

# **Pathwork Lecture 177**

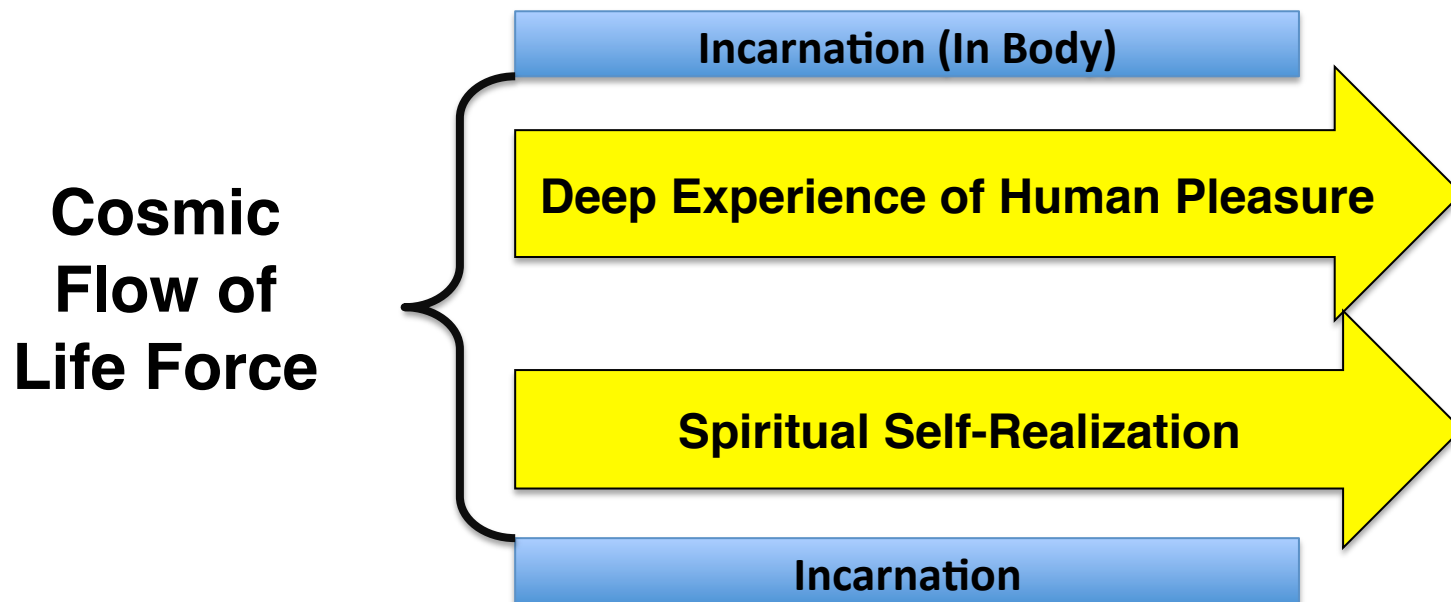
## **Pleasure – The Full Pulsation of Life**

May 23, 2011

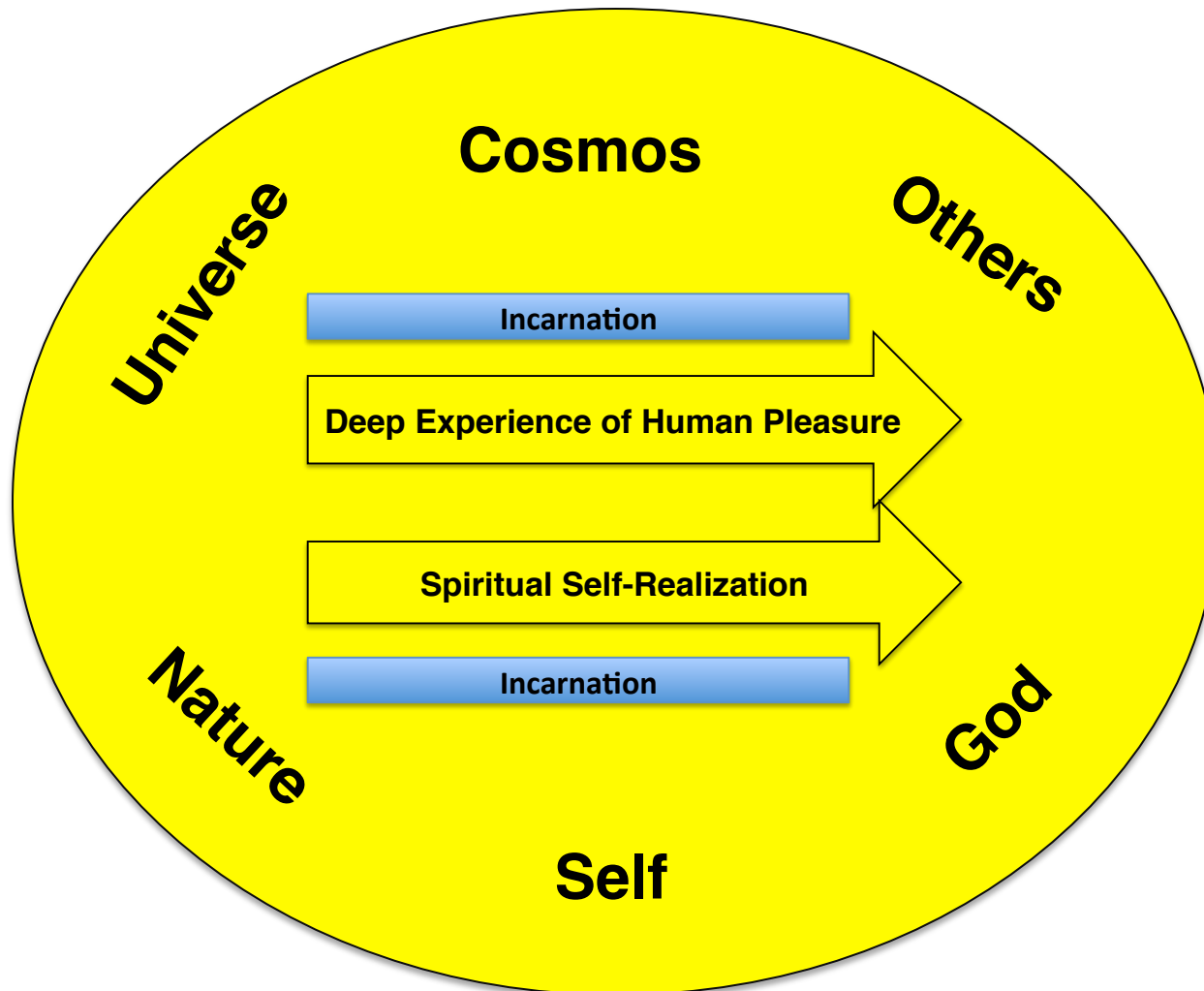
Gary Vollbracht

# **Pleasure and Spirituality – One Energy**

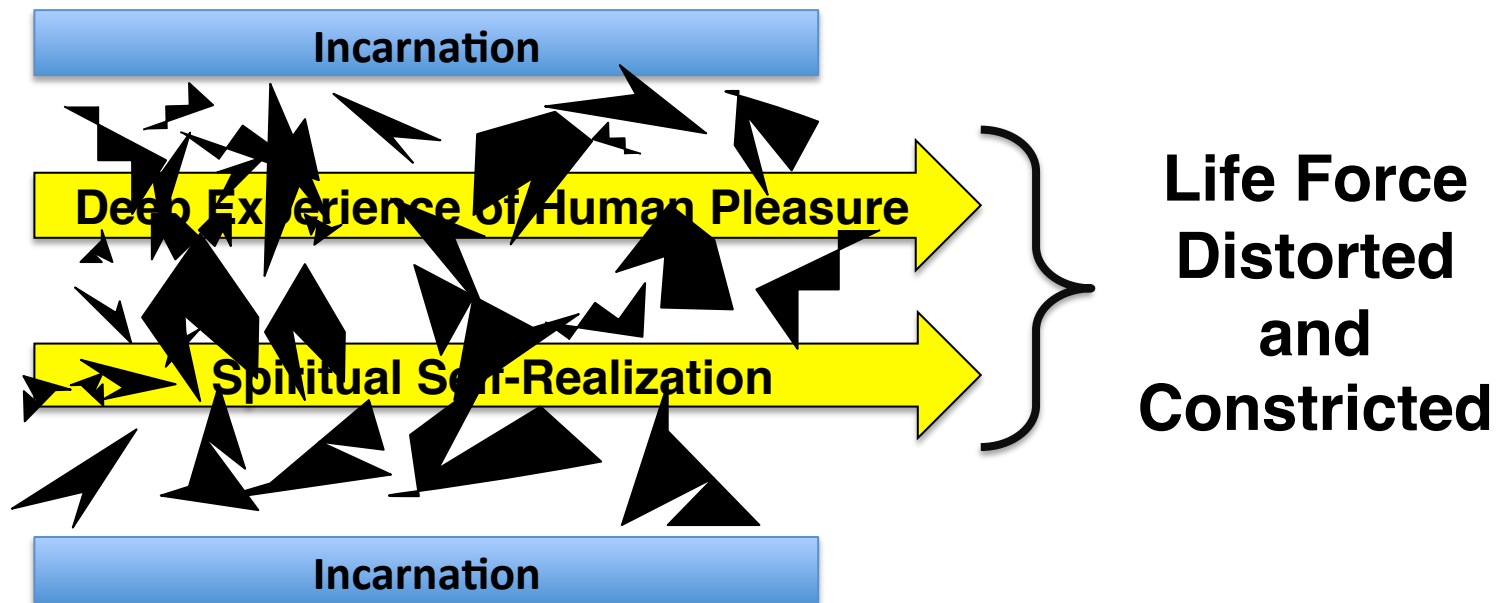
## **A Human's Birthright**



# Life Force In Harmony with the Cosmos, Self, and One Another



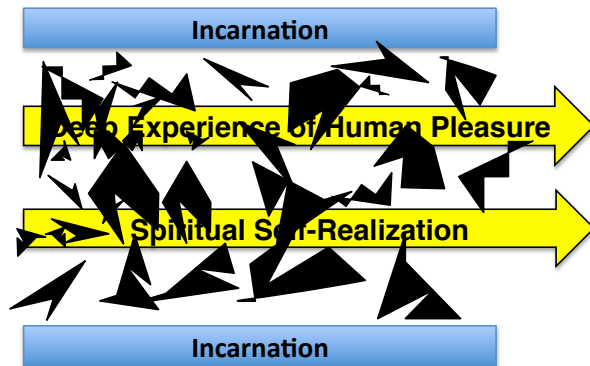
# The Human Experience Barricaded By Blocks of Our Own Making – Our Negative Pleasure & Our Fear of Pleasure



# Negative Pleasure

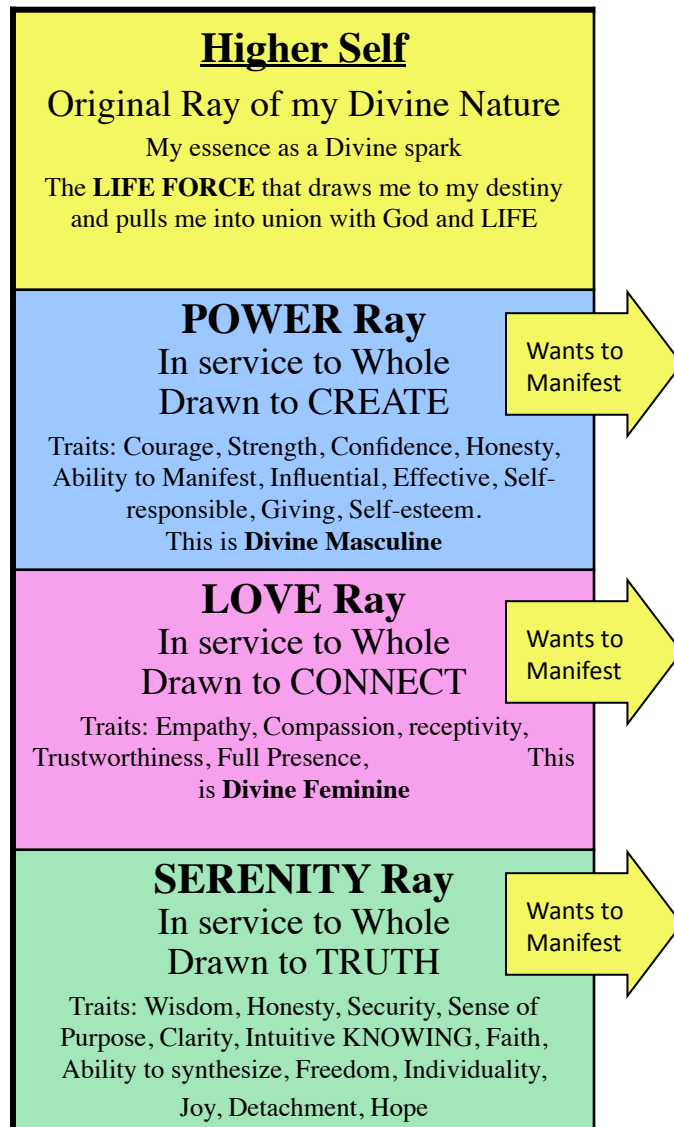
- “Negative pleasure is always more geared to gratifying the ego goals (of being separate) than fulfilling the real and legitimate need of the entity for bathing in the light of pleasure supreme.”
- Opposite of Love! And Bliss Supreme can come only through Love.

# Back To Pride, Self-Will, Pride



- **Pride:** Being better than or worse than others
  - Cultural Posturing: “The Thrill of Victory, the Agony of Defeat”
  - Everything that is opposed to Love
- **Self-will:** ME, ME, ME (little ME)
  - Never Identify with the greater consciousness
  - Never work for good of Whole
- **Fear:** I cannot trust anyone, neither self nor Universe
  - Cannot let go of itself.
  - Reinforces Pride and Self-will as defenses

# Our Divine Rays Longing to Manifest



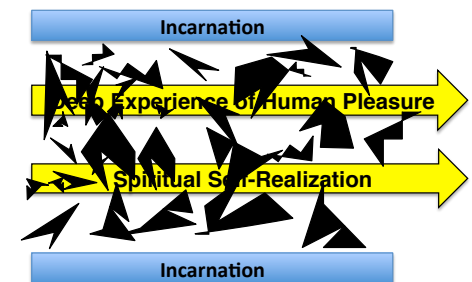
**Brings Pleasure  
Supreme to our  
Incarnation**



# Blocked By Little Ego Lower Self

<p><b><u>Higher Self</u></b></p> <p>Original Ray of my Divine Nature</p> <p>My essence as a Divine spark</p> <p>The <b>LIFE FORCE</b> that draws me to my destiny and pulls me into union with God and LIFE</p>	<p><b><u>Lower Self</u></b></p> <p>Distorted Ray of my Divine Nature</p> <p>Developed to <b>DEFEND</b> my ego against life's inevitable pains: loss, rejection, invasion, abandonment -- learned from childhood, fed by duality and my choice to gain happiness, avoid pain, and achieve security by <b>REMAINING SEPARATE</b> from God and Life. The Negative Side of Duality</p>
<p><b>POWER Ray</b></p> <p>In service to Whole Drawn to <b>CREATE</b></p> <p>Traits: Courage, Strength, Confidence, Honesty, Ability to Manifest, Influential, Effective, Self-responsible, Giving, Self-esteem. This is <b>Divine Masculine</b></p>	<p><b>SELF WILL</b></p> <p>Power in service to ego <b>PROTECT</b> ego via <b>POWER</b></p> <p>Traits: Aggressive, Tough, Manipulative, Controlling, Workaholic, MY WAY, Rigid, Stubborn, Taking (vs. Giving), Compulsive, Sadistic. This is <b>Distorted Masculine</b></p>
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<p><b>SERENITY Ray</b></p> <p>In service to Whole Drawn to <b>TRUTH</b></p> <p>Traits: Wisdom, Honesty, Security, Sense of Purpose, Clarity, Intuitive KNOWING, Faith, Ability to synthesize, Freedom, Individuality, Joy, Detachment, Hope</p>	<p><b>PRIDE</b></p> <p>Secure in Separateness <b>PROTECT</b> ego via <b>SUPERIORITY</b></p> <p>Traits: Sense of Superiority, Self-Righteous, Judgmental, Negative Detachment, Intellectual "knowing," Withdrawing, Arrogant, Contemptuous, Indifferent, Denial of pain, Numbing of pain, coolness, Emotionally not available</p>

**Brings Weak  
Pseudo Pleasure  
that will never last**



**And the Culture  
will not allow this  
behavior to go on.  
Hence, the Mask  
Self is Created –  
Pretence of our  
Higher Self**



**Pathwork Concepts -- Three Divine Rays in Three manifestations:  
Higher Self, Lower Self, and Mask Versions**

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<p align="center"><b>POWER Ray</b></p> <p align="center">In service to Whole Drawn to <b>CREATE</b></p> <p>Traits: Courage, Strength, Confidence, Honesty, Ability to Manifest, Influential, Effective, Self- responsible, Giving, Self-esteem. This is <b>Divine Masculine</b></p>	<p align="center"><b>SELF WILL</b></p> <p align="center">Power in service to ego <b>PROTECT</b> ego via <b>POWER</b></p> <p>Traits: Aggressive, Tough, Manipulative, Controlling, Workaholic, MY WAY, Rigid, Stubborn, Taking (vs. Giving), Compulsive, Sadistic. This is <b>Distorted Masculine</b></p>	<p align="center"><b>POWER Mask</b></p> <p align="center">Inauthentic power in order to appear powerful and creative Compensates for feeling powerless</p> <p>Traits: Mock Confidence, Workaholic to appear important, Controlling to appear powerful, Busy but ineffective</p>
<p align="center"><b>LOVE Ray</b></p> <p align="center">In service to Whole Drawn to <b>CONNECT</b></p> <p>Traits: Empathy, Compassion, receptivity, Trustworthiness, Full Presence, is <b>Divine Feminine</b></p>	<p align="center"><b>FEAR</b></p> <p align="center">Fear to trust Love <b>PROTECT</b> ego via <b>SEPARATION</b></p> <p>Traits: Submissive, Manipulative, Dependent, Helpless, Masochistic. True connection is avoided in favor of pseudo connection. This is <b>Distorted Feminine</b>.</p>	<p align="center"><b>LOVE Mask</b></p> <p align="center">Inauthentic outer love in order to appear loving Compensates for feeling resentful, unloving, and disconnected</p> <p>Traits: Submissive, "Sucky," Pleasing, "Nice," Many outer friends but few inner intimate friends</p>
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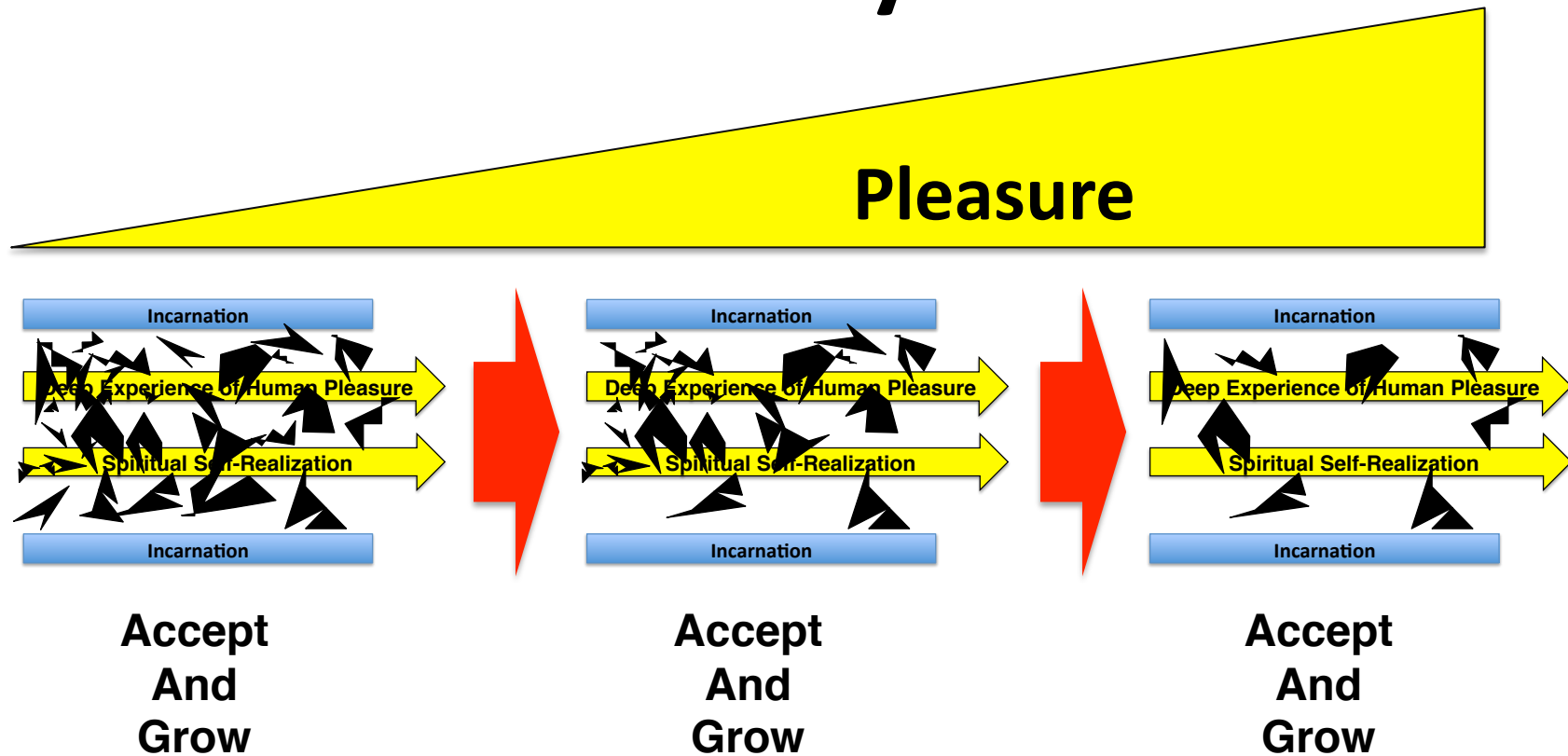
# Lower Self and Mask Self Put us in a Double Bind

- Lower Self prevents Pleasure and Spiritual Growth
  - Without spontaneous authentic Love there can be no pleasure
- But Our Mask Self in its pretending to be Powerful, Loving and Serene makes us even more miserable and takes us farther away from Pleasure.
  - For Love to bring Pleasure Supreme, Love has to be authentic and spontaneous from our Higher Self, not a mask manipulation from the Mask Self.

# So What To Do?

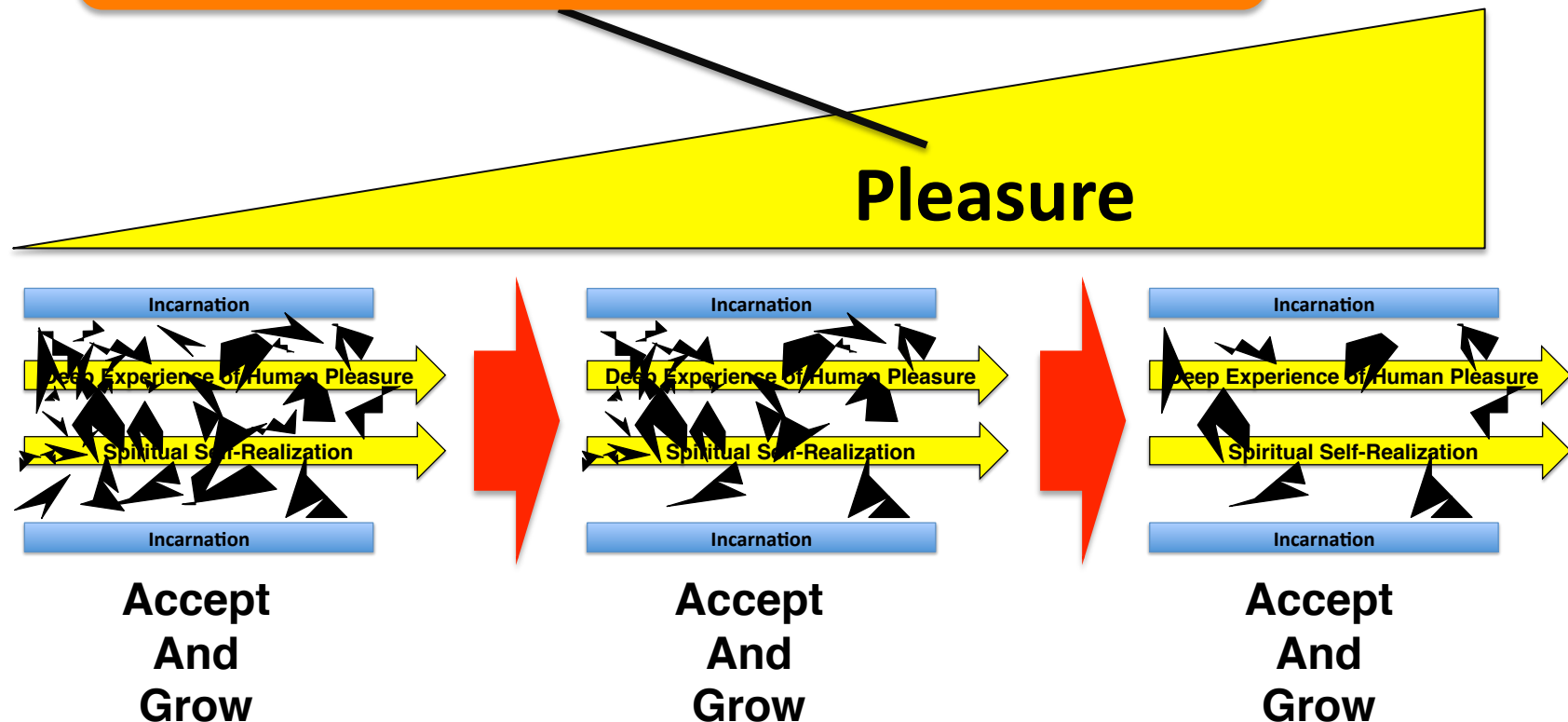
- “Make negative creations and negative pleasure conscious.” (¶31)
- Make your **denial** of pleasure and **fear** of pleasure conscious.
- “Meditate and commit yourself to **wanting to be aware of your fear of pleasure.**” (¶31)
- “**Explore** the validity or invalidity of this fear so that you can finally want to give up the fear and obstruction to pleasure to an ever-increasing degree.” (¶31)
- Accept where you are through this process – not pushing ahead from your ego.

# How It May Look

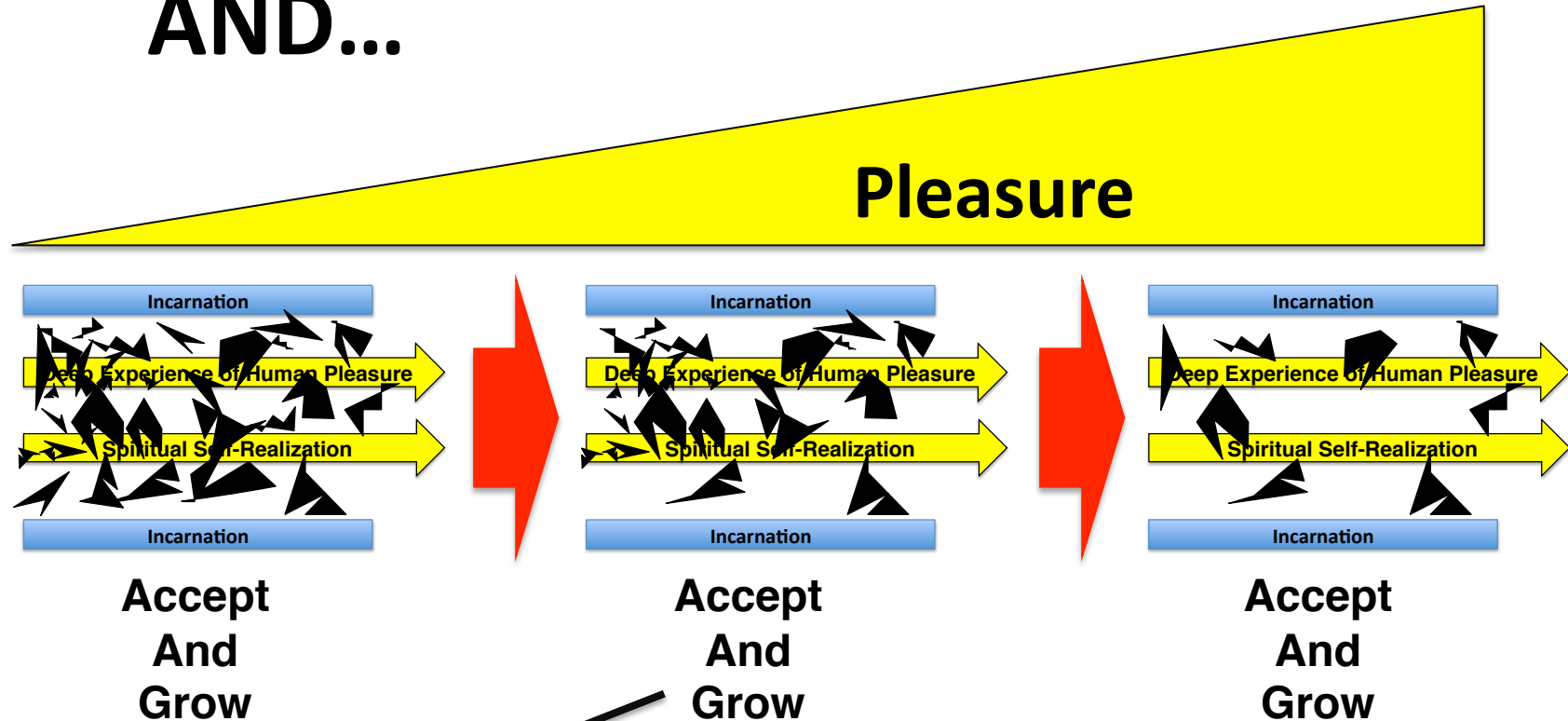


# Remember – Pleasure is a Worthy Goal

“Pleasure is, at one and the same time, the ultimate spiritual and human goal. ...”



# AND...



**"Every step is the most joyful thing in itself, not only because it ultimately brings liberation, but even while you are struggling; and each time you win, such a path brings you bliss in varying degrees. The exact degree depends on your ability to overcome your resistance."**

# **Closing Blessing**

**“Be in the state of bliss that is your birthright, that is the ultimate destiny for all of you.**

**Realize the truth that there is nothing to fear.**

**Be blessed”**

# **Following for Ease of Reading Three- Ray Chart**



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