

Pathwork Guide Lecture No. 16
An Unedited Lecture
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SPIRITUAL NOURISHMENT

Greetings in the name of the Lord. Blessed is this hour, blessed are all of you, my friends. Again I have the pleasure of welcoming some new friends here tonight, and I want to tell all of you: just let go. For this hour, do not think about any of your doubts. Just let your soul speak and give you the answer. This can happen if you are open. It is not surprising if a person, confronted for the first time with this phenomena -- that a spirit should indeed be able to talk through a human being -- cannot readily accept this. Many things are possible, however, of which you know nothing as yet. So just be open and wait. And eventually you will see that not only this is so, but much more exists of which you could not even dream presently. You will not only be able to accept all this intellectually, but you will actually experience it! And not only things that have nothing to do with you personally, but your lives will change when you know certain truths. This will give your lives direction and purpose, while now you often do not know what this life is all about and why you should have to go through so much hardship, so much testing. And yet, there is a sense to all of this. And also -- and this is directed to all my friends -- relax, untie your knots, be open. And you will receive answers again as you have so many times in the past.

Man's problems deal so often with his daily bread, with material questions. And important as this daily bread may be, it is only of secondary importance to the spiritual daily bread that man needs. Much talk is going around about the importance of the right food and vitamins and minerals and proteins and diets. Oh, it is indeed good that mankind has begun to find out about these facts. But for us spirits, we see such a tremendous discrepancy between the material nourishment and the lack of spiritual nourishment. The latter is every bit as important as the former. We see spiritually underfed, undernourished people; so many suffer from spiritual vitamin deficiency. The soul, or the spirit, needs food so badly, often without the person being aware of it. And only if this food is supplied, taken, and digested, then all your other needs are automatically being taken care of, including your material daily bread. When your spirit is starved, it must have its consequences.

The same thing applies to hygiene. Mankind has made great progress in the direction of physical hygiene. Today people bathe and shower daily and keep their bodies clean. At the same time, so many unhygienic souls are going around. Now you may wonder how this cleansing of the soul or the nourishment of the spirit is to be accomplished. What has to be done practically? Spiritual nourishment is the regular intake of spiritual truths -- even repetitions are important! -- and of spiritual laws; and the outlook on life from the spiritual point of view which is often contrasting to your material point of view, so that one day your outlook will change accordingly. This spiritual nourishment has to become a regular habit, for it is possible that you have lived without it for a long time. You get so accustomed to it, just like a person who gets accustomed to eating the wrong kind of food that does not supply the essential factors the body needs in order to remain strong and vigorous. One can go along for quite a while in that way without ever connecting cause and effect. The physically undernourished person will complain about tiredness, weakness, or other physical

symptoms without thinking about the real reason. And the same thing applies to the spiritually undernourished. The emotional problems, the lack of inner peace, and all the other symptoms of this deficiency are seldom consciously connected with the cause of it all.

Spiritual food does not come to you by itself. You have to go out and get it the same way that you have to get your physical nourishment. You have to earn your bread. You have to go to the trouble to provide for it, buy it, prepare it, eat it. This is just as true concerning your spiritual bread as your physical bread. You earn your spiritual bread by your sincere desire to receive it. You prepare your spiritual food by looking for the right source for you, by going to a certain amount of trouble in order to get it. And you digest it by thinking through for yourself what you have heard or read, by meditating about it, by trying to apply it to yourself in some way so that something will change for the better within you. Therefore spiritual nourishment is, in one part, listening to lectures, reading the appropriate literature, and also conversations about this subject with people who know more about it than oneself. And, on the other hand, spiritual nourishment is also prayer and meditation in the right way. Here again, it needs the fight within yourself to overcome the resistance. There will always be the voice which says, "I am too tired. I do not feel like it; it does not matter if I am not doing it today. What difference does it make? Why should God mind if I pray to Him today?" No, God does not mind, my friends. But your soul and spirit will starve. For by opening yourself every day, you receive the strength and the light that maintains you, that guides you into the right direction.

The cleansing of the soul, which is equally important if not even more so in a way, should be done in this way. Many times a person is unaware of certain faults and also attitudes, opinions, emotional reactions. People carry many of these trends since an early age due to some influence in their surroundings and also due to certain happenings in their lives. These attitudes may or may not have had their justification at that past time. But they are completely obsolete at the present time and quite harmful. Yet, unaware of the existence of these old reactions and their harmfulness, people carry them still with them unconsciously and still react in a certain way because of them. So you have to examine yourself, what you really think, what you really feel, what you really want. Thus you make an inventory of your emotional trends and currents. In that way, by reexamining them, you can oust what has no more room in you and change your currents accordingly. Thus you put order in your soul. In this way, you will be able to change your will-direction where necessary. You may even change your desires after having done this. Only when you do this in consciousness, can you assert these various feelings, desires, attitudes, and so on. Then you will be able, with the spiritual nourishment which you take in from outside, to see whether these tendencies are in accordance with the spiritual laws. You will thus see whether you have not broken some spiritual law in the past, quite unconsciously, by your wrong inner direction. When these unconscious tendencies are within you, they create a great deal of harm; they create conflict; it creates a disorder within you. This represents the uncleansed or "unhygienic" soul. This is the way we see it. There is so much in there that has no place in it, that ought to be washed away -- or ousted.

So cleanse your souls as you cleanse your bodies. And every day this ought to be done. Every day you ought to review your day and examine your own reactions to the various incidents that have taken place during the day. This is the only way you can cleanse your spirits, your souls. Only in this way, you will be open and receptive for the proper nourishment so that you can grow spiritually every day. In this attitude, nothing that happens will ever depress you. No, my friends, this is the truth. Even the unpleasant things in life will not have the power to tear you down. For you will

thus be able to learn more about yourself and about spiritual law, about divine truth and what you have still to accomplish and what you have already accomplished. Your own failures, which are unavoidable, will give you strength instead of weakness when you view yourself in that way daily and if you consider your failures with the attitude, "What can I learn about them? What does it show me where I still have to work in my efforts of self-purification?" Nothing that happens in your life is good or bad in itself. Do not believe this fallacy. The best thing that can happen to you could appear to you like a disaster at the moment. And it will be a disaster if you have the wrong attitude. And a happening that seems to you very fortunate can turn out to be very unfavorable if you do not learn your spiritual lesson from it. So everything that happens to you can be good if you make it so; if you use it from a spiritual point of view; if you learn from it so that you can continue to grow spiritually, and thus grow into happiness!

This is the only way you can direct your life instead of being a slave and being directed by it. It is in your power. You have it in your hand if you use it. But often you do not want to use it. No, it seems to you so much easier to give in to this mood of depression or hopelessness, for this allows you to be passive and, consciously or unconsciously, blame some fate or circumstances or other people for what has happened to you. No, my friends, this way you make indeed a slave of yourself. This way you make yourself dependent on outer happenings over which indeed you have no control. Instead, say to yourself: "If anything unpleasant happens, the answer must be within me -- the roots or cause of it as well as the solution." Pray in this instant to God to help you find the answer and have the absolute will to look yourself squarely in the face. If you have done this, if you have overcome the first resistance to do so -- and it is only difficult this first moment -- you will get the answer as inevitably as sun follows rain, as life must follow death. And this will bring great happiness into your soul. A happiness that you have never known before because there is no other happiness comparable to the one when you conquer yourself, when you decide, "I am no longer a slave. From now on I direct my life. In order to be able to do that, I have, first of all, to face within me what I may not like or what is uncomfortable." It is simple and only difficult the first instant of decision until you go through with it.

Man has much more power than he realizes. The will power that lies enfolded within you is something you do not realize, my friends -- none of you. Since the will power is of great importance in the life of a person, I would like to talk about this subject now. In the first place, I want to say there is no person alive who has no will power. This does not exist. And whoever says, "I am weak, I have no will power" is fooling himself because it appears to him a much easier course to be directed, instead of being the director of life, instead of taking the responsibility upon his own shoulders, concerning everything about his life. It is only a question to unfold this will power. The second question is in what direction this will power should be unfolded. For all of you who say you do not have any will power, you constantly use this will power without realizing that you do so. You are doing it subconsciously, and you are often doing it in the wrong direction because it is used unconsciously instead of consciously. There are many people who rightly say whatever a person really wants, he can accomplish. More or less, this is true. But whether what you want is indeed the best thing for you is another question. Therefore the will-directing power in a person has to be examined by the person who wants, above all, to grow spiritually and come close to God.

This examination has to be conducted in the light of spiritual law and truth. I have mentioned, some time ago, there are currents coming from the higher self which are often distorted by the lower self. I have promised you to talk about this more explicitly. Now here is a good

example because will power in itself is a most valuable asset. Without it, indeed, there can never be any spiritual progress. So will power comes from the higher self. It will remain a pure current of light and clean strength as long as it is used for a spiritual purpose, for spiritual growth, for God, with God, and in God. The moment the conscious will uses it in a wrong direction, it is distorted by the lower self and becomes an impure force. Let us take, for example, a criminal. He uses his will power very obviously and noticeably in a wrong direction. He wants to have his will at all costs. For him, the gratification of his personal desires stand so much in the foreground that he is even willing to harm other people in order to achieve his goal -- the ego. A higher developed person will not act that way because he knows crime is sin. And yet he too may use this will power in the wrong direction, though unconsciously and of course not in deeds which obviously harm other people, but in feelings and inner reactions that also put the gratification of the ego in the foreground. This is the breaking of a law and has its consequences in inner disharmony and/or outer conflicts. This whole procedure remains in the subconscious because this person knows somehow that what he wants is wrong, and yet he is not ready to give it up. He wants it nevertheless. Therefore the will power continues to flow in this wrong direction without the conscious awareness of it. This is often a very important factor of an emotionally disturbed person.

All this does not concern crime or sin in its broadly understood meaning. There is sin and sin. It is only a question of degree. Anything that deviates from a spiritual law is sin -- or ignorance, if you want. Both are the same. Now a person often wants something very badly that is in no conflict with recognized sin; it may not even violate the recognized standards of ethics by your society. And yet, what he wants may be wrong for him, for his life. It could be right for another person because sin, or the breaking of spiritual law, is not only something generally established for everyone alike, but also something very personal that deviates with each individual. For one person to become a writer may be his destiny; in this way he can best fulfill the tasks he is supposed to fulfill in this life. For another person, by becoming a writer, he may neglect the task he has really come to fulfill. You cannot say to become a writer is a sin, and yet for a particular person, it may be the wrong thing to do. Now if he uses his will power blindly, he will become a writer, but he will not be happy because you can only be happy if you fulfill according to the task you have taken on for this incarnation. And everyone has a task, my friends, everyone! Wherever you stand, you have a task, whether you have a family or whether you live quite alone. But do not look so far in finding this task. Do not even think first of other people whom you may desire to help. You will be able to do that too, certainly, but only after you have found yourself first. Before you can fulfill a task with other people, you have to first fulfill the task within yourself. That means you have to gain spiritual development, purification, complete self-knowledge as much as possible according to your strength and development. When you do this, you are on the right path, and you are already fulfilling a part of your task, whatever the rest of the task may be. But if you begin with yourself, the rest will come to you without you having to move a finger. I can assure you of that. But begin with yourself.

Coming back to the question of will power, the most important thing in order to use this will power in the right direction is that a person says first of all: "Once and for all, whatever will there is within me, I will use it according to the will of God." When you do that, my friends, the will power already alive within you will often take a changed direction. And even though you may not like it at first, you will, you must, become happy because God knows better than you do what is best for you and what gives you most happiness. All of a sudden your problems will disappear, I can promise you that. And for those whose will power was still dormant to a large degree, suddenly it will surge through you with a clean strength that you have never suspected exists within you. All tiredness, all

weakness, all weariness -- physical or emotional -- will disappear as though you have never known it if you really mean it, sincerely mean it that you put God's will above all else; if you promise Him and keep this promise; if you say and live: "Whatever will power I have, my will is used according to Thy will." This is the beginning of the change to the better in your life. This is the foundation -- when you keep this in mind and do this in spite of the fact that many times your own will seems so much more tempting. You like to say to yourself: "Why should God have anything against my doing so and so? This is such a little thing, it cannot do any harm; it cannot possibly make any difference." And then of course you do not even want to wait and find out the answer because you have already accepted the answer you like best. And thus you have put your will above the will of God. There are no little and big things, my friends. For what seems tremendous for you may be very little in absolute truth, and vice versa. The littlest thing may be a stepping stone to the biggest and most important. The littlest thing may be a very significant symptom, key to all your problems. Do not overlook it. Do not minimize it. And have the confidence that what God wills for you must be better than your shortsightedness, even if it means a little sacrifice at first. When you put your life really and truly in the hands of God, if you give yourself up to Him, you must become happy. There is simply no other alternative. It is the only possible consequence. But it leads often through a door that appears like a sacrifice at present, when your gaze is still clouded. But afterwards you will not be able to understand yourself: what seemed so important and so attractive, or so difficult to do, so hard to give up, will afterwards appear like a burden you have carried around, as it really is! For everything is a burden that separates you from God -- everything, my friends.

And when you mobilize your will power, to use it first of all according to the will of God, you will have the right mixture of activeness and passiveness, of initiative and detachedness. Wherever it is right that you use strength to fight, to overcome, to be active, you will be strong enough to do so. You will have the support of the spirit world of God to help you. And whenever it will be right for you to let yourself go in the stream and not stem against it, you will find peace in that. For in that moment and for that situation, it will be the right thing to be passive.

And do not ask me, "How should I know what God desires? What is His will? How do I know when to fight and be active and when to be passive?" When you really want to know, you will have the answer. If you really want to know, you will take the time to go into meditation about this precise subject and to ask God. And He will show you the answer -- in many, many ways He can do so. I have talked about this many times, I do not have to repeat it. The problem is not that you do not know the will of God. The problem remains solely whether you really want to know His will, whether you have decided that you will fulfill His will, even against your apparent interest at this little moment now! If you fulfill these conditions, you must receive the answer. And again and again we notice that you receive answers to your prayers, to your question what the will of God may be, all the time, but you often do not want to see it. You deliberately keep your eyes closed. My dear friends, only the first time is so difficult to do this -- to really give your life up to God, with all its implications. Once you have done it and experienced the peace and the joy, it will never be difficult any more because then your confidence will be established. And why is it so difficult to do so the first time? -- because there still lurks a doubt within you: "Maybe God's will makes me unhappy." If you sincerely test yourself, you will find that this is the explanation why you hesitate to go through with this simple procedure. There is the key to everything. And now, my dear ones, I am ready for your questions.

QUESTION: I was wondering whether you would tell us whether there is any conscious life on other planets?

ANSWER: Yes, indeed. Each planet, star, etc. is a sphere where spiritual life exists -- the many spheres we are talking about.

QUESTION: But I meant organic conscious beings?

ANSWER: A spiritual being is also organic, for all organs exist in radiant matter. And certainly there is consciousness! But there is no life like your material one. The matter is just different, of different density. Those spirits can, of course, materialize. We can do so and have done so under certain conditions. If this happens you would think such a materialized spirit is of flesh and blood. But life on the other planets is not exactly in your material form. But radiant matter varies greatly. What may be for you radiant matter which you cannot perceive with your eyes is for us also dense matter of a different vibration and type. On the other hand, the powers of darkness, their matter is so coarse, so much coarser than even your matter that you cannot see it either. It is not radiant, but, quite to the contrary, too coarse for you to perceive it. You think all life in the beyond is subtle matter, but this is not so. Any difference in degree of denseness is automatically unseeable for a spirit used to another vibration unless the spirits are so highly developed that they have the power to focus their view to the different degrees of denseness. Unless there is a materialization, you cannot see the texture of matter existing in other spheres.

QUESTION: If there is a sudden feeling of happiness about us or an occasional pleasant fragrance, does that mean that there are harmonious spirits around us?

ANSWER: Indeed. When these harmonious spirits can come to you so close, it must mean that there is also a reason, for instance, an inner victory. For nothing happens without a cause and effect. The perception of fragrance is already more, it is a spiritual experience that is a sign. This sign is given for encouragement to go on that way; or it may be a reminder to take this path. It is, at any rate, a sign of grace. It means help and strength to make the next victory easier.

QUESTION: I was just wondering whether I was progressing spiritually?

ANSWER: I need a little time....Yes, you are indeed, my friend. You are indeed, but there are some factors within you that you are not aware of yet that need reexamination on your part. And when you have done that, you will find the degree of your spiritual development so clearly that you will never have to ask because all these problems will be solved. And where these problems have not dissolved yet, it means that there are some factors, as I said, that you have not recognized, that you have not examined in the proper light. But your will to develop spiritually, your searching for it, is a wonderful thing, and this has enabled you to walk that far so that you can even be in a position to hear what I have to say. Do you understand?

QUESTION: Isn't it conceivable that a human being may make a sincere mistake as to the will of God?

ANSWER: Yes, it may temporarily, but not when you get into the state I have mentioned. Certainly, people who do not receive the proper spiritual nourishment may still have the good will to

follow the will of God. But they do not know how to find out, or they do not have the patience to wait for His answer. Or they do not realize that there actually is an answer forthcoming. So they may make mistakes. But when you, my friends, who listen to these lectures (or read them) have the necessary requirements to find out about it the right way, you have that much more responsibility, and you cannot fail if you are really open to receive God's will. To be really open means that, beforehand, you are ready to hear that which you like least. When you are thus open and thus put your fate and your life in the hands of God, then you will get the answer. There can be no question about it. And then you will not make a mistake, ever. Because you can ask two, three, four times if you are not sure that the first time was actually an answer and not, perhaps, a coincidence. And the answer will come again and again, perhaps in different ways -- through another person, through a sign, through something that happens, through a voice within you, through a dream, perhaps, through your own feeling of enlightenment, this deep knowledge that nothing can shake. In many ways, you will receive the answer. Of course you will make mistakes if you go about it superficially, if you think about it very superficially and then do not even really wait for the answer. But if you go about it sincerely and if you open yourself and ask again and again and wait for the answer, there will be no mistake.

QUESTION: Can we remember our present identity in the future life, and are we going to work on our old problems?

ANSWER: Whether you will remember your present life in the next one depends very much on yourself. It is indeed a fact that in times to come, when spirituality will have developed so much more, that many people will be able to remember their former lives, who have not been able to do so until then. But not all of them will be able to do it. You see, there are people today who can, through their development, remember something of former life. This memory will come to them. And as development advances, more of the curtain will be withdrawn. So it is possible today, and it will be even more possible in the future. This is only determined by the development of the person in question. The higher developed the person, the more he strives for perfection and works spiritually, the more he is capable to know about himself of past incarnations. Then such knowledge will be used for a good purpose. As for the problems, you are absolutely right. You will deal exactly with the same problems, life after life, until you have solved them. As long as you have not solved a problem in this life, it will come to you in the next even though your circumstance may be different. You may live in a different country, you may have a different life pattern, yet the problems will come as long as they have not been solved by you. And what are the problems? They are nothing else but the materializations of your faults. When you purify your faults, your problems will disappear. And when you do not do that, your problems will reappear in other forms, but they still reappear in your next life.

QUESTION: In the writings of Johannes Greber, he writes about the Old Testament when great people like Moses, for instance, go to spirits and ask them about decisions. Should they begin a war, will it bring victory and such? But we are taught that we should make our own decisions, and those people were spiritually so much more advanced than we are.

ANSWER: These people were very much concerned to fulfill the will of God, which is also a decision, sometimes the most difficult of all. That they asked a spirit and not through their own and very personal channels in such cases concerning the welfare of their whole people had a good and valuable reason. Other people might not have believed their leader if he would have told them he

has received the answer personally. These people very much believed in the spirits of God and accepted their testimony. If they could hear it personally, they were content, but they may not have believed a single person. Therefore in questions concerning the general welfare, the spirits were asked.

QUESTION: Does a human being ever have one or more spiritual guardians, and do the lower spirits have the higher spirits helping them?

ANSWER: The lower spirits also have their guardians, certainly. But, like with human beings, they cannot see them. And sometimes those guardians are away from them, they cannot get close to them. That is according to their own attitude. But each spirit has somewhere and somehow a guardian. As far as human beings are concerned, everybody indeed has a guardian. Some have more than one, some have only one. That depends on the case, but there never is an injustice. Sometimes one guardian spirit may be more powerful than three or four. A person who has more to accomplish has more powerful guardian spirits than a person who is just living into the day without desiring any spiritual progress. So this is all determined very justly. But each and every one has a guardian spirit, at least one.

QUESTION: Does the spirit world see anything about the spaceships and the flying saucers which are so often mentioned now and seem to have some value in observation?

ANSWER: I am not entitled to give information on that. I have said so before, and I will say so again. And there is a very good reason. In a few years, you will understand why I cannot talk about it.

QUESTION: I did wonder in relation to your last lecture: you spoke about the many spirits who are around a human being -- the spirits of darkness and the higher spirits. In our calling for them, is it mainly conscious?

ANSWER: No it is not conscious. Indeed, it is mostly unconscious. It is very, very seldom that this is done consciously, at least as far as the spirits of darkness are concerned. If someone really does that, he must himself be a very evil spirit. As far as the spirits of truth and light are concerned, you should and can consciously call them to you. But even if you do not do so, the moment you overcome a fault, you fight against your lower self, you desire above all else to fulfill the will of God, you live in accordance with divine law, you emanate a certain substance that draws these spirits of light towards you. By the same token, if you give in to your lower self, if you violate divine law, you emanate a quality that draws the spirits of darkness near you like a magnet. For instance, when you emanate anger, you draw a spirit of anger towards you. When you emanate selfishness, you draw such a specialist towards you who will encourage you further in this fault. And so on. It is what comes out of you, you draw towards you. Like attracts like.

QUESTION: Is there mutual activity in this attraction?

ANSWER: Oh yes.

QUESTION: From both sides?

ANSWER: From both sides, indeed! and not only this mutual activity, but also learning. You see, with the spirits of darkness it goes like this. They fulfill a task in their world of darkness when they win out over a person, particularly with the people who love God. They are very keen on drawing them away from God. Atheists, criminals, they do not have to worry about. They have them anyway. But people who love God, who seek God, the spirits of darkness are particularly keen on conquering them so that these people may give in to their weaknesses. They get special rewards in their world for such work. And they know very well that they cannot accomplish anything with them by inspiring them to do anything wicked that is foreign to their nature. But they can succeed with the seemingly harmless faults that draw such a person slowly but surely further into darkness, depression, self-despising moods and thus into separation from God. It is not so much the fault in itself but because they become disgusted with themselves and may thus give up the fight altogether. I say so often that the stumbling with the same fault in itself is not bad, provided it is recognized and one learns from it and takes it in the right and constructive attitude. As a matter of fact, no progress is possible without this stumbling. Nothing that is deep-seated can be overcome without it. But when this stumbling happens in an attitude of hopelessness and self-disgust, then the clouds become bigger and bigger. Then a person gets more and more involved with the respective dark spirits, with the world of darkness altogether. You do not have to commit a crime in order to live in the world of darkness. There are other vibrations that can accomplish this. On the other hand, if a person is not an instrument for these powers of darkness, if he fights -- and you can only do this by knowing your own faults extremely well, for only by your faults can you be tempted by the dark spirits -- do you know what happens with such a dark spirit? He will come higher in his development; he will learn, not directly, not immediately, because he is still so much in darkness that first of all he will only know defeat. And this defeat will cost him a place in his world. If he gets defeat after defeat, he will even get into a position where he suffers. And only this suffering will bring him near to God because only then he will turn to God, sort of as a last resort, in complete despair. As long as he has victories in his world of darkness and strength and power there, he will never turn to God. So each victory of each human being, the smallest one, has a tremendous chain reaction in the universe with so many other beings of whom you are not even aware. My friends, if you could know how much you accomplish by your victory not only as far as you yourself are concerned and your immediate surroundings, but for so many other spirits as well, you would really try much harder. And not only these evil spirits are affected by your victory, but also the erring spirits who do not belong anywhere. They are often around you and learn from your victory in a much more direct way than those dark spirits. So when you conquer yourself, you are in fact a vital part of the great plan of salvation. You are then an active soldier in the fight. You are a front line soldier. And a front line soldier needs better weapons, more strength, and better protection than one who does not fight back or who is only in the hinterland. These weapons and strength come to you from the spirit world of God in guidance, enlightenment, recognition.

And now, my dear ones, I will retire into my world. I bless each one of you. Blessed are you dear ones, blessed are you. Take on the strength that now flows to you so that you will be able to solve your problems with God, in God.

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