

PWL 140

**Conflict of Positive Versus Negative
Oriented Pleasure as the Origin of
Pain**

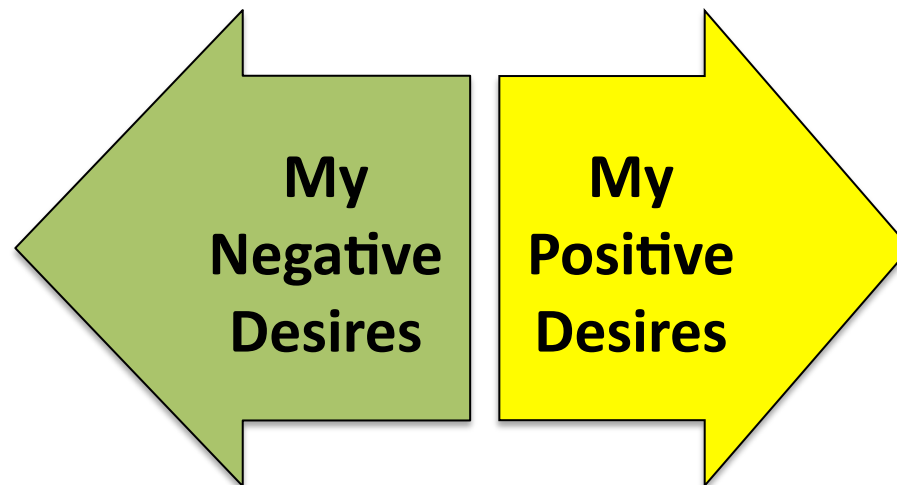
October 16, 2010

Gary Vollbracht

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Opposing Currents Within My Personality



My Life Manifestations

The diagram illustrates a spectrum of life manifestations. At the top, the title 'My Life Manifestations' is centered. Two blue arrows point downwards from the title, one to the left and one to the right. Below the left arrow is a green arrow pointing left, labeled 'My Negative Desires'. To the left of this green arrow is a list of negative manifestations. Below the right arrow is a yellow arrow pointing right, labeled 'My Positive Desires'. To the right of this yellow arrow is a list of positive manifestations.

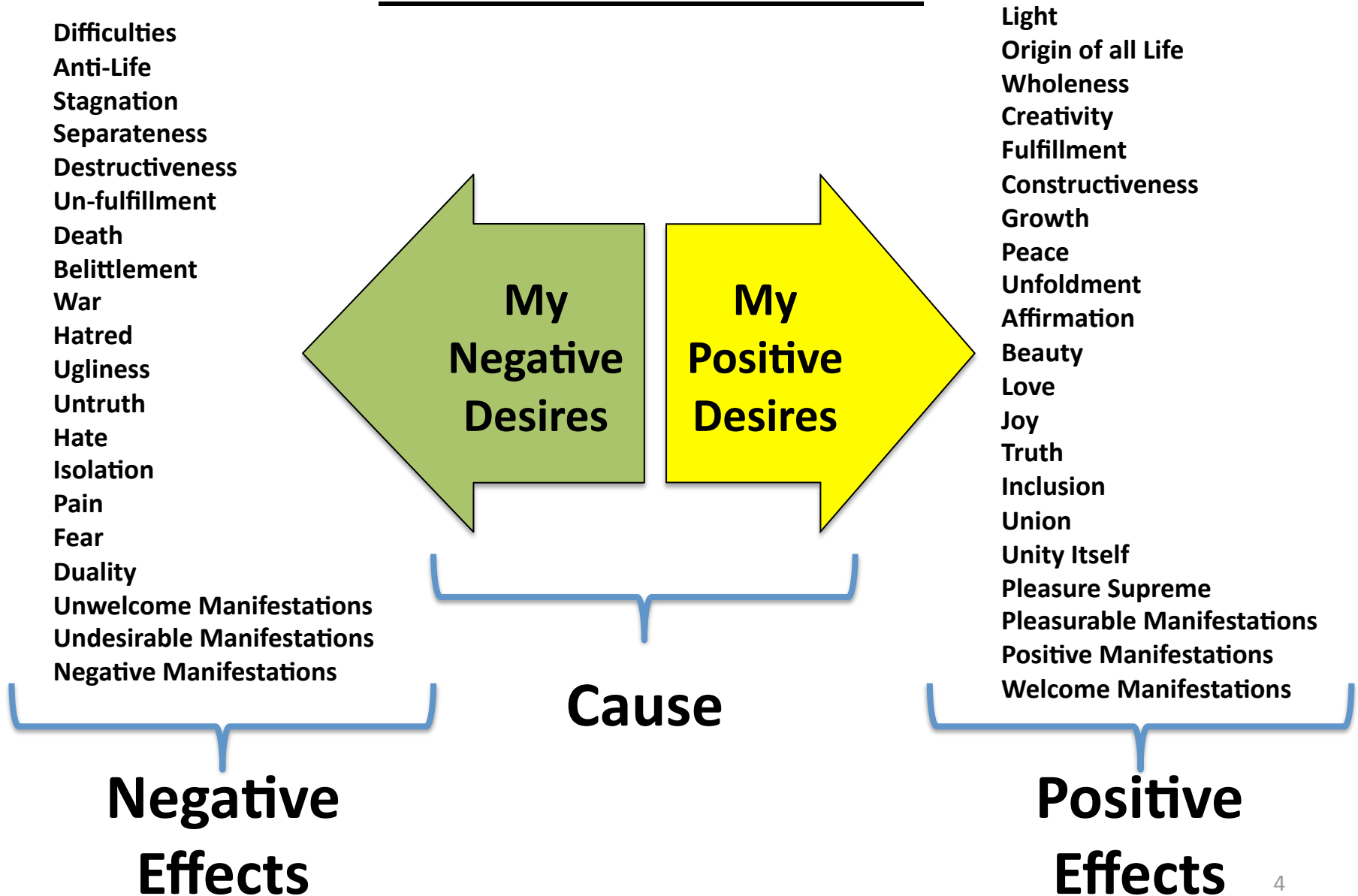
Difficulties
Anti-Life
Stagnation
Separateness
Destructiveness
Un-fulfillment
Death
Belittlement
War
Hatred
Ugliness
Untruth
Hate
Isolation
Pain
Fear
Duality
Unwelcome Manifestations
Undesirable Manifestations
Negative Manifestations

**My
Negative
Desires**

**My
Positive
Desires**

Light
Origin of all Life
Wholeness
Creativity
Fulfillment
Constructiveness
Growth
Peace
Unfoldment
Affirmation
Beauty
Love
Joy
Truth
Inclusion
Union
Unity Itself
Pleasure Supreme
Pleasurable Manifestations
Positive Manifestations
Welcome Manifestations

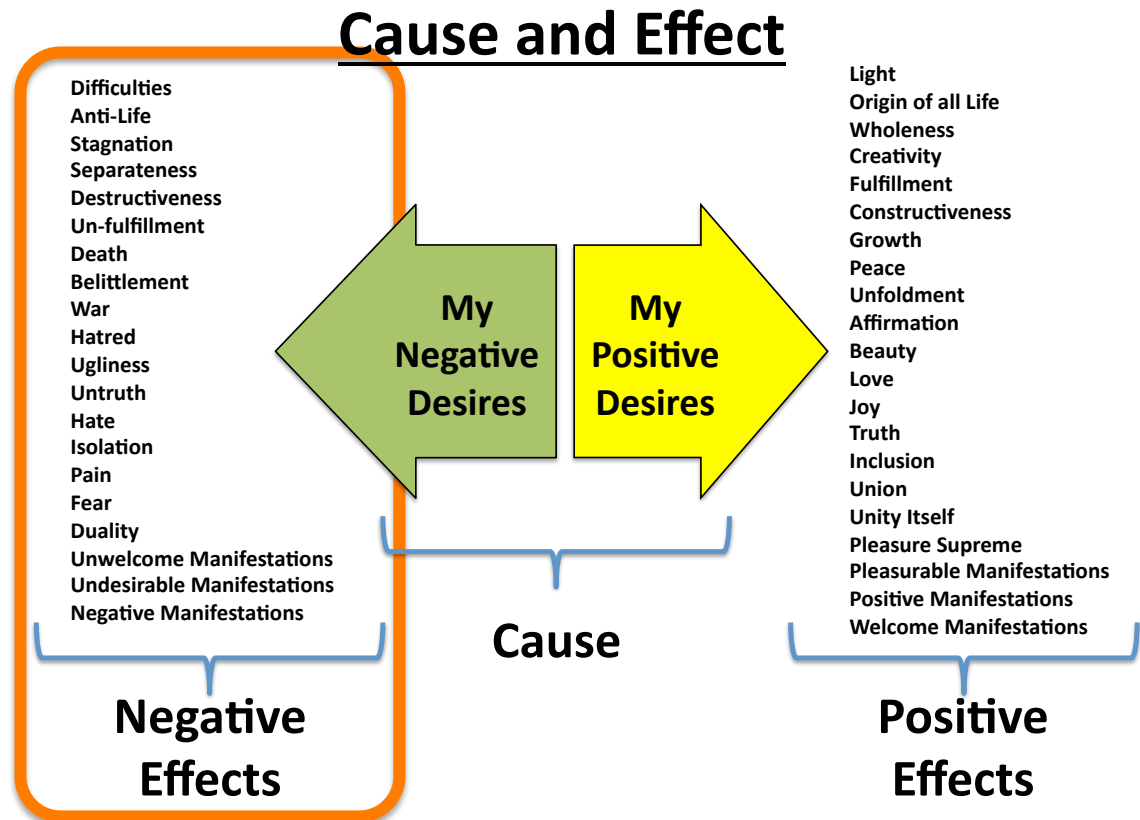
Cause and Effect



Problem 1 – Not Aware of the Problem

I am not truly aware of the negatives in my life

- I defend against seeing that aspects in my life leave something to be desired.
- I **stay very busy** so I do not see that
 - Something is Missing
 - Something more is desired from life
 - I am suffering in areas of my life

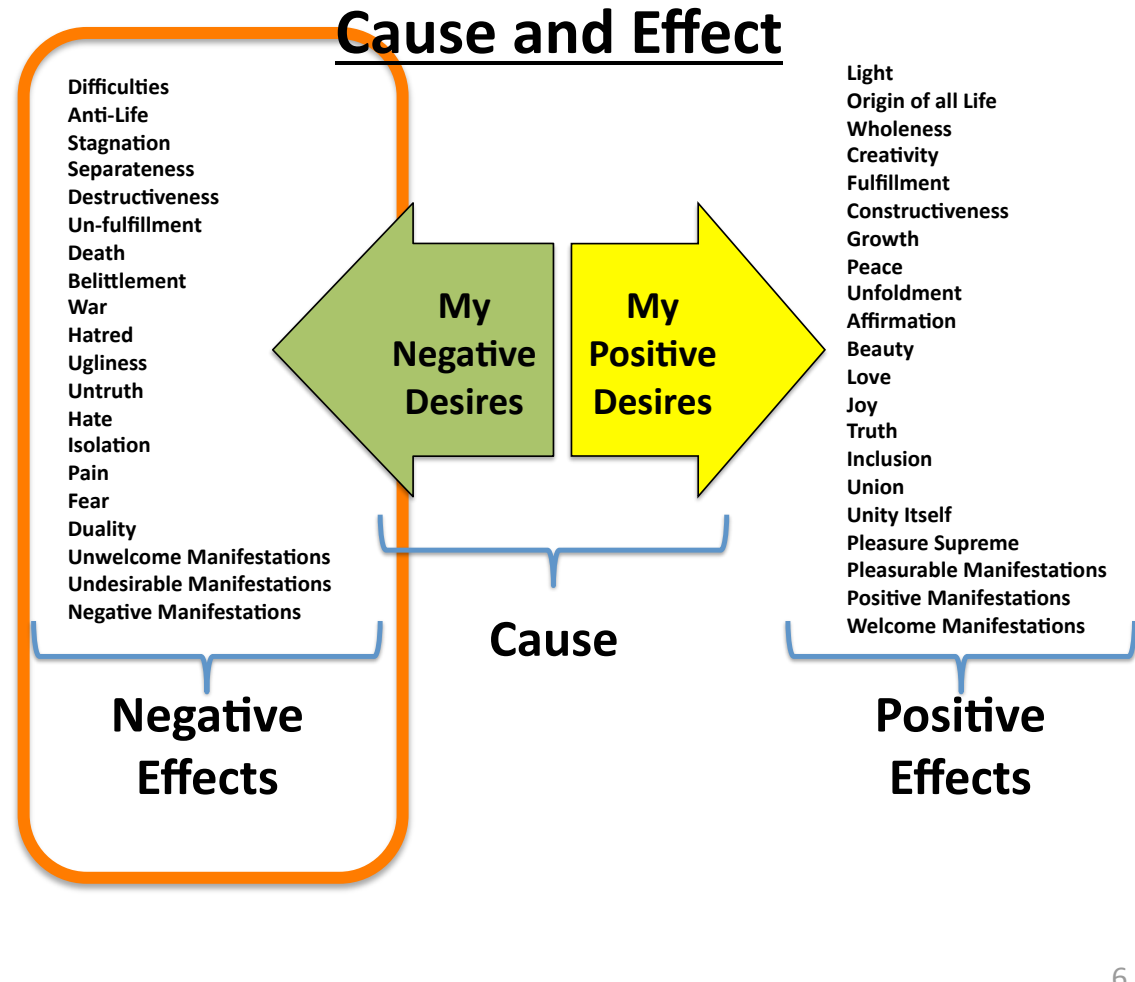


Exercise 1 – A Pause to Consider:

In meditation and in your journal, ASK:

- Do I experience EVERYTHING to the maximum of my potential? Where not?
- What disturbs me more than I admit?
- What do I really feel about my life?
- What do I really miss in my life?

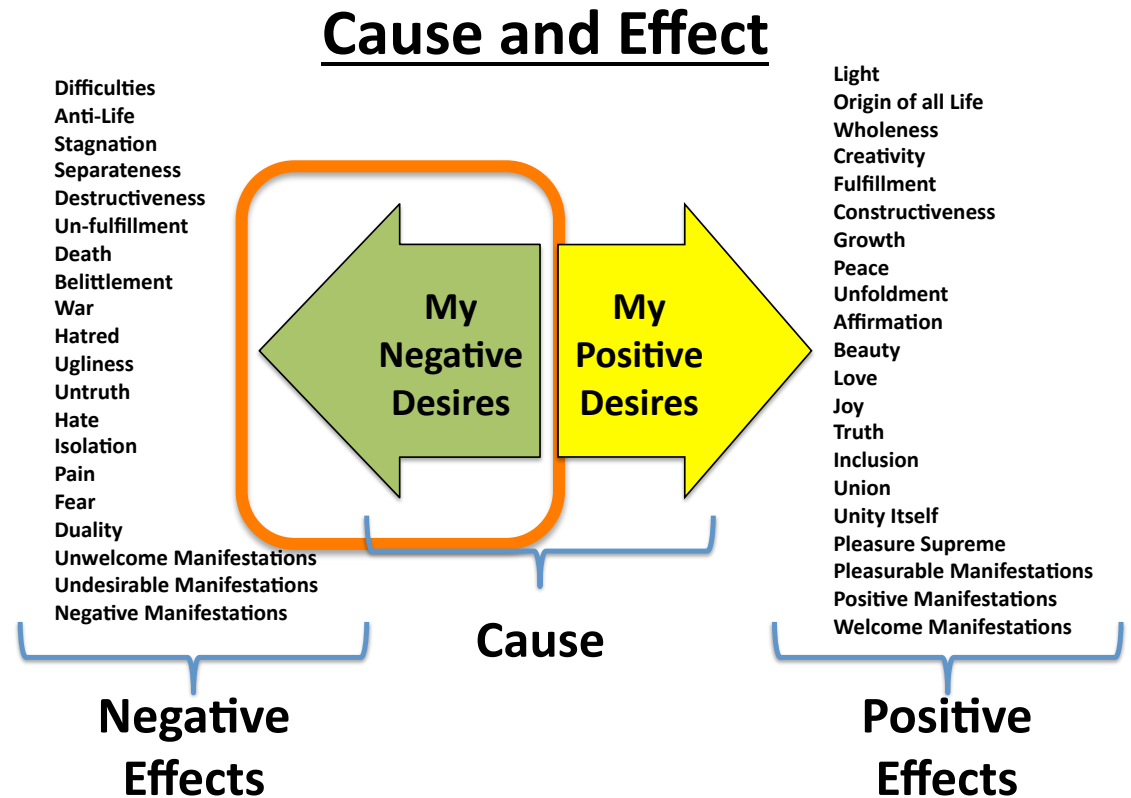
Be Very Specific



Problem 2 – Not Aware of the Cause of My Suffering

I am aware of my suffering, but I am not aware of the cause –

I do not see how I am the cause

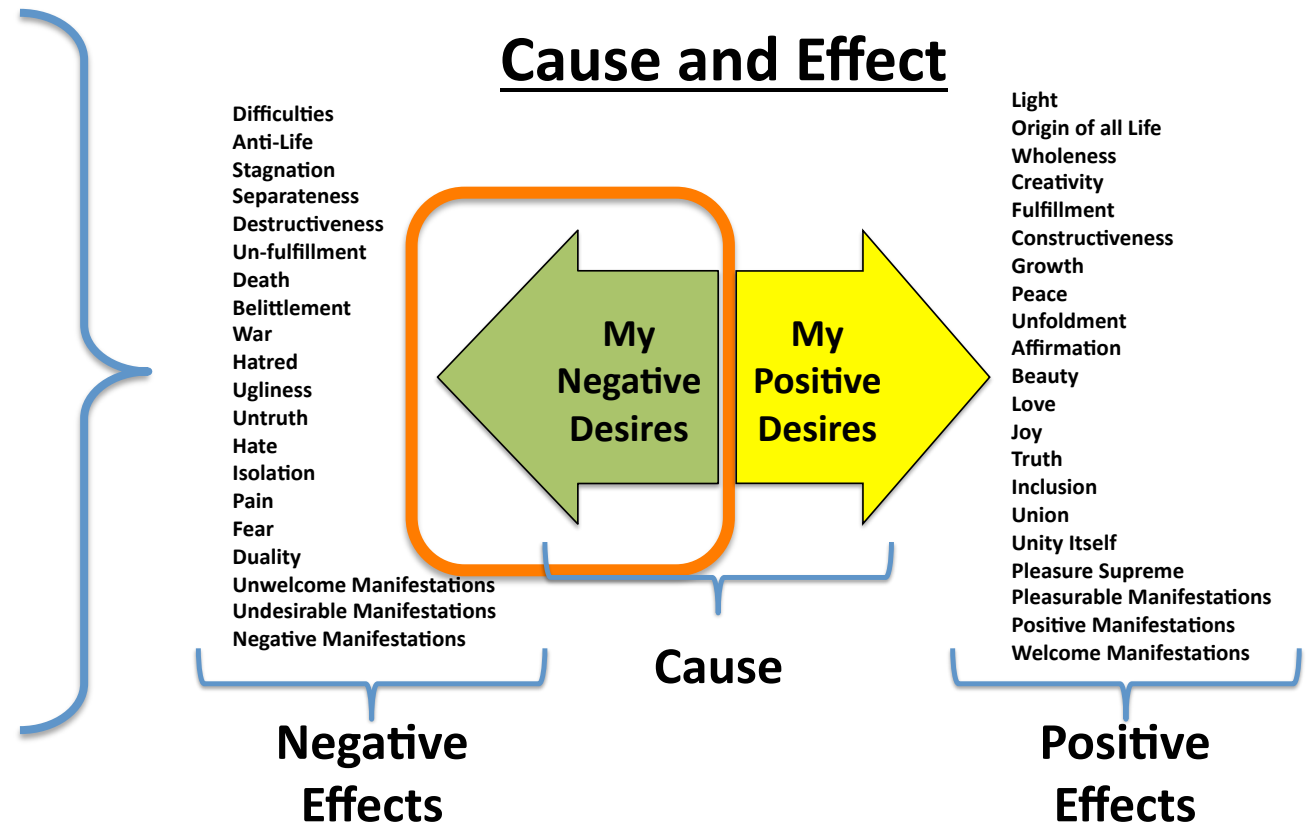


Exercise 2 – In Meditation...

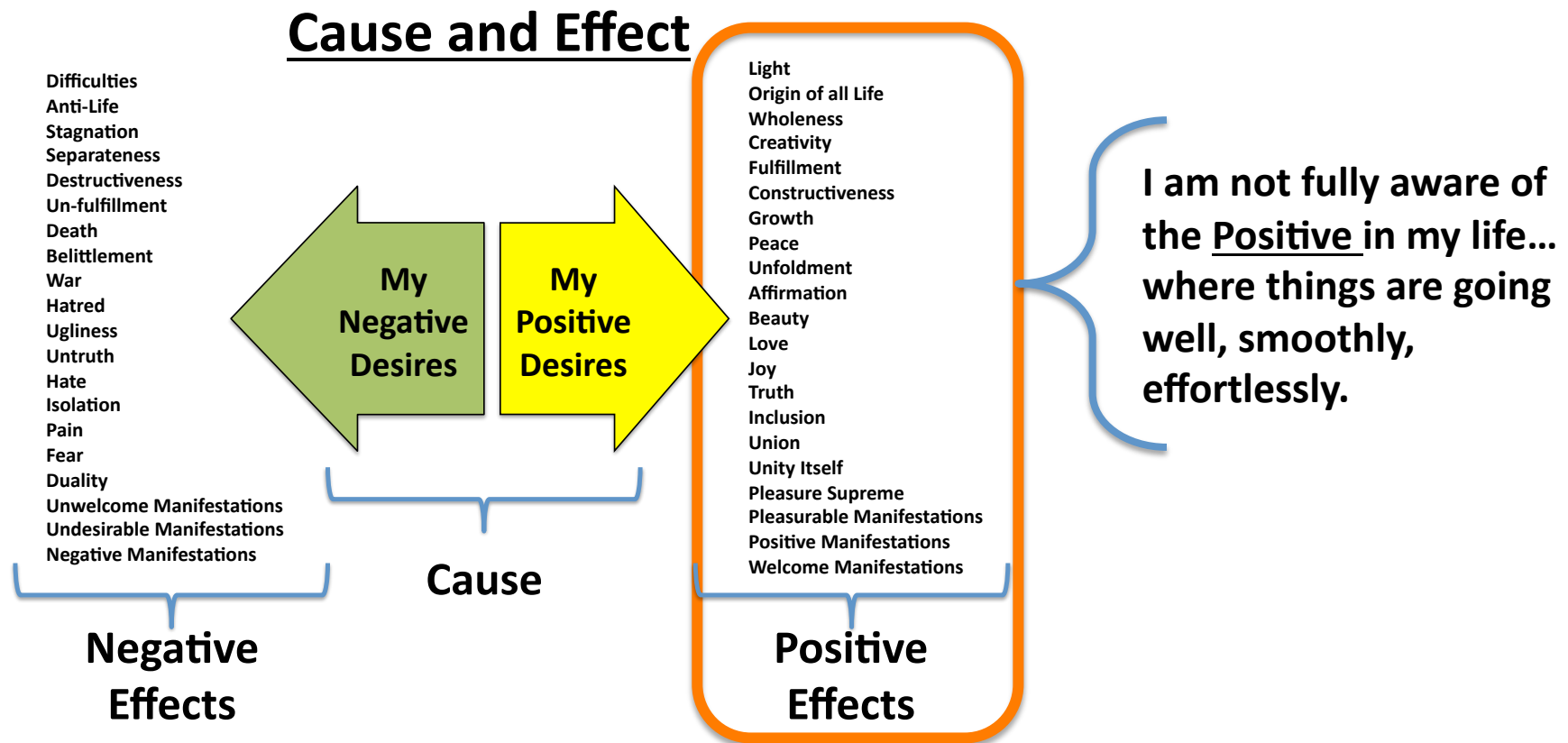
It is critical to find the negative desires in me that give rise to my suffering...

In meditation ask to be shown negative desires related to the difficulties in your life

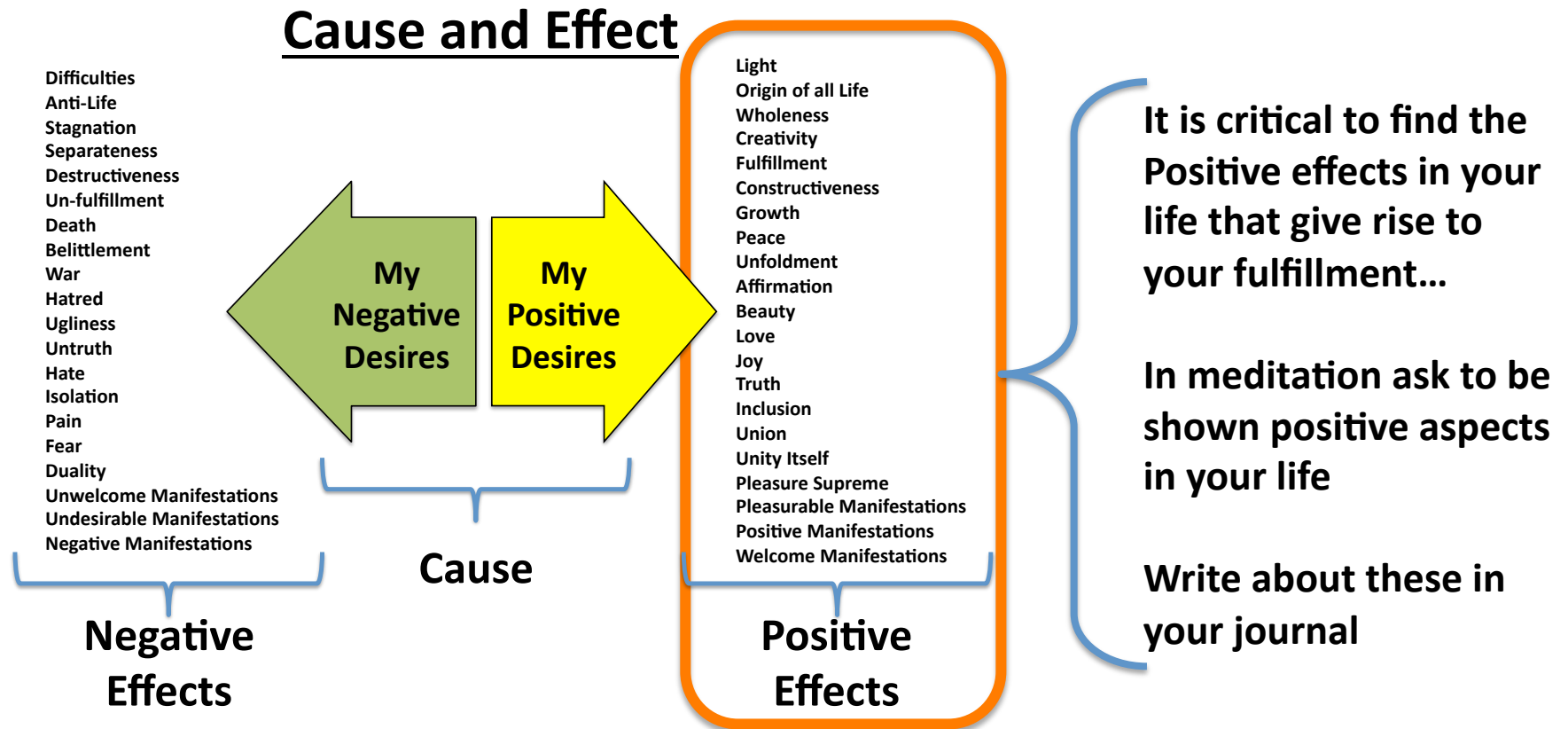
Write about these in your journal



Problem 3 – I Avoid Positive Effects



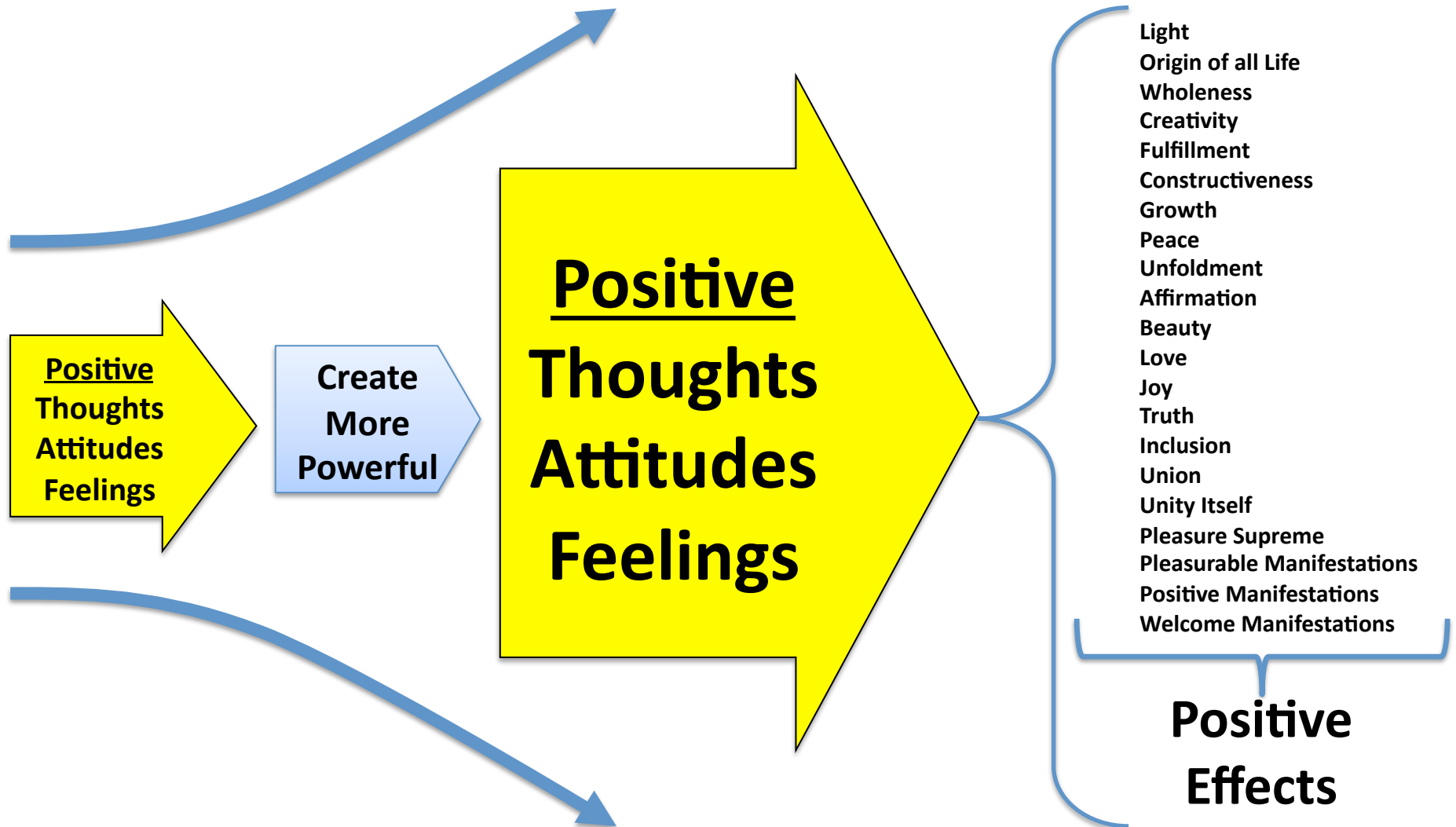
Exercise 3 – In Meditation...



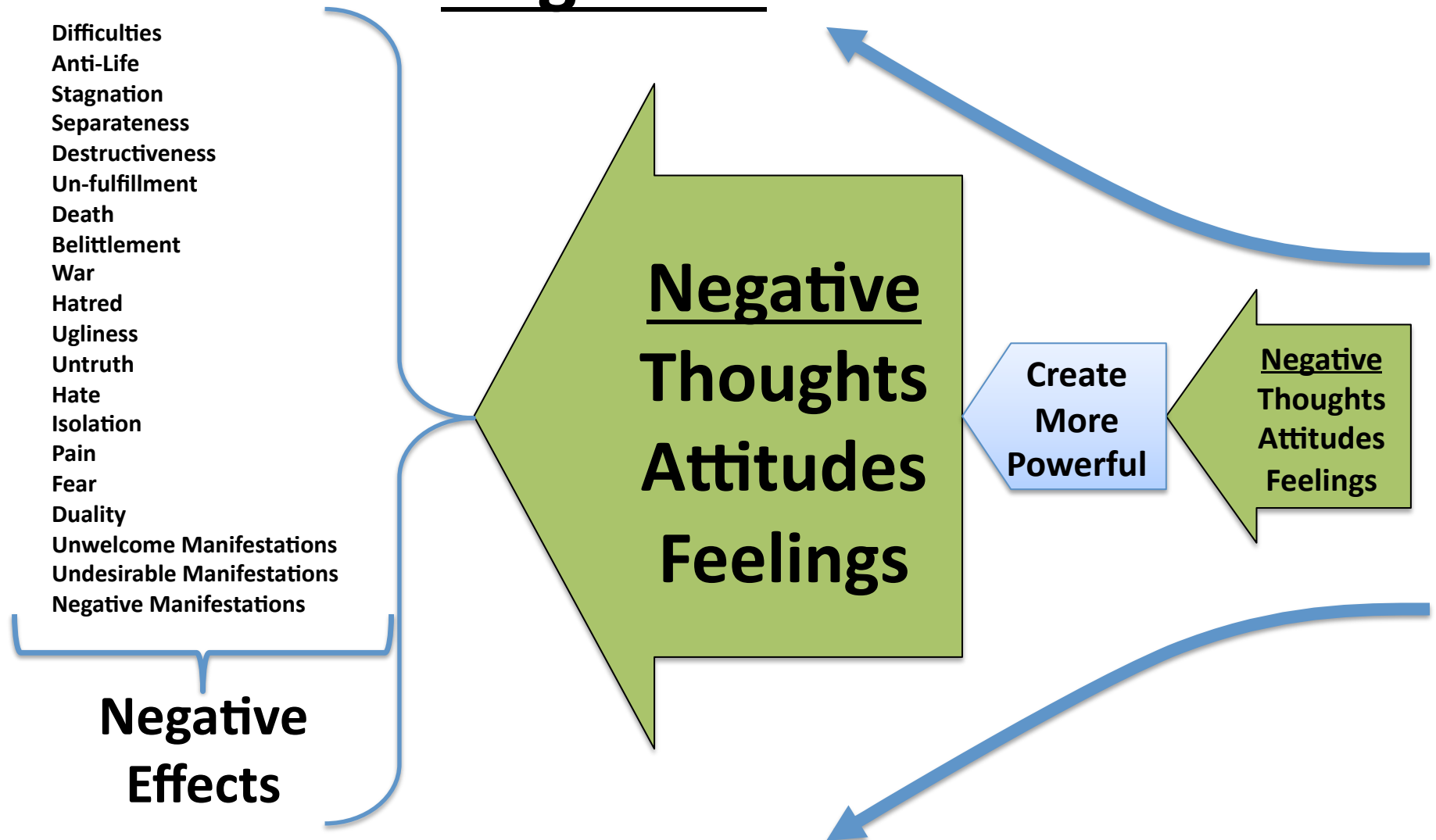
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Benign Cycles Create Powerful Positive Effects

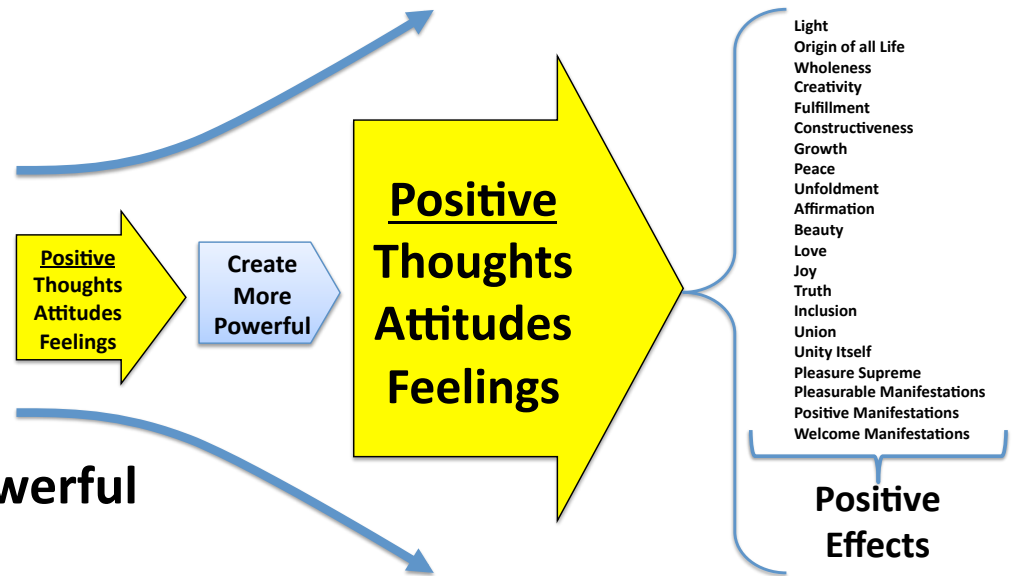


AND, Vicious Cycles Create Powerful Negative Effects

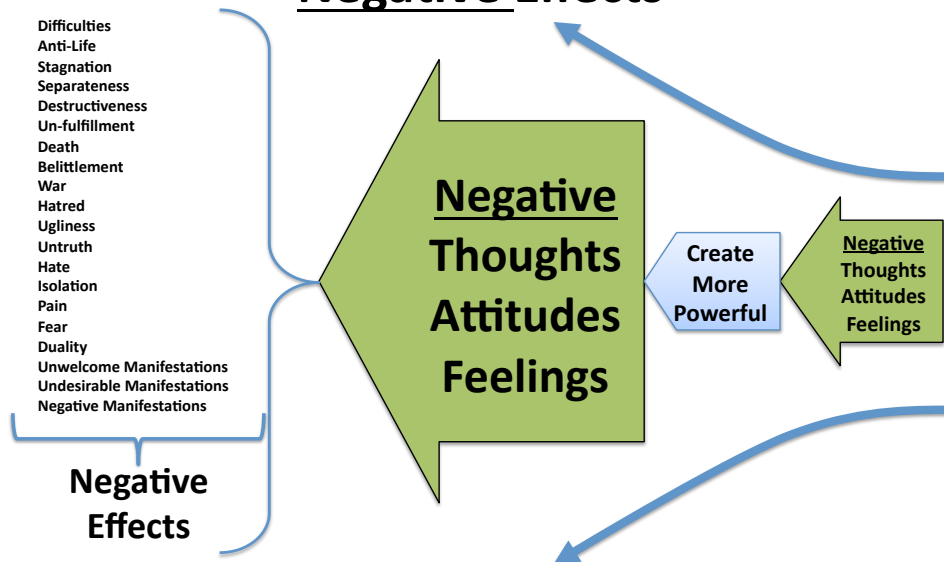


We Have Both...

Benign Cycles Create Powerful Positive Effects



AND, Vicious Cycles Create Powerful Negative Effects

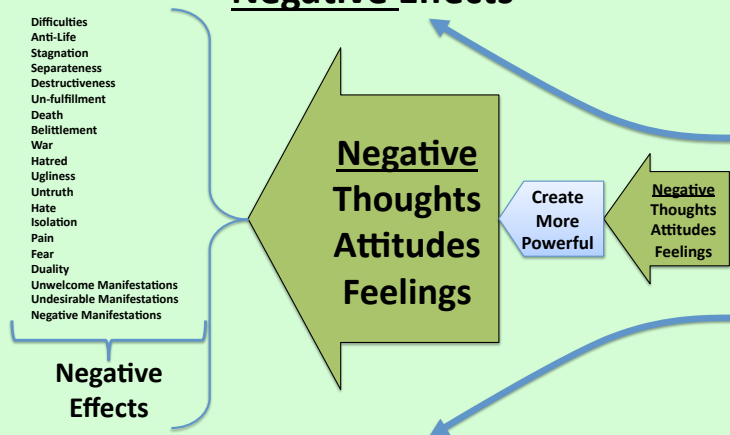


The Pathwork

Process Is About ...

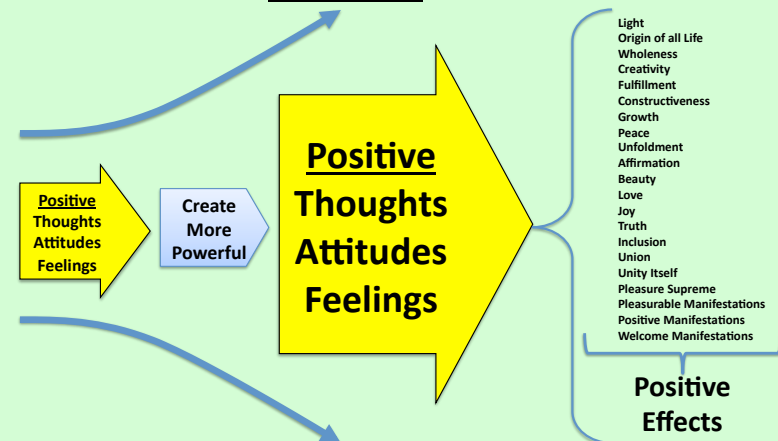
Finding, Accepting Effects of, Discovering Causes for, and, with Divine Help, Transforming these Vicious Cycles of Negativity and Negative Intentionality Into Benign Cycles of Positivity and Positive Intentionality

AND, Vicious Cycles Create Powerful Negative Effects



Finding, Enjoying, Celebrating, and, with Divine Help, Allowing these Benign Cycles of Positivity and Positive Intentionality to Grow and Expand Ever Further

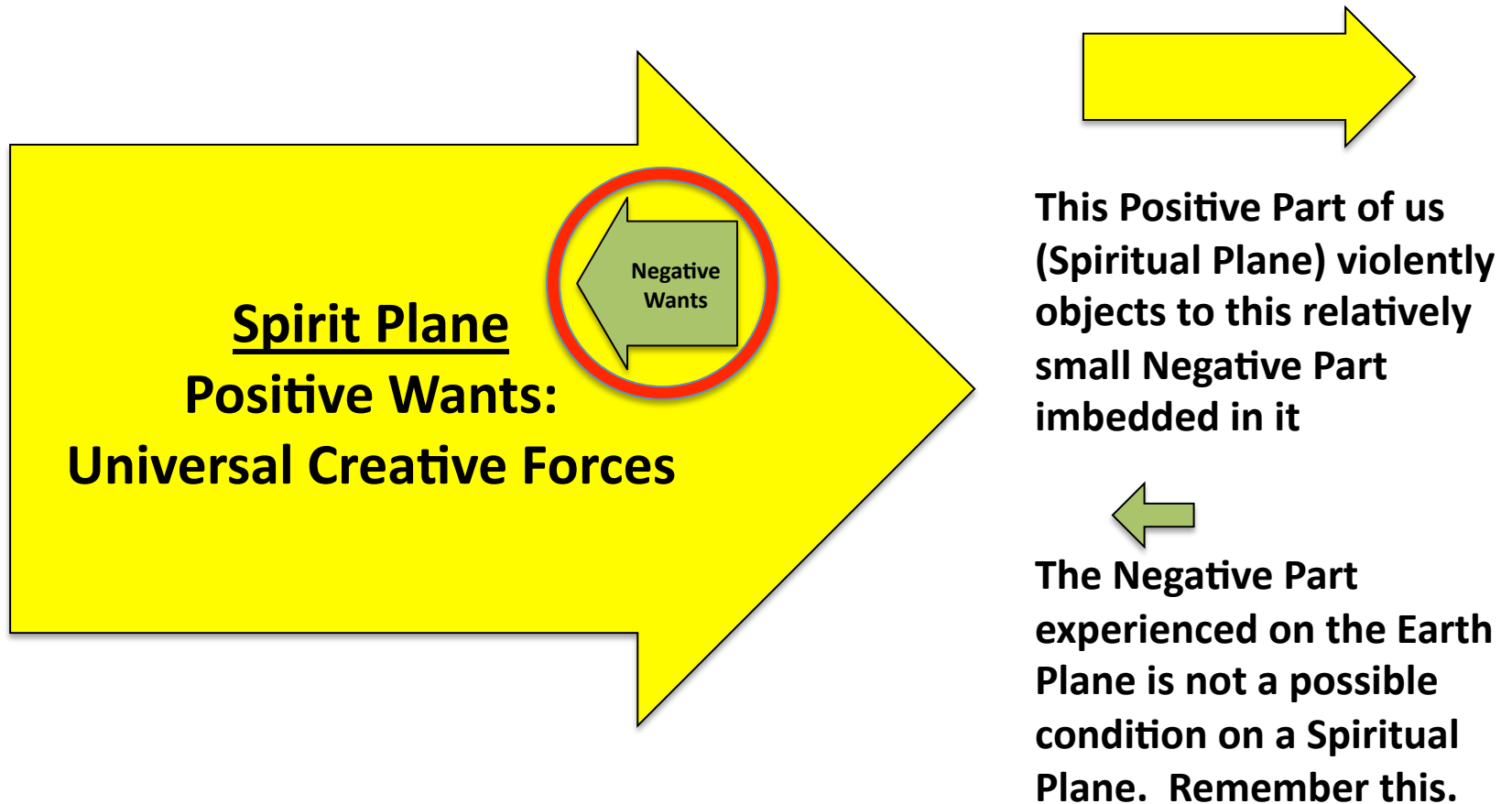
Benign Cycles Create Powerful Positive Effects



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The Negative is a Minor Part of Us – But a Part to Transform...



How To Work With This Negative Part Of Us

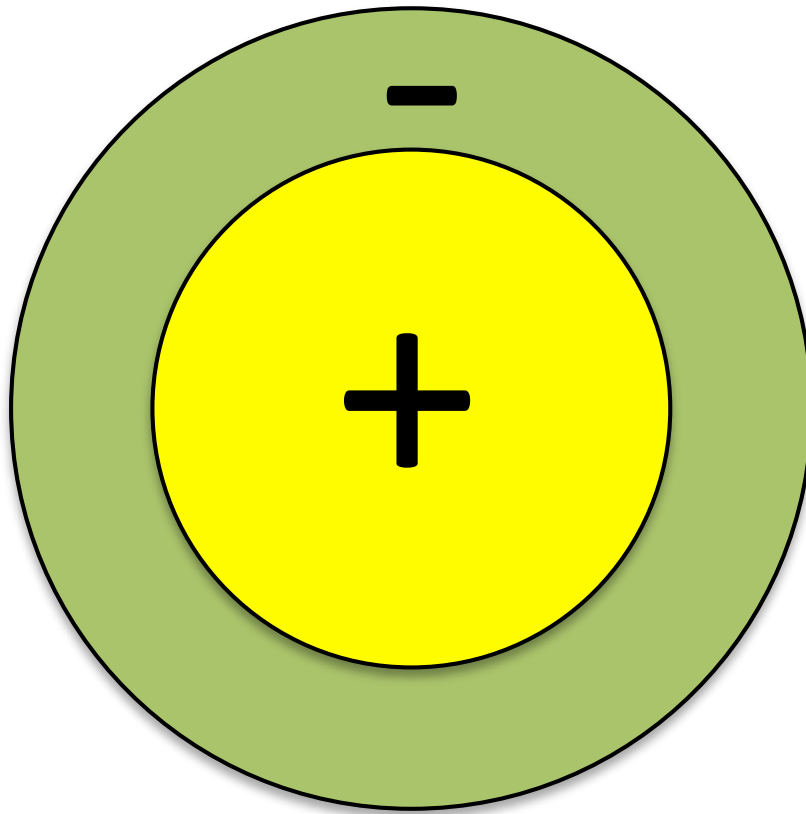


- Accept the Negative Part...
 - It is a passing stage, not a permanent part of us
 - It is an Effect of an inadvertent Cause
 - It is a momentary disturbance without finality
 - Accept with an **objective attitude**.
 - Accept also with a **non-indulgent attitude**

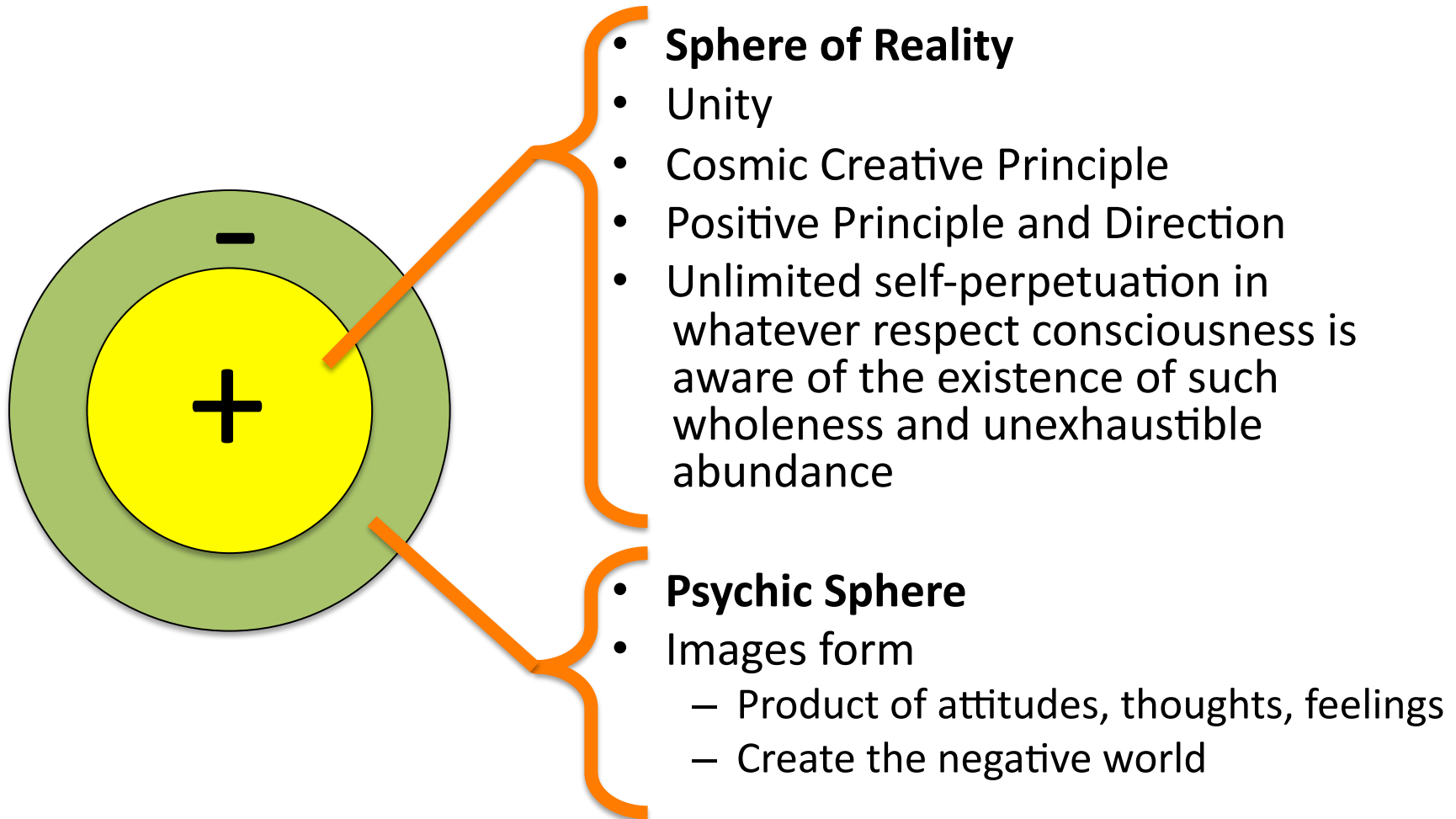
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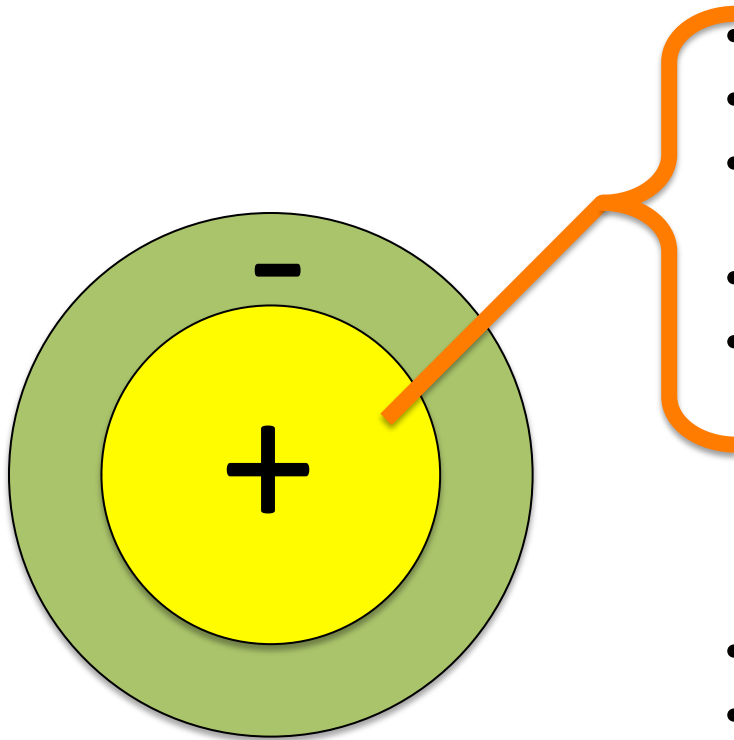
World of Positive and Negative Spheres



Positive and Negative Spheres of Our Beingness



Positive Sphere of Our Beingness



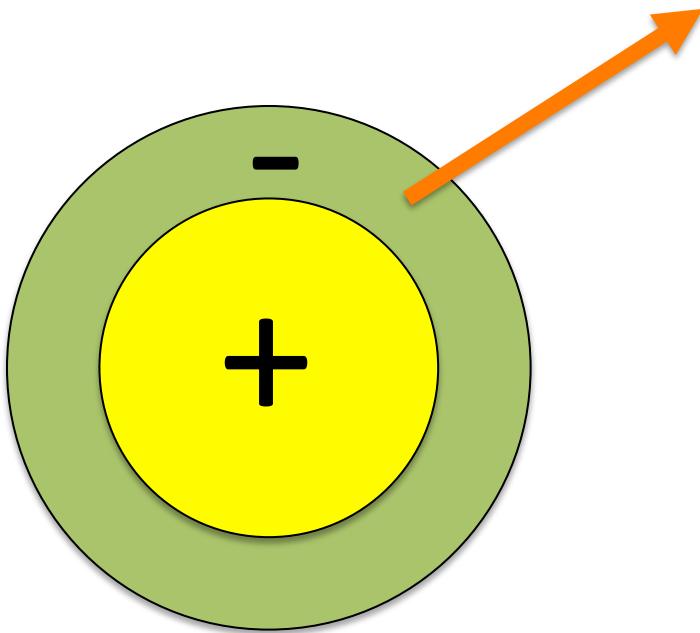
- Self-Perpetuating Good
- Relatively free from negative desires
- Feel and experience world of truth, where all good exists and is self-perpetuating
- No need for doubt, fear deprivation
- Fearlessly open your heart to the positive dynamic experience

Yields

- **Further Unfoldment**
- **Greater Happiness**
- **More Inclusion**
- **Sense the eternal Life of all existence**
- **Manifest in outer life**

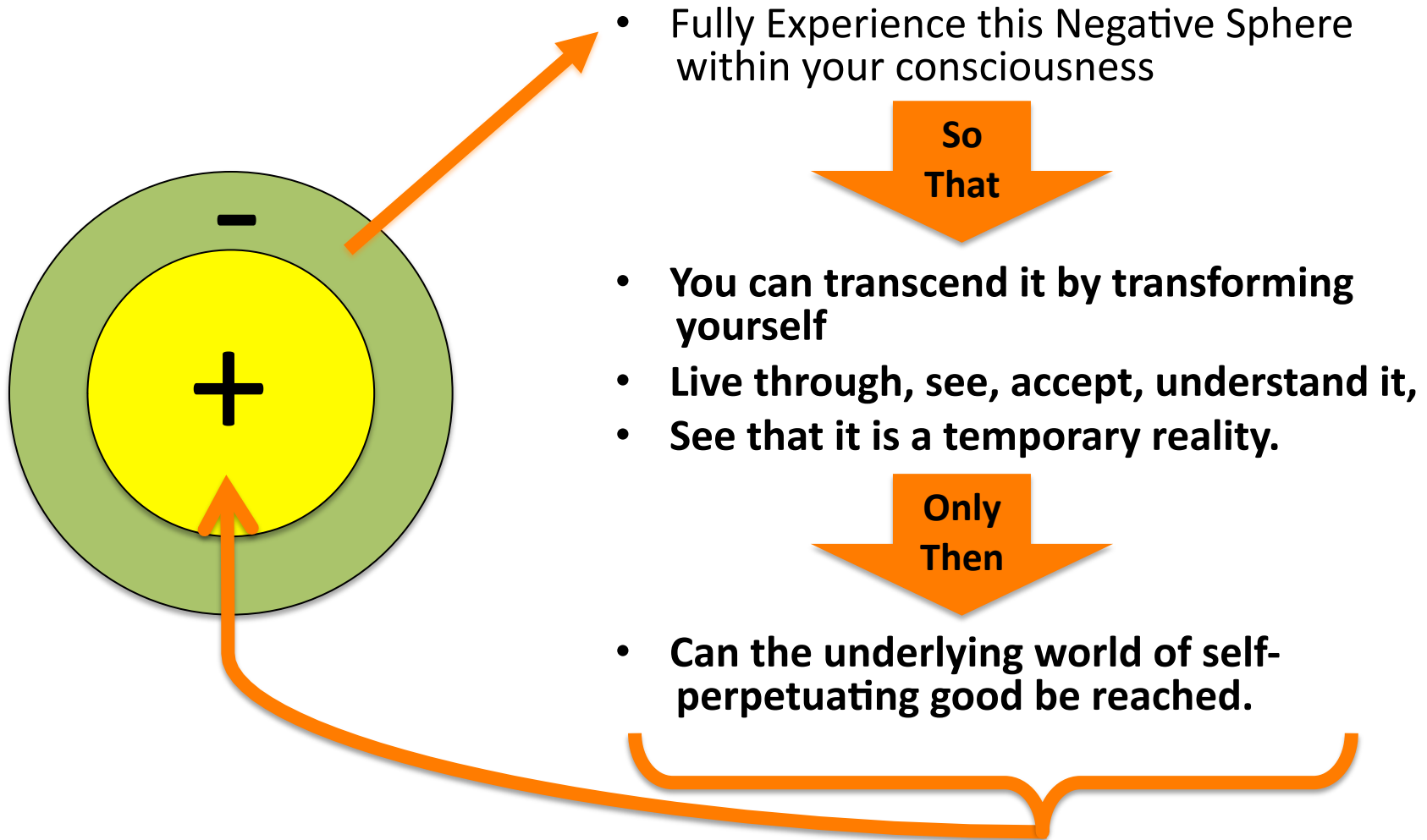
The Main Problem of Life

- Fear of the Positive
- Negation of the Positive



- **Deprivation and Suffering
Manifest in Outer Life**

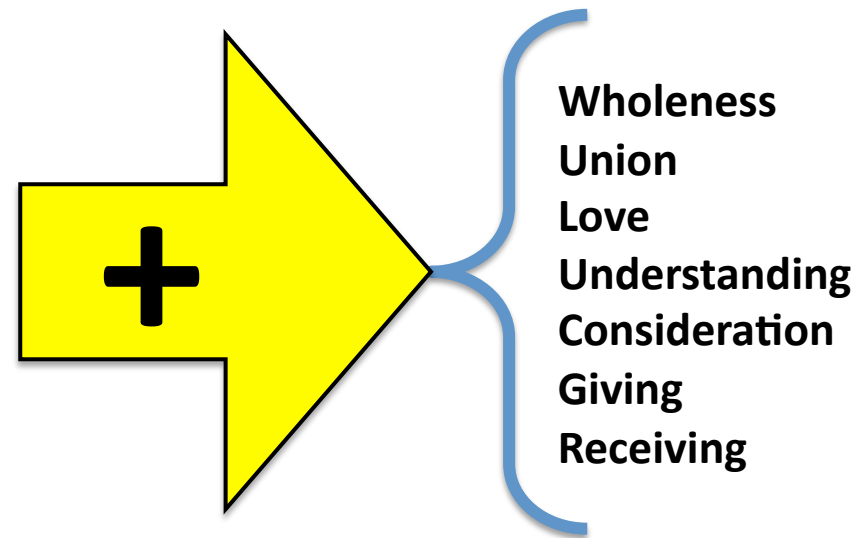
Solution



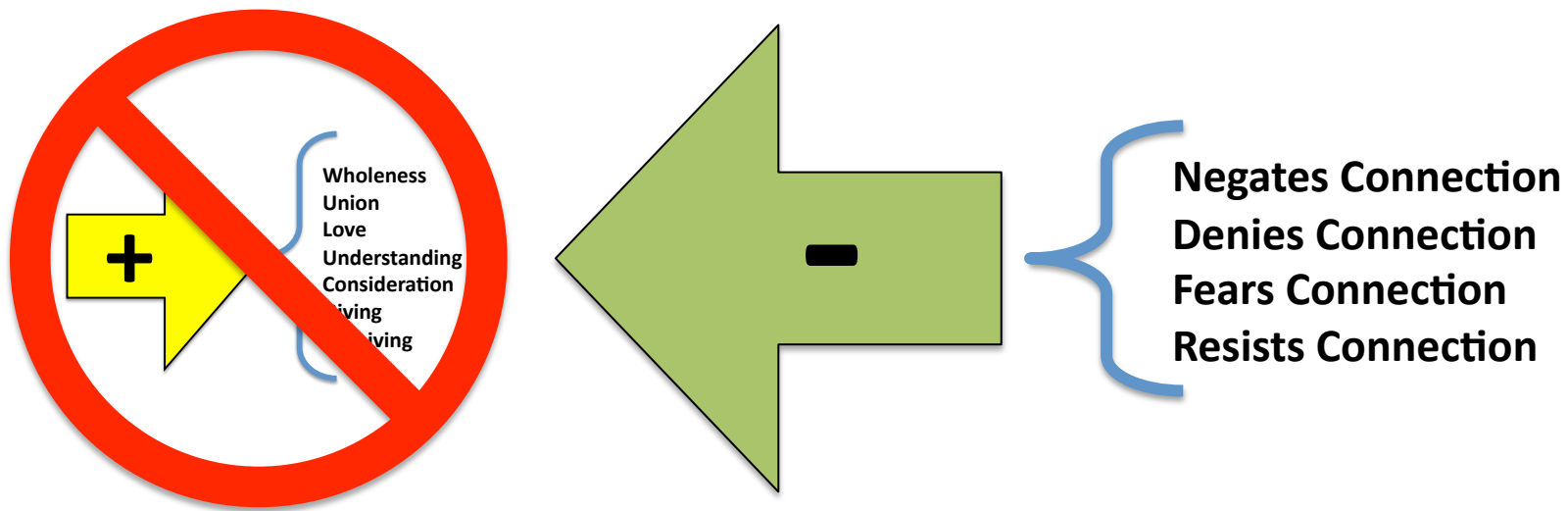
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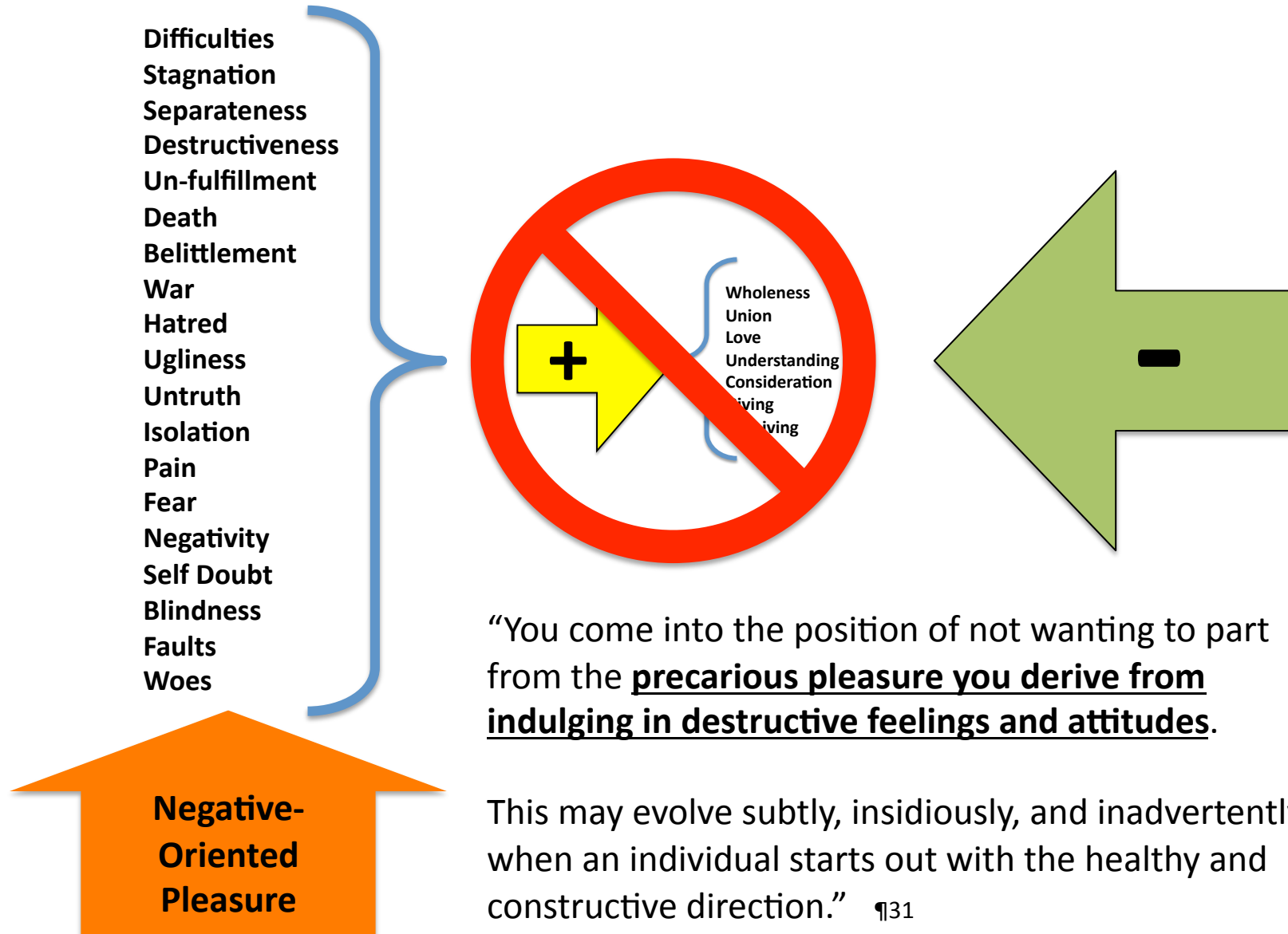
Positive “+” Wants Connection



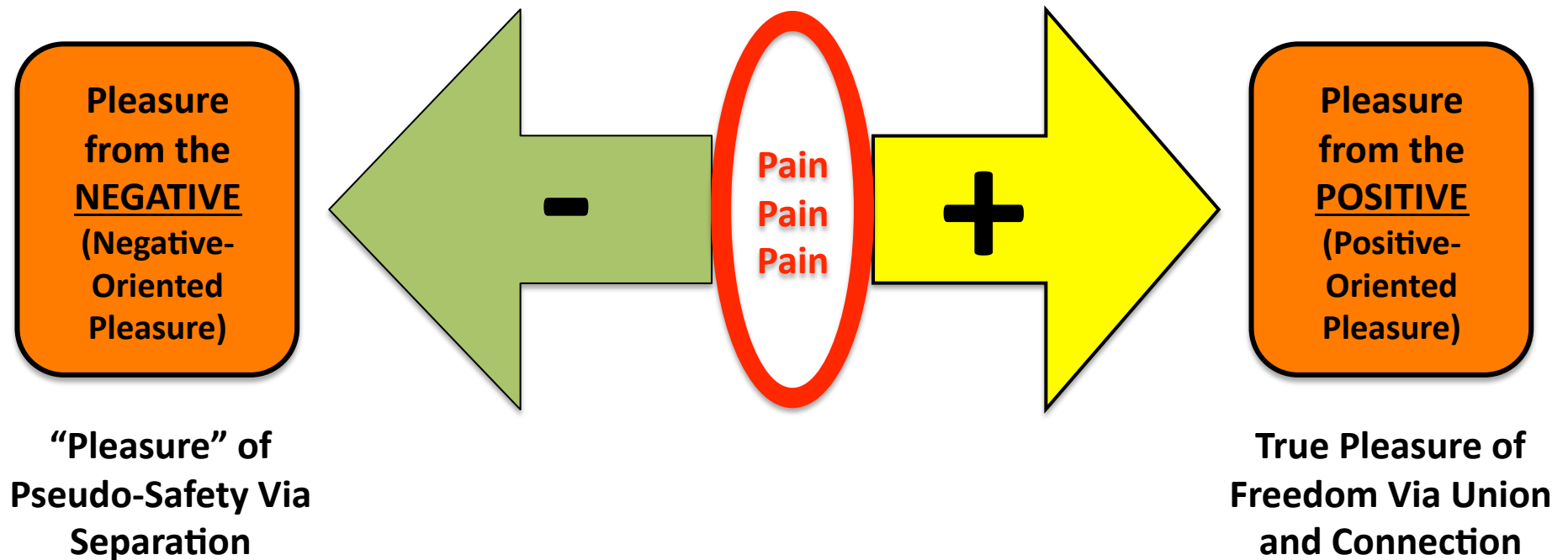
Negative “-” Opposes Connection



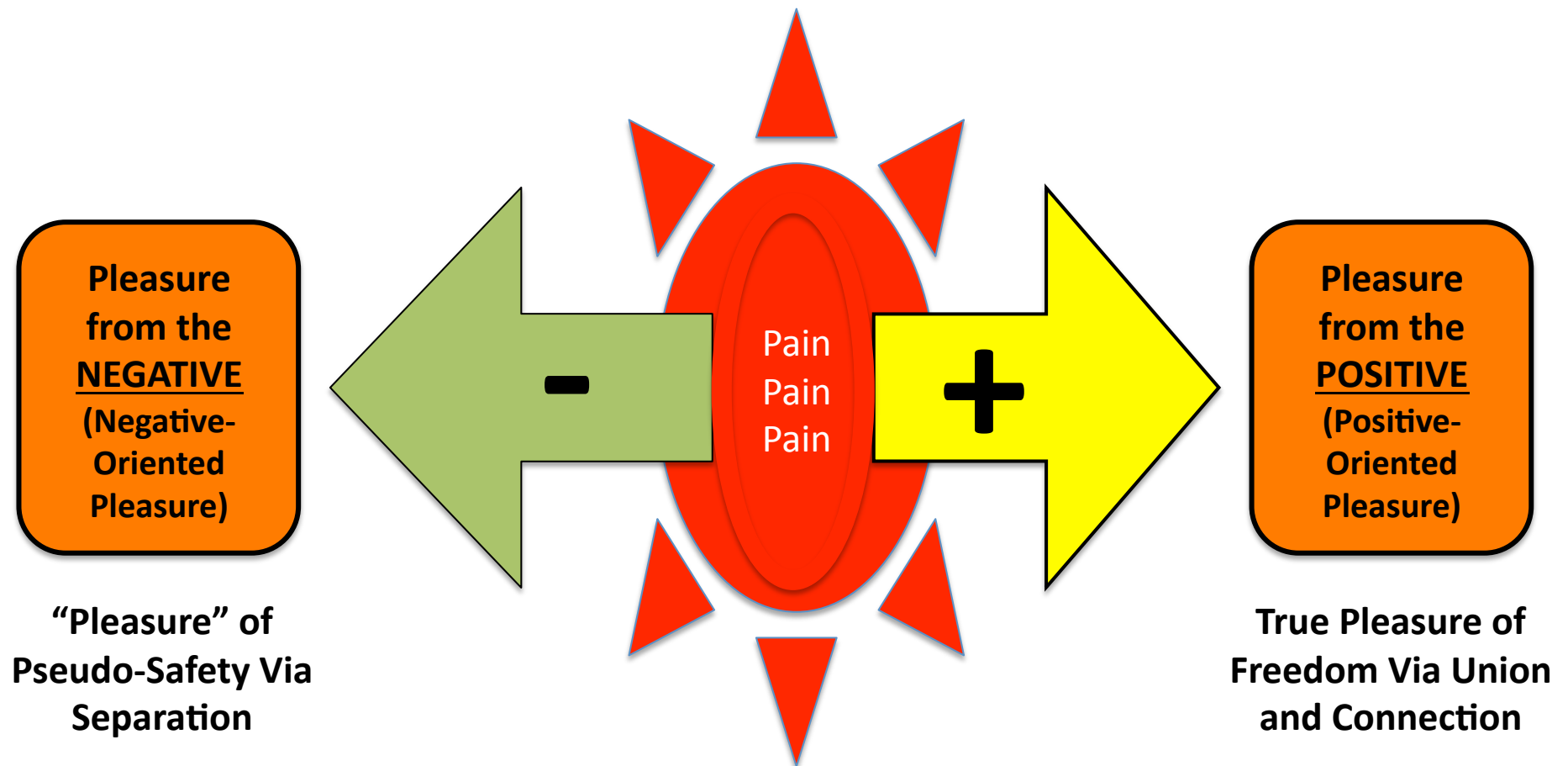
Enter the Negative Pleasure Principle



This Struggle Between Pleasure from the Positive and Pleasure from the Negative Creates Pain in the Soul



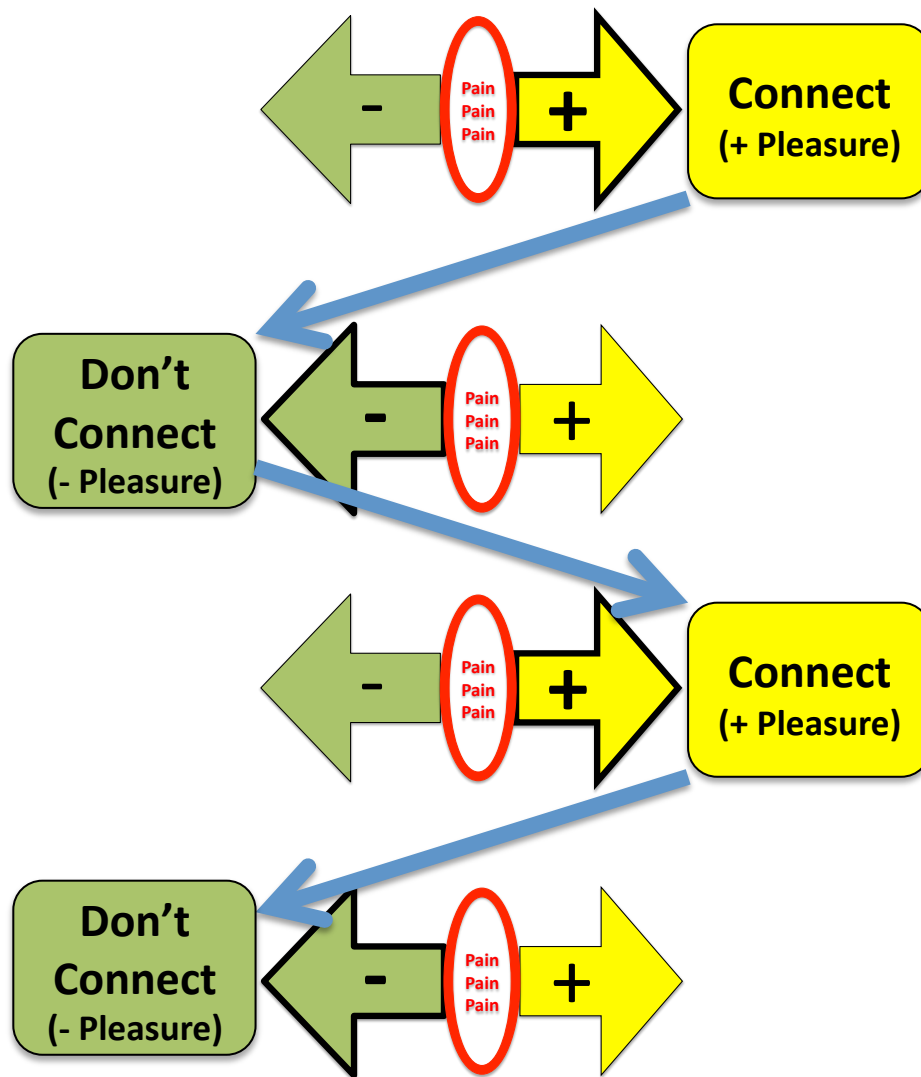
The Stronger the Denial of this Struggle, The Greater the Pain



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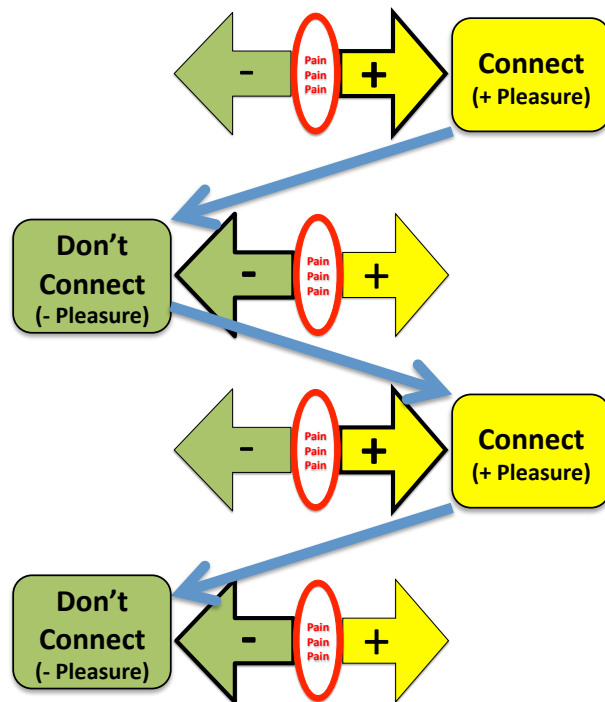
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The “+” and “-” Oscillate – Even Hour By Hour Within the Soul

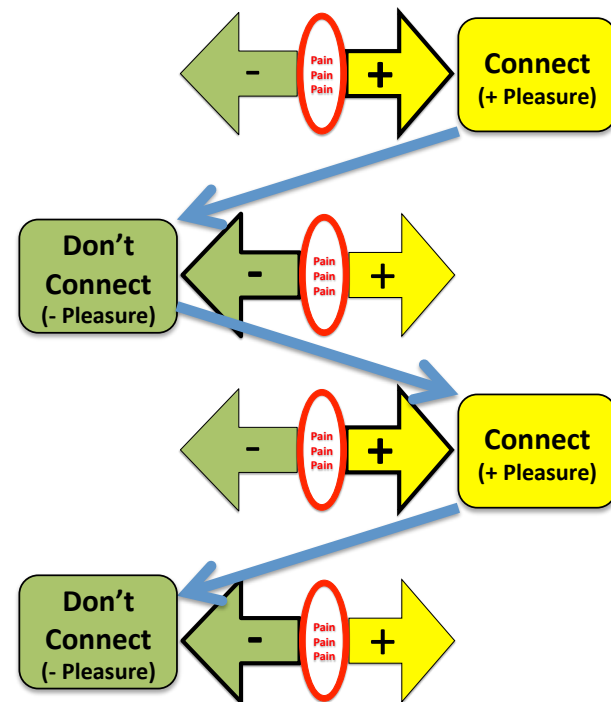


4 times the Problem With Two People

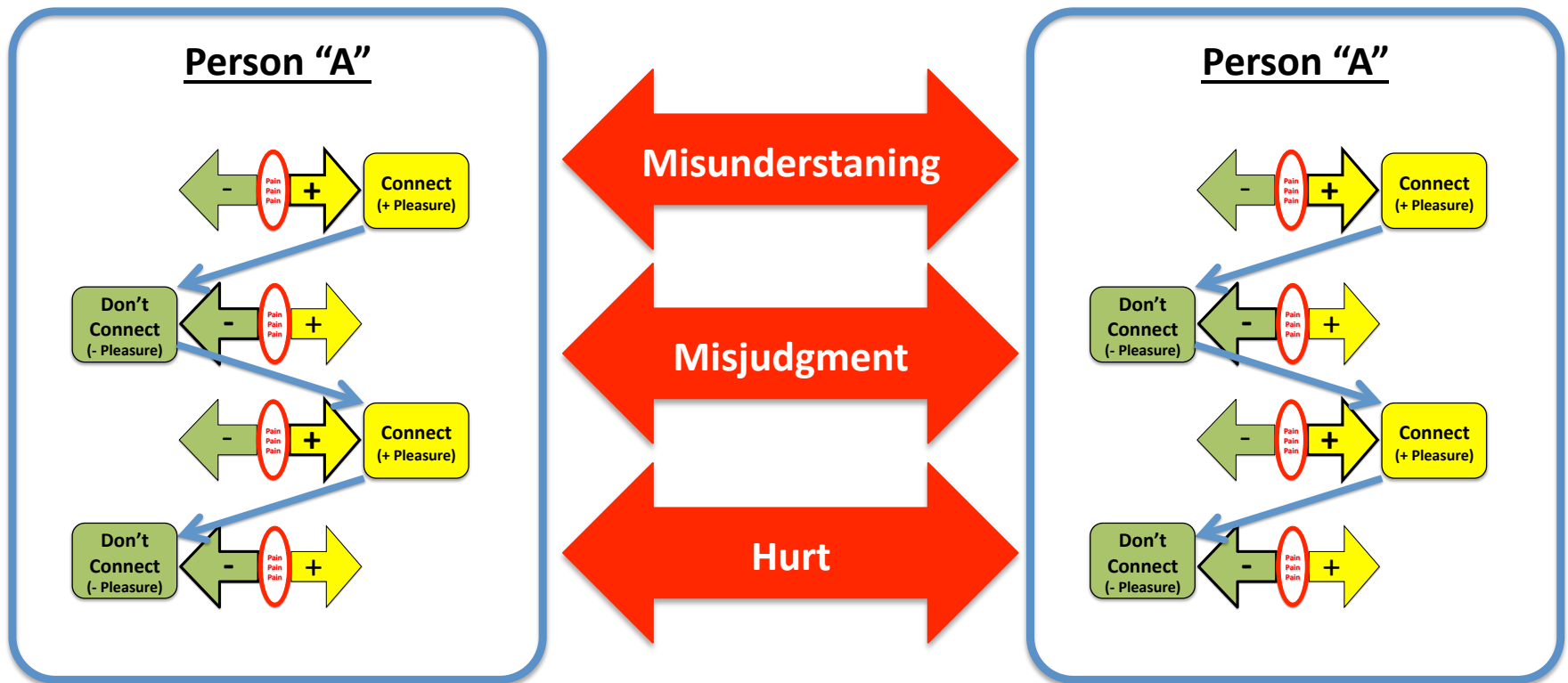
Person "A"



Person "B"



4 times the Problem With Two People



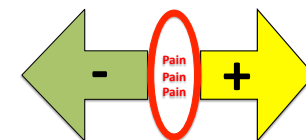
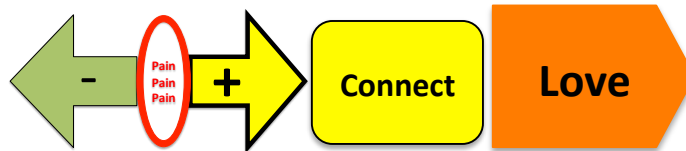
"Imagine the many mathematical possibilities that arise from such a situation, with all their psychological consequences of misunderstanding, misjudgment, and hurt, which, in turn, create further negativity." (¶29)

Example

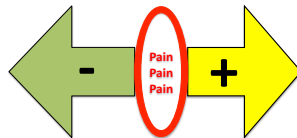
Person "A"

Person "B"

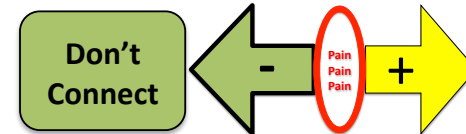
1.



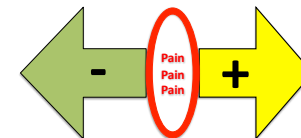
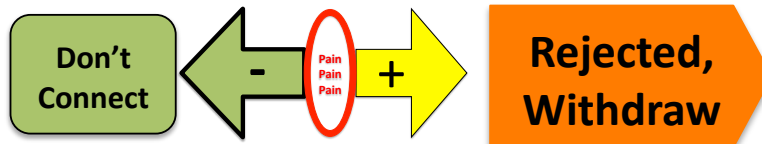
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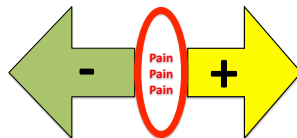
**Fear Love,
Withdraw**



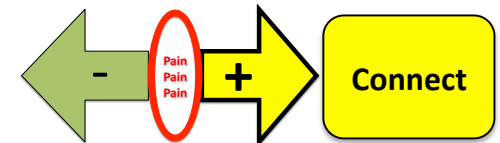
3.



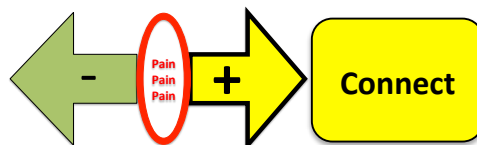
4.



**Isolation,
LOVE**



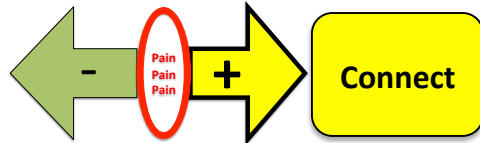
5.



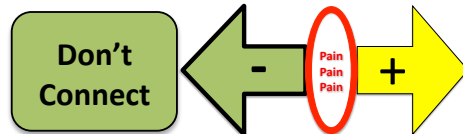
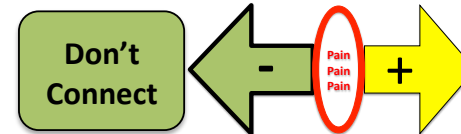
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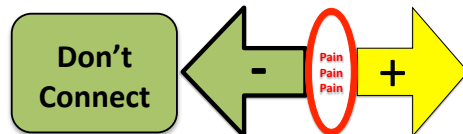
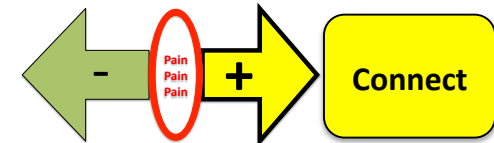
Possibilities



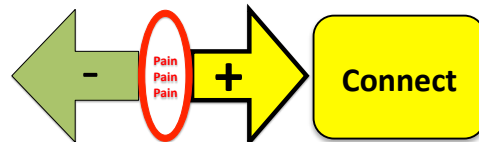
Meets



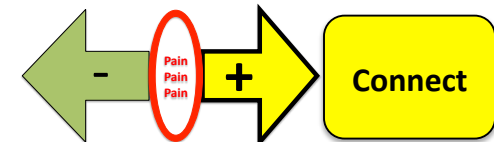
Meets



Meets



Meets



Even the Mutual “+” To “+” Is Temporary and Cannot Last



“At still other times, **both temporarily venture into the positive**, but since the negative principle still exists in them, the **positive position is only tentative**,

so **uncertain**, so **fearful**, so **divided**, so **defensive** and **apprehensive** that **these negative emotions about the positive direction produce negative results sooner or later**.

These [negative emotions] are then **attributed to the positive venture**, rather than to the problematic emotions about it.

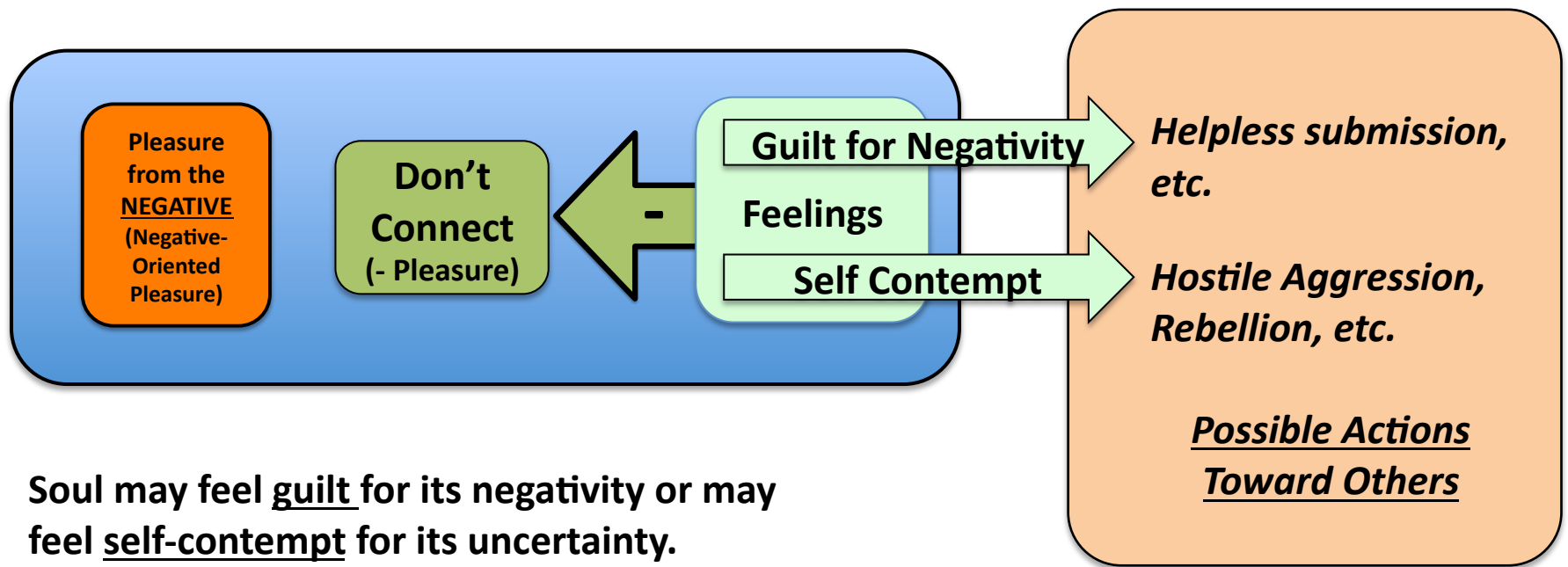
It is **inevitable that the negative direction must again take over** after such periods of mutual positiveness, **until the negative, destructive, and denying side is fully understood and eliminated.**” (¶130)

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Evolution of the Soul

1) Old Way – Soul is caught in its negativity

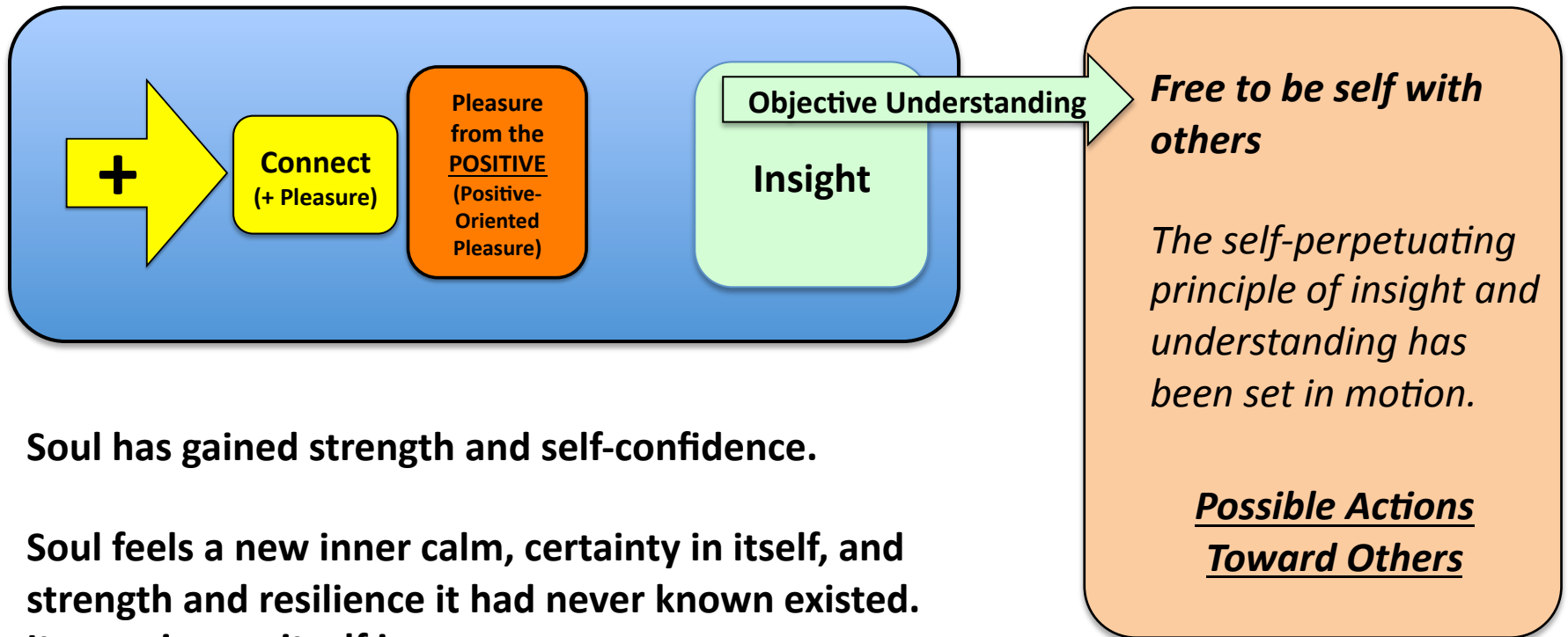


Soul may feel guilt for its negativity or may feel self-contempt for its uncertainty.

Yet is attached to the negatively-oriented pleasure principle – enjoying its woes.

Evolution of the Soul

2) New Way – Soul is on the road toward self-realization...

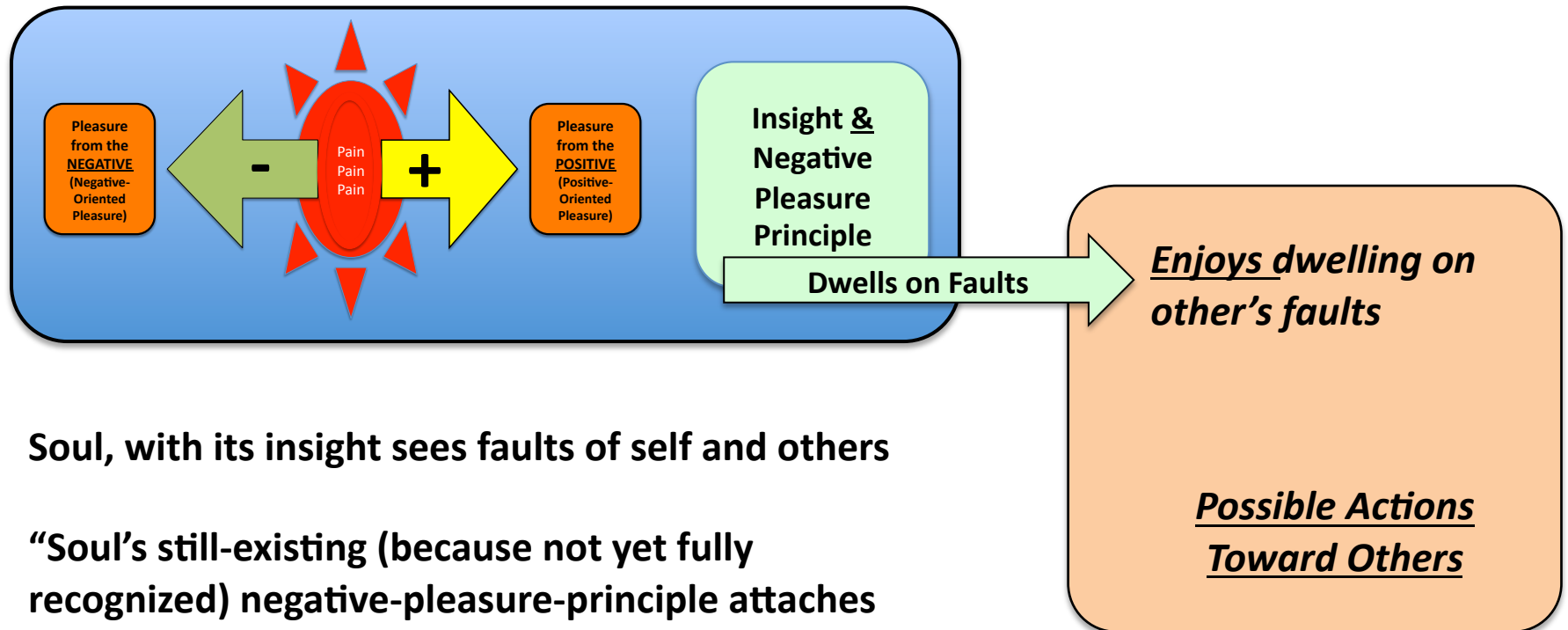


Soul has gained strength and self-confidence.

Soul feels a new inner calm, certainty in itself, and strength and resilience it had never known existed. It experiences itself in a new way.

Evolution of the Soul

3) BUT – Soul still has roots of untransformed negativity that resurface...

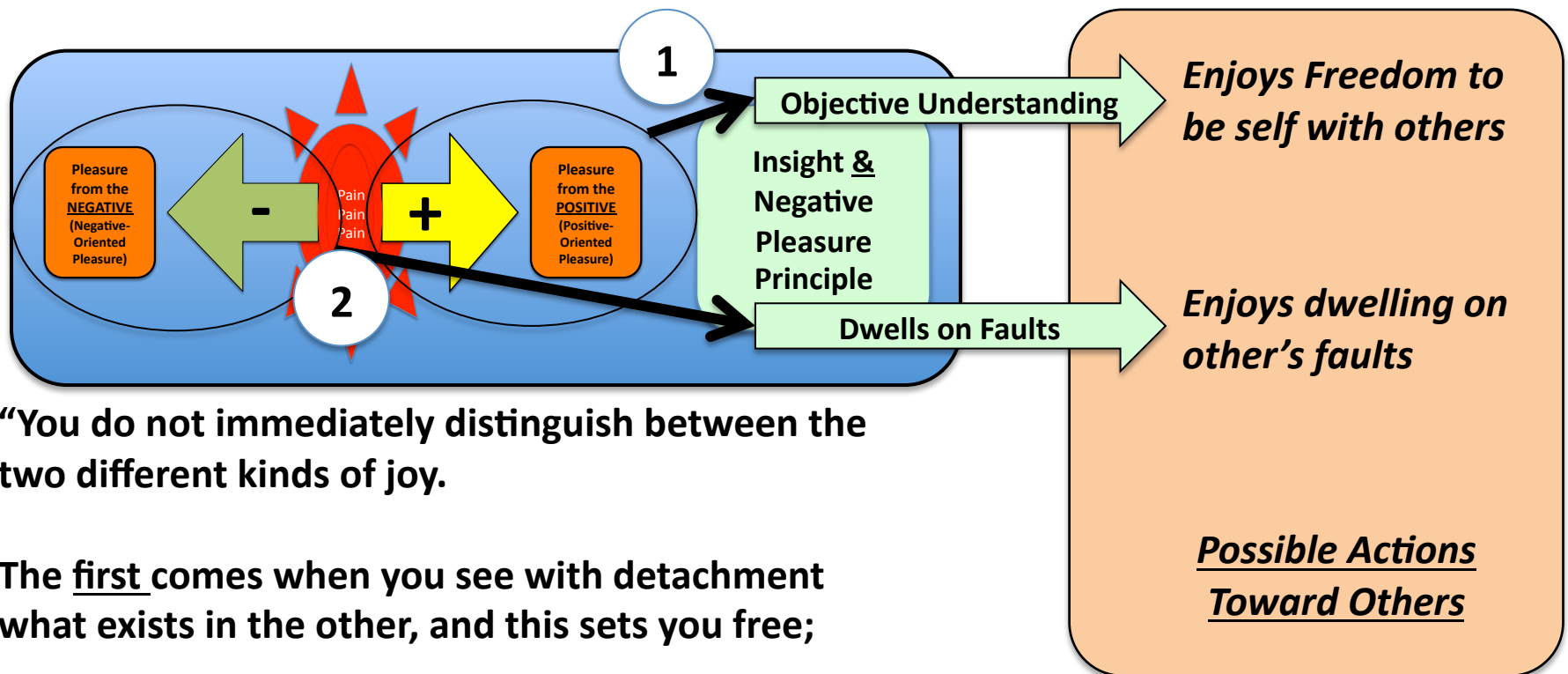


Soul, with its insight sees faults of self and others

“Soul’s still-existing (because not yet fully recognized) negative-pleasure-principle attaches itself to its understanding of the other person’s negativity ... And inadvertently begins to enjoy this!” ¶33

Evolution of the Soul

3) Two Sources of Joy – Positive Pleasure Principle and Negative Pleasure Principle



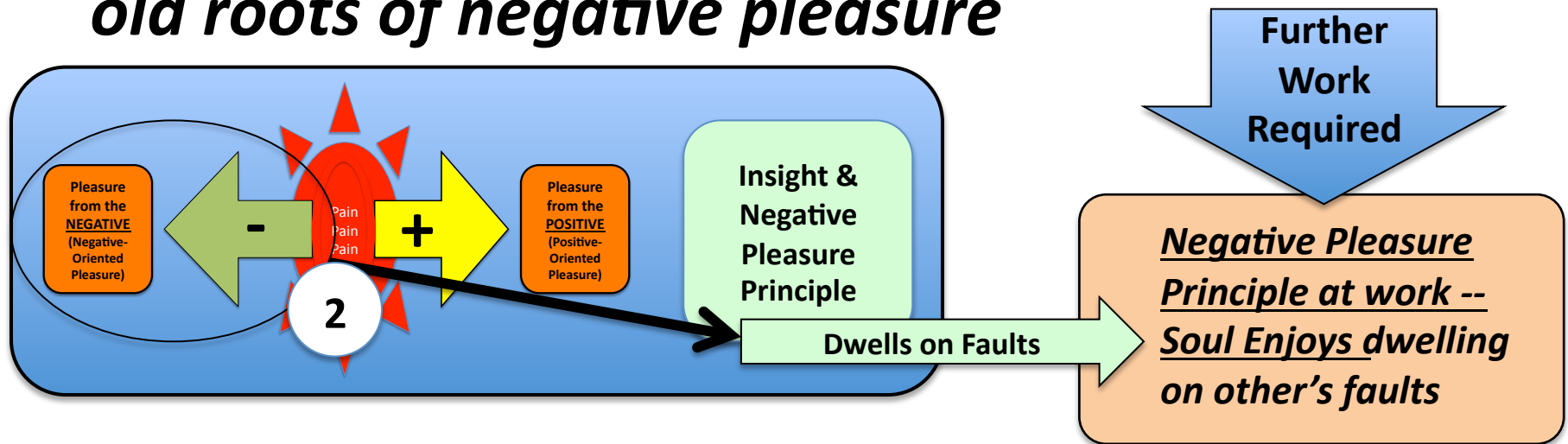
“You do not immediately distinguish between the two different kinds of joy.

The first comes when you see with detachment what exists in the other, and this sets you free;

the second appears when you pleurably indulge in the other's wrongness, and this blinds you.” ¶133

Evolution of the Soul

3) Soul still has further work – *to transform its old roots of negative pleasure*



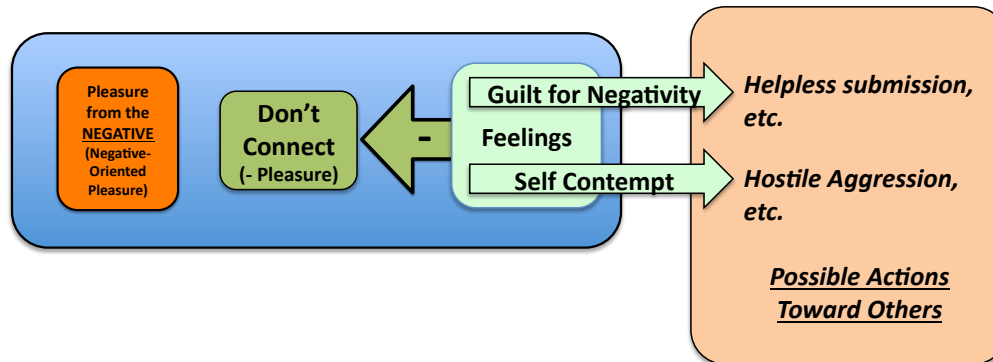
“What the Soul first noticed in the other it builds up until the old negative pleasure principle has reappeared in a new guise.

This is where the Soul loses its harmony and freedom because it again indulges in the negative pleasure principle.

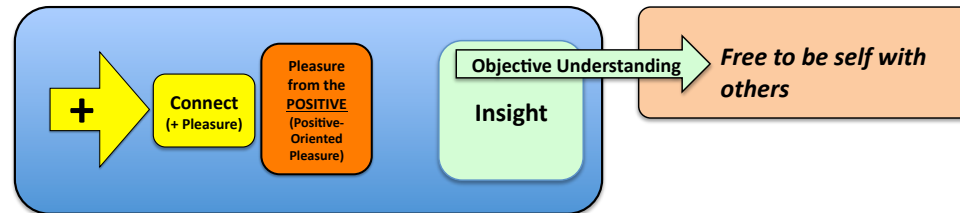
This is an example of how insidiously this can happen whenever the old roots still exist unobserved. ¶33

Evolution of the Soul -- Summary

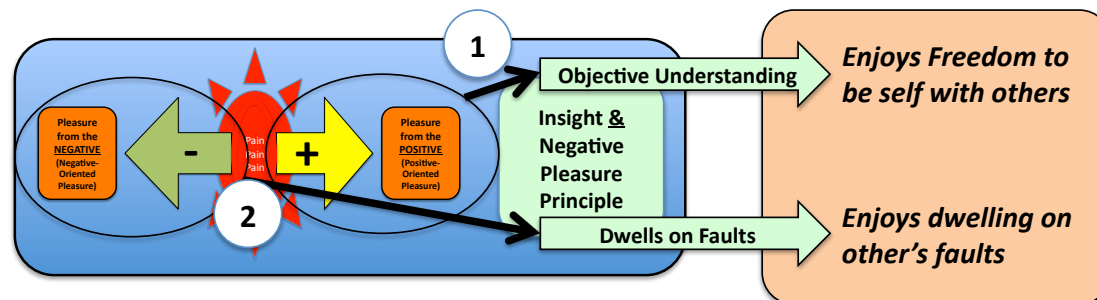
1. Old Way



2. New Way



3. But Negative Roots Still There



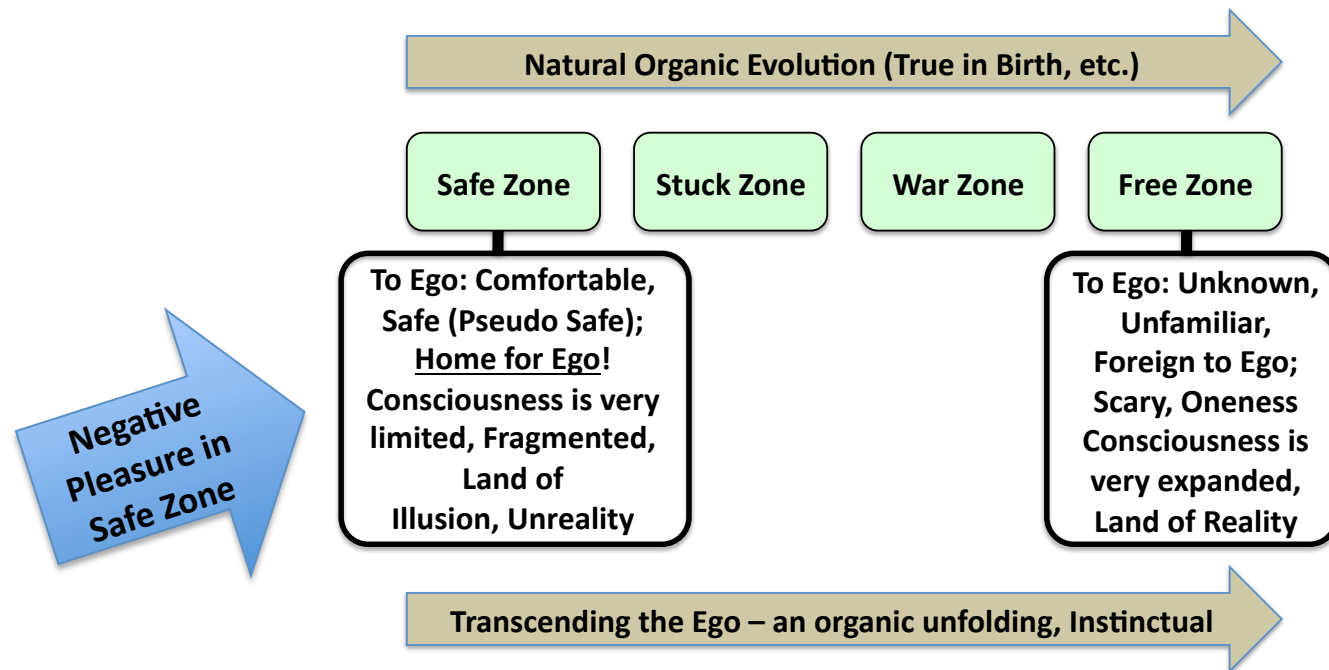
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Steps from Negative to Positive Intentionality –

1) Wake Up, Become Aware

- Become aware that while you indulge in negativity **you enjoy it**.
 - You enjoy the pseudo-safety of separation
 - You try to make safety work to give you pleasure
 - Recall the four zones described in presentation from Pathwork Lecture 199:



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

Steps from Negative to Positive Intentionality –
2) Do Your Process – Discover WHY You Enjoy Negativity;
Discover that You Have the Possibility to Govern Yourself

- **Discover why you enjoy it – where and why you believe that wanting the negative is safer for you than wanting the positive.**
 - You must truly **want to see** that this is possibly a wrong conclusion.
 - The feeling of helplessness or powerlessness is again the self-perpetuating principle at work in that you have given up self-government when you allowed yourself to be taken over by the negative force. Therefore it does not occur to you that you have the possibility of governing yourself.

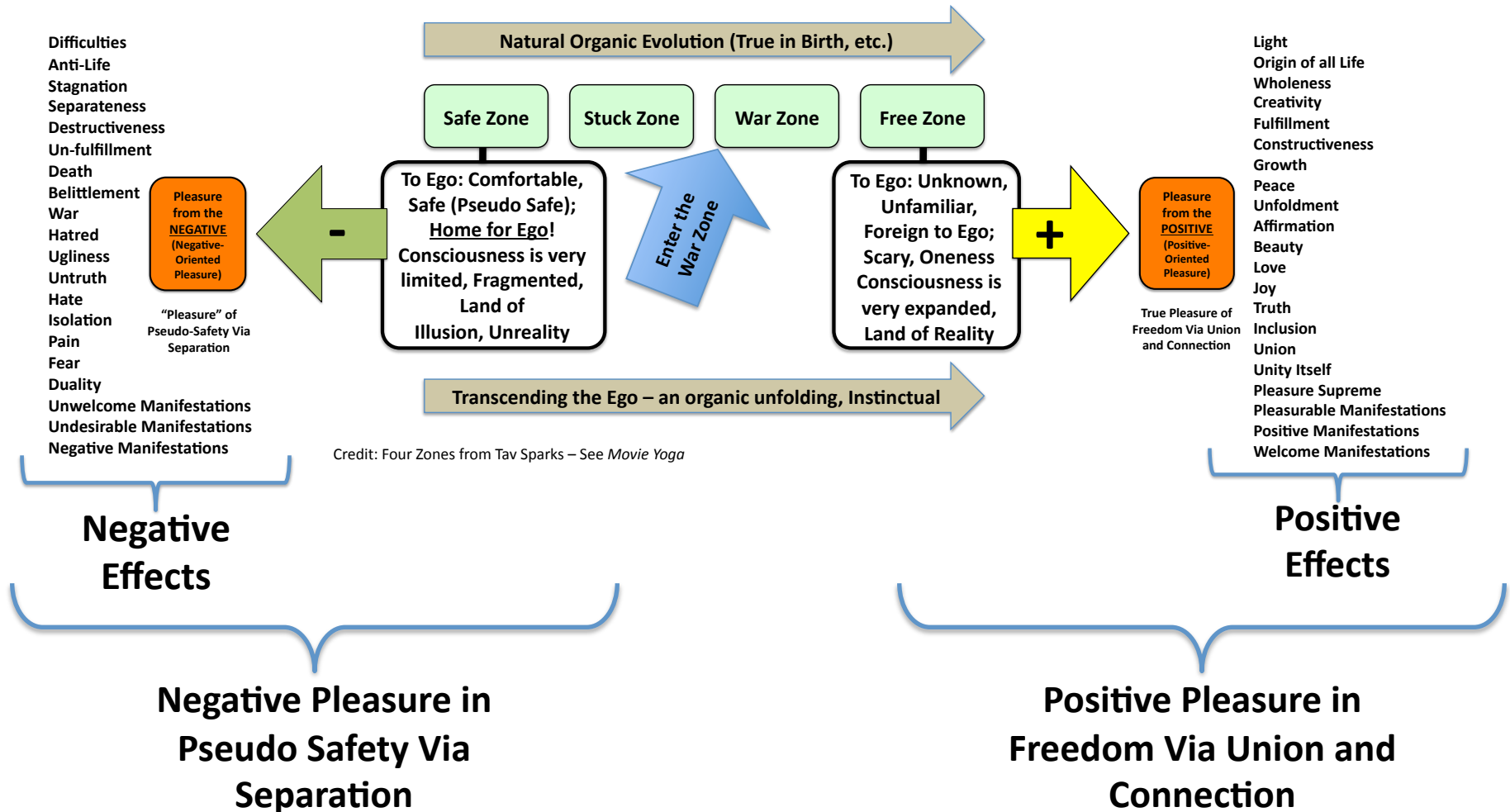
Steps from Negative to Positive Intentionality –

3) Take Command, Enlisting God Self

Don't Do It Alone

- **Take command** “I want to give up the negative. I want my pleasure to be attached to a positive situation. I want to be constructive. I want to give my attention to this situation and be governed by the most constructive forces.”
 - Do this in a relaxed and light way, **enlisting the subliminal force within yourself to help you do it.**
 - Do not try to do it by sheer outer power.
 - Your outer mind can only issue such a constructive intent, and with that it sets up a positive movement, which then begets a positive self-perpetuating cycle.

Break Out of the Stuck Zone of Pseudo Safety – Take Self-Responsibility; Enter the War Zone – Seek Freedom



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Closing Blessing

Be blessed, every one of you.

Receive this warm stream of love that is all around you and transcends every one of you. Open yourself. For this love is truth, and this truth is life. And this life is yours for the asking.

The courageous steps all of you undertake here have a meaning. They are not senseless, they are not useless, my dearest ones. May you always know this.

Every admission of something negative that exists in you contributes more toward the universal process of wholeness than any other thing imaginable. So proceed this way.

Be blessed. Be in peace. Be in God!