

Pathwork Lecture 252: Privacy And Secrecy

1996 Edition, Original Given June 14, 1978

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The original text is in bold, italicized, and mostly underlined. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

Blessings on your journey, Gary

¶	<i>Content</i>
03	<p><i><u>My very beloved friends,</u></i> <i><u>you are blessed,</u></i> <i><u>once again.</u></i></p>
04	<p><i><u>Golden rays</u></i></p> <ul style="list-style-type: none"><i><u>• are streaming around you and</u></i><i><u>• fill your very being.</u></i> <p><i><u>In this lecture I want to give you</u></i></p> <ul style="list-style-type: none"><i><u>• yet another outline</u></i> <i><u>of</u></i> <i><u>divine living,</u></i><i><u>• a vision of</u></i> <i><u>the Christ consciousness</u></i> <i><u>that heals</u></i> <i><u>all the wounds of</u></i><ul style="list-style-type: none"><i><u>• division,</u></i><i><u>• confusion, and</u></i><i><u>• unnecessary conflict.</u></i>

by Eva Broch Pierrakos

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You may sense that
the series of lectures I have given you
this past working season [i.e., the working season beginning with
Lecture 243 given in October 1977 and ending
with this Lecture 252 given in June 1978]
was geared to
open up new visions
in several areas.

These visions
set

- the pace and
- the climate

of the work we shall be doing

in the next working season [i.e., the working season which would
begin with Lecture 253 given in September 1978
would end with Eva's last lecture before she died,
Lecture 258 in January 1979].

05

The particular sequence of lectures
may appear, off hand,
• arbitrary and
• not necessarily connected,
but upon more profound reflection
you will see

that there is

- a meaningful sequence and
- a connection between the topics.

In fact,

one [lecture]

could not be properly assimilated

without the other [i.e., without understanding of
the previous lecture].

All of them [i.e., All of the Pathwork Lectures taken together]
form a
comprehensive whole.

	<p><u><i>A study in meditation</i></u> <u><i>will reveal</i></u> <u><i>how all these topics</i></u> <u><i>are intricately connected.</i></u></p> <ul style="list-style-type: none">• <u><i>Every single one of the topics,</i></u> <p><u><i>and</i></u></p> <ul style="list-style-type: none">• <u><i>all of them together,</i></u> <u><i>will open</i></u> <u><i>new channels of consciousness in you</i></u> <u><i>which, in turn,</i></u> <u><i>will make you capable of</i></u> <u><i>living</i></u> <u><i>the new life</i></u> <u><i>that is starting to evolve on your earth sphere.</i></u>
06	<p><u><i>Today I wish to explore the concepts of</i></u> <ul style="list-style-type: none">• <u><i>privacy</i></u><u><i>and</i></u> <ul style="list-style-type: none">• <u><i>secrecy.</i></u></p> <p><u><i>Much confusion exists</i></u> <u><i>about these two concepts.</i></u></p> <p><u><i>This confusion [about privacy and secrecy]</i></u> <ul style="list-style-type: none">• <u><i>fosters the forces of evil and</i></u>• <u><i>prevents you from</i></u><ul style="list-style-type: none">• <u><i>fulfilling all your needs and</i></u>• <u><i>attaining true expansion.</i></u></p> <p><u><i>It [i.e., This confusion about privacy and secrecy]</i></u> <u><i>also makes</i></u> <ul style="list-style-type: none">• <u><i>closeness and</i></u>• <u><i>intimacy</i></u> <u><i>impossible,</i></u></p> <p><u><i>and closeness</i></u> <u><i>is surely one of your</i></u> <u><i>legitimate needs.</i></u></p> <p><u><i>So is privacy [i.e., Privacy is also one of your legitimate needs].</i></u></p>

	<p><u>If</u></p> <ul style="list-style-type: none">• <u>privacy</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>secrecy</u> <p><u>are being confused,</u></p> <p><u>either</u></p> <p><u>the need for</u></p> <ul style="list-style-type: none">• <u>closeness</u> <p><u>or</u></p> <p><u>the need for</u></p> <ul style="list-style-type: none">• <u>privacy</u> <p><u>must be shortchanged.</u></p>
07	<p><u>Privacy</u> <u>is a legitimate need of the soul.</u></p> <p><u>You need to be</u></p> <ul style="list-style-type: none">• <u>by</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>with</u> <p><u>yourself.</u></p> <p><u>You need</u> <u>time alone</u> <u>in which you can</u></p> <ul style="list-style-type: none">• <u>delve into your depths and</u>• <u>find new levels of</u> <p><u>inner reality,</u></p> <p><u>undisturbed by</u> <u>even the most favorable</u></p> <ul style="list-style-type: none">• <u>influences and</u>• <u>vibrations</u> <p><u>from others.</u></p>

At times
you even need periods
when something
you essentially desire to share
with all your loved ones
needs to be kept to yourself
until
it ripens sufficiently.

Whether it [i.e., Whether that something you desire to share]
is

- a thought,
- a new state of consciousness, or
- an artistic creation,

it may need time
to complete itself
before
being opened to others.

08

Such periods of privacy
do not indicate
• isolation or
• separateness.

They [i.e., Such periods of privacy]
merely mean that

- a time of being
• by
yourself

and
• with
yourself,

- a state of
• aloneness,

is necessary
to find
more of yourself.

However,
every divine reality
also has a

- distorted,
- diabolic

counterpart,
and
if privacy
is being sought
in order to
avoid contact [with others],
a distortion
is at hand.

[Conversely]
If you
avoid privacy
because
the true meaning
of the anxiety it [i.e., the anxiety that privacy]
may at first produce
is not

- explored and
- understood,

again,
a distortion
is at work.

09

Many people
are completely oblivious
to their own need for
privacy.

They may, at times, be alone
as a result of circumstances beyond their control,
but even then,
they manage to
clutter up
their inner being
with

- surface thoughts,

with

- outer or
- inner

noise,
to avoid
the deep
inner contact
the soul craves.

Human beings
who live in perpetually crowded conditions
may have produced these very conditions
because
they desire an outer reason
for being prevented from
being alone.

However,
other human beings
who also live in such conditions
manage to find

- inner

and occasionally even

- outer

privacy
despite all the busyness surrounding them.

10

Those who
keep predominantly to themselves
may have created their aloneness
precisely because of
their fear of contact.

But if
fear of contact
exists at all,
it is
primarily
fear of contact with

- the self,

and only
secondarily
fear of contact with

- others.

Consequently,
this aloneness [arising primarily out of fear of contact with the self]
will not fill
the need for privacy.

People who are alone
because of
fear of contact
will remain alone
without taking the opportunity
to come closer to themselves,
just as they will spend time
with others
without taking the opportunity
to forge true

- contact and
- intimacy.

11

Now what about
secrecy?

Secrecy is
never
positive,
at least not in its
real sense.

We are not talking of
the so-called secret
one keeps to prepare a lovely surprise for a loved one.

This [lovely surprise-type “secret”]
is not really a secret,
for it is finally joyfully revealed.

Secrets
always hide something
negative,
otherwise
they [i.e., these hidden things]
would not be kept secret.

This [i.e., This fact that secrets always hide something negative]
is very important.

Although the truth here [i.e., The truth that secrets always
hide something negative]
is quite obvious,
it is surprisingly
often totally overlooked.

Whatever the secret may be,
if you look closely,
it will not be difficult to discern
the wish to hide something
that is
unpalatable
to someone.

	<p><u>Either</u> <u>you</u> <u>wish to keep something</u> [that is unpalatable to you or others] <u>hidden from others,</u></p> <p><u>or</u> <u>another person</u> <u>wishes to involve you</u> <u>in hiding something</u></p> <ul style="list-style-type: none">• <u>negative or</u>• <u>destructive.</u>
12	<p><u>If these secrets</u> <u>were revealed,</u> <u>they could be</u></p> <ul style="list-style-type: none">• <u>dealt with,</u> <p><u>they could be</u></p> <ul style="list-style-type: none">• <u>totally dissolved</u> <u>so that a</u>• <u>beautiful,</u>• <u>positive</u> <u>creation</u> <u>could take their place.</u> <p><u>But</u> <u>by keeping the secret,</u> <u>you</u></p> <ul style="list-style-type: none">• <u>maintain and</u>• <u>nurture</u>• <u>negative thoughts,</u>• <u>dishonest actions, and</u>• <u>destructive behavior patterns.</u>

13

The person
who has a stake
in keeping something secret –
either

- alone

or

- in conjunction with others –

is perfectly aware of
hiding something negative;
otherwise
it would be unnecessary
to keep it secret.

To plead righteousness
about keeping a secret
is therefore absurd.

But what usually happens
is that
privacy
is used to camouflage
the intent
to keep secrets.

In other words,
secretive people
will use the

- right and
- need

for privacy
to conceal
that they really are
keeping something secret.

The weapon
of the forces of darkness
is always
to confuse
by using a

- truth [here, the truth of one's healthy need for privacy]

to cover up a

- lie [here, the lie that this is not about one's need for privacy
but rather one is hiding something
negative by keeping a secret].

14

The true concept of
• privacy
never implies
• keeping secrets.

In fact,
just the opposite is true [i.e. the true concept of privacy implies openness
and sharing with others rather than keeping secrets].

What
• is divinely inspired and
• ripens
in privacy
is later
always
• opened up and
• shared with others.

It [i.e., What is divinely inspired and ripens in privacy]
is never meant to be hidden.

Only
• dishonesty,
• lies,
• negative intentionality,
• destructiveness of one sort or another,
need to be hidden from others.

Nothing that is
• true and
• beautiful
needs to be kept secret.

Not ever.

15	<p><i><u>Sometimes an excuse is used to rationalize keeping secrets:</u></i></p> <p><i><u>"If I reveal myself,</u></i> <i><u>• I will not be understood,"</u></i> <i><u>or</u></i> <i><u>• "I will be unjustly criticized."</u></i></p> <p><i><u>This [rationalization],</u></i> <i><u>of course,</u></i> <i><u>is not valid [i.e., is not valid rationalizing or logical thinking].</u></i></p> <p><i><u>For</u></i> <i><u>if one is</u></i> <i><u>in truth,</u></i> <i><u>• understanding from others</u></i> <i><u>will not be important enough</u></i> <i><u>to create impenetrable walls</u></i> <i><u>between</u></i> <i><u>• the self</u></i> <i><u>and</u></i> <i><u>• others.</u></i></p> <p><i><u>If one is</u></i> <i><u>in truth,</u></i> <i><u>• one tries</u></i> <i><u>• to make others understand and</u></i> <i><u>• to use their criticism</u></i> <i><u>as a tool to explore</u></i> <i><u>the reality of the situation</u></i> <i><u>one wishes to keep secret.</u></i></p>
16	<p><i><u>Those who keep a secret</u></i> <i><u>• fear that they are not in truth,</u></i> <i><u>or</u></i> <i><u>• they may even know it [i.e., may even know they are not in truth]</u></i> <i><u>but have no intention of changing.</u></i></p>

They [i.e., Those who keep a secret]
are dishonest
because
they know that
others may react
to what is hidden,
and they wish to avoid this [i.e., wish to avoid a negative
reaction from others].

In other words,
they wish the

- respect and
- love

that they might not be able to earn
if the secret were disclosed.

17

Keeping secrets is therefore
always,
in the final analysis,
a theft.
It [i.e., Keeping secrets]
is cheating
[in order] to secure a result
that

- cannot or
- will not

come about
if the secret is disclosed.

Keeping secrets
also avoids the

- effort and
- responsibility

of finding an

- equitable,
- honest

solution
in which others can participate.

18

Secrets are always
antithetical
to
• relationship,
to
• intimacy,
to
• real and
• fulfilling
contact.

Secretive people
are never
fulfilled
emotionally.

They keep a wall of separation
between
• themselves
and
• others

and then wonder why
they feel so
• alone and
• misunderstood.

It never occurs to them
to put two and two together [i.e., “keeping secrets” and “feeling so alone”].

They often even
blame others
for this state [of feeling so alone and misunderstood]
and use it [i.e., use their sense that their feeling so alone and
misunderstood is the fault of others]
to justify their secretiveness,

instead of
doing the only

- valid,
- meaningful and
- intelligent

thing:

- spill out
all secrets

and

- make themselves
as transparent as possible.

This [i.e., Spilling out all one's secrets and making oneself
as transparent as possible]

is not an

- easy or
- quick

thing to achieve.

It requires

- patience,
- time,
- effort, and
- all the good will
that can be mustered.

19

Often an
important reason for
secretiveness
is the fear of
self-exposure.

The fear says,

"If I show myself
as I really am,
they will not love me."

If this is the way you reason –
though it can hardly be called reasoning –
you ignore
certain blatant facts.

For instance,

you assume that the

- love,
 - respect, or
 - approval
- of [and from] others

is more important than

one's own [i.e., more important than love, respect, and approval
of oneself by oneself].

You fail to see that the

- courage and
 - honesty
- of transparency,

no matter what shameful facets
may have to be revealed,

create

more

self-esteem

than

secretiveness

ever could.

Eventually the

- esteem and
- love

from others

must follow [i.e., must follow such courageous and honest transparency].

20

The Pathwork
is clearly designed to
gradually but surely
eliminate
all
secrets.

First you learn to
stop keeping secrets
from yourself.

You realize
how much material
you had

- ignored,
- kept
 - unconscious,
 - secret from
your conscious mind.

Then you learn to apply the same

- honesty and
- openness
you have acquired
toward
 - yourself
toward
 - others
as well.

If you continue,
you cannot help
experiencing this [i.e., experiencing honesty, transparency, and openness
toward self and others]
as the only way to be.

Only this way [i.e. Only by being open, honest, and transparent with
yourself and others]

can you

- fulfill your need
for contact

and

- live

without

- fear and
anxiety,

without

- shame and
hiding,

without

- pretenses and
façades.

The relief

of this kind of living

is a much headier wine

than

any pseudo-solution
could ever be.

Those who have begun to taste it

can no longer bear to revert to

secret living

- for any length of time or
in any respect,

no matter what may come up.

21

If you have

- negative thoughts about others,
- suspicious
 - opinions or
 - accusations,

instead of

- nurturing them secretly for yourself or
- sharing them with a third person
as a mutually kept secret,

you will bring
it all

out in the open.

Doing so [i.e., Bringing it all out in the open]
indicates that

your

- will to be in truth

is greater than

your

- negative opinion,

your

- accusations,

your

- suspicious.

You will proceed to
explore

what the particular truth
of any situation
is.

You cannot fail
to be enlightened
with the

- real,
- peace-bringing,
- unifying
truth

if you are committed to

it [i.e., if you are committed to the real, peace-bringing, unifying truth]
more than [you are committed] to

- anything else.

22	<p><u>Wanting to preserve your secret,</u> <u>on the other hand,</u> <u>clearly indicates</u> <u>that you</u> <u>have no commitment</u> <u>to the truth,</u> <u>probably not even</u> <u>to the truth</u></p> <ul style="list-style-type: none">• <u>that you have a stake</u> <u>in maintaining your</u><ul style="list-style-type: none">• <u>negative opinions,</u>• <u>accusations, and</u>• <u>suspicious, and</u>• <u>that you desire</u> <u>to continue doing this</u> [i.e., <u>you desire to continue</u> <u>maintaining your negative opinions,</u> <u>accusations and suspicions</u>] <u>precisely because</u> <u>you already know</u> <u>deep inside</u> <u>that you are</u> <u>not in truth</u> [regarding your <u>negative</u> <u>opinions, accusations</u> <u>and suspicions</u>], <p><u>but you</u> <u>do not wish to admit this</u> [i.e., <u>you do not</u> <u>wish to admit that you know that your</u> <u>negative opinions, accusations and</u> <u>suspicious are untrue because of your</u> <u>stake in the matters to which they relate</u>].</p>
23	<p><u>However,</u> <u>accusations</u> <u>that are made publicly</u> <u>do not necessarily indicate</u></p> <ul style="list-style-type: none">• <u>openness,</u>• <u>the opposite of secrecy.</u>

	<p><u>They [i.e., accusations that are made publicly]</u> <u>may merely mean that</u></p> <ul style="list-style-type: none">• <u>hostile and</u>• <u>aggressive</u> <p><u>motives</u> <u>supersede</u> <u>secrecy.</u></p>
24	<ul style="list-style-type: none">• <u>The new man and</u>• <u>the new woman</u> <p><u>are incapable</u> <u>of harboring secrets.</u></p> <p><u>Secrets</u> <u>cannot be carried</u> <u>in the newly emerging consciousness.</u></p> <p><u>They [i.e., Secrets]</u> <u>are experienced</u> <u>as an unbearable burden,</u> <u>which they actually are.</u></p> <p><u>The spiritual form</u> <u>of a secret</u> <u>is exactly that:</u> <u>a heavy burden.</u></p> <p><u>The more</u> <u>consciousness</u> <u>becomes enlightened,</u> <u>the more</u> <u>it [i.e., the more consciousness]</u> <u>is infused with</u> <u>the Christ spirit,</u> <u>the faster</u> <u>the burden [of secrecy]</u> <u>will be dissolved</u> <u>in the most</u></p> <ul style="list-style-type: none">• <u>productive and</u>• <u>creative</u> <p><u>way</u> <u>possible.</u></p>

25

You have begun to
experience this
new mode of living
in your own growing community.

This is precisely
what is taking place:

- an ever-increasing
openness

and

- a transparency
in which

all secrets of

- self and
• others

are being experienced

as

- insufferable burdens,

as

- hindrances to

- light and

- love.

The price
for keeping a secret
becomes

too

- high,

too

- absurd.

Conversely,
the cost
of the effort necessary

- to open up the secrets,

- to enable the soul

to stand

- clear and

- clean,

- visible for all to see,

is never too high.

	<p><u>Complete openness</u> <u>is the goal.</u></p> <p><u>It [i.e., Complete openness]</u> <u>applies to</u> <u>all relationships:</u></p> <p><u>to</u> <u>• man/woman partnerships,</u></p> <p><u>to</u> <u>• every kind of friendship,</u></p> <p><u>and finally</u> <u>to</u> <u>• the relationship between countries.</u></p>
26	<p><u>Keeping your</u> <u>negative aspects</u> <u>secret</u> <u>makes it impossible</u> <u>to reveal</u> <u>your best self.</u></p> <p><u>You feel</u> <u>embarrassed</u> <u>about yourself;</u> <u>your innermost</u> <u>• thoughts,</u> <u>• dreams, and</u> <u>• desires</u> <u>feel</u> <u>shameful.</u></p> <p><u>To begin with,</u> <u>these aspects [i.e., these aspects you keep secret]</u> <u>are often</u> <u>far from</u> <u>• shameful or</u> <u>• bad.</u></p>

They [i.e., These aspects you keep secret]
become negative
because
they are enveloped
in a veil of secrecy.

Merely
believing
that there is something
to hide
creates

- an aura of fog,
- a darkness

that gradually encompasses
the best
in a person.

It is therefore
essential
that this fog
be lifted,
whether
what is hidden
is
actually negative
or
has only
become so [i.e., has only become negative]
as a result of
being hidden.

27

The process
of dissolving secrets
is the essence of
the work you already do on this path.

Muster the courage
to expose
what was hitherto
secret.

In no way
will you ever
regret this step [i.e., this step of exposing what was hitherto secret].

Having taken it [i.e., Having taken this step of exposing what was hitherto secret],
you will always find
more
• love,
more
• respect,
more
• friendship,
more
• help,
more
• recognition of
your real values,
not to mention
• the relief
of ridding yourself
of an unbearable burden.

The
• clarity,
the
• lightness,
and the
• freedom
of no longer pretending
in any way,

are the direct doorway to
the self-esteem
you so desperately
try to
• create and
• preserve
by hiding.

28

*If your self-revealing
seems to elicit
more*

- *criticism and*
- *censure*

than

- *love and*
- *understanding,*

*I would say to you, my friends,
that you must surely have
revealed yourself
in a distorted way.*

It is easy

to confuse

- *the real way [of revealing yourself]*

with

- *the false one [i.e., with the false way of revealing yourself to others].*

*The real way [of revealing yourself to others]
is the absolute willingness*

- *to follow*
the will of God;

- *to let go of*
every cherished

- *attitude,*
- *action, or*
- *goal*

that proves

- *damaging and*
- *contrary to divine law;*

- *to use those*
to whom you reveal yourself
as mirrors

that help you

- *see and*
- *reconsider*

some of your previous patterns.

	<p><u>Their reaction</u> [i.e., <u>The reactions to you of those to whom you reveal yourself</u>]</p> <ul style="list-style-type: none">• <u>should not be</u> <u>your inflexible rule</u> <u>to abide by</u>• <u>but should</u> <u>make you</u><ul style="list-style-type: none">• <u>thoughtful and</u>• <u>truly willing to reconsider</u> <u>those aspects of yourself</u> <u>that you now see more clearly.</u>
29	<p><u>The false way</u> <u>of self-revealing</u> <u>is the</u></p> <ul style="list-style-type: none">• <u>childish,</u>• <u>lower-self</u> <u>way</u> <u>that says, in effect,</u> <p><u>"If I show you my secrets,</u> <u>I demand</u> <u>that you approve</u></p> <ul style="list-style-type: none">• <u>of them and</u>• <u>of me</u> <u>regardless of</u> <u>how destructive</u> <u>they</u> [i.e., <u>the secrets about myself</u>] <u>may be.</u> <p><u>If you do not</u> [i.e., <u>do not approve of the secrets about myself</u> <u>that I have now revealed and if</u> <u>you do not approve of me</u>],</p> <ul style="list-style-type: none">• <u>I will accuse you of</u> <u>letting me down, and</u>• <u>I will use this</u> [experience of your not approving of <u>the secrets about myself that I have</u> <u>now revealed and your not approving of me</u> <u>as proof</u> <u>that it does not pay</u> <u>to be open."</u>

*So be careful, friends,
when you assess
the results of
your self-revealing.*

*The key
always lies deep within you:*

*Are you really moved
by the sincere desire*

- to be in truth*

and

- to do the will of God?*

30

*However,
you also need to know clearly
whether
a real violation
of your privacy
exists.*

*These are times [i.e., Times when a real violation of your privacy exists are times]
when others
try to pry
because*

- of their own negative motives;*
- they may wish to uncover something
they can use against you
to make themselves feel better,
in a desperate attempt
to enhance
their deteriorated self-esteem.*

*If you sense such [negative] motives [in others],
you should indeed
close your doors to them.*

But bear in mind that
unless
• you are willing to give up
all secrets, and
• you have already begun to do so,
it is extremely difficult
to truly distinguish
between
actual
• prying and
• attempts to violate your privacy,
and
someone's
• genuine concern and
• honest desire to relate to
the real you.

As long as you have a stake in
keeping yourself hidden,
your assessment
of others' motives
will be very shaky.

31

Transparency
is
• a new way of being,
• a habit
that needs to be cultivated
with
• patience,
• devotion, and
• perseverance;

it [i.e., transparency]
is of great importance
for
• you and
• those around you
with whom you long to relate.

It [i.e., transparency]
is an art
that

- *can and*
- *needs to*
be learned.

Often
your initial

- *hesitancy and*
- *inhibitions*
[to being fully transparent]
can be removed
when you learn how
 - *to express yourself and*
 - *to convey*
what at first seems
unconveyable.

Has it not frequently occurred to you
that you related a dream quite adequately,
once you started it,
although you were first convinced
that it could not be explained?

- *Thoughts and*
- *attitudes,*
- *experiences and*
- *feelings*
within
the four walls
of your inner self
seem
 - *so vague,*
 - *so unexplainable,*
that you do not even attempt
to convey them.

But once you know
it is possible to do so [i.e., once you know that it is possible to convey the thoughts, attitudes, experiences and feelings within the four walls of your inner self to others],
even if
you cannot
perfectly transmit
all the nuances,
you will

- **make the effort to communicate and**

you will

- **be surprised**
to what extent
you can make yourself clear.

By opening
yourself up,
you can reach others
who

- **may have quite**
similar inner experiences

and thus [who]

- **can emotionally**
connect with you
 - **sooner and**
 - **better**
than you may ever have suspected.

32

The point I want to make
is that
communication
is an essential part of

- **self-revealing and**
- **openness.**

Effort is needed [in transparent communications],
a lot of effort,
but
this effort
will be highly rewarded.

What first
appears to be embarrassing
only seems so
because
you believe
that you cannot really
put it in the proper words.

Try [to reveal yourself to another],
and
the words
will come.

You will develop
a new wonderful way
of expressing yourself,
and that [i.e., and your developing a new wonderful way of expressing
and revealing yourself to others]
in itself
will enhance
your sense of

- security and
- adequacy.

Your initial inability
to express yourself
adequately
is totally due to
your unwillingness

- to do so [i.e., your unwillingness to express and reveal
yourself adequately]

and [your unwillingness]

- to let God inspire you [in your expressing and
revealing yourself].

If you
sincerely wish
to reveal yourself,
the Holy Spirit
will inspire you
with the appropriate words, and
the walls
you have built around you
will dissolve.

33

Let us examine
the quality
of various human relationships
in light of this topic.

The most intimate
of all relationships –
between two people
who

- love each other and
- intend to share themselves
with one another
completely –

depends on
the ability
to be without secrets.

This includes
the

- outer
ones [i.e., the outer secrets]

as well as
the

- inner,
- more subtle
ones [i.e., the inner, more subtle secrets].

If the risk
is not taken
to bring
all aspects of the self
into play,
the expected bliss
can never materialize.

I have discussed this before,
specifically in connection with
the relationship between mates.

I need to repeat it [i.e., repeat the need to bring all aspects of the self into play,
especially in connection with the relationship between mates]
here
in the context of the personality's general tendency
to keep
the self
secret.

The false belief
that
the self
in its entirety
is not acceptable
must be challenged
again
and again.

You need to
take the risk [i.e., the risk of being self-revealing]
• repeatedly,
• step by step,
until
everything
is out in the open.

Then [i.e., when everything is out in the open]
• true sharing
of the inner process
can begin
and
• an ongoing communication
can be established.

34

At first
you are bound to find
that a great deal of
residual material
has accumulated.

Once
• this [accumulated residual material]
is emptied out
and
• all of you
is made known,
the process
will take over.

For the soul
is not
• static or
• fixed.

It [i.e., The soul]
constantly
• moves and
• changes,
forever producing
new
• inner experiences,
new
• feelings,
new
• thoughts,
new
• dreams,
new
• aims.

Once you have
emptied yourself,
the dynamic process
of soul development
can be shared
much more easily.

The art
of
• communicating,
of
• self-expression,
grows
as you grow.

Thus
you become
an increasingly
open channel
for divine inspiration;

this [divine inspiration]
will affect
your choice of
words,

- the nuances

as well as

- the tone of voice

that also contributes to
making yourself clear.

What was once
a confining prison
of your inner self
then becomes
a wide open field
that

- reaches the infinite horizons
of divine possibilities

and

- becomes
ever more available to others.

A state of mind
grows in you
which

- has nothing to hide,

for which

- hiding
seems utterly absurd, and
- being totally transparent
is the greatest joy.

35

Only when you risk
presenting
whatever is in you now,
will you know
your real value.

In this process [of risking presenting whatever is in you now]
you will inevitably find
that there is
so much more to you
than you feared.

How else
can you

- find fulfillment and
- quench your thirst

for

- being open with others,

for

- attaining intimacy?

This longing [for being open with others, for intimacy with others]
can never be fulfilled,
no matter how hard
you may try to

- deny it [i.e., deny your longing for being open with others, or for
your longing for intimacy with others]

or

- appease it [i.e., appease your longing for being open with others, or
for your longing for intimacy with others]

with false substitutes,
unless you open yourself up.

36

The word
"friendship"
becomes a farce
if you feel there is
anything
between

- yourself

and

- the friend

that has to be hidden.

[If anything needs to be hidden between you and your friend]

You will
never really know
whether you are
• loved and
• accepted.

You must
always
• fear and
• distrust,
as long as you
fail to take the risk
of showing the friend
all you
• are,
all you
• have kept hidden.

But this [i.e., But this process of taking the risk of showing the friend all you are and all you have kept hidden],

of course,
always includes
the basic willingness
to change
a lower-self
• action,
a lower-self
• goal, or
a lower-self
• attitude.

It [i.e., This willingness to change a lower-self action, goal, or attitude]
requires the trust
that higher-self
• goals and
• activities
will provide
much better what you need [than do your lower-self
goals or activities].

	<p><u>If the trust [i.e., If the trust that the higher-self goals or activities will provide much better what you need than do your lower-self goals or activities] is lacking,</u> <u>then this</u> <u>is what you need to</u></p> <ul style="list-style-type: none">• <u>share</u> <p><u>and perhaps</u></p> <ul style="list-style-type: none">• <u>receive help with.</u>
37	<p><u>This Pathwork</u> <u>is obviously designed</u></p> <ul style="list-style-type: none">• <u>to remove the secrets and</u>• <u>to make your</u> <u>self</u> <u>available to others.</u> <p><u>If you look back on your progress so far,</u> <u>from this point of view [i.e., from this point of view of removing secrets</u> <u>and making your real self available to others],</u> <u>you will see quite clearly</u> <u>how you have</u></p> <ul style="list-style-type: none">• <u>liberated yourself and</u>• <u>improved your life circumstances,</u>• <u>gained</u><ul style="list-style-type: none">• <u>new self-confidence and</u>• <u>a sense of your own value,</u>• <u>learned to trust</u><ul style="list-style-type: none">• <u>God and</u>• <u>life</u> <u>more and</u>• <u>[come to] know of divine abundance.</u> <p><u>This progress</u> <u>came from your courage</u> <u>to reveal</u></p> <ul style="list-style-type: none">• <u>outer</u> <u>and/or</u>• <u>inner</u> <u>secrets.</u>

	<p><i><u>Look at</u></i> <i><u>what you still hide</u></i> <i><u>and you will find</u></i> <i><u>the key</u></i> <i><u>to where you still block</u></i> <i><u>the fulfillment</u></i> <i><u>that awaits you.</u></i></p>
38	<p><i><u>When you look</u></i> <i><u>• at your world,</u></i> <i><u>• at the interaction between countries,</u></i> <i><u>you will see</u></i> <i><u>what an enormous role</u></i> <i><u>secrecy</u></i> <i><u>plays</u></i> <i><u>in the interrelationship between countries.</u></i></p> <p><i><u>Such relations [between countries]</u></i> <i><u>are more marked by</u></i> <i><u>• secretiveness,</u></i> <i><u>• pretense, and</u></i> <i><u>• hiding</u></i> <i><u>than any other relationship.</u></i></p> <p><i><u>Openness</u></i> <i><u>is not even considered viable</u></i> <i><u>among the governments of different countries.</u></i></p> <p><i><u>It is universally taken for granted</u></i> <i><u>that opaqueness</u></i> <i><u>is sound diplomacy.</u></i></p>

39

In this area [of relationships and openness between countries]

humanity

is far behind where it

- *could and*
 - *should*
- be;*

other areas of human relationships

are much more advanced,

although they, too,

still leave something to be desired.

In marriage, for instance,

you will recognize

to what extent

mates keep secrets from one another –

not only about

- *past and*
- *present*
- *acts and*
- *experiences,*

but also about

- *thoughts and*
- *feelings.*

Is it any wonder

- *that marriage*

does not seem to work very well and

- *that mates*

cannot stay together?

Yet

the marriage relationship

is much better off

than the relationships among different governments,

where most of the

- *distrust,*
 - *deceit, and*
 - *strife*
- exists.*

	<p><u>As long as humanity</u> <u>fails to envision</u> <u>an altogether new way of interrelating,</u></p> <ul style="list-style-type: none">• <u>peace cannot truly be established,</u>• <u>sharing of God's riches cannot take place,</u> <p>• <u>justice and</u> • <u>brotherhood</u> <u>will remain empty words.</u></p>
40	<p><u>In short,</u> <u>there must be</u> <u>a willingness</u> <u>to be open.</u></p> <p><u>It must be recognized</u> <u>that this [i.e., that a willingness to be open]</u> <u>is a prerequisite</u> <u>for a life of</u></p> <ul style="list-style-type: none">• <u>peace,</u>• <u>joy, and</u>• <u>harmony</u> <p><u>among</u> <u>all the peoples of this earth.</u></p> <p><u>Openness</u> <u>must then be</u> <u>painstakingly</u> <u>learned by</u></p> <ul style="list-style-type: none">• <u>the nations</u> <p><u>just as by</u> • <u>individuals.</u></p>
41	<p><u>You</u> <u>are pioneers,</u> <u>bringing a new model</u> <u>to this world.</u></p>

*In establishing your
community life,
you
encounter
the same basic problem
that
humanity as a whole
encounters
in establishing a society.*

*You clearly see
that
those who
• keep themselves secret,
those who
• do not share
all
of themselves,
represent
a dark barricade
that hinders the growth of
the whole.*

*You need to make this [i.e., to make this fact that those who keep themselves secret
and do not share all of themselves represent a dark
barricade that hinders the growth of the whole]
understood
by those who
do not dare as yet
to be real.*

*You need to
know it [i.e., You need to know this fact that those who keep themselves secret
and do not share all of themselves represent a dark
barricade that hinders the growth of the whole]
for yourself.*

You will learn increasingly,
• slowly perhaps,
• but surely,
to present yourself
• in totality,
• without
any
false self-projections.

You must understand that
to whatever degree
you do not trust the process
of a secretless life,
you encourage
a false self-projection.

Your secrets
mean exactly this:

"I want you to see me
not as I
• am,
but as I
• pretend to be."

Once you clearly see this [i.e., Once you clearly see that secrets mean,
"I want you to see me not as I am, but as I pretend to be"],
you will understand
the grave consequences of secrecy
for your relationship
with
• yourself,
with
• others,
and
with
• God.

	<p><u><i>You will see how it</i></u> [i.e., <u><i>You will see how secrecy, communicating only to manipulate and deceive others, saying in effect, "I want you to see me not as I am, but as I pretend to be"</i></u>]</p> <p><u><i>affects</i></u></p> <ul style="list-style-type: none">• <u><i>your entire</i></u><ul style="list-style-type: none">• <u><i>outer</i></u><u><i>and</i></u>• <u><i>inner</i></u><ul style="list-style-type: none"><u><i>life,</i></u> <p><u><i>as well as</i></u> [<u><i>how your secrecy affects</i></u>]</p> <ul style="list-style-type: none">• <u><i>those with whom</i></u><ul style="list-style-type: none"><u><i>you seek to establish</i></u><u><i>a desirable relationship.</i></u>
42	<p><u><i>Try to visualize</i></u> <u><i>what life is like</i></u> <u><i>when you know that there is</i></u> <u><i>nothing to hide,</i></u> <u><i>ever.</i></u></p> <p><u><i>And</i></u> <u><i>when you feel</i></u> <u><i>there is something to hide,</i></u> <u><i>consider that</i></u> <u><i>perhaps</i></u> <u><i>what you hide</i></u> <u><i>is</i></u> <u><i>really</i></u> <u><i>something damaging to</i></u><ul style="list-style-type: none">• <u><i>yourself</i></u><u><i>and/or</i></u>• <u><i>others.</i></u></p>

It [i.e., What you hide that really is damaging to yourself or others]
should be revealed
all the more
because
you need help
in recognizing
what makes you
desire
this [damaging]

- **act or**
- **attitude.**

You then
need help
to change
your inner defense mechanisms
so that
you will no longer need
to desire
a destructive

- **act or**
- **attitude.**

Your lower self
must be revealed
so that it [i.e., so that your lower self]
can be

- **healed and**
- **transformed.**

43

[On the other hand]
Perhaps what you believe
should be kept hidden
is really
a beautiful aspect of yourself
that should be shared.

[Or]
Perhaps you
only think
your secret is bad
and in reality
you need the experience of
exposing it
before you can really be convinced
that you have nothing to hide.

Imagine
the feeling
of no longer hiding
anything
from anyone.

Imagine
the liberation
of shedding
a heavy armor.

Imagine
• the joy and
• the healthy pride
of holding your head high
while knowing
you can truly
be open to all.

44

Only when
this state of consciousness [i.e., Only when this state of consciousness where you
are free to hide nothing and can truly be open to all]
is achieved
can your
true unfoldment
begin.

Your
limitless
potentials
for
• greatness,
for
• creativity,
for
• still-hidden talents,
for your
• universality and
• uniqueness,
for
• your essence and
• your beauty
can stream forth
only when
the confinement of hiding
is removed.

The process of self-unfoldment
begins with
removing
the walls of secretiveness.

It [i.e., The process of self-unfoldment]
continues with
liberating
the best in you
only after this [i.e., only after the task of removing
the walls of secretiveness]
has been accomplished.

45	<p><u>Of course,</u> <u>the process often</u> • <u>overlaps and</u> • <u>goes back and forth.</u></p> <p><u>As one</u> • <u>layer or</u> • <u>aspect</u> <u>of hiding</u> <u>is dissolved,</u></p> <p><u>new</u> • <u>qualities and</u> • <u>assets</u> <u>that you have never known</u> <u>begin to take shape.</u></p> <p><u>Then</u> <u>you return to</u> <u>other areas of hiding</u> <u>that you had not even been clearly aware of,</u> <u>so that</u> <u>more of your potential</u> <u>can begin to unfold.</u></p>
46	<p><u>Can you visualize a world</u> <u>in which</u> <u>no one ever</u> <u>hides anything</u> <u>from anyone else?</u></p> <p><u>Is that not</u> <u>paradise?</u></p> <p><u>This [i.e., A world in which no one ever hides anything from anyone else]</u> <u>is the direction in which</u> <u>evolution moves,</u> <u>my friends.</u></p> <p><u>This [i.e., A world in which no one ever hides anything from anyone else]</u> <u>is what</u> <u>the New Age</u> <u>signifies.</u></p>

How can
the Christ in you
truly manifest
if you have
a hidden agenda?

How can
your divinity
unfold
• if you are not free
and
• if you continue to project
a false self
into the world?

Do not rationalize such projections [of a false self into the world]
by pretending
to preserve your privacy [by projecting a false self into the world
while keeping your real self hidden in privacy].

Look at
the real reasons
why you maintain this
• painful and
• unnecessary
state of
• isolation and
• deception –
for that [i.e., for maintaining a painful and
unnecessary state of isolation and deception]
is what it [i.e., is what keeping parts of yourself
secret and in hiding]
truly amounts to.

47

There are
three fundamental reasons
for resistance to giving up secrets:

(1) The fear that
your lower self
makes you all bad
and, together with this fear,
your unwillingness
to risk the possibility

- that this [i.e., that your lower self makes you all bad]
may not be so;
- that others
will not reject you, and
- that you
will not find it necessary
to reject yourself.

(2) The ignorance
that indeed there is a way –
which can be learned –
of communicating
all
that now seems incommunicable.

The unwillingness
to learn the process [of communicating all that now
seems incommunicable]

- gradually,
- by small steps.

(3) The fear of
being too vulnerable
when all the hard shells fall off.

Secrets are certainly
among the hardest layers [“protecting” your real selves].

48

The common denominator
of these three factors
is the resistance

- to going to God
with
all
of yourself
- and [the resistance]
- to trusting
His will.

The resistance [to going to God with all of yourself and to trusting His will]
is perpetuated

- by your choice
to follow
the voices of the dark forces
who inspire you
to trust in your
 - false,
 - destructive,
 - separating
devices
for
 - safety and
for
• the resolution of your problems.

You need to become aware of
these influences [of the dark forces],

- and
you desperately
need to
 - challenge and
 - refute
them.

You have to
choose

- new
 - behaviors

and

- seek
new
 - solutions.

49	<p><u>Before ending this lecture,</u> <u>I wish to speak more</u> <u>about the third factor</u> [or reason for resisting giving up secrets], <u>the fear of</u> <u>vulnerability.</u></p> <p><u>This vulnerability</u> <u>goes beyond</u> <u>the obvious fear of</u> <u>being less protected from</u> <ul style="list-style-type: none">• <u>hurt and</u>• <u>disappointment</u><u>without the secrets.</u></p> <p><u>This fear</u> [of being hurt and disappointed when not “protected” by keeping secrets] <u>is</u> <ul style="list-style-type: none">• <u>an outright illusion,</u>• <u>easy to discover</u><u>once you summon up the courage</u> <u>to do without it</u> [i.e., to do without using “keeping secrets” as a “protection”].</p> <p><u>But there is also</u> <u>another kind of</u> <u>vulnerability.</u></p>
50	<p><u>As you become</u> <u>more</u> <ul style="list-style-type: none">• <u>open,</u><u>more</u> <ul style="list-style-type: none">• <u>accessible,</u><u>new</u> <u>capacities of perception</u> <u>grow in you.</u></p>

What you previously
perceived
only vaguely
becomes
more
and more
• acute,
more
• clearly defined.

This [i.e., This more acute and more clearly defined perception]
is
• immediately and
• directly
beneficial
in many areas of your life.

This desirable result [of more acute and more clearly defined perception],
however,
is totally ignored by the personality
because
too much
• darkness and
• fog
still cover up
the reality.

So [i.e., Because too much darkness and
fog still cover up the reality,]
you lack the incentive
to use
the new perception.

51

[But] This newly-evolved vulnerability
has another effect
that is
not immediately
experienced
as desirable.

It [This newly-evolved vulnerability brought about by your acute and clearly defined
perception when you do not “protect” yourself by keeping secrets, a
vulnerability that is not immediately experienced as desirable]
is
a grieving pain
about the destruction
caused by evil.

It is

- healthy and
- good
 - to allow this state [i.e., this newly evolved state of vulnerability where you
feel a grieving pain about the destruction caused by evil]
to grow in you,
 - to experience it [i.e., to experience this grieving pain]
fully.

It [i.e., this state where you feel a grieving pain about the destruction caused by evil]
manifests
in different ways, and
the more aware of
your vulnerability [i.e., the more aware of your vulnerability when you give up
the “protection” of keeping secrets]
you become,
the more
you will experience
this very healthy pain [i.e., the healthy grieving pain about the destruction
caused by evil].

You may feel pain
when you see
God's gifts in nature
willfully destroyed.

You may feel pain
about the suffering
on this plane of existence.

Take for example
the suffering of animals
who become the prey
of other animals
in order

- to sustain the greater life cycle and
- to fulfill their function [i.e., their function of becoming the prey of other animals so that the other animals live].

In one sense
this suffering
is certainly much less
than the suffering
willfully inflicted on animals
by the

- indifference and
- cruelty

of humans.

But that animals
have to go through this phase
of their own evolution [i.e., must go through this phase of being the prey
of other animals]
is painful,
even though
there is an intrinsic rightness about it.

These animals [that are prey of other animals]
are incarnated
aspects of consciousness
that need these experiences [of being the prey of other animals],
but they [i.e., these animals] are nevertheless,
on the level of manifestation,
much more innocent than man,
who has a consciousness
that gives him
much more responsibility.

52

What I say here
may sound contradictory,
yet it is not.

I must ask you
to try to understand this
from the depth of your soul,
because
true understanding
will come from there [i.e., from the depth of your soul].

- Compassion and
- love,
- gratitude
for the beauty of creation,
- appreciation
of [the beauty of creation] and
- joy
about
it [i.e., the joy about the beauty of creation]

must also create

- a deep pain
when something is destroyed,
- a pain
that needs to be suffered.

This pain
is ever so different
from

- the neurotic pain,
- the pain by association,
- the pain of
masochistic self-punishment
that identifies with
what appears to be
a victim.

This

- living,
- healthy,
- loving
pain
is also the threshold to
 - joy and
 - ecstasy.

53

Another aspect of this pain [i.e., Another aspect of this healthy grieving pain about the destruction caused by evil that arises with this this newly-evolved vulnerability brought about by your acute and clearly defined perception when you do not “protect” yourself by keeping secrets]
is the recognition of
damage inflicted by

- thoughts of untruth
about your fellow human beings;
- thoughts of
 - maligning and
 - unwarranted
suspicion;
- inner and/or outer
acts of
 - factual,
 - psychological,
 - emotional, and
 - spiritual
cheating
that imposes
unfair disadvantages on others
even though such cheating
may well be
 - camouflaged and
 - rationalized away
until the consciousness
 - truly ignores it [i.e., ignores such
cheating]

and

- fights with all its might
against recognition [of such
cheating].

54

As long as these pains are denied,
the price becomes
much higher,
for such pain
must turn
against

- whoever inflicts it, or

against

- whoever colludes with
those who inflict the pain
by passively standing by.

Many self-defeating patterns
are connected with
pains
you have unwittingly inflicted
because
you have not allowed yourself to

- know and
- feel

them [i.e., not allowed yourself to know and feel the pains
you have unwittingly inflicted on others].

It seemed

- too tempting
to follow the way of
the dark forces

and

- too undesirable
to give them up [i.e., to give up the patterns connected with pains you
have unwittingly inflicted upon others].

You

- fear and
- avoid
your own pain
about
causing pain to others.

This then grows into

- debilitating guilt and
- indirect self-punishment.

You also need to
feel

- the pain
that

is independent of you,

but

can help liberate you

by moving you

to compassion,

- the pain

you simply see existing

in this earth-sphere.

55

So, my beloved friends,
when the walls of

- separation and

- secretiveness

fall from you,

you step out

into a beautiful world

of

- light,

of

- goodness,

of

- singing joy,

of

- eternal life,

of

- fearless existence.

This [beautiful] world
can exist
only
in a defenseless person

- *who is*
free from armoring,
- *who does not deny*
the soft vulnerability
[which is the vulnerability]
that can experience the pain
of all the suffering
created by the forces of evil
in this earth sphere.

If you harden yourself
against
this kind of pain,
you also
deny the joy
that is meant to be yours
for all eternity.

Allow
this experience [i.e., Allow this experience of vulnerability, this experience of
feeling the pain of all the suffering created by
the forces of evil in this earth sphere]
to strengthen your determination
to become
an ever stronger fighter
with the forces of light.

56

The blessings
of all the angels
accompany you,
the blessings
of the Highest
flows through them
to you,

- *enriching and*
- *guiding*
your life.

*The presence
of the*
• *Highest,*
of the
• *Creator,*
lives in your
• *heart and*
• *soul*
if only
you will
• *see and*
• *feel*
it.

Be always aware
that you are here on this earth plane
to
• *find*
your true being and
• *fulfill*
it [i.e., to fulfill your true being]
for God.

Live in Him.

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