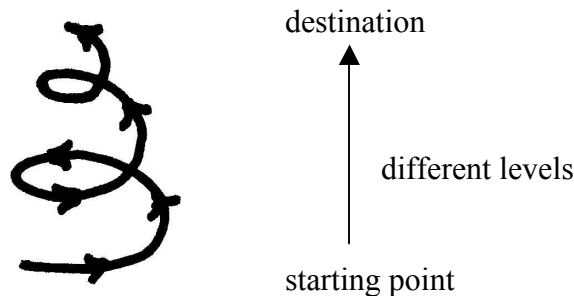


The Spiral of Spiritual Development

In many lectures, the Guide talks about the “spiral” of spiritual development. Lecture #39 (Image-Finding) speaks to the importance of recognizing where you are on the spiral and of understanding why you feel differently at different points. He encourages us to view our new found knowledge “from various angles.”

The Basic Spiral Shape

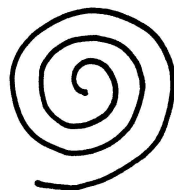


“The path is a spiral movement. You know this. You have heard this and experienced it. Each round of the spiral is a new layer, and at the entrance of each round a new and deeper commitment needs to be made. The rounds or circles are not closed, they have openings. As you discover a new opening, you need to make a new commitment, on a yet deeper level: to let go and to let God; to give all of yourself to the truth -- to the truth of being -- to no longer hide from your truth.” (#235, Anatomy of a Contraction)

“You know that you are working with different levels and layers. You know about the spiral movement that seems to bring the same sequence up again and again.” (Lecture #255, The Birthing Process – The Cosmic Pulse)

“...There is a specific spiral configuration that applies to the development of your soul in this respect... As the soul begins to evolve and grow, it enters a new spiral phase or round.” (#235, Anatomy of a Contraction)

The Circular Nature of the Spiral (viewed from the top)



“I just keep going in circles!”
 “Not this again!”

“The spiral movement of the Path may give the appearance of going around in circles and being stuck. This may not be true. It is always necessary to make the same recognitions or sequence of

recognitions, over and over again until the circles get smaller and smaller to finally converge at the key point from which the problem can actually be resolved” (AD #8, Laws in Regard to Being a Helper in the Pathwork)

“Once again you see here the familiar spiral movement of creation that you detect so often, in many individual forms, on your own path. The same spiral movement exists, of course, in the development of humanity as a whole. The spiral always seems to go around in circles, yet if the growth is real, these are not circles that repeat on the same level. They repeat on ever deeper, or higher, levels: higher in development, deeper in consciousness.” (Lecture #225, Evolutionary Stages of Individual and Group Consciousness)

“But if they cannot bring together the cause and the effect, they will go around in a circle, and not in a spiral, which is the true movement of the path.” (Lecture #196, Commitment—Cause and Effect)

“All my friends who are truly on the path have observed the spiral movement it pursues, coming around full circle, meeting the same problematic area all over again. The second time comprehension occurs on a deeper level. The tenth time it will be deeper than it was the ninth time around. The circles get narrower and narrower, until they meet at one basic point of disturbance that can only then be fully faced, understood, tackled and come to terms with. In principle, the process is the same as my taking an important concept and deliberating on it from different angles.

“This, too, follows the spiral movement according to the capacity and level that you have reached. One might say there are two parallel spiral movements: one pursues the disturbance, the other shows the true picture that complements it. To the degree that you are aware of and properly evaluate the distortion, the true picture can be assimilated into the deeper regions of your personality.” (Lecture #115, Perception, Determination, Love as Aspects of Consciousness)

“Let us consider the movement of your path, this particular path I first brought to you a few years ago. When you look back, you will see a spiral movement, which is the movement of the great life currents. You see certain repetitions in the spirals, phases re-encountered on deeper levels with new understanding. These aspects appeared as new when you first gained them in the previous curve. Thus the old truth, learned in the previous curve, makes new sense because of the additional material you have learned on the way. What was once an entirely new truth, a revelation, later becomes renewed in repetition -- an old truth under new light. But the renewal could take place only because other truths -- new and old -- have been discovered along the way. They are new in the sense that they have been unknown by the individual; they are old in the sense that they existed before they were known to the individual.

“The same spiral movement exists in the personal development and growth process of each individual. You cannot fail to see it if you observe it clearly, with full consciousness. The material of the lectures, which is the groundwork of the rhythm you follow, lays the plan for this movement that is very organically adapted to a much greater reality than what you can perceive. Every expansion you have ever experienced on this path -- and there were quite a few -- always meant the incorporation of hitherto unknown -- new to you -- aspects of inner reality and

therefore a new approach to your work. The organic movement brought about seemingly miraculous changes of personality in the best sense; it brought new fulfillment and the awakening of previously dormant potentials. A new abundance made itself more and more noticeable, on all levels, in many individuals and in your path as a whole, as an entity.” (Lecture #246, Tradition—It’s Divine and Distorted Aspects)

“One possibility is that you find the same faults that you have already recognized on a superficial outer level. You may even have overcome some of these faults to some degree. You will be all the more shocked to find the same trends all over again. You will either react by saying that you already knew that you had this fault, thereby preventing yourself from realizing that you have come across something quite new, although you are aware of its outward existence.” (Lecture #39, Image-Finding)

“On the outermost level of the spiral configuration, you experience life as disconnected. Occurrences seem to have no meaning. Everything seems arbitrary. You may feel occasional happiness and fulfillment, or gratification of your desires, yet this never relieves the inner anxiety that you are a helpless straw in the wind, living in a world without rhyme or reason. Fulfillment comes to you as haphazardly as tragedies and crises -- or so it seems to you.

“At this stage in your consciousness you are so far removed in your consciousness, from inner causes that you experience the effects as chaotic coincidences. This is the reason why even if you do have your desires fulfilled, even if you live in health and material security, you feel much less secure and much more frightened than when you have reached deeper circles on the spiral of growing consciousness and go through a period of confusion, darkness, or crisis. Then you may already understand the meaning of this period and therefore feel a deep security in the meaningfulness of it all. Happiness that appears to be random contains no security. In that state, you always fear to lose the happiness, and when you do lose it, the loss -- like the previous happy state -- has no meaning or connection with a deeper sense of life.

“As you progress into deeper levels on the spiral and enter into new commitments to your God and to your truth, little by little you see that there is meaning in the daily occurrences. You find connections that give an intrinsic sense to your life. As you perceive this in the very practical matters in your life, cosmic reality opens up to you. Further, deeper layers of the spiral rounds then take on a light and an experience of bliss that cannot exist unless you make the forever renewed commitments about specific issues on the new levels. It is up to you to find them. When you arrive at a new entrance on the spiral it seems often difficult and fraught with tests. Yet the tests are necessary. Without them you cannot find the deeper meaning of everything that happens in your life, personally and generally. As you see the meaning, so does your security increase.” (#235, Anatomy of a Contraction)

“In this process, it often appears that one finds the same elements over and over again. This is the spiral movement of evolution and development. As you proceed, you will become aware of your escape mechanism and resistance at the moment it manifests, while previously you found it only in retrospect. Such synchronization is the only indication of true progress.

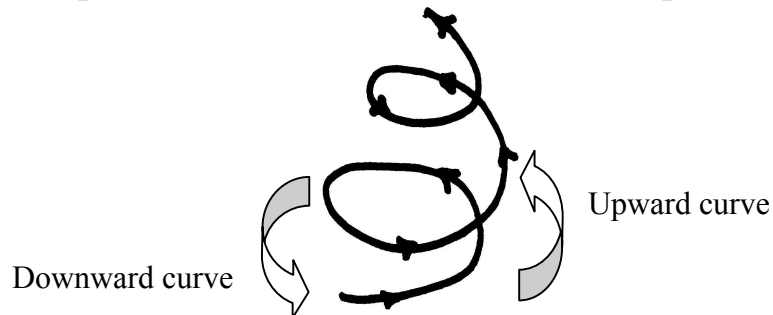
“The negative manifestations do not just vanish after having been discovered once. They will reappear again and again, as you observe them at work, with shorter and shorter intervals between occurrence and discovery, until the two synchronize and finally vanish. This is the spiral that becomes narrower and narrower, until it finally ends at one point.”

“QUESTION: Yes, but it just seems so endless.

“ANSWER: No, it is not endless. The spiral movement becomes smaller and narrower, as I just said. But finally there comes a point when a change occurs within, almost as though by itself. A new reaction-pattern becomes noticeable which you started almost unknowingly, as it were. This is the result of long struggle, but if you do not let up and go again and again through the seemingly discouraging repetitions, each time finding the same anew, you will finally experience this automatic, spontaneous new reaction. It is never a forced and deliberate thing. If it is, it is not genuine.” (Lecture #92, Repressed Needs—Relinquishing Blind Needs—Primary and Secondary Reactions)

“When you reach stages which heretofore you have only heard described, you also gain courage to go deeper, into still hidden layers of covert evil. There is always the spiral configuration: level upon level, until the circles in the spiral become smaller and smaller. As they become smaller and gradually converge into one point, the way becomes increasingly simple. The simplicity at the final turn of the spiral is love” (Lecture #212, Claiming the Total Capacity for Greatness)

The Downward and Upward Curves of Each Level of the Spiral



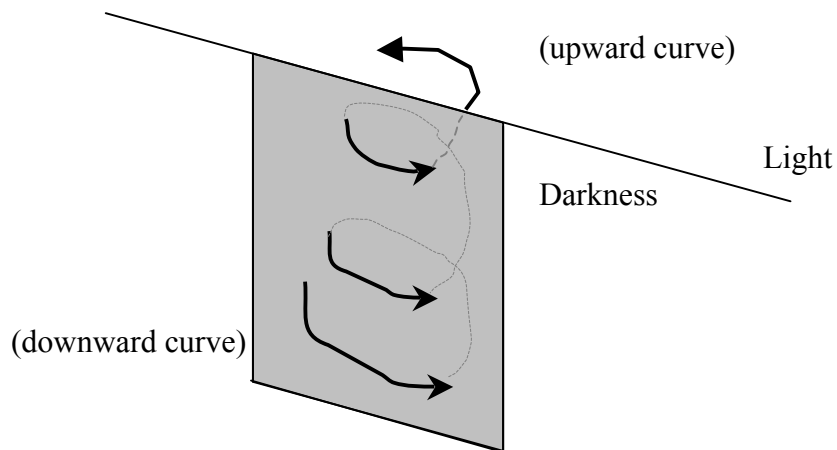
“You all know that your development does not proceed upward or downward along a steady line. It fluctuates, going up and down in spirals. And sometimes, while you are on a downward curve, you do not realize you are a step higher than the last upward curve you were on. Although the last upward curve was, on the whole, lower than the present downward curve, every upward curve feels better. You felt an elation and a liberation that you do not feel on the downward curve, which you have now worked yourself up to. Whenever you are on a downward curve, you encounter conflicts that you have not yet resolved. They disquiet you; they make you restless and fearful until you have laboriously worked them out and understood them; until you have fitted them into as much of the whole picture as is available to you now. When this is done, the upward curve sets in again, and you enjoy the clear air of a gained truth a little further.” (Lecture #39, Image-Finding)

“Temporarily you will appear to regress. Depressions are almost unavoidable, temporarily, in the search for what and who you really are... You have to descend into your unconscious in order to reach the liberation and clarity of absolute truth...” (Lecture #39, Image-Finding)

“As you progress into deeper levels on the spiral and enter into new commitments to your God and to your truth, little by little you see that there is meaning in the daily occurrences. You find connections that give an intrinsic sense to your life. As you perceive this in the very practical matters in your life, cosmic reality opens up to you. Further, deeper layers of the spiral rounds then take on a light and an experience of bliss that cannot exist unless you make the forever renewed commitments about specific issues on the new levels. It is up to you to find them. When you arrive at a new entrance on the spiral it seems often difficult and fraught with tests. Yet the tests are necessary. Without them you cannot find the deeper meaning of everything that happens in your life, personally and generally. As you see the meaning, so does your security increase.” (Lecture #235, Anatomy of a Contraction)

“This is not merely a question of going to a deeper level of the same problem. The deeper level brings new material to the fore that could not have been handled before, and it may also bring a feeling of hopelessness about self-purification. ‘Will it never end?’ I want to warn you about this feeling and tell you that it is a good sign of deep progress.” (Lecture #255, The Birthing Process – The Cosmic Pulse)

Connection to Divine Source on the Spiral



“But when the downward curve comes again, you must delve into the darkness of your confusion and error, and that cuts you off from the divine stream. You may oversimplify this by saying: ‘Things are depressing; I experience unpleasant things and that is why I am cut off from the divine flow.’ You are only half right, and that is always dangerous. The unpleasantness you are experiencing is only a reflection, a necessary effect of the cause you have within yourself that waits to be dug out. And that is why, when you are on the downward curve, ... the flow is cut off. You are surrounded again by the strong impressions of the world of manifestation. You can no

longer connect with the feeling of reality you have tasted at other times. The disconnection is necessary; it provokes a battle on your part to attain victory again. Every victory means a new upward curve.

“It is quite natural that in such periods of temporary darkness you cannot feel God’s absolute truth, that you do not vibrate with it. This cannot be forced by your will. But what you can and should do during this period is to think clearly and reasonably about your findings in the light of what you now know, although temporarily this knowledge sits only in your brain, and to wait until you become filled with this knowledge again.” (Lecture #39, Image-Finding)

“Often you do not know which particular aspect of your personality your inner, organic path calls you to deal with. As long as you grope, perhaps without even knowing it, you will feel beclouded and your life will seem to contract into a crisis. This is a period of testing that gives you the opportunity to find what it is you need to know, see and change -- where a new commitment needs to be made. Without the momentary darkening you may never feel motivated to undertake the necessary search. The moment you find and understand the meaning of this period, this phase on your path, and experience it as a meaningful piece that fits into the whole picture, you will have passed the test; you will have the information available from your innermost being; you will be able to make the commitment specifically where and how it needs to be made, so as to shed old bad habits of thinking, feeling, reacting, willing and being. In that moment, you have entered a new round on your spiral and find yourself on a deeper circular motion, leading to the treasure of your inner universe.” (#235, Anatomy of a Contraction)

“There comes a point when a particular spiral has truly resolved itself. An entirely "new" aspect is coming to the fore, an aspect so strange and unfamiliar that it seems at first somewhat frightening. ‘Is that really me?’ you ask.” (Lecture #255, The Birthing Process – The Cosmic Pulse)

The Interconnectedness of All Spirals

“Every smallest particle of creation consists of endless series of psychic nuclear spiral configurations that are intense energy movements, winding up in a climactic point which brings the particular creation into manifestation, on whatever level of reality that may be. Each of these configurations consists of a series of psychic events of consciousness content. In other words, these energy movements are not merely mechanical constructs that simply exist separately from mind. They are always expressions of mind -- greater mind or smaller minds, as the case may be. Each creation has sequences of several such configurations that intertwine, interweave, overlap, form and reform themselves, create and fall apart and recreate themselves in every self-renewing, perpetuating, extending patterns of interacting spiral configurations. Each pattern may seem, and be, a creation within itself, quite different and purposeful within its more narrow framework. Yet, at the same time, it is part of a larger scheme of purposeful patterns of creation.

“Let me give you a simple example on the physical level. Let us suppose you decide to get up from your chair, to move through this room, walk down the stairs and out to the street corner –

for whatever purpose. That total plan is one configuration, one spiral. Arriving at your destination is the explosive, climactic point that brings the plan into manifestation. This particular creation has made its appearance on this level of reality. However, before this result can come into being, you have to take so and so many steps. Each step is a plan in itself, is an intent to move certain muscles, because even though you may move these muscles automatically by now, the intent still exists. The intent, the movement, and the execution of the intent follow a certain plan. The plan, together with the execution in each particle, creates many smaller spiral configurations, complete in themselves.

“Of course, the terms "small" or "large" are not correct on this level of reality, but I have to use them for lack of better words in your language. Each step is a creation of a spiral form and psychic nuclear end point, complete with consciousness content, purpose, plan and execution. The total walk consists of a "larger" such total form, consisting of those "smaller" ones -- the individual steps. But the walk from here to the corner is not an isolated creation either. It, too, is part of a larger plan, an intent of which the walk is just as much a partial creation as the step is a partial creation of the walk from here to the corner. This formula is very important for you to understand because it represents the scheme of creation itself.”

“Each step in its smallest particle is a creation in itself. Each "little" creation is an explosion of a psychic spiral formation. The larger creation consists of so many smaller ones, which extend and extend. This larger scheme, too, is only an infinitesimal step of a still larger scheme -- as one human life is when considered over a whole period of its evolutionary spiral movement.”

(Lecture #215 – Psychic Nuclear Points Continued – Process in the Now)

“In the overall development the phases are never that clearly defined. They overlap and there are many spirals within the spiral, yet the movement is not haphazard but an expression of such profound harmony and lawfulness in a larger scheme that the human consciousness can sense it only vaguely, at best.” (Lecture #225, Evolutionary Stages of Individual and Group Consciousness)

