

Pathwork Guide Lecture No. 9  
An Unedited Lecture  
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## PRAYER AND MEDITATION; THE LORD'S PRAYER

Greetings. I bring you God's blessings. My dear friends, today I would like to speak about prayer and meditation. What is actually the difference between prayer and meditation? Many human beings are not quite clear on this. Of course, with all such words, it is a matter of finding an agreement on the concept as such. I would like to distinguish them in the following way.

Prayer is the prelude to meditation. Prayer involves the thoughts. Meditation is prayer involving the feelings and soul forces as opposed to the thought forces. In order to reach this second and advanced step, man needs a certain discipline and concentration which is learned through prayer. Many human beings are not used to working spiritually, but right meditation cannot be achieved without having learned the first step of concentration.

When man has passed through the first door, he needs to realize that nothing can be gained without discipline, regular work, and the firm will to devote daily a certain amount of time where he reaches out for God so that the slumbering and hidden soul forces can be freed and linked up with the divine energy rays. And this can only be done by regularity and self-discipline, daily, if possible, come what may! There are no really fixed rules valid for all without exception. There are human beings who work better in a spontaneous way, but only in such cases where, in spite of spontaneity, no day is skipped even if time or location vary. As a rule, regularity is favorable.

At first, man has difficulty to concentrate. My friends have experienced frequently that the thoughts wander, that something material, earthly cuts in. Then they panic, and because of the disheartenment, they cannot find the thread again. I have often said it is important not to be perturbed by these "interruptions," not to get confused or disconcerted, in other words, not to expect too much right away, but rather to pick up the thread quietly. After a while, continuity and concentration will be accomplished. That is prayer. You human beings forget also in this area to ask for help all the time. You do not realize how useful this is. Why don't you ask, "Help me to learn the real prayer and the right meditation." Or when you have difficulty to concentrate or are confused, ask for assistance in that very same moment. Here, too, the word holds true: "Knock and it will be opened."

This concentration in prayer is not only advantageous because it constitutes a training, so to speak, but it is also especially valuable because each thought builds a form. And with the thoughts of prayer, you build harmonious forms so that thought-prayer also moves the favorable forces before you have learned the feeling-prayer, i.e., meditation. You see, thought-forms, although they cannot yet have the same propelling force as feeling-forms, they do achieve greatness when wholeheartedly built and when founded on firm will. Of course, it is assumed that the prayer does not consist of self-deceiving thoughts, but is desire for truth in itself.

This is the first step on this part of the path: first the pure force of thought through concentration in prayer, then freeing the feeling-currents. This brings along, to a certain degree, relaxed clarity of spirit. Then it is meditation. When man has learned concentration to a certain degree in prayer, the regularity and self-discipline connected with it, then he may encounter the difficulty of falling into routine. Finally, he thought he accomplished concentration, only to find another battle waiting: too much discipline and mechanical work, which makes prayer a chore. Then and only then, it is time that you learn to make a way with prayer into the deeper layers of the soul. There are several means to do so. As I said before, prayer involves the thoughts. It is formed in the head. Meditation is built up where the solar plexus is, which I generally call the spiritual center of man, where everything is indelibly entered. If you can set these feelings free so that you are able to determine when to contact God in this way, then you have mastered self to some degree and also the obstacles of matter.

Now you will ask how to link up with this vibration. There, I say, all inner currents which have been channeled into the wrong direction are obstacles. Whatever exists and broods unrecognized in the unconscious is a block. Where man finds it difficult to swing in the divine rhythm, where he feels resistance, he may be certain that such an unrecognized violation of the law holds his soul down. Self-recognition, self-examination, and elimination of all these obstructive currents are the only remedy. However, this cannot be done without outer help, guidance, and advice. Aside from this, there are no fixed rules. It is different with everybody. Each one has to find that nook within which emanates a wave of resonance with the divine current. Do not expect this instantly. It may not always be achieved.

Occasionally, there may be spiritual incitement, which then vibrates in man even when the soul is still blocked. But such influence is rare. Man should never say, "I am not in the mood; I need to be in the mood." Such "moodiness" is no longer a valid excuse. Man should be able to control himself, which cannot be accomplished when he omits systematic care of his spirit and his development. You must master yourself and not be mastered by moods, be dependent on them when to make contact with God, who penetrates your whole being. This is the purpose of this path. It is the goal which, to reach, you cannot expect right away. You will make it on this path. You will be able to determine when to let these pure forces vibrate in free flow. And this can only be done on this slow, troublesome path. Pray also for assistance in this area. Christ helps in a very special way. Whoever turns to Him will receive the help because he has promised it to you.

There are a few means to set these soul forces free. For one, it may be advantageous to recollect his most recent experience of oneness with God's wave. Perhaps he can invoke this feeling by imagination and let it penetrate into the emotions. For another, contact is made easier by reading a Bible verse or saying a prayer or contemplating one of the spiritual laws. It is quite different in each case. Everyone must sense his own mode. But generally speaking, the most effective way is victory over self -- when there is an insight, true, complete, unconditional, when a resistance is overcome, when total receptivity for God's will and truth is achieved. Such victory sets many forces free and causes a wondrous vibration, which leads to meditation although, in the beginning, it may not always be accomplished. I will speak at another occasion more about the soul prayer, i.e., meditation.

Today I will revert to a promise which I gave you some time ago. It is a further interpretation or meditation on The Lord's Prayer.

At a previous occasion I have spoken about the meaning of this prayer and how to meditate on it. There are so many ways and possibilities. My first interpretation was a more general one. Today I would like to shed light on it from a different angle. I wish to show you how you may find in this prayer, at all times, everything you need for your growth, how to apply it in a personal way, and how all your problems dissolve in it. You can meditate on it for a good hour.

### Our Father

You know already that you should picture in this word God as the Father of all beings. But when you say this prayer very intimately to yourself, then contemplate especially that it also refers to those human beings whom you do not like, or do not care for, or who cause in you a certain resistance, or with whom you are in discord presently. You do not need to hate them, it is enough when somebody irritates you. Think that these human beings are also God's children. If you want to call yourself a child of God, you are only then justified to do so when you also consider those who create unpleasant feelings in you, a child of God as you are.

When you can do this, then your whole attitude, and thus your feelings, will somewhat change. In that moment, you will be more relaxed and much freer. Of course, at first this may cause difficulties and resistances because the emotions do not give in at once or readily change, and when there are major negative emotions of any kind involved, there is quite certainly a strong inner clew somewhere. This resistance should be a warning signal for you how important the disentanglement of such clue is for you. Just gain the insight that something is out of order within you when you hold such animosity feelings even if your adversary is completely unjust! Then will to adjust what is wrong within you and be willing to accept recognition, inspiration, and instruction in whichever way they may come. Then you will receive what is needed to be freed of this malady.

Beg and will. And suddenly, when you profoundly contemplate the depth of these words and apply them in your life, the heaviness in your chest will vaporize; you will be freed of the burden. Try also to achieve this by way of leaping over and through all that which perturbs you, and focus in your thoughts the perfectness in this human being. Try to become aware how and where God's spark is expressed in this human being. Here, too, seek, and you will find. In this way, you will increasingly remember some characteristics which clearly indicate that this is the higher self of the other one which is entitled to be considered a child of God.

It is so important to draw a separating line between the higher and the lower self. Always pinpoint precisely, this belongs to the higher self, and that to the lower self. The higher self is eternal, immortal, and a part of God. The lower self is perishable, temporary, and not a part of the true existence. Do this not only with others, but start with yourself. When you are able to distinguish, then it will suddenly be less difficult to love your neighbor. And when you recognize the separating line in your own self, then it will be much easier to consider those whom you do not like as a brother and sister. Let your higher self span a connecting thread to that of the other one. Our Father! -- it comprises all this.

### Who Art In Heaven

Heaven is within you, not outside. Search within yourself, and discover heaven: your own perfectness, which exists already within you, hidden, covered to some extent. And seek heaven --

that is, God -- in your neighbor including those whom you reject because only then you can find the eternal, living God.

### Hallowed Be Thy Name

This, too, can be meditated on in various ways. You honor the name of the Father as holy in that you try to fathom His laws and to abide by them. Each life modality falls into the appropriate spiritual law. Where life's problems cause a confusion, you just have not found the respective law. When you say this line, "Hallowed be Thy name," think where the difficulties are and where the problems. Ask God for the answer; ask Him to let you know which law you have violated so that you then will be able to honor His name as holy with growing profundity. Then the personal contact, which you all should learn to establish, will come into effect. Because if you truly and honestly and with your whole heart view your problems from this angle, "Somewhere, even though entirely unconscious, I seem to violate a law, but I will no longer do so," then you will receive an answer. Perhaps not at the very same moment, but when you are alert, life will give you the answer.

In this way, God's name is hallowed.

### Thy Kingdom Come

Only when you honor God's name as holy in this way do you draw God's kingdom close to you, because it is within you. You always think, if you give it a thought at all, that God's kingdom is outside, that it will somehow descend upon the earth, and you, on the earth, need only to enter wherever God's kingdom is supposed to have manifested. That is an error. You are thus building erroneous forms in your imagination. God's kingdom must be created within you, and this can only be done when you go through this training successfully and when you get acquainted with and learn to apply the spiritual laws.

### Thy Will Be Done

I do not say much about it now because I have discussed this at length many times. But I would like to say again how difficult it is for most human beings to truly apply this on the personal level. You claim so often that you do not know what God's will is; otherwise you would be willing to do his will. I have told you, if you strive for the contact with God's spirit world in order to find out what God's will is and then to follow unconditionally where still insecure, then you will quite certainly receive the answer. But if it means pondering to and fro, left and right, in areas where you cannot yet be certain by your own judgment, then turn to other areas where you can accomplish much in this respect, where the answer is quite obvious if you only contemplate it.

But each one of you can be sure that it is God's will to walk this path of perfection in whichever way it may present itself. You can be sure that it is God's will quite certainly to face self in honesty instead of choosing the more comfortable way of pushing aside what causes uneasiness, covering it up, and blaming the other one or outer circumstances which makes it superfluous to seek the wrong within you. Contemplate what causes repeatedly such inner resistance, and you may be sure that whenever such inharmonious feelings rise in you, you have violated a spiritual law somewhere. Error and misdoing of others cannot be the cause of such wrong emotions in you as long as something is not wrong in you. And then you have the answer that, in some respect, you have not fulfilled God's will yet.

One may struggle with general, religious questions (which ultimately are rooted in something personal); another one struggles over strictly personal matters. But whenever there is a feeling of anger, of resistance, of fear, as a matter of fact, any discord, then you have a clue that something in you is not in order. Otherwise there would not be so much darkness in certain areas of life. And even if it takes time to find out, when you strive for it wholeheartedly, you must find the answer sooner or later. When you ask in this sense, to do God's will, then the answer must come. Don't be afraid, because God's will is always wise and good and leads to bliss although the transition stage means battling. Then ask yourself, "Am I truly willing to do God's will even when I don't like it at first?" I spoke about this at length. Combine that lecture with what I said here today.

### On Earth As It Is In Heaven

What does this mean? What is heaven? What is earth? Would it not be strange if you human beings would say a prayer that God's will be done in heaven, which many human beings picture somewhere outside? If heaven would be outside, would it need your prayers that God's will be done there? Would you be able to exercise such influence? No; of course, you can, to a certain degree, by walking the path of perfection, by the influence and enlightenment that you spread, raise God's kingdom awareness in other human beings. But, as said before, heaven is within you. It is your spirit, the perfectness, which waits to break the walls of your low earthly self. God should work within you in every detail, not only in your spiritual but also in your earthly life.

Try to think how far you do this already and where God does not yet penetrate your whole being, doing, thinking, and feeling. Try to imagine if you were told to relinquish something to which you cling -- even if it is just an opinion -- in the conviction that this must be God's will. Would you let go and at least contemplate that it must not be so? Or would you quickly be willing to convince yourself that it is not so only because you want it differently? Contemplate in which area of our life this might apply. And then face yourself with absolute honesty. What do you prefer: the truth or clinging to previous conviction, whatever motives may be involved? Do you believe what is right? Don't you believe that God will show it to you? But first you have to be willing, let go. Where such tense rigidity exists, even if it is the right opinion, then your God's kingdom cannot rise in you. But if the opinion is wrong, then the truth cannot take effect in you in that respect. And without true thought-forms, God's kingdom is blocked.

### Give Us This Day Our Daily Bread

This is so often mechanically repeated without picturing anything. Because when man earns his daily bread, he assumes -- not necessarily thinks it -- that this has nothing to do with God. I tell you honestly, my dear ones, you can do nothing that is not blessed by God. And whenever you try it, it will always break in pieces again. Those who have already a little bit of spiritual training can judge quite well when reflecting upon the past: "What in my life had God's blessings and what not? How does the difference feel? What did go wrong so often? Where do I always have the same troubles? What is the true reason for it? What do I approach in the wrong way? Where do I have the wrong attitude?" Think about this, and then surrender it to God. Be willing to be guided here, for your earthly and your spiritual bread. The spiritual bread is so neglected. You think it is less important than the earthly bread. No, my dear ones, the spiritual bread is much more important. First make an effort to earn your spiritual nourishment, hunger for it; then your earthly problems will dissolve, not the other way around.

When you hunger for the spiritual bread, you have reached a certain level on the path.

### Forgive Us Our Trespasses (Debts)

Now, my dear ones, "forgive us," not me alone! This includes all those human beings who have hurt you and whom you may not be able to forgive completely. If you really wish that God may forgive them, then you are freed from a dark form by which you draw detrimental forces and influence of dark currents. Think what these words comprise. God should not only forgive you, not only those you love, but also those for whom you have negative feelings. And sometimes you are not quite clear on your own guilt. Man tends to often feel a wrong, unhealthy, exaggerated guilt where it is not justified. This inner process is as follows. Man shies away from recognizing that as guilt within himself which would be justified and where he could feel a healthy, constructive repentance which would not again pull him down and discourage him. When man, with such a healthy repentance, asks God to forgive him and when he really wants to change, then he will feel God's forgiveness and liberation, and he will know that a burden was taken from his shoulders. This will happen when it is recognized that the will for change and going through with it are sincere. But man so often does not want to face the real guilt because in his conceit he sees himself more advanced than he is, and also it is too much effort for him to bring about the inner change. Deep within, he knows that it cannot be done from one day to the other and not without effort. However, since the spirit core within him signals to realize his guilt, but the lower self interferes with his pride and his laziness, man takes upon himself quite frequently a wrong guilt, knowing deep within that on his part nothing can be done in this respect. It is as if his inner self wanted to say thereby: "You see, I repent; I realize, but what can I do? Actually, it is not true that I am guilty here."

Of course, these are unconscious happenings, but they should be brought to focus. This is the difference between the so-called guilt complex and true repentance. The experience of all human beings who walk on this path of light has always been such that whoever recognizes his actual guilt will thereby not only automatically lose all false guilt complexes which pull him down, but he feels instantly relieved and in peace because truth always brings these feelings, even if it means to fight hard in order to open himself wide enough and to be willing to overcome. Thus, because, as a first reaction, man feels a shying away from realizing the real guilt, he imagines on unconscious levels a variety of possible, unreal guilt feelings which either do not exist or apply or which concern faults which man does not want to realize because he is not yet willing to accept himself in the present state of imperfectness as he is.

Such guilt feelings are unreal and are never liberating. They cause a negative rotation -- heaviness, sadness, no liberation -- while the truth always, always liberates, as unpleasant as it may be at first. Examine yourself in this respect. When you penetrate all these layers of appearance, of delusive make-believe, then you will reach through to the real guilt.

He will find how and where one or more spiritual laws were violated in action as well as in emotional reaction. Only then can he really ask for forgiveness, which also comprises the petition that God may show him and help him as to how the inner change can be effected. Only in such inner freeness can man forgive others completely. You cannot expect to be forgiven as long as your whole being is not willing to forgive others. Once you have experienced, comprehended, and felt God's forgiveness, you should be able to forgive yourself. And this leads to the next line.

### As We Forgive Our Debtors (Those Who Trespass Against Us)

How many human beings say this prayer without thinking of truly forgiving, thus deceiving themselves. While there may be no hate, there is so often grudging. Oh, if you don't free yourself that far, you just cannot be free enough to have the illuminating experience of spiritual recognition. But it is so difficult for you to bring about this complete forgiveness because you lack the understanding of the other person. Therefore ask for the understanding; beg for the insight you lack in this respect. When you really will this and not, as so often, bathe in grudging, then all this will be given to you.

You human beings do not comprehend that of self you can do nothing. You need the help. Always ask that you be helped here also. This is the reason why this sentence is part of the prayer! Because if all this were a matter which you can achieve with will power alone, then you would not need to pray for it. You do not need to pray for being able to walk from here to there; when you have healthy limbs, you can do it at will. But you do need help to really be able to forgive. And you do need help to recognize your inner self in complete honesty, without masks. And you do need help to accomplish discipline and inner change, etc., etc.

Take the bull by its horns, honestly: "Do I truly forgive, from the bottom of my heart, all human beings?" You can only then ask for assistance, when it is quite clear to you that here and there your own fountain does not suffice. Please, do understand that not forgiving is a burden. It makes you unhappy, and it blocks the freedom which all of you desire so much. It harms you much more than those whom you cannot forgive.

#### Lead Us Not Into Temptation, (Lead Us In Our Temptations)

I repeat for those who have joined our circle now. It is usually said, "Lead us not into temptation," and these words cause wrong implications and thus can do harm because God does not lead man into temptation. It rather means that you ask God to lead you when temptation is at hand, that you can resist it, that you have the strength and the insight to be victorious. When you follow this clearly, then you can also say, "Lead us not into temptation." I mean, it does not depend so much on the order of the words as long as it does not cause confused concepts.

Now, what is temptation? Again it is, of course, within you. It does not come from the outside. Even if there is an outside cause, it can only tempt you when something in you is receptive for it. Could you be tempted to commit murder? Quite certainly not, but you can be tempted to give over to your faults, whatever these faults may be. Therefore it is so important that you realize, at all, that and in which way you can be tempted, i.e., what your faults are. Count them so that you remember them. And then, again, ask for the strength and the help to overcome these faults because you cannot do this alone either. Only therein is temptation. No Devil and no Satan could do anything to you if you were not receptive for whatever is concerned. And when man prays that God keep Satan at a distance, this again is a misconception. Because the germ by which you can be led into temptation is in you, in your lower self crust that envelops your perfectness. The dark forces serve as the instrument to draw it out, to bring it to your awareness so that you can battle it, because otherwise it would continue to slumber in you, and you would have no opportunity to wrestle with it, thus perfection could not be approached -- neither true bliss.

#### But Deliver Us From Evil

Here, too, it is the same. The evil is in you. If it was only on the outside, it could not touch you. And when you also hold this in prayer thoughts, then because, alone, you are not able to make

it, ask Christ to help you master temptation so that you can remove the roots of evil. Only you can do it, with God's help and with Christ's help -- the help which He has promised you. Try it with Him. Do not try it alone, you are not strong enough. You need the will power, you need the unceasing effort, but this alone is insufficient as God or Christ or spirit could not deliver you from the evil if you would not have the will power. Thus you need both. Try to comprehend this, tackling it from both sides, -- through your own work and by asking again and again for the spiritual help.

#### For Thine Is The Kingdom

The kingdom of God is within you. It should belong to God and no one else.

#### And The Power

God's power alone cleanses, delivers, and illuminates the truth, propels the love capacity, rouses understanding, invokes happiness, and lifts you from all the darkness and imperfection which has burdened you through your many lives, and it brings The Glory, which you can only attain in this way.

I could tell you much more yet in reference to this prayer, the most beautiful of all, wherein everything, I mean everything, is contained that you need for your life. But there is not sufficient time in this hour. I have given you just a few clues, and it would be advisable if each one of you who hear or read these words would think about it in your quiet hour. Perhaps you will receive further thoughts and feelings how to apply it very personally in your own life. This then would be living prayer, when the interpretations here become clearer to you and expand, and when you contemplate how you already apply the essence of this prayer in your life and where not.

If you try and live in this way, you will become happy, my dear ones. And as time goes on, all problems will just have to disappear. Although they are there in the beginning, they are the necessary medicine. You will master yourself increasingly, and thus you will master life instead of being mastered by life. I tell you, contemplate this, all of you, "How happy am I?" You may be certain your own degree of happiness is the degree to which you can make another one or several human beings happy. But also know, you cannot make others happy as yet, also to the same extent that you lack happiness, but as it will be possible one day when you continue walking on this path. This self-examination about your own happiness is a simple little yardstick, a precise barometer by which you can measure how much happiness you are able to convey. And if you are filled with the desire to make others happy, then God will provide the opportunity, and only in such way will you be blessed with the true happiness.

Today I again have a message for you, my friend. There is a female spirit here. It is not the spirit for whom you have asked once before. It is a spirit who is connected with you in great love, another kind of love. It could, perhaps, be your mother. This spirit wants to let you know that she is happy, that she's getting along fine, and that she never felt bad in the spirit world. But she has also learned a few things, and she brings you the following message. A few things which burden you with regard to the past when she was still on the earth, you see from a wrong viewpoint. You should try to have more compassion, more understanding, and more leniency in coping with the blindness of another being. Do you understand what she means? This will help you because it burdens you, and she begs you to try walking this path because then you will understand many

things much better and you will attain freedom only in this way. She sends you her love. Now, my dear ones, I am ready for your questions again.

QUESTION: Dear spirit friend, why did it take you such a long time today to manifest through the medium?

ANSWER: It did not take longer than it usually does. You forget that as a rule you play a second record between prayer and trance. And this was omitted today. The medium prepared for the trance thinking that a second record would be played.

QUESTION: How is it that also a medium can earn her bread with her task? There exist quite different opinions about this. Although it makes sense that a medium, like any other human being, must earn her living expenses -- would it be that if in another way, there would not be sufficient time for her work -- there are statements from other spiritual sources that this should not be so. But this is a discrepancy, a problem. What can you tell us about this?

ANSWER: I have to tell you the following. If every medium in training would know that he/she could make a living with this task and aims at it from the beginning, then there would not only be more misuse and playing around with the gift than exists anyhow, but the temptation would also be too much for a decent human being.

Therefore God's spirit world is very cautious with this subject, and it is often good for a human being to start this work thinking in no way of doing it for material gain. But since you ask me now for an answer, I will say a medium should have worked at least between three and five years before earning money with this task. During this period of training, God's spirit world can see whether the human being is really capable. If not, God's spirit world withdraws anyhow. Money is only one of many obstacles which cause man's failure. But if the human being is capable to fulfill this task, then the money will not be an obstacle, it will not present an influence any longer, and it will not color the result. It all depends, but at least three to five years should go by. And if everything is well, if God's world does not withdraw, then guidance and signs will appear on the outside, which indicate that now you have reached the point. Before that, guidance is also given that the medium is ready to start helping others. This, too, takes some time, depending on the progress. It will be indicated by a number of "green lights."

Of course, there are also human beings who just do not need to earn a living with it because they have sufficient means. But where this is not the case, the spirit world of God takes care that, during the training period, there will be sufficient means for the medium to survive. In principle, it is of course entirely unjust to say that a medium -- for all the time, energy, and effort spent as in any other profession, often more -- should not make a living with it, or that, if not, it then will not be a contact with God's spirit world, or that it therefore is deceit or an end in itself. If man is looking for an argument in order to disbelieve, he will find it; then he will also always find it when he is not requested to pay. On the other hand, there are also contacts, even if the medium is not paid, which are not from the divine realms. Ego, power, vanity, pride, self-aggrandizement are equally strong obstacles. It is not quite that simple to judge this entire complexity.

It will become obvious during the training period, and if all is well, the medium her(him)self will not need to push the issue, but others will be instrumental. The necessary training period of

approximately three to five years does not only comprise work and training for mediumship but, most of all, very active participation in a spiritual development path in the sense I always speak about. If this is the case, then this contact will have full divine protection, whatever the outer circumstances may be. Of course, a medium should not deny her help to a human being in poverty who cannot afford to pay. But human beings who are willing and able to spend money easily for less important things, at the same time expecting the medium to give time and effort for nothing, would really not be quite right (except, of course, if it is on the training level). If a medium, during all this time, is truly on the path of self-development, then neither material interests nor vanity or other such trends will become blocks. Of course, this can hardly be recognized from the outside unless you know the medium "inside out." Only the medium -- and God -- will really know the truth. And that counts.

A medium who is trained in this way goes through the years of training like a physician or a teacher who attends a university and after a certain time may treat patients without being paid for it (perhaps in a hospital) until the point is reached to earn money with his profession. After he has received his degree, he can be a decent, honest, conscientious, and good physician although he earns money with it. If a medium is really capable to give help, it would be absurd to devote all the time and strength to a profession of less preparation, not constituting a real helping agent and the pursuance of which would leave insufficient time and strength to help and work in the task best suited for her (him). It truly would be the same if a fully trained physician would work in his profession as a sideline because he could not be paid for it and would have to choose another profession to make a living.

Every prospective medium who wants to pursue this path should be prepared that for quite a while there will be no pay. God's world will help and guide that during this time money is provided in this or that way. But when the time has come, God's world will again help and guide to slowly decrease working hours to be spent by necessity in another occupation, step by step so as to subtly take it out of the medium's life. And for those who take up the medium's help, time, and effort, it should not only be self-understood, but it is also to their advantage to give within the scope of their means in order to help the medium make a living. If a human being, for this reason, starts to doubt a medium, then something is wrong with that human being's inner self. Then he had better revise and examine his thinking.

Once again, there should be a training period of at least three to five years; in many cases, it may take longer. It depends entirely on the prospective medium's intensity, how diligently he (she) worked on spiritual development. When the time is ripe, then outside events will make it clear -- now another green light has been given. Is this understandable?

QUESTION: You said today in your lecture that when there is a heaviness on the chest, we should ask ourselves what is wrong within us. But this heaviness could, for instance, also be sorrow?

ANSWER: That can be, but here it depends on how the sorrow is. Is the sorrow a healthy one? Then it does not burden you. On the contrary, it lifts, it causes to relent. I would almost like to say that despite the sorrow something mysterious happens within. It is impossible to express these feelings in words because it cannot be done with feelings. Just try to understand, feel, sense what I mean -- the difference between bitterness and solvent sorrow.

QUESTION: I would like to know whether the message you gave me refers mainly to the past or also to the present time?

ANSWER: It refers to the past, and only to the present time as far as your attitudes are still colored by it, or influenced, from the past. I want to express it perhaps in this way. It is something which you have not yet completely tackled. Can you understand this?

QUESTION: What must man learn and attain, more specifically, while on earth in contrast to being in the spirit realm? Are there different tasks to be fulfilled on earth? Or is it a continuation and a rotating circle of the same tasks?

ANSWER: A rotating circle. I would like to say that the circle closes, but often to the contrary, in contrast. It can be that with one human being there is a parallel task, spiritually and materially, while for the growth of another human being, it may be necessary that there will be a vast contrast in order to gain harmony. It is always -- when man is on the right path -- part of a whole, the consequence of a spiritual cause. And the circle must be closed even if it may seem to be incoherent.

QUESTION: In other words, in some cases more can be learned in the spirit sphere than in the physical life, and conversely?

ANSWER: Yes, that is very true. It depends again on the level, that the levels penetrate each other, because this is what belongs to perfection. What is learned in the spiritual level must be transferred to or penetrate through the level of consciousness, while that which is learned in the earthly life sometimes must permeate in the spiritual. How this can be achieved, man learns on this path. But man can walk on this path of perfection without pinpointing this; at first, specifically, it develops somehow. You know that there are several modes of walking this path.

Now it is my specific task to help those human beings on this path for whom it is important to focus their attention in such a way that that which has already been achieved in the spiritual is raised to consciousness, as well as to bring to awareness the lacks which still exist in the soul.

QUESTION: That means that the statement that there is a slowing down in the spirit sphere, that it gets more difficult and takes longer is only a relative one?

ANSWER: Somehow, yes, in a certain sense, because time is relative anyhow. I should also not say that it is more difficult. But according to human time measurement, it is slower, much slower, but not directly more difficult. Because it is so much quicker on earth, it is also more difficult. And because you come in contact with such a variety of all kinds of levels of development, it is also more difficult because it again and again hooks directly into your own imperfection. This makes it more difficult but also makes it possible for a man to develop quicker, while in spirit realms mostly the same kind is together which eliminates friction and slows down development.

QUESTION: An integration process on both sides?

ANSWER: Yes.

QUESTION: When and where did my mother pass?

ANSWER: I cannot answer this question today. You see, my dear friend, a spirit is not all-knowing, as you sometimes think. I may be able to find out, but I do not know today whether I will be permitted to give you this answer. If yes, I will tell you the next time.

QUESTION: Reverting to your prayer outline, you said that we should look back and contemplate that which repeatedly went wrong. When I think about that, and with all psychology and with true effort to find what again and again went wrong, I cannot see the reason. I do not know why these things take place so often, and I do succeed with other things about which I don't care so much.

ANSWER: Of course, frequently these are karmic experiences, but this does not mean that it could not just as well be dissolved in the same way as violations of spiritual laws which have only started in this present life. It is actually one and the same because everything encountered repetitiously has a cause and this cause can only be found on the spiritual path. It would not be good if I would give you a simple answer, because it must be found and digested. But I will show and help you that you can find it so that you will be able to disentangle these knots in this life already. This will bring you happiness, not if I just tell you. I will guide you very slowly, and with every step you make upwards, you will gain more spiritual maturity, enabling you to take in more knowledge.

QUESTION: With me, it is the other way around. I had repeatedly the same illuminating experiences, at intervals, but still with regularity. Does this mean that at certain times there is especially strong protection or. . ?

ANSWER: This may be karmic too, just as certain lacks in life are karmic, whether they stand out at certain intervals with regularity or not, whether you notice the regularity or not. There are karmic credits which take effect. But they can also be credits earned in this life, just as with the negative.

QUESTION: I have here a misunderstanding. I thought "karmic" is only the negative.

ANSWER: That is just a misunderstanding.

QUESTION: It is a personal question, referring to my father. I sense that he is always around me, but he has never identified himself. What is the reason for this, and is there a possibility that he will do this one day? I know that he is with me.

ANSWER: I need a little time. Yes, your father will remain with you as long as you have found out something, can fulfill something. Maybe you have an inkling what it is. I can only see pictures now. There is a certain regret in him. I do not see whether it concerns you or something else, but it is a certain regret. It could be that it involves you, that he perhaps has neglected you in some area. But it could also be that it involves something else and that he would like you to do this, so to speak, for him. Can you sense what this means? He is somehow, in a certain way, attached to you.

QUESTION: But it is good, he helps me always.

ANSWER: Yes, he helps you because he wants something from you. He wants to draw your attention to it. When you say that you know it is connected with someone else, with your mother, then it will certainly be so. He would like you to fulfill something for him, make up for something. Maybe it is something he neglected, omitted, or was not able to do. Do you understand this? As long as you do not succeed, he will remain with you. Not that he is unhappy, but there is a certain something that bothers him, which prevents his liberation. Only after this is dissolved can he achieve freedom. Then he will grow also in the spiritual.

QUESTION: Could he help me?

ANSWER: He is trying to do it in this way, but the real help will come to you from another source. He is not quite capable to do so. Other spirits are around you who are more capable of it. You should not try to establish direct contact with him. It would not be good for you. You would also not do the best for him thereby. He is around you because it draws him, burdens, and chains him, so to speak. In this regard, he is not free. And only a free spirit will really be able to help you. Such free spirits are around you. But you should not try to think of a certain spirit when you sense and want a contact; leave this to God.

QUESTION: Please tell him that I will do everything. I am doing, in any case, what he wants.

ANSWER: He hears it. And I would also like to tell you, my dear friend, perhaps it will help you -- be of special help -- if you study what I said in the past about establishing contact with God's spirit world. Study it very carefully. It is possible that at another occasion I can help you personally. You have a promising task; something wonderful is laid out for you, a fulfillment which you do not comprehend yet and which will bring you tremendous happiness.

My dear ones, take the blessings of God. Through my hands, through the hands of the medium, the divine current flows and wants to penetrate you to strengthen and uplift you. God's blessing descends upon all my friends, near and far.

Be in God.

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