

Pathwork Guide Lecture No. 11  
An Unedited Lecture  
September 3, 1957

## SELF-KNOWLEDGE; THE GREAT PLAN; THE SPIRIT WORLD

In the name of God and Jesus Christ I greet you, my friends. I bring you blessings, I bring you love. Due to the fact that a few friends have found their way here tonight for the first time, what I will say to you will not be new to my friends who have followed my teachings or to those who are on the path to God with the help of a different teacher. However, each one of you might find inspiration and help to overcome a particular difficulty. For it is often necessary to hear the same again and again until it becomes deep knowledge and enlightenment, as compared to superficial intellectual knowledge.

Deep within the heart of each human being is the longing for happiness. Now, what is happiness? You may ask different people, and you will receive different answers or definitions. The spiritually immature, perhaps after thinking about it for some time, will say that if he had this or that fulfillment, or worry eliminated, he would be happy. In other words, happiness means for him that certain wishes are gratified. Yet, even if at times these wishes come true, this person will not be happy. A certain deep-seated unrest, unease, or undefinable bad conscience will remain. Why? For happiness does not depend on outer circumstances or other people, no matter how convinced the spiritually immature person may be of this fallacy. The spiritually mature person knows that. He knows that he himself is solely responsible for his happiness or unhappiness. He knows that he himself is capable of creating a happy life, not only within himself first, but as an inevitable result of this, also without. The spiritually immature thinks that happiness has to be created first outside, that the outer circumstances, not necessarily dependent on his own doing, have to fit his wishes, and thus inner happiness will follow. While the spiritually mature knows it is exactly the other way around.

Many people do not want to know that, for it is easier to blame fate, the injustice of destiny and higher powers, or circumstances brought about by the fault of other people rather than to blame oneself. It is easier to feel a victim, for in that way one does not have to search, sometimes very deeply and with a maximum of honesty, within oneself. And yet, the great truth is, was, and always will be that happiness lies in your own hands. It is in your power to reach this goal. You may ask, "What is there to do?" But let us see first what happiness means in the spiritually mature sense? The answer is God. This is the only way happiness can be found. And it can be found right here and right now. "How?" I may be asked. My friends, so often people imagine God is way outside, far away in the universe, and it is impossible to reach Him, a useless undertaking that cannot be crowned with success. And this is so far away from the truth. As I have said on some occasions before, the whole universe is within each person, therefore God is within each person. And each living creature has a part of God within. The only way to reach this divine part within is on the small and narrow path of self-development. The goal is perfection. The basis for this is to know yourself. This is indeed difficult. For knowing oneself means to face many a trait that is unflattering. It means a long, continuous, in fact, never ending search. "What am I? What do my

reactions -- not only my deeds and thoughts -- really mean? Are my actions supported by my feelings, or do I have motives behind these actions that do not correspond to what I like to believe myself and what I like other people to believe? Have I been so far really honest with myself? What are my mistakes?" Although some of you may know some of your weaknesses, most people ignore a good part of them, and this presents a great hurdle, even for those who have reached a certain height on this upward path. You cannot overcome what you do not know. Each fault is nothing more or less than a chain that binds you. By the shedding of each imperfection, you break a chain and thus become freer -- and nearer happiness. Happiness is meant for each individual, but it is impossible to attain without eliminating the cause of your unhappiness, which are your faults, which is any trend that breaks a spiritual law. Even if you have a karma from a previous life, it can be dissolved, provided you work spiritually to find yourself, and thus God.

Man could be completely happy, without sickness, worries, and even death as you experience it -- yes, my friends, even death! If man were really perfect -- and this is merely a theory, for if this kind of perfection is reached, reincarnation becomes superfluous -- his return to the spirit world would happen in a different way than by decay, old age, and sickness, or accident. It would be a sort of dematerialization. But even if you are not far enough yet to even consider this, each one of you can approach this goal much faster than you may think is possible. And for the time being, you can find out how far advanced you are on this path by viewing your life and your problems. How happy are you? What is lacking in your life? In that measure that unhappiness exists in your life -- or discontent -- in that measure you have not fulfilled as it could and should be fulfilled. For those human beings who fulfill really, even if the outside result is not immediately noticeable, even if there still remains as a sort of residue the outside manifestation of the past inner cause for a time to come, inside there will be a deep and peaceful contentment, security, and sense of fulfillment. And if that is lacking, you are not completely on the right path, or you have not yet reached the liberation you are bound to experience after the initial difficulties are overcome after entering this path. Only you yourself will have the answer where you stand. No one else can and need answer this question for you. However, if you are on the right path and if you have that deep feeling of contentment and fulfillment and there are still outer problems in your life, that should not discourage you, my friends. For the outer form of the inner conflict you may be working on right now cannot be dissolved so quickly. The law you have broken for a long time has to be readjusted, and this takes time. The outside forms have to be remodeled, remade. You yourself have to bring this about. The more you right the respective inner currents, the more the outside forms will gradually change, slowly but surely. Until this is completely effected, the outer problem cannot automatically dissolve. As I said, this will follow gradually, little by little. Impatience will only be a hindrance. If you are on the right path, which, as I said, only you yourself can find the answer for, you will live and feel the great reality of God's world right in your daily lives. You will always be sustained by God's spirit world, which works with you and around you, which is helping and guiding you, and which will become just as real, if not more so, than your human surroundings. It will not be a theory anymore. It will not be intellectual knowledge, but you will live right in this world and feel its effect on you.

God's spirit world is constantly at work to help humanity as a whole and individually. It is part of the great plan that God's spirit world has its task to fulfill, but we are bound by very definite laws -- laws that are constantly violated either by human beings or by spirits not belonging to the divine order. These laws, among many other things, contain the stipulation, if I may use this expression, that the free will of no individual must ever be violated. God's spirit world is therefore always waiting that man, or spirit, reaches out for its help, but it never forces its help on anyone. In

other words, each person has to wish God's help and fulfill the necessary requirements first before this help can be given. If this is not done, we can only interfere in very special cases, again according to law. It would be too complicated and involved to explain this now, but there is no error possible. In other words, helping interference by God's world happens occasionally without the person having reached out for it, but only in cases when such help was earned, perhaps by some merits in a previous life or even in the same life concerning something quite different.

Each spirit in God's world, which is a world of order, has a definite task. And many spirits have their tasks in connection with human beings. It is advisable for man to seek contact with the world of God and the spirits of God. For they and only they can help and guide him on the proper path. There are cases when people think that they have found this path out of their own accord and without the help of higher entities. This is not so, for whether they know it or not, there must have been guidance and inspiration coming from such spirits. But it is extremely harmful to seek contact with spirits other than those belonging to the world of God. The harmfulness is manifold. It is not only harmful spiritually speaking, but also physically. In other words, human beings tend to two very contrary and extreme conditions that are both equally wrong, not only in this respect but in so many other things too. One group finds it useful to seek contact with any kind of spirit. And due to the damage this must ultimately cause, directly or indirectly, sooner or later, another group of people, as a reaction, will say any contact with spirits is wrong. Human nature tends, unfortunately, to generalize everything, to abstain from the proper differentiation. The contact with God's spirit world is naturally not easy to obtain -- and it should not be easy. For it is the highest gift for man. He has, indeed, to learn things in order to receive the gift of such a contact. First of all, he has to go the steepest path of self-development and purification. And he has to learn the special laws governing the communication with the spirit world of God. These laws are very different from those where a communication with unclean or merely blind and unknowing spirits is concerned. There are many ways in which it can be found out with what spirits you are dealing. There are many ways to test a spirit whether he actually belongs in God's world or whether he only pretends to do so. Although it would be impossible for me in the time I have available now to tell you all there is to know about this subject, I will give a very brief outline. But I will say that whenever the primary wish exists to use these channels only for contact with the world of God, guidance will be given that the necessary knowledge will come to the person in question. One way to test is that a spirit of God's world will not seek to satisfy his own vanity; he will not demand admiration for himself. He will be a humble servant and always give God the honor. He will not claim to be the highest, for there is always someone higher. The Highest is God. Any spirit claiming he has so much power that he has no one above him to consult, that he has authority for all, that he can decide without consulting spirits higher than him, then that should be enough proof that you are not dealing with a spirit of God. For whenever a spirit of God will talk to you, he will tell you there are many, many gradations, many, many spirits, hierarchies, and above all is the spirit of Jesus Christ and above Jesus Christ is God. So any spirit claiming he has complete authority is not trustworthy. Furthermore, a spirit of God's world can be recognized by patience, love and by the fact that although occasionally he has to say unpleasant things in order to help furthering spiritual development, he will never humiliate or hurt in an unpleasant way. On the other hand, he will not flatter. These and many other tests can be made and should be made to recognize the identity of the spirits you are dealing with. Beautiful and even devout words are no proof in themselves. For many spirits exist who bring from their lives certain qualities with them and continue in that vain in the beyond, but for one reason or another they do not belong in the order of God's world.

If contact with God's spirit world is made, it will result in great blessing. For God's spirits are concerned to help each one of you to find that happiness I was talking about so that each one of you will not have an empty life, lacking love, affection, lacking respect, and lacking that deepest fulfillment that can only come with the most a person can reach in spiritual development. This is the only purpose for such a contact. Anything else should be secondary. And if other purposes seem also worthy reasons, man should never insist but should leave it to God. If He finds it useful that these other purposes will also be fulfilled, as a sideline, if I may say so, it will happen in a much better and more efficient manner. You will get exactly what you want. If you want happiness and you are willing to pay the price, you must receive it. By the same token, if people want with all their hearts nothing else but God's truth and the fulfillment of God's will, they will receive that. So it is in the wish that the result is contained. And even if the result cannot come immediately -- by this I mean the spirits of God cannot possibly manifest themselves immediately, for there must first be many obstacles put out of the way; and while this lasts, the respective people are tested whether they are worthy of such a communication; and if unclean, unhappy, or suffering souls find their way to such a medium, the stress should be to teach them instead of allowing them to have control, to help them with a firm hand, help not the way they, being blind, imagine, but help to put them on the spiritual path -- you should not give up but persevere in humility and seek what it is within you that prevents the clean and living spirits to manifest themselves.

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

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

And now I want to devote the rest of the time for your questions.

QUESTION: I don't understand something. You say it is the spirit world of God that we should be in contact with, while the other will harm us, spiritually and even physically. But everything is God's world. I don't understand.

ANSWER: It is like this. There is the great creation by God with His wonderful law, including all the spirits He has also created and whom He has given free will. A great number of these spirits have voluntarily accepted God's laws and order and have thus remained happy. A great number of other spirits have broken that order, again voluntarily, and by that they have created unhappiness and disharmony for themselves. For happiness can only lie in the wisdom of God's laws. All spirits who have at one time or another broken this law and have not yet found their way back to recognize this law as the only wisdom, as the only right course, stand outside this order -- voluntarily, just as they could voluntarily accept it, and one day they all will. But as long as this does not happen by their own volition and conviction, they will remain outside the world of God. God does not force any creature. It has to come by the free will of each individual. Ultimately, and thus

is the beauty and perfection of God's laws, every single child of God will return, return to enlightenment and wisdom, return to happiness and freedom that can only be found in divine law. There are not only spirits, but almost as many human beings, who fall also into these two categories. One group is those belonging to divine order and perhaps even helping, working, and cooperating in the great plan of salvation. This group will, among other things, find out in spiritual endeavor where they are still, though unconsciously, deviating from the laws. And there are many others who do not accept it, who create chaos in their surroundings and in their own selves by wanting to follow their own and very incomplete laws.

QUESTION: I would like to ask about my father, if it is possible. He died four years ago, and it so happens today is his birthday, and I have a sense of closeness to him. But at the same time, I am concerned about his well-being.

ANSWER: I will be happy to answer your question, but I will need a little time, and I will give you the answer therefore the next time you come here.

QUESTION: I would like to ask how it is possible to contact one's personal guide.

ANSWER: This can only be done if the purpose is to follow this path of perfection, if the reason of such a contact is help in one's own development, for a particular problem in this development. And this wish has to be very strong and sincere, not halfhearted at all! -- and if this is truly the only reason and no sense of sensation and curiosity is mixed into this wish. If and when this is recognized by the spirits of God -- and it might take considerable testing, also in patience, endurance; the wish must not be given up too soon -- such a contact will be established. The personal guide of the person in question will make himself known, provided that the answer cannot be obtained in another way, let us say through human beings. For God's spirits do not answer questions that can be answered in your own world. For it is not their task to help you avoid a little bit of trouble to find out. They only answer what would be impossible for you to find out through human channels. Now, if all these requirements are fulfilled, as I said, you will eventually establish such a contact in one way or another. Now, there are many questions a personal guide can and will gladly answer if, for instance, you do not know in a particular situation what the will of God is; or if you want to find out trends and emotions within you that you are still unconscious of; or if you find yourself in a conflict, in some kind of disharmony with your fellow creatures and do not know the reason within yourself. (For if such a situation can occur, you may be quite sure, no matter how flagrantly wrong another person may be, there must be something within you that is responsible that you can be touched by it.) This and similar questions are answered if you open the door for truth. And this can only happen if you are prepared to accept the truth under any circumstances, even if you may hear that which you like least to hear. If you overcome the natural resistance to hearing an unflattering or uncomfortable truth, your door is open, and we can get through. And I might add here that even if you do hear occasionally that which you have feared to hear, you will be extremely happy after you have thus established contact, not only because truth always has that effect, but also because you will then know for the first time that this spirit world with all its laws is a reality and not a theory. And this will make you indeed very happy.

The way the answer can be received varies greatly, however. One way may be that while you meditate and when you become still and ask this question, only wanting truth and God's will, suddenly a thought is in you, a new thought. And this thought will grow, and the more it grows, the

more you will see how right it is. From any angle you consider it, there will be no doubt about the rightness and truth of this thought. This may be one way. It is the way of inspiration. Later on, you might get a direct perception in the form of hearing a voice within you, a new voice, quite different from thoughts or ideas that grow out of yourself. Or you may see something that will give you the answer in picture form. It is also often the case that such answers are given a little later through another human being who will be inspired. There may be a test for you in just such kind of an answer, how you receive it, how your reactions are, etc. God's spirit world has many ways of working and presenting necessary knowledge to you. But it is always up to you, and it always entails your openness for it. Then you will receive. If you are patient and if you do not want one particular answer only or if you are not set in your mind to receive the answer in one particular way but leave it to God how it will come to you, then you will gradually establish such a personal and wonderful contact, perhaps quite different than you have imagined, but whatever and however God decides will ultimately be the best for you. So by seeking this personal contact, this should be your motive, and this should be the way to go about it.

QUESTION: It is my privilege to be here tonight for the first time, and it is a great privilege to meet you and to listen to your words. May I ask something that is close to my heart, and that is this. The divine within and the master who comes to speak, say you in relationship to this medium or to the master who speaks to me, what is the relationship between this master and my own divine self or this medium's divine self?

ANSWER: Do you mean that in a general way or in a personal way?

QUESTION: Specifically so.

ANSWER: Well, I will answer this question first, generally speaking, what the difference is between the divine spark or the divine self, as you call it, or an entity of God's spirit world. For many people it is indeed not always quite clear what speaks to them, be it the subconscious, be it the superconscious or the divine spark or the higher self -- whatever name you like to give it -- or is it another entity? It is not very easy to answer the question, and it is even more difficult to determine the difference. But I will try to put it as clearly as I can.

Let us begin with the subconscious first. The subconscious' voice is very quick to answer and quite distinct and often loud. The only way to determine for a person whether it is the subconscious or one of the two other alternatives is to become still and do exactly what I have prescribed in my answer to the question concerning establishing contact with God's world. If all these conditions are fulfilled, God's truth and will can come through, and it does not matter in this consideration whether it is one's own divine self or an entity belonging into God's world. For both abide by the spiritual laws and fulfill God's will. If the wish to fulfill God's will is greater than perhaps some kind of wishful thinking, or a fear, for that matter, then the answer will be given. Only each individual can determine for himself or herself that no self-delusion, no wishful thinking, no anxiety is greater than the wish for truth in an objective self-analysis and self-testing. Vanity may be in the way, or the desire to impress other people, this greatest stumbling block on the spiritual path. If this test is made and the resistance overcome, the answer can be given from the self to the self, or from the guardian spirit or what you call a "master." The answer will come with a very small and soft voice, it will not be pushing or pressing. It does not shout, it is a quiet, almost impersonal voice without any force behind, as the subconscious so often has. This question has to be settled first, for often the

voice of the subconscious is mistaken for one of the two alternatives you have mentioned in your question.

And now we shall turn our attention to your question: the higher self or a spirit creature of God. In itself, it actually does not make much difference whether it is one or the other, for, as I have said, both want the same. It is only interesting technically speaking, so to say. The higher self certainly manifests itself. But it cannot always come through clearly, for it is covered by many layers of imperfections, layers of dense matter, all that which necessitates life on earth. If those layers were not present, life on earth would be superfluous. If the higher self could manifest itself as freely, as easily as all that, you would not have to live again and again. You would be far enough advanced not to go through any further incarnation. Wherever there are faults and imperfections, the higher self is barred. And that is the reason that God has sent his helpers, for they have the ability to work through you where your own higher self cannot yet do so. Furthermore, the voice of the higher self is so far away and soft, sometimes so inaccessible that it does not speak clearly in so many words to you, but it just acts through you by guiding you to have, what you call a "conscience." The higher self can influence a person to fight his lower self. The higher self can, when listened to, make itself known to the course of life, to certain acts and reactions, but it cannot converse with the person like a spirit can. For instance in the case of a medium, the higher self cannot manifest itself to such an extent that a spirit can, let us say, for an entire hour speak, lecture, answer questions. If this were possible, this medium would have reached such heights in development that future incarnations were unnecessary. If this were accomplished by a mere trance, it would be just as easy to have the higher self always on the surface in all conditions of life. But it is easier that the medium's own spirit body leaves for a time and gives room for another spirit. Even this is difficult enough if a spirit of God's world is to manifest himself. Enough blocks have to be cleared away for this one hour, let us say. In other words, the higher self acts and guides to a certain extent, but it does not speak coherently. It inspires though, but it does not speak the way I speak through this medium, or it does not speak to a person, capable of hearing. Is that clear?

QUESTION: Yes, it is extremely well put, thank you so much.

ANSWER: About the personal question you have asked me, I would like to suggest to you, my dear fiend, that perhaps one evening you and a few of our friends, very few, come together, and I will speak to you then in a more personal way if you so desire.

QUESTION: You said that if a person is in disharmony with another person, I understood you said it is necessarily the person's fault..

ANSWER: I did not say that. The actual disharmony, now present, does not necessarily always have to result from one person. But if any disharmony can reach you, there must be some imperfection within you.

QUESTION: But how is one to know what?

ANSWER: For instance, by asking the help of your spirit friends if you cannot find the answer by following this path, by getting to know yourself, each corner of your soul, your reactions. The answer cannot always be found immediately. The course is not always on the surface and to be found in the imminent happening, in this particular disharmony, but it may be buried deeper. There

may be a whole chain reaction involved, one fault leading to another until finally the manifestation appears outside, brought about by faults of other people as well. If you continue on this path, self-honesty becomes second nature so that you will have complete understanding about all your inner motives, past and present. When you know all your emotions, shortcomings, and wrong attitudes, you will be able to connect all outer happenings with them, following this chain reaction backwards, so to speak. The immediate fault may very well be with another person, either entirely or partly. But it is so important to know, when you are on this path, that whenever anything unpleasant happens outside or inside, it can only be the effect of a cause. Therefore you should retire as soon as possible in meditation and ask yourself what in you could have, directly or indirectly, brought this about. Which imperfection could be connected with this? And if you really want to find out this particular truth, if nothing in you shies away from it, you will find the answer. This I can promise you. This is one of the cases where God's spirits can and will help and establish contact with you, as you yourself have already experienced in the past in other matters. Slowly, thoughts will be guided, provided the wish for truth is sincere and not superficial. This is quite an important point, incidentally, for often human beings want to be on this path to some extent, but not their entire being is in agreement. This agreement of the whole person has also to be fought for, and therefore it is important to recognize the halfhearted wish so as not to fool oneself into believing they have done everything they could and yet no result is visible. If such is the case, you should test yourselves if there is not a strong resistance in you to take this last and final step to uncover the whole truth within you or your lower self.

QUESTION: Even the honesty is very difficult...

ANSWER: Of course it is difficult.

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

ANSWER: The way is long and steep and narrow. And it is by your own will you determine whether you will be victorious. But the difficulty of the honesty can be overcome -- in the first place by proper meditation about self-honesty and then if you ask yourself why it is so difficult. If you ask yourself that question, you can give yourself the answer. And if you have the why, then it will be easy to meditate about this issue. The answer is usually -- and here I speak quite generally -- that one does not like to recognize and part with a weakness, or one does not like to break a wrong inner reaction or attitude, or one does not wish to pay the price in some manner. The lower self likes to remain in the same old hole, and literally it is just that! It does not like to act and strain and change. Once this is recognized, the next step will be easier. Once you recognize that you dislike to put your ego aside, or your vanity or whatever else it may be, you can treat the sluggishness of your lower self by the spiritual truths you have learned so far. Once you have found the answer why you have such difficulties in that respect, you have attained a great deal more than you may think. It is better to find out about this inner resistance and treat it than perhaps to overcome a superficial mistake in action only. For in that way, the root may very well remain, and thus nothing much is gained. Apart from the fact that as long as a wrong is not torn out by its roots, it can under certain conditions always reappear, the outside right action in such a case becomes actually a lie. Therefore it is better to commit a fault on the outside again and again if it is always recognized and treated, than to act unsustained by your inner nature. If you can find the answer within you in such a case, you will

experience a very wonderful victory, a sense of relief, of liberation, of peace, of truth. And thus you will be a step nearer to God. Do you understand?

QUESTION: In organized churches, there are priests -- I have in mind childhood memories -- who when you come for advice to them and you ask them "is this good" or "is this a sin" -- I have just one particular one in mind -- he would never answer. He would always say, "You know the answer very well yourself." Do you think a priest like that is inspired?

ANSWER: Oh yes. Of course. Many answers a person can find himself if he really wants to -- all answers that pertain to personal development, to self-knowledge, to one's own faults. But aside from that, it is necessary to gain knowledge from without, for instance, knowledge of spiritual laws, knowledge how to go about overcoming certain faults and help in attaining purification. If that knowledge from without is not given, it is often impossible to find the right answer or to know what to do next. The more knowledge is gained from without, the more right answers one can give oneself from within.

QUESTION: You speak of meditation as though it were something very easy.

ANSWER: No, it is not easy, but it can be learned. If there is a will, there is a way. And wherever there are difficulties, it is my task to help overcome these difficulties. But it is not the time and the place to go into that in a general meeting of this sort. So, if you have difficulties, perhaps I will one day talk to you personally.

QUESTION: How come that the great individuals, scientists, artists, in other words the great geniuses of history, never manifest in mediumship. Do they manifest in direct contact with those who are the right receptacles or... what are they actually doing?

ANSWER: This is impossible to answer in a general way. There are many whose task it is in the spirit world to inspire people who have a similar talent. The reason that they very seldom, if ever, manifest through mediums is a very good one. Although there are many mediums who claim such and such has spoken through them, it is not true. God's spirit world does not want this because it tempts the respective medium or people belonging to this group to feel important and superior. And that should not be. Besides, it does not mean more if, for instance, a Goethe speaks through a medium than if any other spirit of the divine order speaks. But if Goethe would speak here, it might give opportunity to the medium to say "Goethe spoke through me," and the others would also be impressed and perhaps would look down on others that have no Goethe. God's spirit world wants to avoid this. So whenever there is such a thing occurring, it is to be taken very, very carefully. Furthermore, not all of these great geniuses are in their spiritual development as far advanced as in their one particular talent. Their fate in the spirit world may be as different as that of anyone else. So there is no general statement I can make. Some of them are reincarnated; some of them live in the spirit world in a sphere of purification; some of them go to school there; some of them prepare for a next life; some of them have a task in the spirit world to fulfill, either in a similar way in connection with their talent, or they have now to perfect something else. And some of them may have already reached a high sphere of perfection.

I will retire now, and I say to each one of you, none of you should ever feel alone. God loves each one of you dearly. The love of God is with all of you. Be in peace, follow that path. It will bring you happiness. May God bless all my friends!

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation  
PO Box 6010  
Charlottesville, VA 22906-6010, USA  
Call: 1-800-PATHWORK, or  
Visit: [www.pathwork.org](http://www.pathwork.org)

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

#### Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

#### Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.