

## Self Knowledge; Spiritual Guidance

Study Guide for Online Meetings on PL 11

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

**Week 1: Happiness Lies in Your Own Hands**

**Week 2: You Cannot Overcome What You Do Not Know**

**Week 3: Labor of Stringent Honesty Necessary for Self-Knowledge**

**Week 4: Contact with the World of Spirit**

**Week 1: Happiness Lies in Your Own Hands**

Deep within the heart of each human being is the longing for happiness. Now, what is happiness? You may ask different people, and you will receive different answers or definitions.

The spiritually immature, perhaps after thinking about it for some time, will say that if he had this or that fulfillment, or worry eliminated, he would be happy. In other words, happiness means for him that certain wishes are gratified. Yet, even if at times these wishes come true, this person will not be happy. A certain deep-seated unrest, unease, or undefinable bad conscience will remain.

Why? **For happiness does not depend on outer circumstances or other people**, no matter how convinced the spiritually immature person may be of this fallacy. The spiritually mature person knows that. He knows that he himself is solely responsible for his happiness or unhappiness. He knows that he himself is capable of creating a happy life, not only within himself first, but as an inevitable result of this, also without.

The spiritually immature thinks that happiness has to be created first outside, that the outer circumstances, not necessarily dependent on his own doing, have to fit his wishes, and thus inner happiness will follow. While the spiritually mature knows it is exactly the other way around.

Many people do not want to know that they are responsible for their own happiness, for it is easier to blame fate, the injustice of destiny and higher powers, or circumstances brought about by the fault of other people rather than to blame oneself. It is easier to feel a victim, for in that way one does not have to search, sometimes very deeply and with a maximum of honesty, within oneself.

And yet, the great truth is, was, and always will be that happiness lies in your own hands. It is in your power to reach this goal. You may ask, "*What is there to do?*"

But what does happiness means in the spiritually mature sense? The answer is God. This is the only way happiness can be found. And it can be found right here and right now. "*How?*" I may be asked. My friends, so often people imagine God is way outside, far away in the universe, and it is impossible to reach Him, a useless undertaking that cannot be crowned with success. And this is so far away from the truth.

It is often necessary to hear the same again and again until it becomes deep knowledge and enlightenment, as compared to superficial intellectual knowledge.

# Self Knowledge; Spiritual Guidance

Summary of Pathwork Lecture 11 by Dottie Titus

What is happiness?

Spiritually Immature:

Getting what I want  
It comes from outside me  
I am a victim

Spiritually Mature:

God (= Real Self)  
It comes from inside me  
I am responsible for my life

Finding God = Finding your Real Self = Coming home from self-realization

You are in comparative harmony

You perceive and understand the laws of the universe

You are capable of relating, loving, experiencing joy

You are truly self-responsible

You have integrity and courage to be yourself, even giving up approval of others

This is the only way happiness can be found, and it can be done right here, right now.

*“The whole universe is within each person; therefore, God is within each person. Each living creature has a part of God within. The only way to reach this divine part within is on the steep and narrow path of self-development. The goal is perfection. The basis of this is to know yourself.” PL 11*

What are the obstacles to knowing yourself?

- Facing many unflattering traits.
- A long, continuous, never-ending search:
  - Who am I?
  - What do my reactions—not only my deeds and thoughts—really mean?
  - Are my actions supported by my feelings or do I have motives behind these actions that do not correspond to what I like to believe about myself or what I like other people to believe?
  - Have I been honest with myself so far?
  - What are my mistakes?

You cannot overcome what you do not know. Each fault binds you to unhappiness, so it is very important to see them clearly. Any trend to break spiritual law also causes unhappiness.

- How are you doing so far?
- How happy are you?
- What is lacking in your life?

To the extent that unhappiness or discontent exists in your life, you have not fulfilled your potential. (Very important concept: Not that you are “bad” but that you haven’t fulfilled your potential!)

*“If you are on the right path, however, and you have that deep feeling of contentment and fulfillment yet there are still outer problems in your life, that should not discourage you. For the outer form of the inner conflict you may be working on right now cannot be dissolved so quickly.*

*The more you direct the inner soul currents into the right channels, the more the respective outside forms will change, gradually but surely. ... Impatience will only be a hindrance.” PL 11*

**Dottie Titus** for the Pathwork Teachers Helper Database

**QUESTION: Sometimes you think you are honest, but if you go deeper and deeper, you see there is something else.**

ANSWER: The way is long and steep and narrow. And it is by your own will you determine whether you will be victorious. But the difficulty of the honesty can be overcome -- in the first place by proper meditation about self-honesty and then if you ask yourself why it is so difficult. If you ask yourself that question, you can give yourself the answer. And if you have the why, then it will be easy to meditate about this issue.

The answer is usually -- and here I speak quite generally -- that one does not like to recognize and part with a weakness, or one does not like to break a wrong inner reaction or attitude, or one does not wish to pay the price in some manner. The lower self likes to remain in the same old hole, and literally it is just that! It does not like to act and strain and change. Once this is recognized, the next step will be easier. Once you recognize that you dislike to put your ego aside, or your vanity or whatever else it may be, you can treat the sluggishness of your lower self by the spiritual truths you have learned so far. Once you have found the answer why you have such difficulties in that respect, you have attained a great deal more than you may think.

It is better to find out about this inner resistance and treat it than perhaps to overcome a superficial mistake in action only. For in that way, the root may very well remain, and thus nothing much is gained. Apart from the fact that as long as a wrong is not torn out by its roots, it can under certain conditions always reappear, the outside right action in such a case becomes actually a lie. Therefore it is better to commit a fault on the outside again and again if it is always recognized and treated, than to act unsustained by your inner nature. If you can find the answer within you in such a case, you will experience a very wonderful victory, a sense of relief, of liberation, of peace, of truth. And thus you will be a step nearer to God.

PL 11

**Exercise 1: Noticing resistance.**

Notice any inner desire for immediate answers (instant gratification).

What will it 'cost' you to accept that this process may take a while?

**The moment a person has penetrated** the layers of consciousness that covers his real self, his real conscience, by profound understanding and truthful evaluation, to that degree and in that particular respect does he reach the inner reality of the situation. This is a profoundly elevating, peaceful, and joyful experience, **but requires the labor of stringent honesty with oneself.**

**The more an individual is in touch with these inner faculties,** the more reliable guidance through life must be; the more constructively man lives his life; the greater understanding he gains about himself, about his disturbances, about his interrelationship with others, about the world as a whole. In short, the more he goes deep within himself, the better capable does he become to go out into the world and have fruitful contact and union with others. **Conversely, the more he lives on the outer fringes of his consciousness, on the superficial level of manifestation, the more withdrawn he must be from the world, the less a part of it.**

*The Individual and Humanity* PL 120

<http://www.janrigsby.org/files/PDF/120-Individual-Humanity-StudyGuide.pdf>

## Week 2: You Cannot Overcome What You Do Not Know

As I have said on some occasions before, the whole universe is within each person, therefore God is within each person. And each living creature has a part of God within. The only way to reach this divine part within is on the small and narrow path of self-development. The goal is perfection. The basis for this is to know yourself! This is indeed difficult. For knowing oneself means to face many a trait that is unflattering. It means a long, continuous, in fact, never ending search.

Although some of you may know some of your weaknesses, most people ignore a good part of them, and this presents a great hurdle, even for those who have reached a certain height on this upward path. **You cannot overcome what you do not know.**

Each fault is nothing more or less than a chain that binds you. By the shedding of each imperfection, you break a chain and thus become freer -- and nearer happiness. Happiness is meant for each individual, but it is impossible to attain without eliminating the cause of your unhappiness, which are your faults, which is any trend that breaks a spiritual law. Even if you have a karma from a previous life, it can be dissolved, provided you work spiritually to find yourself, and thus God.

**It is often necessary to hear the same again and again until it becomes deep knowledge and enlightenment, as compared to superficial intellectual knowledge.**

Man could be completely happy, without sickness, worries, and even death as you experience it -- yes, my friends, even death! And for the time being, you can find out how far advanced you are on this path by viewing your life and your problems.

In that measure that unhappiness exists in your life -- or discontent -- in that measure you have not fulfilled as it could and should be fulfilled.

For those human beings who fulfill really, even if the outside result is not immediately noticeable, even if there still remains as a sort of residue the outside manifestation of the past inner cause for a time to come, inside there will be a deep and peaceful contentment, security, and sense of fulfillment. And if that is lacking, you are not completely on the right path, or you have not yet reached the liberation you are bound to experience after the initial difficulties are overcome after entering this path. Only you yourself will have the answer where you stand. No one else can and need answer this question for you.

PL 11

Link to 2013 study guide on PL 25 and PRS 4, Initial Steps on the Path plus  
PL 26, Finding Your Faults that may be of use:

<http://www.janrigsby.org/files/PDF/PRS4-InitialSteps-StudyGuide.pdf>

**Exercise 2a:** Spend some time with these questions:

- *How happy am I? How to I determine my own happiness?*
- *What is lacking in my life that I believe would make me happy?*

# Pathwork™ Steps

Very short films that illustrate aspects of  
Finding Your Faults PL 26 Initial Steps PL 25 & PRS4  
Compiled by Jan Rigsby [www.janrigsby.com](http://www.janrigsby.com)

*Note: Links updated June 2018. I tried to include enough information so that you could locate them again. Copyright privileges change over time so these move to new websites. You may need to cut and paste the links into your browser bar for them to work.*

**10 Minutes** (2002, Bosnia and Herzegovina Directed by Ahmed Imamovic) 10 min. Short film about how different our perceptions can be, and how many different things can happen for only 10 Minutes. Award for the best European short film in 2002. <http://shortsbay.com/film/10-minutes>

**The Black Hole (2008** Directed by Phil Sansom and Olly Williams.) 2:49 min. What would you do with if you were given a magic device that could change your life forever?  
[https://www.youtube.com/watch?v=P5\\_Msrdg3Hk](https://www.youtube.com/watch?v=P5_Msrdg3Hk) Info: <https://www.imdb.com/title/tt1430144/>

**Clocktower (2014 by Cara Antonelli)** 2:28 min. An animated version of the eternal struggle between our own personal pleasure and the responsibilities we take on that impact others. Senior thesis for Ringing School of Art and Design. <https://www.dailymotion.com/video/x22pa3n> or <https://www.youtube.com/watch?v=dHNKZ0qGXM0>

**I Shall Not Want** 4:22 min. Music Video by Audrey Assad. Featured in a NY Times Op-Ed column by David Brooks in 2014. <https://www.youtube.com/watch?v=e5xEYgGr6ms>

**Julie and Julia** 2009 1:00 min clip from the 2009 movie, where Julia Child expresses her frustration about finding a purpose to her life, or at least something to do that feels useful and productive. “What is it you really like to do?” asked her husband, trying to help her figure out what kind of job she would like. “Eat.” Says Julia. “Yes, I know, I know... and you’re so good at it!”  
<https://www.youtube.com/watch?v=TSQ770iqDgY>

**Letterbox** 5 min. A Turner Classic Movies short on the different in watching via “widescreen” or “Letterboxed” transfers of a film vs. “pan and scan”. An analogy of how greater awareness of spiritual reality can change our perceptions. <http://www.youtube.com/watch?v=GseDCbaHNOK>

**Same Place, Same Time, Tomorrow** (2013 Antoine Shapiro aka Arseny Knaifel) 5:28 min. Have you ever considered the negative power of regrets? What might change if you made a full and complete commitment to one of your dreams? Ref: Commitment: Cause and Effect PL196  
<https://www.youtube.com/watch?v=6ZwCnJdQjG4>

**Seconds** (2008 Directed by Marco Slavnic) 2:03 min. Captures the life-changing impact of a moment’s hesitation. “One day consists of 86,400 seconds. This is one of them.”  
<https://www.youtube.com/watch?v=AdymCQ5PXrs>

**Small Pleasures** (2008 Directed by: Constantin Pilavios) 5:17 min. Do you experience life fully? Imagine if you did... <https://www.youtube.com/watch?v=flkFW5E0XcM#t=270>

## Connecting Effects back to their original Cause

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. If you desire the contact with God's spirit world -- for this purpose, and this purpose alone -- you will receive utmost help, support, and guidance. Then everything will develop and progress for the individual's best. Man also needs outside help and advice when he starts this path, to remove the first stones that are blocking the way to his contact with God's spirit world.

*Decide! Perfection, Bliss, Fear, Trouble; Asking for and Receiving Help PL 7*

However, if you are on the right path and if you have that deep feeling of contentment and fulfillment and there are still outer problems in your life, that should not discourage you, my friends. For the **outer form of the inner conflict you may be working on right now cannot be dissolved so quickly.** The law you have broken for a long time has to be readjusted, and this takes time. The outside forms have to be remodeled, remade. You yourself have to bring this about. The more you right the respective inner currents, the more the outside forms will gradually change, slowly but surely. Until this is completely effected, the outer problem cannot automatically dissolve.

### **Exercise 2b:** Questions for increasing self-knowledge

- *What am I?*
- *What do my reactions -- not only my deeds and thoughts -- really mean?*
- *Are my actions supported by my feelings, or do I have motives behind these actions that do not correspond to what I like to believe myself and what I like other people to believe?*
- *Have I been so far really honest with myself?*
- *What are my mistakes?*

PL 11

It is of imperative importance to gain self-knowledge. Now, how can this be done? **Think as objectively as you are capable** about your own person -- all your good qualities and all your faults. **Write down a list.** As I have often advised, this writing down creates a compact condensation and concentration of what you have found out so far. It will prevent you from losing your grip over this knowledge. It will, black on white, shed perhaps a new light of understanding. Already a tiny little bit of detachment in your consideration of yourself will result.

Later on, when you have gained further knowledge about yourself about your subconscious trends, you will be able to combine certain factors of this first-found knowledge -- if it is clearly and concisely expressed.

*Finding Your Faults PL 26*

<http://www.janrigsby.org/files/PDF/PRS4-InitialSteps-StudyGuide.pdf>

### Week 3: Labor of Stringent Honesty Necessary for Self-Knowledge

God's spirit world is constantly at work to help humanity as a whole and individually. It is part of the great plan that God's spirit world has its task to fulfill, but **we are bound by very definite laws** -- laws that are constantly violated either by human beings or by spirits not belonging to the divine order.

These laws contain the stipulation that **the free will of no individual must ever be violated.**

God's spirit world is therefore always waiting that man, or spirit, reaches out for its help, but it never forces its help on anyone. In other words, each person has to:

- **wish God's help** and
- **fulfill the necessary requirements first before this help can be given.**

If this is not done, we can only interfere in very special cases, again according to law. It would be too complicated and involved to explain this now, but there is no error possible.

In other words, helping interference by God's world happens occasionally without the person having reached out for it, but only in cases when such help was earned, perhaps by some merits in a previous life or even in the same life concerning something quite different.

Each spirit in God's world, which is a world of order, has a definite task. And many spirits have their tasks in connection with human beings. It is advisable for man to seek contact with the world of God and the spirits of God. For they and only they can help and guide him on the proper path. There are cases when people think that they have found this path out of their own accord and without the help of higher entities. This is not so, for whether they know it or not, there must have been guidance and inspiration coming from such spirits.

If contact with God's spirit world is made, it will result in great blessing. For God's spirits are concerned to help each one of you, to find that happiness I was talking about, so that each one of you will not have an empty life, lacking love, affection, lacking respect, and lacking that deepest fulfillment that can only come with the most a person can reach in spiritual development. This is the only purpose for such a contact. Anything else should be secondary.

And if other purposes seem also worthy reasons, man should never insist but should leave it to God. If He finds it useful that these other purposes will also be fulfilled, as a sideline, if I may say so, it will happen in a much better and more efficient manner. You will get exactly what you want.

If you want happiness and you are willing to pay the price, you must receive it. By the same token, if people want with all their hearts nothing else but God's truth and the fulfillment of God's will, they will receive that. **So it is in the wish that the result is contained.**

And even if the result cannot come immediately -- by this I mean the spirits of God cannot possibly manifest themselves immediately, for there must first be many obstacles put out of the way; and while this lasts, the respective people are tested whether they are worthy of such a communication; and if unclean, unhappy, or suffering souls find their way to such a medium, the

stress should be to teach them instead of allowing them to have control, to help them with a firm

hand, help not the way they, being blind, imagine, but help to put them on the spiritual path -- you should not give up but persevere in humility and seek what it is within you that prevents the clean and living spirits to manifest themselves.

**Whenever man has contact with the spirit world of God, it is the highest, the most beautiful, and the most useful thing he can ever attain. For that, a price has to be paid. If you buy a house, the price will be higher than when you buy a shack. You accept that as natural; it cannot be any different. But when it concerns man's spiritual development, any spiritual values, he is not so ready to accept this very same state of affairs. Whatever you give, you are returned a hundredfold when spiritual values are concerned, while in material matters it is an exact exchange of values in the best case.**

Salvation lies in the hand of each individual. Only you yourself can break the chains that hold you, but first the wholehearted wish must grow in you bigger than all else. Then the spirits of God will help you further.

PL 11

**Exercise 3:** Make a list of your 'wishes'. That is, what you need to gain happiness.

For each wish to be granted to you, imagine what some spiritual pre-requisites might be.

Ask yourself: *Am I willing to 'pay the price' for my wish / my happiness?*

Notice any reluctance.

Next, ask yourself: *Am I willing to ask for spiritual help for this wish to come true?*

Notice any reluctance.

God is wise and just, and He will not give you more than you can bear, than you are able to accomplish. And that, of course, varies with each individual. The higher your development, the stronger you are, and therefore the more can be expected of you. But if you are still weak, perhaps the smallest effort will be sufficient for you. At any rate, no one can truly achieve happiness in this life if he does not accomplish, spiritually speaking, the maximum according to his destiny.

And this path with my instruction and guidance should help you to this end. Therefore the proper attitude for you to take if you happen to fear that this path is too much for you is that you put it into the hands of God.

Let Him decide for you; ask Him! But how very few people are doing this when the mood of doubt about this decision takes them over! Then you are all very quick to make your own decision -- even though it may be a temporary one in many cases -- that all this is too much for you, and the thought does not even occur to you to ask God for His will in this respect.

*Finding Your Faults* PL 26

When the spirit world of God observes that a human being takes such decision with true sincerity, that it was not only a resolution, but that he makes an all-out, true effort to progress and to realize the resolutions despite unavoidable setbacks and occasional failures, then he will, at first, receive increased spirit help. This is also a spiritual law.

A human being who walks this path of light needs other spiritual help than the one who does not walk this path.

*Mediumship – How to Contact God's Spirit World* PL 8



## **Week 4: Contact with the World of Spirit**

You should understand clearly what this path really is. It is the intensive and continuous work on your own development, on your self-recognition, accepting for the first time your own imperfections and absorbing the spiritual laws, which then are incorporated in these imperfect feeling currents as time goes on.

**If you do not work daily in this manner, with help and advice from the outside -- for the time being, it cannot be done without it -- you are not on this path.**

If man makes the effort, he will receive distinct recognition and perception of God's spirit world, who show him his way. These perceptions will then no longer be incoherent phenomena, but a clearly understandable part of the whole, whose connections, system, and order man will comprehend better and better. He will thereby perceive more clearly how his spiritual path should continue, how he must work, where to start in each case, what the right alternatives in his life problems are, i.e., what God's will is, what the tests mean, what sense and purpose they have on the very personal level. The latter part is of major importance and constitutes a turning point in man's life because previously these tests and the minor or major trials did not make sense, which makes life more difficult.

*Mediumship – How to Contact God's Spirit World PL 8*

### **Discerning Differences between Subconscious / Higher Self / Spiritual Guidance**

For many people, it is indeed not always quite clear what speaks to them, be it the subconscious, be it the superconscious, or the divine spark, or the higher self – whatever name you like to give it -- or is it another entity? It is not very easy to answer the question and it is even more difficult to determine the difference. But I will try to put it as clearly as I can.

#### **Voice of the Subconscious**

**The subconscious' voice is very quick to answer and quite distinct and often loud.** The only way to determine for a person whether it is the subconscious or one of the two other alternatives is to become still and do exactly what I have prescribed in my answer to the question concerning establishing contact with God's world [Refers to *Mediumship* PL 8].

If all these conditions are fulfilled, God's truth and will can come through, and it does not matter in this consideration whether it is one's own divine self or an entity belonging into God's world. For both abide by the spiritual laws and fulfill God's will.

If the wish to fulfill God's will is greater than perhaps some kind of wishful thinking, or a fear, for that matter, then the answer will be given.

Only each individual can determine for himself or herself that no self-delusion, no wishful thinking, no anxiety is greater than the wish for truth in an objective self-analysis and self-testing. Vanity may be in the way, or the desire to impress other people, this greatest stumbling block on the spiritual path.

PL 11

If this test is made and the resistance overcome, the answer can be given from the self to the self, or from the guardian spirit or what you call a "master." The answer will come with a very small and soft voice, it will not be pushing or pressing. It does not shout, it is a quiet, almost impersonal voice without any force behind (as the subconscious so often has). This question has to be settled first, for often the voice of the subconscious is mistaken for one of the two alternatives you have mentioned in your question.

PL 11

### **Higher Self or a spirit creature of God?**

In itself, it actually does not make much difference whether it is one or the other, for, as I have said, both want the same. It is only interesting technically speaking, so to say.

The higher self certainly manifests itself. **But it cannot always come through clearly, for it is covered by many layers of imperfections, layers of dense matter, all that which necessitates life on earth.** If those layers were not present, life on earth would be superfluous. If the higher self could manifest itself as freely, as easily as all that, you would not have to live again and again. You would be far enough advanced not to go through any further incarnation.

**Wherever there are faults and imperfections, the higher self is barred.** And that is the reason that God has sent his helpers, for they have the ability to work through you where your own higher self cannot yet do so. Furthermore, the voice of the higher self is so far away and soft, sometimes so inaccessible that it does not speak clearly in so many words to you, but it just acts through you by guiding you to have, what you call a "conscience." The higher self can influence a person to fight his lower self.

The higher self can, when listened to, make itself known to the course of life, to certain acts and reactions, but it cannot converse with the person like a spirit can. For instance in the case of a medium, the higher self cannot manifest itself to such an extent that a spirit can, let us say, for an entire hour speak, lecture, answer questions. If this were possible, this medium [Eva, whom the Guide is speaking through in this moment] would have reached such heights in development that future incarnations were unnecessary. If this were accomplished by a mere trance, it would be just as easy to have the higher self always on the surface in all conditions of life.

But it is easier that the medium's own spirit body leaves for a time and gives room for another spirit. Even this is difficult enough if a spirit of God's world is to manifest himself. Enough blocks have to be cleared away for this one hour, let us say.

**In other words, the higher self acts and guides to a certain extent, but it does not speak coherently.** It inspires though, but it does not speak the way I speak through this medium, or it does not speak to a person, capable of hearing.

PL 11

### **Exercise 4: Practicing discernment**

Find a relaxed physical position. Ask a question, say a short prayer, or just start listening.

Practice telling the difference between your mind and other aspects, feelings, and thoughts that arise from your humanity: ego, longing, anxiety, fear, demand... just notice these without focusing directly upon them. Allow that you will hear only what is in your highest good to hear.

*Note: Eva Pierrakos' [preface to the Path to the Real Self](#) describes how it took 5 years to fully differentiate the voice that we know as *The Guide* from other 'voices' that she was aware of.*

## Contacting One's Personal Guide

This can only be done if the purpose is to follow this path of perfection, if the reason of such a contact is help in one's own development, for a particular problem in this development. And this wish has to be very strong and sincere, not halfhearted at all! -- and if this is truly the only reason and no sense of sensation and curiosity is mixed into this wish.

If and when this is recognized by the spirits of God -- and it might take considerable testing, also in patience, endurance; the wish must not be given up too soon -- such a contact will be established. The personal guide of the person in question will make himself known, provided that the answer cannot be obtained in another way, let us say through human beings.

For God's spirits do not answer questions that can be answered in your own world. For it is not their task to help you avoid a little bit of trouble to find out. They only answer what would be impossible for you to find out through human channels. Now, if all these requirements are fulfilled, as I said, you will eventually establish such a contact in one way or another.

Now, there are many questions a personal guide can and will gladly answer, [Yet] this can only happen if you are prepared to accept the truth under any circumstances, even if you may hear that which you like least to hear.

If you overcome the natural resistance to hearing an unflattering or uncomfortable truth, your door is open, and we can get through. The way the answer can be received varies greatly, however.

One way may be that while you meditate... It is the way of inspiration. Later on, you might get a direct perception in the form of hearing a voice within you, a new voice, quite different from thoughts or ideas that grow out of yourself. Or you may see something that will give you the answer in picture form. It is also often the case that such answers are given a little later through another human being who will be inspired.

There may be a test for you in just such kind of an answer, how you receive it, how your reactions are, etc. God's spirit world has many ways of working and presenting necessary knowledge to you. But it is always up to you, and it always entails your openness for it. Then you will receive.

If you are patient **and if you do not want one particular answer only** or if you are not set in your mind to receive the answer in one particular way but leave it to God how it will come to you, then you will gradually establish such a personal and wonderful contact, perhaps quite different than you have imagined, but whatever and however God decides will ultimately be the best for you. So by seeking this personal contact, this should be your motive, and this should be the way to go about it.

PL 11