

The Inner Knowing: Soul Movements

Study Guide for 2009 Teleconference

Discussion around Soul Movements is a different way of working with the lectures. We need to come off the page, and into the less structured areas of our own actual experiences.

Experience is an area of Inner Authority rather than Outer Authority. It is by nature personal, since communal experiences are already shared outer reflections of inner realities.

The truth about ourselves, our lives, our spiritual tasks and our divine nature cannot be known by any other human being. It may never be known by our own human self to any degree of certainty.

If truth is unknowable on the level of human consciousness, how do we find direction to our lives? What compass do we follow? What is knowing if it cannot be validated?

Pathwork suggests that spirituality is just that: an inner journey, supported by outer realities yet also challenged by them. This discussion will explore how Inner Knowing is possible through our own unique experience of Soul Movements. It will not offer any answers; those are for you to discover.

From Decisions and Tests, PL 2:

But the outer knowing is only one part, which must not be taken as the whole. Without the other part, the inner assimilation, there can be no harmony in your progress, no real fulfillment, and thus actually no progress.

You have to get acquainted with yourself, attend to yourself, examine yourself, and acquire the discipline to overcome the resistance which is so difficult at the beginning. You have to observe all your notions about yourself which flatter you and with which it is so easy to deceive yourself. Then you have to cast them off or revise them. This work is something special, something different for each one of you, yet most of it is similar, or can even be the same. When we talk about the spiritual progress of the human being we mean something very individual for each one of you. And you, my dear ones, should search yourselves and ask: "What hidden part of me still does not react according to the sole reality, the spiritual laws, even if only on a subtle, inner level? Where do I lack clarity about certain things in myself?"

Such self-examination should go on at all times. Then you will be able to slowly eliminate that which is not yet right within you, so that you become happier. You have to be clear about what obstacles are in you, and to gain clarity you need inner search and also true inner will and effort. Only when you have established inner harmony, a relationship to God in which His laws are accomplished within you, is your soul mature enough to encompass happiness. *PL 2*

On the following pages I list quotes from a variety of Pathwork Guide Lectures on the topics of Soul Movements, thoughts, feelings, eros, dreams and imagination, as well as guidance. I selected quotes which emphasized the dynamic qualities (movements) of these concepts, as well as the importance of inner knowing, inner will and inner authority.

5 Soul Movements: Thoughts, Feelings, Eros, Dreams, And Imagination

Word searches were made using <http://www.path-work.info/pathworksearch/>. The number of times the word / phrase is mentioned in the lectures and additional materials is noted in ().

Soul Movement (4)

The main topic of tonight's lecture is the discussion of a specific obstacle to making use of this power. I have not spoken about this aspect in the past, except in a very cursory way. **It is a specific soul movement, an emotional climate that I wish to describe.** In order to be compatible with the universal power, it is necessary that the personality is in inner and outer relaxation. Such relaxation does not imply immobility nor lack of energy. It is not the kind of false relaxation that does not breathe, move, respond. **Quite on the contrary, it expands and contracts like breathing -- rhythmic and relaxed, effortless and yet vibrating with power, poised and calm, peaceful and dynamic.** This state, when attempting to describe it, may easily be confused with indifference, passivity, or laxness. It is none of these. But it is entirely free from tension due to fear, pride, and self-will.

Man's habitual state is one of more or less taut intensity which is foreign to and incompatible with this universal power. This very intensity may cause, as a final effect, an outer immobility, paralysis, overpassivity. **But these extremes are always the result of an intensity of soul movement which must be dissolved.**

Intensity, PL 151

Find what you do not accept in yourself, what you do not like and close your eyes to. Find that obscure, hidden, and yet available reaction which wards off pleasure. Cultivate

a purposeful willingness to see whatever it may be that still eludes you. And you will experience, step by step in the discovery of the areas where you push yourself away, that as you consequently cease doing that, you will become better equipped to sustain happiness, to "bear" happy feelings. You will develop this very fine awareness in which you first observe yourself in a **very subtle inner soul movement, an inner attitude** toward yourself when something good comes along, that you shrink away from it. As you discover this, you will then weaken the rage with which you blame others, circumstances, people, life itself.

Fear of Bliss, PL 170

The universal forces have but one aim, and that is toward wholeness, health, unfoldment, expression of divine aspects. They strive toward healing where distortion exists, toward making whole and full where disability and emptiness exist. **This growing principle is obvious once it is fully looked at and understood.** Then it can be observed at work all over and around you. You will not trust this growing principle any less because it requires a certain time span for the seed to become a tree. It is no different with the matters of mind and spirit.

Try to work with these soul movements, with the concepts I have given you, always and always first finding and removing the misconceptions. Do not superimpose the right concepts, but realize and compare, with your own thinking faculties, what is truth and what is error.

Interplay between Self and Creative Forces, PL 129

Thought (555)

Meditate on this. Approach God, and say: "Naturally, I cannot feel Thee, dear Lord. I want to be happy, but to maintain this happiness, I want to be a link. What you give me, I want to convey to others in some shape or form even if I have to make a sacrifice, perhaps the sacrifice of some ego desire. Please, show me how I may convert that which you give me into something I can relate to others." **If you absorb this thought** until it has taken root in the soul, until it becomes a spiritual form, penetrating the emotions wholly and entirely, then man will have met the conditions, and the spiritual law involved will take beneficial effect, which will be true inner happiness because man himself is no longer the target and his selfish happiness no longer the ultimate goal.

You know by now that **all thoughts and feelings are forms of greatest reality** even if you cannot see them. These forms are of far-reaching effect that moves in circles, causes consequences and reactions, which in turn haul along their own consequences, altogether resulting in a long chain reaction. Man may be able to control the more recent chain reactions when they manifest in outer events, but, as said before, that is not enough because the shifting of soul force can only then take place when he penetrates to

the core in the unconscious.

I did not imply either that your prayers should be short, on the contrary, but I meant they should be alive by changing them according to your day-by-day degree of development and healing process. Of course, it needs spiritual work to incorporate certain spiritual principles, to comprehend them better, and this is done by **cultivating these thoughts, making a firm structure of them** so that the emotions can absorb them. This does not have to be prayer alone. There are so many opportunities during the day. Instead of thinking about just anything, contemplate these spiritual laws.

He contributes much when he walks the path of purification. A human being who is on this path of self-recognition thus helps to a much greater extent than you can realize. The good and the evil have far-reaching consequences. As you throw a stone into the water, it creates many circles in the water movement, many! You cannot even remotely see how many circles are formed because the outer circles are minute vibrations which the eye can no longer behold. There are many, many minute vibrations circling in your sea of life from one "stone" thrown.

Prayers and Meditation, PL 5

To build clean and proper thoughts according to divine law is of course one of the fundamentals because, as you know, **your thoughts are reality, they have form and substance**. And by unclean thoughts, you build disharmonious forms which must eventually have their effect in your lives and destinies. However, not only thoughts have this effect, but also feelings, emotional reactions, or subconscious thoughts.

It should be stressed that thoughts can be controlled by your conscious direction of will, just as your actions can. But your feelings cannot. You cannot directly control your feelings.

Observe your thoughts, but observe quietly, detachedly, in a relaxed way, without guilt feelings that your emotions are not always parallel to your thoughts or to the way you want your thoughts and feelings to be. ... **your thoughts are form**, spiritual substance and do not dissolve if they are in any way important. They are not some vague, nebulous things.

Positive Thinking, PL 13

But your prayer and your thinking of friends, or of anyone for that matter, in meditation is of tremendous help. You cannot even begin to judge how much you help by that because, as you know, **each thought and each feeling is a substantial form** in the spirit world. And no thought is ever lost, especially not a constructive and good one that comes from you out of love and good will. **These thoughts add to the cosmic reservoir** and flow in the universe so that the forces of good become that much stronger

compared to the forces of evil. ...the spirit world is really the outpicturing of the spirit's ideas, attitudes, thoughts, and mentality. There, everything is the result of thoughts, feelings, and deeds.

The Call – Daily Review, PL 17

For as you know, **every thought, every feeling, every ambition, every act is form** in spirit and thus creates a world.

Salvation, PL 22

Feelings

Feel (1956) Feeling (1009) Feelings (1717) Feels (211)

The most difficult task is on the emotional level. This is the highest level, because, first of all, **many feelings are unconscious and you need work, willpower, and patience** to make them conscious, and furthermore one cannot control one's feelings as immediately and directly as one's thoughts or actions. **It requires laborious work on the spiritual level**, self-analysis, and the thorough absorption of spiritual laws before the emotions can even begin to change.

The next stage is to cultivate one's thoughts. Quite often a person acts rightly, but the thoughts run another course; people act rightly because they comprehend that otherwise they would get into trouble with the outside world, but it is still difficult for them to control their thoughts, and they often desire things which are not in accord with the divine laws. They have not yet understood that the **impure thoughts and feelings must lead them into the same conflict within themselves** since all thoughts and feelings have a form and a substance in spirit and thus bring about outer effects and chain reactions, even though they are unable to perceive them as such right away.

People in the second stage, **who are doing their utmost to work on the level of thoughts** and are purifying them, are well ahead of those who have only reached the stage of keeping the laws to the extent of outer actions.

The Sea of Life, PL 7

Truth must always make you happy -- even unpleasant truth. All my friends on the path have experienced how they must occasionally encounter unflattering or unpleasant aspects within themselves. But when desire for the truth within becomes greater than all else, this unpleasant truth will always strengthen and bring happiness. By the same token, if you observe your feelings closely, you will find that untruth, pleasant as it may seem at the moment, never gives you real peace, for deep down **your higher self always has the correct answer and you must feel it.** Thus truth will never depress you, my dear friends.

Your soul, however, manifests in your emotional life, in your feelings and in your subconscious. Even to become conscious of your feelings, a great deal of self-knowledge is necessary; most people are unaware of their real feelings and emotional reactions and are thus slave to them; they are mastered by them, instead of controlling and mastering them. To achieve this mastery, self-observation, objectivity, and self-criticism are essential. If what I advised tonight in my second reply is followed, the **result must be, first, awareness of the soul, and then awareness of the spirit.**

The Fall, PL 21

You will be able to confirm the truth of my words if you examine your feelings and reactions in the proper light. Each one of you has surely experienced both kinds of willpower, but without awareness that there is a definite difference between the two. Knowing how to make this distinction will open further doors for understanding your self, others, and the laws of the universe.

The outer will is tense, impatient, and cramped. The inner will is calm, relaxed, unhurried.

The outer will is anxious and doubtful. The inner will is certain, knowing neither anxiety nor doubt.

Outer Will and Inner Will – Misconception About Selfishness, PL 64

In the course of the work you are doing, you may have often wondered, "Where is my real self? What is it?" **You know your real self.** You have nothing to fear from it. It is not far away -- in fact it is close by, right under your nose, so to speak, only most of the time you do not realize it. You make no use of it and prefer to express the other self which you have become used to, but which is not the real you. It consists of the compulsive drives and impulses which you unconsciously think you have to express in order to be happy, or just to survive. Whatever comes from this level does not express your real feelings. **Your real feelings come from your real self,** which is right underneath the tense, compulsive, emotional behavior pattern.

Self-Confidence: Its True Origin and What Prohibits It, PL 77

The Difference Between... Feelings and Emotions

Emotional Reactions

1. Come from misconceptions reactions to 100/100 (illusion) life or death reactions
2. Have to do with thoughts coming from images (wrong thinking).
Guide: "unthought thoughts"
3. Are from the past: are history, transference reactions
4. Are charged, stuck: even when expressed, don't change.
Come back, again and again
5. Have unhealthy desire within them (to get rid of one side of duality)
6. Are not based on reality, subjective
7. Are destructive
8. Are personal
9. When in emotional reaction we are defended
10. Need to be experienced and expressed but not to others (acting out)
11. Rage at somebody
12. Are pleasure or unpleasure
13. We think emotional reactions are about others (blame)
14. Creates hard pain
15. Are superficial conditions in soul
16. Are distorted

Feelings

1. Are in reality 50/50
accepting human condition
2. Are not about thoughts:
they are spontaneous experiences
158 "feelings are soul movements"
3. Relate to the present
are in the immediate now
4. Are flowing, relaxed. Pass through us,
change from one moment to the next
5. Come from healthy desire to accept 50/50 responses to the human condition
(50/50 plus memory of perfection)
6. Are based on reality, objective
healthy detachment
7. Are constructive
8. Are impersonal
When in real feelings we are undefended
9. When in real feelings we are undefended
10. Are real responses to life and need to be experienced and expressed
11. Rage at the Human Condition
12. Are pleasure and unpleasure
13. We are our own real responses to life, to both the negative and positive
PC10 Law of personal responsibility.
14. Allow soft pain
15. Are permanent in essence
from real self --part of eternal spirit
16. Are in truth

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Eros

Eros (87) Erotic (41)

Eros seems in many ways similar to love. It brings forth impulses in a human being that he would not have otherwise, impulses of unselfishness and affection he might have been incapable of before. This is why eros is so very often confused with love. But it is equally often confused with the pure sex instinct, which also manifests as a great urge.

Without eros, many people would never experience the great feeling and beauty that is contained in pure love. They would never get the taste of it, and their yearning for love would remain deeply covered in their soul. Their fear of love would constantly remain the stronger urge. Eros is the nearest thing to love the undeveloped spirit can experience. It lifts the soul out of her sluggishness, out of mere contentment and vegetation. It causes the soul to surge up, to go out of itself. **When this force comes upon the most undeveloped person, he will become able to surpass himself.** Even a criminal will feel temporarily, at least towards that one person, a goodness he has never known. The utterly selfish person will, while this feeling lasts, have unselfish impulses. The lazy person will get out of his inertia. The routine-bound person will naturally and without great effort get rid of his static habits, and so on and so forth. This erotic force will lift the person out of his separateness, be it only for a short time. And this gives the soul a foretaste of unity and teaches the fearful psyche the longing for it; that is, this longing becomes more conscious after the erotic experience. During the experience of eros, an otherwise thoroughly self-centered person may even be able to commit a sacrifice. So you see, my friends, eros enables the personality to do many things that he is disinclined to do otherwise, things that are closely linked with love. It is easy to see why eros is so often confused with love. Why then is it different from love? Because love is a permanent state in the soul. Love can only exist if, through development and purification, the basis for it is prepared.

Love does not come and go at random. But eros does. **Eros hits with a sudden force**, finding the person often unawares and even unwilling to go through this experience.

You should use this **potent momentum of eros** as the propelling force it is to begin with, finding with it and from it the urge to go on further "on your own steam," so to speak.

And when eros comes to you, it will **lift you up far enough** so that you will sense and know what it is in you that longs for this experience and what it is that is your true self which is longing to reveal itself. Without eros, you are merely aware of the outer lazy layers. **Do not escape eros** when it wants to come to you. If you understand the spiritual idea behind it, you will use it wisely, and God will be able to lead you properly and will enable you to make the best of it." *The Forces of Love, Sex and Eros, PL 44*

From EROS section of worksheet for PL 44 by Jan Rigsby 2002:

4. Recall a time in your life when you felt strong Eros- for a person, a task, a life situation or even for God. Spend some time remembering the feelings and events. You may have to revisit several memories in order to find a particularly strong sense of Eros- allow yourself to understand on an intuitive level rather than through intellect or logic.

5. What changed in your life because of your Eros? If nothing changed, you may have chosen an experience that was simply emotionally powerful- think of Eros as the whisper of your own destiny calling to you, enticing you to explore something truly new and fascinating about yourself. If you followed such Eros, surely some aspect of your being changed or grew or experienced something quite special. Focus upon what was important to you, whether or not there was disapproval by others or even a sense of failure in external terms.

6. Consider whether you might have made such a change or had such an experience without the power of Eros driving you on or pulling you forward. What would be different about you today if you had refused to follow your heart? Did the experience bring your soul forward?

Dreams

Dream (49) Dreamed (8) Dreams (38)

Q: Can you give us suggestions for interpreting dreams?

A: One of the most dangerous things in dream interpretation is generalization. Beware of it. Always use the personal, subjective associations -- what you think, feel, and experience in connection with dream events. The tendency to escape from unresolved problems, from conflicts, from that part of you that has remained in illusion and immaturity, makes people sometimes read into dreams a high spiritual meaning that may or may not hold true. You objectify rather than probe the dream for its subjective meaning. Be careful of that, my friends. A dream always contains a special message to you from your own soul. To find this message is infinitely more constructive than looking for a consoling, pleasant message from outside yourself.

Your own dreams are messages of love, although they sometimes reveal something to you that, at first, you do not want to know. Go to the trouble of deciphering them, even if at first you cringe away trying to forget them, trying to belittle their meaning because of their apparent "nonsense", or trying to put a very glorious, beautiful, flattering message into the dream from the spirit world. The true message that comes from your soul is instructive rather than flattering. That kind of message is from the real spirit world. It points to what really goes on in you, what is immediate.

Your dreams are a language, and to learn it takes considerable time. Until you have learned this language, you need a translator. Then little by little you begin to learn it yourself, depending on how much talent you have for this language and how much effort you make.

Laziness and Self-Alienation, Q&A PL 96

Q: If some of our dreams are sent to us by the Spirit World in order to teach us a lesson, why then are they so covered by symbolism?

A: In the first place let us not say a dream is "sent." Dreams are not really sent. This is difficult for my human friends to understand, but there is a difference between the so-called psychological dream and the spiritual dream. The dream that is given by the Spirit World is really a **memory of your sojourn in the Spirit World** while your body was asleep. There are so many levels of the human personality, as you all know, and they all have their various messages to convey. One blurs into the other. That is one reason for the distortions.

The second reason is that the **language in the Spirit World is a picture language**. When you are in the human state, accustomed to a completely different mode of expression, the symbolism of the pictures is something you have to translate. This, incidentally, is one of the reasons why it is so very hard for a spirit to express itself in human language. It is a limitation. Imagine it in the sense of translating a text from a foreign language. If you are not very familiar with that language and you have to translate the meaning into the language that is familiar to you, it will sometimes be a difficult, laborious task. It needs effort. You have to think. Perhaps you have to look up a word in a dictionary. That is the difficulty here also.

And a third reason, last but certainly not least, is another element: Again, you all know that **people have resistance to finding out truth about themselves**. That resisting part may interfere when your soul wants to convey a message to you. One part of your being wants to give and show freely to your consciousness what the inner problem is. It projects these pictures, but then there is this other part in you at work that tries to blur such messages, whether they are from the part of your personality that wishes to advance and become more aware and conscious, or memories from the Spirit World that wish to serve the same purpose in a different way, by a different method that often you do not know how to distinguish.

The resisting part desires to cover up, to camouflage messages that lead you toward self-recognition and inner change. That is all it can do, if your will is strong enough. It cannot prohibit, even if the outer will is still paralyzed, **the Higher Self speaking and working and showing you the way**. This often happens through dreams. But the lower self always interferes. It sends in disturbances. Radio messages can be interfered with in a similar way. All these elements are responsible for the difficulty to interpret dream language.

Q&A, PL 76

Imagination

Imaginable (34) Imaginary (57) Imagination (42) Imagine (157) Imagined (70)
Imagines (3) Imagining (4)

When an entity is still not far enough developed, decisions are made by higher authority. But even in these cases, the entity is consulted first as to **what he or she would imagine** the best fate would be for his next incarnation. This is taken as a test, and it is afterwards explained to the individual why this or that alternative would be bad or even dangerous and why the decisions made by this trained and highly developed spirit offers a stronger chance for advancement. So, there is a schooling connected with the decision-making and planning for the next life.

Preparation for Reincarnation, PL 34

The second category of wishful daydreaming is emotional in nature and comes from needs, as opposed to those from drives. We have gone into the subject of needs quite extensively. Your repressed, unrecognized needs may create an even stronger force just because they are repressed. This force must have an outlet, which then occurs often through this other kind of daydreaming. If the healthy pursuit of need fulfillment is hindered through your pseudosolutions, unrealistic fears, erroneous images that paralyze your constructive energy and resourcefulness, **then an imaginary outlet is necessary**.

For what is lack of imagination? It may mean that your creative faculties are inhibited. Not having conscious daydreams may also indicate resignation, stagnation.

Wishful Day Dreams, PL 98

The attitude of letting it be means to be receptive and waiting. **It is also a movement**, for nothing that is alive can possibly be not moving, but the type of movement is a very different one from the movement of the activating principle. The activating principle moves itself out toward another state; the spirit of **letting it be is a movement within itself**. It is a pulsating, involuntary movement, while the movement of activation is deliberate and self-determining. Words are insufficient to explain these facts, and you will have to listen with your inner ears and **use your imagination** and your innermost faculties to perceive what I am telling you here.

Masculine and Feminine Principles, PL 169

Nothing can be created unless mutuality exists, whether it be a new galaxy, a work of art, or a good relationship between human beings. This applies even to the creation of the simplest object. Unless the creative idea and all those activities which are more mechanical and ego-determined work together, hand in hand, in harmony, the object cannot be created. The first aspect -- **creative thinking and inspiration** -- can never complete creation unless the second aspect is brought to bear on the venture. This

applies, without exception, to everything. This synthesis of creativity, imagination, ideas, on the one hand, and execution, on the other, must take place.

Mutuality, PL 185

Even your imagination must expand and grow on your journey, on your path of moving. As everything grows and moves, so your capacity to visualize and expand your range of personal fulfillment and happiness and enrichment must also grow. If you cannot perceive it at all as a possibility, you cannot experience it. So you must have at least some inkling of it; then what will come will be even better and richer. It will always be better than your imagination, but your imagination must in some way keep pace and in some way open its buds so that more can come to fill in.

Dynamics of Movement, PL 241

Guidance (220)

This connection with God's spirit world is commonly called mediumistic contact. But not every human being must necessarily become a medium like the one through whom I speak. But you all can establish a contact with God's spirit world in some way. Be open to it. Do not say, "I want the contact in this way or that way." **Just be open and follow the guidance you receive.** Then it will manifest at the time and in the way that is best for the individual. Many things will change in the life of a human being who walks this path, who has surrendered to God unconditionally, not only by mouth promise but also by action. But these changes will come slowly, step by step, gradually as a natural outcome. This is the magnificence! It seems to come of itself. In this attitude of complete surrender, nothing will happen that could be detrimental or disharmonious. But man must contribute by being open and sensitizing the inner antenna. This faculty will also be awakened.

Ask for guidance; will the guidance. Then it will be given to you, wiser and more magnificent than you can imagine. Only by your experience will you really be able to fathom the wisdom and magnificence of such guidance.

Asking for Help and Helping Others, PL 7

QUESTION: Is making a decision a manifestation of free will or the natural result of the law of causality?

ANSWER: Humans have been endowed with free will, contrary to beings still in a lower grade of development, such as animals or plants. Free will implies the ability and the responsibility to make your own decisions. Certainly it is advisable to trust in God and ask for guidance and not to go about making decisions without asking God for help. When you ask for guidance and wait for it to manifest through various channels, at the same time using your own brain, decency and responsibility, you are also using your

free will. To ask for guidance already implies a certain flexibility, a lack of self-will.

So ask for guidance in humility, knowing that you cannot always know the right answers, but realizing that you have self-responsibility and are, therefore, accountable for your decisions, whether they turn out right or wrong. It is inevitable in every human being's life to make some wrong decisions, but you should certainly learn from them.

Q&A, PL 54

Thus you move into the third level of reality [= what could exist], in which your intellect cannot help you. **It is then that the inner guidance can come forth.** This inner guidance will be unobstructed when you have moved from the outer level of haze and fog, where you do not know what is going on in you, to the level of what you believe exists, to the level of what actually exists in comparison, and, further, to opening your way into the third level, of what could exist.

Three Levels of Reality for Inner Guidance, PL 162

Make, on the one hand, all the effort possible to see, to comprehend, to search deeply for the meaning, to overcome resistance. On the other hand, **surrender yourself to the inner movement** that will carry you. These are not two contradictory premises. They are mutually interdependent attitudes. Make the effort to overcome with the ego attributes; but also give up the ego control to the guidance of the divine inner will and movement.

The Evolutionary Process, PL 218

Recognition of lower self is always a manifestation of higher self guidance.

Inner Space, Focused Emptiness, PL 256

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Pathwork™ Steps

Notes for 2009 Teleconference on **Soul Movements**

Softness as an indication of no forcing currents

Exercise: Eros / dreams

Why are you here?

Listen to your heart.

Exercise: imagination / dreams

Dropping a stone in the water of a still pool...

Thoughts and feelings... as ripples in spirit...

Exercise: feeling / reason

Maggots in a sink

Feelings – disgust, revulsion – clean them out, create safe eating area

Leads to safe home environment, lack of chaos, sense of safety and well-being

Thought – why are they there? Disregard for potential of bacterial infections

** Feelings as a gift to guide us before consciousness awakens

Maggots in a jar

Feelings – disgust, revulsion – walk away, throw them out

Thought – why are they there? Noticing of process, curiosity.

1668 -Francesco Reit's discovery was one of the first steps in refuting the accepted scientific premise of spontaneous generation

** Thoughts as a gift to increase awareness

Thoughts:

From Demagnetizing Negative Force Fields, pgl 201:

"I pray for the power, the belief, the faith, and the volition to be totally committed to living my life in a good, in a deeply feeling, in an honest way."

Even if some part of you still resists while you say these words, my friends, if your innermost will pronounces these words strongly and decisively -- not covering up and denying the negative will but meeting it head on -- a new power is created by the force of the thought, the intent. Only too often you wait for the change to take place **without** your deciding for a new thought process about the issue in question. **It is the thought that must change first. In thought lies the intent.** This intent can then seep deeper and deeper into the still resisting layers of your consciousness.

Appendix: 9 Guide References on Soul Movements

Google Search results, using the phrase:

“Soul movements” site:pathwork.org/lectures

1. E155 Fear of Self -- Giving and Receiving File Format: PDF/Adobe Acrobat - View as HTML I wish to stress again that people who constrict their natural soul movements do so because. they are afraid of them, afraid of where they will lead. ...
www.pathwork.org/lectures/P155.PDF
2. E163 Mind Activity and Mind Receptivity File Format: PDF/Adobe Acrobat - View as HTML one's inner life and soul movements, so as to recognize when and how each attitude is expressed,. when one or the other is predominant, ... www.pathwork.org/lectures/P163.PDF
3. E185 Mutuality: A Cosmic Principle and Law File Format: PDF/Adobe Acrobat - View as HTML The soul movements contract and the fantasy cannot be. realized. This is usually explained away by all sorts of outer circumstances, which may even be true. ...
www.pathwork.org/lectures/P185.PDF
4. 133 Love, Not a Commandment, But Spontaneous Soul Movement of the ... File Format: PDF/Adobe Acrobat - View as HTML It is a free, spontaneous soul movement. The more it is tried, due to conscience . and obedience, the less does it succeed. Where love exists, there must be ... www.pathwork.org/lectures/unedited/133.PDF
5. E085 Distortions of the Instincts of Self-Preservation and Procreation File Format: PDF/Adobe Acrobat - View as HTML Inner reactions are soul movements. The soul movement of this particular distortion is a tight. holding down of a force that should be fluid. ...
www.pathwork.org/lectures/P085.PDF
6. E177 Pleasure -- The Full Pulsation of Life File Format: PDF/Adobe Acrobat - View as HTML It follows the soul movements -- not the. distortions, but the reflections of the greater cosmos. In order to be thus attuned, an inner calmness ...www.pathwork.org/lectures/P177.PDF
7. E150 Self-Liking: The Condition for Universal State of Bliss File Format: PDF/Adobe Acrobat - View as HTML self-realization must deal with the most subtle unconscious soul movements and attitudes because. their effect is greater than most individuals even ...
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