

Q&As on Pride, Self-Will, and Fear

Study Guide for Online Meetings featuring *Questions and Answers* PL 54qa

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Week 1: Finding Your Faults

Week 2: Faults Create Emotional Bondage

Week 3 Ego-Centric Self-Will vs. Free Will

Week 4: Vanity and Spiritual Pride

Week 1: Finding Your Faults

Pride, self-will, and fear [PL 30] are the three factors responsible for all faults, for all unhappiness, and for all untruth that exists in each human soul. They work hand in hand and strengthen one another in different degrees and combinations with each individual.

[Shame](#) PL 31

God's world is with this endeavor of yours. We are with you with all our protection and guidance. Yet, there will be times when we leave you alone, when we do not interfere, for otherwise you cannot learn. A child cannot learn to walk unless it has fallen and stumbled a few times. It is the same with spiritual and emotional growth.

Let the frictions and irritations be a lesson to you. They are sometimes unavoidable and will be a great test for everyone concerned. Your attitude toward a disagreement or any sort of upheaval determines your progress.

-- Are you going to be involved with your vanity, in self-righteousness?

-- *Must your little ego triumph?*

-- Or, will you take whatever comes and learn from it to turn inward, to see what you can learn instead of how wrong the other person is, forgetting your own little hurt and the apparent injustice? That will be the yardstick, my friends. In that way you will honor the grace of this communication and preserve the teachings in their cleanliness.

Do not ever forget these words. The only thing you can do, the only way to fulfill the bigger duty, beyond yourself, is to learn and to grow and to take everything that occurs in your life, the little and the big issues, and consider them from this point of view. If you learn to do that, none of you, individually, as well as the group as a whole, will ever fail. PL 54qa

Exercise 1a: On the spirit plane, thoughts and feelings are visible, just as physical reality can 'seen' by a mirror or a camera. On the earth plane, thoughts and feelings can be disguised and distorted by inner conflicts projecting contradictory signals.

How do you notice such contradictory signals? Use the technique of Daily Review to 'audit' how many times a day you have to spend extra time parsing what you hear or see, because you intuitively realize that the message is consciously or unconsciously garbled by contradictory currents. Later, see if you can define what you sensed – not in order to accuse the other (or educate them!) but to build your own skills about learning to sense untruths and forcing currents.

An example of how to use [Daily Review](#) :Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

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

Finding One's Faults

Worksheet for PL 26

1. Notice 3-6 areas of conflict in your life, or aspects where you feel unfulfilled or unhappy. For each area of conflict, use a fresh sheet of paper / page of a word processing document and write a "headline" for each at the top. Respond to the questions below with as few words as possible, using additional pages as necessary.

It doesn't matter why you feel this way, or how 'big' the conflict or unhappiness is, or how others would characterize the situations. Be honest with yourself and about your desires.

Because you have often wasted many lives and the wrong habits of thinking and feeling have impregnated themselves deeper and deeper from one incarnation to another, the knots have become tighter, more confused, so it must take time to dissolve the knots, to loosen it up, to understand the workings of all your inner currents in relationship to spiritual law and truth.

If and when you have accomplished this to some degree, your outer problems must cease. Yet this will certainly not happen when you merely put more effort and concentration on the outer problem alone, instead of finding out the inner problem (always the cause of the outer one). PL 26

2. Write just a few words or a single sentence as your response to these prompts:

- a. What or who the conflict/unfulfillment involves.
- b. Why you are unhappy with it, as it is.
- c. What outcome you desire.
- d. What you suspect another would say about your part in the conflict/unfulfillment.
- e. What you suspect your part in not being able to resolve it might be.
- f. What feelings come up for you while writing this down?
- g. Would you like some help resolving this issue? *Allow yourself to say No if that is your true response.* And consider whether this No might be the underlying cause behind the manifestations of conflict, creating separation or loneliness in your current life.
- h. Do you have people in your life who could honestly assist you in this way?

3. What do you suspect another person would say about how are the inner currents and emotional reactions that block you from freeing yourself from them?

4. In what ways, as a decent person, do you continue to cause harm to others?

5. Asking for help in clarifying both your good points and your faults involves risk. What are your feelings about doing this? Do you have people in your life who could honestly assist you in this way? Do you really want people in your life who would be capable of helping you in such a task? Allow yourself to say No if that is your true response, and consider whether that No might already be manifesting, creating separation or loneliness in your current life.

7. The Law of Brotherhood bears a similarity to Step #5 of several 12 Step Programs: "We admitted to God, to ourselves, and to another human being the exact nature of our wrongs". Have you experienced relief and self-acceptance as a result of airing what you judge as transgressions to another human being?

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Week 2: Faults Create Emotional Bondage

One inevitable factor in bondage is fear. And fear can only arise out of self-will and pride.

The growing child strives for love, but it may not receive as much of it as it desires; or it may receive a different kind, an imperfect kind of love, leaving the child unfulfilled. Now, if the self-will-current goes into certain channels, subconsciously the person may think: *"I must have love; I desire love, yet my experience has shown me that I cannot really get it; or rather, I can get it only by submitting to certain things I really do not like."* PL 54qa

Exercise 2a: Say the phrase above several times, allowing yourself to experience the desire for love, connection, and validation – and also the fear, frustration, and fury of being blocked or negated. How do you usually get what you want? [Ref: PL 84 below]

Interlocked Triads of Personality Defenses

PL	Issue	Reason Type:	Will Type:	Love Type:
14/83	Mask / ISI	Serenity	Power	Love
30	Primary Fault	Pride	Self-Will	Fear
84	Lower Self	Withdrawal	Aggression	Submission
248	Primary Distortion	Materialism / Proof	Separation	Half-Truths
43	Primary Fear	Chaos / Injustice	Helplessness	Disconnection
43	Higher Self	Wisdom	Courage	Love
43	Primary Gift	Clarity, Order	Leadership	Connection
107	Way to NOT love	Disconnection	Outer Values	Overwhelm

Of course, many other things play a role as well. Just think about how important it is for you to be in the good graces of someone important for you, or be approved by the people you love. The moment there is too strong a desire, or the inability to give up the desire, you act out of fear and out of a pressure that amounts to compulsion.

This may not always be strong enough to be called a bondage. In principle, however, it is the same because you may be untrue to yourself in little ways. If the need and desire for love is stronger than being true to yourself, the bondage principle is at work. PL 54qa

Exercise 2b: Look for this current, even if an obvious bondage does not exist.

You will find that many people who apparently have no bondage at all, who seem rather to be quite un-submissive, quite rebellious, behave in such a forceful way only because deep down they are afraid of this very problem. By acting in the apparent opposite manner, they believe they save themselves from bondage. The healthier you are emotionally, the less of a show you will make about being independent. The more one is basically afraid of it and fights against it, the nearer one is to the extreme of outright bondage. PL 54qa

The Bondage of Shame

There is a right kind of shame and a wrong kind of shame. The right kind of shame, differently expressed, would mean true repentance. True repentance is therefore a constructive and very positive element. But there is also the wrong kind of shame. Differently expressed we might call it a guilt-complex, which of course is entirely destructive and negative. Consciously or unconsciously, you say *"I am so bad, I am hopeless, there is just nothing doing."* [Shame](#) PL 31

Exercise 2c: Check your emotional reaction to your faults, in all honesty. You will see, by going through your list, there are some faults you really do not like; but others you cherish in some way.

When you feel that, ask yourself, "*How would I react if another person displays the same fault, either in the same way or perhaps in a slightly different way?*" -- because you are actually often quite irritated when another human being displays the same fault you are somewhat proud of in yourself. Once you approach it from this point of view, you will lose that certain feeling of pride or liking for some of your faults.

As long as this feeling persists, you cannot possibly get over the fault. [*Shame*](#) PL 31

Every fault you can think of is connected with pride, self-will, and fear. And every single fault, weakness, imperfection, or shortcoming is a direct hindrance to love, and therefore to God. Further, in some instances there is an underlying good quality is behind each fault -- for there is no fault that is not a distortion of something that was once good and pure. Try it as an exercise yourself, with your own faults, of course; for your spiritual work is useless if it is abstract and impersonal. [*Shame*](#) PL 31

Exercise 2d: From the list of faults created in Week 1, verbalize the underlying good quality behind each one. For instance, if you are greedy, notice the desire to enjoy the best of life without worry, before fear demands that we take more than we need / stockpile supplies so they will last.

Links to *very* short films that illustrate faults – or, how to notice them: [PL 126 Film Suggestions](#).

Picture Language used in the Spirit World

QUESTION: Can you understand every human language, and express yourself through a medium in any language? You mentioned that picture language is used in the Spirit World, and also that it is rather difficult to translate it into human language?

ANSWER: As far as the picture language of the Spirit World is concerned, I am afraid I cannot possibly convey it to you. If I could convey it, it would be so much easier for me to express myself -- and many a misinterpretation of my words would be avoided. PL 54qa

QUESTION: When you talk through the medium, translate from your picture language or do you think at this moment of the language the medium is speaking?

ANSWER: It is a combination of both. I translate from the picture language and use her thought process which I influence through her subtle bodies. It is not possible that I give you an explanation of it. Human beings simply cannot grasp this much wider means of communication. Their own language is only a small part of the wider scope of picture language. It is as though you would try to explain human language to an animal. PL 54qa

As far as my (or any spirit's) knowledge of human language is concerned: I do not have to understand the particular human language. I see the forms of thought in picture language, and try to express it in the respective human tongue through the medium, utilizing her sense organs as well as her language. Through the medium's ears, I hear while I manifest; and through her mouth and physical knowledge (language, for instance) I express myself. Whether I could express myself in any language, regardless of whether or not the medium knows the language, depends on the type of mediumship. There are many types of trance mediumship, a fact that is for the most part ignored. It is very difficult to explain all these manifold variations and possibilities to you.

PL 54qa

The Invention of Lying 2008 On a world where thoughts and feelings are expressed openly without guilt or shame, no one has ever lied; the word 'lie' doesn't even exist. The person realizes this allows them say anything, and never be challenged. They seize the opportunity for personal gain. [IMDB.com](http://www.imdb.com)

Exercise 2e: The picture language of the world of spirit means that it is not possible to hide thoughts or feelings, so that unlike the movie fantasy, lies would also be obvious. What role would fear play in an energetically transparent world? What would happen to pride and self-will if they were unable to hide their reality?

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. *Process of Reincarnation* PL 34

"Every breath you take / And every move you make / Every bond you break, every step you take / I'll be watching you" The Police ©1983 Perceived as a love song, the lyrics are actually spoken from a character with sinister intent. During the time Sting wrote this song, he had just divorced his first wife, Frances Tomelty. While his intention may have been to write a sweet, emotional love song from the beginning, he soon realized that he was entering into a dark place that fought for control and surveillance. <https://genius.com/The-police-every-breath-you-take-lyrics>

Exercise 2f: How is the involvement of the world of spirit (down to the atomic level of our lives) different from the kind of control and power over others that humans fight for?

A need for 'proof' is a form of bondage

With very few exceptions, higher developed spirits do not use the more direct and stronger type of mediumship, in the category of psychic phenomena wherein a much coarser force is used. This coarser force can be obtained more easily from spirits that are still closer to the earth sphere. Such manifestations also have their purpose and use. They serve to open the eyes of human beings to perceive that other worlds exist beyond their own. Through this realization, many may come to think a little differently about life.

But once this different outlook is gained, it is more useful to be in contact with spirits on a higher plane, who may not have the type of strength available that is necessary for striking "proofs," but who can give you different benefits of a higher and more subtle nature. Even as far as this "proof" is concerned, it is not so simple. It may open the door, but it can only be the beginning of gaining *inner* proof through inner enlightenment and certainty. Outer proof is never sufficient. Besides, you can only prove something to someone who is open and without prejudice. No matter what startling "proofs" may occur here or there, someone who does not want to see and change his outlook will never be convinced, no matter what. Because here we are dealing with an inner block and that is much more difficult to eliminate than any outer obstruction.

Hence, we, in the world of God, are not interested in producing phenomena. We are interested in individual development, for this is the only key to everything. Therefore we choose the simplest possible way which is the least ostentatious as far as phenomena are concerned. So we usually abstain from all manifestations such as "direct voice," materialization, et cetera.

Questions and Answers PL 54qa

Week 3 Ego-Centric Self-Will vs. Free Will

QUESTION: It was pointed out to somebody that making decisions are necessary in life. This person believes that this would be self-will and pride and that one has to wait for God's will.

ANSWER: Humanity always tends to go from one extreme to the other. Knowing that one extreme is wrong, one wants to believe that the other extreme is right. This would be so much easier, and there would be nothing to weigh. *Questions and Answers PL 54qa*

Type	Quality	Manifestations
Free Will	Innate power; neutral, can be used for good or bad. Creative (active) or receptive, as appropriate.	Every divine spark has free will. Free will is the force that chooses to begin the process of self-transformation and purification
Self-Will	Exercised by the little ego, blind ego, lower self. Active when pulled into a forcing current; Passive (vs receptive) as a covert defensive tactic	The positive desire to transform and purify. Represents false beliefs of the soul. Purpose: to act out false beliefs in order to experience the pain they cause.
God's Will	Completely free of Self-Will. Activate or receptive in support of the Plan of Salvation	Individual must be free of Self-Will, at least temporarily, in order to access.

Exercise 3a: Why would God's will would not manifest as easily as Self-Will or Free Will?

Decision-Making

It is a fallacy to think you can go through life without making decisions. Actually, you make a decision every time you breathe. Not making a decision is a decision too, although a wrong or unfavorable one. It is God's will that you become mature, independent, and responsible for your decisions. By no means do I suggest using self-will. Decisions may, but need not be prompted by self-will. It depends entirely on the motive.

It is much healthier if you say, *"Even if occasionally my decisions will turn out wrong, I act according to my best ability, trying to consider everyone involved, making my decisions with as little egotism as possible, but with the healthy premise that I am to be considered just as much as anyone else. I realize that I am a limited human being and therefore I am bound to make mistakes. I am willing to pay the price of learning from my possible mistakes. In reality, by avoiding decisions I would only try to get out of paying the price for living."* PL 54qa

Exercise 3b: Hindsight can reveal inadequacies in our understanding, but can never remove the uncertainty of the next decision we make. Practice saying the phrase (above in italics) when you are faced with a decision, or ready to criticize yourself or others when the outcome disappoints.

Misinterpretations about Spiritual Guidance

It is unhealthy if you let God make the decisions for you so that you may be absolved from the consequences of your decisions, their consequences, and the responsibility involved in making them. Such shirking of responsibility -- for this is what it amounts to -- is just as wrong as self-willed actions in which one just goes ahead without consideration for another person. In fact, lack of decision-making will often produce the same results as inconsiderate, heedless and selfish decisions that are made without further thought. It is a complete error to believe that independent decisions are necessarily selfish and self-willed, it is equally erroneous that refusal of decision-making, under the mask of "waiting for God's will," lacks selfishness and self-will.

It may be much more self-willed, in a hidden way, to refuse to make decisions; it may even be dishonest to say, "*It is my desire to have God's will decide for me.*"

I do not say that whenever a person says this, the motivation must be a basic dishonesty. There is no black or white. God's motives always mingle with wrong or sick ones. Certainly, a true desire to fulfill God's will can coexist with a certain cowardice and refusal to assume self-responsibility. I am only pointing out that it is possible to use a spiritual truth to rationalize the weakness and sickness of the soul. *Questions and Answers PL 54qa*

Exercise 3c: Whoever interprets free, mature decision-making as self-will, should question himself -- or be questioned by his helper -- along the following lines:

- Why do you feel God should make decisions for you?
 - Didn't God give you free will?
 - Does not free will imply becoming a grown person who can make responsible decisions personally?
 - Does the idea that God's will cannot manifest if you make decisions hide a fear that you are responsible and may have to blame yourself?
 - Isn't it too easy to do nothing and wait for God to run your life? Is it really devotion to God that forms this concept or is something else hidden behind this point of view?
 - If you wait for God's decision and it turns out badly, isn't it much easier to say it is all God's fault? You may not pronounce these words even in your thoughts, but this is what you must feel when you hide behind this wall of a fallacy. Such fallacies very often turn into false piety.
- What may seem like devotion often hides something completely different. *PL 54qa*

Exercise Free Will just as you Exercise the Body and the Mind!

Humans have been endowed with free will, contrary to beings still in a lower grade of development, such as animals or plants. Free will implies the ability and the responsibility to make your own decisions. Certainly it is advisable to trust in God and ask for guidance, and not to go about making decisions without asking God for help. When you ask for guidance and wait for it to manifest through various channels, at the same time using your own brain, decency and responsibility, you are also using your free will.

To ask for guidance already implies a certain flexibility, a lack of self-will. So ask for guidance in humility, knowing that you cannot always know the right answers, but realizing that you have self-responsibility and are, therefore, accountable for your decisions, whether they turn out right or wrong. It is inevitable in every human being's life to make some wrong decisions, but you should certainly learn from them. *Questions and Answers PL 54qa*

Many human beings are able to make a decision outwardly, but a great number of human beings cannot do it inwardly. This lack of inner decisiveness sometimes expresses itself only in inner attitude, feelings, and reactions. They are not even aware of it because all is covered up. Only after they begin to search for their innermost motivations and emotions will they have to realize what their inner attitude had been up to that point. Only then can they start making decisions from within. *Decisions and Tests PL 2*

Exercise 3d: Track your willingness to make decisions over several days. The tool of Daily Review can be modified to cover a wide range of topics. Think of it as a vacuum cleaner that collects what is not usually noticed, so that we might realize a pattern that was not conscious.

Concepts about sex as sinful

The sexual impulse in the infantile and immature personality is entirely self-centered and egotistical; it is separated from the love force and the erotic force which include the other being, not as a necessary instrument to be used, but as a goal for unity.

No force, no principle as such can ever be evil or sinful in itself. It always depends on whether it is egocentric, separated and loveless because of emotional immaturity, or whether it finds union and integrates with love and the life force. This applies to all forces, all emotions, all principles, and everything in existence. Once humanity will have understood this -- and today you are beginning to -- religious teachings will no longer hold that sex as such is sinful.

Of course, lacking deeper knowledge, religions had to assert the sinfulness of sex because the raw (and often dangerous and quite destructive) sex force manifested in the wrong way in many individuals. Observing this, they came to the wrong conclusion and chose the wrong remedy. The opposite extreme is always the wrong remedy, and much nearer the extreme one wants to avoid. The right alternative is to recognize the sex force as a living reality that cannot be torn out without grave harm to the human personality -- if such an attempt succeeds at all -- and to give it proper direction, by recognizing its deeper meaning. It is not more correct to say that sex is good or bad, right or wrong, than to say electricity is good or bad, right or wrong. It depends entirely on what you make of it, how you use and direct it. PL 54qa

Exercise 3e: Consider some behaviors that you believe are sinful, dangerous, or almost always abused. Imagine what the original positive purpose was. Find examples where this same behavior is able to manifest in a constructive and mature way. What makes the difference?

Walk a Mile in Someone Else's Shoes

I remind you of my recent suggestion [ref: [Life Force in the Universe](#) PL 48] that when you have any friction, try to be the lawyer for the other person. There is no risk involved, except, perhaps, your little ego and your little vanity. But only by losing these can you become free! If you resist, what is the resistance based on? Ask yourself these questions. It may bring very fruitful results. It may show you that you actually do not like to see the other person's point of view. It may show you that it gives you a certain satisfaction to be in your disharmony. It may show you how much you are involved in your pride and ego -- and therefore not half as objective as you would like to think of yourself. All this will open further vistas. So, at least, examine yourself as to why you do not want to see the other's point. There is certainly enough friction in your life. *Questions and Answers* PL 54qa

Exercise 3f: What have you got to lose? There is always a case to be made for the other side/preference/decision, even if you disagree with their conclusion or their methods. Here are 2 examples using [Personality Types of Reason, Will, and Emotion](#) PL 43. 1) Love can be understood, felt, and expressed in radically different ways: for a Reason type, the first priority may be a 'meeting of the minds'; for an Emotion type, feeling accepted and experiencing pleasure in the other's presence. A Will type needs to be heard and acknowledged by the object of their love. 2) In a business or community situation, a Reason type may need to understand details or systems; an Emotion type needs to feel how this will benefit and support a sense of community / common purpose. A Will type may need to 'put their stamp' on a project.

Week 4: Ego Vanity / Spiritual Pride

QUESTION: What happens to the spirits who do not belong to the Plan of Salvation and are being prepared for incarnation? Are they subjected to this separation with their consent, without their consent? Or, in what way are they prepared?

ANSWER: It works along the same principles. They are always consulted and are given a free choice first. Together, they then consider what this choice may mean, what results it may produce from the point of view that is important, namely spiritual development. A wiser and higher developed spirit advises and points out certain things that the spirit in question may not have the overall view to see as yet. PL 54qa

Exercise 4a: Imagine trying to counsel your younger self. What did you need to hear? What would you have been *able* to hear? We cannot change the past, but we can revisit it (like Dickens' Ghost of Christmas Past) with wiser, more loving eyes. If we can do that while still in our imperfect human form, imagine the degree of wisdom and love a spiritual team could muster.

QUESTION: Do they all want to become incarnated? [No, not all of them want to.] Do they have to, nevertheless?

ANSWER: After a certain time, they have to. If a human child wishes to remain a child in body, it cannot succeed. Natural growth takes place. It is similar in this respect. All these laws, the laws of reincarnation as well as any other laws, follow a natural procedure and do not happen arbitrarily or forcefully. They are created in infinite wisdom and farsightedness; not only the individual entity in question is considered in these laws, but his own fulfillment of the law is part of the Great Cause. One works within the other, one never interferes with the other.. The concept is too broad for you to really comprehend.

Exercise 4b: Explore the idea that natural law- such as controls the growth of a child – mirrors spiritual law regarding self-development. Life force cannot remain stagnant.

Grumpy Immature spirits may manifest as grumpy Immature human beings

People who do not like to live, who fight against life, are usually those who did not like to come, who would have preferred to remain in the Spirit World, where conditions are often easier, but the possibility to develop is so much slower. If the instinct of destruction is strong, it is a product of the anti-life force; if the life instinct is small, if the will to live is weak, you can be quite certain that the entity was not eager to incarnate because he or she did not understand some basic matters. It is also possible that a negative and weak person, destructively inclined, has incarnated sooner than was good for him.

On the other hand, with people whose life force is strong, who have a positive outlook on life, one can be reasonably certain that they liked to incarnate, but did not do it sooner than was good for them.

Incidentally, by looking at and knowing another human being you may sometimes quite easily tell whether that person was eager to incarnate, or whether it happened against his or her short-sighted will -- *which is not contrary to free will.*)

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Exercise 4c: Allow yourself to imagine who among us might be a reluctant passenger on the Good Ship Earth. Or, a stowaway, who hasn't 'paid the price' for their ticket! How might that affect their sense of pride about themselves?

Asking for Spiritual Contact

When spiritual contact is pursued for (or serves as)

- a means for a purpose (be it for curiosity or interest, etc.),
- to perfect mans inner self
- to recognize God's will in everything(major as well as the minor questions)
- to fulfill His will

Then man is living according to the spiritual laws, on the outer and the inner levels alike. When this is the purpose, utmost help and support will be given by God's spirit world to establish this contact. [Decide! Asking for Help and Helping Others](#) PL 7

“There are no accidents, no coincidences, no mistakes”

There is no coincidence possible. Nothing is just left to itself.

When it says in the Bible that God has counted each hair on your head, it is no exaggeration, my friends. For every detail, there is a reason; even the smallest detail has to correspond, and has a much deeper meaning and significance than you can possibly imagine.

All this is not arbitrary or left to coincidence. For every detail, there is a reason.

[Preparation for Reincarnation](#) PL 34

Exercise 1b: Do you believe in *ongoing, moment by moment* guidance in terms of what happens in life (or, what comes into your consciousness)?

If you do, practice being more conscious about how every single aspect of your life is an opportunity for spiritual growth and transformation.

If your answer is No – verbalize your beliefs about how spirit connects to the earth plane, or if there is any connection at all. Then, notice how/where/when your beliefs conflict with the Pathwork lectures. That is, bring any resistance into your conscious thought process so that you can be aware of it.

Only then will your decision about what to believe be a free choice.

Spiritual Nourishment

When we spirits observe human beings, we can always see your bad need of spiritual nourishment. You nourish your body, you nourish your intellect, and you even nourish your emotional nature although the latter one not always with the best possible food. But when it comes to spiritual nourishment, most human beings starve themselves. When you are sad or depressed, when you are dissatisfied with your life whether you have actual and rational reasons or not, in both cases, it is always because your spirit is starved. Only he who partakes of this most important food -- spiritual development -- can be truly happy and fulfilled. PL 54qa

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