

Pathwork™ Steps

Communication, Group Consciousness, Exposure: Aspects of the New Divine Influx

Study Guide for Online Meetings on PL 257

Week 1: The New Divine Influx

Week 2: Group Consciousness

Week 3: Conscious Communication

Week 4: Exposure and the Law of Brotherhood

Week 1: The New Divine Influx

Blessings, my dearly beloved friends. God's light envelopes you all. This light contains all you need. Try to perceive it, try to feel its reality. It is always there for you, and to the degree you refine your inner being through the purification process, you cannot help being aware of this light that flows through all the universes, through all of creation. Those of God's children who have chosen to make the very best of their lives through such a path in which to purify and therefore being able to serve are specially blessed. For they fulfill a great need in the great plan.

Group consciousness

When two entities -- individual or collective ones -- are involved in a negative interaction and even if this interaction has a most undesirable result at the moment, a deeper purpose is being fulfilled. **The higher self of both entities is always at work.**

It is not that the higher self has created the negative interaction per se. It is that what already exists is being used for the purpose of dissolving it. This dissolution and transformation of negative material could not possibly take place unless there is an outright manifestation.

Even if the involved entities are totally in the dark about the part they themselves play in this interaction and are still on the level of self-righteous one-sidedness, a higher purpose is served nevertheless.

“Dear Uncle Leonard,” the email from the boy began. *“Did anything inspire you to create ‘Hallelujah’?”* Later that same winter day the reply arrived: “I wanted to stand with those who clearly see G-d’s holy broken world for what it is, and still find the courage or the heart to praise it. You don’t always get what you want. You’re not always up for the challenge. But in this case — it was given to me. For which I am deeply grateful.”

Article on Leonard Cohen by Leon Weiseltier <http://nyti.ms/2ewAH8N>

Conscious Communication

Communication is a by-product of a highly developed consciousness. To the degree development of spirit exists, the ability to communicate, to listen and express adequately and appropriately also exists. To the degree development is still impaired, the ability to communicate is limited. So you see innumerable people who cannot and will not even try to put into words what

they really feel and think. They are too proud, or they demand from others to be understood without having to labor to make themselves understood. For it does require some labor. The ability to communicate is an art that can and, indeed, must be learned by everyone. It contains good will. It contains a positive intentionality and a will to cooperate.

The ability to communicate (honestly) is an art, which can prepare us for union.

Exposure

Through psychology, and recently through profound spiritual work, exposure of self has reached new depths as never before in your history, with the exception of the initiates, the few minorities in different cultures. Now exposure of deeper levels of self has reached unprecedented degrees.

Even the least knowledgeable people have attained a certain degree of awareness that there are deeper levels of being that determine their lives. This is now being taken for granted, but it was by no means always so.

This ability to explore the self is a combination of communication and exposure, two aspects of this lecture. The willingness to expose leads to communication, and communication leads to oneness

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.

PL 257

Daily Review PL 28

Each week, see if you can focus your Daily Review on one of the sub-topics: Divine Influx, Group Consciousness, Communication, Exposure and the Law of Brotherhood.

1. Consider the events of the day during the last few moments before you fall asleep, or after you wake up. Recalling disharmonious events and feelings enables us to stay conscious of them. It can be helpful to write these down, using just 2-3 words to describe each segment:

- The event, or what part prompted you to remember it
- Your feelings or emotional reactions
- Thoughts or judgments about what happened

2. Notice, from day to day, any experiences or feelings that re-occur.

3. At the end of the week, notice any similarities in these feelings and experiences.
Is there a common denominator, theme, or pattern?
Did your perception of these disharmonies change during the week? How?

4. At the end of a month, see if you can notice any connections between the most common intense feelings and experiences and your childhood memories.

Glance through the titles of Pathwork Lectures 30 to 165, which focus upon the connections between childhood struggles, images, and relating with others. Make a list of any lecture titles that seem relevant to the repetitive emotional patterns you have noticed. Notice any themes or overall concepts.

Week 2: Group Consciousness

All interaction between human beings somehow conspires to contribute to the final aim: reconciliation, oneness, brotherhood, love, understanding, truth. Thus the most negative interaction between individuals serves this purpose in the final analysis.

When two entities -- individual or collective ones -- are involved in a negative interaction and even if this interaction has a most undesirable result at the moment, a deeper purpose is being fulfilled. The higher self of both entities is always at work. It is not that the higher self has created the negative interaction per se. It is that what already exists is being used for the purpose of dissolving it. This dissolution and transformation of negative material could not possibly take place unless there is an outright manifestation. Even if the involved entities are totally in the dark about the part they themselves play in this interaction and are still on the level of self-righteous one-sidedness, a higher purpose is served nevertheless. How much more so when entities recognize the total truth of the interaction that may be hidden from their immediate view.

So you can see, my friends, that underneath the lower self exchange, there simultaneously also exists a higher self exchange between the same entities in question. This is a very important new thought for you to contemplate. Just imagine: two people (or groups of people) are at war on the surface. They hate and accuse each other. They even wish each other the worst and want to harm each other. At the same time, on a deeper level, these entities agree. They know what occurs on the surface serves the common good, serves truth and love, serves their unity although their surface levels know nothing of this.

When you work on this path profoundly to come to the truth of the issue when two of you are at odds with each other, you often experience a wonderful conciliation in which love unites the same two individuals who hated and accused each other before. You witness what I explained just now.

On your earth sphere, in this dimension, the manifestation of conciliation happens in sequential time: first the hate, then the search for truth, then love and unity. On the deeper level of being, these sequences do not exist. The truth, love, and unity exist all the while.

It is important for you to take this new vision into account. It will help you to perceive that there is no situation, no matter how hopelessly confused and negative it may appear, that does not simultaneously harbor its inner truth, love, and unity. Your understanding this fact will accelerate the conciliations on the level of sequential time so that enmity/search/truth/love/unity follow each other in ever quicker succession.

The new influx sweeps with tremendous force through your world. This is not always recognized in its manifestation.

In the first place, it reaches man's inner consciousness. Wherever there is the slightest potential, this consciousness begins to change -- perhaps ever so subtly, ever so gradually; possibly through new ways of thinking about life; or through a desire to find a way to understand self and life in a more profound way.

But even those who are less ready and developed may often unwittingly lend a hand, so to speak, to the great plan that unfolds. They, too, become instruments even though their instrumentality may appear entirely negative. But through their sphere of influence and activity, they effect events which then conspire to bring about new conditions.

It is the higher self of such a person working in conjunction with the plan and using the negative outer will to contribute to the whole picture.

The new influx, also called the new age, also effects outer events.

Often this happens in a most obscure way. What may appear as an entirely undesirable, negative occurrence is, in reality, a necessity in order to establish new values, to reestablish life based on spiritual premises, truth, and love. In other words, destructiveness that has advanced so far that it can no longer be changed, molded, transformed, needs to be destroyed before a new and better structure can be erected. Many destructive events in your earth are of that nature.

You need to learn to distinguish between those events that are outright and directly opposed to life, unnecessary, and the expression of evil and those that fall into the category I now described. This is not always immediately discernible, but as you train your inner vision and become more aware of these processes of creation, your perception will become more accurate.

The process is always according to cellular structure. It begins with the single cell -- the individual consciousness that needs to change. This individual change cannot take place alone, but always in conjunction with others. For individual consciousness is part of the collective consciousness, the great whole. Individual values and development can only be measured by the interaction with others. Communication is one aspect that improves interaction until there no longer exists separation. The more individual cells -- consciousnesses -- begin to purify and align with divine will, the more the totality of the earth entity will be effected. The cells meld into one structure although they each have their individual life.

The human family could not exist without a group spirit. But the general establishments of society have not yet put sufficient weight on spiritual values.

They are unaware of any new influx, and they proceed by old standards, values that are often based on expediency only and on the most shortsighted goals. It is surely no coincidence that in your time new groups, communities of all sorts, are growing all over. Many of them are misguided; many succumb to the influence of destructive forces and evil spirits. This can never be different on this plane of consciousness. Wherever there is divine influx, the demonic forces send out their own influences to corrupt those who are not purified, to tempt and to destroy. But this does not change the fact that new communities must spread which represent the new values and which become models for new ways of life.

The question is always to be wakeful and never neglect the work of self-purification. This is the only key of safety. If this is followed through painstakingly, in the spirit of service to fulfill God's will, the evil forces cannot confuse you. You will always know, you will find the answers, you will stay clean, even if there must be temporary manifestations of your lower self.

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Week 3: Conscious Communication

Communication is a by-product of a highly developed consciousness.

To the degree development of spirit exists, the ability to communicate, to listen and express adequately and appropriately also exists.

To the degree development is still impaired, the ability to communicate is limited. So you see innumerable people who cannot and will not even try to put into words what they really feel and think. They are too proud, or they demand from others to be understood without having to labor to make themselves understood. For it does require some labor.

The ability to communicate is an art that can and, indeed, must be learned by everyone. It contains good will. It contains a positive intentionality and a will to cooperate.

Today even the least spiritually inclined individuals experience your entire planet in an entirely different way in which much that was strange and different no longer exists. Even knowing the events that happen right now in a different corner of this earth has an impact on the soul's development. So you see, my friends, technology is not in opposition to spiritual development and to the spiritual life although it is often being used that way -- or rather abused. Therefore it is often seen that way.

Communication is a most important by-product of advanced spiritual states.

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What is Conscious Communication?

- Effort, commitment, focused attention
- Desire to make yourself understood
- Desire to understand the other
- The ability to empty one's mind of preconceived ideas
- Putting aside distrust, hatred, a stake in blaming
- Listening deeply and openly
- The ability to convince others of your good will for truth
- Maturity to realize that others DO NOT KNOW what you mean, feel, think and want
- The ability to explain oneself in the deepest, most sincere way possible

Result:

- The ability to sacrifice pride, stubbornness, having a case, and the fear of finding out one's "wrongness/ badness".**
- You become a servant of god's Plan
- Truth liberates you
- Truth frees you from secret self-accusations
- Truth lets others off the hook of your accusations
- Truth frees you hurt and shame and of inflicting hurt and shame on others

Chart by Sahra Aschenbach for the Pathwork Teachers Helper Database

Week 4: Exposure and the Law of Brotherhood

Through psychology, and recently through profound spiritual work, exposure of self has reached new depths as never before in your history... Now exposure of deeper levels of self has reached unprecedented degrees. Even the least knowledgeable people have attained a certain degree of awareness that there are deeper levels of being that determine their lives.

This is now being taken for granted, but it was by no means always so. This ability to explore the self is a combination of communication and exposure, two aspects of this lecture. The willingness to expose leads to communication, and communication leads to oneness.

The resistance to expose is always present. It is obvious that denial of exposure makes for isolation. When exposure is denied, it always means that there is a stake to maintain a rotten structure, a structure that needs to be eliminated and renewed. Denial of exposure clearly implies the wish to live a lie.

Dedication to the truth must bring in its wake the willingness and the courage to expose. If exposure is not undertaken willingly, it will come from outside, by force, as it were, through crises that throw a secret matter to the surface.

Once the force of the new influx is set in motion, it cannot be halted. The more it is opposed, the more painful crisis it brings.

It is important to view world events with this understanding. Is this not exactly the process you follow in this path -- exposure of your lower self and sharing it, communicating it to others? Can you think of a better way to establish love, trust, closeness? Again and again I show you parallels between the development of the individual and of the planet. All the processes you learn to apply happen, in some form, on the collective level.

Exposure has never existed in the way it does now. Masks are beginning to fall off, lower self aspects begin to show clearly with less concealment than ever before. Thus events and intentions can be recognized for what they really are, without the camouflages that brought so much lying, so much suffering, so much confusion.

Spiritual development without exposure can at best only be a half measure that leads eventually to a stalemate. But exposure must be infused with love, otherwise it becomes self-defeating. **All the exposures that occur at this time on the political front are being conducted by the planet's higher self.**

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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.

The Fall PL 21

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. But in order for such understanding to grow, effort and good will have to exist. In other words, love is not something that happens like a miracle, nor is the experience of union. Union with God cannot be experienced unless you are able to experience union with your brothers and sisters, even those who you think are your enemies. On the outer level, friendship with them may not be possible to achieve, for it takes both parties to really desire the truth and union. But on the inner level, you may well be connected, quite consciously, with the higher self of that person.

But you do need to sacrifice your pride, your stubbornness, your pleasure in having a case, your fear of finding out that you are wrong and bad. All this must be put aside. In that way you will greatly contribute to the ever growing flow of communication in your era that is unprecedented as compared to previous times.

PL 257

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

The Real Meaning of Salvation PL 258

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.

Finding Ones Faults PL 26

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.

Pride, Self-Will, and Fear PL 30

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.

Shame PL 31

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