

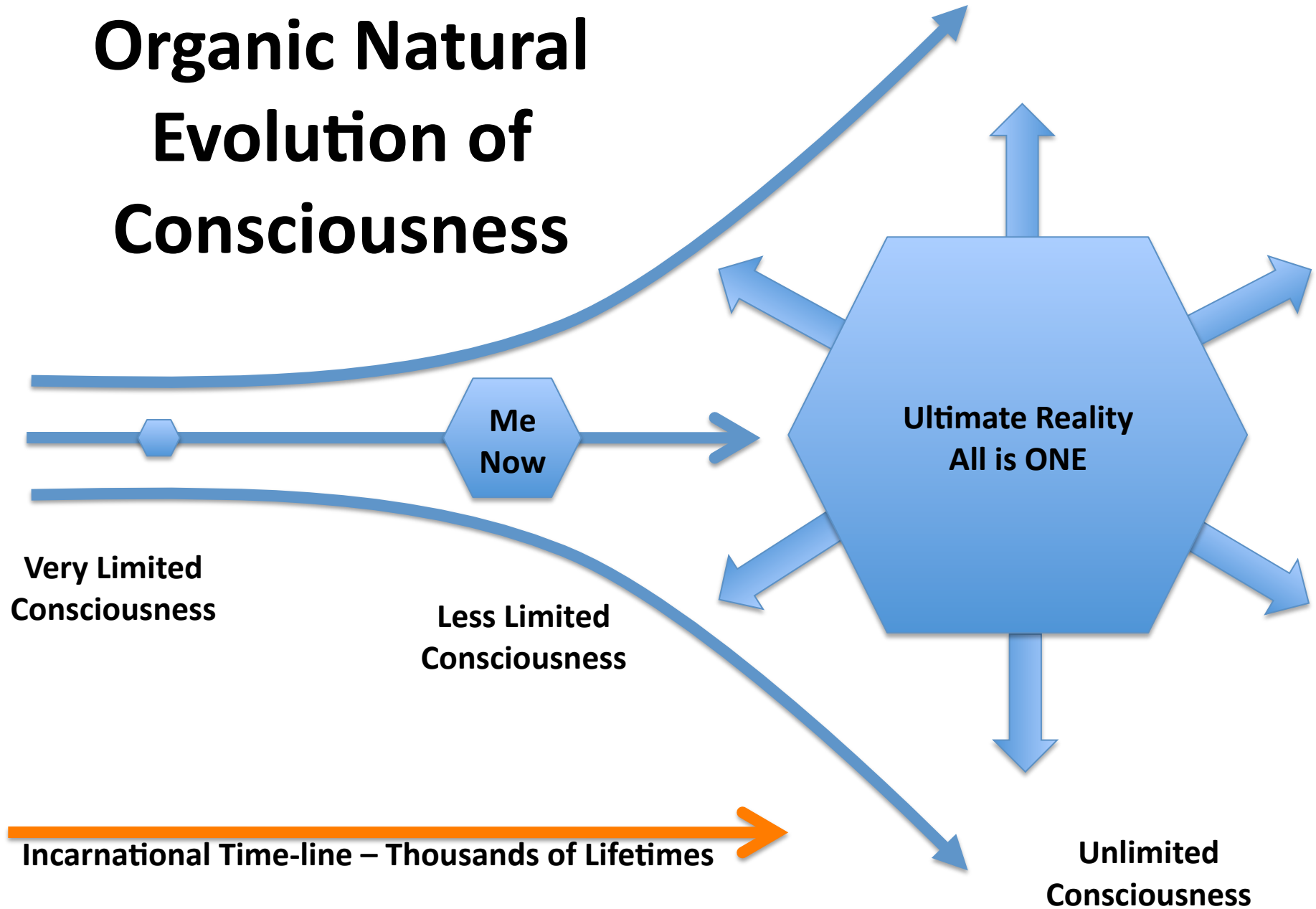
Pathwork Lecture 197

Energy and Consciousness in Distortion: Evil

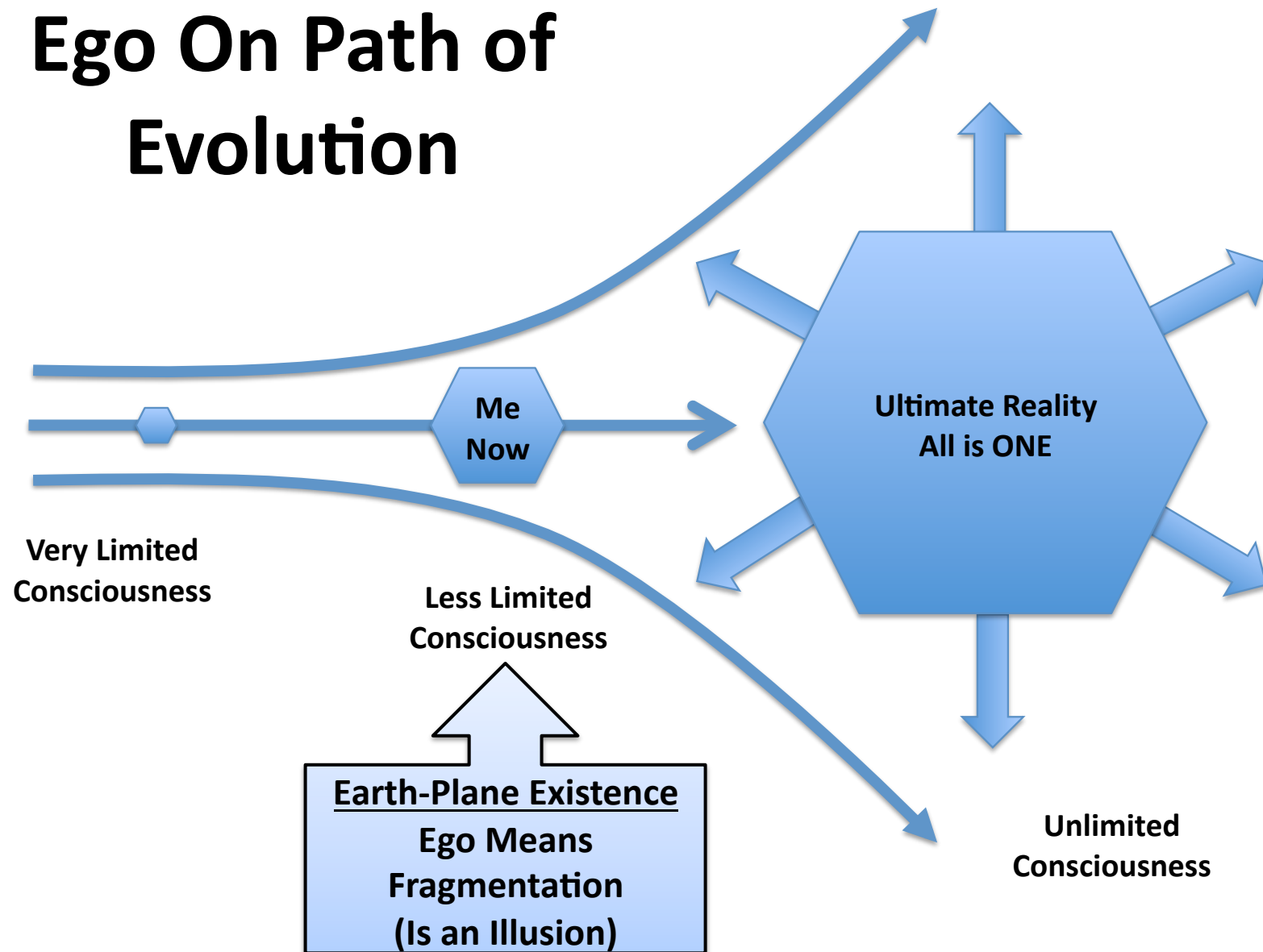
Gary Vollbracht

September 21, 2010

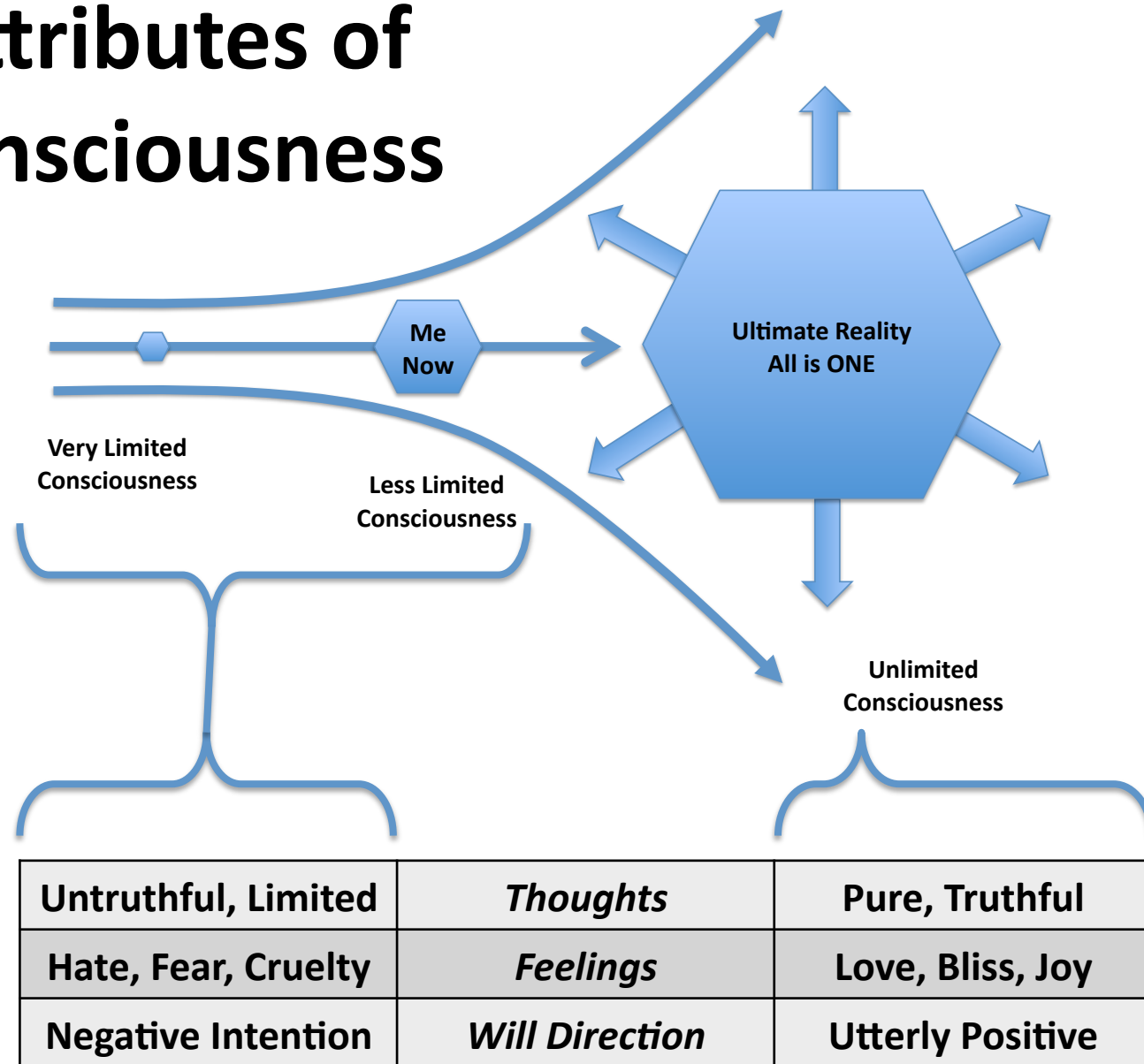
Organic Natural Evolution of Consciousness



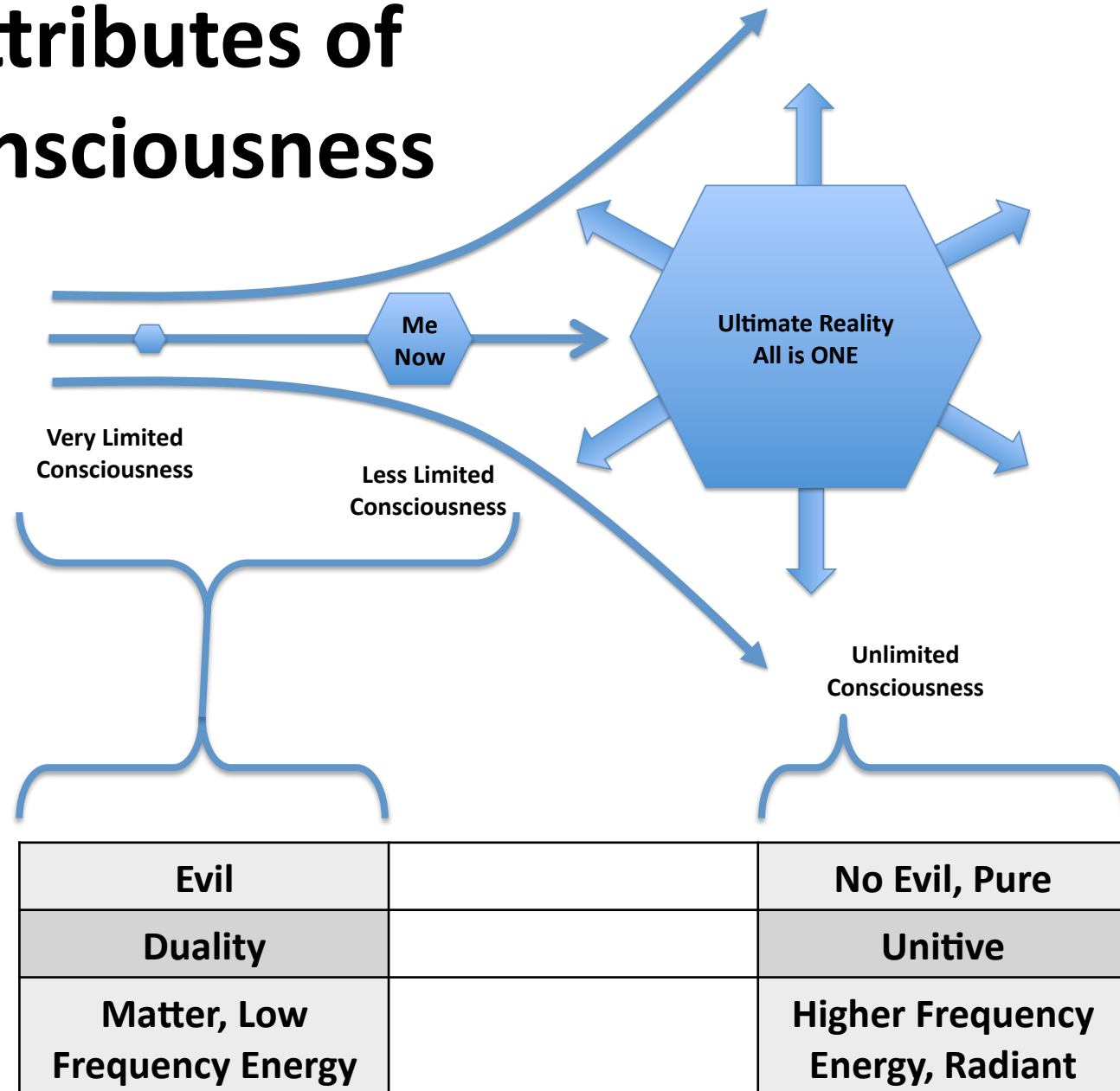
Ego On Path of Evolution



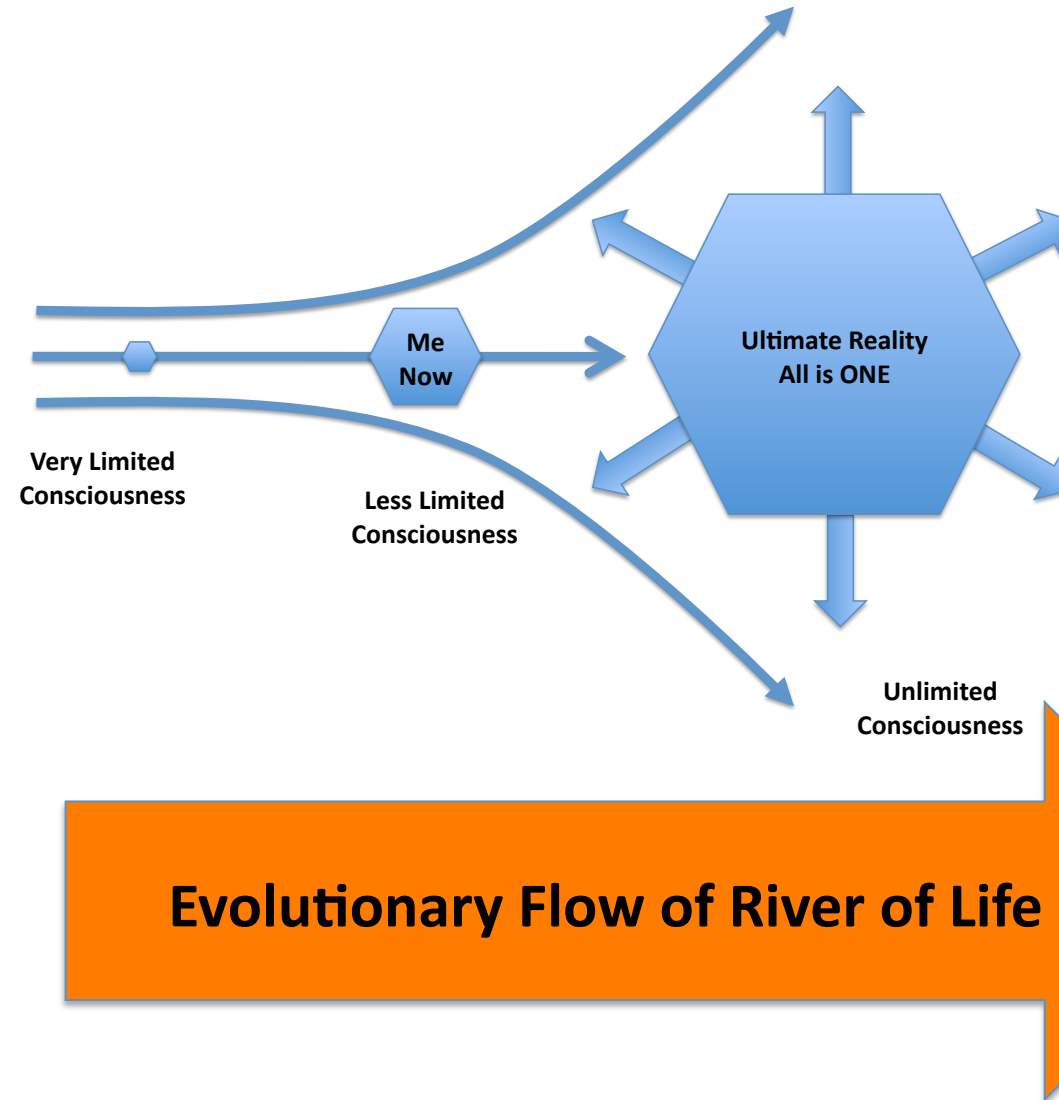
Attributes of Consciousness



Attributes of Consciousness

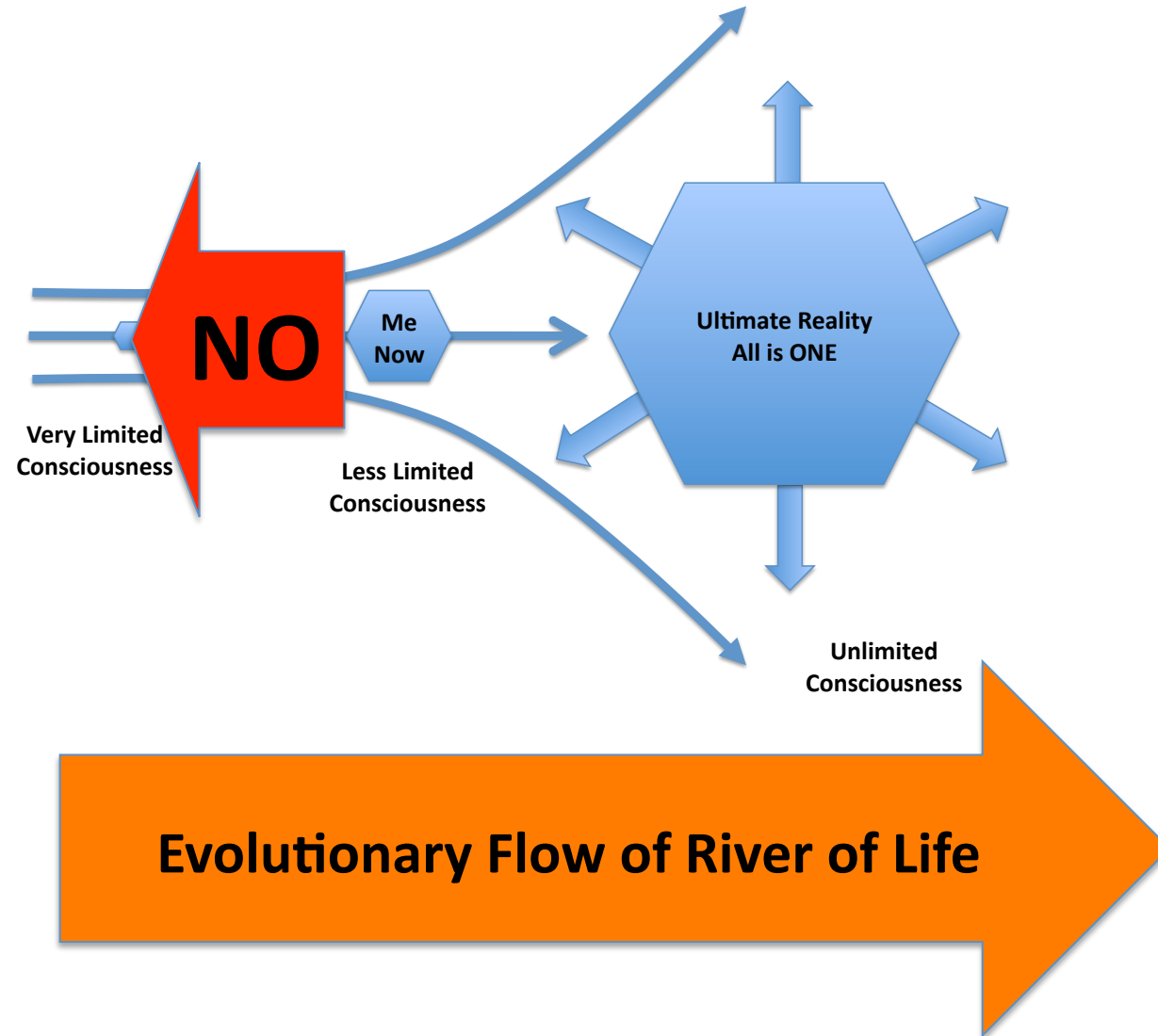


Evolutionary Flow of Life

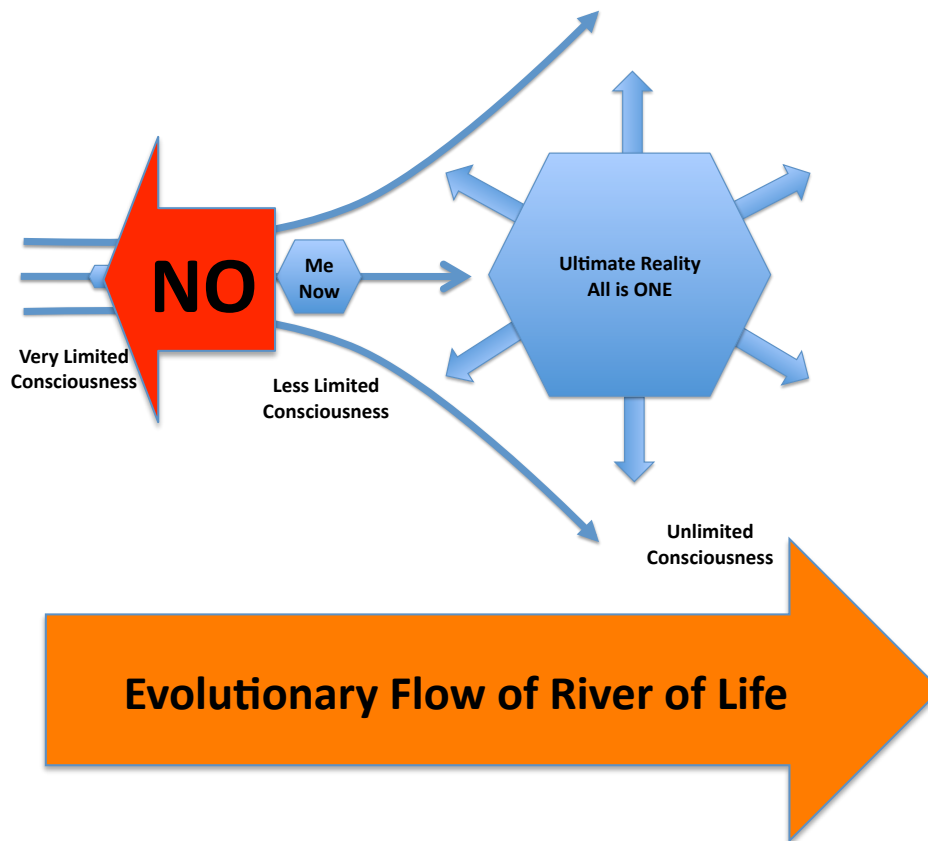


Ego Says NO to Life!

Resists Trusting the Life Process

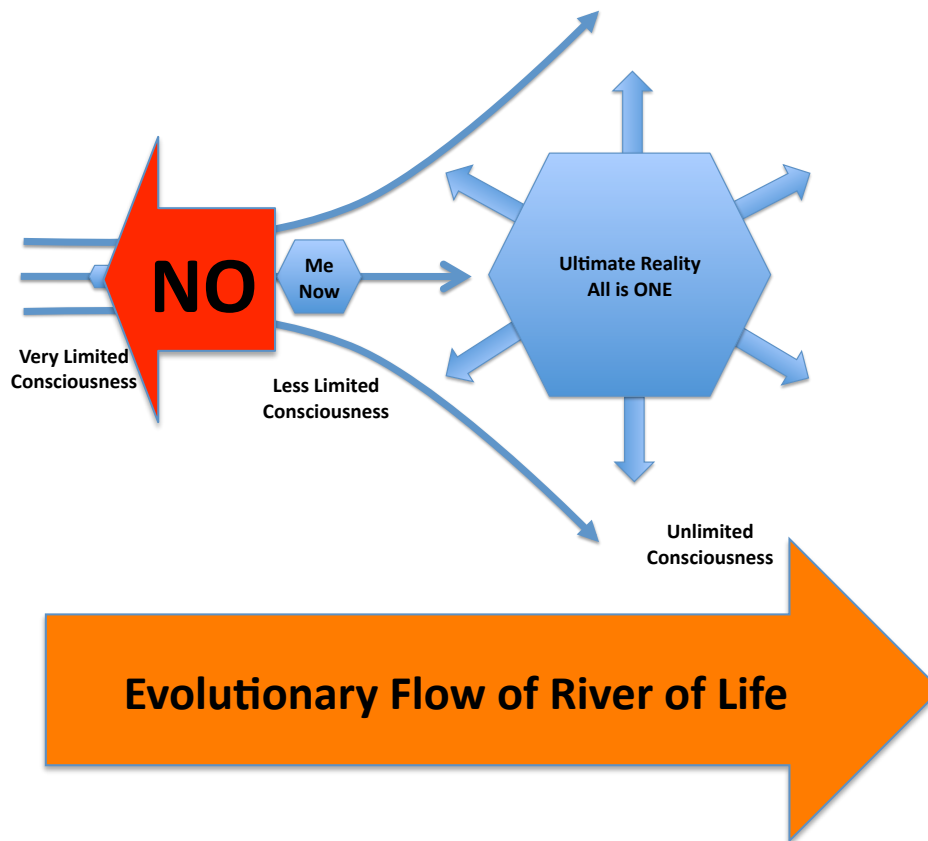


What Is the Ego's Resistance?



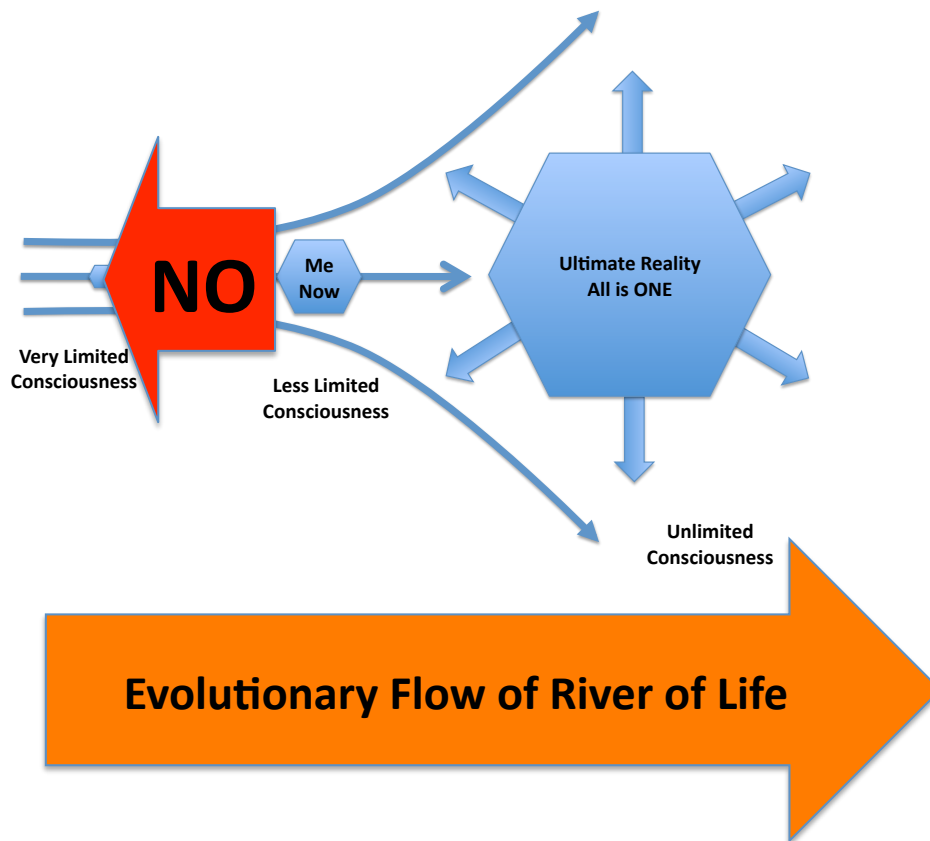
- Resistance consists Distorted:
 - Thoughts
 - Intentionality
 - Feelings
- Resists
 - Truth
 - Love
 - God
 - Flow of Life
 - Any aspect of goodness in the Universe

What Is the Ego's Resistance?



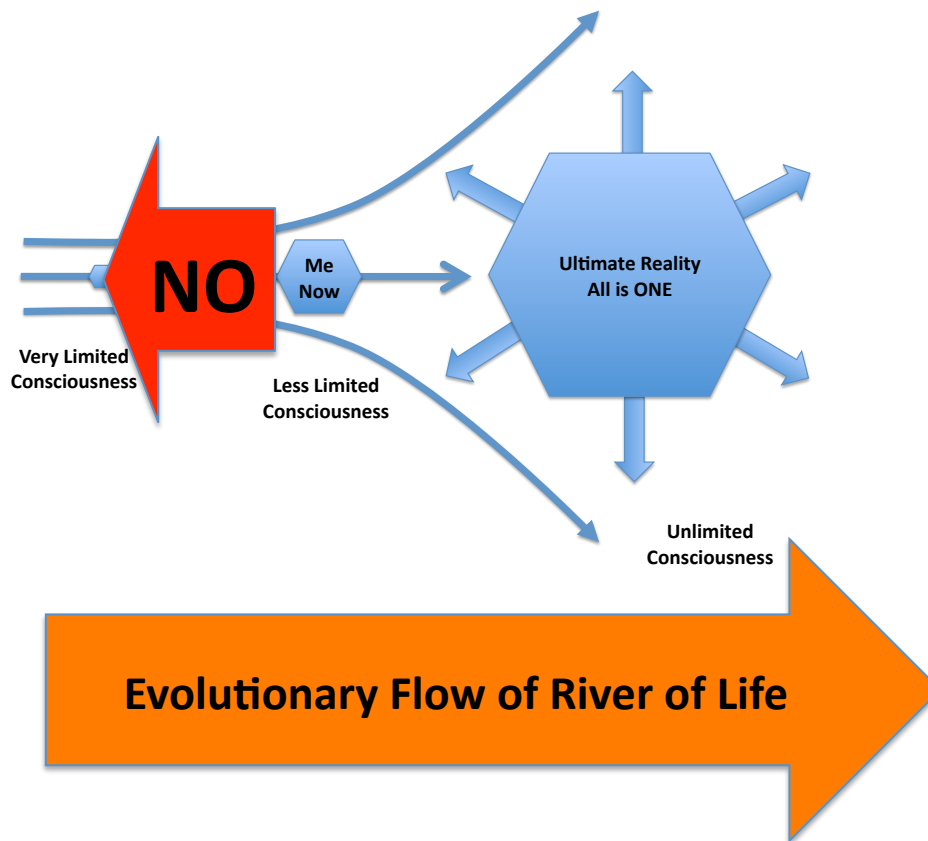
- Resistance, matter, blindness, spells dualism, separation, evil, and suffering -- these are one and the same.
- Resistance stems the flow, closing up; it prevents the movement of the universal energy -- of love, of truth, of the ever ongoing movement of life unfolding as divine manifestation.
- Resistance is always obstructing some valuable, beautiful aspect of creation.
- Resistance is therefore a manifestation of evil.

Applying to ME



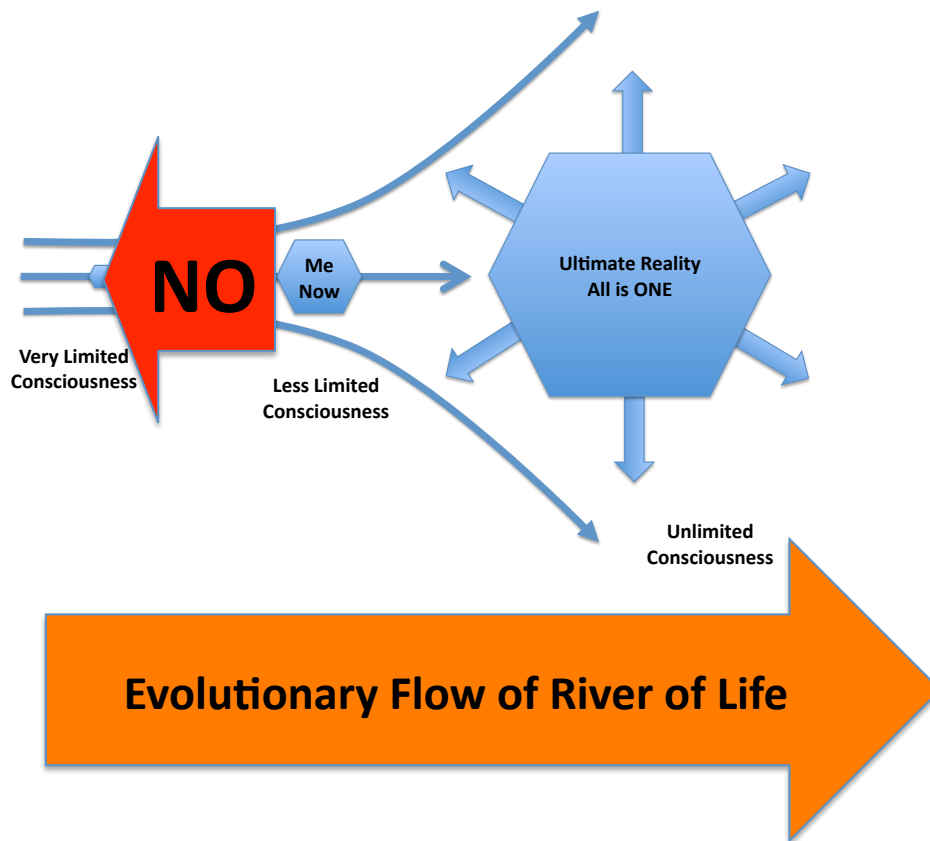
- Resistance always says in one way or another, "I do not want to know the truth about this or that."
- This destructive attitude must create an evil force because it obstructs the ongoing movement of truth.
- Your resistance is related to your deeply ingrained negative intentionality

Resistance in my SELF-WILL



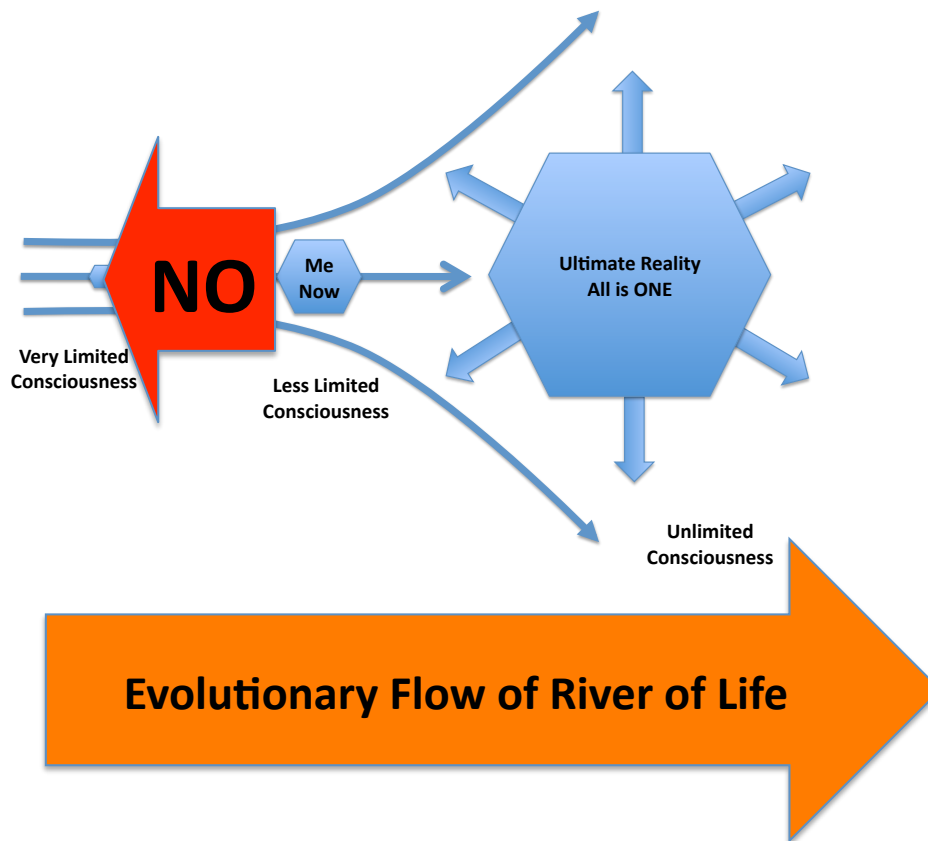
- Self-will says, "I resist any other way but my way," and "my way" is so often anti-life, anti-God.
- Self-will resists truth, love, union -- even if it appears to want it.
- The moment the tightness of self-will exists, divine aspects are hindered from manifestation.

Resistance in my PRIDE



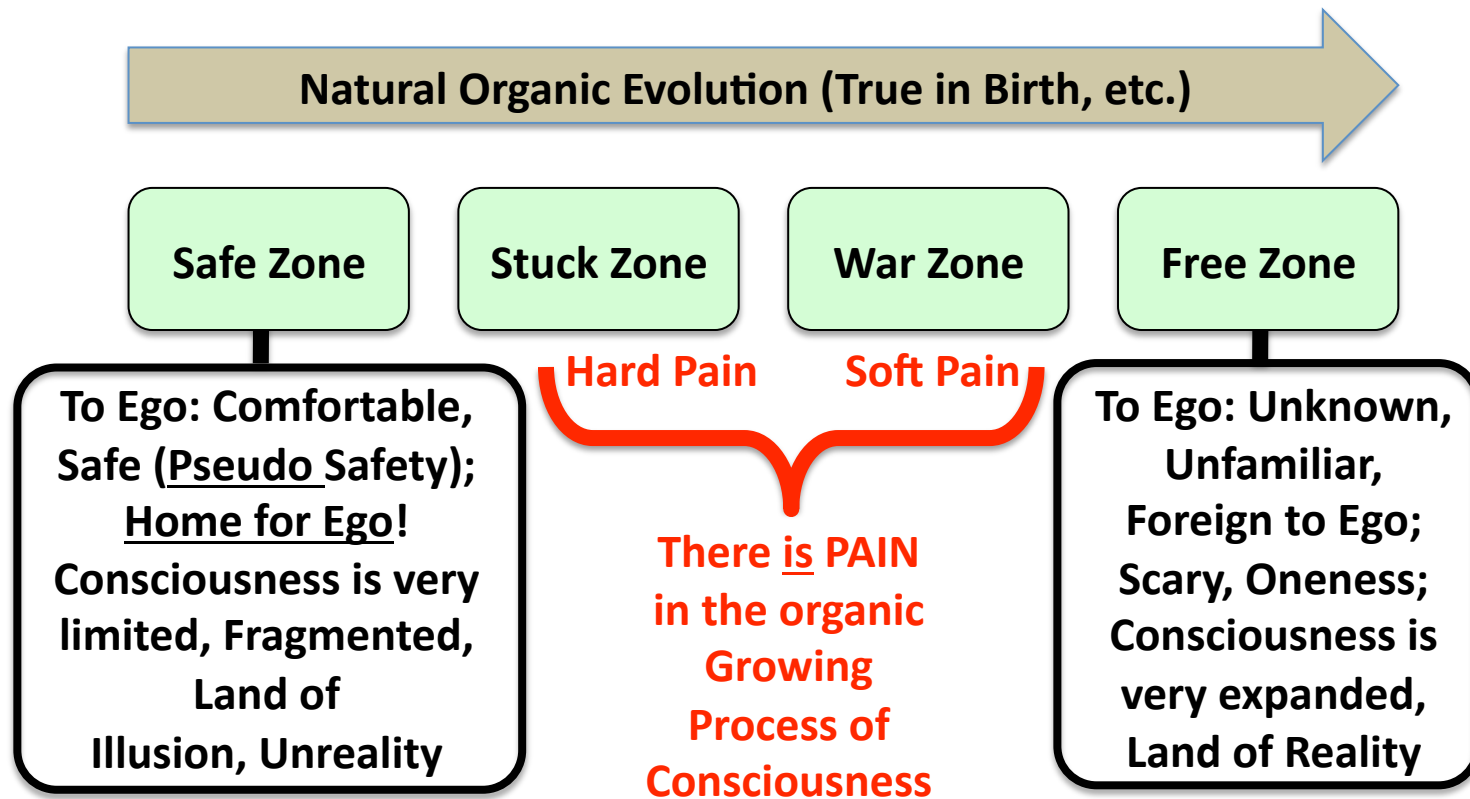
- Pride is resistance to the oneness between entities.
- It separates itself from others and elevates itself -- and thus resists the truth and love that are creative manifestations of life.
- The refusal to expose the truth and to admit what exists is due to pride.
- This pride causes resistance as much as it results from resistance.

Resistance in my FEAR



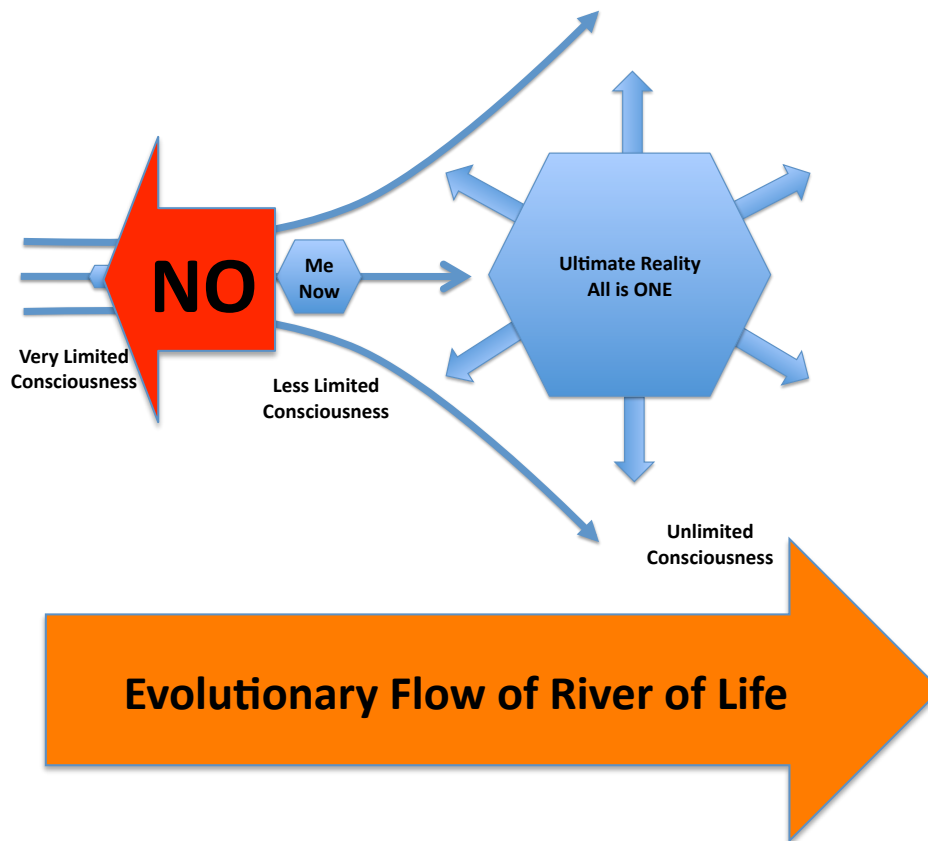
- Resistance breeds fear, and fear breeds resistance.
- Life is perceived as frightening.
- The more resistance, the more fear -- and vice versa.
- Resistance to truth arises from the fear that truth can be harmful, and in turn, resistance to truth compounds this fear.
- Fear of truth -- hence resistance:
 - Negates the benign quality of the universe
 - Negates the truth of the self, with all its thoughts, feelings, and intents.
- This self-negation, rooted in resistance is, and creates, evil.

There Are Growing Pains as we Grow in Consciousness



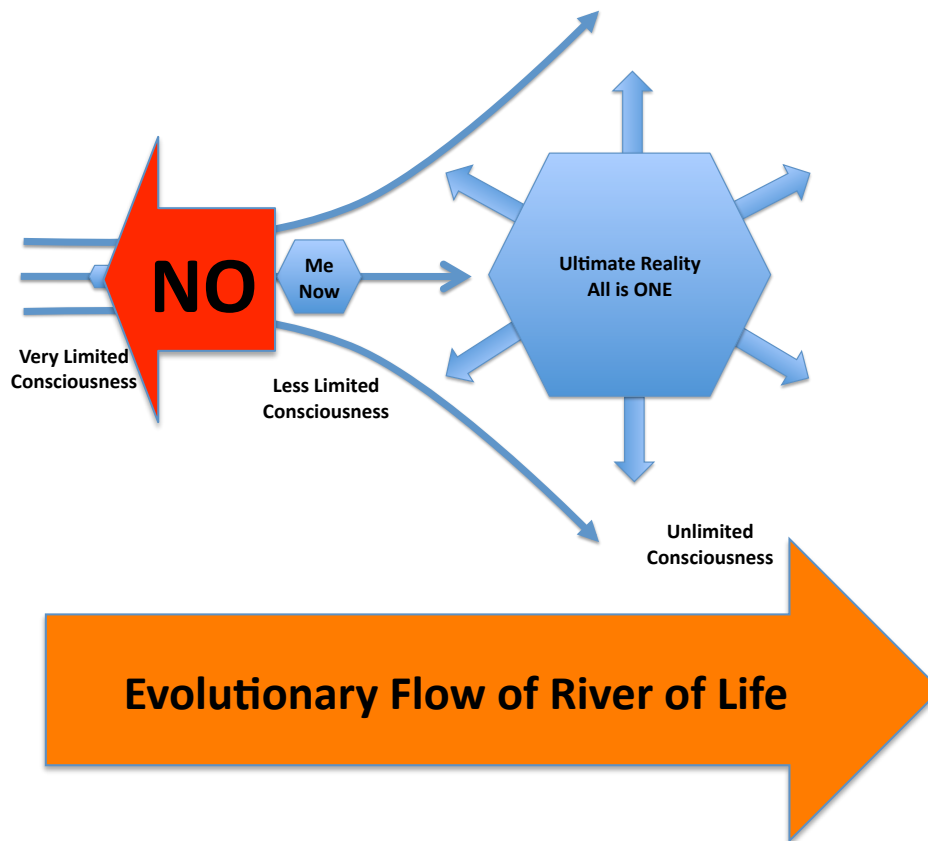
Credit: Four Zones from Tav Sparks – See *Movie Yoga*

Resistance in my Pain, my Being Hurt



- Resistance is always connected with the thought, "I do not want to be hurt"
- Self-will says, "I must not be hurt"
- Pride says, "I will never admit that I can be hurt"
- Fear says, "If I am hurt I must perish."
- The resistance expresses distrust of the universe, of the Flow of the River of Life.

Truth About my Pain, my Being Hurt



- In reality, hurt must pass, for it is no more an ultimate state than evil is.
- The more pain is experienced in its full intensity, the faster it dissolves into its original state -- flowing, moving energy, which creates joy and bliss.

Inner War – Partial Inner Freedom

Part of me Strives for Purification

- Truth, Love, Light
- Strives for development and self-purification.
- Says:
 - "Yes, I want to admit what is evil,
 - I want to confront myself and dispense with the pretenses, which are after all nothing but lies.
 - I want to expand myself and bring forth the best in me, so that I can contribute and give to life, as I wish to receive from it.
 - I want to give up the childish, cheating position from which I grab at life angrily and resentfully while refusing to give anything to it except my demands and resentments.
 - I want to stop all that and ride trustfully with life. I want to honor God by accepting life on its own terms."

Evolutionary Flow of River of Life



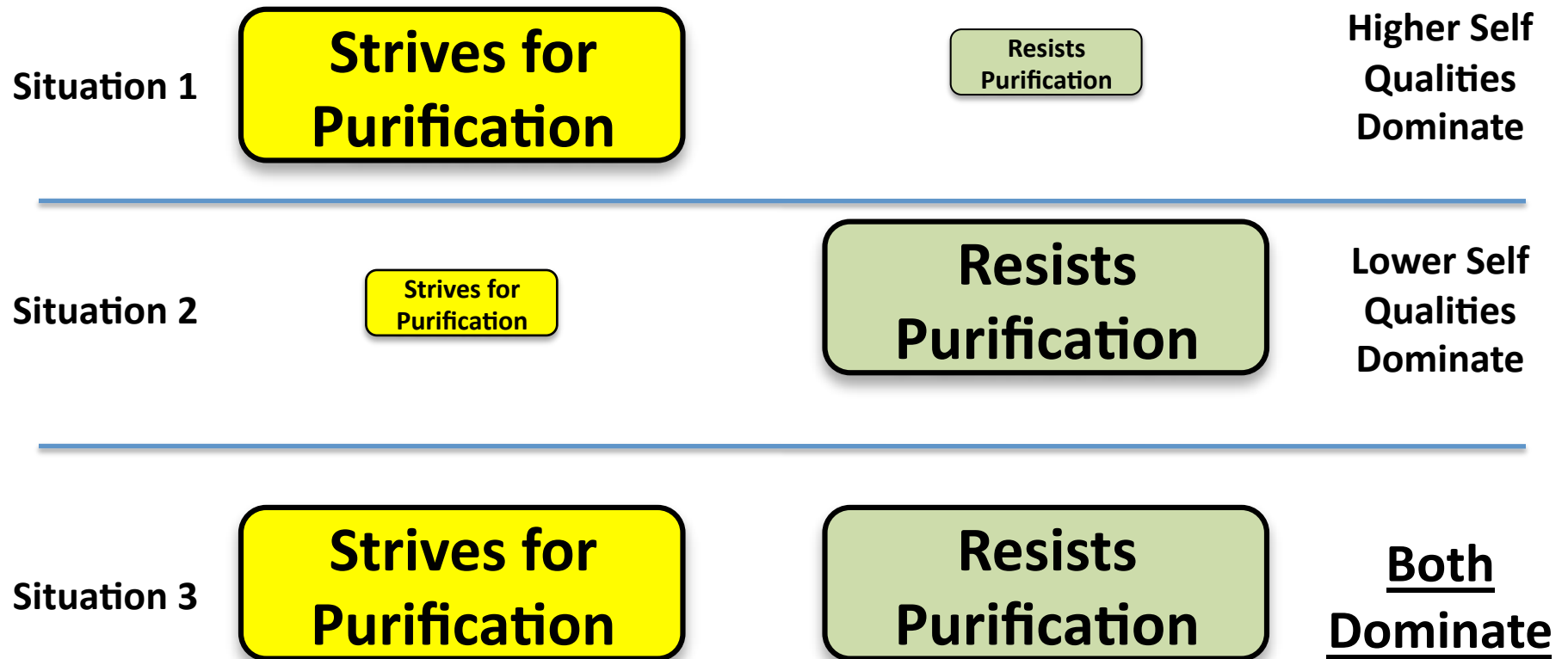
Part of me Resists Purification

- Self-will, Pride, Fear
- Resists the truth that these negative feelings and attitudes are there and resists giving them up
- Says: "No. I want it my way. I may even want to develop and become decent and honest, but not at the price of looking at, exposing or admitting anything that is too self-incriminatory."

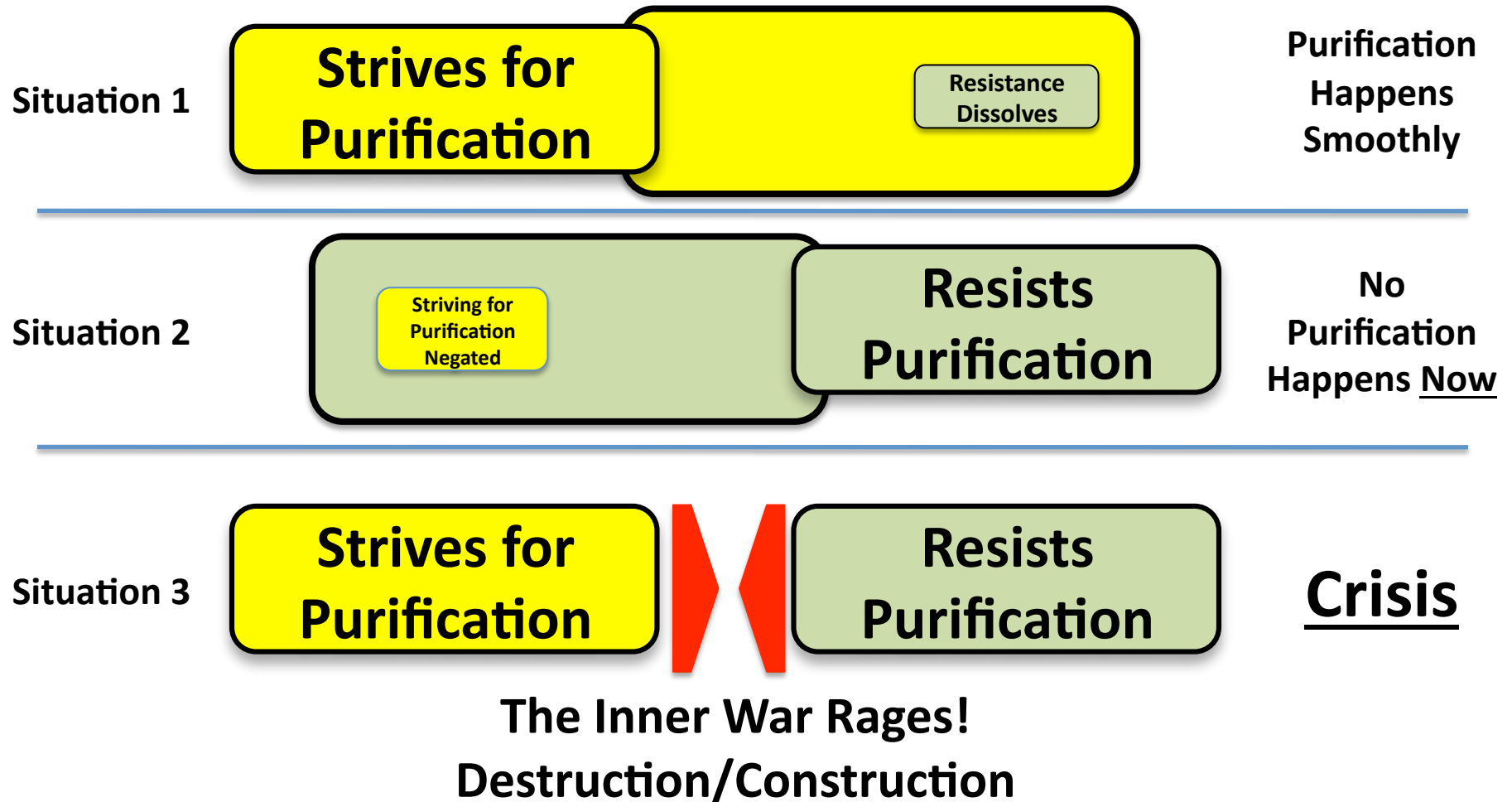
NO



Situations for the Inner War



Results the Inner War



Spiritual Beauty in Crisis



- The process of destruction/creation is a magnificent sight for spirit eyes.
 - The blind entity may suffer temporarily, but how good it is.
 - The process is awesome in its benign violence.
 - New movements come forth, old movements change direction, color, hue, sound.
 - If you go deeply into yourself and intuitively feel into the meaning of your crisis, you may gain a glimmer of the creative process.
 - It is apparently simultaneously both creative and destructive, as far as defective soul material is concerned.

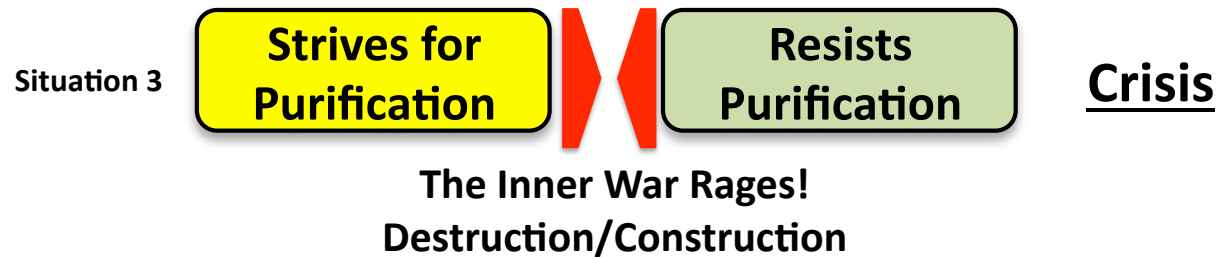
Accept Rather than Resist Your Evil

- By your very admission of your deliberate ill will, you will be more in truth and less inclined to act out the evil. You will know who you are.
- the more you accept pain, the less you will feel it. Resistance to pain often makes it unbearable.
- The more you accept your hate, the less you hate.
- The more you accept your ugliness, the more beautiful you become.
- The more you accept your weakness, the stronger you are.
- The more you admit your hurt, the more dignity you have, regardless of the distorted views of others.
- These are inexorable laws. This is the path we tread.

Exercise 1

- **What areas of Life do you strive for purification, good-will, etc.? Where do you resist purification, good-will, etc.? In meditation reflect on your resistance. Write about this in your journal.**
- **How does this resistance manifest in your Thoughts? Body Sensations? Emotions? And specifically in the form of Self-will, Pride, and Fear? Again write about this in your journal.**

Exercise 2



- Identify possible Crisis areas in you life just now. Meditate on this crisis. What needs to be destroyed so that new can be constructed? What is your resistance here?
- What are some things you can do to dissolve your resistance (NOTE: Resisting Resistance makes it worse!)
- Write in your journal what comes up.