

Pathwork™ Steps

Aspects of the Divine Light

Study Guide for Online Meetings on PL 203

Week 1: Feelings as an aspect of the Divine Light

Week 2: Realities beyond human knowing

Week 3: Creation as movement, movement as Creation

Week 4: Pride, Self-Will, and Fear

*The formal name of this lecture is “Interpenetration of the Divine Light Spark in the Outer Regions – Mind Exercises”. The Guide realized how abstract this topic may seem, and says “**This is not just to give you information and teach you cosmology. Whatever I say about creation must be of immediate, practical value for your own development.**”*

Consider the more abstract passages as poetry, reading them from a feeling level rather than intellectually. Exercises emphasize the use of mind to understand the complexity of feeling. jr

Week 1: Feelings as an aspect of the Divine Light

Each human being is an aspect of the greater consciousness, which is all one. On the very deepest level there is a consciousness "aspect," if you will, that surpasses in beauty, wisdom, strength, and love even your best intentions, even your best capacities of bringing into unity your inner and, consequently, later also into your outer dissensions.

You are composed of all your aspects, and you learn to identify with each one of them, and identify them, one by one. Thus you gain an inkling of the sum total of your manifest being -- what you know of as "you." You learn to accept even those aspects that you do not like and thereby to transform their energy instead of separating yourself from these aspects so that they must manifest to you from the outside.

It is the same with creation as a whole. You are an aspect of the overall, total consciousness just as a specific aspect within you is an aspect of your total personality.

Man's intrinsic fear to bridge the gap that exists between the little, separate ego consciousness and the All-Consciousness is due to the idea that if he bridges this gap, he will lose himself. Now this, of course, is totally the opposite of the truth.

For the more you realize you are all, the more you will be you, the more complete you will be, the more whole you will be, and not the less.

The importance of developing a capacity to feel all feelings

There is still a very important misconception in all of you about feelings, which is that you somehow have the idea that you can "get rid of" negative feelings. This is a slight distortion.

We must make a clear distinction between:

- stagnant, residual feelings the personality is unaware of holding back and
- the personality's innate capacity to experience any feeling if the state of the soul is fluid.

For example, the less a person is afraid of his repressed anger and the more he learns to accept it, to express it, to assume responsibility for it rather than projecting it onto others, the freer such a person will be to produce anger "at will."

The moment you think of the process of this work in terms of "getting rid" of feelings, you must be in confusion. As I have said many times before, you transform the energy of an inappropriate, destructive feeling, you do not wipe it out.

The false ideal of a highly developed spiritual state is that it should be completely without anger, rage, fear, pain, sadness, or whatever. This idea is a distortion and leads to a rigid, unrealistic fixed image.

The more you are capable of experiencing any feeling, the less you will be enslaved by it. The less you can summon feelings, the more you are really frightened of them and therefore at their mercy. This may manifest in an uncontrolled, destructive acting out or in the stagnation of all creative energies, potentials, and feeling capacity. Like all falsehood, this misconception leads to a dualistic conflict, a double bind.

PL 203

Week 1 Exercise 1: Noticing ALL feelings

Begin by listening into yourself what the predominant feeling at this moment is. First it may only be faint, and you need to build it up and allow yourself full, intense experience of it and expression of it. After that, you can go into other feelings as they may wish to manifest from within. Other times you may decide to concentrate on certain feelings. Or your inspired mind will direct you. Always work with meditation, asking for guidance and inspiration.

PL 203

Week 1 Exercise 2: Noticing distorted feelings

The personality types of Reason, Will and Emotion PL 43 exhibit different distortions around feelings. At the end of the week, notice if any of the feelings you in your Daily Review may have been distorted. There is always a great deal of overlap as there are no 'pure' types.

- Emotion-type: Deliberately produced feelings may be distorted into a dramatization, exaggeration, fake feelings.
- Will-type: Self-will may be used to put up a good show and foster the illusion that the soul is flexible and in a state of flux.
- Reason-type: When the mind exercises itself by trying out new alternatives of seeing a situation (with the ulterior motive to get away from facing blame, accusation, and self-justifying victimization) this may lead to a false, superimposed serenity that covers up a great deal of negative feelings that have not yet been dealt with.

PL 203

Week 2: Realities beyond human knowing

It is really creation's aim to bridge this gap and establish the All-Consciousness. Again and again man asks himself, "Why does this gap exist?" Many explanations have been given about the so-called fall -- the fall from grace or the fall of the angels or whatever it may be called in religious terminology.

This is not just to give you information and teach you cosmology. **Whatever I say about creation must be of immediate, practical value for your own development.** Its purpose is not only to open you further to deepest cosmic truth outside of you. All these truths exist and can be found within you, right now if you wish. Eventually you will understand on the deepest level why you are this separated ego consciousness, why you are so afraid of letting yourself merge with the greater consciousness. You will know the illusion of this fear and the reality of the nature of suffering -- it being the result of your resistance and therefore unnecessary. And these words will help to open the door to this deeper knowledge and experience of eternal, immutable truth.

Once again I must repeat and remind you how difficult it is to put reality into the confines of human language. For human language, its terms and concepts, are fashioned according to a much narrower aspect of reality. Thus my words can always be misunderstood and therefore distorted or simply appear meaningless and not understandable if not confusing and contradictory. The three-dimensional terms can hardly contain verities of multi-dimensions that the human mind is incapable of grasping.

Nevertheless, if you deliberately allow the understanding of the soul and heart, of the deepest intuition, to fill you, my words will reach you to some extent. There will be an echo of some inner understanding in you that again can hardly be put into words.

PL 203

Realities beyond human language

Consider these passages as poetry, reading from a feeling level rather than intellectually:

Creation started -- if it ever started, and of course it never started. So when I say started, it is again squeezing a concept into human language for which there is no other word. Try to feel this truth!

Creation "started" with the divine spark. The spark may have been tiny in an immense vacuum. Yet in this tiny spark was the utmost of divine reality, comprising everything of consciousness, the most powerful creative energy, the most incredible wisdom and love.

The infinite goodness of the divine Creator made it his aim or plan to gradually fill this vacuum, a vacuum of nothingness, the spark being the All. Gradually the spark began to spread and slowly interpenetrated the vacuum: the vacuum in its darkness and nothingness; the spark in its incredible light, its glowing aliveness and allness; the vacuum an infinity in the outer regions; the spark an infinity of the inner regions.

Here a contradiction may appear in human dualistic terms. How could there be "two" infinities? It is quite impossible to convey this to the human consciousness. How it could be true that there is an infinity, but there is both vacuum and inner spark of eternal light, the latter filling the former?

The eternal spark, its inner infinite regions, spreads and spreads inexorably.

Perhaps you can visualize a form, a picture: a thick golden, sparkling "liquid," teeming with energy and glorious creative potentials, all seeds contained in it, brilliant, effervescent, alive, intensely conscious, endowed with every conceivable and inconceivable power to create worlds, beings -- slowly spreading and spreading, aiming to fill the apparently infinite nothingness. Yet this is the All, in its infinity and eternity, filling this vacuum inexorably.

Since the All is such vibrant consciousness and powerful energy and aliveness, it must be the ultimate that cannot help but penetrate the entire vacuum until there is no longer a vacuum. The outer region will be entirely filled with the inner world of light and life.

PL 203

Expansion means gathering the riches of divine creation in the inner universe and then bringing them into the outer universe. **Contraction** means gathering the riches of the outer universe and then bringing them into the inner.

As you know, there must be a momentary pause between every alteration of expansion and contraction. We call it the **static** principle for lack of a better word. Static must not be thought of in the sense of stagnation. It is static rather in the sense of allowing to rest, allowing the process to ripen so that after each contraction, that restful ripening phase must set in. This threefold principle exists in every phase of creation. Creation is unthinkable without all three aspects.

The Anatomy of Contraction PL 235

The Power of the Word PL 233

The word is the sum total of your beliefs in any given area where you speak the word -- be it conscious or not. The word is the sun that creates the planets. It is the energizing force and it is design.

Every situation you experience is the product of a word you have spoken and are perhaps still speaking constantly within in one way or another, on one level of awareness or another. It is our aim on the path to make all these words you speak day in and day out, every hour and every minute of the day, conscious so that you can understand your creation.

The spoken word is the finished product of the thought behind it. **This finished product of the thought -- the word -- is not necessarily conscious or articulate or vocal.**

Begin to see the words you speak behind the smoke screen, to yourself about yourself. On those deepest levels you malign yourself. You speak negative words about yourself. Those words need to be crystallized.

Observe the shallow words. Observe the words of untruth. Consider in what way are they untruth. **And then have the courage to speak the word of truth.** PL 233

Week 2 Exercise:

Spend a few days noticing when and where you are negative about yourself.

Consciously change one or two recurring situations, even slightly.

How does your experience change?

What feelings come up when you attempt to speak more positively about yourself?

Week 3: Creation as movement, movement as Creation

It is one of the essential by-products of aliveness, of the unitive state, to be in movement. The vacuum is fixed, the spark of the All is constant movement. Man is constantly battling between these two states. Yet the life spark within pushes toward movement.

Hence you, on your path, are learning to move your body; learning to move your feelings; learning to move your mind so that your spirit can move you. The moving spirit must be allowed to manifest. Therefore all other personality levels must align with spirit's innate nature -- movement.

You move your body in such a way that the energy flow can interpenetrate your entire physical system, your physical energy. You move your feelings by learning to let them out and feel their movement in you. You move your mind by spreading it to new ways of looking at something. This is a very essential task. Your fixed ideas prevent the spirit from moving your mind and being inspired by higher truth.

I do not only refer to general concepts but much more to your immediate life situations and involvements. What happens is that you adopt certain opinions and judgments and then invest so much of your feeling energy into them that you eventually come to believe that these are actually your feelings. The negative energy is being created by fixed, unmoving, and therefore unavoidably untruthful thought and mind processes. The limited truth you believe to be the whole truth then becomes the tool of error and self-deception.

Thus what you may now believe to be emotions or feelings are often merely fixed opinions. And where your feeling capacity should unfold, you are paralyzed and unable to let the flow come and move you. The task of any pathwork is to bring the whole system into movement.

- **Deliberately produced feelings** may be distorted into a dramatization, exaggeration, fake feelings.
- **Self-will** may be used to put up a good show and foster the illusion that the soul is flexible and in a state of flux.
- **When the mind exercises itself** by trying out new alternatives of seeing a situation with the ulterior motive to get away from facing blame, accusation, and self-justifying victimization; this may lead to a false, superimposed serenity that covers up a great deal of negative feelings that have not yet been dealt with.

The healthy individual continues to move, out of joyousness. The movement is then no longer a chore, it is a pleasure. As long as it is a chore, the temptation to go into stagnancy and give in to the vacuum principle is great. This must be overcome by moving your mind into new directions, by deciding to move all levels so that your spirit can interpenetrate and enliven all levels with its life and its truth. Your spirit wants to bring light into the darkness and movement into the stagnancy. If you stop moving, you begin to die.

On the feeling level, the same holds true. A person who is advanced in his development may indeed have resolved residual feelings of hate. He may have gone through his residual pain. He may have dissipated his residual anger. Not only does this not mean that such a person cannot and will not experience these feelings ever again. Just the contrary -- the more residual feelings have

been dealt with, accepted, and are no longer feared and rejected, the greater the ability to move the soul currents at any time in any direction.

It will not be difficult for you to see that the person who is very contracted, restricted, and alienated from his core is unable to produce any feelings -- or only a very limited amount. He is numb and paralyzed on that level. While the person who is already much more liberated from the constriction and defenses just because the residual feelings have been dealt with is much more flexible and can easily decide to be angry, to be sad, or to be in whatever emotional state he wishes to be at the moment.

PL 203

Fixation implies lack of movement -- therefore lack of growth. It implies lack of consciousness, for in consciousness, proper understanding could be applied so that the movement of the life force could dissolve the fixation. Hence, experience could take place on the level for which the individual is potentially ready.

The more fixed the emotions are, the more is it an indication of powerful emotions being involved. The most powerful feelings are those in connection with the pleasure principle. Do not be afraid of facing these feelings; encourage it. You have nothing to fear in doing so -- on the contrary. Be alert, my friends, and you will truly liberate yourself.

By keeping unresolved fixed areas, the life force is prohibited, and this must take its toll on your general well-being and overall development. Do not fear the consequences, for the freer you become of blind, unrealistic fears, guilts, and misconceptions, the more are you capable of choosing freely, of not being forced into patterns that you do not select out of penetrating, realistic awareness. Going with the life stream can only be right in every possible respect. Stemming against it out of blindness, ignorance, stubbornness, and fear is bound to cramp and hinder you where you least desire it.

Movement, Consciousness, Experience: The Essence of Pleasure PL 119

Week 3 Exercise: exploring judgment and opinion

You wish to believe that your judgments, thoughts, and opinions are a result of a specific disturbing situation. **I say that it is the other way around.** The disturbing situation is a result of your tendency to harbor just such thoughts, judgments, and opinions because of an underlying motivation and intentionality.

- **Take any situation** you are in now that is of bother to you, that is disturbance in your life, and look at the construction you have built in your mind.
- **How have you built a certain form** with your mind by your conclusion, which you fix forever tighter so as to convince yourself and eliminate your disturbing self doubts?
- **Probe with your active, deciding faculty** to envisage other alternatives from the one you chose. Play with these other alternatives.
- **Allow your spirit to inspire and guide your mind** into new channels, channels in which you are neither annihilated (as you think would happen if you should abandon your fixed view), nor are you holding on to the present interpretation. The latter is to a considerable extent responsible for the very disturbance that you suffer. See this.

PL 203

Week 4: Pride, Self-Will, and Fear

Negativity prevents trust

Consider these passages as poetry, reading from a feeling level rather than intellectually:

In the process of spreading, particles of this All, of the divine spark, seem to get lost and "forget" the origin of their wholeness and their connectedness. These particles believe themselves to be isolated dots of consciousness thrown into the outer darkness and struggling against being swallowed up by it.

This struggle is an illusion. The fear is an illusion. The apparently isolated dot is not really isolated. The connection always exists, but in the process of penetration, the advancing, spreading life and allness is partially diminished in its manifestations. In this diminished state, there are "times" when the outer darkness seems nearer and more real than the inner life of the spark.

The outer vacuum is not evil, for evil is not nothing. Evil comes into existence when the divine spark loses its memory, has not yet regained its knowledge of connectedness, and struggles against the vacuum. The ferocious struggle against giving up being, existing, aliveness distorts divine reality and energy. The temporary transition creates a state that may be called evil. But it is temporary.

This temporarily and apparently separated aspect of divine reality must inevitably be drawn back into the ever spreading All. That is, it is not really "drawn back." It is rather that the ever growing fullness of the spreading spark "catches up with" the aspect that has moved ahead in a diminished form. All of nature with all her manifestations and various forms of life is part of this great and slowly advancing wave that fills the outer regions. Your own life manifestation, your struggle and your development are to be viewed in this light. Feel yourself as you bring truth and divinity into your whole being. This is the spark in you pushing to interpenetrate the outer regions. The more life on earth progresses in spirituality, justice, love, truth, and oneness, the more this creative process is being fulfilled.

Man's resistance to give up his negativity, his evil, is precisely due to what I say here. If the isolated aspect has lost sight and memory of its connectedness and its purpose in the whole scheme, it no longer can identify with the All-Consciousness of which it is a part. **Thus by giving up the negative attitudes which are an expression of the struggle against the dark vacuum, the individual seems to be threatened with extinction.** Giving up evil would then seem like voluntarily going into the dark nothingness, which is confused with physical death. Since the divine reality must ultimately fill everything that is, all particles must reunite themselves, or rather, detect that they have always been united with the All.

The fear of the vacuum engulfing the apparently separated divine spark is what you experience when you meet an innermost terror. For, as mentioned before, what I say here -- philosophical, metaphysical, and remote as it may sound -- is not a faraway happening that has nothing to do with your here and now, your present life.

When you go deeply into yourself, you will find that this is an ongoing process that never stops and that takes place constantly in your inner and outer life.

You will find the vacuum, the terror of it. And you will find ultimately the Eternal consciousness, the All-Consciousness, which is you and which can never die and which must slowly interpenetrate the vacuum.

PL 203

Energy and Consciousness in Distortion – Evil

Resistance always says in one way or another, "I do not want to know the truth about this or that." Needless to say, this is a destructive attitude. For example, pride is resistance to the oneness between entities. It separates itself from others, elevates itself, and thus resists the truth and love that are creative manifestations of life.

Whether resistance comes from self-will, pride, or fear, whether it be ignorance and negation of what is, does not matter. Resistance obstructs God, good, the flow of life. It creates walls, and the walls create separation from truth and from love -- from your inner unity.

The eternal, ultimate, essentially benign nature of creation is most eloquently demonstrated in the fact that evil must finally destroy itself. It can build up only for so long, but eventually the breakdown must occur.

PL 197

Negative Feelings

It is a distortion to aim at getting completely rid of negative feelings. As long as you cultivate your capacity to produce and experience any feeling, then this feeling, even if undesirable, will have no power over you. Nothing ever gets fixedly and definitively "behind" you. There is no future state where it is all accomplished and you no longer need to move.

This concept arises in itself out of fear of movement, rejection of movement, hence out of the illusion that movement is undesirable. If you are in a state of truth, movement is desirable, while non-movement is to be avoided.

Those who have a tendency to overdramatize, to be willful, and to counterfeit feelings should abstain from these exercises because they must first shed the mask that hides their shame of their real feelings.

Those who have a tendency to use certain limited emotions as a defense against other emotions should deliberately abstain for a while from using the superimposed feeling to practice with. Say someone uses fear as a defense against spite, violence, malice, hate. All those feelings must be worked out before any exercises should be attempted.

PL 203

Week 4 Exercise : Pride, Self Will, and Fear PL 30

1. See a bothersome situation from the viewpoint of pride. In what respect are you in pride?

Visualize this same situation focusing on how it would feel to give up this pride. If the only alternative seems being humiliated, then start probing for other possibilities. Ask for inner guidance and experience yourself without pride, yet also in dignity and without humiliation.

You have to make a real inner, volitional step to be able to see yourself in a new way that conciliates dignity and humility and leaves out both pride and humiliating submission. If you are ready for this possibility, even before you can experience it, the divine life will produce it from within. But you must make yourself receptive to it.

2. Then do the same with self-will. Envisage yourself in a new state of reaction in which you are neither self-willed nor spineless and exploited, in which you assert yourself and can let go and give in. The proper balance will come from your core in specific ways for specific situations. But the mind must be open and flexible enough to let in new possibilities and the spiritual capacities in you cultivated so that you entrust yourself to the inner guidance.

Have the courage to go through the anxiety that will be the first result when attempting to give up pride and self-will.

3. Then come to the fear. The fear cannot possibly vanish before pride and self-will are being abandoned. For fear is a product of both, as you know, at least in theory.

Also see the fear in terms of distrust of the universe. You evidently believe that only your self-will and pride can protect you from danger. This implies that the universe is untrustworthy and all you have as a safeguard is this puny protection: your pride and self-will. Question this premise and experiment with new alternatives in this respect.

4. Open yourself for the divine reality to flood through you. Maybe now, maybe later, but come it must and penetrate you with a state of consciousness in which there is no self-will, pride, and fear, and where therefore the conflicts outside and inside are transcended.

Open yourself for the possibility that the universe will yield you whatever you need.

5. Experiment for the moment with this thought: "How would it be if I were to trust the universe, if in this particular situation I gave up the fear that is a result of my distrust and therefore of pride and self-will?"

6. Allow your central core to fill you with an inkling of a state in which you can react without self-will, pride, and fear.

PL 203