

Spiritual Nourishment

Study Guide for Online Meetings on PL 16

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Week 1: Causes and Effects of Spiritual Mal-nourishment

Week 2: Feeding the Soul

Week 3: Willpower, Self-Will, Inner Will

Week 4: We Attract and Affect both Positive and Negative Spirits

Week 1: Causes and Effects of Spiritual Mal-nourishment

Man's problems deal so often with his daily bread, with material questions. And important as this daily bread may be, it is only of secondary importance to the spiritual daily bread that man needs. Much talk is going around about the importance of the right food and vitamins and minerals and proteins and diets.

Oh, it is indeed good that mankind has begun to find out about these facts. But for us spirits, we see such a tremendous discrepancy between the material nourishment and the lack of spiritual nourishment. The latter is every bit as important as the former.

We see spiritually underfed, undernourished people; so many suffer from spiritual vitamin deficiency. The soul, or the spirit, needs food so badly, often without the person being aware of it. And only if this food is supplied, taken, and digested, then all your other needs are automatically being taken care of, including your material daily bread. When your spirit is starved, it must have its consequences.

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A spiritual life of some sort is absolutely necessary for "psychological health." Fulfilling work, rewarding relationships, personal power and relief from symptoms are all gifts of the soul. They are particularly elusive in our time because we don't believe in the soul, and therefore give it no place in our hierarchy of values. We have come to know soul only in its complaints: when it stirs, disturbed by neglect and abuse, and causes us to feel its pain. Care of the Soul by Thomas Moore

Exercise 1a: If you regularly feed your spirit, how do you sense that it nurtures you? Bringing awareness of spiritual to everyday activities can renew our sense of purpose, and our joy.

If you feel spiritually undernourished, notice what attitudes or fears convince you not to take care of yourself. Have you been substituting spiritual 'junk food' to fill your needs? If done casually or randomly, even a valuable spiritual practice may not satisfy your needs.

If you do *not* believe you have a regular spiritual practice – and yet you *do* feel nurtured – look more closely! Serving others can be a practice of love, even when the conscious mind is feels occupied by tasks. Work inspired by an inner calling is a spiritual practice in itself.

Causes and Effects

Spiritual nourishment is the regular intake of spiritual truths -- even repetitions are important! -- and of spiritual laws; and the outlook on life from the spiritual point of view, which is often contrasting to your material point of view, so that one day your outlook will change accordingly.

This spiritual nourishment has to become a regular habit, for it is possible that you have lived without it for a long time. You get so accustomed to it, just like a person who gets accustomed to eating the wrong kind of food that does not supply the essential factors the body needs in order to remain strong and vigorous. One can go along for quite a while in that way without ever connecting cause and effect.

The physically undernourished person will complain about tiredness, weakness, or other physical symptoms without thinking about the real reason. And the same thing applies to the spiritually undernourished. The *emotional problems, the lack of inner peace*, and all the other symptoms of this deficiency are seldom consciously connected with the cause of it all.

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The emotional complaints of our time: emptiness, meaninglessness, vague depression, disillusionment about marriage, family, relationship; a loss of values, yearning for personal fulfillment, a hunger for spirituality. All of these symptoms reflect a loss of soul, and let us know what the soul craves.
Care of the Soul by Thomas Moore

Exercise 1b: As we grow spiritually, we need more nourishment, not less!

Make a list of what you feel is missing in your life. If you can't think of anything, you may have chosen to overlook or repress such feelings, rather than feel constantly frustrated by them.

Review symptoms of spiritual undernourishment (above, in italics) by engaging in a written Daily Review (sample below) for one week, focusing on feelings of loss, being left out, missing out on something. Or, to see if you have downplayed the frequency of some of the symptoms listed.

Spiritual Hygiene

Mankind has made great progress in the direction of physical hygiene. Today people bathe and shower daily and keep their bodies clean. At the same time, so many unhygienic souls are going around. Now you may wonder how this cleansing of the soul or the nourishment of the spirit is to be accomplished. What has to be done practically?

The cleansing of the soul, which is equally important if not even more so in a way, should be done in this way. Many times a person is unaware of certain faults and also attitudes, opinions, emotional reactions. People carry many of these trends since an early age due to some influence in their surroundings and also due to certain happenings in their lives. These attitudes may or may not have had their justification at that past time. But they are completely obsolete at the present time and quite harmful. Yet, unaware of the existence of these old reactions and their harmfulness, people carry them still with then unconsciously and still react in a certain way because of them.

So you have to examine yourself, what you really think, what you really feel, what you really want. Thus you make an inventory of your emotional trends and currents. In that way, by reexamining them, you can oust what has no more room in you and change your currents accordingly. Thus you put order in your soul.

In this way, you will be able to change your will-direction where necessary. You may even change your desires after having done this. Only when you do this in consciousness, can you assert these various feelings, desires, attitudes, and so on.

Then you will be able, with the spiritual nourishment which you take in from outside, to see whether these tendencies are in accordance with the spiritual laws. You will thus see whether you have not broken some spiritual law in the past, quite unconsciously, by your wrong inner direction.

When these unconscious tendencies are within you, they create a great deal of harm; they create conflict; it creates a disorder within you. This represents the uncleaned or "unhygienic" soul. This is the way we see it. There is so much in there that has no place in it, that ought to be washed away -- or ousted. PL 16

Care of the soul speaks to the longings we feel and to the symptoms that drive us crazy, but it is not a path away from shadow or death. A soulful personality is complicated, multifaceted, and shaped by both pain and pleasure, success and failure. Life lived soulfully is not without its moments of darkness and periods of foolishness. Dropping the salvational fantasy frees us up to the possibility of self-knowledge and self-acceptance, which are the very foundation of soul.

Care of the Soul by Thomas Moore

Exercise 1c: What is spiritual health worth to you? What are you willing to invest? If you feel you have been / could be disappointed by the results, consider taking smaller steps rather than attempting something you aren't yet ready to sustain.

Daily Review

So cleanse your souls as you cleanse your bodies. And every day this ought to be done. Every day you ought to review your day and examine your own reactions to the various incidents that have taken place during the day. This is the only way you can cleanse your spirits, your souls. Only in this way, you will be open and receptive for the proper nourishment so that you can grow spiritually every day.

In this attitude, nothing that happens will ever depress you. No, my friends, this is the truth. Even the unpleasant things in life will not have the power to tear you down. For you will thus be able to learn more about yourself and about spiritual law, about divine truth and what you have still to accomplish and what you have already accomplished. PL 16

Go through the days in terms of the various moods that "overtook" you during this specific day. Outer Events Reflect Self-Creation PL 211

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.

<i>Daily Review</i>				
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	I'm 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 2: Feeding the Soul

Spiritual food does not come to you by itself. You have to go out and get it the same way that you have to get your physical nourishment. You have to earn your bread. You have to go to the trouble to provide for it, buy it, prepare it, eat it. This is just as true concerning your spiritual bread as your physical bread.

You earn your spiritual bread by your sincere desire to receive it. You prepare your spiritual food by looking for the right source for you, by going to a certain amount of trouble in order to get it. And you digest it by thinking through for yourself what you have heard or read, by meditating about it, by trying to apply it to yourself in some way so that something will change for the better within you.

Therefore spiritual nourishment is, in one part, listening to lectures, reading the appropriate literature, and also conversations about this subject with people who know more about it than oneself. And, on the other hand, spiritual nourishment is also prayer and meditation in the right way. Here again, it needs the fight within yourself to overcome the resistance.

The same thing applies to [spiritual] hygiene.

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Exercise 2a: There will always be the voice which says, *"I am too tired. I do not feel like it; it does not matter if I am not doing it today. What difference does it make? Why should God mind if I pray to Him today?"* No, God does not mind, my friends. But your soul and spirit will starve. For by opening yourself every day, you receive the strength and the light that maintains you, that guides you into the right direction. PL 16

Speak the protest above as if it were a small child's tantrum: what response would satisfy it? What would praise, validation, or reward for your spiritual 'good deeds' look like? Feel like?

There is nothing neutral about the soul. It is the seat and the source of life. Either we respond to what the soul presents in its fantasies and desires, or we suffer from this neglect of ourselves. The power of the soul can hurl a person into ecstasy or into depression. It can be creative or destructive, gentle or aggressive. Power incubates within the soul and then makes its influential move into life as the expression of soul. If there is no soulfulness, then there is no true power, and if there is no power, then there can be no true soulfulness.

Care of the Soul by Thomas Moore

Exercise 2b: Your own failures, which are unavoidable, will give you strength instead of weakness when you view yourself in that way daily and if you consider your failures with the attitude, *"What can I learn about them? What does it show me where I still have to work in my efforts of self-purification?"* PL 16

The goal is a richly elaborated life, connected to society and nature, woven into the culture of family, nation, and globe. The idea is not to be superficially adjusted, but to be profoundly connected in the heart to ancestors, and to living brothers and sisters in all the many communities that claim our hearts.

Care of the Soul by Thomas Moore

Nothing that happens in your life is good or bad in itself. Do not believe this fallacy. The best thing that can happen to you could appear to you like a disaster at the moment. And it will be a disaster if you have the wrong attitude. And a happening that seems to you very fortunate can turn out to be very unfavorable if you do not learn your spiritual lesson from it.

So everything that happens to you can be good if you make it so; if you use it from a spiritual point of view; if you learn from it so that you can continue to grow spiritually, and thus grow into happiness!

PL 16

A major difference between care and cure is that cure implies the end of trouble. If you are cured, you don't have to worry about whatever was bothering you any longer. But care has a sense of ongoing attention. There is no end. Conflicts may never be fully resolved. Your character will never change radically, although it may go through some interesting transformations. Awareness can change, of course, but problems may persist and never go away.

Care of the Soul by Thomas Moore

Exercise 2c: Spend some time asking yourself: am I caring for my soul as I would expect to care for a beloved / a member of my family? If I am attempting to cure it, what is the soul's disease? Verbalizing these will allow you to sense the Ego's judgments about the soul.

Nothing that happens in your life is good or bad in itself. Do not believe this fallacy. The best thing that can happen to you could appear to you like a disaster at the moment. And it will be a disaster if you have the wrong attitude. And a happening that seems to you very fortunate can turn out to be very unfavorable if you do not learn your spiritual lesson from it.

Everything that happens to you can be good if you make it so; if you use it from a spiritual point of view; if you learn from it so that you can continue to grow spiritually, and thus grow into happiness! This is the only way you can direct your life instead of being a slave and being directed by it. It is in your power. You have it in your hand if you use it.

But often you do not want to use it. No, it seems to you so much easier to give in to this mood of depression or hopelessness, for this allows you to be passive and, consciously or unconsciously, blame some fate or circumstances or other people for what has happened to you. No, my friends, this way you make indeed a slave of yourself. This way you make yourself dependent on outer happenings over which indeed you have no control. PL 16

Exercise 2d: Instead, say to yourself: *"If anything unpleasant happens, the answer must be within me -- the roots or cause of it as well as the solution."* Pray in this instant for help to find the answer. Summon the will to look yourself squarely in the face.

If you have done this, if you have overcome the first resistance to do so -- and it is only difficult this first moment -- you will get the answer as inevitably as sun follows rain, as life must follow death.

And this will bring great happiness into your soul. A happiness that you have never known before because there is no other happiness comparable to the one when you conquer yourself, when you decide, *"I am no longer a slave. From now on I direct my life. In order to be able to do that, I have, first of all, to face within me what I may not like or what is uncomfortable."*

It is simple, and only difficult the first instant of decision, until you go through with it.

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Week 3: Willpower, Self-Will, Inner Will

Man has much more power than he realizes. The will power that lies enfolded within you is something you do not realize, my friends -- none of you. Since the will power is of great importance in the life of a person, I would like to talk about this subject now.

In the first place, I want to say there is no person alive who has no will power. This does not exist. And whoever says, "*I am weak, I have no will power*" is fooling himself because it appears to him a much easier course to be directed, instead of being the director of life, instead of taking the responsibility upon his own shoulders, concerning everything about his life. It is only a question to unfold this will power.

The second question is in what direction this will power should be unfolded. For all of you who say you do not have any will power, you constantly use this will power without realizing that you do so. You are doing it subconsciously, and you are often doing it in the wrong direction because it is used unconsciously instead of consciously. PL 16

Inner Will = Will that is aligned with Spiritual Law = God's Will

There are many people who rightly say whatever a person really wants, he can accomplish. More or less, this is true. But whether what you want is indeed the best thing for you is another question. Therefore the will-directing power in a person has to be examined by the person who wants, above all, to grow spiritually and come close to God.

Will power in itself is a most valuable asset. Without it, indeed, there can never be any spiritual progress. So will power comes from the higher self. It will remain a pure current of light and clean strength as long as it is used for a spiritual purpose, for spiritual growth, for God, with God, and in God. PL 16

As we get to know the soul and fearlessly consider its oddities and the many different ways it shows itself among individuals, we may develop a taste for the perverse. We may come to appreciate its quirks and deviances. Indeed, we may come to realize that individuality is born in the eccentricities and unexpected shadow tendencies of the soul, more so than in normality and conformity. One who cares for the soul becomes someone at ease with idiosyncrasies and the unexpected. Care of the Soul by Thomas Moore

Exercise 3a: In order to judge something as negative, you must already have a vision / concept / template of what is positive that alerts you to the discrepancy. Consider that this inner knowing is what is being referred to as God's will, simply because it emanates from a place of divine truth.

Prioritizing Ego Gratification over Inner Knowing

The moment the conscious will uses it in a wrong direction, it is distorted by the lower self and becomes an impure force. Let us take, for example, a criminal. For him, the gratification of his personal desires stand so much in the foreground that he is even willing to harm other people in order to achieve his goal -- the ego.

A higher developed person will not act that way because he knows crime is sin. And yet he too may use this will power in the wrong direction, -- though unconsciously, and of course not in deeds which obviously harm other people, -- but in feelings and inner reactions, that also *put the gratification of the ego in the foreground*.

This is the breaking of a law, and has its consequences in inner disharmony and/or outer conflicts. Anything that deviates from a spiritual law is sin -- or ignorance, if you want. Both are the same.

This whole procedure remains in the subconscious because this person knows somehow that what he wants is wrong, and yet he is not ready to give it up. He wants it nevertheless. Therefore the will power continues to flow in this wrong direction without the conscious awareness of it. This is often a very important factor of an emotionally disturbed person. PL 16

Exercise 3b: Notice what your priorities are whenever you sense you are not honoring your inner knowing. If you lack awareness, see that as an invitation to learn about it, vs. an excuse.

Finding and Fulfilling Our Unique Purpose

Now a person often wants something very badly that is in no conflict with recognized sin; it may not even violate the recognized standards of ethics by your society. And yet, what he wants may be wrong for him, for his life.

Example: For one person to become a writer may be his destiny; in this way he can best fulfill the tasks he is supposed to fulfill in this life. For another person, by becoming a writer, he may neglect the task he has really come to fulfill. You cannot say to become a writer is a sin, and yet for a particular person, it may be the wrong thing to do. Now if he uses his will power blindly, he will become a writer, but he will not be happy because you can only be happy if you fulfill according to the task you have taken on for this incarnation. PL 16

Exercise 3c: Make a list of uncomfortable or negative aspects of your life that you would like 'deleted' = erased or changed. Then consider that understanding and accepting these very events will help you understand your life task. The Ego's objections hold the challenges you must address.

And everyone has a task, my friends, everyone! Wherever you stand, you have a task, whether you have a family or whether you live quite alone. But do not look so far in finding this task. Do not even think first of other people whom you may desire to help. You will be able to do that too, certainly, but only after you have found yourself first.

Before you can fulfill a task with other people, you have to first fulfill the task within yourself. That means you have to gain spiritual development, purification, complete self-knowledge as much as possible according to your strength and development. When you do this, you are on the right path, and you are already fulfilling a part of your task, whatever the rest of the task may be. But if you begin with yourself, the rest will come to you without you having to move a finger. I can assure you of that. But begin with yourself.

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Exercise 3d: Why do you need to begin with yourself? Verbalize your desire that others 'do it first'. Or, that you are being unfairly targeted for your imperfections.

Make a Decision -- Do the Work of Exploring Spiritual Truth

Coming back to the question of will power, the most important thing in order to use this will power in the right direction is that a person says first of all: *"Once and for all, whatever will there is within me, I will use it according to the will of God."*

When you do that, my friends, the will power already alive within you will often take a changed direction. And even though you may not like it at first, you will, you must, become happy because God knows better than you do what is best for you and what gives you most happiness. All of a sudden your problems will disappear, I can promise you that. PL 16

Exercise 3e: Say the phrase in italics above out loud, multiple times a day, as a mini-meditation. Fully verbalize any arguments or objections that arise, as well as your realizations of what would need to change in order to live according to the will of God. Then consider making a few of these changes. That is, decide 'steer towards' the goal of aligning with divine will, incrementally.

And for those whose will power was still dormant to a large degree, suddenly it will surge through you with a clean strength that you have never suspected exists within you. All tiredness, all weakness, all weariness -- physical or emotional -- will disappear as though you have never known it if you really mean it, sincerely mean it that you put God's will above all else; if you promise Him and keep this promise; if you say and live: *"Whatever will power I have, my will is used according to Thy will."* This is the beginning of the change to the better in your life. This is the foundation -- when you keep this in mind and do this, in spite of the fact that many times your own will seems so much more tempting.

You like to say to yourself: *"Why should God have anything against my doing so and so? This is such a little thing, it cannot do any harm; it cannot possibly make any difference."* And then of course you do not even want to wait and find out the answer, because you have already accepted the answer you like best. And thus you have put your will above the will of God.

There are no little and big things, my friends. For what seems tremendous for you may be very little in absolute truth, and vice versa. The littlest thing may be a stepping stone to the biggest and most important. The littlest thing may be a very significant symptom, key to all your problems. Do not overlook it. Do not minimize it.

And have the confidence that what God wills for you must be better than your shortsightedness, even if it means a little sacrifice at first. When you put your life really and truly in the hands of God, if you give yourself up to Him, you must become happy. There is simply no other alternative. It is the only possible consequence. But afterwards you will not be able to understand yourself: what seemed so important and so attractive, or so difficult to do, so hard to give up, will afterwards appear like a burden you have carried around, as it really is! For everything is a burden that separates you from God -- everything, my friends.

And when you mobilize your will power, to use it first of all according to the will of God, you will have the right mixture of activeness and passiveness, of initiative and detachedness. Wherever it is right that you use strength to fight, to overcome, to be active, you will be strong enough to do so. You will have the support of the spirit world of God to help you. And whenever it will be right for you to let yourself go in the stream and not stem against it, you will find peace in that. For in that moment and for that situation, it will be the right thing to be passive. PL 16

Week 4: We Attract and Affect both Positive and Negative Spirits

And do not ask me, "How should I know what God desires? What is His will? How do I know when to fight and be active and when to be passive?"

When you really want to know, you will have the answer. If you really want to know, you will take the time to go into meditation about this precise subject and to ask God. And He will show you the answer -- in many, many ways He can do so. I have talked about this many times, I do not have to repeat it.

The problem is not that you do not know the will of God. The problem remains solely whether you really want to know His will, whether you have decided that you will fulfill His will, even against your apparent interest at this little moment now! If you fulfill these conditions, you must receive the answer.

PL 16

Exercise 4a: Find examples where you already know what answer would align with divine will, and resist that choice (even confusion, exhaustion, numbness can be a form of resistance - see PL 199 for a list of Ego Tricks). One way to unmask your resistance is to make an oppositional / negating choice, and realize that's not satisfying-- you just didn't want to submit / give in !

The Trap of Seeking Validation

And again and again we notice that you receive answers to your prayers, to your question what the will of God may be, all the time, but you often do not want to see it. You deliberately keep your eyes closed. My dear friends, only the first time is so difficult to do this -- to really give your life up to God, with all its implications. Once you have done it and experienced the peace and the joy, it will never be difficult any more -- because then your confidence will be established.

And why is it so difficult to do so the first time? -- because there still lurks a doubt within you: "Maybe God's will makes me unhappy." If you sincerely test yourself, you will find that this is the explanation why you hesitate to go through with this simple procedure. There is the key to everything. And now, my dear ones, I am ready for your questions.

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We sometimes talk about love lightly, not acknowledging how powerful and lasting it can be. We always expect love to be healing and whole, and then are astonished to find that it can create hollow gaps and empty failures. ... Our love of love and our high expectations that it will somehow make life complete seem to be an integral part of the experience. Love seems to promise that life's gaping wounds will close up and heal.

Care of the Soul by Thomas Moore

Exercise 4b: Unmask the demand behind your search for validation: verbalize it. Feel self-will trying to energetically gain approval, authenticity, or authority by enlisting others.

What if I Interpret God's Will Wrong?

QUESTION: Isn't it conceivable that a human being may make a sincere mistake as to the will of God?

ANSWER: Yes, it may temporarily, but not when you get into the state I have mentioned.

Certainly, people who do not receive the proper spiritual nourishment [ref PL 15] may still have the good will to follow the will of God. But they do not know how to find out, or they do not have the patience to wait for His answer. Or they do not realize that there actually is an answer forthcoming. So they may make mistakes.

But when you, my friends, who listen to these lectures (or read them) have the necessary requirements to find out about it the right way, you have that much more responsibility, and you cannot fail if you are really open to receive God's will. To be really open means that, beforehand, you are ready to hear that which you like least. When you are thus open and thus put your fate and your life in the hands of God, then you will get the answer. There can be no question about it.

And then you will not make a mistake, ever. Because you can ask two, three, four times if you are not sure that the first time was actually an answer and not, perhaps, a coincidence. And the answer will come again and again, perhaps in different ways -- through another person, through a sign, through something that happens, through a voice within you, through a dream, perhaps, through your own feeling of enlightenment, this deep knowledge that nothing can shake. In many ways, you will receive the answer.

Of course you will make mistakes if you go about it superficially, if you think about it very superficially and then do not even really wait for the answer. But if you go about it sincerely and if you open yourself and ask again and again and wait for the answer, there will be no mistake.

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Exercise 4c: Consider; if you did the work (as described above) you would always be able to know divine will, never make a 'mistake'... Is that what you truly want? Feel into any resistance.

QUESTION: You spoke about the many spirits who are around a human being -- the spirits of darkness and the higher spirits. In our calling for them, is it mainly conscious?

ANSWER: No it is not conscious. Indeed, it is mostly unconscious. It is very, very seldom that this is done consciously, at least as far as the spirits of darkness are concerned. If someone really does that, he must himself be a very evil spirit.

As far as the spirits of truth and light are concerned, you should and can consciously call them to you. But even if you do not do so, the moment you overcome a fault, you fight against your lower self, you desire above all else to fulfill the will of God, you live in accordance with divine law, you emanate a certain substance that draws these spirits of light towards you.

By the same token, if you give in to your lower self, if you violate divine law, you emanate a quality that draws the spirits of darkness near you like a magnet. For instance, when you emanate anger, you draw a spirit of anger towards you. When you emanate selfishness, you draw such a specialist towards you who will encourage you further in this fault. And so on. What comes out of you, you draw towards you. Like attracts like.

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QUESTION: Is there mutual activity in this attraction? [Yes.] From both sides?

ANSWER: From both sides, indeed! and not only this mutual activity, but also learning.

You see, with the spirits of darkness it goes like this. They fulfill a task in their world of darkness when they win out over a person, particularly with the people who love God. They are

very keen on drawing them away from God. Atheists, criminals, they do not have to worry about. They have them anyway. But people who love God, who seek God, the spirits of darkness are particularly keen on conquering them so that these people may give in to their weaknesses. They get special rewards in their world for such work.

And they know very well that they cannot accomplish anything with them by inspiring them to do anything wicked that is foreign to their nature. But they can succeed with the seemingly harmless faults, that draw such a person slowly but surely further into darkness, depression, self-despising moods and thus into separation from God. It is not so much the fault in itself, but because they become disgusted with themselves and may thus give up the fight altogether. I say so often that the stumbling with the same fault in itself is not bad, provided it is recognized and one learns from it and takes it in the right and constructive attitude. As a matter of fact, no progress is possible without this stumbling. Nothing that is deep-seated can be overcome without it.

But when this stumbling happens in an attitude of hopelessness and self-disgust, then the clouds become bigger and bigger. Then a person gets more and more involved with the respective dark spirits, with the world of darkness altogether.

You do not have to commit a crime in order to live in the world of darkness. There are other vibrations that can accomplish this. On the other hand, if a person is not an instrument for these powers of darkness, if he fights -- and you can only do this by knowing your own faults extremely well, for only by your faults can you be tempted by the dark spirits --

-- do you know what happens with such a dark spirit? He will come higher in his development; he will learn, not directly, not immediately, because he is still so much in darkness that first of all he will only know defeat. And this defeat will cost him a place in his world. If he gets defeat after defeat, he will even get into a position where he suffers. And only this suffering will bring him near to God, because only then he will turn to God, sort of as a last resort, in complete despair. As long as he has victories in his world of darkness and strength and power there, he will never turn to God.

So each victory of each human being, the smallest one, has a tremendous chain reaction in the universe with so many other beings of whom you are not even aware.

My friends, if you could know how much you accomplish by your victory not only as far as you yourself are concerned and your immediate surroundings, but for so many other spirits as well, you would really try much harder. And not only these evil spirits are affected by your victory, but also the erring spirits who do not belong anywhere. They are often around you and learn from your victory in a much more direct way than those dark spirits.

So when you conquer yourself, you are in fact a vital part of the great plan of salvation. You are then an active soldier in the fight. You are a front line soldier. And a front line soldier needs better weapons, more strength, and better protection than one who does not fight back or who is only in the hinterland. These weapons and strength come to you from the spirit world of God in guidance, enlightenment, recognition.

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