

Pathwork in Texas

DECISIONS AND TESTS

Quotes from Pathwork Guide Lecture #002

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Most human beings, as a matter of fact, do not understand life on earth. They cannot comprehend its meaning and purpose because they can only see what they can behold with their physical eyes and cannot yet bring their spiritual eye into focus. Therefore all seems to be meaningless -- their sorrows, their trials, the loneliness, and many other things. Only he who understands that this earth life is one of many learning periods, one link of a long chain, will, in the beginning, only be able to surmise the coherence, but gradually he will understand life's full meaning so that his goal will no longer be immediate happiness over the fulfillment of his desires, but his goal will be directed towards the totality. Thus it will be easier to carry eventual burdens of this life, thereby passing tests and conditions which enable him to enter a higher existence and continuous happiness which cannot be taken away by outside sources.

In my last lecture, I briefly touched the subject that man has to make decisions during his life. I was asked how man will possibly know what the right action is. I would like to discuss this now. Among other things, it is just that which man has to learn in life even if it sometimes appears to be difficult. Many human beings are able to make a decision outwardly. Some cannot even do this, but a great number of human beings cannot do it inwardly. They are absolutely unable in their emotional currents, in their inner, emotional reactions, to make a decision. They are not even aware of it because all is covered up. Only after they begin to search for their innermost motivations and emotions will they have to realize what their inner attitude had been up to that point, then they can start making decisions from within. This lack of inner decisiveness does not only express itself at all times in problems apparently involving other people, but sometimes just per se, in inner attitude, feelings, and reactions.

Sometimes, especially a human being who is striving his best trying to be just, hesitates to do something that might not please God for fear it could be a wrong decision, and thus he does not decide at all. It is obvious that he does not understand that not deciding is a decision in itself because somehow this attitude will be of some effect since the world and that which you call time does not stand still. Everything moves on in this flux of life, and whatever you do, even your not doing, is consequential. And if man shies away from deciding, it means that in his own soul he has not found as yet a certain key. He lives, maybe not always conscious of it, in a fear. He does not steer the ship of life and believes, hopes -- again not conscious of it -- that God or fate will make the decision for him. Once in a while this may be the case, but in general, God's world is not permitted to interfere then because man must learn especially this, among other things. He must learn to bear the consequences of his decisions. He must learn to make the effort of breaking through such a dark, confusing, truth covering cloud by his personal spiritual endeavors, by increasing self-recognition and discipline, which alone strengthen his spiritual sight. Only then can he uncover what is buried in his own soul as he will also be able to see what is going on outside himself. It is essential for him to learn to look over the whole, be it the most complicated situation, including all that which is at stake for him or others. He must learn to extract the maximum of spiritual development and purification from solving such pending problems.

All this requires a tackle-the-problem-with-courage attitude, not one that is evasive, postponing, stick-the-head-in-the-sand. If after careful contemplation, man finds that he is not yet able to make a decision because the right direction is not yet quite clear, it is something quite different. Then he should continue to ask God for more recognition and be willing to accept it and then act accordingly when recognition has been granted through personal effort.

It is one thing to shy away from a decision, cover up all which is connected with it, and then turn away from the problem altogether, and another thing to reach out for the truth, contemplate it, and then fully aware, as an act of will, to decide not to make a decision as yet until, after more personal effort, recognition of the

right decision is granted, which is truly the right decision, leaving no doubt whatsoever within, thus increasing inner peace and happiness of the soul. Man is able to find the pure truth of a situation, the right decision resulting from it but only if he removes all self-flattering cloaks as well as everything that nurtures his indolence, the path of least resistance. Only he who has liberated himself in such a way has removed the obstacles blocking the truth. It is especially this that is expected of man. He is able, of course, but not without effort, not without the sincere willingness and stamina.

If man goes through life avoiding certain decisions, it creates reactions and chain reactions, resulting in a new form, a mark, and in his next life it will be more difficult yet to solve this knot and to learn making decisions. Contemplate these words! Even from your shortsighted human viewpoint, not deciding is of greatest detriment, not only spiritually but also plain earthly speaking, yes, even from your purely selfish viewpoint if you try not to be quite as shortsighted. You have to build your happiness yourself in that you learn to be fully obedient to the spiritual laws. Without that, there is no gain.

I will explain the whole procedure, and thereby you may realize the absolute glory of creation, how the dark forces ultimately play into God's hands. I will give you this example. Lucifer has his helpmates; the dark realms have their hierarchy with very powerful and less powerful beings. If a powerful being is assigned a task which he cannot fulfill, maybe he cannot get a human being off the path to God (thus such human being has contributed by his will power to resist temptation). The evil being, not succeeding to get a human being off the path to God, loses more and more of his power until finally he himself will be tormented by the more powerful dark forces. Any being in torment draws nearer to God because often it cries out for God's help just then. The decrease in power in the dark world thus actually results in a stepping up nearer to God. The further removed such evil force is from torment, the less harmony is in such being, and Lucifer is in the worst disharmony. The more torment such being then feels, the more inner currents will have to harmonize until such being, some day, may recognize that it can increase harmony without the torment. Thereafter, he learns that discipline replaces torment, and at last even this is no longer needed.

You human beings are also able to imagine this procedure if you just think about it. How often, when in pain, man feels more harmony within than, although not in physical pain, in a time of inner rebellion, resistance, emotional torment, and disharmony. The more beings return to the knowledge of the spiritual laws, the less helpers Lucifer will have in time to come.

I have to emphasize again and again that God does never burden a human being with more than he can carry and fulfill, or could fulfill if he would be willing. It is impossible for you human beings to judge the capacity of someone else because you do not know the other one's strength reserve which is latent in him or which he has to rechannel from former wrong directions. Furthermore, you make the mistake to think that pain and physical death are the worst that can happen to you. I mean physical death, which really should not be considered a punishment. Spiritual death is the worst and is ultimately the result of the path of least resistance.

Two different people will not have to carry the same lot. For instance, you may have to suffer less than one human being, but more than another one. Your cupful will be yours and yours alone, infallibly, at the perfect ratio.

Pathwork in Texas

THE SPIRIT WORLD -- YOU CHOOSE YOUR DESTINY

Quotes from Pathwork Lecture #3

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

Before man incarnates into another earth life, he brings along the tasks he has to fulfill. The plan is outlined. In many cases, the spirit is entitled to discuss the future earth life with the responsible spirit being. Thus he can fixate -- to a certain extent, according to the state of development and power of judgment in this matter -- how his earth life will be. The spirit to be incarnated has a better view than when housed in the human body. He understands that the meaning of earth life is not to have a life as comfortable as possible, but that the purpose of life is to develop his understanding in order to acquire, more rapidly, the perfect bliss which cannot be had on earth. And as a spirit, he knows that only through spiritual efforts can the knowledge of the spirit penetrate his intellect. But as a spirit, he also knows that this cannot easily be achieved and that he will encounter difficulties, tests, and that he will have to bear suffering to lead him eventually to the right path and the right attitude. The memory of spirit disappears automatically when matter (of body) embraces the spirit.

However, he who is too overwhelmingly impressed by the assets of the world loses the deeper meaning of life and sometimes lives through one incarnation after the other without making progress, always for the same purpose, having to walk through earth life time after time again. The spirit knows that these are the dangers of earth life. But he also knows that, when, from a spiritual viewpoint, he lives the right human life, he can unfold spiritually in a relatively shorter period of time than it would be possible in the spirit world because of the absence of major frictions there.

Thus, my dear ones, it is important for you to recognize that much of your repetitious events in life have been chosen and fixated by your spirit before incarnation when you still had the foresight, before matter encompassed the spirit. It will be a help for you to know this. Sometimes a spirit assiduously striving for progress chooses a particularly trying destiny, even fervently asking for it, knowing -- while free of material density -- that this sorrow is little and will not last long compared to the gains he will derive from it.

When the earth life is finished and the spirit discards matter, and he then realizes that he did not accomplish everything he intended, it will be handled sometimes in such a way that, as a spirit, he is granted the possibility to completely fulfill the past earth life, to finish some tasks or dissolve some burdens. Then he will be able to exert influence on his own earth-living family or surroundings in order to fulfill what he had intended to. Only, such influence is much more difficult, although easier for him as a spirit being because his clear sight is restored. The lost memory is regained, and he understands what it is all about. The difficulty lies in his lack of penetrability and influence upon the human being. For example, one man can influence another one, and especially by self-discipline. An indirect influence is always more effective and lasts longer. Thus, setting an example is more convincing than words, persuasion, or forcing one's will upon the other one even though it might be right or serve for the best. ... But a spirit cannot do this because most human beings do not hear the inspiring words of spirit. And if they perceive them, they are frequently misinterpreted or shaken off, and it is very, very difficult for this spirit and he needs much more time if he will at all be able to finish a task as a spirit which he started as a human being. He may need another earth life for that purpose.

And thus a human being and a spirit builds exactly the world in which he lives. He builds a home in the spirit world congruent to the earth life, and he also builds his future earth life. All deeds, thoughts, and feelings are forms of which then the spirit home consists (although not permanently) and from which, in turn, the fated events in a future earth life will be deduced. ... If you understand this, you will realize that destiny and free will are not two factors excluding each other, but are interwoven and interconnected. And

you will also recognize that the "fated events" in your life are already spirit forms which manifest then in a concrete way.

Will power is a direct result of recognition, of the knowing and the corresponding decision. Every human being possesses a certain amount of strength, and it depends on his emphasis into which channel he directs his strength -- using it for unnecessary efforts which lead to nothing that is spiritually valuable, or wasting it on sick, impure emotional currents to which they give over entirely, which requires much strength. Now, it is a spiritual law that strength consumed will be replenished when it is used for spiritually constructive purposes. However, if your strength currents circle in negative rotation or in spiritually nonproductive currents, they are wearing you down and are waste because strength is not sufficiently renewable when used negatively and nonproductively.

You human beings do not need to start with the most difficult; you don't start with the roof when you build a house, but with the foundation. And actually, what is required at first is only a rechanneling of the strength currents and the thought momentum, if I may say so. If man makes and keeps such a decision, which is not too difficult or too much for anybody, then the spirit forces will help that the will power is fortified so that further and more effective steps in the development process seem to be much easier.

Summarizing, I will say that in order to obtain will power, (1) it must be derived from recognition, (2) it requires a corresponding decision.

If you feel you don't have enough will power, the basic recognition is missing as to what is at stake. You may understand it vaguely, but your soul is not yet fully absorbed in it. Maybe there is some resistance within you, tempting you to cling to the way of lassitude and nondiscipline. This human being is then in an inner discrepancy. One part within him has the spiritual knowledge, but the other part of his personality does not draw the necessary consequences of what he knows "somehow" and of what he even does not want to be aware. Thus the first step is to deepen this knowledge, get away from superficiality. On that, you have to work first so that recognition penetrates the whole personality. Only when you work on this, and you can do it, then with just a bit of effort and time, you will quite certainly make the decision and will to direct your life and your inner forces towards the spiritual, realizing and fully aware that only then can the earthly material problems be solved, and only then.

Oh, how often do we observe that a human being, thinking he has no will power, would have far more than sufficient strength if he would only channel it into the right path, if he would only "throw the switch." ... On the other hand, you may also say that that which is hidden creates more trouble to man than when it is brought to the surface, consciously recognized, and digested.

After these initial difficulties are overcome and you have gained a little power over self, at least in this respect, the world of spirit will show you the next step on your path, what to be exploited and battled next. Life will present it, and when you have learned right meditation you will be able to judge, with open eyes, these daily events and recognize the signs.

Your meditation and prayers must vary because you should feel the specific requirement of the moment, and if you sometimes are not aware of it, recognition will be given when you really search and direct your full attention to what should be realized, learned, overcome, and accepted. ... Listen, think, feel in which direction your thoughts are led. Then you will slowly become aware of the interconnections, their origin, why you react as you do, and this growing understanding of your inner reactions and currents will push you into progress. Increase your courage to face your inner truths without fear. Make firm resolutions. Contemplate these truths about yourself with care by independently reaching more depth of thought. Thus your spiritual life will become more productive because it is animated, continuously changing, not sinking to a fixed formula that is repeated daily. In this way, your relationship to God will grow into a harmonious one.

Pathwork™ in Texas

DECIDE!: PERFECTION, BLISS; FEAR, TROUBLE

Quotes from Pathwork Guide Lecture # 007

The Path to the Real Self is an unpublished manuscript by Eva Pierrakos

For you, each emotional reaction, each thought, each opinion and tendency, and every minute facet of your personality are invisible ray-threads belonging to you and you alone. On the other hand, there are fixed, yet constantly vibrating spiritual laws, holding together in a net of rays, infinite possibilities, and modifications of outer and inner reactions. When therefore man's personal rays match with those held in the net of rays of the spiritual laws, then he fulfills his life and thus is in harmony and happiness. Where they deviate, he is in disharmony and consequently encounters difficulties which you often, mistakenly, call fateful events. The more man removes from the roots of such difficulties by covering up and pushing into the unconscious, the harder it will be to recognize the connections and dissolve or dig out the faulty roots. If you want to be happy, you have to find these faulty roots within. This digging for faulty roots is the path of perfection or purification or healing of the soul, whatever you may call it.

The outer help should, if I may say so, render possible the inner help, or help must first be given by impressing the outer senses in order to rouse the inner senses to independent action. This help from the outside can be given by a human being who has reached one of the higher levels on this path or through a spirit of God -- not that this outer help is sufficient, and let it not be so. It is only the push, and it is the seed which has to be embedded in the soul and take roots through your own work to bear fruit. The essential part is that you break through to your inner self. I have told you often -- and you know very well -- that a human being never just accepts, even if it stands to reason, what somebody else tells him, especially not when an interplay of personal, inner, unconscious resistances is involved.

All truths of creation, all spiritual laws, everything man is able to comprehend therefore must be experienced personally in order to become genuine knowledge and to be personally and productively utilized. It is possible, but only on this path! Inner recognition of any truth can only then be received when the personal contact with God's spirit world, at least to a certain degree, has been established, and this contact can be made when somewhere in the soul a breakthrough to the higher self has been achieved.

When you stand before this gate, contemplate this, don't push it aside. Move courageously to enter the door; don't waver and turn back or hesitate to decide. Many believe and are of good will to a certain degree, but they think it is sufficient that they don't "sin." But, my friends, what is sin? Somehow every transgression of divine law is sin; whether you or the world recognize it as such is immaterial.

You all know whether you have entered the door or stand before it. And those who stand before it should ask themselves, "Did I make a firm decision?" Make it, either way! To go with God halfway is to no avail. Your disharmonies will increase because, leaving a back door open, you will convince yourself that you are still closer to God than perhaps an atheist.

This should be your first meditation. Those who believe that they already know how to meditate and pray, and thus think this does not concern them when I speak of the "first" meditation, should know that I mean the first meditation that leads to the actual and complete decision: either/or. Man is always trying hard to avoid an either/or decision. And they think they can get away with it. They cannot! We of God's spirit world, who want to help you, love you, are sad when we cannot give this help where, in principle, it would be possible, where the soul is mature enough to walk this path, and when we have to observe how difficult you make it for yourself, trying to cover your eyes.

Now I want to discuss what it really is that makes it so hard for you to decide "yes" or "no." As much as man regrets his faults, somewhere he loves them. Somehow he does not want to part from them. It causes a certain pleasure to give in to them, and he, so to speak, surrenders to them. Although he knows that, on this path, he is supposed to overcome them, he does not want to say good-bye to them, at least not with his entire will force. Therefore man needs to contemplate the truth, which will be revealed to all who are desirous of it, even before the direct contact to the spirit world is established.

Will the truth, and open yourself for it! Ask God for recognition! Then you will realize that the pleasure of giving in to your faults is insignificant in comparison to overcoming them. Victory over the lower self is not only a momentary, quickly passing well-being, it is more. It brings liberation from tight chains, and it brings lasting, growing happiness, true happiness, without the bad taste of a bad conscience. This can only be achieved when you walk this path. You cannot make the decision before you have reached into the depth of this recognition. And to achieve this recognition is your first task; fight hard for it.

The next decision that has to be made to establish this contact with God's spirit world -- after your decision was "yes" -- is to devote time daily. If you are not willing to do this, you cannot expect to accomplish much. Everybody will be able to take out the time, as busy as he may be. It is just a matter of will, attitude, and organization. When you have made the decision, you know that you have to pay a price. ... The price for the happiness of this path is will power, patience, stamina, discipline, and a certain amount of time. That price is truly not too high! When you have met these basic conditions, you have removed the principal obstacles.

And now I want to give some general instruction. There are many questions where man thinks this is right because the opposite is wrong. But here, as I have often stated, in such cases, both extremes are wrong. To be specific, the more a human being advances, the more important it is for him to choose kindred spirits, i.e., friends and surroundings that are productive contributions to his soul search. It is necessary to help each other stimulate the soul. Thus it should be contacts that do not harm the soul, which is often the case with contacts that seem so uninvolved and innocent. But this too should not be forced.

When you have grown strong, know that you are walking on safe spiritual ground on this path. There is less danger that the nonkindred spirits, less evolved human beings, will drag you down to their lower level. Instead, you may seek out the possibility to help and influence them. But, strangely enough, man reacts in the opposite way because the first reaction is giving in to what is easiest. If contacts with less evolved human beings harm you spiritually, you yourself are still on a level where you don't find them unpleasant. Thus you do not want to give them up in reality. Then you persuade yourself that you are able to help these less evolved souls with your recognition, while in fact you are not yet capable of it, and you get weakened. ... You should surround yourself with friends who strengthen you.

The spiritual laws are laid down in such a wondrous way. I have frequently spoken about it. Ultimately the dark and the evil must reach such an extreme that the being wants no more of it and thus overcomes it. ... The karma is a more direct and quicker way to reach the goal, but the gradual too will get there, unfortunately over a more painful road.

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The Path to the Real Self is an unpublished manuscript by Eva Pierrakos