will or the will of the cut-off, ignorant, and destructive particle of consciousness.

The word is the sum total of your beliefs in any given area where you speak the word -- be it conscious or not. You can say a word with a loud voice, **or you can say a word inside of you**. The word that is not uttered by the voice, that is not heard by the ear outside is not necessarily less powerful than the uttered word, pronounced with the vocal cords.

[The Power of the Word](#) PL 233

Interactive exercise 3a: Consider the tremendous powers of self-creation and self-expression this lecture suggests; that our homes, families, communities; careers, volunteer work, and any aspect of special interest (i.e., hobbies and personal passions) reflect who we are in spirit, who we are becoming, and to some extent, who we have been.

Words are often insufficient to convey spiritual truths, even though they are very powerful when they can do some of the 'lifting' of communicating. Light, sound, and sensory input are also powerful means of communication. What is your image of who you are -- or who you aspire to be? Download [Image Tealights](#) and select a light.... or, design your own. Look at the 2014 [POV drawings](#) and consider contributing [one of your own](#).

Spheres of Arts and of Mentorship

Everything is created from rays, all is in movement, in change, and yet in equilibrium. This apparent contradiction cannot be squeezed into your verbal concepts, just as it is impossible for me to convey to you even an approximation of the splendors to be found in the high and highest spheres

The beings living there have to fulfill their tasks in the great plan until all beings have returned to God. A wonderful order and organization reigns. The most diverse spheres exist here. There are spheres of music and color where the sounds are colors and the colors are sounds -- and at the same time they are also fragrances. On earth everything is separated, there is no oneness. Spirits sufficiently advanced in their development and having a specific interest may take on a particular task. They are then guided to this sphere by expert spirit beings and, with their help, study for some time to learn what is necessary and advantageous for the chosen task. They learn the plan of salvation, the history of creation, and all that pertains to it. PL 12

Exercise 3b: The guide continues by describing (very poetically!) spheres of knowledge, healing, and rehabilitation; music, art, and reception centers. Even schools and universities!

Imagine the finest versions of these on our planet – but as children’s sketches in comparison to those in spirit, inspired by memories of a reality we cannot replicate yet long for. Imagine the services and infrastructure that you use every day. What spiritual concept might these represent? What would their ideal form be like, absent our human limitations?

God Has Counted Each Hair on Your Head

Let us talk first about the physical aspects of the future human being. The parental genes are made to correspond and to effect the physical shell -- in the meantime growing in the body of the mother in such a way that the physical karmic necessities of the entity to be born can be fulfilled. 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. For 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. This physical shell grows in the mother's body although there is no spirit in it, but it grows according to the rays, to the magnetic fields that work in correspondence to the treatment in this particular sphere that is taken exactly according to plan.

[Preparation for Reincarnation](#) PL 34

Exercise 3c: As this lecture segues into the process of reincarnation, it feels important to emphasize that no detail is spiritually insignificant. You don’t have to know the what/why/where/how details of biology to appreciate the grandeur and interconnectedness of nature in a single veined leaf or cell.

Week 4: The Preparation Process for Incarnation

There are spheres of purification, of which the earth is one. Those purification spheres exist on various levels of development. Within an extensive sphere with different departments, there are specific places where the incarnations are prepared.

Earthly life is evaluated quite differently than here on earth where you are still in your body. As long as the body encloses the spirit and imprisons it, the suffering about each trial and blow of fate is great. To experience something difficult seems frightening to you. But as long as everything goes well on the outside, you are happy.

Already in these realms of purification (which are by no means high spheres) the experience of looking at the unfolding pictures of your last life is entirely different. It is possible that a heavy fate you suffered on earth made you very sad then, but since from the spiritual point of view you have come through it well, it gives you now, as you experience it again, looking at the film, a feeling of endless peace. It gives you a sense of happiness because you passed the test and learned what there was to learn.

However, a pleasant time passed in contentment may cause you great disquietude if during it the spiritual task was not completed. The happy times on earth may therefore not coincide with feelings of happiness when, one day, you look again at your life.

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“Double perspective” is about how every narrative has a double perspective, because the now-narrator is always looking back at a prior self, whether that self was yesterday or twenty years ago. Or in other words, the now-narrator is always looking from an angle that is informed and shifted by time itself, and thus the narration — the perspective — of an event or memory changes as distance increases between our past selves and our current selves.

[Literary Hub 9/20/23](#)

Exercise 4a: There are many iterations of such life-review processes, such as the 1991 movie *Defending Your Life* and the 1998 Japanese film *Afterlife*. Yet it is a common experience to be able to laugh about a frightening event after it is over, once we see the truth of what scared us or caused us to over-react. Notice your ability see your life retrospectively.

Life Reviews Can Seem Paradoxical

The person who can already achieve on earth this same deep understanding of his or her life, and indeed experience and feel it as he will in the sphere of purification, has accomplished much. His or her purification will be much shorter and less painful, and will give peace and satisfaction. This is the truth behind the human misunderstanding that the person who carries the heaviest burden on earth can experience great joy in the spiritual world, and vice versa.

This will not always happen. A person may not meet a difficult fate well, and may not prove himself, but only become more embittered and more separate from God. Another person may prove himself worthy during periods of good fortune, working even more actively on his spiritual development (but this is rarer). Fully experiencing a heavy fate often already brings an advancement and an “evening out” [re-balancing] of karmic debts, and helps to undertake your further development with a diminished burden. PL 12

Interactive Exercise 4b: Play [Life as a Card Game](#) where *Everything is Perfect* (but you may only understand that once you've finished the game!)

Spiritual Interactions in Earthly Lives

Some spheres serve to train spirits for tasks in the spiritual world that are concerned with humans, spirits, and much more. Special spirits are trained to be what one may call mission spirits. They are divided into different groups.

Let us take a misfortune on earth, for example a train accident. It is not the task of these mission spirits to protect those people destined not to die. This is always the task of the guardian spirit.

- The mission spirits fulfill the task of receiving the beings who come to us so suddenly and completely unprepared.

- Other mission spirits are specifically trained to receive people who die in a different way, to lead them and offer them help.

- Another kind of mission spirits go from time to time into the depths, into the spheres of darkness to bring light and help certain beings if their attitude warrants it. If the outlook of these entities changes, the mission angels can lift them to a higher sphere.

- Other specialists among the mission spirits take care of those who have left their bodies in a state of complete unbelief. They offer them help and guidance which these entities can accept or reject with their free will.

There are many more possibilities. I have given you only a small general outline and a few examples.

Certainly, for those friends who have not yet occupied themselves with spiritual questions, all this must seem strange and peculiar. The understanding can come only when the internal obstacles are eliminated and self-knowledge has come about, when you are willing to examine yourself honestly as to whether there still remains any resistance against accepting these truths.

Again and again we observe the resistance. It may be, as I said before, that people shy away from knowing themselves truthfully, developing themselves on the path, and overcoming their resistances. Rather they push away what is unpleasant to recognize in themselves. Yet this is a requirement of spiritual development for everyone, not only for those who stand at the beginning of the path.

It may also be that this shrinking away is caused by the fear of disappointment. It is a fear that perhaps it cannot be this way, a fear to hold on to the hope that this difficult life is not the last, not the only one and final. This is another attitude that may be at the bottom of the resistance to accepting the greater reality. Both motivations can exist simultaneously in the same person.

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If my words are not truth, you should not accept them. But if they are, you must not barricade yourselves against them. *Tradition: Its Divine and Distorted Aspects* PL 246

Exercise 4c: How might you discern the difference between a perspective that doesn't come easily, or takes some work to understand, vs. one that you are resistant to seeing?

Week 5: Connecting Heaven and Earth

In the purification sphere, you see your past life from a point of view which often is completely different from the earthly perspective. And this point of view corresponds to the truth.

Again and again we must observe sadness and remorse as so many beings regret that they did not react differently in this or that situation. Again and again they ask themselves: *"Why was I not able -- or willing -- to see this? Now it all makes sense." Or: "Why did I not understand the help that was offered? Why did I close myself against it? Why did I not want to see the true meaning of life, fulfilling the task for which I came? Why did I refuse to believe that this life was not the only reality, that there is more to it, that it was only a link in the chain?"*

And much of what the person has pushed away as unimportant or accidental becomes clear in this phase of purification. Deep within, the spirit entity will understand the causes. The meaning will open up clearly from these life scenes, which do not only reflect the outer life but also the soul currents and reactions.

You will understand that it was you who refused other choices because they were too uncomfortable, preferring to convince yourself that "everything is senseless anyhow, so why do anything at all?" You human beings do not want to make the effort involved in developing yourselves, and often you, or at least a part of you, refuse to accept this fact.

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Exercise 5a: Does the last sentence above struck you as harsh and accusatory? *[Jan often reacts to the Guide's words, and finds ways to reject them (as generalized, unkind, or overstated). She has realized this is an attempt to minimize her shame of her human imperfections, by projecting her own self-condemnation onto the Guide's words].*

Notice and honor your reactions to any of the words or concepts. Explore them. The Guide encourages us to find our own truths:

If my words are not truth, you should not accept them. But if they are, you must not barricade yourselves against them. *Tradition: Its Divine and Distorted Aspects* PL 246

Exercise 5a: Human stories throughout history celebrate examples of our asking these very questions. Consider that such moments of realization allow us to open up a new incarnatory task, and address it without having to hit 'control-alt-delete' and go through birth and childhood again!

You have had such moments. Review your life, and notice moments when insight, inspiration, or an epiphany changed your knowing – which changed your life's course.

Opening to Your Own Inner Knowing

It is often forgotten that the unconscious does not only harbor petrified wrong conclusions, destructive behavior patterns resulting from images, and negative emotions due to unresolved problems, but it also contains utter wisdom, divine truth, and the most constructive elements in the universe, constantly building up in unending creativity and love.

Messages of the unconscious come forth through the major problems in life; through repetitive patterns; illness; any unfulfillment or lack. Once it is understood that these occurrences are a message that something is off within the psyche, that a distortion and misconception must somewhere exist, the first step towards elimination of the problem is taken. Yet they are not really hidden. It is merely a question of learning to focus attention on them.

The Language of the Unconscious PL 124

| Soul Movements | Self-Will / Forcing Currents |
|--|---|
| Thoughts, as 'unfelt feelings' or fragments of consciousness | Thinking, intellectualizing, rationalizations |
| Feelings | Emotional reactions |
| Eros or Desire | Eroticism, craving, unquenchable desire |
| Imagination | Fantasy as relief and distraction |
| Dreams during REM sleep | Lucid dreams of Ego desires, daydreams |

Exercise 5b: from Chapter 8 of [The Path to the Real Self](#):

Write down your night dreams. Perhaps through inspiration you may get certain ideas, clues, hunches, intuitive perception. The realization that dreams express disturbances you do not quite face or completely wish to tackle, (even if you know the general problem in question) is helpful. Especially dreams which remain in your mind, that you do not forget, often have an important message. *The Language of the Unconscious* PRS8

Knowing is Grace

Faith is higher understanding, faith is knowing, and this knowing is grace.

Grace has to be earned. It is earned when the person's good will becomes manifest and conquers the unconscious crosscurrents which attempt to deny the truth. For if the person's good will does not relax, the unconscious negative currents will eventually penetrate into consciousness. Here they can be dealt with, transformed, and thus aligned with the outer good intention. If the intent to know and overcome one's lower nature is decisive, the basis for receiving the grace of deeper knowledge and experience of reality is established. For your earthly world is not the reality, my friends, but the spiritual world is imperishable and the only truth you can

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Exercise 5d: The limitations of human form and the human mind so not apply to our divine essence. So the Guide emphasizes learning to understand how the divine manifests – as [soul movements](#). Self-Will can reveal their messages, or mis-interpret and hide from them.

Notice the subtle inner movements that emanate from your divine self. It takes some time to discern the differences between these and the more superficial forces of the Ego

Everything in the Universe is Interconnected

Of course, for human beings this is difficult to understand. But in time, your knowledge will increase. Yet nothing that you undertake in the spiritual realm can dissolve or will ever be in vain. *Nothing!*

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