

Pathwork in Texas

FREE WILL

Quotes from Pathwork Guide Lecture # 18

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

Let us examine this subject together from the spiritual point of view and from the point of view of absolute reality. For a person who does not believe in an existence after this life nor in one before; for a person who does not or cannot believe in the spiritual world, in divine law and order; for a person who believes deep down only in this present life, the third alternative would be logical, namely, that some factors are fate and not determined by a person's free will, while other factors are. For instance, you have no choice where you are born, what you are born, where, when, and how you are going to die, and even certain definite phases within this life span. However, for the person who feels and knows and has experienced the truth of the law of cause and effect -- reincarnation -- this point of view could not possibly be correct.

Viewed from the overall picture, each individual has complete free will, even though for a temporary time, it appears that this free will cannot manifest itself because those facets you cannot control in this life were actually determined by you in your previous lives. They are only the effects you have brought about by causes you yourself have set in motion. Let me give you an example. Suppose a murderer, who has committed an act not only against divine law but also against your human law, will be apprehended. He is put into prison. Let us further assume he has lost his memory; he has had amnesia after he has committed this act. When he comes to, he finds himself in prison and does not know why because he does not remember what he has done. He may be told he has done such and such, but he has forgotten it. However, this does not alter the fact that he has committed this crime. Whether he knows and remembers it or not does not make any difference. Due to his loss of memory and his failure not to believe what he is being told, he will be convinced that this is indeed a very unjust fate because he only sees one part -- this present part -- and does not see the connections and the chain reactions. The past that has led him into this present state is hidden from him but exists nevertheless as a reality. This is free will working. Wherever your free will is hampered or hindered working against your apparent and immediate interests, it is due to the causes you yourself have brought about even though you cannot remember it. By the same token, wherever you have the possibility to display your free will today and wherever you have advantages -- actual or apparent ones -- you yourself must have set the respective causes in motion at one time in the past, whether in this same life or in a previous one. This does not change the facts of this law in the least. Your present freedom or lack of freedom depends entirely on your past deeds, thoughts, and inner reactions! That this law works noticeably in many respects in this present life is being recognized today by most people.

At one time, you have freely chosen to act and think in such a way that a certain result ensues from it. There is no act, deed, thought, or even feeling that remains without result. Some results occur more quickly so that their roots are still traceable; others take a longer route, but the fact remains that nothing happens in your life for which you are not responsible or have been responsible at one time or another. You all know that. Therefore the idea that free will exists only partly must be wrong or, at best, is a half-truth. Whatever you do or think today, however you react within now must have its result or effect tomorrow, next month, next year, and in many instances also in your next life. So you actually have complete free will, my friends! Wherever or whenever man cannot remember or recognize the roots he has sown at a past time, he says it is fate.

There are many people who think of free will as meaning that they can do or think anything they please without it causing any effect. This is their conception of free will, which is of course a gross error. God has created this universe which consists of an infinite number of laws. He created His children and gave them free will so they could choose to keep or not to keep these laws long before this earth and this material world existed. The keeping of these laws entails happiness, love, harmony, light, and supreme wisdom because God, who is perfect, cannot create anything but perfection. Yet if a creature would have to be forced to stay within the framework of these laws -- in other words, as if they have no free will -- the laws would neither be what they are nor would they be in accordance with the nature of God. There would be a discrepancy in the creation. There cannot be beauty, harmony, wisdom, bliss, and love if it has to be experienced forcefully against the individual's will,

against the individual's own recognition of the wisdom and perfection of the laws. Then God would not be a God of freedom, but a God of slavery, even if His creatures could be happy in an enforced system. Thus each creature -- man or spirit -- has the possibility by his own choosing to live according to those laws or not. There lies the key to this question, not only to an added understanding regarding the subject of free will but also about the coming into existence of evil, darkness, and cruelty -- in short, the fall of the angels. So many people wonder how a God of love could have created evil. But God did not create evil. As you may understand now, He gave each creature the opportunity to freely choose His laws of perfection or not.

In whatever aspect of your personality you have not deviated from divine law -- and it is not necessary that this has to have happened in every aspect -- or in whatever aspect you have succeeded in your previous incarnations to purify yourself back to the state wherein you once were, it is not in the least difficult for you to keep these laws. Thus the difficulty varies with each individual. For one, it may be difficult not to steal. For another, this presents no difficulty whatever, but for him, it is difficult not to lose his temper. For a third, it may be difficult not to be envious -- and so on. Thus it is your aim, through development and spiritual progress, to reach a state whereby you are able to live within divine law in every conceivable respect and one which represents no difficulty for you at all. And this, of course, can only be accomplished through your own choosing and your own free will!

The foregoing will perhaps also clear up for you the idea of "punishment," which so many of you revolt against. There is no God who dishes out arbitrary punishment. God has created perfect laws and perfect conditions that His children have the opportunity to follow freely or not. If you choose the word "punishment" for that, it is your affair, but you will admit that this gives an altogether wrong slant on the facts as they truly are. God's creation is so perfect; His laws are of such supreme wisdom and love that whatever the individuals do -- even those who have deviated from His laws -- they must ultimately find their way back to His laws and thus to a state of utter bliss and perfection. The equation must come out even!

As long as you are dependent on outer happenings over which you have no control, you will never have happiness. You may have temporary contentment, but you will be constantly afraid to lose it because you cannot control other people and their power over you or over your circumstances. The only happiness that is durable and cannot be taken away by anyone, the only sure footing you can possibly have, is when you develop yourself, when you purify and cure your soul of all sick and wrong currents that deviate from divine law. When you find the inner causes responsible for your trials and hardships, then you will also find happiness. Unfortunately, that you will not do most of the time unless certain unpleasant happenings occur in your life. Now God is not "sending" willfully these unpleasant occurrences. Due to your deviation from law at one time or another -- whether in this same life or in a previous one -- you have prepared the conditions that take effect just at this very moment. It is by no means necessary that you know where and as what you have lived in your last life in order to find these roots which are responsible for your present hardship, for as long as a trend has not been purified, it is simply existing in you and thus available for your knowledge if you are really willing. If you find out your faults and weaknesses, you must come directly or indirectly to the roots responsible for everything that is not to your liking in your present life. So if you go about finding where and in what respect you have deviated from divine law, you will find an answer. If you really try this long and winding upward path, you will be able to begin a purification process by which you will walk out of all the darkness in which you have put yourself quite independently. No one else has put you there!

Divine law does not only comprise that which states you should not kill, steal, and commit recognized crimes or sins. These are the broader and more extreme cases. But for those of you to whom these broader laws may not apply anymore because you have overcome these trends during your past incarnations, you must begin to apply divine law within -- in your trends, in your currents, in your emotional reactions, and not only in your outside deeds, and not even the thoughts are sufficient. The feelings have to be changed too, and this cannot be accomplished unless you view yourself as you really are.... Faith in its true meaning is always a certainty that has been personally experienced although this experience cannot be conveyed to others who have not had this experience yet.

Guide Quotes © The Pathwork Foundation 1999
Full text all lectures may be downloaded from www.pathwork.org

Pathwork™ in Texas

GOD: THE CREATION

Quotes from Pathwork Guide Lecture No. 20

Full text all lectures may be downloaded from www.pathwork.org

Not one of you has come here just by coincidence, even though you yourself may think so -- it appears to you like that. Particular spirits whose task it is and who are trained for this work are being sent out to scout, to consider all pertaining factors of the individuals in question. And if it shows in a case that a person should join you, should at least be given the chance, then these spirits get in touch with the respective guardian spirits who guide their protégées to someone else in your circle and who inspire that person to perhaps propose the idea of joining your group.

I have a number of helpers whom I am sending out or who are helping with other tasks in connection with the building of your community. These decisions are made on the basis of a great number of factors involved where all the pertaining laws are to be considered. It is a sort of bookkeeping work, if I may call it that for lack of a better expression, where painstakingly many details have to be considered and weighed. [For example,] You do not realize that often a truth heard too soon can be more harmful than heard too late. On the other hand, for other people it may be of imperative importance to hear a particular truth or spiritual law at a particular time. In such cases, this information to be given has to be worded in such a way that it will not be understood by those not ready and mature yet. To compute all this data demands trained experts, unceasing efforts, foresight, and the thorough knowledge of divine law in all its workings, as well as great devotion to God and His great plan of salvation. With these explanations, you may understand that what first appeared to you like a chain reaction of coincidences is nothing else but a great guidance put in action.

I have said last time that I will talk about the fall of the angels. In order to do this effectively so that you may understand as much as any human being is capable of understanding, I have to discuss it in this order: God, the creation, the fall of the angels, and the plan of salvation. ... And I do wish to stress most emphatically that this touches the greatest questions in existence, and therefore it is most difficult to present it in such a way that it can be somehow grasped even by those who are spiritually advanced. Thus you should not try to absorb what you hear with your limited intellect alone; this would not get you anywhere. But you should try to listen with your heart, with your soul, with your innermost senses, so that you may feel the truth rather than understand it intellectually.

God is love, and love must share. This is the nature of love. Of course God realized that by creating beings with free will, they may decide with this free will in such a way that misery may come into existence, at least temporarily. Nevertheless, and this is just the greatness of God, He created beings who could choose freely with the power endowed to them. They either would have the wisdom of not abusing their power and living within the perfection of divine law in a state of eternal bliss, or should they decide otherwise, they would finally come to comprehend all the better the perfection of divine law after their having gone through the Valley of Death and thus be more Godlike than ever, afterwards. The temporary misery for those who might decide wrongly is nothing compared to the bliss and happiness of eternity after the self-inflicted misery has been gone through. The scales show this so clearly that a spirit does not even have to be very high in development to recognize this fact.

Happiness can only exist for any created being to be in union with God. And to be in union with God, you must be of the same substance, endowed with the same aspects and qualities. Otherwise a union is impossible --even chemically this is so! Since God is freedom and freedom is one of the most important divine aspects, God's creatures must have this same freedom, otherwise they would be unlike

God and thus incapable of being in union with Him. And this freedom, or free will and free choice, entails perforce the possibility to direct that free will contrary to divine law.

So, spiritual worlds existed for a very, very long time where all created beings lived in a state of bliss as you cannot imagine. The change from harmony to disharmony took place just as gradually and slowly as your change from disharmony into harmony. This one spirit who succumbed first, generated a power running in the opposite direction of divine law, but it was still the same power, only used differently. And with this power he could affect and influence many other spirits little by little -- but not all spirits. There was a division between those who succumbed and those who did not. With the former, the so-called fall of the angels thus began. In this process, every divine aspect turned into its opposite nature: harmony became disharmony, beauty ugliness, light darkness, wisdom blindness, love hatred and fear and egotism -- and union became separateness. Once wholeness split further and further, the more this "pull" proceeded. Thus evil came into existence.

I have once explained that the spiritual worlds are psychological worlds. For only in your material world are thoughts and feelings abstract. In other words, a spirit creates the world he lives in, according to his state of mind. This state of mind automatically creates, as a reflex action, a sphere consisting of landscapes, houses, objects, etc. Thus only spirits of equal development can share a world, which in certain states of development facilitates life but therefore slows down development. Your material world is one of them. ... Most of you know that the spirit in his highest degree of development combines the male and the female aspect. There is no separateness. That man and woman exist on earth as separate entities is, as you will readily understand now, a result of this splitting. Therefore, each being has its counterpart. Man's urge to find the right partner is nothing else but the deep longing for reunion with the separated other part. Sex -- the urge for this kind of love -- is, in short, the longing for union with your counterpart so as to become whole again. It only depends upon how you direct this force.

The disharmonious worlds coming into existence through this division from God, through the so-called fall, are also called hell. These worlds simply reflect the state of mind of the creatures living there; that is, these spheres came into existence as a direct result of the state of mind of these beings.

As long as complete purification has not been effected, some of the characteristics of this fall are still going on within a person to some degree. And it would be extremely useful for each one of you to delve into your soul and to clearly come to feel this and thus make it conscious. When you consider your individual faults, try to find the original divine aspect of it. For no fault could come into existence by itself. It is only a distortion of something that was once divine. You can find this divine aspect of your faults.

When these worlds of unhappiness gradually came into existence and the separation from God took place for a great number of beings, as I said before, Divine Law provided for the possibility to regain the happy state of existence these beings once were in. But certain decisions and changes had to be made, always according to the free will of the fallen spirits, either individually or as a group. This was also foreseen by God and provided for and left open at the time to effect at the proper time.

The more a person is on the spiritual path of self-development, the higher a person is spiritually developed, the sooner the consequences will occur. The faster you go upwards, the faster the law works. ... To know why one has to go through something is always easier than not to know. But this help is a sort of a premium the person on the path has earned through his efforts.

Guide Lecture quotes © The Pathwork Foundation 1999
Full text all lectures may be downloaded from www.pathwork.org

Pathwork™ in Texas

THE FALL

Quotes from Pathwork Guide Lecture No. 21

Full text all lectures may be downloaded from www.pathwork.org

My dear friends, I talked the last time how evil came into existence. This question has bothered many people who cannot imagine how a God of love could permit the existence of evil.

Briefly, I have explained how, long before the existence of the material world, a part of the created beings who have been endowed, not only with free will, but also with a certain power, have abused this power. I have explained how this came about in a very slow process. This fall of the angels, as it is called, has happened very slowly -- a slow process of degeneration it might be called, whereby everything divine very slowly and gradually turned into its opposite aspect. And, with this, a separation occurred between those who abused their power and those who did not. The attitudes of disharmony and hatred created according forms.

The spirit who was the first to succumb to the temptation of abusing this power, who is sometimes referred to as Lucifer or Satan or the Devil, who influenced and affected others to follow him, would naturally be the first one in this new world that came into existence. And he would have complete power over all those who followed him, and, contrary to God, he would use this power. God gives the freedom of choice, and this has deeper significance than most of you realize. With that freedom, the possibility to abuse the power given, to use it contrary to divine laws, must perforce exist. If no choice were available, there would be no freedom and no power. There can be no divine happiness, in fact no divinity at all, if it cannot be attained or maintained by free choice. By the same token, the opposite of God and His laws must of course be the prohibiting of such free choice and the domination of the stronger over the weaker ones.

This state of affairs would seem insoluble as far as the salvation of these fallen beings is concerned. Here more than in anything else, to maintain the divine principle was of utmost importance. For only by remaining true to himself and His laws would there be a fundamental difference between the ways of God and the ways of Lucifer. Since it is the plan of God that every creature should at one time come back to Him out of free choice and recognition and re-attain divinity, it was imperative that He would not use the same means of force as His opponent even though the purpose might be a good one. And that this can only be accomplished in the same slow process of development as the fall, with its degeneration, has happened is natural enough. And that this must happen in free choice too, you will now readily understand so that questions like "why has God not done away with evil?" etc., will not come up anymore in your deliberations.

Just as with human beings, if you have no spiritual enlightenment, you have to work spiritually in order to regain certain glimpses of this light. The vague longing that at first some and later more creatures felt was sufficient to bring a glimmer of light into their world, as though a far away dawn changed the contours of their world a little bit. The cold would not be quite so cold anymore; the fire not so hot anymore; the filth not quite so filthy anymore; and the loneliness not quite so unbearable and hopeless anymore.

When enough spirits came into this state of longing and this longing increased, the time was ripe for the material world to come into existence. ... both the divine worlds and the worlds of darkness helped in the creation of this earth sphere; and thus the influence of both worlds exists and will

manifest according to the individual attitude of a being, which again has on this plane the power of free choice.

Only with this self-knowledge, which includes thinking and deciding, can development take place. In other words, self-knowledge is a necessary condition. All the forms of life previous to man only led up to this point.

How did the influence of the world of God manifest itself? The answer is that pure spirits, who remained in the divine worlds, were incarnated at all times. To be sure, very few, but the influence of one such being outweighs by far the strength and influence of a hundred creatures of the world of darkness. These spirits, incarnated from the world of God, brought with them the light, the love, and the wisdom. But in order to have this benefit and remain within the framework of the divine law, as explained at the beginning of this lecture, an equality had to exist so that the free choice of each individual could be made. An equal influence had to come from both sides. Thus truth was spread in the manner that humanity at each particular period was ready to absorb.

None of you fully understands that if a single person develops, really does the very best in his power, he does not only help himself, but he adds the most valuable cosmic power to a great reservoir which will ultimately have a very decisive effect and will spread considerably even though he himself may not even see a part of this effect. If one person overcomes a single weakness, this constitutes the best help in this great plan of salvation.

...self-development cannot be done without self-knowledge. So if you want to gain self-knowledge, you have to reconcile yourself first to the idea "I have to do that which is most difficult for me!" For there lies the key. If it is most difficult for you to show yourself with a weakness, then it is just that which your soul needs to struggle free of its chains. Or if it is difficult for you to give up your vanity in any other way, or your selfishness, then it is just this in which you should jump in -- freely because you chose it so, not because life forces you to do anyway.

In order to gain self-knowledge, you might, for instance, sit down and think "what is most difficult for me to do in daily life?"

Make a list of your faults. Ask the people around you to tell you what your faults are. This will give you knowledge about yourself, and this will teach you the humility you need. For as long as it is difficult for you, it is a telling sign that you need just that very badly. And God will help you to all further stages of self-realization if these initial steps are taken. So my advice is this: think, first, what seems most difficult to you in relation to other people. After you have found this out, consider with what trend in you this might be connected. And then decide whether you are really ready to overcome your chains in this way, not only for the sake of your own freedom; but for the sake of God; for the sake of your own spirit; your own higher self; for the sake of your development; for the love you could only then give and receive; for your complete fulfillment. Are you ready to do that?

The process of eliminating your faults, which is the next step after self-knowledge is a very different one. Simply take stock of yourself and get, for the time being, accustomed to see yourself where you really are and not where you want to be. Accept this temporary reality for two reasons:

(1) you have to be unemotional and undisturbed about what you are before you can change yourself; and this needs the new habit of seeing yourself clearly for a while without any false motives and excuses and blindness; (2) this will also teach you the necessary humiliation that is a major requirement of spiritual development and true detachment. This acceptance does not mean that you should remain that way. For each fault is just that. It blurs the love force in the soul. If you proceed in this way, God will inspire you and guide you, you can be quite sure of that. But, as I said, it is a difficult path. But blessed are those who take it; who have the courage and the wisdom to do so.

Pathwork™ in Texas

SALVATION

Quotes from Pathwork Guide Lecture # 22

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

Last time I spoke about the creation of this earth, how it came into existence, how mankind gradually evolved. I told you that this earth is a product, a picture so to speak, of the longing of the spirits who have fallen off and who have lived in darkness for a long time. And I have also said that this earth is equally a product of the longing of the spirits who remained in the world of God, for the fallen brothers and sisters to come back into divine light. And thus you can find here on earth beauty, love, and harmony; and you can also find the opposite, again with all the shades in between. This is the proof that this earth sphere is a product of God's world and the longing of the fallen spirits to reunite with God. And on this earth sphere, man has the possibility with his free will to develop and to decide what side to follow. In his own nature, there are of course both currents: the good current that once came from God in its own perfection, and the evil current that was accumulated, so to speak, during and after the fall. And between these two currents, the conscious self stands and has the possibility to decide to either take the line of least resistance, which is always man's lower nature, or to follow his higher self, which must be the difficult and narrow path. I have also mentioned that communication with the world of the spirit has always existed, but at the beginning, when this earth sphere was relatively new, it was impossible for man to commune with God's world because there were still too many impure and unpurified currents and attitudes in the soul, too many evil desires, too much blindness to fulfill the necessary conditions. And that is why God has always sent beings on this earth who were not fallen spirits. Some of the great prophets, some of the so-called saints belonged into this category. And they did not only bring the wisdom, the love, and purity with them to leave their mark upon this earth sphere, but, due to these conditions, they had the possibility to have communication with angels of God. This is briefly what I have said in my last lecture. It is the essence which will prepare you for what I have to say to you tonight.

So now, I would like to tell you about the salvation of Jesus Christ and what it really means. There are indeed very few people who realize the full significance of this salvation, least of all the organized churches who have mostly completely misunderstood what this salvation is. There are many people who believe that Christ died on the cross for the sins of everyone else and that thus no one is responsible or accountable for his sins, faults, and weaknesses, etc., for Christ has atoned for him through His death. This, of course, my friends, cannot be. It would be utterly senseless. After the explanation of the real story of the salvation, you will not only see that this is a comfortable misunderstanding, but you will clearly perceive how this misunderstanding could have come about.

I have also mentioned that the salvation was not only done on this earth sphere but in every sphere in existence. Long before this earth sphere existed and after the so-called fall of the angels, which I have gone into greater detail some time ago, God's plan was ultimately that every single one of those fallen beings should have the means to come back to Him, back to light and harmony. But this could only be done if God's laws would never be broken, not even for the purpose of bringing back the fallen creatures. And this was indeed a very difficult task to follow through. I also explained that each being, put into creation by God, was created perfectly in one way. Each being represented one divine aspect. And the purpose was that, with the power these spirits were endowed with, they were themselves to extend this perfection in other realms. Let us say, for instance, one being was perfect in love, another in wisdom, and so on and so forth. Now, with this divine power we all once had, the aim was to make ourselves perfect in every other respect and thus become Godlike at one time. And by so doing, additional worlds of beauty would come into existence -- spiritual worlds. For as you know, every thought, every feeling, every ambition, every act is form in spirit and thus creates a world. You also know that a number of spirits have used this divine power for this purpose. And a number of other spirits have used the divine power in the opposite way, and thus the fall came into existence. After this fall, Christ, who, of course, existed in the spirit world long before He was born as man, organized, if I may use this expression, all the spirits in God's world, to use all their strength and their perfection in their particular field for the help of this plan of salvation. In other words, the pure spirits, instead of continuing and extending their own growing perfection, postponed this ultimate goal for the purpose of using their power for arranging and working for this plan of salvation -- on this and on every plane in existence. And now, of course, I am still talking of the divine spheres.

In the spheres of darkness, some time had to go by before anything could be done. Enough spirits had to have this certain longing for light before lighter worlds, still in the realm of Lucifer, came into existence. Without this longing, unconscious

and blind as it was at the beginning, nothing could change, no matter what would have been arranged by the world of God. In your language, millions and millions of years went by before, due to this longing, gradually this earth sphere came into existence. And the more souls came to live on earth because they were ready to do so, low as their development still was, the more general and individual development proceeded. For merely by living on this earth sphere, they came, for the first time since after the fall, into contact with something divine, subdued as this manifestation may have been for the most part. In the meantime, Christ was busy preparing and working in the spirit world of God, planning ahead and sending various pure spirits to live on earth, as well as organizing the teachings that should be brought to mankind through these pure spirits now incarnated, either through inspiration and guidance or through communications with God's world. It is impossible for you to imagine how minutely everything had to be worked out, how painstaking this work was so that everything was in accordance with the divine laws of justice.

At that time, no matter how far a human being developed spiritually, when returning to the Beyond, they were still under the dominion of Lucifer. For as I have explained thoroughly the last time, every divine aspect was turned into its opposite quality. Therefore free will, which is divine, was turned into dominion. And of course Lucifer would not give up this dominion he held over his followers. If, for instance, a human being, due to his changing attitude and growing harmony with God, would begin to produce light and beautiful spheres in the spirit world, even these spheres were still belonging to the kingdom of Lucifer because he did not relinquish his power over this person. Furthermore, no one was, at that time at any rate, so far developed that he would only produce spheres of light. He would produce and own several spheres, so to speak -- harmonious and disharmonious ones. And, incidentally, this happens with each one of you, with every human being. Wherever there are faults, weaknesses, blindness, according spheres come into existence. Wherever you are pure and purified, beautiful spheres are being created by you. And you will not only own the best, but also the worst you have built.

When enough beings who were ready and really consciously cognizant of God desired to have complete union with God, the time was ripe for the greatest part of the plan of salvation to take place, which Christ took upon Himself. The reason was not only His infinite love and compassion with all His fallen brothers and sisters, but also the following: during the process of the fall, this first spirit who has fallen, called Lucifer, developed an intense jealousy towards Christ. Thus it was logical that Christ Himself should prove His love by His great sacrifice and work, not only to all the other fallen creatures, but also to Lucifer himself, who through this deed alone would one day in the far, far away future find it possible to return to God and ultimate happiness. Christ was made by God the king of the universe and as such He was ready to have not only the highest privileges, but also the strongest responsibilities. By carrying the heaviest burden alongside His exalted position, He gave another example for the world.

Thus, when the time was ripe, He faced Lucifer. And now, my friends, I must ask you not to think all this could not have been that way because it sounds all too human. All you have and know as human beings, not only in subjects and objects, in abstract and concrete ideas, in language, but also in any sort of forms you know is only a limited imitation of what existed in spirit before this material world, only in much greater variety. And often human beings think, when we mention these things that spirits talk or have certain objects and so on, that this is too human, too concrete. And yet, in spirit, as I have said repeatedly, everything is concrete! Everything is form! While, in your world, only material objects have form, and the so-called abstract things do not have form, for they are invisible to you. This is not so in spirit. Love is a form. When you have a beautiful thought, it will create one form. When you have a wicked thought, it will create another form -- a concrete form for us. And therefore I beg you to keep this in mind and not to think this is just childish because Lucifer and Christ would not talk together like two human beings. It may not be in exactly the same way as when two human beings talk; the procedure may be different. It is a spiritual procedure. This, of course, is impossible to translate into human language. Therefore, the language I have to use must be limited to your understanding.

Guide Quotes © The Pathwork Foundation 1999
Full text all lectures may be downloaded from www.pathwork.org

Pathwork in Texas

PREPARATION FOR REINCARNATION

Quotes from Pathwork Guide Lecture No.34

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

Up to a certain point in the cycle of development of an individual being, decisions cannot be made by the individual. But from a certain development on, each spirit entity has the right, and often even the duty to make decisions about circumstances of the following incarnation personally. 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. The entity has to learn something from this alone.

From incarnation to incarnation, something is learned, particularly in this respect too, so that more and more the ideas of the entity can be considered. Then there are also cases when the choices made by the entity are still within the realm of possibility but may prove too difficult, or too easy, as the case may be. In such instances, the higher authority advising and planning the next incarnation with the spirit to be incarnated will advise and explain and offer another alternative.

It is not always that the law of cause and effect or that the law of karma works immediately in the successive life. It is often that the cause of one life will only come to effect perhaps three or four incarnations later. For no one is asked to bear too much at a time. But I might add that generally, though not always, the higher the development, the faster cause and effect follow. Thus you will perhaps understand a little better when I admonish you not to judge, not to compare, not to generalize in these matters. You can see only this one life- your own or that of another person- and even this view is a very limited one. That is why man is extremely foolish to judge the justice of the laws of God. If you seem to bear a heavier cross, it is because more can be expected of you. Furthermore, a demerit may be paid off in one lifetime by a zealous person, while another pays off just as great a demerit, or perhaps even a greater one, in several stages. This, too, makes it impossible for you to judge and compare.

All this should be food for thought and meditation material for you. It should make it clear that you have so many chances on this earth plane to make changes for the better in your personal plan. It is up to you to annul accumulated bad karma much quicker if you only realize fully what this life is all about.

Purification is often done in connection with human beings. Let us suppose it was the task of an entity during his last incarnation to straighten out a relationship with another human being- perhaps to learn to love and to accept this other person. ... In the measure that your spiritual consciousness is raised, in that manner you will come to feel with your fellow creatures into what category they belong.

The proper choice of parents, nationality, religion to be born into, life circumstances, certain phases that are called fateful in life, are set down and considered. All these choices are being made in the most practical way. For instance, parents may be chosen to afford an environment best suited to bring out certain disharmonies in the soul; for that purpose, it needs certain imperfections in the environment; for if everything were perfect, these shortcomings would not have an opportunity to come to the surface. At the same time, the parents may also be karmically linked to the entity so that a karmic debt may be paid off. Difficulties and advantages in the life to follow are considered from the point of view of the plan. It is carefully weighed how much should be taken on, how much the entity should concentrate in this life on one character trend, or perhaps it would be better in this life to concentrate on a heretofore unsolved psychological problem.

After an intensive period of study, the final plan is made for the life on earth to come. Special spirits are sent to various places, also on earth, to smooth the way, to make preparations by guidance and inspiration. And here or

there, they may come back and report that conditions are not as hoped and therefore unsuitable for the purpose; then other karmic ties are used for this life that would have been concentrated on in a later incarnation if the first considered circumstances would have turned out as expected. When the plan is finally concluded and the conditions and preparations on earth checked, the entity is led into a different sphere. ... A great part is the one where lives on earth are prepared.

Conception cannot happen unless it is the will of God, to put it plainly. If a conception today would not serve a purpose for the entity to come into your world, it is prevented by spiritual means, but it may take place next month. And then, according to the so called genes of the parents, which of course have been studied beforehand and which again must be in correspondence with the entity to be born, certain magnetic fields, rays, fluids get to work- partly automatically as an effect of causes set in motion, partly by spiritual helpers. ... At the moment conception has taken place, the entity to be born is made unconscious. It is such a deep state of unconsciousness that a great part of his knowledge will come back only after life on earth has been completed. Another part of knowledge will come back during earth life, but only when the entity leaves the body- in other words, during sleep. But a certain feeling of self consciousness will gradually and slowly come awake as a living human being while growing up.

Let us talk first about the physical aspects of the future human being. The parental genes are made to correspond and to effect the physical shell- in the meantime growing in the body of the mother in such a way that the physical karmic necessities of the entity to be born can be fulfilled. There is no coincidence possible. Nothing is just left to itself. And when it says in the Bible that God has counted each hair on your head, it is no exaggeration, my friends. This saying is to be understood in this sense. For every smallest detail has to correspond and has a meaning, a much deeper meaning and significance than you can possibly imagine. Symbolism is not the way humanity thinks.

These outer challenges are provided for in the choice of parents and other conditions in the incarnation. If faults remain dormant in the depth of your soul, you cannot become aware of them, and if you are not aware of them, you cannot overcome them. So not all problems or faults are prepared for raising to the surface. Some are supposed to remain hidden and are planned to be worked on in a future incarnation or, as I said, only if and when the plan of this life has been fulfilled. All this must be carefully studied in the plan by these experts and prepared properly. The same applies of course to talents, to psychological problems and complexities. Some are prepared so lightly that they will rise immediately, others only under definite conditions.

All this may be an explanation to some of you who have experienced a case in your family or your environment when someone has been known to be always a very decent person, conscious of his shortcomings, working at them, and obviously making great spiritual progress. And all of a sudden, something apparently quite new comes to the surface. Everyone is suddenly shocked and disappointed. From now on you will understand that this is often due to the fact that this person is working spiritually very well, and after having accomplished these trends that were on the surface, other trends left deeper embedded by the spiritual workers can now evolve to be worked on in the purification process. This is exactly why people on the spiritual path often display at certain periods trends that have never been noticed before.

The attitude of the mother, as well as of the father, during the time of pregnancy may often determine a change. If the parents or even one of the parents should change their spiritual attitude, then the entity first planned to come to these parents would not fit into these circumstances anymore. ... So, last minute changes can be made if the mother or the father or both change their attitude during pregnancy, either to the better or to the worse. There are enough possibilities available for such changes to be effected. The spirit world can foresee fairly well whether or not such changes are within the realm of the possible, knowing the capacities of each soul much better than the human beings themselves, having the Book of Life available.

Guide Quotes © The Pathwork Foundation 1999
Full text of this plus all other lectures may be downloaded from www.pathwork.org.org

Pathwork™ in Texas

EVOLUTION'S FOUR STAGES: AUTOMATIC REFLEXES, AWARENESS, UNDERSTANDING, KNOWING

Quotes from Pathwork Guide Lecture No.127

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

The best way to begin is by discussing certain general phases of evolution in the human consciousness. There are four distinct phases. They interact and overlap, with each of course having many subdivisions, degrees of intensity, and variations. At this point, we need not go into those details, for they have been amply treated as we were concerned with each respective phase on which we had previously concentrated. And we shall do so again when we enter into the next phase of development. At the moment, we seek to gain a certain overall view.

The lowest phase of human consciousness is automation. Man responds according to automatic reflexes -- emotional reactions which are based on deeply imprinted wrong conclusions and generalizations. In other words, everything we have discussed and worked on concerning the images shows how man responds in blind, automatic fashion. ... The more he is liberated in some areas of his personality, the more does he try to rationalize and explain such blind reactions in order to make himself believe that they are based on freedom of choice rather than on compulsion, on reason rather than emotionalism. When the overall development is more primitive, such self-deception is less necessary.

Blind automatism is always the result of material that man is unwilling to face. This applies to all people. Some have it to a much stronger degree than others and need much more time to evolve to a state in which they become inherently capable of facing such hidden material and thereby change into a higher state of consciousness. ... On any real path of development, regardless what approach is pursued, the areas wherein man is unfree and automatic must be uncovered and made known. This automatism is the most primitive stage, existing to some degree in everyone.

The next phase on this scale of evolution is awareness. The curve of development proceeds from automatism to awareness. But awareness is by no means the highest stage. There are two that are further advanced. But let us first look into the meaning and significance of awareness. Awareness must be, in this context, concerned with uncovering the areas of blind automatism, of blind reflexes. All subterfuges, rationalizations, explanations, justifications, self-deceptions serving to deny the blind automatism must be ruthlessly exposed, investigated, and given up until man is face to face with the blind reflex mechanism. When this takes place, he is aware of the automatism -- hence the automatism no longer exists. Needless to say, man succeeds first in specific areas to pass from automatism to awareness, while he retains blind automatism in others until much later phases of his personal development. It can never be said that an individual passes from one state into the next in every respect of his being.

The transition from automatism to awareness is one of the most difficult that man passes through. It is so difficult to admit that he is driven by unreasonable fears, superstitions, generalizations, obsolete situations that have no bearing on the present. It goes against his vanity, for he likes to see himself more evolved and freed than he is. The longer he denies what is, the more does he suffer. Often it is this needless suffering that finally brings him to self-honesty. It could have been avoided if his vanity were not so strong.

Awareness means acknowledgment of one's limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense. This is only difficult because man coddles his resistances and fears and because he is so disinclined to give up appearing as more than he thinks he is. The stage of awareness essentially means becoming conscious of error, of deviation from truth. The moment he knows he is driven by false ideas, man is no longer in blind automatism. This requires courage and the cultivation of the inner will.

After a certain degree of awareness has been gained and, proportionately, blind reflexes have ceased, the next stage is understanding. Offhand, you may wonder what the difference may be. But there is a great deal of difference. Let us take the example of hostility. First, in the stage of blind automatism, it rages in the person's soul. According to character formation, the type of his images, and various other factors, he will either impulsively express such hostility and let it out onto others -- often without even knowing that he does so or by finding "good reasons" to do so. Or he will suppress and repress it, turn in onto himself, with its various results. In both alternatives, he is unaware of the hostility because he does not wish to admit to it. Therefore he is driven by it into blind automatism that he chooses to explain away. The moment he faces the hostility fully, he is aware of it. Hence, automatism must stop. But this stage does not yet mean that he understands it. He now knows that he has it. He even sees what it makes him do, how he reacts on account of it. ... Understanding the hostility means understanding why it exists, what first brought it on in a person's life, what conditions existed that created it, and what conditions exist now whenever a new flare of hostility is generated. What is the apparent and real similarity between the original and the present situation? How are they related in the person's psyche? How, if at all, are they related in reality? Why is the hostility based on a false assumption? In what respect? Understanding what one has become aware of previously means deeply experiencing the answers to all these questions. However, these answers must not be given in an intellectual way, like learning a lesson by heart. It must be a deeply felt reality. Then the stage of understanding has been reached, and the individual is ready to approach the next phase.

It is of great importance that all of you gain a view in what respect you are in one of the phases discussed here. Are you aware where you are still governed by automatism despite your having discovered the image that causes it? For it is indeed possible to do so and go on reacting blindly without knowing it. The momentary insight at the time the image was found has faded away and lingers only as a memory of the image found. In other words, it has become theoretical knowledge. It is no longer alive. It will become alive again only when it is observed, acknowledged, admitted that automatism still exists. ... When awareness has been gained, it must not remain at that point. Is understanding of what one has become aware of cultivated? The more this is the case, the less does compulsion exist to blindly react, the less likely are there relapses.

The highest phase of this particular scale is knowing. There is a great difference between understanding and knowing. Understanding means ascertaining cause and effect of negative patterns, the destructive emotions, the false ideas. It means understanding that these elements are damaging and that this is so because one is somehow immersed in illusion and misconception. But it is not yet knowing. And I advisedly say knowing rather than knowledge. For, knowledge is something much more vague, general, and dry. It is not knowledge I am talking about. I am talking about knowing the truth. When you know the truth, you more than understand cause and effect of images and misconceptions. You know what the right conclusions are behind the wrong ones. And it is always and exclusively the misconceptions which create havoc, disharmony, unhappiness. Nothing else can ever do that.

When you deeply know the truthful concept, the particular truth behind the particular error that you begin to understand, something begins to happen within and around the sphere of your being. Knowing is not theoretical understanding. It is experiencing the truth. Knowing the truth behind the untruth must connect the knower with a great spiritual principle, or several such laws and principles. Knowing them opens up the world. ... The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth. By studying theories, by reading even the greatest literature on earth -- even spiritual literature -- you cannot possibly know the truth. Knowing the truth means following through these stages of evolution I have just discussed.

Guide Lecture quotes © The Pathwork Foundation 1999
The Path to the Real Self is an unpublished manuscript by Eva Pierrakos

Pathwork™ in Texas

COMMITMENT -- CAUSE AND EFFECT

Quotes from Pathwork Guide Lectures #196

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

Wherever peace, fulfillment, light, hope, and trusting closeness to your intimate friends are lacking, let this be a gauge that something in you is amiss. This gauge is so exacting! ... Therefore the only reliable and realistic gauge for your fulfillment of your life plan is how you feel about yourself, about your life, and about those around you.

What does commitment really mean? We use this word again and again without really understanding and exploring what it means. It means, above all, a one-pointedness of attention, giving of the self in a wholehearted way to whatever the area of commitment may be. If you are committed to give your best and your all to whatever it may be, you will concentrate on all angles of the subject. You will not shy away from investing all your energies, all your attention. You will use your available faculties of thinking, of intuition, of meditation. In other words, you will use your physical energies, your mental capacities, your feelings, and your will to activate the as yet unmanifest dormant spiritual powers so as to make the venture constructive. This requires a wholeness of approach that can only come when the will is unbroken by negative counterforces. In other words, in order to be fully committed, no negative intentionality must exist.

Commitment exists in every imaginable undertaking. It does not only apply to a great and significant venture, such as man's spiritual path of self-evolution -- which is the most important undertaking in life; it also applies to any mundane little task of everyday living. To the degree you are committed, what you do will be pleasurable, free from conflict, fruitful, and rewarding. It will be one-pointed in direction; it will have depth and meaning; it will be successful; and it will bear the stamp and feeling of blessedness.

If you give an undertaking your all, and not half of it, how else can it be but rewarding and satisfying? But this is comparatively rare. Usually man gives only half of himself to an undertaking and is then confused, vexed, and disappointed when the result is accordingly incomplete.

Here is where cause and effect come in. When the effect is not being recognized as the result of the cause set in motion -- the cause being a half-commitment only -- a split in consciousness exists with all sorts of negative chain reactions. The resulting confusion will first breed a sense of helplessness and injustice. If you are not aware of the fact that you commit only a part of yourself to a venture, while another part says no, and if you then disregard the fact that the undesirable result is caused by this fact, you cannot help feeling embittered.

Disconnectedness between cause and effect regarding commitment creates the need to seek adjustment in the wrong manner. Whenever there is lack of commitment, there must always exist negative intentionality as well.

In the course of this work, most of my friends have recently begun to explore their negative intentionality -- that area within that very deliberately says, "I do not want to give my best of my feelings, or my effort, my attention, or my honesty (or whatever it may be). I will do it because it is expected of me, or because I want the result without paying the full price, or for some ulterior motive other than the thing itself." It hardly needs to be emphasized how important such awareness and admission is. ... Many of you who are really on the path have been able, at least to some extent, to admit some negative intentions, some deliberate withholding, some deliberate spiteful attitude. ... You still ascribe the undesirable suffering to other factors: other people's wrongdoings, coincidence, bad luck, or even some unfathomable "problem" within yourself you simply have not yet gotten hold of.

This is a most important point. I would suggest that you all explore what makes you most unhappy in your life. What do you suffer from? Do you suffer from an overt condition such as, for example, unfulfillment with a

mate, lack of the proper mate? Then look into yourself and ask yourself: what is your intentionality in this respect? And when you can verify that there is a voice in you that says, "No, I do not want to give to love, to the relationship, to the opposite sex all my best," then you will find your suffering explained. You can draw the link between cause and effect.

If you lack financial security, explore if you can find a negative intentionality that says, "I do not want to be able to take care of myself because if I do, I let my parents off the hook, or I may be expected to give something which I do not want to give." Again, it is necessary that you connect the link that your negative intentions bring the result, regardless how subtly and covertly they may exist, hidden perhaps under an overactivity, into the direction of fulfillment.

Are you frightened? Are you insecure? Do you feel inadequate? Do you feel an unexplainable anxiety and tension? Do you suffer from guilt feelings you cannot explain and that you try to talk yourself out of because the manifest guilt seems -- and on that level is -- totally unjustified? Do you deplore your weakness?, your lack of self-assertion? All of these are effects, my friends, effects of some negative intentionality that is deliberate on a level that must be totally admitted and brought out into the open. For example, if you harbor spite, stubbornness, rebellion, malice, hate, pride -- all of these traits must make you feel guilty. Such guilt may find its outlet in an artificial, unjustified guilt, as I have mentioned already many years ago. This guilt must also lead you into self-destructive acts. It must cause weakness, anxiety, unassertiveness, and all the ills you would want to be free of, but can only be genuinely free of if and when you make the connection between these manifestations and the cause of the negative intention so that the latter can be given up.

When you can truly see cause and effect relationships in your life, not only will you be motivated to want to give up negative attitudes and intentions and to institute positive intentionality, you will also gain awareness and emotional and spiritual maturity. Maturity is to a great extent the ability to put cause and effect together. The ability to put cause and effect together also indicates the degree of awareness an entity has reached through his development.

The emotionally and spiritually immature person is not sufficiently aware of tracing cause and effect relationships realistically. He is totally incapable of, or rather disinclined to, adjudging that his experiences, as well as his state of mind, are a direct result of certain causes.

The gradually increasing ability of connecting cause and effect, the maturing process and the growing awareness that are involved in it, bring such peace and light! It may at first be very uncomfortable for you to see how you create what you deplore, how you must give up what you ferociously clutch if you wish a different life experience. But once the beauty of these laws is perceived and accepted, the sense of safety and freedom that arises is beyond human words. It conveys, like nothing else ever could, in what a safe, just, loving universe we all live.

You first grope, work, and struggle in order to explore deep inner layers which consist of misconceptions, negative intentionality, residual pain. With each individual, the approach varies when one or the other of these aspects is worked on. ... Negative intentionality is a defense against experiencing pain. Misconceptions are a result of both. So there is an intrinsic connection between these three aspects. Maturity also lies in an ability to experience what one has produced without fighting against it. The mature soul makes itself light and receptive to its own innate feelings and fully savors them. This is the only way evil will cease to exist. Evil lies in all defenses. It is obviously in any type of negativity. And it results from misconceptions.

I come around full circle and close this lecture by saying: commit yourself wholeheartedly to your truth, to giving your best, to giving up the negative intention, the spiteful withholding. Now that you see it, want to give it up and let God within you help to bring in the opposite positive attitudes. The blessings are truly immeasurable.

The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles.
Pathworker Contributions Document #10 (PC10)

1. Principle: Law of Self-Responsibility

"You create your own reality." #40

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." #48

"Only you create your own happiness and Whappiness." #60

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. #29

"Every advantage has its disadvantage. #41

"The disadvantageous side of each alternative or decision } "las to-be faced and accepted." #32

"There is a price to be paid for everything."

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." #245

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life wholeheartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." #25

5. Principle: Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by yourself."

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." #222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." #193

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." #132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." #132

Guide Lecture quotes © The Pathwork Foundation 1958
Full text of this plus all other lectures may be downloaded from www.pathwork.org

References to Spiritual Laws in Pathwork Guide Lectures

#12 Law of Brotherhood

#25 Law of Facing Life

#26 Law of Cause and Effect

#34 Law of Cause and Effect/Law of Karma

#50 Law of Cause and Effect

#80 "Union is outside the law of cause and effect"

#95 Law of Attraction/Law of Affinity

#107 Law of Cause and Effect/Law of Causality

#120 Law of Strength and Power

#150 Being true to Natural Laws

#152 Law of the Universal Life Principle

#159 Law of Life

#161 Law of Love

#228 Law of Balance

#250 Law of Giving

#258 Law of Brotherhood

Additional Materials References:

E185 Law of Mutuality

EO24 Law of Cause and Effect

EO30 Law of Justice/Law of Brotherhood

EO31 Law of Brotherhood

EO35 Law of Brotherhood

EO54 Law of Causality

EO61 Law of Cause and Effect

E8 EO74 Law of Cause and Effect

Where to Go from Here

Discovering your own life's wisdom in the second half of your life

by James E. Birren and Linda Feldman

Questions taken from sidebar sections of the book

A. Where did I come from? *If life was a card game:*

1. *What you were dealt*

Reluctance can be caused by the fear that your life might not be appreciated. Once you begin to understand your own life, that fear will disappear.

You gain the strength to plot your own future after you understand your past.

What kind of hand were you dealt in life? What is your birth story? How has it make its impression on you as you look back on the details? Are there family stories about it? What do you know of your earliest history? How did you arrive at the poker table?

What kind of health cards were you dealt at birth and along the way? How did you choose to experience pain?

How would you describe the kind of family you were born into? How would you describe that same family today? Was there one specific characteristic of you family that still influences you?

Were you the oldest child? The youngest? What was that like? What were your parents' expectations? What were some of your early experiences with justice? How were infractions of the rules handled?

What did you like about the hand you were dealt in life? What did you dislike most about the hand you were dealt?

What did you learn about money when you were growing up and from whom did you learn it? Whom did you ask for money? When you were given your cards of life how many chips were piled in front of you and what were you told about them? What kind of childhood enterprises did you have? What did you do with the money?

Home... What is the first room you remember? Did you grow up in a male or female home? Who cleaned your home? Is your home in order now? Who's in charge of creating order

What were your history lessons? However your history unfolded, no matter what cards were dealt out in your hand of life, the task was the same: to make something of yourself. Do you feel that anyone has ever received a perfect hand?

2. *How you played the hand*

How did you play the hand you were dealt? When did your childhood end? When did you feel you were taking care of yourself? When did you first feel accountable? What was the first decision you made for yourself?

How active were you in making decisions for yourself? Did your decision making most resemble your father's style or your mother's? What was the best decision you made for yourself?

What kind of bets have you made on yourself? What did you invest? Whom did you ask to invest with you? What experiences influenced the way you played your hand? What bets didn't you make?

Were you caught in any ups and downs of your family? How was your initiative harmed or helped? Did you life return to its earlier status? How did it change?

Did you follow the rules or break them? How did you deal with success and failure? What skills did you most rely on? What experiences did you have with waiting?

Have you stood in your own way? What were some of your best moves?

What went into your decision making? Were you a farmer who planted seeds for new opportunities, or did you show up for the harvest? Were you a map reader who plotted the next move in an already explored land, or did you sketch in pencil where you might be next? How did you define success? How did you achieve success? What gives you satisfaction?

Were you a risk taker? In what areas of your life did you take risks? In what areas do you wish you had taken risks?

3. *The Dreams*

How were you trying to be?

When you were a small child, what person did you most admire? What quality in that person attracted you - power, beauty, kindness, skill? Have any of these qualities stayed with you?

Can you trace your early dreams back to certain people? Did you know your father's dreams? Your mother's? Which characteristics do your models have in common?

Did you experience something in your life comparable to the great killer of dreams? What transitions did you make? Under what circumstances did they come about?

What models are with you today? What did they teach you?

Did you have models who taught you your limits? How did you react?

Who were your negative models? What were the benefits? What were the costs? Did any originality emerge? What became of the originality? Did you follow the originality to any specific goal?

B. Where am I now?

1. *How do I feel about my life?*

What are the lifelong threads that hold the fabric of your life together? Has your life developed like a branching tree, a winding river, or crabgrass? Or is it a huge unfolding tapestry with a few major threads?

What kind of animal would you like to be? What kind of animal are you really like? How would your friends answer that question about you?

What's going on in your emotional life right now? What are your needs? What's missing? When do you feel most comfortable in your own skin? When was the last time you listened to your second nature? When did you not listen? What happened? When did you last take a stand on something?

How do you react when your passion level drops? What do you tell yourself? What's the balance between your passion level and your satisfaction level?

When do you feel satisfied? Which people and events do you feel satisfied with? When are you pleased with yourself? When are you not? Do some people in your life take from you? Is there enough unfulfilment to balance the takers?

What are some of your best times? How do you make good times happen?

What feelings have you gotten used to being without? How do you react when you feel depressed?

What are your distractions? Have you discovered an emotional theme from your past that stands in your way? How much armor-loosening do you have to do? How light do you travel?

2. What do I think about love?

What moves your heart? How do you go about understanding someone? How do you make yourself known to someone you love?

What are your ideas about love? When did you formulate your ideas? Which idea about love have you changed?

What acts in everyday life speak love to you? How do you alert someone that you love him or her? When was the last time you fell in love?

How much of your love life is you sex life?

How do you feel in the presence of someone you say you love? How do you know you're loved?

What is it that you feel when you feel loved? When was the last time you felt loved?

3. How to I balance my life portfolio?

Is your portfolio balanced? Do you get satisfying returns on your time investment? Are you diversified? What absorbs you creatively? Artistically? Romantically? In nature? How do you spend your Sundays? How much time do you spend having fun? What do you do that is purely unselfish?

What would you be willing to do less of in order to receive a greater return?

Does your life portfolio have heavy investment in your career? Your physical attractiveness? Your public image? Your athletic ability? Where are your other investments?

What do you contribute to someone else's life? What are the returns? What do you need to do to get more out of your investments?

C. Where am I going?

What strategies to I have for the future?

When you think about the future, what do you imagine?