

# Pathwork Lecture 218: The Evolutionary Process

1996 Edition, Original Given February 6, 1974

This lecture is given in an **expanded poetic format**, what I call a **Devotional Version** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**.

The blessings to me in developing this version have been truly profound, and my wish is that this Devotional Version will be a blessing to others. ***I invite you to slowly read and ponder this version of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to live you.***

*For clarity: The original text is in bold, sometimes italicized. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>*  
Gary Vollbracht

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03	<p><b>Greetings,</b> <b>my very dearest friends.</b></p> <p><b>Blessings for all of you here.</b></p> <p><b><i>Happiness and love</i></b> <b>follow <i>truth</i> –</b> <b>the <i>commitment to truth</i>,</b> <b>whatever it may be.</b></p> <p><b>Deep in your heart is</b> <b>the seed for</b> <b>all these potentials:</b> <b>• truth,</b> <b>• love,</b> <b>• happiness,</b> <b>• wisdom and</b> <b>• peace.</b></p> <p><b>You possess</b> <b>these attributes,</b> <b>these <i>states of being</i>,</b> <b>in ample</b> <b>• <i>quantity</i> and</b> <b>• <i>quality</i>.</b></p>

	<p><b>It is up to you</b>  <b>to realize them</b> <i>[these states of being],</i>  <b>which</b> <i>[realizing]</i> <b>you do by</b>  <b>first conceiving of</b>  <b>these potentialities</b> <i>[as they actually exist]</i>  <b>deep inside of</b>  <b>your innermost being.</b>  <i>[After conceiving of these potentials themselves,]</i>  <b>You then conceive of</b>  <b>spreading out</b>  <b>these slumbering potentials,</b>  <b>to</b>  <b>awaken</b> <i>[them]</i> <b>and</b>  <b>spread them outward,</b>  <b>so that</b>  <b>they grow</b>  <b>from within you</b>  <b>into the outer regions</b>  <b>of your life.</b></p>
04	<p><b>The topic of tonight's lecture is</b>  <b>the process of</b>  <b>the evolutionary journey,</b>  <b>for it is a journey.</b></p> <p><b>You begin to notice</b>  <b>this</b> <i>[evolutionary]</i> <b>process</b>  <b>increasingly</b>  <b>as you grow,</b>  <b>through your efforts on your path,</b>  <i>[you notice it]</i> <b>as an organic reality</b>  <b>that communicates itself</b>  <b>to you.</b></p> <p><b>It</b> <i>[i.e., this evolutionary process of the journey]</i> <b>has</b></p> <ul style="list-style-type: none"> <li>• <b>its own laws,</b></li> <li>• <b>its own sequences,</b></li> <li>• <b>its own rhythm,</b></li> <li>• <b>its own supreme wisdom, and</b></li> <li>• <b>its own inner meaning.</b></li> </ul>

	<p><b>At the beginning of your path</b>  <b>you sense it</b> [<i>i.e., you sense the evolutionary process of your journey</i>]  <b>only</b>  <b>vaguely and</b>  <b>occasionally,</b></p> <p><b>but</b></p> <ul style="list-style-type: none"> <li>• <b>as you progress,</b></li> <li>• <b>as you become more anchored</b></li> </ul> <p><b>in truth inside of you,</b>  <b>you see this</b> [<i>evolutionary</i>] <b>process</b> [<i>of your journey</i>] <b>unfolding</b>  <b>as an</b></p> <ul style="list-style-type: none"> <li>• <i>alive,</i></li> <li>• <i>organismic</i></li> </ul> <p><i>event.</i></p>
05	<p><b>The mistake you make</b>  <b>is in believing that</b>  <b>this organismic event,</b>  <b>this</b> [<i>evolutionary</i>] <b>process,</b>  <b>is a result of</b>  <i>your decision to</i>  <b>follow such a path</b> [<i>as Pathwork</i>],  <b>a path in which you</b></p> <ul style="list-style-type: none"> <li>• <i>find yourself and</i></li> <li>• <i>develop.</i></li> </ul> <p><b>But that is a misconception.</b>  <i>The [organic evolutionary] process [of your journey] exists always.</i></p> <p><b>The only difference is that</b>  <b>when you are <i>not</i> on a path</b> [<i>such as Pathwork, a path</i>] <b>that</b>  <i>activates awareness of</i>  <b>your inner reality,</b>  <b>when you are still in</b>  <b>blindness and</b>  <b>ignorance</b>  <b>about yourself and</b>  <b>therefore commensurately</b>  <b>about the universe,</b>  <b>you must also be</b>  <b>totally unaware that</b>  <b>this</b> [<i>organic evolutionary</i>] <b>process</b>  <b>is going on in you.</b></p>

	<p><b>So, first of all, it is extremely important that you understand the difference, my friends.</b></p> <p><b>The <i>[evolutionary]</i> process is <i>not</i> something that happens only after you enter a developmental path <i>[such as Pathwork]</i>.</b></p> <p><b>Entering and progressing on such a path <i>[as Pathwork]</i> enables you to focus your awareness on something that has always existed, but that you have not noticed, and <i>[by entering and progressing on such a path as Pathwork]</i> you will <i>[now]</i> be able to <i>follow the [inner organic evolutionary] process</i> by involving the <i>[conscious] ego personality</i> rather than letting it <i>[i.e., letting the conscious ego personality]</i> stay behind <i>[the evolutionary process that is going on in and around you]</i>.</b></p>
06	<p><b>This is another aspect of <i>awakening consciousness,</i> and in that sense this lecture is also a sequel of the preceding one.</b></p> <p><b>Consciousness does not happen suddenly. It is rather a process of <i>[gradual]</i> awakening to something that has always been there.</b></p>

*Awakening consciousness*  
*suddenly perceives*

- **psychic events,**  
**inner as well as outer events,**
- **states of being**  
**in the self and**  
**in others,**
- **connections and**
- **interrelationships**  
**between**  
**people and**  
**things,**  
**between**  
**individual and**  
**cosmic**  
**consciousness.**

**Why has it** [*why have all these events, states of being, connections and interrelationships*]  
**always been there?**

**Because**

*time [that spreads things out and separates them from one another]*  
**is but the illusion**  
**of the limited mind.**

**The *limitation* of that mind**  
**is also responsible for**  
**not perceiving what is there.**

**As the mind becomes**  
**less limited,**  
**it becomes capable of**  
**perceiving what is there.**

	<p><b>It will make all the difference for you, my friends, not to confuse this with the "sequence of events," for this new perception will <i>activate an aspect of your consciousness that is still slumbering:</i> your power to perceive in reality.</b></p> <p><b><i>In the slumbering state you always confuse</i></b></p> <ul style="list-style-type: none"><li><b>• <i>cause and</i></b></li><li><b>• <i>effect,</i></b></li></ul> <p><b>you always look through the wrong end of the telescope – and thus become more confused.</b></p>
07	<p><b>Now, you may begin to conceive of the <i>process of your inner evolutionary journey</i> as being <i>always</i> <i>present and ongoing,</i> <i>whether you know it or not.</i></b></p> <p><b>Let us now speak more specifically about this [<i>inner organic evolutionary</i>] <b>process,</b> so that you will obtain further help in self-understanding and can begin to focus [<i>your conscious ego</i>] in the right direction.</b></p> <p><b>I might define this <i>evolutionary process</i> that exists within</b></p> <ul style="list-style-type: none"><li><b>• <i>all aspects of consciousness,</i></b></li><li><b>• <i>all entities and</i></b></li><li><b>• <i>all organismic realities,</i></b></li></ul> <p><b>as an <i>ongoing journey.</i></b></p>

08

**People often have dreams  
in which they are  
either**

**• on a train ride,**

**or**

**• are about to take a train and  
anxious that they  
may miss it,**

**or**

**• have missed the train,**

**or**

**• are getting off it.**

**Almost all human beings have these recurrent dreams.  
They are universal dreams that come sporadically.  
When they come,  
*they convey your relationship to  
your own [inner evolutionary] process.***

**Do you [i.e., does your conscious ego]  
follow the train's movement  
or do you  
stay behind?**

**The [evolutionary] process goes on  
as the train continues its ride,  
but the *ego consciousness*  
has a *choice*.  
It can choose  
to go with it  
or  
to stay behind.**

**The choices are *not* always *consciously* made,  
but they are nevertheless made  
in *distinct intentionality*.**

**Incidentally,  
when you do not happen to have a train dream,  
it is not an indication or proof that  
you are following  
the inner journey.**

**The unconscious may not always succeed in  
sending its message to the consciousness,**

**or**

**the messages may be given in a different form [from a train dream].**

09

**For example,**  
    **when you choose**  
        **to enter such a path** [*as Pathwork*],  
        **to search within yourself and**  
            **make more meaning**  
                **out of your life,**  
**that is as much of a choice as**  
    **when you choose**  
        **not to do so,**  
            **regardless of the**  
                **rationales and**  
                    **excuses**  
                        **you may manufacture for yourself.**

**When you live the day**  
    **as if it** [*i.e., as if the way you live the day*]  
        **did not matter,**  
            **that is**  
                **as**  
                    **active and**  
                    **distinct**  
                        **a choice**  
  
    **as when you**  
        **allow yourself**  
            **to feel the inner urging**  
                **to follow**  
                    **your inner journey.**

**When you are**  
    • **passive and**  
    • **inert,**  
        **it is as much of a choice**  
        **as when you are**  
            • **active and**  
            • **take the initiative.**

**These are all choices.**  
    **Do you**  
        **go with your inner,**  
            **evolutionary process,**  
**or**  
    **do you**  
        **stay behind?**

10

**The choice is  
determined by  
how much  
you give in to  
the always existing  
fear and  
resistance  
that are so tragically misplaced.**

**Because if you need to**

- fear and
- resist

**anything, it is**

- the non-movement,
- the stagnation,
- the denial of going with  
*the process*

***that evolves [organically and naturally] out of  
your innermost being***

**as the**

- wisest,
- most meaningful  
*reality conceivable.*

**Therefore, my friends,  
when you resist**

***following the inner movement***

***[that is naturally and spontaneously evolving and arising  
within you and]***

**that is**

**so much wiser,  
so much more profound  
than what the human brain  
can think of,**

***you make a weighty decision.***

**It is important for you to understand**

- what that decision

***[to resist or not resist following that  
organic natural inner movement] means.***

- What does it [i.e., the decision] imply? And, also,
- what are its [i.e., the decision's] ramifications?

11

**I want to say here that  
the decision in question  
is more than just  
whether or  
not**

**to enter such a path as this [*Pathwork*].**

**Even if the general decision**

***for [rather than against taking] such a path [as *Pathwork*]***  
**has been made,**

**there may nevertheless  
be areas**

**where a reserve is kept.**

- "I will go only so far and no further.
- Here I will *not* go along with  
the inner train of my [*natural evolutionary*] movement.
- Here or there I will *hold on and stay behind*.
- I will *not change* in this respect.
- I will go that far and then I will get off the train,  
even while I still follow the pathwork in other areas."

**You see, my friends,**

**in psychic reality**

**it is possible to be**

***on* the train**

**in some respects,**

**but**

***off* the train**

**in others.**

**These others [*these other respects in which I decide to get off the train*]**  
**count heavily**

**because they create**

**an imbalance and**

**a discrepancy.**

**Did you get off your train**

**in some areas, my friends,**

**and perhaps dwell in**

**an interim station and**

**then try to get on again [*later*]?**

	<p><b>Don't you realize that the train does not wait? Your inner movement follows its innate [evolutionary] plan and when the ego gets off, the inner [evolutionary] movement still goes on.</b></p> <p><b>It is then so much more difficult to catch up again.</b></p> <p><b>When you are in such a predicament [because you got off the train], you experience</b></p> <ul style="list-style-type: none"><li>• long,</li><li>• drawn-out</li></ul> <p>states of</p> <ul style="list-style-type: none"><li>• disharmony,</li><li>• anxiety,</li><li>• crisis,</li><li>• depression,</li><li>• upheaval.</li></ul>
12	<p><b>It is of course realistically quite impossible to always follow the inner movement exactly one hundred percent.</b></p> <p><b>Were you <i>that</i> aware, you would not be in the human state.</b></p> <p><b>The human state is in itself the result of disconnection and thus <i>you need to struggle</i> to find the connection again with the inner reality.</b></p>

	<p><b>No human being, no path-follower can boast of never going through periods of darkness and crisis.</b></p> <p><b>They [i.e., these periods of darkness and crisis] are inevitable, and it is good that way, because these very states [of darkness and crisis] are</b></p> <ul style="list-style-type: none"><li>• reminders,</li><li>• messages and</li><li>• signposts</li></ul> <p><b>to spur you on to make a redoubled effort to find again the harmony with the inner meaning of the individual process.</b></p>
13	<p><b>I am speaking here of <i>protracted</i> states</b></p> <ul style="list-style-type: none"><li>• of disharmony,</li><li>• of escape,</li><li>• of resistance</li></ul> <p><b>on a <i>larger scale</i> to deal with certain areas of the self.</b></p> <p><b>The question can be simply stated as follows: Are you totally committed</b></p> <ul style="list-style-type: none"><li>• to all of yourself,</li><li>• to the whole truth,</li><li>• to complete non-avoidance [<i>of</i>] and surrender to the will of God?</li></ul>

	<p><b>Only you</b>     <b>can give a truthful answer</b>         <b>to this question.</b></p> <p><b>You can easily know the answer</b>     <b><i>if you wish</i> to know it.</b></p> <p><b>You can easily determine</b>     <b>if and</b>     <b>how</b>         <b>you hold out,</b>     <b>what are the areas</b>         <b>where you</b>             <b>hold back and</b>             <b>make reservations, and</b>     <b><i>where you deny</i></b>         <b><i>the holy process of</i></b>             <b><i>your inner movement into</i></b>                 <b><i>divine reality.</i></b></p>
14	<p><b>Some form of <i>battle</i></b>     <b>is always required</b>         <b>to make you understand</b>             <ul style="list-style-type: none"><li>• the signs,</li><li>• the messages,</li><li>• the directions</li></ul>            <b>of your inner <i>[evolutionary]</i> process,</b>     <b>so as to get into its swing again.</b></p> <p><b>Each stopping <i>[and getting off the train]</i></b>     <b>is much more of a delay</b>         <b>than you realize.</b></p> <p><b>When I speak of delay,</b> <b>I do not want to give the impression</b>     <b>that you should be</b>         <b>hasty and</b>         <b>rushed</b>             <b>in your mental attitude,</b></p>

	<p>but that you should</p> <ul style="list-style-type: none"><li>• realize and</li><li>• learn to tune in on the movement of your <i>[natural evolutionary]</i> process and</li><li>• learn to understand its <i>messages</i> and its <i>meaning</i>,</li></ul> <p>as well as the <i>meaning</i> of your</p> <ul style="list-style-type: none"><li>• <i>fear</i> and</li><li>• <i>resistance</i></li></ul> <p>that make you get off the train and stay behind.</p>
15	<p>If you truly examine the simple core of the fear and resistance and translate its meaning, what will inevitably come to the surface is something like this:</p> <ul style="list-style-type: none"><li>• <i>"I do not trust divine reality.</i></li><li>• <i>I do not trust divine life.</i></li><li>• <i>I do not trust my higher self.</i></li><li>• <i>I do not trust God's creation and God's will for and in me.</i></li><li>• <i>I rather trust my • ego-defenses and • protective blockings, no matter how destructive they may happen to be.</i></li><li>• <i>I may regret this destructiveness, but since I trust it more than God, I will continue with it."</i></li></ul>

	<p><b>You rather trust</b> <b>the <i>pseudo-reality</i></b></p> <ul style="list-style-type: none"><li>• of your misconceptions,</li><li>• of your puny fears and defenses,</li><li>• of false safety,</li><li>• of illusions,</li><li>• of the laziness and the lure of the <i>line of least resistance</i>.</li></ul> <p><b>You particularly trust</b> <b>the illusion</b> <b>that it is</b> <i>not necessary [to get on and stay on the train and]</i> <b>to move along with</b> <b>your evolutionary process.</b></p> <p><b>Thus you deny yourself the awareness</b> <b>that it [i.e., your evolutionary process] even exists.</b></p>
16	<p><b>You distrust</b> <b>the <i>beauty of</i></b> <b><i>the inner [organic evolutionary] movement,</i></b></p> <p><b>and</b></p> <p><b>you trust</b> <b><i>stagnation.</i></b></p> <p><b>You distrust</b> <b>the <i>truth</i></b></p> <p><b>and</b></p> <p><b>trust</b> <b>the <i>denial of truth.</i></b></p> <p><b>You trust in</b> <b><i>closing your sensibilities</i></b> <b>to the <i>messages of your [evolutionary] process.</i></b></p>

**You never even give yourself  
the chance  
to find out  
how much**

- **God,**
- **the [evolutionary] process,**
- **truth, and**
- **total commitment to  
confronting  
all that is in you and  
thus following your  
[evolutionary]  
process**

**can be trusted,  
while you despair about  
your *constant disappointments*,  
refusing to connect them [i.e., your *disappointments*]  
with  
the fact that  
*you consistently trust  
the wrong things.***

**You choose to trust *wishful thinking*.**

**You follow the motto that  
what you do not know  
does not exist and  
will not hurt you.**

**You deny that  
you miss out on  
fulfilling the  
potential within you.**

**Thus you create  
more illusion,  
more false reality  
and become more**

- **disconnected,**
- **confused,**
- **empty –**

***choosing not to understand why and  
accusing life of being bad.***

	<p><b>You</b></p> <ul style="list-style-type: none"><li>• <i>fear</i> and</li><li>• <i>resist</i></li></ul> <ul style="list-style-type: none"><li>• the <i>truth</i> and</li><li>• <i>beauty</i>,</li><li>• the <i>benign reality</i> you could live in.</li></ul> <p><i>All this</i> may not apply to <i>all</i> of you, but even if it applies only to part of you, to some aspects, it represents waste and unnecessary struggle.</p>
17	<p><b>Consider all this, my friends.</b></p> <p><b>Ponder the question of misplaced <i>trust</i> and misplaced <i>distrust</i> that make you decide to get off the train and stay behind, even if only temporarily.</b></p> <p><b>It is very important that you account to yourself for your decisions and trust and confront these issues, even if you manage not to know that you are making decisions every day and every hour of your life.</b></p>

**These are *decisions***

- about what to think,
- about how to view  
    events in your life and  
    your reactions to them,
- about whether  
    to direct your attention  
    in your daily life  
        to the outer projections  
        of your inner realities  
    or  
        to the inner realities themselves.

**All these are decisions  
that you make constantly.**

**If you test yourself  
as to the meaning  
of these decisions – and [*realize*]  
that they are indeed decisions –  
at least you will stop  
the creation of an  
illusive and  
false  
reality  
that gives so much  
pain and  
fear.**

**"Illusive reality"  
may sound like a contradiction,  
but it is not,  
for you constantly  
• manufacture and  
• believe in  
    temporary,  
    illusive  
    realities.**

***Life on earth is the best example of it.***

18

**It is therefore  
essential that you  
*question yourself deeply* about  
how you relate to  
your own [*organic evolutionary*] **process and  
what that means.****

**Then,**  
when you have answered yourself,  
the next question should be,  
what is the meaning of  
this answer?

**Are you really allowing  
that *inner [spontaneous involuntary]* movement  
to guide you?**

**It is only at the  
beginning of  
each such decision  
that making it [*i.e., making such a decision*]  
*seems* an effort.**

**But [*even*] that effort  
in itself is  
one of the *illusions*  
you created by  
constant belief in falsity –  
in this case [*the falsity*] that  
*non-movement*  
is *effortless* and  
*movement*  
is *struggle*.**

	<p><b>In reality,</b>     <b>the <i>effort</i> lies in</b>         <b>staying behind [and not getting on the train] and [thereby]</b>         <b>resisting the [natural inner organic evolutionary] movement,</b> <b>while</b>     • <b>effortlessness,</b>     • <b>ease and</b>     • <b>inner relaxation</b>         <b>lie in the harmony</b>             <b>that is being established</b>                 <b>between</b>                     <b>the <i>ego</i></b>                     <b>and</b>                         <b>the <i>inner</i> [spontaneous evolutionary]</b>                         <b>process of movement</b> <i>[made possible]</i> <b>through the decision</b>     <b>to follow at the same speed, [i.e., to get on the train]</b>     <b>to discover the meaning</b>         <b>of your [spontaneous evolutionary] process.</b></p>
19	<p><b>That brings me to the next aspect of this topic,</b> <b>which is that</b>     <b>there is no event in your life,</b>     <b>big or small,</b>     <b>outer or inner,</b>     <b>that is not</b>         <b>an <i>intrinsic message</i> or</b>         <b>a <i>meaningful manifestation</i></b>         <b>of the whole process.</b></p> <p><b>Your</b>     <b>task and</b>     <b>path</b>         <b>consist</b>             <b>of deciphering these messages,</b>             <b>of understanding the <i>meaning</i></b>                 <b>behind the</b>                     • <b>events or</b>                     • <b>moods</b>                         <b>you are in.</b></p> <p><b>To the degree you make deliberate efforts to do so,</b>     <b>you will succeed,</b>         <b>though</b>             <b>not immediately and</b>             <b>not always in a straight line.</b></p>

	<p><b>But the meaning will evolve, surely and inexorably.</b></p> <p><b>The more this is the case, <i>the deeper your</i> • <i>security,</i> • <i>peace and</i> • <i>joy</i> will be.</b></p> <p><b>Conversely, the <i>meaning of</i> your life and your experiences, your moods and states of mind, will never take on <i>deeper meaning</i> without serious effort and commitment.</b></p> <p><b>To the degree you do <i>not</i> make this effort and commitment, your life will be • sterile and • anxiety-ridden.</b></p>
20	<p><b>When you experience events as • isolated • haphazard happenings, life <i>must</i> appear • meaningless, • frightening, • confusing and • burdensome.</b></p>

When *[on the other hand]* you begin  
to perceive  
the incredible meaningfulness,  
the much wider  
wisdom and  
purpose  
of every event –  
how it is  
deeply connected with and  
a part  
of the  
wise and  
wholesome  
totality  
of your life,  
of the sequences of life –

then *all*  
• fear and  
• confusion  
*must vanish,*  
because *everything* you experience  
has its  
*deepest*  
*meaning and*  
*connection.*

That awareness  
can be established  
only when your outer consciousness  
is willing to make the effort  
to overcome the always existing temptation  
to yield in the direction of  
least resistance.

Usually you just put it aside –  
• this event, or  
• that mood or  
• inner climate, or  
• a particular state  
of emotional reaction –  
as one of those things  
that happen because of an  
isolated,  
disconnected  
coincidence.

**Even though you may no longer**  
*[intellectually continue to]*  
**pay lip service to**  
**coincidence** *[now thinking intellectually*  
*that there are no coincidences, that everything fits*  
*together in a purposeful cause and effect way],*  
**your emotional reactions** *[to life,*  
*in contrast to your intellect's knowing better]*  
**are still geared to it** *[i.e., still geared to coincidence],*  
**as if your experience**  
**were a product of "it,"**  
*[i.e., a product of a "coincidence,"*  
*an "it" "out there"].*

**"If only this or that would have happened differently,**  
**then I would be happy" or,**  
**"If only this particular person could react differently,**  
**then all would be well" –**

**these familiar reactions,**  
**although not necessarily expressed in these exact words,**  
**indicate a lingering belief**  
**that life is haphazard and**  
**that your state of mind**  
**depends**  
**on others and**  
**on circumstances**  
**that have little if anything to do**  
**with a meaningful reality**  
**beyond the surface.**

**This is *why* you become**  

- depressed,
- anxious,
- confused.

	<p><b>It is only when you ask yourself about whatever happens to you, every day and every hour of your life –</b>     <b>"How could this [incident or happening or mood] be</b>         • a message, or         • a reflection, or         • an indication, or         • a sign             <b>of a total picture about             my life and             its course             that I still do not             completely grasp?" –</b></p> <p><b>that you will gain     meaningful answers, that the     inner cohesive reality     will reveal itself to you.</b></p> <p><b>Then all the little pieces of</b>     • your life,     • your experiences,     • your state of mind,     <b>will fall into place.</b></p>
21	<p><i>Believe me, my friends, there is nothing you experience that does not have to be exactly the way it is.</i></p> <p><b>This is not because some deity predestines it for you in a spirit of</b>     • punishment or     • reward.</p> <p><b>That kind of [punishment/reward] thinking totally misses the point. It is much rather like this:</b>     <i>your experiences are the product of     where you are on your journey     within your own process.</i></p> <p><i>This is why you cannot be at any other place [than where you are].</i></p>

22

**Let us assume an organism,  
human or  
any other,  
is**

- very angry,
- very self-rejecting,
- very impatient

**because its own [evolutionary] growth process  
is only halfway accomplished.**

*[Consider this analogy:]*

**Let us assume  
a child  
is**

- angry and
- impatient,
- guilty and
- self-rejecting

**because it is not yet an adult.**

***Would that not be foolish?***

*[You would easily see that] The growth process [in the child]  
is in itself*

- beautiful,
- meaningful, and
- to be respected.

***It is the same***

***with the evolutionary process***

***[a process] that includes the  
purification of***

- distortions and
- negativity.

***If an organism is only  
half grown,***

***that is exactly where  
that organism is***

**and**

**to scold it –  
or for it to scold itself –  
is senseless.**

**Only**

**when that [half-grown] state is**

- **fully accepted and**
- **not obstructed,**

**when its meaning [i.e., the meaning of its half-grown state]**

**with its ramifications [the ramifications of its half-grown state]**

**is clear –**

**which includes an**

**assessment of**

**the effect of [the inevitable]**

**negativity**

*[in that half-grown  
state] –*

**is the [natural, evolutionary] growth process  
free to evolve.**

• **Rejection**

**of the current [half-grown] state and**

• **anger**

**about it [anger about being only half-grown]**

**are obstructions that are like**

*barricades,*

**prohibiting the**

**"train" [meaning your natural**

*evolutionary process]*

**from taking its [natural] course.**

**If you apply this principle to the  
physical level**

**it is easy to see.**

**Imagine that you squeeze a**

**growing physical organism into**

**a tight container.**

**This would**

**thwart**

**the growth and**

**cripple**

**the organism.**

**It is the same with**

- **mental and**
- **psychic**

**processes.**

	<p><b>Misunderstanding the</b></p> <ul style="list-style-type: none"><li>• dynamics,</li><li>• meaning and</li><li>• necessity</li></ul> <p><b>of growth –</b> <b>with its</b> <i>[i.e., with growth's natural evolutionary]</i> <b>process of</b></p> <ul style="list-style-type: none"><li>• purification,</li><li>• consciousness-expansion and</li><li>• deepening of perception –</li></ul> <p><b>and thus feeling</b> <b>impatient about</b> <b>your present</b> <i>[half-grown] state [with its but limited purification, consciousness, and perception] –</i></p> <p><b>only leads to</b></p> <ul style="list-style-type: none"><li>• self-hate,</li><li>• denial,</li><li>• repression,</li><li>• self-justification and</li><li>• projecting onto others.</li></ul> <p><b>This in turn leads to</b></p> <ul style="list-style-type: none"><li>• more negativity,</li><li>• real guilt, and</li><li>• confusion –</li></ul> <p><b>in short,</b> <i>[leading] to</i></p> <ul style="list-style-type: none"><li>• <i>crippling</i> <i>the [living] growing organism.</i></li></ul>
23	<p><b>Offhand</b> <b>it may appear as if</b> <b>this attitude of</b> <b>impatience with the limited state</b> <b>of the self</b> <b>indicated</b> <b>an eagerness</b> <b>to grow and</b> <b>goodwill</b> <b>toward a more perfected</b> <b>state and</b> <b>consciousness.</b></p>

	<p><b>These attributes</b> <i>[i.e., eagerness to grow, and to be in a more perfected state and consciousness]</i> <b>are, of course, the</b> <b>original divine qualifications</b> <b>behind the distorted expression</b> <i>[distortion of impatience with the self] –</i> <b>and this</b> <i>[understanding that there is original divine nature behind the distortion]</i> <b>is good to know.</b></p> <p><b>But it is</b> <b>just as important to know that</b> <b>the way this</b> <i>[original divine nature]</i> <b>manifests</b> <b>is</b> <i>[currently]</i> <b>in distortion and</b> <b>is far from</b> <i>[actually]</i> <b>furthering</b> <b>the</b> <i>[natural organic]</i> <b>growth process.</b></p>
24	<p><b>You can see</b> <b>where you are</b> <i>[in truth]</i> <b>once you free yourself of the</b> <b>additional,</b> <b>unnecessary burden and</b> <b>negativity</b> <b>of the denial</b> <b>of your present</b> <i>[half-grown] state.</i></p> <ul style="list-style-type: none"><li>• Denial and</li><li>• repression</li></ul> <p>lead to</p> <ul style="list-style-type: none"><li>• self-justification,</li><li>• destructive guilt and</li><li>• blaming of others.</li></ul> <p><i>Your pathwork helps you to shed these burdens.</i></p> <p><b>Then</b> <i>[with the help of your Pathwork]</i> <b>you can perceive</b> <i>[in truth and with curiosity and without moralizing]</i> <b>your present</b> <i>[half-grown]state,</i> <i>[a state]</i> <b>for which you have</b> <b>entered</b> <b>the process of evolution,</b> <b>for which you have</b> <b>contracted for</b> <b>a chain of incarnations.</b></p>

	<p><b><i>You thus are</i></b> <i>[,having entered the process of evolution and having contracted for a chain of incarnations,]</i> <b>part of the divine plan to</b> <b><i>bring light into the void.</i></b></p> <p><b>Wherever</b> <b>your manifest <i>[but incomplete]</i> consciousness has</b> <ul style="list-style-type: none"><li>• "forgotten" its connection and</li><li>• lost touch</li></ul><b>with its divine nature,</b> <b>there lies your task</b> <b>which is destined to</b> <b>reestablish the connection</b> <i>[between your manifest but incomplete consciousness and its essential divine nature].</i></p>
25	<p><b>Ignorance of these</b> <b>principles and</b> <b>truths</b> <b>leads to</b> <b>hating the</b> <i>[half-grown and]</i> <b>incomplete present state,</b> <b>which, in turn, results in</b> <b>hate of self</b> <i>[seeing self only in its half-grown and incomplete state and not seeing its potential],</i> <b>therefore</b> <b>fear of self <i>[in its half-grown and incomplete state],</i></b> <b>therefore</b> <b>resistance</b> <ul style="list-style-type: none"><li>• <b>to the whole <i>[essential nature]</i> of your being,</b></li><li>• <b>to view it impartially</b> <i>[while it is in its current half-grown and incomplete state],</i></li><li>• <b><i>[to]</i> assess it objectively</b> <i>[in that incomplete state] and</i></li><li>• <b><i>[to]</i> infuse it with truth.</b></li></ul></p>

**You can see the  
logical sequence of  
psychic events here in  
clear demonstration.**

**When you  
no longer**

- fear and
- hate yourself,

**you will not**

- fear and
- resist

**the journey.**

*[Rather,] You will go with it.*

**When you have  
nothing to fear  
in you,  
you have  
nothing to fear  
of the journey of life,  
of change.**

**On the contrary,  
you will look for  
the *[various]* different landscapes  
with  
*joy and  
excitement,*  
in  
*complete trust.***

**You must understand, my friends,  
the inexorable connection  
between  
fear of self  
and *[resulting]*  
fear of life,  
as opposed to *[what happens, because of this connection  
between self and life, when we make a]*  
total commitment to  
all of the self,  
hence  
increasing**

- loss of fear of self,
- trust in self,
- trust in life.

	<p><b>Making the total commitment to <i>yourself</i></b> <b>means</b> <b>making the total commitment to</b> <b><i>following harmoniously</i></b> <b><i>the movement of</i></b> <b><i>your [natural evolutionary] process.</i></b></p> <p><b>• Hating and</b> <b>• rejecting</b> <b>your present <i>[half-grown and incompletely developed] state</i></b> <b>means</b> <b><i>fearing yourself,</i></b> <b>which means</b> <b>obstructing your</b> <b>• journey and</b> <b>• movement.</b></p> <p><b>This means</b> <b><i>"missing your train."</i></b></p>
26	<p><b>Each <i>[evolutionary] process</i> is</b> <b>• intrinsically your own,</b> <b>• different from the next one.</b></p> <p><b>Each individual has</b> <b>his or her</b> <b>own reality,</b> <b>even though that reality</b> <b>must be in concordance with</b> <b>the <i>universal</i> reality,</b> <b>based on its</b> <b>laws and</b> <b>truths.</b></p> <p><b>The <i>acceptance</i> of</b> <b>the <i>[half-grown and incomplete] state</i> you are in</b> <b>leads to going</b> <b>with your movement,</b> <b>with your <i>[evolutionary] process,</i></b> <b>fearlessly letting out</b> <b>what there may be</b> <b><i>[coming up in your limited half-</i></b> <b><i>grown and incomplete state].</i></b></p>

**My friends,**  
*let these words be an*  

- *incentive and*
- *inspiration*

*to you*  
*to make a*  

- *fuller and*
- *more total*

*commitment to*  
*all of yourself,*

**for in that way**  
**you will**  
**find the**  
*trust in*  
**your inner [evolutionary] process and**  
**understand**  
*its truly heavenly beauty!*

**You will**  
*know*  
*its language*  
**that will communicate itself to you and**  
**through which [language]**  
**you will discover**  

- *the immeasurable beauty*  
of that process,
- *the wisdom*  
of it,
- *the meaning*  
of it, and
- *the peace*  
that is contained in it.

**You will**  
*feel*  
**the ongoing aliveness**  
**that you know**  
**you**  
**possess and**  
**are a part of,**  
**regardless of [present]**  
**outer**  
**manifestations.**

The *[present]* outer manifestations are,  
as I said,

in themselves a

- *meaningful* and
- *alive*

*part of the whole,*

*even though they may  
momentarily  
seem*

- *painful,*
- *ugly* and
- *not alive.*

**But**

**when you make**

**the connection  
between**

**the *[outer]* manifestations**

**and**

**your *[natural evolutionary]* process,**

**your perception**

**must change drastically.**

**What you experienced as**

**senseless –**

**and therefore**

**frightening and**

**ugly –**

***suddenly becomes***

***infused with***

***divine meaning.***

27

**A number of laws**

**apply to the**

**evolutionary inner process.**

**These laws *[applicable to the evolutionary inner process]***

**must *not* be confused with**

**the *general universal laws,***

**which apply**

**to all states of consciousness and**

**to all entities.**

	<p><b>They [i.e., these general universal laws]</b> <b>apply</b></p> <ul style="list-style-type: none"><li>• to those beyond the evolutionary process,</li><li>• to those not yet within the evolutionary process, as well as</li><li>• to those who are within it.</li></ul> <p><b>But then there are the</b> <b>laws of the [evolutionary] process itself</b> <b>that apply <i>only</i> to</b> <b>those who have entered into</b> <b>this [evolutionary] process.</b></p> <p><b>Some of these laws [that apply only to the evolutionary process]</b> <b>you will learn in the course of our future lectures.</b></p> <p><b>Now I would like to speak about</b> <b>two important such laws,</b> <b>which will be very useful</b> <b>for you to work with.</b></p>
28	<p><b><i>The first law [applicable to the evolutionary process]</i></b> <b>is that</b></p> <p><b>the further the inner consciousness</b> <b>is advanced in one's [evolutionary] process –</b> <b>or, to put it differently,</b> <b>the greater one's spiritual potentiality</b></p> <ul style="list-style-type: none"><li>• to go with the [evolutionary] process,</li><li>• to be aware of it and</li><li>• to understand<ul style="list-style-type: none"><li>• it [i.e., to understand the evolutionary process]</li><li>and</li><li>• its meaning [i.e., to understand the meaning of the evolutionary process] –</li></ul></li></ul> <p><b><i>the greater must be</i></b> <b><i>the repercussion</i></b> <b><i>if that potentiality</i></b> <b><i>is not developed.</i></b></p>

	<p><b>If you are, for example, ready to follow such a demanding path of self-confrontation and growth [which Pathwork is], but resist your</b></p> <ul style="list-style-type: none"><li>• <i>experiences</i> and</li><li>• <i>states of mind,</i></li></ul> <p><b>you will lack</b></p> <ul style="list-style-type: none"><li>• <b>peace,</b></li><li>• <b>joy,</b></li><li>• <b>meaning and</b></li><li>• <b>aliveness.</b></li></ul> <p><b>This is <i>not</i> true of an individual who is simply not yet at the point where such a path [as Pathwork or other paths of self- confrontation and growth] can be followed.</b></p>
29	<p><b>When I speak of repercussions, I do <i>not</i> necessarily mean tragedy, although that, too, is part of it.</b></p> <p><b>The greater the discrepancy between <i>your spiritual potentiality</i> and <i>the actual direction you take in life,</i> <i>the more severe your experiences are.</i></b></p> <p><b>But often it is <i>not</i> a tragic [<i>sudden one-time</i>] event that indicates such a discrepancy.</b></p> <p><b>It may even be <i>more often</i> a <i>chronic</i> [<i>ongoing over a long time</i>] state of</b></p> <ul style="list-style-type: none"><li>• <i>depression,</i></li><li>• <i>anxiety</i> and, indeed,</li><li>• <i>disconnectedness.</i></li></ul>

**The same principle applies** *[not only to those who have the potential for growth but who have said “No!” to taking such a path as Pathwork or other path of self-confrontation and growth, but also]*  
**to those who are already on such a path**  
*[of self-confrontation and growth].*

**They may, on the whole,**  
**be committed to it**  
*[be committed to Pathwork or other path of self-confrontation and growth],*  
**but keep a part of themselves**  
**in reserve.**

**They do not commit**  
**all of themselves**  
**to the** *[evolutionary]* **process** *[arising organically in them],*  
*[rather,] they*  
**hold back in**  

- fear,
- shame,
- secrecy and
- the wishful thinking

**that this** *[holding back in some areas]*  
**will not matter.**

**The**  
**resulting and**  
**inevitable**  
*blindness,*  
**be it only momentary,**  
**must present experiences that are**  

- *puzzling,*
- *painful,*
- *disquieting,*
- *confusing, or*

**that**  

- **simply rob you of**  
*momentary peace.*

30

**Learn to view**  
**your *daily*, even**  
**your *hourly***  
**life**  
**so that you see what**  
**• your *moods*,**  
**• your *experiences* and**  
**• [*your*] *perceptions***  
**reveal about**  
**your [*natural evolutionary*] *process*.**

**Then you**  
**will go with**  
**the [*natural evolutionary*] *process* and**  
**will recognize that**  
***the disturbance is a***  
***reflection of some***  
***blindness*.**

**The blindness**  
**lies often in a**  
***totally different direction***  
**from the one [*direction*]**  
**you half-consciously**  
**fear and**  
**assume.**

**The moment you know that**  
***[the disturbance is a reflection of some blindness],***  
**you have**  
**the freedom and**  
**the possibility**  
**to use this knowledge [*about your disturbance*]**  
**as**  
**• your gauge,**  
**• your doorway,**  
**• your key.**

31

**Do you *have* to allow  
the discrepancy  
between  
and**

- **your *[organic and natural evolutionary]* process**
- **your ego state  
to accumulate into  
more disturbing elements,  
so that the repercussions  
become more unpleasant?**

**This is *not* a *punishment*, my friends.  
*[Rather,]* It is the  
*grace of God*  
that has made it so,  
in order to help you**

- **to not stay behind  
in a useless stagnation,**
- **to give you the incentive,**

**if you only *choose*  
to *open your eyes*,  
to *use these experiences* and  
*[to]* pray deeply  
for the guidance  
to understand,  
to let yourself  
be open to  
the guidance, and  
trust yourself  
to the will of God and  
go with it *[i.e., let yourself go with the will of God]*.**

**Let yourself  
*be carried with it*  
*[i.e., Let yourself be carried with the will of God]*.**

32

**Make,**  
**on the one hand,**  
***all effort possible***  
**• to see,**  
**• to comprehend,**  
**• to search deeply**  
**for the meaning,**  
**• to overcome resistance.**  
**On the other hand,**  
***surrender yourself***  
**to the inner *[evolutionary]* movement**  
**that will carry you.**

**These are *not***  
***two contradictory attitudes.***  
***[Rather] They are***  
***mutually interdependent.***

**Use the**  
***positive ego-attributes***  
**for the *effort***  
**to overcome resistance**  
**and also *surrender***  
***the ego control***  
***to the guidance of***  
***the divine inner***  
***will and***  
***movement.***

***You have the potential,***  
**if you keep this *[two-pronged approach – effort and surrender]* up,**  
***to create a***  
***faultlessly***  
***peaceful and***  
***happy***  
***life.***

**Being in the**  
**human shell of**  
**blindness,**  
**you have to battle against**  
**the as yet**  
**unrealized and**  
**undeveloped**  
**aspects in yourself.**

	<p><b>Use every opportunity to avoid staying behind.</b></p> <p><b>This will prevent repercussions to a considerable degree.</b></p> <p><b>The <i>degree</i> is really all that matters, for some blindness, as I said, is quite inevitable [in your limited human shell].</b></p>
33	<p><b>The more your path [of Pathwork or other self-confrontational growth path] progresses, the more aware you become of the inner meaning of the [inner organic evolutionary] process.</b></p> <p><b>You can take the <i>tiniest disturbing mood</i> and ask yourself:</b></p> <ul style="list-style-type: none"><li>• "What does this mean for my inner process?"</li><li>• Where am I blind?</li><li>• What could I see differently?"</li></ul>
34	<p><b><i>The second law</i> [of the evolutionary process applicable for those who have entered the evolutionary process]</b></p> <p><b>I wish to speak about is <i>making connections.</i></b></p> <p><b>When connections are made, the process evolves in its full glory [for you to see, understand, and celebrate].</b></p> <p><b>When connections are <i>not</i> made [however], the [organic evolutionary] process remains hidden [from you] and events take on an isolated and disquieting appearance.</b></p>

	<p><b>You have to</b> <b>make connections primarily</b> <b>between</b> <b>your <i>outer experiences</i></b> <b>and</b> <b>the <i>inner [organic evolutionary] process,</i></b> <b>on the one hand,</b> <b>and, on the other,</b> <b>between</b> <b><i>[all of the] inner attitudes</i></b> <b>that <i>[currently]</i> seem totally disconnected</b> <b>from one another.</b></p> <p><b>Let me briefly speak about both.</b></p>
35	<p><b>The first –</b> <b>connections <i>[of this Second Law of Making Connections, connections]</i></b> <b>between</b> <ul style="list-style-type: none"><li>• <b>the outer life,</b></li><li>• <b>your inner moods,</b></li><li>• <b>reactions</b></li></ul><b>and</b> <ul style="list-style-type: none"><li>• <b>the <i>[evolutionary] process –</i></b></li></ul><b>can be made</b> <b>only in the way I said before:</b> <b>first</b> <ul style="list-style-type: none"><li>• <b>consider the possibility</b> <b>of such a connection,</b></li><li>• <b>open yourself up to its realization.</b></li></ul></p> <p><b>The moment you</b> <b>raise that question and</b> <b>open up to</b> <b>receiving the answer,</b> <b>the meaning</b> <b>will communicate itself to you,</b> <b>sooner or later.</b></p>

	<p>As the meanings become clear, as you begin to see <i>all experiences as intrinsically meaningful events relating</i></p> <ul style="list-style-type: none"><li>• to your <i>total inner reality</i> and</li><li>• to your <i>entire path</i>, as well as</li><li>• <i>[to] every particle thereof</i>,</li></ul> <p>you will gain a</p> <ul style="list-style-type: none"><li>• <i>totally new</i> and</li><li>• <i>infinitely more connected understanding of life.</i></li></ul>
36	<p><b>The second category</b> <i>[of connections of this Second Law of Making Connections, that is,],</i> <b>making connections</b> <b>between</b> <i>[the various] inner aspects –</i> <b>problematic aspects, for example –</b></p> <p><b>is something you</b> <b>begin to experience</b> <b>as you progress on your path.</b></p> <p><b>But</b> <b>much more of that</b> <i>[experience of connection among inner aspects]</i> <b>can and</b> <b>will</b> <b>happen.</b></p> <p><b>You discover,</b> <b>in the course of your path,</b> <i>apparently isolated problems –</i> <b>outer as well as inner –</b> <b>such as</b></p> <ul style="list-style-type: none"><li>• <b>faults,</b></li><li>• <b>shortcomings,</b></li><li>• <b>impurities,</b></li><li>• <b>conflicts,</b></li><li>• <b>difficulties</b></li></ul> <p><b>whose inner dynamics</b> <b>you as yet ignore – and</b> <b>they seem to have nothing to do</b> <b>with one another.</b></p>

	<p><b>And yet, as you go deeper, there is a <i>direct connection</i> between the <i>apparently disconnected</i> <i>attitudes and</i> <i>aspects.</i></b></p>
37	<p><b>For example, what connection could there be between</b></p> <ul style="list-style-type: none"><li>• a difficulty in establishing fulfilling relationships</li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• a blockage in your career?</li></ul> <p><b>Or what connection could exist between</b></p> <ul style="list-style-type: none"><li>• a greedy and • pushy attitude</li></ul> <p><b>and, say,</b></p> <ul style="list-style-type: none"><li>• sexual dissatisfaction?</li></ul> <p><b>Or between</b></p> <ul style="list-style-type: none"><li>• submissiveness, • lack of self-assertion, on the one hand,</li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• covert hostility on the other?</li></ul> <p><b>I could name many more such examples.</b></p> <p><b><i>Seeing the connection between them will give you a wholesome sense of meaning and a new understanding.</i></b></p> <p><b><i>Suddenly things are no longer so fragmented and anxiety-producing.</i></b></p>

38

**First**

**you may only sense  
overall connections,**

**but**

**little by little**

**it [i.e., the profound connection among all aspects and parts]  
will become a**

**real and**

**strong**

**understanding**

**in depth.**

***The parts of the whole are all put together.***

***There is nothing in you***

***that does not connect with***

***everything else,***

***whether***

**• good,**

**• bad, or**

**• indifferent,**

**• positive or**

**• negative.**

**Not only are**

**• various *positive* aspects**

**that seem different in kind**

**from one another**

**connected,**

**not only are**

**• different *negative* aspects**

**connected,**

**but**

**• *positive and negative***

**aspects**

**are also directly linked [*with each other*]**

**on an inner level.**

39	<p><b>To establish the connections</b> you can and should use your mental abilities to whatever degree you can in a spirit of exercising your mind.</p> <p><b>But</b> the insights must primarily come from within. <i>[That is,] You must allow the</i> <i>[inner] intuitive faculties</i> <i>[the felt-sense that arises from the deep heart]</i> to provide you with the connections. <i>[When you do this]</i> Then everything will take on a new form, a new shape.</p>
40	<p><b>It is very important for you</b> to understand these two laws <i>[that apply to all those on the evolutionary process]</i> <i>[The First Law</i> <i>that the further the inner consciousness</i> <i>is advanced in one's evolutionary process the greater</i> <i>must be the repercussion if that potentiality is not</i> <i>developed.</i></p> <p><i>And</i></p> <p><i>The Second Law</i> <i>of making connections among all aspects of one's life].</i></p> <p><b>Such an understanding</b> will help you make the deliberate choice of finding out what your outer life means in terms of your inner <i>[evolutionary]</i> process.</p>

Renew the  
*daily*  
*choice and*  
*commitment*  
*to trusting*  
*the movement of that*  
*[natural inner evolutionary] process.*

Follow it *[let your ego get on the “train” of your evolutionary process]*  
and do not stay behind *[while the “train” moves on ahead].*

The more you do this,  
the more  
• exhilarated your  
• *consciousness and*  
• *energetic system*  
will become,  
*the more*  
• *joyful,*  
• *peaceful,*  
• *secure and*  
• *meaningful*  
your *life* will be –  
meaningful in terms of the  
*total creative process*  
*[across many, many lifespans]*  
not just for this  
one individual lifespan.

You will  
know and  
sense deeply  
that you are a part of a  
larger *[evolutionary]* process  
of which this  
one little lifespan  
is only a small link  
in a very long chain.

41

As I  
leave you and  
give you  
blessings and  
love,  
I want to say  
to all of you  
that there is  
so much growth,  
so much change  
happening in  
so many of my friends.

There is  
so much  
*sincere devotion to*  
your path and  
so many  
real fruits  
that you begin to reap.

That is a beautiful sight  
for us in spirit.

We see the *form* of it,  
we see the *light* of it,  
we see the *glory* of it.

And we know  
the *value* of it,  
*how you contribute to*  
*all of life*  
*with each*  
*little,*  
*individual*  
*step of progress*  
*you make.*

You are *blessed,*  
*all of you,*  
*my dearest,*  
*dearest friends.*

Be in peace.

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