

## **SPIRITUAL LAWS MENTIONED IN THE PATHWORK LECTURES IN ORDER OF THEIR APPEARANCE**

**Source / Author of this paper is not known**

### **Lec.3 Law of replenishment of energy**

It is yet another spiritual law that energy used for spiritually positive goals is always replenished.

### **Lec.4 Law of multiplication of love**

The more love you generate, the more it multiplies itself.. This is according to eternal law.

### **Law of surrendering dignity**

Exactly because you give up the insistence on your dignity can you win what you were ready to give up. This is the immutable spiritual law.

### **Lec.6 Law of cause & effect**

What God sends your way is, of course, often somewhat unpleasant – not because He wants it so but because it is in accordance with the law of cause and effect you yourselves have set in motion by your past actions or attitudes.

*Also:*

**Lec.78** *Cause and effect (are) due to a wonderfully just law that is mercy, grace, wisdom and love.*

### **Lec.13 Law of slow growth**

Slow growth and development.. are in accordance with divine law and must eventually be crowned by success.

### **Lec.14 Law of giving up ego to win life**

To the degree that the ego and the comfort of all that goes with it loses importance, you will have followed a very important spiritual law. Thus health will be gradually restored. This law has to do with the giving up of the ego-self which Jesus taught. Only thus will you win your life.

### **Lec.17 Law of giving up what you wish to gain.**

To give to one's brothers and sisters is right. It is according to divine law, and it makes one happy... You know the spiritual law: first you have to give up what you want to gain. You have given up admiration, which means you have given up making an impression, wanting love from others because you appear so wonderful.

### **Law of genuineness. Only the genuine has effect**

It is important to know your weaknesses, and which extreme you tend to, for only what is truly genuine will have an effect: of that you can be quite sure! This too is a law. By doing.. the Daily Review.. you can find out your true reactions to certain events; you begin to pull off masks and stop pretenses. You can find out where your actions go against a spiritual law.

### **Law of asking for help**

People say wonderful prayers using beautiful and poetic words, but they seldom think of asking for help with their immediate spiritual problems. This is a great mistake, for there are also spiritual laws governing this issue. If you ask for help, you can receive it.. You are expected to turn to God

with your difficulties. If you really want this help with all your heart and ask God for it, He will answer you. I can promise it.

### **Lec.21 Law of making first step**

According to universal law an individual human being has to make the first step in order to receive help from the world of God.

### **Law of attracting needs**

The divine laws are made in such a way that the things you need come to you.

### **Lec.23 Law that nothing unjust can happen to anyone**

The clockwork of the laws is so perfect that nothing unjust can come to any single individual.

### **Lec.24 Law of all things leading to the good**

Every type of sadness or sorrow can only exist because you human beings are ignorant of the perfection of the Creation, of the perfection of divine law. And whatever happens must be for the good. It must come out as a happy solution in the long run. For this is the way divine law is made.

### **Lec.25 Law of facing life, facing your own imperfections**

To face life's reality means to be able to face yourself as you are with all your imperfections. If you do not face life first, you can never develop. No system trying to teach ways to jump over this hurdle can ever be really successful, for seeking such shortcuts violates a spiritual law... Constant self-observation and self-honesty will have a surprising effect on you. By following this procedure, you will learn to follow the law of reality, accepting yourself as you are and thus learning true humility.

### **Lec.26 Law of brotherhood**

To really open your heart to another person brings spiritual help that you could not receive by yourself. It is due to the law of brotherhood.. By remaining all alone, you violate the law of brotherhood in some subtle way.

*Also:*

***Lec.31** There is a spiritual law which applies equally to psychoanalysis and confession. It is the law of brotherhood. The moment you open up to another person, you risk an act of humility.*

***Lec.257** The law of brotherhood.. Without brotherhood there is no love, without love there is no brotherhood. Love is union. Hate is split, dissension, isolation. Love means mutual understanding.*

***Lec.258** Working with others, being open to and with them, fulfills the law of brotherhood.*

### **Lec.30 Law of justice**

As long as you feel differently for your brother than you do for yourself, you violate the spiritual law of justice, aside from the law of brotherhood.

### **Lec.32 Law of paying the price**

You want to amass advantages without shouldering the responsibility of paying the price for them. That, needless to say, is a violation of one spiritual law... To love God means naturally, among many other things, to abide by these various laws -- and not only to abide by them, but also to accept them willingly. And one of these laws is that the disadvantageous side of each decision has to be faced and accepted.

*Also:*

**Lec.60** The price for illusion is extremely high. The more you want to evade paying the natural and fair price - in this case self- responsibility for freedom - the heavier the toll becomes. This, too, is unalterable law. The more you understand about the human soul, the more clearly you will observe this. All diseases of the soul are based on just that: on evasion of the payment of the rightful price.

### **Lec.33 Law of acceptance**

When other people's faults bring you disharmony of any sort, it indicates that deep down you resent even more the fact that you cannot change them. Your resentment means that you are breaking a spiritual law. It should be the best indication for you to determine where you stand in accepting yourself as you really are and doing so in all humility. The more serene you remain in the face of other people's faults, the more you have accepted yourself as you are.

*Also:*

**Lec.170** *Whenever you do not accept your humanity, your present limitations, you violate a universal law.*

### **Lec.37 Law of not being pessimistic & negative**

The Divine Law of accepting life's adversities without becoming pessimistic and negative.. Acceptance of life is the divine way; to accept everything life brings, both good and bad - and to retain a positive attitude. It is equally against Divine Law to be pessimistic and negative.

### **Lec.39 Law of like attracting like**

An untrue thought, innocent and in good faith as it may be, cannot meet with the true forces of the cosmos. Like attracts like, and this law cannot be changed.

*Also:*

**Lec.45** *When an image exists and brings a person into certain situations in life, certain people are drawn into his life. This is based on the law of affinity, because the forms of thought, feeling, and desire attract that which corresponds. The whole concept of images can be understood only when one realizes the validity of the law of affinity.*

**Lec.76** *An untrue thought, as innocent and in good faith as it may be, cannot meet with the true forces of the cosmos. Like attracts like, and this law cannot be changed.*

**Lec.95** *Only when you act and react from the core of your very individuality will you reach and affect the core of others, regardless of whether or not they themselves work on such a path. This follows the law of affinity – the attraction of similar and repulsion of dissimilar substances.*

### **Lec.40 Law that all hurt comes ultimately from oneself**

Hurt has to be accepted not because God gives it to you but because you have given it to yourself. This, however, should not lead you to revolt against yourself or against the wise law that created the situation.

### **Lec.54 Law of reincarnation**

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.

### **Lec. 61 Law of evil defeating itself**

If divine law would not operate in such a way as to make evil defeat itself, the fallen spirits could never return. This is the basic grace.

### **Lec.76 Law of passing on happiness**

God's laws work in this way: Only one who is happy can give happiness to others.

### **Lec.78 Law of equal returns**

Whatever you give forth, no matter how hidden or subtle, is returned to you. And you deeply feel and know that this is not due to a stiff, rigid, merciless law, but it is your own inner law. And in that you realize the glory of God's love and wisdom.

*Also:*

**Lec.80** *This law always works. As you give out, so must it be returned unto you.*

### **Lec.80 Law of communication**

Understanding the need for communication and cooperation on the physical level will make you realize that mental, emotional, and spiritual subsistence is necessarily just as dependent on cooperation and communication. You know that the same laws hold true for all levels of existence. There is in the human soul a center out of which the soul-forces flow, or to which another person responds. This center governs the laws of communication, and, on a lower level, of cooperation.. Cooperation is simply a more superficial form of communication.

### **Lec.114 Law of there always being sufficiency to respond**

The universal laws work in such a way that nothing whatever could possibly be beyond your capacity. If it sometimes seems so, it is only because you doubt or ignore the resources that exist within you.

### **Lec.132 Law of ego development**

Only when you are fully possessed of your outer self, your ego, can you dispense with it & reach your real self. This is a law. It is a logical law, for then you act out of strength & abundance, not out of weakness, need & poverty.

### **Law of completing one step before moving to next**

The law that you have to reach a certain state and fully be there before you can abandon it for a higher state is extremely important to understand...

This is the very same law that determines how working from abundance produces abundance, but working from poverty and need produces more poverty and need.

*Also:*

**Lec. 159** *Every new beginning presupposes the termination of the last phase, thus ending it, "dying it," as it were. This applies to all levels of one's being.*

*On the physical level this is obvious. Even though you are able to see the new beginning after the end of the old phase, you nevertheless stem against it. How much more so when the new beginning cannot be seen! The identical law applies to inner growth and movement. The new life, the new beginning of a phase, can only follow the dying of the old, which is often painful. It means battling through the waste and mud of one's misconceptions and destructiveness. You all know that and experience it again and again on your path. No new expansion can come unless it follows the downward movement of the spirit. Translated, this means dipping into the depths of one's inner being. If pain resides in those depths, it must come out, otherwise it cannot be dissolved. The pain obstructs the light and must therefore be dug out.*

*The identical movement exists in breathing, as I explained before. This is the breathing of the spirit, the breathing of the universe, as it applies to each individual life manifestation.*

**Lec. 189** *As long as existing values are not fully put to use, additional values cannot possibly be realized. This is a law of life that applies to all levels of being.*

**Lec.194** *Another law is that you cannot skip a step. If you want a result that depends on eliminating obstructions which violate a law, the obstruction must first be dealt with.*

**Lec. 224** *Another law of great importance for this purpose is that the opening to the greater universal consciousness must not be approached in a spirit of magic that is supposed to eliminate the growing & learning process.. This ultimate power is supposed to fill and sustain you, however, your outer mind must go through the steps of acquiring whatever knowledge is necessary.*

**Lec.227** *This divine law.. is so hard for humanity to recognize. If you give up what seems to be your interest because you recognize that not doing so would harm others, you prepare for the next stage of development, where you can have a fuller vision. This also applies to the planet as a whole.*

### **Lec.136 Law that whatever concept is held must manifest**

The law is that whatever concept you hold must manifest in your life. The truth of life, the reality of life, is unlimited good. If you believe.. happiness is impossible, how can you experience happiness? This is as logical as any physical law. For instance, if you move your body from here to there, your body can be only at the spot you have moved it to, not at any different spot. This is no more and no less miraculous than the laws of the mind. As far as you can move it, this is where you find yourself with it. If you find yourself in a dingy, narrow little room, you need not remain there. You cannot convince yourself of this fact unless you walk out of it and discover that there are a lot of nicer places outside this little room.

*Also:*

**Lec.194** *"According to your belief you shall experience," is followed. The power of the thought does it. Love, humility of spirit, and honesty may also help the power of thought to be effective, in spite of the primitive belief.*

*One of the most important laws is what all Scripture reiterates: According to your belief you shall experience.*

### **Lec.137 Law that calling must have a response**

Your inner nucleus, with its powers, can solve all your problems. Whatever your misconceptions are, this in-dwelling consciousness can change them into truthful states of mind. It is always ready to respond, but it must be specifically contacted. It will fill you with new, stimulating, challenging thoughts, outlooks and ideas. It will lead you into feelings of truth and beauty. Its guidance is invaluable. If you call upon it, it must respond, for this is the law. This is no magic, it is not an inconceivably difficult feat that you have to master. You can do it right now, if you so choose.

### **Lec.152 Law that the more you give of your energy, the more that energy revives**

The more they give of their energy, the more renewed energy they generate within. For that is the law of the universal life principle.

### **Lec.157 Principle that you cannot bring anything to be without a strong preceding concept**

To expand your own possibilities of happiness, your mind must grasp the principle that you cannot bring something to life if you cannot first conceive of it.. You need to have a vigorous, active,

dynamic concept of what is possible in reality. When you know that some-thing you wish to bring about exists in principle, you have made the first step toward realizing it.

### **Lec.185 Law of mutuality. All things move together to unite in a single whole**

Mutuality is a cosmic or spiritual law. No creation can take place unless mutuality exists. Mutuality means that two apparently or superficially different entities or aspects move toward one another for the purpose of uniting and making one comprehensive whole. They open up toward one another and cooperate with and affect one another to create a new divine manifestation. New forms of self-expression can only come into being when the self merges with something beyond itself.

Mutuality is the movement that bridges the gap between duality and unity. Wherever there is separation, mutuality must come into being in order to eliminate this separation.. This law of mutuality applies to all endeavors, all successful completion, and all meaningful self-expression.

### **Lec.191 Law of pain returning until dealt with**

The pain you avoid must come to you from outside, again and again, until you can no longer avoid it. This is a law of life. If you come into this life with such a fear, your life circumstances will bring forth the very condition that you avoided previously.

### **Lec.192 Law that life cannot be cheated**

Your present state can.. be used as a gauge that is more reliable than anything else, for life cannot be cheated. Its laws and rules tell you the truth about where you are, even if your direct awareness is still dimmed. When fulfillment is absent, you must really probe within yourself to find where and how you project on another what must primarily come from within you. You may even deceive your outer conscious self. But you can never deceive your real inner self nor life. Life plays out its laws and rules very squarely, fairly and impartially.

*Also:*

***Lec.194** If you unconsciously want to cheat life by wanting more than you are willing to give, you violate another important cosmic law, so that no matter how much you may try to believe in the possibility of life's abundance, it will not work. It will not take, your substance will refuse the impression until you remove this violation of law. Life cannot be cheated.*

### **Lec.193 Law of lack of awareness in one area prohibiting awareness of other areas**

It is one of the immutable spiritual laws that lack of awareness of one area prohibits awareness of another. So, for example, if you manage to stave off awareness of your lower self and your mask self, you will not be aware of the already manifest higher self.

### **Lec.194 Spiritual law cannot be violated beyond a certain degree**

A finely calibrated inner mechanism prevents you from violating the divine laws beyond a certain degree.

### **Lec.201 Law of self-creation**

You have experienced within you how what you now know to be a misconception about life has governed your actions and reactions and has consequently brought corresponding events to pass. You now see quite clearly that these events are hardly what they at first seemed to be, mere coincidence. They occur by immutable law: the law of self-creation.

## **Law of honesty**

It is necessary to give up the dishonesty, the hiding, the projecting, and the game playing that exist on subtle levels in your consciousness and which you often manage to deny, even now, after you have temporarily admitted them into your consciousness. It is certainly not only possible to do this, but eventually everyone's fate to do so. To be free from these dishonesties is the natural, universal law, and really the easiest way.

## **Law of harm done to others being harm to oneself**

Violations of spiritual law can only be corrected when you learn to feel the hurts you have inflicted and still inflict without feeling annihilated or worthless, without crumbling under a load of guilt. Feel the pain of your withholding, of your spite, of your maligning whether in your mind or in actuality. When you hold on to any kind of negative intentionality, you cannot help depriving and hurting others, just as these attitudes must inevitably hurt you. For there is no conceivable difference between yourself and others. Whatever you do to others, you do to yourself, and vice versa.

## **Lec.210 Law of false covers crumbling**

It is an ongoing law that all false covers must crack and crumble. When outer form exists unconnected with an organic inner content, it must disintegrate. If it exists on faulty premises based on appearance, on confusing the outer life with the inner, then the outer form must first crumble before it can be rebuilt as an organic expression of the inner movement and content. Only when the outer form has crashed and the inner chaos been exposed and thoroughly eliminated, can inner beauty build outer beauty, inner harmony build outer harmony, and the inner abundance build outer abundance.

## **Lec.216 Law of outer personality establishing the bridge from separated consciousness**

The outer personality must make all the efforts; it has to gather its own forces in its disconnected state to establish the bridge. That is the inexorable law. Separated consciousness must discover its own potential to change direction and transcend its narrow confines.

## **Lec.224 Law of different 'rightness' in different situations**

What is right in one situation may not be right in another. This is one of those laws of the new age that is opposed to the old "stable" laws according to which what is fixed and unchangeable is secure.

## **Lec.228 Supreme law of balance**

The human body is held together by a supreme law of balance of which you human beings as yet know nothing... Balance exists on all levels. On the physical level, balance is order and creates order. Imbalance is disorder, but it creates more disorder only temporarily and to a degree because temporary disorder is a step toward an order of a much higher organization.

On the emotional level balance means harmony - the harmony of feelings. It leads to more harmony. Imbalance, of course, means disharmony, negative feelings. Disharmony must eventually lead to a greater harmony of a higher order. On the mental level, balance means sanity and must lead to more balance and more sanity. Imbalance, on the mental level, means insanity, which again can be only temporary, leading eventually toward the greater sanity of a higher organization. The greatness of divine law is that disintegration is simply a step toward integration. Everything leads inexorably to integration, order, harmony, light, balance, love, intelligence and health.

The law of balance is therefore always integrating. Balance means "the right measure." Consider any manifestation in the world of matter that you experience through your bodily senses. On this level of consciousness, divine manifestations appear as opposites, but as I so often mention, are not so in reality.

### **Lec.231 Law of communication**

Children often perceive feelings and thoughts of others that are not openly expressed. Unless they are encouraged to take these perceptions seriously, they cannot learn two important lessons. One is that they are not fantasizing but really perceiving something. The second is that sometimes their own projections interfere with and distort the exact nature of what they perceive.

If this law of communication is taught early, children will understand them. What an enormous difference this will make in their lives, in dealing with themselves and others! They will neither discard their reactions nor take them blindly at face value. They will learn the process of investigation, of holding final determination in reserve, of probing, not only with teachers and parents, but with other children too.

### **Lec.234 Law of non-forcing**

The inner God never forces something on the self that the self does not actively seek. This is a law that is never broken

### **Lec.237 Law of growth: greater maturity of love leads to heavier impact from violations**

You have grown so much that many past negativities no longer exist, while greater honesty and self-awareness do exist. As a consequence there is much more love among you than ever before. But precisely because of this growth the remaining stagnancies have heavier impact and more serious repercussions. This is a law of growth.

### **Lec.245 Law of unification, of one in different levels of limitation leads to time lapse of cause & effect.**

Your three-dimensional perception is an untruthful overall view of the world. At the same time the limitations of time, space and movement, the struggle attached to duality, and the law of cause and effect become the very tools the soul needs to transcend this entire realm of consciousness. ..

In the highest state of consciousness only the highest, best, most creative and beautiful causes are set in motion. In this enlightened state of consciousness, cause and effect are immediately discernible and almost simultaneous; there is no time-lapse between cause and effect. The cause is the effect. The thought is the act... They become truly one, as all becomes one on this level of being... You can sense, at certain times of grace, that somewhere deep within exists a realm of being in which no matter what happens, you remain unalterably pure, divine and good in your essence. For your essence is the essence of all. It is God.

### **Lec.255 Law of time sequence in each individual**

A law of timing.. applies to the development of every entity... According to this law a certain necessary time sequence exists on an individual's path. The time sequence is entirely different for every entity. What for one person needs to be taken at the very beginning, because it is a fundamental key, without which nothing further can be genuinely accomplished, may follow only much later for another.

## **Law of spiral progress**

You know that you are working with different levels and layers. You know about the spiral movement that seems to bring the same sequence up again and again. There comes a point when a particular spiral has truly resolved itself. An entirely "new" aspect is coming to the fore, an aspect so strange and unfamiliar that it seems at first somewhat frightening. "Is that really me?" you ask.

Everything in creation exists in both the macrocosm and the microcosm. It is repeated over and over in different proportions, to different degrees, in different ways. So the breath of life, cycles of life, principles of life all exist in smallest and in largest measures, based on the same creative conditions and laws.

### **Lec.250 Law of giving & receiving**

The law of giving and receiving.. is such an important law that it is taught in all the religious scriptures that ever existed... What does the law of giving and receiving mean in reality? Every human being contains a built-in mechanism that makes receiving quite impossible when the soul withholds its innate capacity and yearning to give. Since in reality giving and receiving are one and the same flow and movement, one cannot exist without the other. Where distrustful, fearful holding back makes it impossible for the soul to enter into the flow of universal life and movement, the total process of giving and receiving is stopped, so that the grace of God, with all its manifestations, cannot enter into the consciousness of the personality... This strengthens the illusion that you live in a poor, empty universe. It increases the belief that your inner universe is equally poor and empty, that you have nothing to give from within and nothing to receive from without.

### **Lec.258 Law of freewill**

Not even the Creator, can make you do what you do not wish and choose to do. This would go directly against all spiritual law whose author, after all, God is.

### **Additional material 7 Law of outer being a manifestation of the inner**

There is an apparently paradoxical but really very meaningful spiritual law that the more you develop the more you experience the urgent pressure created in you by the undeveloped facets of your personality.

### **Law of beauty**

Taste in clothes and grooming is yet another facet of self-expression. Again, the same principle applies as mentioned: the outer must not replace the inner, or be a compensation for the inner life. Thus it will not be exaggerated, but be an harmonious expression of the person, manifesting his or her best, as nature manifests her best, in accordance with the divine law of beauty.