

Pathwork™ Steps

The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles.
Single page version of Pathworker Contributions Document PL 10 (PC10)

1. Principle: Law of Self-Responsibility

"You create your own reality." PL 40

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL 48

"Only you create your own happiness and Whappiness." PL 60

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. PL 29

"Every advantage has its disadvantage. PL 41

"The disadvantageous side of each alternative or decision } "las to-be faced and accepted." PL 32

"There is a price to be paid for everything."

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL 245

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life wholeheartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL 25

5. Principle: Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by yourself."

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL 222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." PL 193

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." PL 132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." PL 132

Guide Lecture quotes © The Pathwork Foundation 1999

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

The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles.
Pathworker Contributions Document 10 (PC10)

God has also put into creation an infinite number of laws. These laws provided beforehand for the possibility to return to God if and when any of the created beings should misuse his power and freedom. These laws work in cycles which have to close; whatever happens, these cycles follow their stream, and the laws work in such a way that ultimately everything that once turned from God, away from divine law, will come back. The greater the distance from God, the more misery, for only in God and with God lies happiness. Pgl 20

Whether or not a blind human being can comprehend that God's ways are the best does not matter. At some time, this blindness will disappear, and then the recognition will come that God and His laws are perfect and one's own perfection can only be reached by going through the self-inflicted misery. Pgl 20

1. Principle: Law of Self-Responsibility

"You create your own reality." PL 40

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL 48

"Only you create your own happiness and W1happiness." PL 60

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. **Pgl 16**

But from the spiritual point of view, the question how many people were killed in a war is not the important matter. There, the important matter is what the motive is, how the spiritual attitudes of everyone involved look to us. Also, you must not forget that the clockwork of the laws is so perfect that nothing unjust can come to any single individual. But that does not mean that you are free to commit sins, to be careless about the lives of others by leaning heavily on the fact that no injustice can happen to anyone anyway. You cannot do injustice to another being, but you can harm yourself by violating the laws of love. Pgl 23

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. PL 29

"Every advantage has its disadvantage. PL 41

"The disadvantageous side of each alternative or decision } "las to-be faced and accepted." PL 32

"There is a price to be paid for everything."

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. Pgl 16

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL 245

The more a person is on the spiritual path of self-development, the higher a person is spiritually developed, the sooner the consequences will occur. The less development, or if a person does not go on this path, the longer it will take. And there is a very good reason for this. This, too, is according to law. The faster you go upwards, the faster the law works. One of the reasons is this: a person who is on the path and has gained a certain degree of spiritual knowledge and perception will understand cause and effect in his own life. A person who is not on the path will not understand it anyway, and therefore it does not matter whether the consequences occur in this life or the next because the cause will not be traced back anyway, as a person on the path will learn to do. At the same time, a person not on the path is spiritually weaker, and thus the consequences may be too much to bear all at once. They are sort of distributed to make it easier, while the person on the path automatically develops so much strength that he can get it over with sooner. And the fact that he can tie up cause and effect and thus learn to understand himself better so as to purify himself more effectively will help him tremendously. To know why one has to go through something is always easier than not to know. But this help is a sort of a premium the person on the path has earned through his efforts. Pgl 20

I have often said -- and this applies to all beings, spirit or man -- that your attitudes, your opinions, your feelings, your thoughts create the spiritual worlds even though you may still live on earth. Thus you each create the world which will be yours. Pgl 21

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life wholeheartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL 25

In the first place, this is not the only possibility to take this path, my dear. That is not so at all. Certainly, the help that a direct communication with the spirit world of God can give is a very valuable one. But everyone who only has the slightest possibility to take the path will be led somehow, somewhere to the right place and manner so that he can take the path, either to a person or a spirit so that he may receive the necessary material to work with. It may be through a church or through a particular teacher or through a spirit or through a very strong direct communication by way of inspiration. The spirits recognize where the possibility exists; they recognize where the desire may be there or may be aroused. And they will guide accordingly. Everybody will get just what they need, that you can be sure. The problem has never arisen that someone who is ready for the path may not have the opportunity to do so. This does not exist, my friends. The laws of the divine world work too accurately for that. The problem is much rather that a great percentage of people who could take this path and who are led to some outlets, let us say, where they could do it, finally do not. Often the world of God tries it again and again with different possibilities but never is the essence understood, because it does not want to be understood. Just look at your own circle; and it is similar everywhere -- many more come than who actually do it. It can be safely believed that this does not happen at the cost of others who may not have such possibilities. There are very good reasons for everything. Whether it is here or elsewhere, a handful out of hundreds will really and truly take this path. Every great person or teacher or priest or communication with the world of God will tell you the same. Many more people are guided to them, and only a small, small part will really fulfill the reason of their guidance. The great majority of mankind, however, is not ready yet to take this difficult path of perfection. If they learn just a little bit in this life to become a better person, to accept that perhaps God does exist after all, this might prepare them for the path in their next incarnation. So you see, the spirit world actually gives more people the possibility, just on the remotest chance, than there are people who take this possibility. Those who are not guided anywhere, you can be sure that they either have no desire, no real understanding, and not the remotest possibility in this life to change in this respect, or else they are people who have already found what they need and what is best for them in this incarnation.

Pgl 21

5. Principle: Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by yourself."

You may say that God created this material world -- and this is true -- for nothing can be created without the creative divine force. But it is equally true to say that the material world was created by this further longing for something higher. This world you are now living in is the product of this desire to strive higher, where certain conditions exist in which development can proceed and in which a free choice for God can be made which is impossible in the worlds of darkness. In other words, this earth sphere is a product of the longing of the fallen spirits. But it is equally a product of the longing of all those beings who remained with God, whose deepest desire it always was and is to bring their brothers and sisters back to God. Therefore both the divine worlds and the worlds of darkness helped in the creation of this earth sphere; and thus the influence of both worlds exists and will manifest according to the individual attitude of a being, which again has on this plane the power of free choice. Pgl 21

And love cannot come from any other side but the side of God's world. And never should you have gratefulness for anyone else but God, whether it is me or another spirit of the world of God! No matter how much you may be helped, no created being is anything without God. And the higher a creature is developed, the less it will want honor and admiration, which is only due to the Creator, without whom we are nothing -- we spirits just as much as you humans. And when you are doing something, when you are accomplishing something, whatever it may be, realize that it is only through the grace of God that you can do it -- not through yourself! Through yourself you are nothing. And the highest created being in existence, Christ Himself, has said so time and again. Pgl 21

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL 222

For evil has to be tasted to the brim in many cases before it can be overcome out of free will and the being's own initiative. This desire to overcome must grow through ever mounting enlightenment in each individual's soul, and this, alas, is often only possible after going through darkness. Pgl 22

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." PL 193

And the higher your development is, the unhappier you must become if you do not follow the voice of your higher self or, for that matter, the voices of divine spirits inspiring you, because these higher spirits can only be around you because your higher self has freed itself sufficiently, at least to some degree. If you do not heed these voices, if you let other considerations, whatever they may be, stand in your way, you must become unhappy. You will feel frustrated; peace of mind will be lacking. Pgl 15

Anything that deviates from a spiritual law is sin -- or ignorance, if you want. Both are the same. Pgl 16

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. Pgl 16

And this self-development cannot be done without self-knowledge. This self-knowledge is the only thing that really counts, the only thing, my friends! Nothing else is any good, nothing else will ever bring your development about, enable you to have real faith and real love for God above everything and for your fellow creatures as for yourself. You have to begin with yourself before you can attain all this, attain the

freedom and harmony you all long for in your innermost beings. No matter what path you choose, if this complete self-knowledge is not contained in it or if it is not the major requirement in it, you will accomplish nothing! No matter how much you learn and read and do this or do that, all this counts for nothing unless you use the knowledge you do acquire to follow this path of self-knowledge. Pgl 21

In order to gain self-knowledge, you might, for instance, sit down and think "what is most difficult for me to do in daily life?" ... Once it has become second nature to you, it will require no more effort. But at the beginning, it will require considerable effort and constant guarding against your own lower self, in order not to stifle your spirit who wants this so badly but who may be the loser if your outer self allows all the "excuses" your lower nature furnishes. pgl 21

However, for the time being, I only wish to say this: if you still lack the necessary knowledge to determine with what spirits you are communicating, what laws are involved, how you can tell, etc., you can ask your heart right now. Because here you will get the answer to some extent, provided you do not let your doubts shade your feelings. If your feelings are receptive and open, you will be able to find and feel harmony or disharmony, love, patience, wisdom, and humility -- or the opposite of all this. But your heart will only be able to speak to you thus and confirm to you what you wish to know if you are receptive, open, and put all prejudice aside for the moment. Pgl 22

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." PL 132

For distance in the world of spirit is not measured by your geographical measurements. Therefore, it is possible that many spheres exist on the same geographical or material spot. They overlap one another. Thus it is possible that one human person can live on earth, can be in this room, for instance, and be connected with a particular spiritual sphere, while another person in the same room can be connected with another sphere of quite a different level. Pgl 15

You can be sure, whatever your faults are, you will carry with you and around you these specialists of the beyond, who are waiting for an opportunity to inspire you to give in to this fault of yours. And since it does not take a lot of hardship, since it is the easy and comfortable way, it is so very often that you follow these inspirations. The stronger the fault is with you, the less you are aware of its full significance, the closer this specialist can be to you! Pgl 15

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlooked by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." PL 132

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. Pgl 16

You can be perfect within the frame of your present development, for instance, but that does not mean that you are absolutely perfect. Someone of much lower development than anyone of you here can be relatively more perfect than some of you of whom more can be expected. So perfection remains relative as long as the plan of creation is not fulfilled, except with God and Christ. Pgl 21

Pathwork™ Steps

SPIRITUAL LAWS

Quotes from Pathwork Lecture No. 171 by Training Class 6A (not a Guide Lecture)
Full text all lectures may be downloaded from www.pathwork.org

The Law of Personal Responsibility

This is the main element of these teachings. It is the primary principle which guides the pathwork. Accepting the law of personal responsibility wipes out self-pity, resignation, passive endurance, smoldering resentments against the injustices of life, and the famous masochistic game of harping on "one's case against life." Yet, this law which is apparently so hard is the most hopeful, encouraging, liberating, and strengthening truth of all truths. It enables the individual to resolve whatever problem he may have. It opens up life with all its rich possibilities. To accept one's own limitations and the limitations of others increases the power to direct one's life meaningfully. The law of personal responsibility is the guiding principle on the search for the root of one's obstructions. By contemplating one's life, especially the fulfillment and the lack of it, one can regard it as an instant blueprint that outlines the areas where there must exist an inner corresponding attitude responsible for either.

The Seesaw Law or Law of Compensation

Wherever a "misconception" exists, a balance structure is disturbed and an opposite "misconception" must also exist. Each attitude has an opposite, which can either be a healthy complement or a distortion. Thus a distortion in one respect creates also a distortion in its opposite. When the pathwork has made the person conscious of only one side of the seesaw, it is impossible to resolve it, no matter how hard one tries. Examples: 1. The person has a tendency to assume too much responsibility for others. he does not want to assume self-responsibility and uses others as a substitute for his own conscience or authority. Blaming life for one's unhappiness is another way of negating self-responsibility 2. The person who is too self-effacing and is unable to change this without going to an equally destructive opposite extreme (rebellious, hostile defiance) will find himself capable of changing effortlessly when he finds that, perhaps in a concealed way, he is too demanding. 3. Too much ego on the surface is often an indication of an inner weakness of ego. Conversely, a weak ego on the surface always means that under the surface the ego is too rigidly held onto.

The Lever Law

This is, at times, in a way related to the seesaw law. The difference is that the latter deals with opposite attitudes of one and the same basic principle or attitude. The lever law can bring a person to a certain point on his path where a particular distortion can only be relinquished when a completely different, apparently other principle or attitude is found and changed. This is then the "lever" he needs to open the locked gate. Example. A person suffers from loneliness and lovelessness. ...when the person is able to give up the attitude that removes self-respect, a new sense of self, of deserving must ultimately also remove the lack of fulfillment.

Misconception; Conflict, Split; Vicious Circle

Every misconception creates duality, inner conflict, apparently insoluble problems, pain. It further creates a vicious circle. Example. A young man discovers insecurity about his masculinity, which he had not been aware of previously. He could not commit himself wholeheartedly to either being a man or to being a good, acceptable, decent human being. This unnecessary division resulted from a simple misconception lodged in the unconscious. The cut-off sexuality becomes therefore more and more permeated with hostility, anger, and rage.

False Guilt Produces Real Guilt and Vice Versa

A childish misunderstanding often produces a false guilt. This must, in turn, produce attitudes and emotions, defenses and pretenses that lead to justified guilt because a spiritual law has been violated -- by these attitudes, emotions, defenses, and pretenses. Whenever false guilt appears on the horizon in the course of self-confrontation, one must never let it go at that. Somewhere a real guilt is concealed behind it.

It is as though the personality, unwilling to face up to the real guilt but pressed by his conscience, produces an unjustified guilt.

Childhood Trauma Not Directly Responsible for Neurosis

The healthy soul experiences early unhappiness also with pain and anguish, but will throw off the effects without forming deep imprints imbued with negative patterns. In the light of this truth, one's parents are not finally responsible for one's misconceptions. Resentment against them violates the law of self-responsibility.. This is why the dwelling on the childhood experience alone can only, at best, give a partial understanding; it cannot produce vital and significant change. The latter is possible only when the personality profoundly understands his destructive patterns and drastically changes them. This confirms, once again, the truth about personal responsibility.

Steppingstone or Stumbling Block

Personal freedom is, at one and the same time, relative, limited, and total. But we do possess the total freedom to choose our attitudes to the self-produced fate that comes as a result of the past. We then come to see that the stumbling block on our road was a direct result of our distortions. Thus we eliminate for the future similar experiences -- perhaps worse -- because we made the result of the past a steppingstone.

Outer Situation Reveals Inner Reality

Life cannot be cheated, and whether we like it or not, it produces exactly what the sum total of the conscious and unconscious personality produces. It is therefore a tremendous short cut if the outer life situation is used as a gauge to determine what may be amiss inside the personality.

Recreating Soul Substance from Negative to Positive Imprints

The desire to change, the intention to change must be formulated in clear, concise thought-forms. The vision of how the healthy, productive personality functions, as opposed to the past destructive patterns, must be produced. Thus the function of the conscious ego personality is a double one. (1) It must initiate, strengthen its own will, formulate thoughts, impress the distorted soul substance with the truth, with the picture of the benign circles as compared with the vicious ones. (2) It must actively call upon the greater inner power and become more passive, receptive, and listening. It must step out of the way for a while so as to let the inner power reveal itself, which often happens when it is least expected, for a relaxed attitude is necessary.

Groping for Balance Between Ego Functions & Involuntary Manifestations of Universal Guidance & Help

The mind's limitations decrease as these limitations are recognized and the "vaster brain" in the solar plexus consulted. The ego must learn to alternate between being active and passive, initiating and receptive. Gradually a harmonious, self-regulating integration will occur.

You Must Lose What You Want To Gain

Only when one can lose without terror is winning possible. Conversely, he who is terrified of losing is never truly open to win.

The Unitive Law

It is never true that one opposite is good and the other bad. Each can be either. In each, a healthy, productive alternative may exist, as well as an unhealthy and destructive one. Examples: 1. Introspection can be productive and growth-bringing. Or it can be self-centered and separating. Its opposite, concern with others, can be an expression of genuine love and interest. Or it can be a means of evasion from the self. If introspection is healthy, automatically concern for others will exist in its healthy version. And conversely, if one of the two exists in the distorted way, its opposite must be distorted as well. 2. Self-assertion can be an expression of healthy autonomy, or it can be a manifestation of rebellion and reveal a spirit of hostile opposition..

SPIRITUAL LAWS

Compiled from the Lectures as AM22 by Training Class 6A June 1978

“Spiritual law, or divine law, truth, and the life force in the greater sense are all one, all eternal.

The spiritual laws of self-responsibility, cause and effect, justice, and brotherhood, among others are all interconnected. They overlap, expand or further define each other and lead one to an ultimate, inevitable goal: reunification with God.

Every decision, no matter how small, every deed or attitude stands in direct relationship to one or more of the spiritual laws. Where we violate or deviate from these truths/laws, we obstruct our love, growth, our path back to God.

Spiritual law is constantly violated within your soul, if not in deed, word, or thought, at least in your unconscious emotions. Whenever this happens, you twist the life force that could flow through you, preventing it from regenerating and reviving you.

When you are born into this life, you carry with you your own individual life plan. In order to fulfill it, you must proceed in a certain direction and follow your own personal law. If you deny this inner call, the maximum growth of your personality is gravely thwarted.

One's personal law is part of divine law. It always remains within the framework of divine law and never contradicts it. Yet because each child of God is different (in development, character, qualities and shortcomings), each needs something different for each life, and often each period of 'one and the same' life. What applies to one does not necessarily apply to another.

Divine law is wide and very flexible. It knows none of the rigidities and generalizations of the human misinterpretation of divine law.

Divine law is always just and fair. It is determined first and foremost by not hurting others.

Law in its real and divine sense has nothing to do with force and compulsion. Quite the contrary. As soon as force or compulsion sets in, whether it comes from outside or from within your own self, at that moment, divine law is violated. For divine law is inner freedom.

The more you live in divine law, the freer you must be; the more you break it, the more enslaved you become.

The learning and comprehension of these laws can take place only if one applies them first to the afflicted area of the personality.

When these laws (the general as well as your, personal ones) are violated in your inner and outer reactions, your divine consciousness leads you inexorably in such a way as to restore order and balance in your life. In this way you can ultimately reach the goal of unfolding your inner voice of wisdom that guides you according to the divine conscience, according to your personal plan. “

Dear Pathfriends,

What follows are aspects of the spiritual laws and some central concepts (which are not laws as such) that were embodied in the series of lectures studied during the first year of Training Class 6A.

We emphasize that these are only aspects of the laws as they were encountered in a limited body of the Guide's lectures. In most cases, the laws encompass a broader scope of ideas than those set down here. In addition, some laws have not been included at this point, because, to give our best, we felt the need to concentrate our energies on this first series of lectures, and not try to do more than we could. However, where we could draw from other lectures to expand a particular law or concept that we were already working with, we did.

Finally, we ask to accept these words for their own value. In answer to a question in lecture PL 30, the Guide says, "... you have to learn to distinguish between right and wrong, between truth and untruth, by truth's own merit" and not because it comes from an authority you respect and is therefore easy. "How often," he asks us, "do we reject the very same words or truths when they are spoken by someone we look down on?" The Guide calls this the law of the necessity of independent selection and recognition.

We would like to share that working on this project has been a beautiful experience that has helped us to grow closer to each other. We hope to further expand this work next year. We welcome any advice or guidance and invite other Training Classes to participate in this endeavor.

With love, Matthew Connors, Kirtee Faye, Mel Ford, Michael Morgan, Peter Sampson

SPIRITUAL LAWS AND CONCEPTS

AM22: by Training Class 6A 1978

I. Law of Self Responsibility "You create your own reality." PL 40

1. Only you create your own happiness and unhappiness. PL 60
2. Nothing can come your way that is not self produced. PL 60
3. Hurt has to be accepted only because you have done it to yourself. PL 40
4. In truth and reality, you cannot possibly come to harm by any shortcomings or wrong actions of another person, no matter how much it may seem that way at first glance. PL 60
5. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, you have caused it. PL 48

II. Law of Paying the Price

"There is a price to be paid for everything. He who tries to avoid this will finally pay much dearer." PL 25

1. There is a price to be paid for each desired gratification. PL 29
2. Every advantage has its disadvantage. PL 41 The disadvantageous side of each alternative or decision has to be faced and accepted. PL 32
3. The price for illusion is extremely high. The more you want to evade paying the natural and fair price, the heavier the toll becomes. This is unalterable I law. All diseases of the soul are based on evasion in payment of the rightful price; desire and insistence on having it both ways, the easy way. PL 60
4. The price you pay by going on this Path is no self-pity; no self delusion; utter severity with the self; time; effort; patience; perseverance; and courage. There is absolutely no other means on earth or in heaven to gain harmony, love, happiness, and complete inner security. PL 25

III A. Law of Cause and Effect "Every act has its consequences." PL 245

1. Every thought and attitude, whether conscious or unconscious, is a definite act. But the more unconscious, the greater the consequence. PL 57
2. Due to the unconscious nature of the conflict, of the inner battle, the outer happening responds to the unconscious negative side, even though the positive side has won out in your outer reactions. PL 57
3. Your subconscious affects the subconscious of, other people; according to the level you give out (mask. lower self, etc.) you affect that particular level in another person. PL 60
4. The primary result on this Path is the understanding of your own cause and effect and the sense of strength, independence, self reliance, and justice that this gives to an individual. PL 100

III B. Law of Karma (Law of Cause and Effect but over many life spans)

"Every entity is always given a chance to solve his problems, conflicts, and disharmonies in the easiest* circumstances possible." PL 38 (one aspect of the law)

**easiest i.e. the best opportunity to resolve a problem. It may be hard, however, because hardship may be necessary to bring out the aspects to be purified. – Eva Pierrakos*

1. Life on this imperfect and impure planet is necessary for every soul who is not yet pure. PL 50
2. The only reason for life on this earth is purification and self finding. PL 43
3. God in you regulates your life in such a way that all your wrong attitudes come to the fore. PL 60
4. An entity is prepared for life on earth according to previous existences and according to what should be accomplished and overcome in the next incarnation. When an image exists from previous lives, the incarnation takes place in an environment where provocations to the existing image are bound to occur. Conflicts are arranged so as to bring the problems to the surface. If the person looks away from them, circumstances will be much more difficult in the following life on earth until the conflicts become so overwhelming that no outside factors can be blamed any longer. PL 38
5. As you give, so shall you receive. (The Message) You never receive more than you invest. PL 50

IV. Law of Living in Truth (Facing Life)

To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to become what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL 25

1. Not living in truth sets you apart from God. PL 29

2. The more you try to deceive, the more will you deepen your feeling of isolation or loneliness. PL 31
3. Truth must be experienced, not just known, to have an effect. PL 60
4. Realistic self-recognition is the foundation of development. PL 31
5. The true realization of one's present existence means indeed a major turning point of a soul's returning to God. PL 46
6. To avoid pain, unhappiness, etc. we attempt to create our own reality the pseudosolution. However, since we are imperfect and because the pseudosolution is a denial of God, the reality we create causes us more pain and difficulty than the one we wish to escape.

Concept of Awareness

"You cannot purify, cannot eliminate a problem, if you don't first become aware of it" PL 41

1. Only in awareness can you be in a position of discriminating where you can change and increase fulfillment, and where you wish to accept that which you cannot change now by direct action. PL 29
2. When you see the core of your inner error, all friction between you and your brothers and sisters will disappear. PL 43
3. By allowing the battle to enter your conscious mind, you come to understand to a fuller degree all laws of the soul, the laws of human relationships, and the laws of the universe. PL 57
4. If you are driven into certain attitudes by your unrecognized fears, the effect will be infinitely stronger on others than when you do the same act, have the same motives and attitudes, but recognize your own inner tendencies and currents. cf. Cause and Effect
5. It is important to translate your feelings into concise thoughts. PL 25
6. In discerning your own contribution to unwelcome experience, you will cease to be afraid of the world. PL 60

Concept of Self Acceptance

"You do not have to be perfect in order to respect yourself. All you have to do is to have a realistic attitude about your imperfections and to adopt a constructive attitude about them." PL 31

1. Do not approach your subconscious with a moralizing attitude. Your subconscious will not like it and will resist; if you approach this search with the attitude of self moralizing, you will have difficulties. PL 39
2. When you despair about the lower side of your nature, when you do not have acceptance of yourself as you are, it means there is a lack of humility, of courageously facing all aspects of yourself, and that is pride. PL 31
3. Lack of self respect is not due to faults, weaknesses, shortcomings, and sins but the wrong kind of shame: that is, a guilt complex which is entirely destructive and negative. You say, "I am so bad; I am so hopeless; there is just nothing that can be done". This attitude expresses the sluggishness that prohibits your lifting yourself up and working actively on the elimination of that which is wrong in you. PL 31

V. Law of Brotherhood "To be able to open your heart to another brings spiritual help that you could not receive by your self." PL 26

1. No matter how hard one works, how intelligently he reads or studies, no matter how much self honesty one tries to have, if you are alone, you become locked up in a certain vacuum that bars a complete understanding and evaluation which flows automatically if aired to another soul. By remaining alone, you violate the Law Of Brotherhood in some subtle way. You also need a certain amount of humility to be able to talk openly about your difficulties, your weaknesses, your problems, as well as to receive criticism. PL 26
2. As long as you keep things hidden within you, it puts everything out of proportion (you exaggerate or underestimate.) The moment you open up to another person, this indicates an act of humility, at least towards that one person. You do not want to appear more perfect than you are at that moment with that person. Thus you show yourself as you are. And you feel better all of a sudden when you are able to see things differently. PL 31

VI. Law of Justice "Love your brother as yourself." PL 30

Learn to detach yourself from the vanity of the little ego and pride, for only then will you have the proper proportion in comparing yourself to others and therefore have the same reaction for others as for yourself. This is what is meant by loving your brother as yourself. As long as you feel differently for your

brother than you do for yourself, it means a violation of this law, aside from the Law Of Brotherhood. For your reactions are surely not just. PL 30

Concept of Free Will "Every individual has complete free will." PL 18

"God has created perfect laws and perfect conditions that his children have the opportunity to follow freely or not." PL 18

1. The free will of no individual must ever be violated. PL 11
2. If for a temporary time it appears that this free will cannot manifest itself, it is because those facets you can't control in this life were determined by you in previous lives. PL 18
3. Your present freedom or lack of freedom depends entirely on your past deeds, thoughts, and inner reactions. PL 18
4. Free will doesn't mean you can do anything you please without its causing any effect. This is a gross error. PL 18
5. Freedom carries with it self responsibility: the more freedom, the more responsibility. PL 60
6. The more mature a person becomes, the more he sees that freedom and responsibility are interconnected, interdependent, and inseparable. You can never be free when you don't feel responsible. PL 196
7. The price you pay for freedom without responsibility is fear. PL 60
8. Free will can be used for good or for bad. However, it is certain that self development cannot be attained without the full use of free will. PL 30

Concept of Sacrifice* "You have to give up what you want to gain." PL 17

1. Without the willingness to let go, there is such a tension, such fear, that everything is taut inside and the good of life cannot come to be received. Only when one can lose without terror is winning possible. PL 171
2. There is one wonderful, sure, fast way to experience God, his reality and the reality of his spiritual world so strongly that all doubts will dissolve like snow penetrated by the sun: sacrifice. PL 28
3. Nothing melodramatic is asked of you and nothing outstanding. Only you and God must know, and perhaps your spiritual teacher, if you need help. It should not serve your ego in any way. There is no martyrdom of any sort connected with what I am talking about. PL 28
4. What God wants for you must be your own best interest, so you are not really making a sacrifice to God since God and the true you are one. PL 38
5. Make yourself empty. Be ready to give up everything and anything. PL 28

** The line between sacrifice and abundance is thin, for it is the giving in the process of sacrifice that eventually brings one to feel the ever increasing right for pleasure and happiness. This brings abundance in life, in vistas and visions of possibilities you never dreamed could exist. (Kirtee)*

Concept of Abundance

1. Everyone is endowed with the capacities he requires in order to fulfill all his needs on all levels. PL 90
2. We possess all the powers, faculties and resources to create and bring about what we wish for. It is only our misconceptions and fear of happiness which prevent us from having it. PL 157
3. If man's life seems so limited, it is only because he is convinced his life must be limited. He cannot conceive of anything more than what he has experienced until now. This is his first handicap. PL 157

Concept of Harmony

1. A human being living in complete and utter harmony with the life force would not die. Wherever the life force has not been violated, happiness, complete harmony and peace would be yours. PL 48
2. The mature individual knows he can control life only by going with it, by not demanding that life follow him,, but that he follow life by adjusting to it. PL 41
3. Active forces must be used in the channels designed for them, and passive forces in passive channels. PL 29
4. In the ideal personality, reason, will, and emotion have their rightful place, they are in balance. PL 43

Concept of Growth "The only thing that gives meaning to life is to continuously grow." PL 89

1. If you are not happy, you have denied yourself spiritual nourishment, that is, self development. PL 31
2. Allow yourself the luxury to grow out of the immature state. PL 89 p.4
3. The best way to mature is to observe the childish emotions and find their underlying causes. PL 100
4. Change can only come by recognizing again and again the deeply ingrained fault and comparing it to the ideal state. PL 31
5. Because of growth already accomplished, remaining stagnancies have a heavier impact and more serious repercussions. PL 237
6. There is just the right and necessary amount of strength available for you to fulfill your life as best as you can. PL 29
7. A human being who functions harmoniously has developed the physical the mental, and the emotional side of his nature; each helps the other. PL 89
8. Growth is not merely an event in which an organism becomes bigger. It implies mastering something that one was unable to master before. PL 178
9. Growth is always a unifying process: bridging a chasm, mastering a conflict, resolving a contradiction. PL 178
10. All growth function must combine the voluntary and the involuntary functions. If the emphasis is not equally distributed, growth cannot really proceed harmoniously. The finished product of growth appears effortlessly. PL 178
11. Continue your self search, and do not be impatient if it takes time and relaxed effort. PL 83

From Psalm 19

The law of the Lord is perfect, converting the soul;
The testimony of the Lord is sure, making wise the simple.
The statutes of the Lord are right, rejoicing the heart;
The commandment of the Lord is pure, enlightening the eyes.

Lectures studied (Curriculum):

The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182.

Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

PGL 171 and PL AM22 Spiritual Laws by Training Class 6A June 1978

Guide Lecture quotes © The Pathwork Foundation 1999

Full text all lectures may be downloaded from www.pathwork.org