

## The Call

Study Guide for Online Meetings on PL 17

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**Week 1: What does a Spiritual Calling feel like?**

**Week 2: What Follows the Call?**

**Week 3: Learning about Your Own Subconscious**

**Week 4: Asking for Help**

**Week 1: What does a Spiritual Calling feel like?**

A communication with divine spheres is possible; it has always existed, and it will always exist. How frequent it is depends solely on man, whether he fulfills the necessary requirements.

It depends on the person's spiritual development when this call is coming forth. Granted, there are many, many people living on earth who have not experienced such a call. They are still in spiritual childhood, and such a call would be meaningless for them. They have not yet the necessary strength and development to follow it. Therefore God waits until they have reached the necessary maturity in the course of various incarnations, where they gather experience and wisdom and step by step spiritual development.

But at one time, this call must come forth.

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**Exercise 1a:** 'The call' is singular in terms of being one ongoing process. Yet it is not a train or bus that can be missed, or a test we can fail! Consider that your call as an ongoing dialogue between your inner divine and the world of spirit. We become more aware of what is being said, and understand more clearly what the conversation is about. Then we formulate ideas about what this means in terms of our individual life.

Spend some time contemplating that you have already experienced multiple forms of being *called*. The intensity (conscious awareness) and frequency may have varied. The source may have seemed different than what is described here; the work of poets and artists can awaken us, as can any divine aspect of human experience. Your choice to study Pathwork lectures is one form of answering a call.

**How do you feel this call?**

As I have said repeatedly, man consists of two natures, his higher self and his lower self, which are fighting with one another.

His higher self registers this call and pushes the person in a certain direction, which the conscious self cannot immediately interpret. The conscious self just feels a certain longing, a certain dissatisfaction with the present life -- even if you fulfill all your earthly duties to the best of your ability. Still, there is a certain voice within you, a certain pressure as though you are pushed in some direction you do not quite know where as yet. But you will find out, provided you do not fight against it and do not give into your lower self.

But your lower self does not want any effort, it does not want any change, and it holds you back and furnishes you with many excuses why not to follow your higher self. The excuses are manifold: "There is no time," or in the form of doubts, and so on and so forth. These are all rationalizations. And you who are inexperienced in differentiating and pulling off your masks, pretexts, and self-delusions, you believe the voice of your lower self because you want to believe these rationalizations. It is so much easier.

But until this fight is successfully over with, once and for all, you will not have peace. Never, my friends, because this call will become stronger and stronger as you go on. And the more you resist it, the more dissatisfied you must become with your life. The more God can expect from you due to your basic spiritual development, the more dissatisfied you must be if you do not follow this call.

Mankind has asked time and again why there are so many people, inferior to others, who are much happier than they. This appears to be an injustice. Why is this so? -- because less can be expected of a child in a lower class than of a child in a higher class. And if you do not deliver according to your development, you must be dissatisfied with your outer life as well as with your inner life.

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**Exercise 1b:** Thinking back, consider where you may have said Yes to some calls and No to others – then changed your decision, one way or the other, based upon your experience.

When you refused a call, what were you afraid of? What were your excuses?

Visualize your NO as a (delayed) success, because it resulted in this opportunity to explore your lower self motivations and rationalizations.

The transition from automatism (the first stage) to awareness (the second stage) is one of the most difficult that man passes through. Awareness means acknowledgement of one's limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense. The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth.

*Four Stages of Spiritual Evolution* PL 127

### Daily Review PL 28

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

**Exercise:** Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware. Each week, see if you can relate with the sub-topic.

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	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: What Follows the Call?

Now that you have understood how the call is felt, I will explain to you what follows it, what is expected of you. Your lower self has some idea of it. If it had not, it would not fight against it.

Now what does God want from you when He calls you? He does not expect you to be a martyr or to fulfill tremendous tasks -- not most of you. But what he wants from you, you can fulfill between your four walls, and no one has to know about it.

And who is to say what is a big task and what is a little one? Simply because you are famous and in the limelight does not necessarily mean that your task is a bigger one than if you quietly work spiritually and no one knows.

### Exercise 2a: Questions to Ask Yourself

What God wants from each and any of you, as the first step and a necessary preliminary before you can fulfill and give to others, is self-development, self-purification, self-knowledge -- the tearing off of your masks, the tearing off of all your self-delusions about yourself and your inner or outer motives. God expects this from you.

Whoever is not quite happy and harmonious can give himself the answer, "I have not quite followed God's call." Only you yourself will thus be able to answer any question about this.

*How happy am I?*

*How satisfied am I with my life and with myself?*

*How well-balanced am I?*

*How harmonious am I?* Inside, not necessarily outside. Outside you may have troubles, but if you are truly on the right path and fulfill everything that God wants you to fulfill, no matter what your outer difficulties may be or may not be, you must be happy. Whoever is not quite happy and harmonious can give himself the answer, "I have not quite followed God's call." Only you yourself will thus be able to answer any question about this. And if there is any disharmony, any dissatisfaction, you will now know the answer.

*How much do I really want to follow the call, even if it means that I have to use will power, effort, patience, and experience perhaps some pain?* Self-recognition and the tearing off of masks is always painful during the process although it is a great relief afterwards, a relief that will bring a very new peace into your soul once you have overcome the initial resistance.

And if you really want to follow the call, you can! But first you must really want to, first you must decide clearly and unconditionally, then God will guide you wherever it may be, and through whatever means may be best for you that you receive the necessary help from outside so that you can develop yourself within to the best of what can be expected from you.

It is not enough that you lead a decent life and are a so-called ethical person who does not do any harm to others and who does not violate the earthly laws. This may be enough of a person who is a younger soul, but not of any of you, my friends. So give yourself the answer now.

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## Exercise 2b: Finding Your Faults

The recognition of your faults is of utmost importance and stands in direct relationship to your hidden anxieties. This is the only way this can be solved. And I tell you, my dear friend, there is a great fear in you, part of which you do not want to realize. A fear that creates a sort of hostility in certain aspects of your life, which again you do not want to realize. When you find this out, you will have the root, and what then remains to be accomplished is the re-education of certain emotional currents. If you go about it seriously, and not expect a result tomorrow or next week, and yet keep on working, you must come to the roots, and thus dissolve this knot in your soul which creates certain physical symptoms.

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*What is your greatest fear?*

## Finding Your Faults, A Step by Step Guide PL 26

**Step 1:** Think as objectively as you are capable about your own person -- all your good qualities and all your faults.

**Step 2:** Write down a list, as I have often advised, because this writing down helps to a compact condensation and concentration of what you have found out so far and will prevent you from losing your grip over this knowledge. Do this conscientiously.

**Step 3:** Ask someone else who knows you very well to tell you what he or she really and honestly thinks about you. I know that it takes a little courage to do that. Consider this your first effort to overcome a little of your pride. By doing so, you will have attained some victory that will already free you of one little inner chain. Get together with one or two other friends who are interested in the same goal. For it is very important not to work quite alone, in many ways. It also needs a certain amount of humility which does not come easy at the very beginning

**Step 4:** When they do tell you your faults, think about it calmly. It may often be the case that someone says something to you that at the first moment seems entirely unjust -- and you may be hurt. You may also, for that matter, be even more hurt if a truth is told to you. But even if you have the sincere conviction that something told to you is an injustice, try to think about it nevertheless. There may be only one per cent of truth in it. The other person may just see it a little differently or see just the superficial effect. He may not have the understanding to combine or understand what lies underneath, why you react in this way, and all the complicated mechanism of the soul and her workings, and he may not choose the right words to express what he really means.

*But the one per cent of truth in what is said to you may open a new door of understanding for you. It may not even be something entirely new for you, but it is often necessary to consider one and the same fault or trait in different lights, from new angles, so as to understand the various effects one and the same fault may have.*

**Step 5:** When you make your daily prayer and meditations, this is where you should concentrate.

*Finding Your Faults PL 26*

Afterwards, I would advise to find out about your subconscious.

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## Week 3: Learning about Your Own Subconscious

### Daydreams and Wishful Thinking

Observe, watch, evaluate, note, weight, determine, but do so without strain, compulsion, or pressure, just calmly and quietly. Make day dreams the useful symptom which they are meant to be by learning from them about yourself, about your real needs, about your drives, about your pseudo-fulfillment in them, about their goal.

Observe their particular pattern. Keep a note of them. Realize their general characteristics, their common denominator, their underlying goal. This will offer you invaluable material about the root of your problems. Instead of repressing day dreaming, or simply indulging in them (without trying to observe and understand) make them the beneficial symptom that they are

If you wish to find meaning in your life, cultivate this thought: *'I would do something that is beneficial, not only for my shortsighted immediate goal, but something that brings meaning to others, be it help, be it happiness, be it whatever else is truly constructive and productive.'*

Make day dreams the useful symptom which they are meant to be by learning from them about yourself, about your real needs, about your drives, about your pseudo-fulfillment in them, about their goal

[\*Wishful Day Dreams\*](#) PL 98

**Exercise 3a:** What elements in your day dreams exhibit this desire? Do you find a pattern in your day dreams? Can you perceive an underlying goal? Do you feel shy or embarrassed about sharing these answers? Be willing to admit the personas you use to express this: general, genius, artist, or a world leader that saves civilization

### Dreams

Every dream contains a message of the unconscious and indicates that something is going on in it that the conscious mind should know about. All dreams convey the reality of the inner person, so often unknown to the conscious individual. Whatever effort is spent on them is well worthwhile.

[\*Dreams and Daydreams\*](#) PRS Chapter 27

**Exercise 3b: Pointers on Dream Interpretation** Summarized from Eva Pierrakos' EP1

1. It is most important that you make personal associations. No matter how preposterous the dream itself, as well as the associations may at first appear, if you analyze them closely and carefully you will feel the truth as a strong feeling of inner knowledge and understanding.
2. No matter how 'silly', unimportant, or crazy a dream may appear, it always contains something of importance. In fact, the dreams that make sense are not necessarily more important than those that at first glance do not.
3. If a dream is fully interpreted and understood, it always contains a special message, even if this message just repeats something the person already knows.

4. There are general dreams that show the entire inner situation; past, present, and future. These are not necessarily prophetic dreams, but the inevitable outcome of one's present attitude.
5. There are also dreams that show one's subjective feelings to a person, a situation, or a predicament. They point out a passing reaction or emotion that may be in itself significant but that is important as a part of the whole picture. These dreams may bring forth fear, desire, irritation, or whatever the emotion may be
6. The dream is often obscured in the constant battle of the personality between concealing and disclosing the truth. Gross exaggeration or repetition indicate that one is on the right track.
7. Almost all people or situations in a dream are part of oneself. They represent an aspect of the self, or they show one's reaction to a person or situation.
8. A dream situation, a person or an object has to be analyzed by free association as to its general or specific meaning to the dreamer. The dreamer should think and feel what the situation means to him personally. Then, what does the event or action generally mean? What does it stand for? Brought in this way to its simplest terms, a striking answer can usually be found and then applied to the dreamer's personal inner life.

**Pointers on Dream Interpretation** by Eva Pierrakos EP1

### **Learning the Language of the Unconscious**

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

Messages or signs appear through: dreams and day dream phantasies; projection; strong reaction to others and to general topics; compulsion; material derived from "bad moods"; from allowing emotions to romp freely from one "irrelevancy" to the next (also called free association)'

*[The Language of the Unconscious](#)* PRS Chapter 8

The most powerful aspect in man's life is his unconscious. Everything favorable, pleasurable, advantageous, as well as his hardships, suffering, disappointments, unfulfillments, so-called "bad luck," the repetition of unfavorable patterns, all are determined by his unconscious thinking and feeling, his unconscious attitudes. This comprises a great deal more than is commonly understood.

*[The Language of the Unconscious](#)* PL 124

### **Exercise 3c: The Technique of Written Meditation** Summarized from PRS 8 by Moira Shaw

1. Write down your ideas, thoughts, conflicted feelings, suspicions, etc. No matter how silly, childish, ridiculous they are. The more irrational, unreasonable, illogical you are, the more you learn about what goes on underground. Your mind may wander from one apparently irrelevant topic to the next. Ask simple questions vs. vague or complex ones.



2. When writing down vague feelings, often you first just treat the most superficial levels: the weather; a friend not greeting you; a vague worry. Write them down, all of them. This level has a tendency to rationalize – watch out for rationalizations!

4. At times it may require several writing sessions before the material becomes a meaningful, comprehensive whole. The more you translate disorganized thoughts, feelings, associations, and reactions into concise language, thereby learning to evaluate an underlying conflict, the more you will realize that you are never helpless.

5. Do not try to squeeze associations into making sense while you are involved in this process. The less inhibited you are and the more free reign you give yourself, letting your emotional reactions immediately flow on to paper, dispensing all restricting censorship, the more important clues will you gather. The unreasonable side must be taken out of hiding. When it begins to manifest, it is a sign that your path progresses most adequately. Understanding can be done only later.

“Language, in any shape or form, is a conglomeration of symbols. What else is language? When you say the word "table," it is a symbol for the object, not the object itself. The same applies to the language of your personal unconscious mind. It is just as possible to learn this language, as it is to learn any other language. To know this language is infinitely more rewarding and more essential for your personal life than the knowledge of a dozen foreign languages, no matter how useful this may be. Among the many things this path work accomplishes is learning the language of your personal unconscious.”

*[The Language of the Unconscious](#)* PRS Chapter 8

### **Exercise 3d: Daily Review 1.0** [PL 28 is the 2.0 version!]

The best way is what I call *[The Daily Review](#)* . In that way, you can find out your true reactions about certain things. In that way, you can begin to pull off certain masks and pretenses. And in that way, you can find out where you act against a *[Spiritual Law](#)* PL 171. You should pray for enlightenment and guidance every time you conduct this daily review.

This should be conducted in the following manner. 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.

If you follow this through for some time to come, really faithfully (not just once or twice -- that will not do you any good) but regularly and faithfully for some time, you will, after a while, see a clear pattern coming out of it. At first these incidents will appear entirely unconnected and isolated; they will be meaningless for you at the beginning. But later on, you will begin to sense -- at first, and then clearly understand, a pattern.

It is like a puzzle you begin, when you cannot as yet see the picture; but if you are patient, you will succeed. Thus you will uncover your hidden anxieties and complexes which of course are responsible for your disease.

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## **Week 4: Asking for Help**

### **Help from spiritual beings is governed by spiritual law**

Spirits cannot possibly interfere in guidance if the interference would hamper the free will, because you live on this earth with your free will for a very definite purpose.

It is not so important whether everything is pleasant and painless. Only you human beings think that this is of utmost importance. When you have a disease, when you have a pain, when you have a problem or some sort of unhappiness, you think this is the end of the world, and your goal is always to be happy and to eliminate your problems the easy way. But that is not the point.

The point is how you can overcome, how you can solve your problems, how you meet them from a spiritual point of view. Only by that, you become strong and really independent. If there would be undue interference, you would not be capable of learning what you have to learn.

### **The Power of Prayer**

Try to learn from your difficulties, and when you ask in this way, your prayers are much more likely to be answered, if, perhaps, in a very different way than you thought, my dear! I would advise to ask, *"Show me, Father, the real reason for my difficulties so that I can solve them."* Do not ask that this difficulty is simply taken away. That would be the wrong and immature way of asking. But if you ask the right way, you will be answered.

But your prayer and your thinking of friends, or of anyone for that matter, in meditation is of tremendous help. You cannot even begin to judge how much you help by that because, as you know, each thought and each feeling is a substantial form in the spirit world.

And no thought is ever lost, especially not a constructive and good one that comes from you out of love and good will. These thoughts add to the cosmic reservoir and flow in the universe so that the forces of good become that much stronger compared to the forces of evil.

And if, according to many factors I cannot go into here, a direct help to this friend can be given, perhaps in a different form than you human beings can conceive at the present, then your prayer will have an immediate result.

If, on the other hand, this dear one has to go through some difficulties for the sake of his own eventual and permanent happiness and freedom of his own bonds, then this prayer will not be lost either. You can be quite sure of that. This form remains preserved, so to speak, and will have its proper effect at the proper time. So nothing of that sort is ever lost or for nothing.

And I cannot recommend strongly enough that the few privileged people, who have found God in their souls to some extent, devote more time to prayer; for other people, for general development, for the unhappy souls who have not reached a glimmer of light yet.

So many thoughts are wasted in unproductive and even harmful brooding. If that same time could be used productively -- and there is nothing more productive than prayer -- then you would add a great force to this plan of salvation that is going on in the whole universe.

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**Exercise 4a:** Consider how to word prayers for yourself (and others) based upon the suggestions above. i.e. asking for help in understanding, or bearing up, or accepting, vs. asking for something to be removed or resolved. Practice by praying! Notice any change of attitude on your part because of this different approach.

Q: Even cancer and other incurable diseases have spiritual causes?

A: Of course. Do you think that man would have such destiny if he would not have to learn something from it? Is there any effect without cause? How could it be accidental that man is stricken in such a way when not even the minutest details are left to accident?! But it is a just and kindly destiny -- because the human being concerned may not be able otherwise, but through long suffering, where sorrow may not come at once but slowly, to attain permanent happiness and liberation. He needs something that pulls him through or else he would fall back again and again. Frequently it may be the case that a being chooses, before incarnation, such a heavy lot, realizing that thus his spiritual rise is quickened. For this reason, learning all about the spiritual laws is so very important, to absorb them, understand them, and let them penetrate through the deeper layers of your consciousness so that you are able to apply this knowledge in the most difficult times and to walk through life with more ease. [\*Decisions and Tests\*](#) PL 2

**Exercise 4b:** When you offer help to others, consider phrasing your offer as you would phrase this new way of praying; by expressing a desire to support their process in a constructive way, vs. wanting to eliminate a problem or obstruction, or simply commiserating about it.

### **The power of thought in the material world**

The earth sphere, or the material world, has been created for man for a certain purpose. The main purpose is development. On this earthly sphere, development proceeds infinitely faster. But your earth sphere -- with all its things on it, landscapes, mountains, seas, houses, any object you have, -- exists objectively, and does not alter its shape according to people's attitudes.

In other words, you see this room the same way as a person of much higher development, or as a person of much lower development. The objects in this room remain the same for any human being with normal sense perception; while the spirit world is really the out-picturing of the spirit's ideas, attitudes, thoughts, and mentality.

There, everything is the result of thoughts, feelings, and deeds. Therefore, there are always spirits of the same development together in one sphere. Other spirits, let us say lower ones, could not even see these landscapes or these objects, which the higher spirits see, and which are the product of their personalities. But on earth, it is not that way.

### **What are miracles about?**

What you call "miracles" are simply laws you do not understand. And mankind has the habit of referring to laws or happenings it does not understand as a "miracle."

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