

Pathwork Guide Lecture No. 7  
An Unedited Lecture  
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## DECIDE!: PERFECTION, BLISS; FEAR, TROUBLE

I greet you in the name of God. I bring you God's blessings. My dear friends, I have promised you to give you specific advice, teachings, and hints. Today I want to start with it. Of course, some of my friends, present or absent ones, are already well on their way, but some still stand at the entrance of this first door. And although I have to start with the very first phase, even those among you who have already passed through the first doors and have advanced quite nicely will find help and guidance. I will now outline all the problems man encounters in his soul before he has passed the first door.

Such a human being will ask himself, "Why do I need this?" because as yet, he has no inner sight and recognition how enchanting such an inner contact is and how important it is. Of course, there are a number of methods to achieve such a contact. There are certain exercises, and with much effort such a method may lead to some success to free the spirit sufficiently to have some spiritual experience and attain recognition to a certain degree. But there is only one way that leads to the safest and best success, and this is when the contact with the spirit world per se is not the ultimate goal -- be it for curiosity or interest, etc. -- but when it is pursued as a means for a purpose, when it serves man to perfect his inner self and to recognize God's will in everything -- the major as well as the minor questions -- and to fulfill His will. Then he is living according to the spiritual laws, on the outer and the inner levels alike. When this is the purpose, then utmost help and support will be given by God's spirit world to establish this contact.

For you, each emotional reaction, each thought, each opinion and tendency, and every minute facet of your personality are invisible ray-threads belonging to you and you alone. On the other hand, there are fixed, yet constantly vibrating spiritual laws, holding together in a net of rays, infinite possibilities, and modifications of outer and inner reactions. When therefore man's personal rays match with those held in the net of rays of the spiritual laws, then he fulfills his life and thus is in harmony and happiness. Where they deviate, he is in disharmony and consequently encounters difficulties which you often, mistakenly, call fateful events. The more man removes from the roots of such difficulties by covering up and pushing into the unconscious, the harder it will be to recognize the connections and dissolve or dig out the faulty roots. If you want to be happy, you have to find these faulty roots within. This digging for faulty roots is the path of perfection or purification or healing of the soul, whatever you may call it. If you desire the contact with God's spirit world for this purpose and this purpose alone -- because without it, it is not possible -- you will receive, as I said before, utmost help, support, and guidance. Then everything will develop and progress for the individual's best. Then he is in really good hands. 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.

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

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

When you stand before this gate, contemplate this, don't push it aside. Move courageously to enter the door; don't waver and turn back or hesitate to decide. Many believe and are of good will to a certain degree, but they think it is sufficient that they don't "sin." But, my friends, what is sin? Somehow every transgression of divine law is sin; whether you or the world recognize it as such is immaterial. The difficulties man encounters before he enters this door are the effects of such transgressions of certain divine laws, and the "I-cannot-decide-wholeheartedly" is one. This firm decision must be made, "yes" or "no." Even your "no" is better than no decision at all when you realize the consequences and the extent. It is, under such circumstances, more appropriate than indecision -- back and forth, "maybe" -- trying to leave a back door open, persuading yourself that certain material problems prevent you from walking this spiritual path. Material problems are, however, the consequences of spiritually wrong attitudes.

You all know whether you have entered the door or stand before it. And those who stand before it should ask themselves, "Did I make a firm decision?" Make it, either way! To go with God halfway is to no avail. Your disharmonies will increase because, leaving a back door open, you will convince yourself that you are still closer to God than perhaps an atheist. No, that is not so, my dear ones, that is not true at all. Belief in God is inner knowledge and sight, and such knowledge and sight are obligations! Only when you have made this decision -- and everybody has to search his own soul -- carefully consider and contemplate what is at stake here, what the earthly life means, what material problems are in relation to the great spiritual truth which is superior to material truth. Each one of you should deeply reflect on all these questions and then decide. This first decision will bring some peace already.

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

enough to walk this path, and when we have to observe how difficult you make it for yourself, trying to cover your eyes.

Now I want to discuss what it really is that makes it so hard for you to decide "yes" or no. As much as man regrets his faults, somewhere he loves them. Somehow he does not want to part from them. It causes a certain pleasure to give in to them, and he, so to speak, surrenders to them. Although he knows that, on this path, he is supposed to overcome them, he does not want to say good-bye to them, at least not with his entire will force. Therefore man needs to contemplate the truth, which will be revealed to all who are desirous of it, even before the direct contact to the spirit world is established. If you ask God, "Show me the truth" and you open yourself to it, you will receive an answer -- always. But you are so often indifferent. You cover these questions and push them aside. You are so occupied with your troubles and the little daily details that you forget the most important part. When you consider your personal affairs, you must admit that they are superficialities and trifles compared to the great totality of truth.

Will the truth, and open yourself for it! Ask God for recognition! Then you will realize that the pleasure of giving in to your faults is insignificant in comparison to overcoming them. Victory over the lower self is not only a momentary, quickly passing well-being, it is more. It brings liberation from tight chains, and it brings lasting, growing happiness, true happiness, without the bad taste of a bad conscience. This can only be achieved when you walk this path. You cannot make the decision before you have reached into the depth of this recognition. And to achieve this recognition is your first task; fight hard for it. When you profoundly, not superficially, contemplate my words and ask yourself: "Should I enter the gate? walk this path? should I subscribe to God and His truth wholeheartedly, unconditionally? yes? no?" then you have accomplished a lot. Halfhearted surrender to God gives the dark forces a leeway to break in somehow. I do not deny that God's grace will intervene when you have acquired credits from good deeds, etc. in a former or in the present life. But the dark forces are lurking in all directions. They are especially on the lookout for human beings who are just pondering the decision as to whether or not to walk the path to God, much more than for those who are not yet that far in their soul maturity. Look at the question from this angle too, my dear, dear friends. Then decide on your next move. We know exactly to whom this applies and who is beyond it.

The next decision that has to be made to establish this contact with God's spirit world -- after your decision was "yes" -- is to devote time daily. If you are not willing to do this, you cannot expect to accomplish much. Everybody will be able to take out the time, as busy as he may be. It is just a matter of will, attitude, and organization. When you have made the decision, you know that you have to pay a price. Ask yourself: what do I want? What will I receive on this path? What is the purpose? What must I lend myself to, what must I relinquish when I walk this path? What if I decide against it? The price for the happiness of this path is will power, patience, stamina, discipline, and a certain amount of time. That price is truly not too high! When you have met these basic conditions, you have removed the principal obstacles. Now you can start building. When your desire to perfect your inner self and face your truth is sincere, then you will receive spiritual help, ever expanding as you go on (1) being guided to outside help and (2) through your own recognition and perception, which are answers and hints.

This connection with God's spirit world is commonly called mediumistic contact. But not every human being must necessarily become a medium like the one through whom I speak. But you

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

I will give no further instructions today as to how to establish this contact with God's spirit world. I want to proceed systematically because if I give too much to my friends who are still standing before the gate, they cannot make use of it. When I see that no further instructions in this respect are necessary, I will continue and make known to you what is required for the next phase. This is the only basis which is essential: the contemplative consideration of what is for and what is against the decision, the decision itself, the surrender, the meditation about all that is involved here.

And now I want to give some general instruction. There are many questions where man thinks this is right because the opposite is wrong. But here, as I have often stated, in such cases, both extremes are wrong. To be specific, the more a human being advances, the more important it is for him to choose kindred spirits, i.e., friends and surroundings that are productive contributions to his soul search. It is necessary to help each other stimulate the soul. Thus it should be contacts that do not harm the soul, which is often the case with contacts that seem so uninvolved and innocent. But this too should not be forced. Ask for guidance; will the guidance. Then it will be given to you, wiser and more magnificent than you can imagine. Only by your experience will you really be able to fathom the wisdom and magnificence of such guidance. On the other hand, some human beings who have reached an even higher level, having sufficient strength, withdraw altogether from those on a lower level, due to the unpleasant experience they encountered with the wrong kind of association, which I just mentioned. But they should not withdraw altogether. It is right in many cases, and a human being who is trained in the contact with God's spirit world will be advised which contact to keep and which not. Of course, it is required that such questions are asked.

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

You should surround yourself with friends who strengthen you. If you are really certain that such contacts can no longer harm you -- they may constitute, in their disharmonious vibrations, tests to enforce your strength -- then you have reached the point that such contact with less evolved beings is a sacrifice. Consider that man wants to surround himself with kindred spirits and shies away from unpleasant ones. He has a tendency to apply in general that which he has experienced, which is right, and which was right for him -- that contact with less evolved beings is harmful per se

-- but which, on the higher level, is slightly different. There may be a mistake involved; a task may have to be fulfilled with such a weaker human being, which, when turning away, is missed. And if a human being on such high level is not quite happy, when something makes the soul restless despite the many inner recognitions, he may find the cause in a contact which he has turned down, abandoned, while he was meant to help, fulfill, and learn from it. You see, it is not always the same, depending on your level of development, that lower contacts harm your progress. Once you reach an advanced stage of development and are not entirely happy, think in this direction. Something like this may be the cause because the soul has then become a seismograph that registers the slightest lack of harmony, telling you that something is wrong.

Now, my friends to whom this does not apply, don't persuade yourselves that giving up this or that contact which you cherish is necessary per se. It applies to the other extreme -- those who want withdrawal because it suits them better. It is an intricate question -- give yourself an answer. Find out that frequently that which is hardest to do and most unpleasant may be that where your soul search got stuck, where something was not handled too well, depriving you of the true feeling of happiness, which will be yours when you walk this path of light 100 percent and thus fulfill your life. Think about this! Every one of you may find his grain. Don't act forcibly in anything, but be open for guidance in the right direction. Ask also for the guidance how to open yourself. This is all you need to do. If you are not willing to be guided in this or that area, you cannot receive the guidance and the help. How much help man could receive if he would be willing! And he simply does not think of asking for it. Sometimes he does not even want to think about it. How much happiness, how much bliss he misses!

My friends, such are the wondrous forces and rays of the spirit world of God! They want to embrace you, and your reactions make it impossible because your rays vibrate in other directions, and thus God's rays cannot penetrate yours. And now I am ready for your questions. I want to invite the new friends, if they so desire, to ask questions.

QUESTION: I have just read a book by Prentice Mulford where almost everything agrees with what you say. But there is one thing which I don't understand. He writes one should not concern oneself with the negative, especially not with one's own faults, because it reflects the negative. But you said we should face our faults and fight them. But in order to fight them, we have to think about them daily. There is a contradiction?

ANSWER: No, it is not a contradiction. The "how" counts. Of course, there are many human beings who "bathe" in their faults, who have this kind of false repentance which I mentioned before. They moan about their faults, saying; "I am a sinner; I am so bad; I just cannot overcome my faults. How terrible that I have this or that fault." And every time they think of them, they give over to such unproductive current or vibration, and the guilt feelings grow. But these guilt feelings, in turn, cause other negative reactions, and thus a whole negative chain reaction sets in. Of course, this is the wrong approach. It not only attracts the negative currents, it also involves self-deceit. Such a human being thinks he is humble, while, in reality, he wants his own comfort by telling himself it is hopeless. You will find this attitude quite frequently. It is as extreme as the opposite attitude which pictures perfection. A spiritually knowing human being who advises against thinking about the negative currents means this kind. But it is quite a different and an inevitable necessity on this path that man learns to know himself, faces his truth, and accepts it temporarily as a fact, not meaning he should consider it unchangeable, doing nothing about it. He should say: "This is me; I

have these faults. I know it takes fighting, will power, patience to get rid of them. But I can and will do it." That is productive.

When you analyze it correctly and touch the sore spot, then you will find out that, when man is so terribly shocked about and develops such guilt feelings over his faults and imperfections, what else is it but a certain form of pride and presumptuousness, of pretending to be more than he is? Such a human being looks at himself as being perfect instead of undergoing the effort to become perfect. And realizing he is not yet perfect, it is a horrible discovery which bothers his vanity. Thus he cannot take himself as he is at that time. That is the unhealthy part of it. If you follow this with your feelings and think, meditate about it, then you will thereby open more doors. It is always the "how." I have said this before. Of course, once you are able to see yourself with all your faults, without a feeling of disharmony or inner resistance, as an objective observer may see you, then you can build your positive house, but only then.

You must build on the foundation of truth. There is no building on lies or untruth. If you don't know yourself, or don't want to know yourself, or deceive yourself about yourself and your motives, and if you cannot face yourself as you are, with ease, you build on untruth. But viewing yourself in a relaxed way is genuine humility, which sets the beneficial forces in motion, enabling you to change from deep within, not superficially. Then there is constructiveness, recognizing the turning point and the Godly essence that is contained in the root which was twisted by a fault. This should be pictured and strived for. When I again and again speak of this perfection, my dear ones, which you should attain, you vaguely think of gaining this perfection through outside influences or experiences, i.e., to acquire something that is not yet in you. But this is not so! It is slumbering within you hidden behind many crusts, as I have told you so often. It is covered by your lower self, but only covered. The perfection exists already within you. Just remove the crusts!

To remove the crusts you have to realize first that they are there, and to accept the fact that they are as they are and have manifested in a certain form. Then they can be sufficiently "thinned out" to permit the breakthrough to the higher self, even where real blocks prevented the breakthrough. When you are fully aware that perfection is already in you, you will find it easier to overcome the difficulties, and imperfection will no longer keep you in its chains. Set this perfection free, that is in you, hidden behind many crusts, free. Once you have crystallized the lower self, lying before you like a foreign body, you can start constructing the positive forms which you want to realize.

Take, for example, someone who fights egoism. This is a fault that most human beings have to some degree, in some shape or form, but each one has only one portion of it. When in your daily contemplation you think about actions and reactions in relation to this fault, you will experience step by step phases. First you can hardly recognize where you were egoistic. Then you will recollect events, more so when you ask for recognition of truth and open yourself to it, where you were previously unaware of the egoistic trend.

There will then follow uneasiness, shock, and very bad conscience, paired with resistance against the recognition. Thus you must first battle any upcoming resistance, gain victory, and accept for the time being the fact of your egoism. This practice will bring along tremendous spiritual strength, which has many blessings in its trail. To make progress at this point, you have to tackle the problem from various sides. It requires prayer for strength and will force to see yourself as you are.

It requires meditation to become aware, deep within, how little humility there is when you are so overly shocked about every fault, how much pride and vanity it reveals, and how far removed from truth is such attitude of not being able to accept yourself as you are at that time. It also requires the desire to see interconnections with other faults, etc.

After a while, you will get acquainted with this thus far unknown you, with the unconscious currents. With continuous effort, daily work, reflection, meditation, prayer, and resolutions, you will then be able to curb your actions and reactions, break the previous pattern. Slowly you will be able to apply in daily life what you have recognized in your quiet hour and to react accordingly. Then, in turn, in your quiet hour, you will realize the progress in your actions, while you have to admit that the emotions still don't go along and the result is a discrepancy because it is easier to control actions than emotions. There is danger now to cover up emotional reactions, deceive yourself until they are buried again in the unconscious.

But this so often causes emotionally unhealthy currents. Man acts correctly because he has been trained to know what is right or wrong, his conscience has registered it, or because he wants the recognition and love of his fellow men. But such actions are not supported by the right feeling and thus turn into a lie. Don't give up. Continue fighting with courage for your inner truth. Then you will be able to prevent such inversion. The discrepancy between wrong emotion and right action will dissolve. In that phase, you will recognize that it requires much more spiritual work to change emotions, and you will not shy away from this hard work. You will build, in meditation, the good and right forms by picturing yourself free from egoism (or some other trait), by feeling the joy of letting others have what you always desired just for yourself.

As time goes on, these forms will be powerful. They will surround you like trees, as the lower self lies before you like a foreign body. The discrepancy becomes more apparent, but you will not be horrified each time. Slowly but surely, the old and wrong currents will change, and the emotions will genuinely adapt themselves to the outer actions which have already been changed. That is the procedure. Of course, it is always more convenient to leave all this alone because it is an inconvenience to face self honestly every day. Man is smart when it comes to finding subterfuges why he just does not want or need this or that. He is inclined to cling to that which is easy. But what is easily gained is not so very precious. Whatever is achieved through discipline -- which is a decent price -- brings lasting, greatest happiness. It just cannot be differently.

QUESTION: How can one dissolve fear when one is not in personal healing at the present time? How can it be done to dissolve a deeply embedded fear and insecurity?

ANSWER: You can do it on this spiritual path. You cannot do it alone. You can accomplish it only by two ways of help: help from the outside and help from within. Once you have made the decision to walk this path, to surrender to God unconditionally not only by your words and general faith but by the entire inner attitude, state of mind, bearing all consequences resulting outside and inside, then you will receive the outer help. The doors will be opened so that the inner help -- which is the personal contact with the spirit world of God -- can be given. When you have this help, you can remove any emotional maladjustment. Some friends of our circle here have already experienced the truth of these words.

Each one of you who makes the decision will receive everything that you need. If you decide to walk this path, to establish the contact with God's spirit world, you must want to free yourself from the imperfections. Such fears which you have asked about are a symptom of an imperfection, of a violation of a spiritual law. Such fear may be a large, tangled up clew, which really exists as a spiritual form. On this path, one knot after the other will dissolve until the whole clew is disentangled, and thus you will be able to live free of fear. Of course with every human being, such fear is of a different composition, and I cannot give general rules about what is the background of the fear and how it can be dissolved. There may also be involved an interplay of the subject which we discussed today.

My friends, when you always want a back door -- too cautious to be wholeheartedly for it, whether it is God, the important spiritual questions, or the minor and material details -- then you steer into a current where fear will ever increase. You are then not standing on any solid ground because you have chosen it that way. You don't belong anywhere. You have nothing to hold on to in the erroneous, often only unconscious, conviction that you risk not a thing by not confessing to anything. This may be a factor. Another factor, very frequently, is a lack of faith. The conditions were not met by which the grace of a living faith would follow. Thereby man has to rely upon himself exclusively. He believes that, anyway, everything depends on his own doing, and strangely enough, he hardly does that which actually depends on his work and whereby he could bring about changes. On the other hand, man feels that in many areas he must rely completely on God, but he cannot pinpoint this feeling, and thus his mind is inconstant because he just does not live up to the conditions of the divine laws to surrender to God. Even if man knows intellectually about the great truths, it has to remain a vague, unreal, and ambiguous something -- nothing real to hold on to. Without the yardstick, these negative feelings will penetrate. And the more he feeds his mind by negative thoughts, the farther he removes himself from the positive influence of God's spiritual forces, and with it his fear will increase. By his ignorance he violates more and more spiritual laws, and spiritual experience then cannot be had.

Furthermore, the fear may stem from clinging too tightly to the ego -- self-pity, vanity, cowardice, pride, the little woes and aches, in short, everything that nurtures the ego -- which is always on the lookout to be in the spotlight. Of course, this is mostly unconscious. But the less conscious man is of these proceedings, the less he can do to eliminate such unhealthy interplay. Therefore it is so important on this path to become aware of the unconscious currents and to examine them in the light of truth. The ego in the spotlight makes man feel lonesome. It places man truly in a point of focus, but differently than man (unconsciously) intended. It separates him from his surroundings and makes him blind to all truth because sight can never be gained by violating a law. And here the law of brotherhood is violated.

Thus man surrounds himself with a wall of separating solitude, he gets lonely, detaches himself more and more from his surroundings (this may not manifest in outer life which may be quite busy in regard to human contacts). Such solitude must increase fear. These principal points which I outlined here may further be connected with other personal inner currents. In their entirety, such problems can only be recognized through the hard work of self-recognition and discipline, then they can be overcome, leading to perfection and purification. Everyone who decides to walk this path will receive help in every possible way.

QUESTION: From time to time, I have dreams that materialize, and I noticed that they follow each other in quick succession, then nothing for a while even if I pray at night for a dream. I thought that perhaps lack of physical strength may be the reason for not dreaming. For instance, when I am very tired, overworked, I do not dream. Isn't it similar to the contact with the spirit world, which requires a certain strength, the od force?

ANSWER: Yes, I will say that it may be an influence as, in general, the reciprocal action of the physical and spiritual is very strong. But this is often not the only factor that is involved. You cannot request such dreams in your prayers. You may ask for signs and answers, but in which form they are given is not up to man. It may be better for you, at certain times of your development, to receive answers in a different way. You cannot yet judge why it is better to receive the answer in another manner than you pictured it. Perhaps your dreams are already a habit for you so that it does not require much effort, spiritually, to interpret them. But maybe it is expected that you work harder spiritually, and thus the answer is given in a different way. When it is important, once in a while, you dream in order to give you quick recognition. But on the whole, it might be required that your spiritual efforts should increase to make contact possible with the spirit world of God in other ways.

QUESTION: If a human being who believes in spiritual healing of the body, but has not yet fully been healed physically, goes to a physician for help, does this indicate a lack of faith? Or should one continue spiritual healing without going to a doctor?

ANSWER: No. Physicians are also instruments of God. And when a physician can help, go to a physician!! But seek the way of spiritual healing, especially where medical help may not suffice. Don't concentrate exclusively, in a wrong way. Here it is easy to be misinterpreted. To direct the right intention toward the ultimate goal is of great importance; strong-willedness in the detail can be a major obstacle. When sickness strikes, it has many causes. It may be karmic and may be a symptom of unhealthy soul currents. This symptom cannot be removed before its roots have been extracted. Then the symptom may disappear. Approach the problem from this point of view. Do not only attack it from the outside, but find the unhealthy root in the soul. That is the solution.

QUESTION: If one has a guilt feeling towards a loved one who recently passed, is it possible to reach him with thoughts and somehow make up for it?

ANSWER: Yes, it is possible to reach him in thoughts, but I would like to say that it is not always to his advantage. It depends. But how to make up, there is only one answer. As far as he is concerned, there should be no such unproductive feelings of repentance which will pull you and him down, paralyzing strength. You have the recognition that there is no injustice. Nobody has to carry a burden which was not, in some way, caused by his own unhealthy soul currents but which then, ultimately, is for his own good. It will help the spirit of your loved one when you seek within for the causes of your guilt feeling. Ask yourself: what has really caused my former action, or actions, or attitude? Even if I might not act in this way today, the roots must still be there which made me act like that. How can I find and remove them? This is the best and most productive meditation to cultivate.

Through this type of meditation, you will receive the greatest help. Then you can liberate yourself, which in turn speeds up the liberation of your spirit loved one. Again, the spiritual law is in

operation whereby the right way of tackling a problem brings the desired help. And especially then it is possible that such a spirit is led to the human being to work together on these problems, each on his side and in his way. Such mutual help is often perceived by inspiration. This is the most productive. You should meditate in this way.

QUESTION: Dear spirit friend, why has the number of horses on this earth decreased, while man multiplies rapidly? In my youth, there were one and a half billion people on earth, today three billion? How can this be explained?

ANSWER: The function of horses is no longer a necessity in the plan as far as human utilization is concerned. Formerly, horses were a necessity for farming and transportation purposes. This is no longer the case. The horse is nowadays actually and almost entirely an animal for pleasure purposes. Then the race dies out, and man can do nothing about it, to prevent it. On the other hand, if an animal species is not supposed to die out, man can do what he wants, i.e., kill them. Even if other animals kill them, they will still multiply.

This should make man think! The reason that so many more human beings are born is that incarnations from the lower levels can be increased. More and more beings reach the state that they can go through the basic steps of development on earth. In addition, many beings are reincarnated who have lived on earth before. All this is a sign of the general progress of the entire plan of salvation. More and more beings enter the earth sphere, partly from very low spheres and partly from the various other higher spheres. Do you understand this?

QUESTION: Yes, I understand this somehow. But when will it end?

ANSWER: You mean incarnation into the earth sphere?

QUESTION: Yes.

ANSWER: That cannot be foreseen. And since you cannot perceive such time element -- for you, it is an immensely long time -- it would not make sense to give you a number even if I could. It is also not possible to estimate it because it depends so much on the free will of the individual being. However, it is quite certain that one day there will be perfection. But when? That depends. From the viewpoint of spirit, the time element, whether it will be sooner or later, is not so essential. Important is only the speed of development of the individual because slow progress means more suffering.

Here I would like to mention that the development of the individual, man or spirit, is not only important to attain happiness, but it has a tremendous effect on the entire plan of salvation which you cannot fathom, not even remotely. Occasionally, one being may have an inkling of the extent of how far reaching his entire soul vibrations are -- his actions, his whole being -- not only affecting other human beings whom he convinces and actually helps, but also the reality of the spiritual forms built from the pure thought and feeling currents.

If you constantly activate these impure thoughts and feelings in you, there will be more consequences than you can ever foresee, more so for you on the path. I once compared it with the stone that is thrown into a quiet water. Many circles form, and even if this water were a vast sea and

the circles on the outside were very faint, they are still there whether they can be seen with the eye or not. It is the same with each action, each thought, each feeling, each deed, and each attitude of every being -- positive or negative. All represent a little stone thrown into a vast water. The effect is there.

QUESTION: How is this, in every life so many people burden themselves with a terrible karma -- murder, etc.? Then they are thrown back again?

ANSWER: The spiritual laws are laid down in such a wondrous way. I have frequently spoken about it. Ultimately the dark and the evil must reach such an extreme that the being wants no more of it and thus overcomes it. First of all, the karma that a human being creates for himself is the only remedy, the only healing agent to progress more rapidly and reach the light. There you see again that the spiritual laws always circle towards the same ultimate goal. The karma is a more direct and quicker way to reach the goal, but the gradual too will get there, unfortunately over a more painful road. Let's take the case of a murderer: a human being who has the capacity to commit murder, but does not give in to such feelings. He fights them. With that, he has won a victory, which in itself has its consequences. It makes him stronger, he gets more spiritual help and can proceed up the ladder much faster because of the victory he has won over himself. It is unimportant if this victory prevents committing a murder or, for someone else, to give up small faults. This is as difficult for one as the other is for the other. It is relative. But if he gives in, he creates this karma, and he has to live with the consequences. But just these consequences in the form of a hard lot or misfortune will one day make him think about his hard life, even if it is with bitterness and defiance at first. And it may take many lifetimes to get there. One day he has to ask himself, "Why does this and that happen to me again and again? Maybe I cause it myself, and I am not at the mercy of fate?"

With this, he takes his first step towards self-knowledge and self-help, which will bring him closer towards happiness. So, if short or long, the goal will be reached. The laws were made with great wisdom. Do you understand that?

QUESTION: Yes, but this takes an unforeseeable, long time.

ANSWER: For you, but you should not always want to see the final goal. This would just discourage you. You can already receive so many beautiful things on the way up the ladder, and more and more happiness will come to you before you reach the goal.

My dear friends, I will now withdraw into my world. And I tell every one of you and all my dear friends across the water, stay strong on your way. Everything is fine, your life will be better and better. No one is alone, you are all blessed by God and his world. God bless you!

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