

Spiritual Laws of Pathwork by Training Class 6A -- June 1978

Spiritual law, or divine law, truth, and the life-force in the greater sense are all one, all eternal.

The spiritual laws -- self-responsibility, cause and effect, justice, and brotherhood, among others are all interconnected. They overlap, expand or further define each other and lead one to an ultimate, inevitable goal: reunification with God.

Every decision, no matter how small, every deed or attitude stands in direct relationship to one or more of the spiritual laws. Where we violate or deviate from these truths/laws, we obstruct our love, growth, our path back to God.

Spiritual law is constantly violated within your soul, if not in deed, word, or thought, at least in your unconscious emotions. Whenever this happens, you twist the life-force that could flow through you, preventing it from regenerating and reviving you.

When you are born into this life, you carry with you your own individual life plan. In order to fulfill it, you must proceed in a certain direction and follow your own personal law. If you deny this inner call, the maximum growth of your personality is gravely thwarted.

One's personal law is part of divine law. It always remains within the framework of divine law and never contradicts it. Yet because each child of God is different (in development, character, qualities and shortcomings), each needs something different for each life, and often each period of one-and-the-same life. What applies to one does not necessarily apply to another.

Divine law is wide and very flexible. It knows none of the rigidities and generalizations of the human misinterpretation of divine law.

Divine law is always just and fair. It is determined first and foremost by not hurting others. Law in its real and divine sense has nothing to do with force and compulsion. Quite the contrary. As soon as force or compulsion sets in -- whether it comes from outside or from within your own self -- at that moment, divine law is violated. For divine law is inner freedom.

The more you live in divine law, the freer you must be; the more you break it, the more enslaved you become.

The learning and comprehension of these laws can take place only if one applies them first to the afflicted area of the personality.

When these laws (the general as well as your, personal ones) are violated in your inner and outer reactions, your divine consciousness leads you inexorably in such a way as to restore order and balance in your life. In this way you can ultimately reach the goal of unfolding your inner voice of wisdom that guides you according to the divine conscience, according to your personal plan. (compiled from the Lectures)

Dear Pathfriends,

What follows are aspects of the spiritual laws and some central concepts (which are not laws as such) that were embodied in the series of lectures studied during the first year of Training Class 6A.

We emphasize that these are only aspects of the laws as they were encountered in a limited body of the Guide's lectures. In most cases, the laws encompass a broader scope of ideas than those set down here. In addition, some laws have not been included at this point, because, to give our best, we felt the need to concentrate our energies on this first series of lectures, and not try to do more than we could. However, where we could draw from other lectures to expand a particular law or concept that we were already working with, we did.

Finally, we ask to accept these words for their own value. In answer to a question in lecture #30, the Guide says, "... you have to learn to distinguish between right and wrong, between truth and untruth, by truth's own merit" and not because it comes from an authority you respect and is therefore easy. "How often," he asks us, "do we reject the very same words or truths when they are spoken by someone we look down on?" The Guide calls this the law of the necessity of independent selection and recognition.

We would like to share that working on this project has been a beautiful experience that has helped us to grow closer to each other. We hope to further expand this work next year. We welcome any advice or guidance and invite other TC's to participate in this endeavor.

With love,

Matthew Connors
Kirtee Faye
Mef Ford
Michael Morgan
Peter Sampson

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

SPIRITUAL LAWS AND CONCEPTS

I. Law of Self-Responsibility

"You create your own reality." #40

1. Only you create your own happiness and unhappiness. #60
2. Nothing can come your way that is not self-produced. #60
3. Hurt has to be accepted only because you have done it to yourself. #40 p.6
4. In truth and reality, you cannot possibly come to harm by any shortcomings or wrong actions of another person, no matter how much it may seem that way at first glance. #60 p.5
5. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, you have caused it. #48 p.4

II. Law of Paying the Price

"There is a price to be paid for everything. He who tries to avoid this will finally pay much dearer." #25 p.7

1. There is a price to be paid for each desired gratification. #29
2. Every advantage has its disadvantage. #41 The disadvantageous side of each alternative or decision has to be faced and accepted. #32 p.6
3. The price for illusion is extremely high. The more you want to evade paying the natural and fair price, the heavier the toll becomes. This is unalterable I law. All diseases of the soul are based on evasion in payment of the rightful price; desire and insistence on having it both ways, the easy way. #60 p.4 cf. Karma and Cause and Effect
4. The price you pay by going on this Path is no self-pity; no self-delusion; utter severity with the self; time; effort; patience; perseverance; and courage. There is absolutely no other means on earth or in heaven to gain harmony, love, happiness, and complete inner security. #25

III-A. Law of Cause and Effect

"Every act has its consequences." # 245 p.1

1. Every thought and attitude, whether conscious or unconscious, is a definite act. But the more unconscious, the greater the consequence. #57 p.7
2. Due to the unconscious nature of the conflict, of the inner battle, the outer happening responds to the unconscious negative side, even though the positive side has won out in your outer reactions. #57 p.6

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

3. Your subconscious affects the subconscious of, other people; according to the level you give out (mask. lower self, etc.) you affect that particular level in another person. #60
4. The primary result on this Path is the understanding of your own cause and effect and the sense of strength, independence, self-reliance, and justice that this gives to an individual. #100 p.5

III-B. Law of Karma (Law of Cause and Effect but over many life spans)

"Every entity is always given a chance to solve his problems, conflicts, and disharmonies in the easiest* circumstances possible." #38 p.10 (one aspect of the law)

*easiest - i.e. the best opportunity to resolve a problem. It may be hard, however, because hardship may be necessary to bring out the aspects to be purified. (Eva)

1. Life on this imperfect and impure planet is necessary for every soul who is not yet pure. #50 p.2
2. The only reason for life on this earth is purification and self-finding. #43
3. God in you regulates your life in such a way that all your wrong attitudes come to the fore. #60
4. An entity is prepared for life on earth according to previous existences and according to what should be accomplished and overcome in the next incarnation. When an image exists from previous lives, the incarnation takes place in an environment where provocations to the existing image are bound to occur. Conflicts are arranged so as to bring the problems to the surface. If the person looks away from them, circumstances will be much more difficult in the following life on earth until the conflicts become so overwhelming that no outside factors can be blamed any longer. #38 p.4
5. As you give, so shall you receive. (The Message) You never receive more than you invest. #50 p.8

IV. Law of Living in Truth (Facing Life)

To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to become what I would like to be, I must first, without fear or shame or vanity, face what is in me." #25 p.3

1. Not living in truth sets you apart from God. #29
2. The more you try to deceive, the more will you deepen your feeling of isolation or loneliness. #31
3. Truth must be experienced, not just known, to have an effect. #60
4. Realistic self-recognition is the foundation of development. #31
5. The true realization of one's present existence means indeed a major turning point of a

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

soul's returning to God. #46

6. To avoid pain, unhappiness, etc. we attempt to create our own reality the pseudo-solution. However, since we are imperfect and because the pseudo-solution is a denial of God, the reality we create causes us more pain and difficulty than the one we wish to escape.

Concept of Awareness

"You cannot purify, cannot eliminate a problem, if you don't first become aware of it" #41

1. Only in awareness can you be in a position of discriminating where you can change and increase fulfillment, and where you wish to accept that which you cannot change now by direct action. #29
2. When you see the core of your inner error, all friction between you and your brothers and sisters will disappear. #43
3. By allowing the battle to enter your conscious mind, you come to understand to a fuller degree all laws of the soul, the laws of human relationships, and the laws of the universe. #57 p.7
4. If you are driven into certain attitudes by your unrecognized fears, the effect will be infinitely stronger on others than when you do the same act, have the same motives and attitudes, but recognize your own inner tendencies and currents. cf. Cause and Effect
5. It is important to translate your feelings into concise thoughts. #25 p.11
6. In discerning your own contribution to unwelcome experience, you will cease to be afraid of the world. #60

Concept of Self-Acceptance

"You do not have to be perfect in order to respect yourself. All you have to do is to have a realistic attitude about your imperfections and to adopt a constructive attitude about them." #31

1. Do not approach your sub-conscious with a moralizing attitude. Your sub-conscious will not like it and will resist; if you approach this search with the attitude of self-moralizing, you will have difficulties. #39
2. When you despair about the lower side of your nature, when you do not have acceptance of yourself as you are, it means there is a lack of humility, of courageously facing all aspects of yourself, and that is pride. #31
3. Lack of self-respect is not due to faults, weaknesses, shortcomings, and sins but the wrong kind of shame -- that is, a guilt complex which is entirely destructive and negative. You say, "I am so bad; I am so hopeless; there is just nothing that can be done". This attitude expresses the sluggishness that prohibits your lifting yourself up and working actively on the elimination of that which is wrong in you. #31

V. Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by your self." #26 p.9

1. No matter how hard one works, how intelligently he reads or studies, no matter how much self-honesty one tries to have, if you are alone, you become locked up in a certain vacuum that bars a complete understanding and evaluation which flows automatically if aired to another soul. By remaining alone, you violate the Law Of Brotherhood in some subtle way. You also need a certain amount of humility to be able to talk openly about your difficulties, your weaknesses, your problems, as well as to receive criticism. #26 p.10
2. As long as you keep things hidden within you, it puts everything out of proportion (you exaggerate or underestimate.) The moment you open up to another person, this indicates an act of humility, at least towards that one person. You do not want to appear more perfect than you are at that moment with that person. Thus you show yourself as you are. And you feel better all of a sudden when you are able to see things differently. #31 p.10-11

VI. Law of Justice

"Love your brother as yourself." #30 p.8

Learn to detach yourself from the vanity of the little ego and pride, for only then will you have the proper proportion in comparing yourself to others and therefore have the same reaction for others as for yourself. This is what is meant by loving your brother as yourself. As long as you feel differently for your brother than you do for yourself, it means a violation of this law, aside from the Law Of Brotherhood. For your reactions are surely not just. #30 p.8

Concept of Free Will

"Every individual has complete free will." #18 p.2 "God has created perfect laws and perfect conditions that his children have the opportunity to follow freely or not." #18 p.5

1. The free will of no individual must ever be violated. #11 p.2
2. If for a temporary time it appears that this free will cannot manifest itself, it is because those facets you can't control in this life were determined by you in previous lives. #18 p.2
3. Your present freedom or lack of freedom depends entirely on your past deeds, thoughts, and inner reactions. #18 p.3
4. Free will doesn't mean you can do anything you please without its causing any effect. This is a gross error. #18 p.4
5. Freedom carries with it self-responsibility -- the more freedom, the more responsibility. #60
6. The more mature a person becomes, the more he sees that freedom and responsibility are interconnected, interdependent, and inseparable. You can never be free when you don't feel responsible. #196

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99, 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

7. The price you pay for freedom without responsibility is fear. #60
8. Free will can be used for good or for bad. However, it is certain that self development cannot be attained without the full use of free will. #30 p.5

Concept of Sacrifice*

"You have to give up what you want to gain." #17 p.4

1. Without the willingness to let go, there is such a tension, such fear, that everything is taut inside and the good of life cannot come to be received. Only when one can lose without terror is winning possible. #171 p.8
2. There is one wonderful, sure, fast way to experience God, his reality and the reality of his spiritual world so strongly that all doubts will dissolve like snow penetrated by the sun -- sacrifice. #28 p.5
- *3. Nothing melodramatic is asked of you and nothing outstanding. Only you and God must know, and perhaps your spiritual teacher, if you need help. It should not serve your ego in any way. There is no martyrdom of any sort connected with what I am talking about. #28 p.5
4. What God wants for you must be your own best interest, so you are not really making a sacrifice to God since God and the true you are one. #38 P.13
5. Make yourself empty. Be ready to give up everything and anything. # 28 p.10
The line between sacrifice and abundance is thin, for it is the giving in the process of sacrifice that eventually brings one to feel the ever increasing right for pleasure and happiness. This brings abundance in life, in vistas and visions of possibilities you never dreamed could exist. (Kirtee)

Concept of Abundance

1. Everyone is endowed with the capacities he requires in order to fulfill all his needs on all levels. #90 P.9
2. We possess all the powers, faculties and resources to create and bring about what we wish for. It is only our misconceptions and fear of happiness which prevent us from having it. #157
3. If man's life seems so limited, it is only because he is convinced his life must be limited. He cannot conceive of anything more than what he has experienced until now. This is his first handicap. #157 p.2

Concept of Harmony

1. A human being living in complete and utter harmony with the life force would not die. Wherever the life force has not been violated, happiness, complete harmony and peace would be yours. #48 p.1

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245

2. The mature individual knows he can control life only by going with it, by not demanding that life follow him,, but that he follow life by adjusting to it. #41 p.5
3. Active forces must be used in the channels designed for them, and passive forces in passive channels. #29
4. In the ideal personality, reason, will, and emotion have their rightful place, they are in balance. #43

Concept of Growth

"The only thing that gives meaning to life is to continuously grow." #89 p.1

1. If you are not happy, you have denied yourself spiritual nourishment, that is, self-development. #31
2. Allow yourself the luxury to grow out of the immature state. #89 p.4
3. The best way to mature is to observe the childish emotions and find their underlying causes. #100
4. Change can only come by recognizing again and again the deeply ingrained fault and comparing it to the ideal state. #31
5. Because of growth already accomplished, remaining stagnancies have a heavier impact and more serious repercussions. #237 p.4
6. There is just the right and necessary amount of strength available for you to fulfill your life as best as you can. #29
7. A human being who functions harmoniously has developed the physical the mental, and the emotional side of his nature -- each helps the other. #89 p.1 cf. Harmony
8. Growth is not merely an event in which an organism becomes bigger. It implies mastering something that one was unable to master before. #178 p.1
9. Growth is always a unifying process -- bridging a chasm, mastering a conflict, resolving a contradiction. #178 p.1
10. All growth function must combine the voluntary and the involuntary functions. If the emphasis is not equally distributed, growth cannot really proceed harmoniously. The finished product of growth appears effortlessly. #178 p.2
11. Continue your self-search, and do not be impatient if it takes time and relaxed effort. #83
From Psalm 19

The law of the Lord is perfect, converting the soul;

The testimony of the Lord is sure, making wise the simple.

The statutes of the Lord are right, rejoicing the heart;

The commandment of the Lord is pure, enlightening the eyes.

#AM22/1 [Spiritual Laws by Training Class 6A -- June 1978]

Lectures studied (Curriculum): The Message, 14, 25, 26, 28, 29, 30, 31, 38, 39, 40, 41, 43, 46, 48, 50, 55, 57, 60, 64, 66, 68, 71, 73, 83, 84, 89, 90, 97, 99 100, 101, 182. Other Lectures referred to: 11, 12, 18, 32, 157, 171, 178, 196, 237, 245