

# Coming to Feel All Feelings by “Becoming Merely and Utterly Human” On the Road to PLEASURE SUPREME!

Gary Vollbracht

A Depiction of the **Moira Shaw, The 50-50 Work®** Core Idea

And Pathwork Lecture 165 *Evolutionary Phases in the Relationship Between the Realms  
of Feelings, Reason, and Will*

Paragraphs 32-38

A Sequel to: *Feeling All Feelings – the Doorway to Spiritual Aliveness*

Which is based upon Paragraphs 13-27 of Pathwork Lecture 165

Gary Vollbracht June 19, 2012

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# Words from Pathwork Lecture 165

(Paragraph 32)

You may note that for the longest time our path was concerned with meeting your actions, thoughts and attitudes with honesty. **Now you must learn to honestly register and endure your feelings.**

The **gentle hurt** first appears more difficult to bear than **the artificially aggrandized one**, because the latter seems to promise dramatic action from without. The **drama** is a direct expression **of saying no to the real, much more gentle hurt.**

**No destructiveness will arise when the soft and gentle original hurt is accepted.**

**Out of it soft and gentle good feelings will arise, swelling stronger and rooting more securely, carrying the self into a most fruitful and creative life.**

# Words from Pathwork Lecture 165

(Paragraph 33)

Begin right now to emphasize in your meditations, "*I would like to know, experience, and feel what I really feel.*"

Beware of either talking yourself out of your feeling by suspecting an irrationality, or talking yourself into it by building a case. Both imply **too active a mind.**

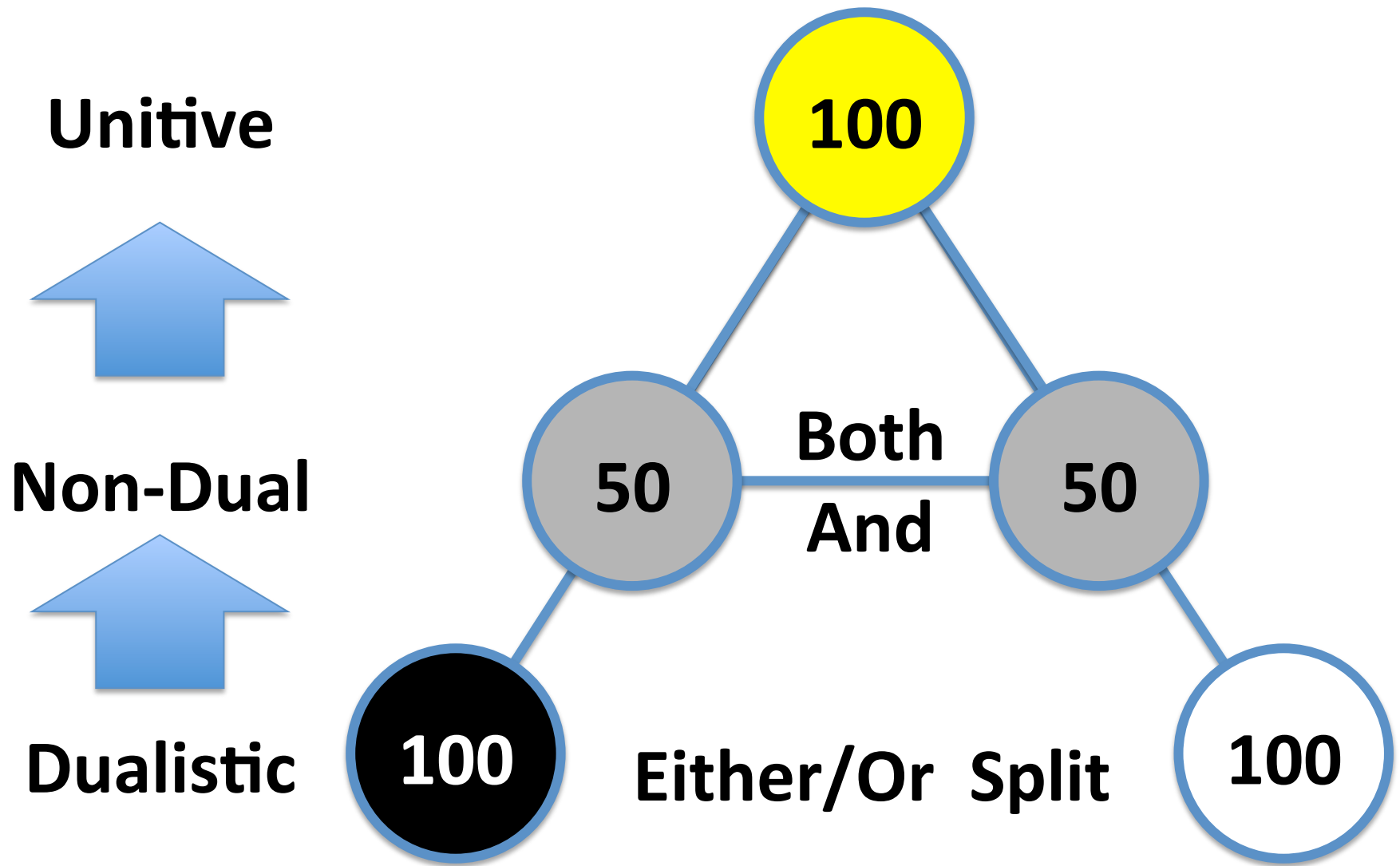
**Let your mind be passive and gently, gently let your feeling come up --** whatever it may be. **The calmer and the more relaxed you are, intently listening to your feeling, the more it will turn out to be the original feeling, not the covering one.**

When you permit yourself the **original impact of feeling**, you are **so much nearer to the life center out of which all good flows.**

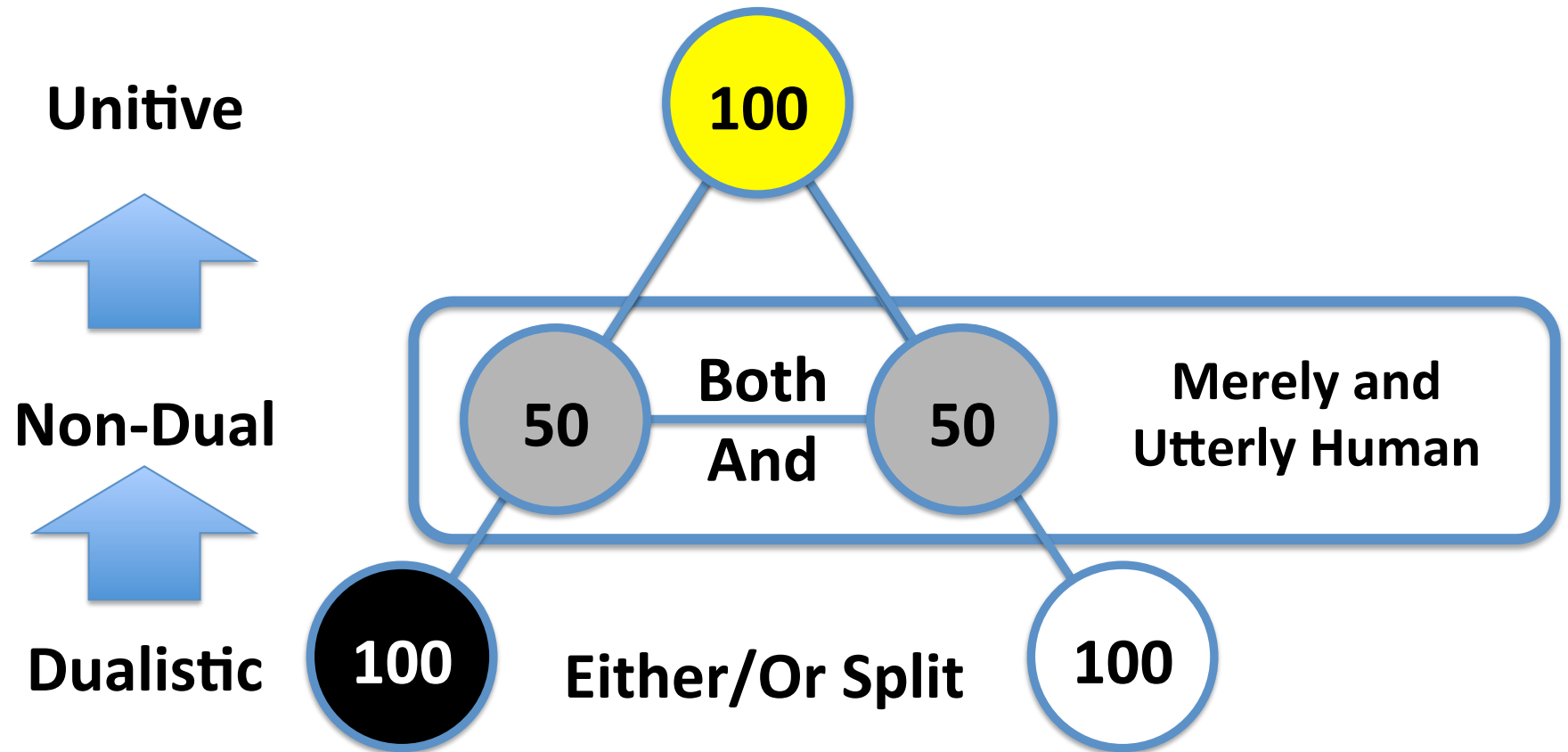
**Meditate and request guidance.** Meditate that you have the strength to endure a little real pain. Tell yourself **that the real pain is the gateway to pleasure and fulfillment.**

## **2. Core Idea of Moira Shaw, The 50-50 Work©**

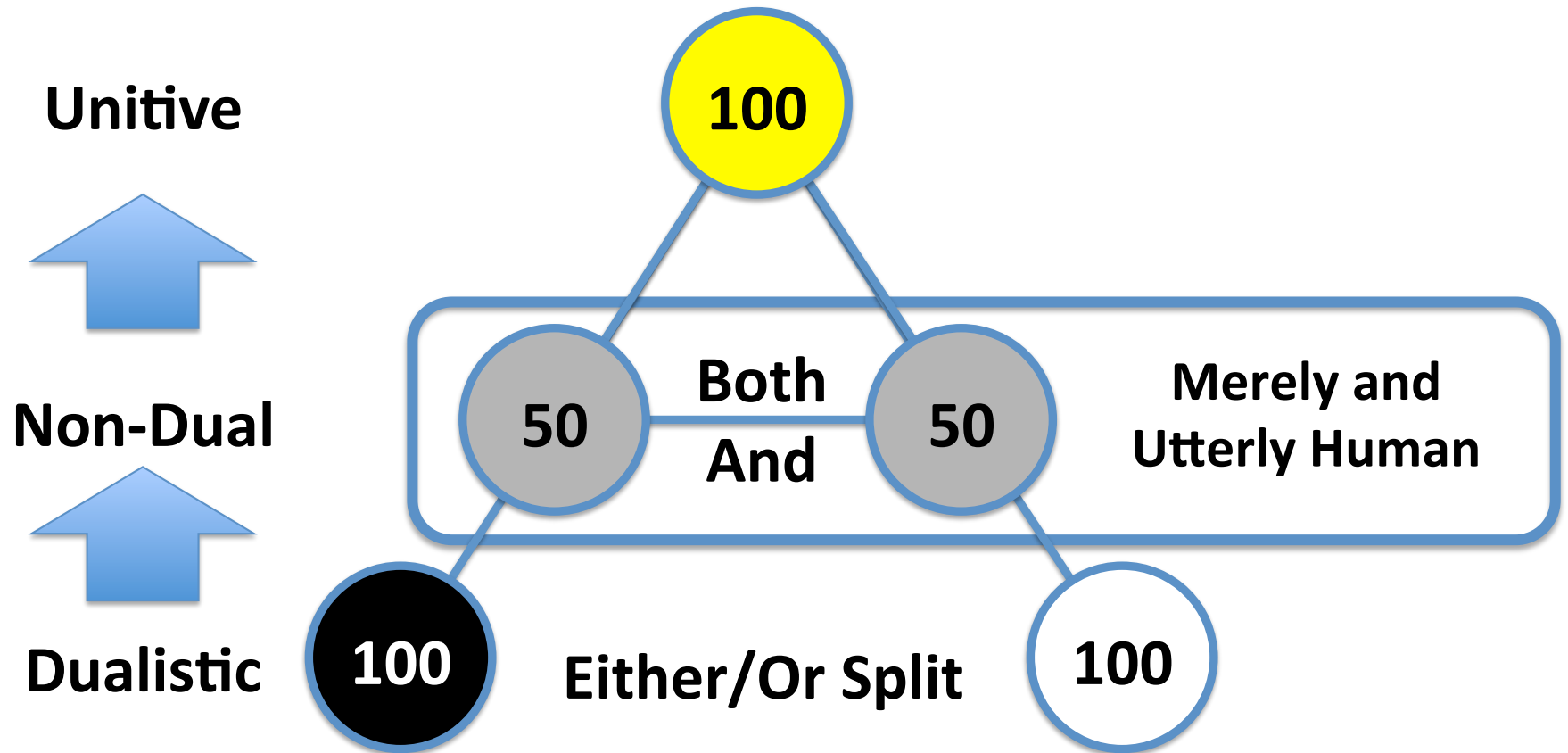
# Evolving Levels of Consciousness



# Merely and Utterly Human



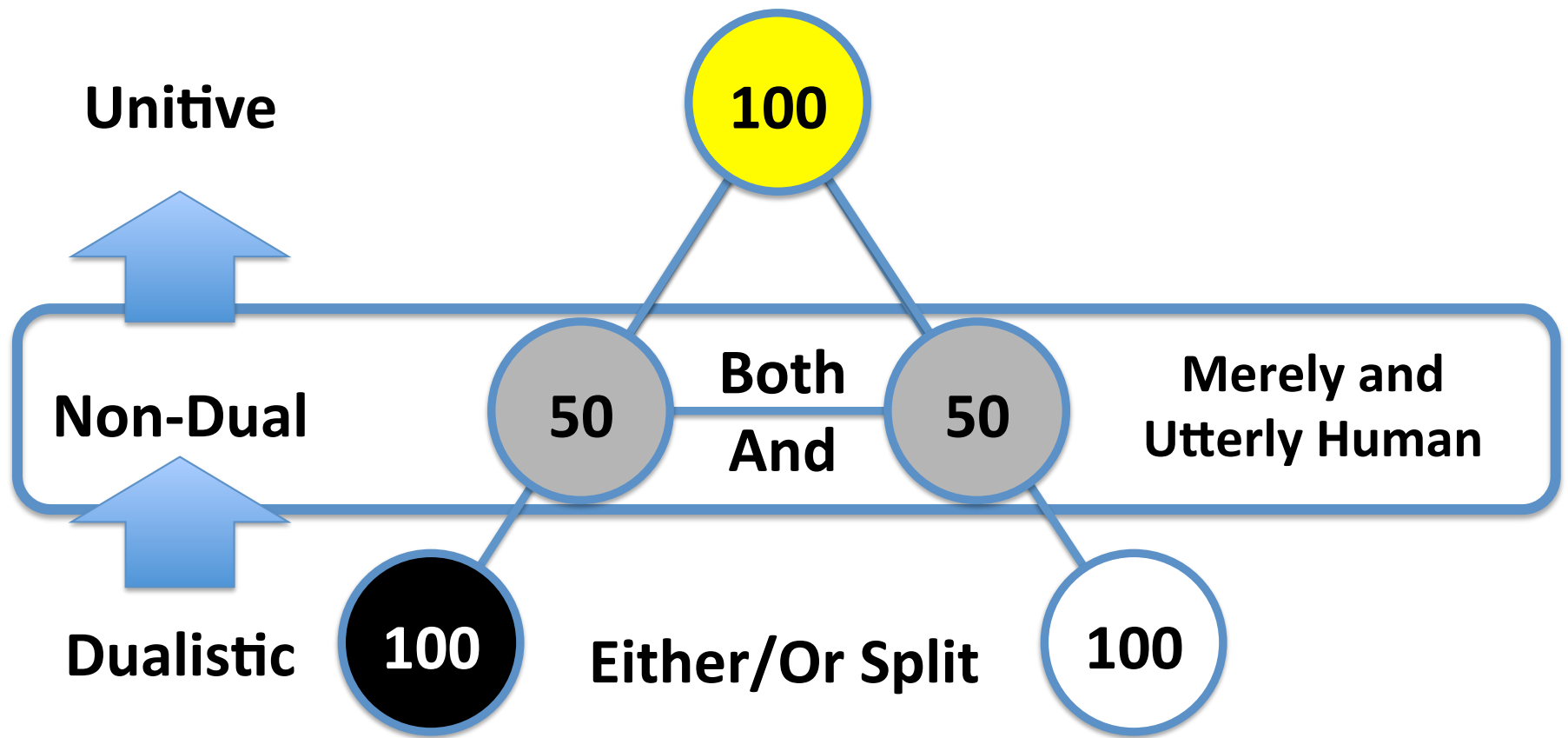
# A Level of Consciousness – a Felt Sense – NOT a Concept Only



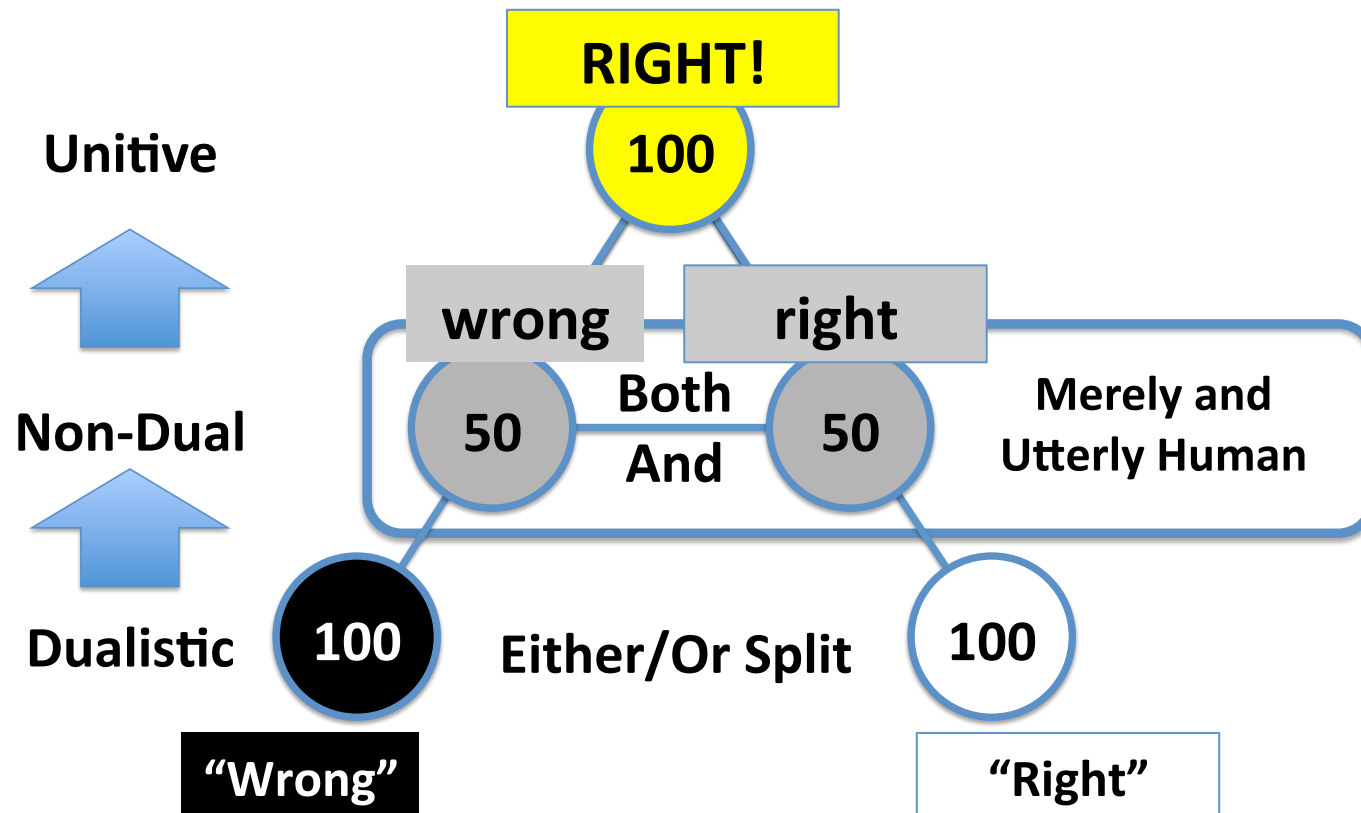


## The Purpose and Meaning of Life On this Planet:

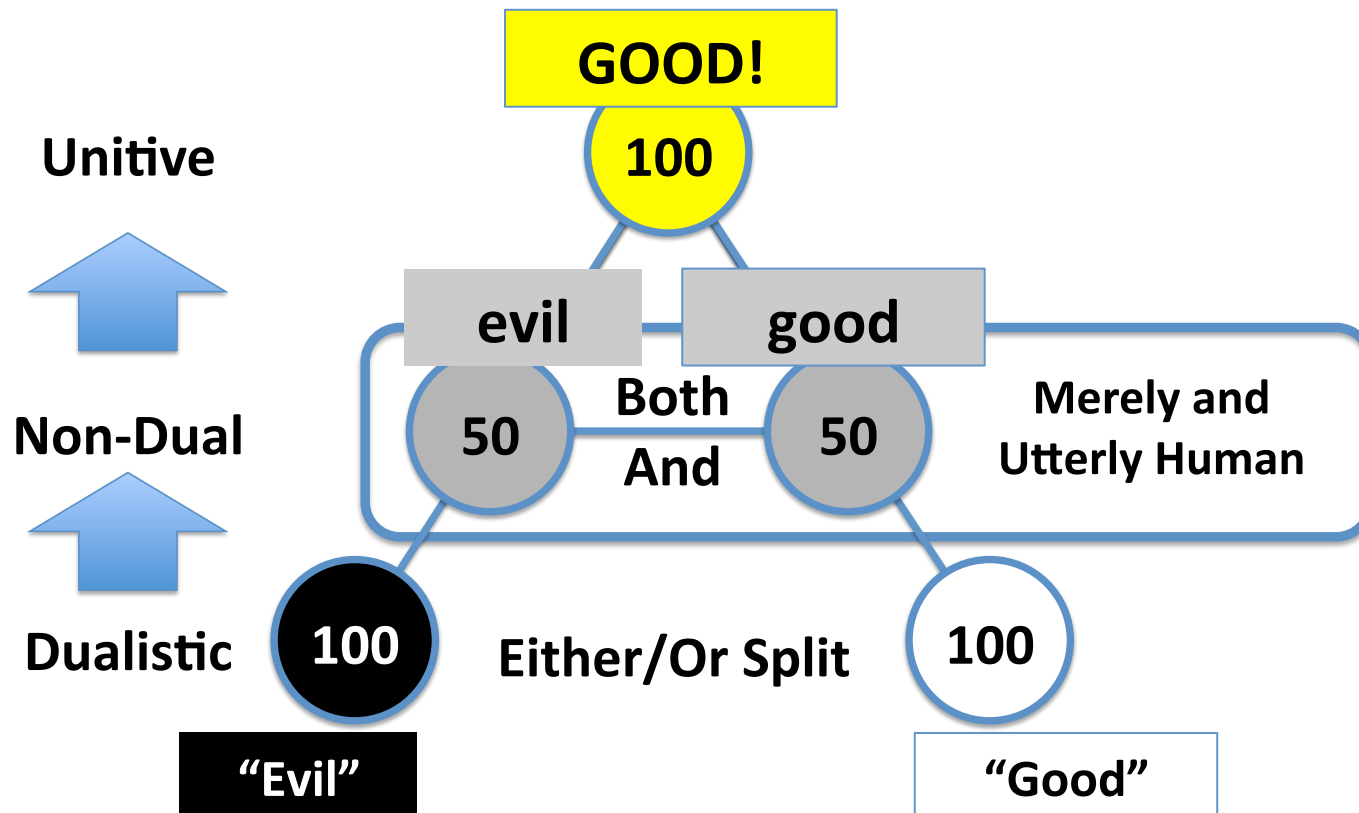
- To Evolve out of Dualistic Consciousness
- To Heal Our Primary Split and Separation
- To become Merely and Utterly Human –  
that is, To Come into Non-Dual Consciousness



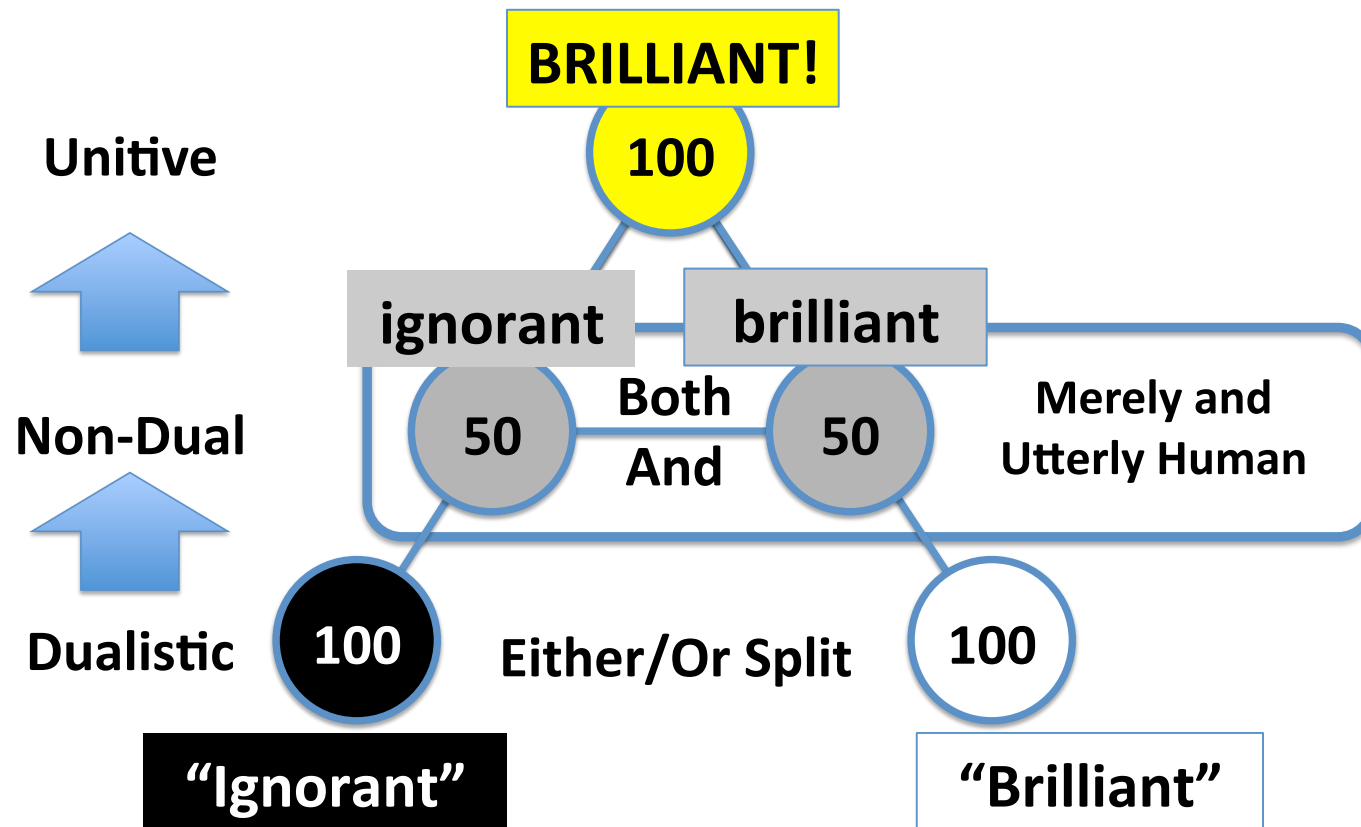
# Example – Split: Right vs. Wrong



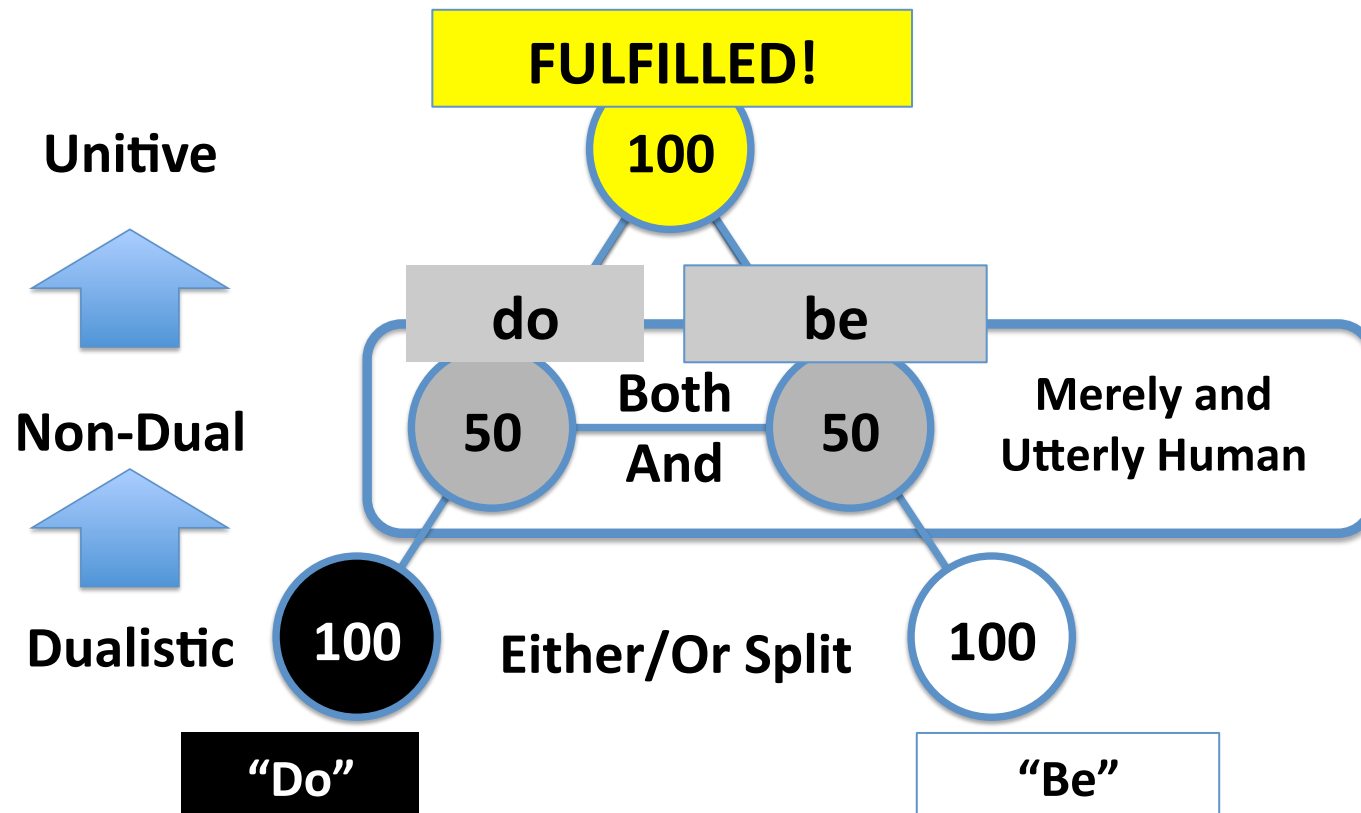
# Example – Split: Good vs. Evil



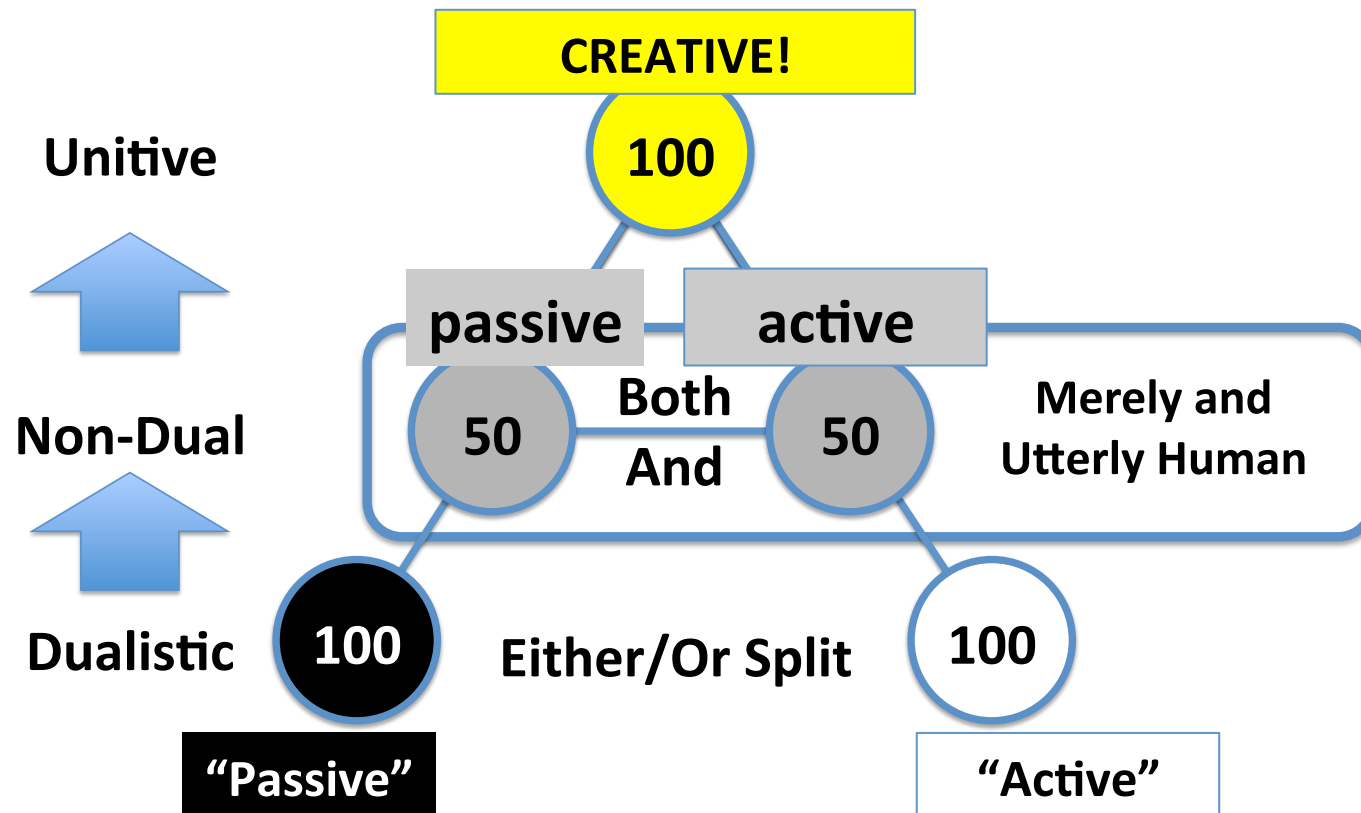
# Example – Brilliant vs. Ignorant



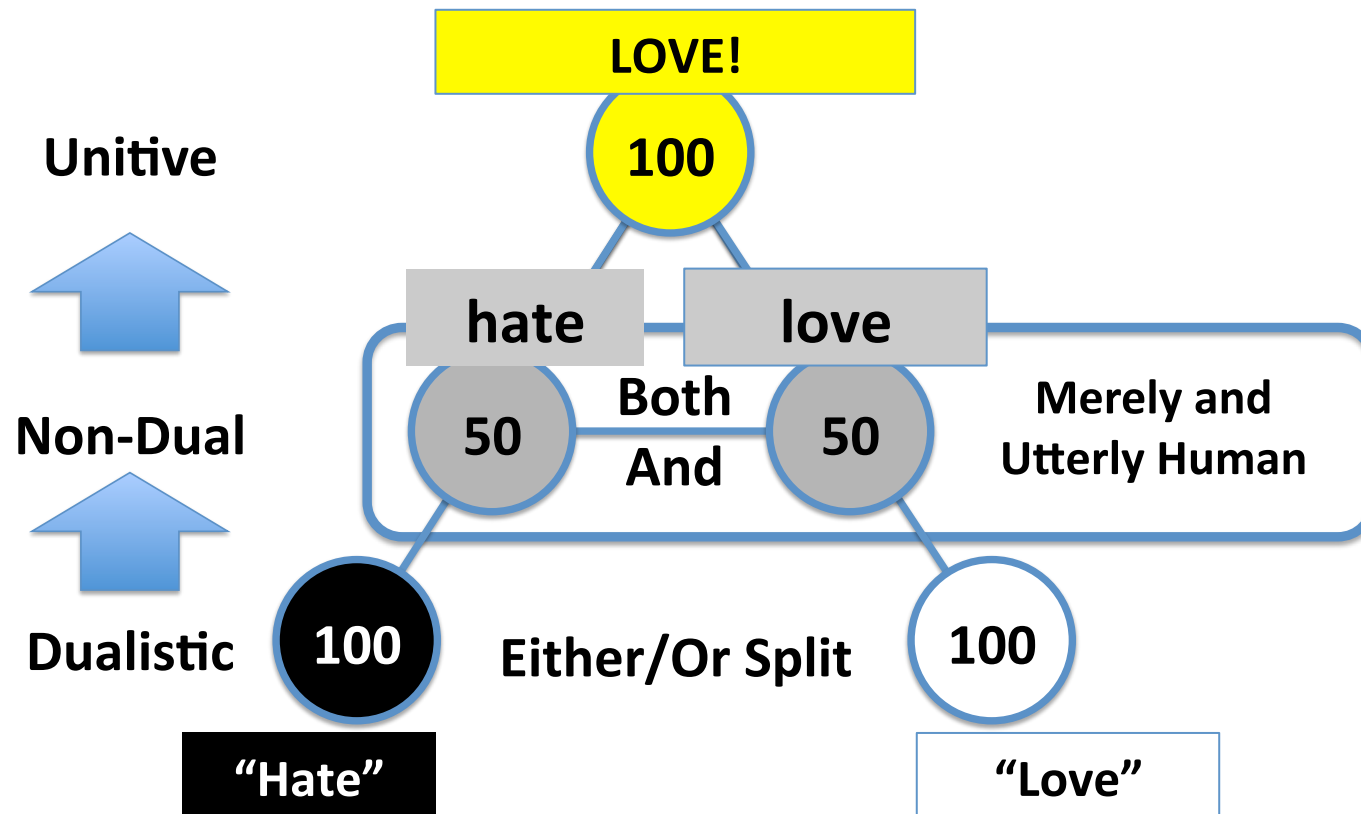
# Example – Split: Doing vs. Being



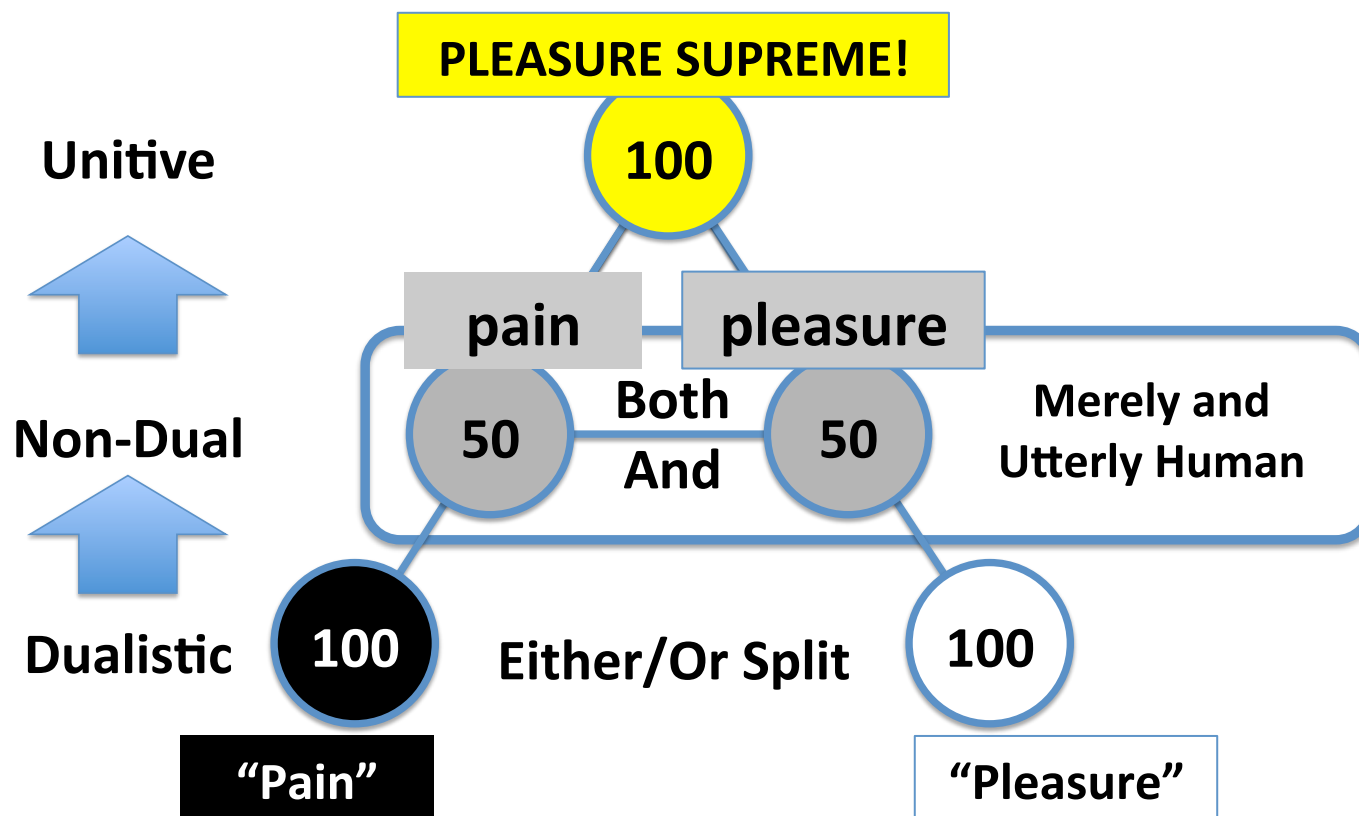
# Example – Split: Active vs. Passive



# Example – Split: Love vs. Hate



# Example – Split: Pain vs. Pleasure



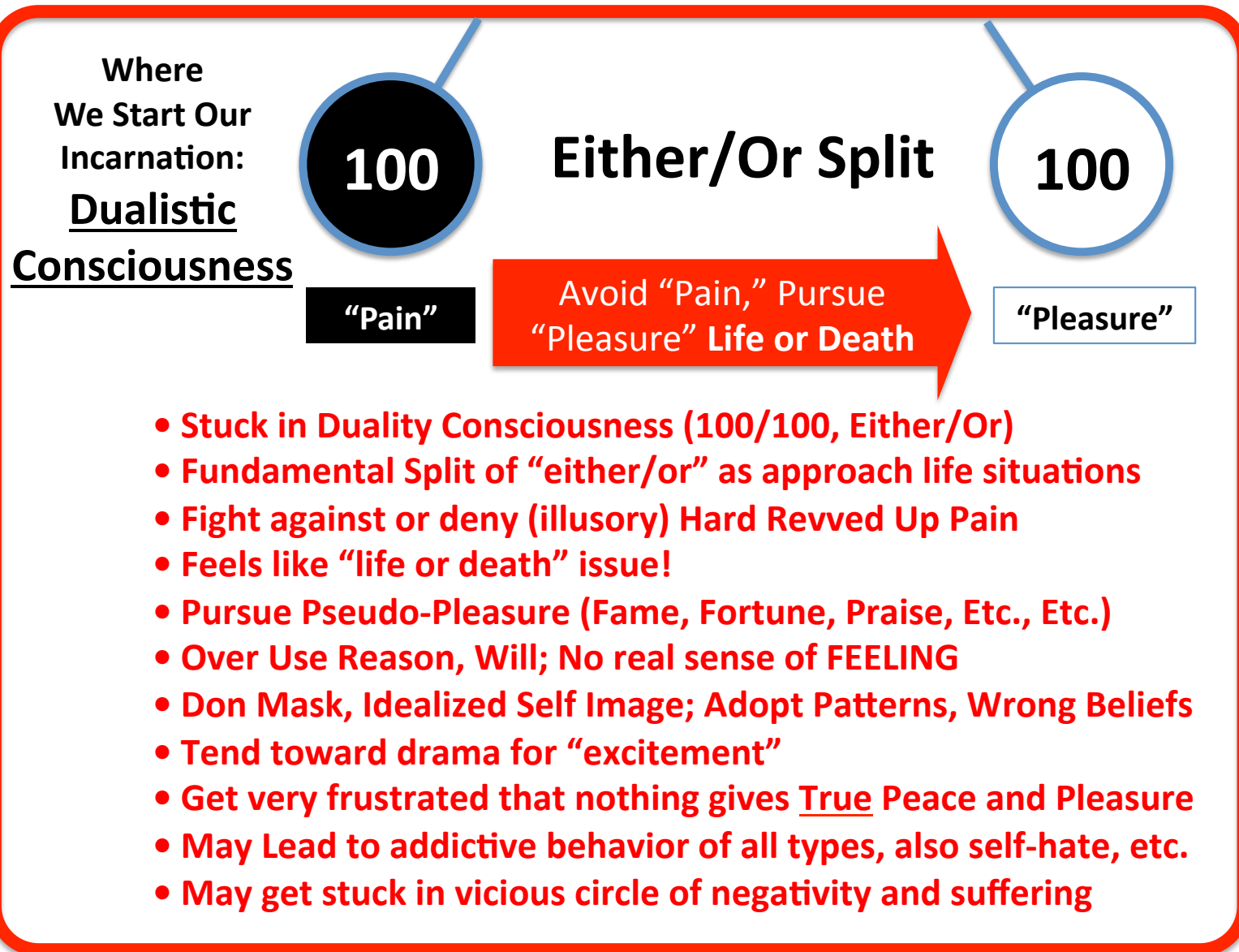


### **3. Further Development and Application**

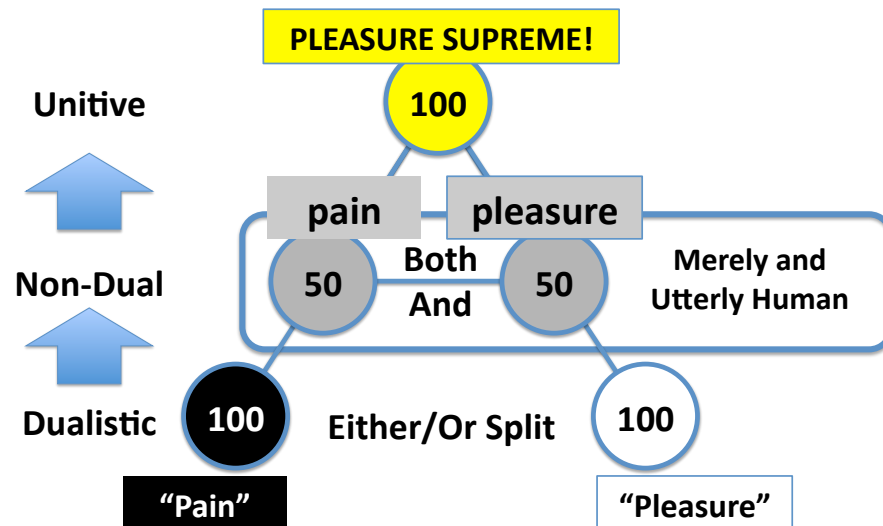
**Expanding the Core Idea of Pathwork 50/50 Work – Building off Pathwork Lecture 165, Paragraphs 32-33**

# Where Soul's Spiritual Journey Truly Begins...

## The World of Duality and Unconsciousness



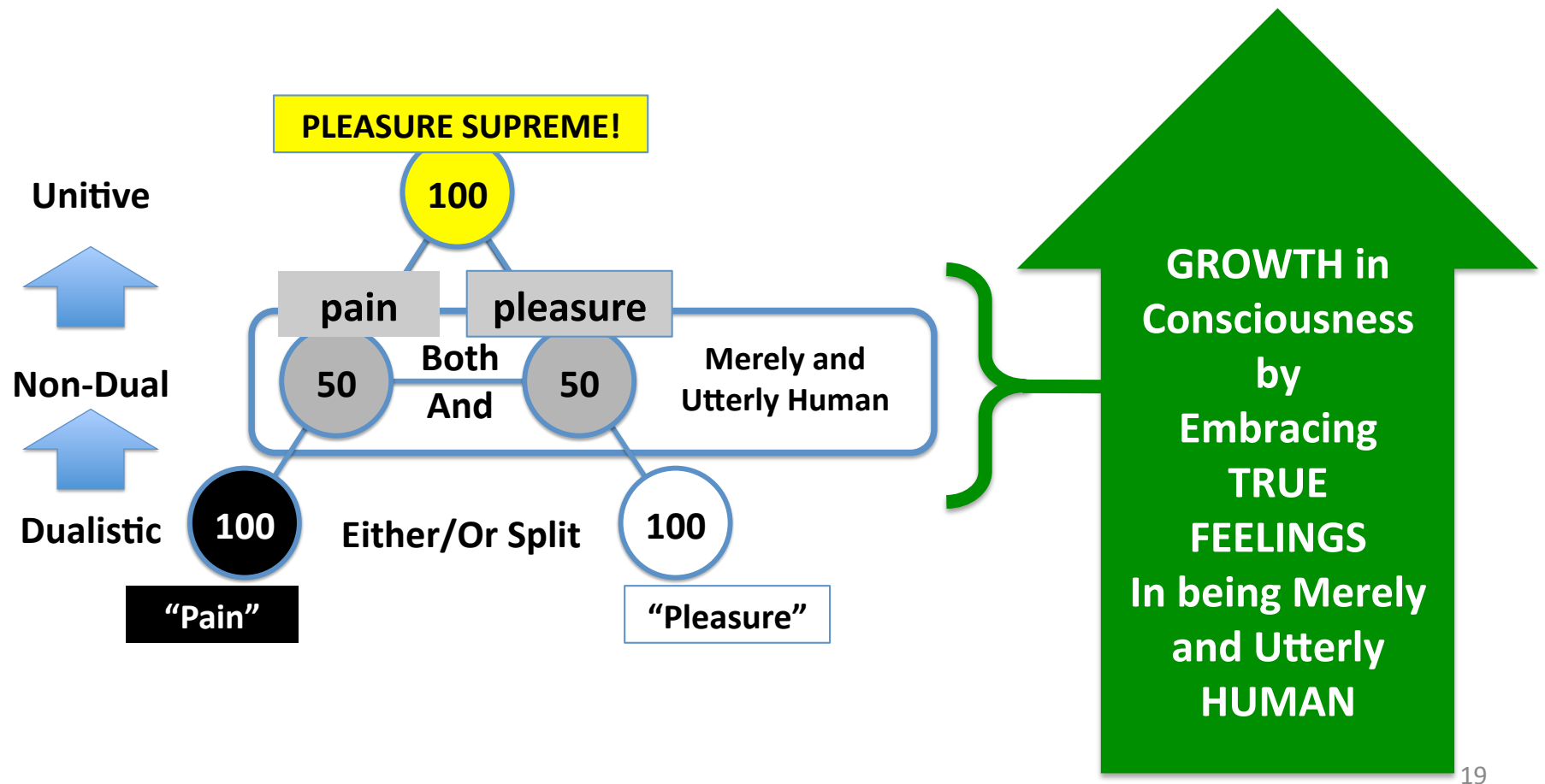
# World of Real Feeling (In 50/50) Vs. World of False or No Feeling (In 100/100)



- **True Feeling**
  - Soft, Gentle, Original, Real
  - Soft Pain is Bearable
  - Balanced with “Not-Too-Strong” Reason/Will
- **Feeling is Either False**
  - Primitive, Dramatized, Ramped up; a “Temper Tantrum”
  - Very Strong Emotional Reaction
  - Pain is Unbearable – Life or Death
- **OR Feeling is:**
  - Numbed out entirely, Denied
  - Dominated by “Way-Too-Strong” Reason and Will

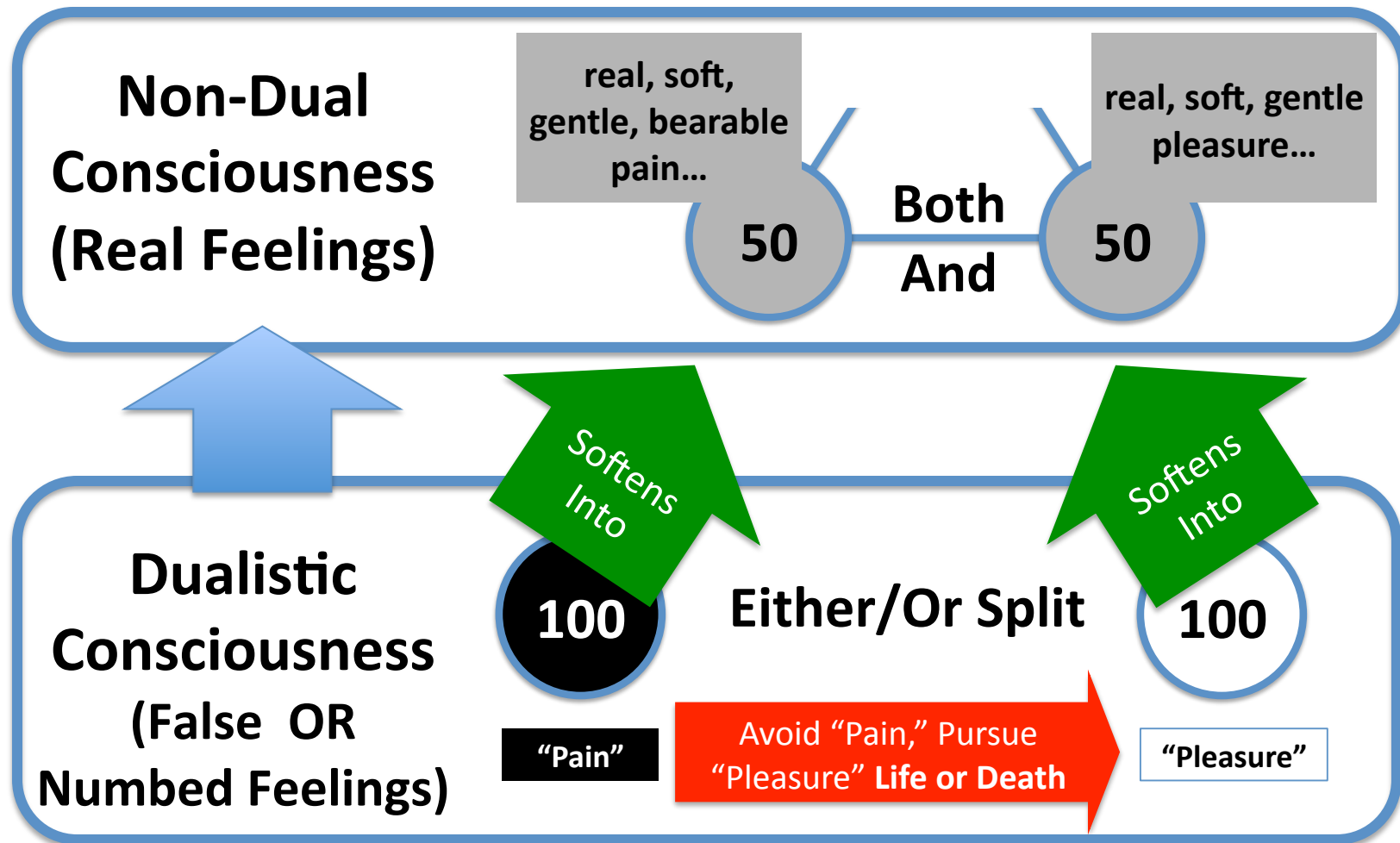
# The Fastest Way To PLEASURE SUPREME! Is Via Coming to Higher and Higher Levels of Consciousness

This involves going through the World of True Feelings



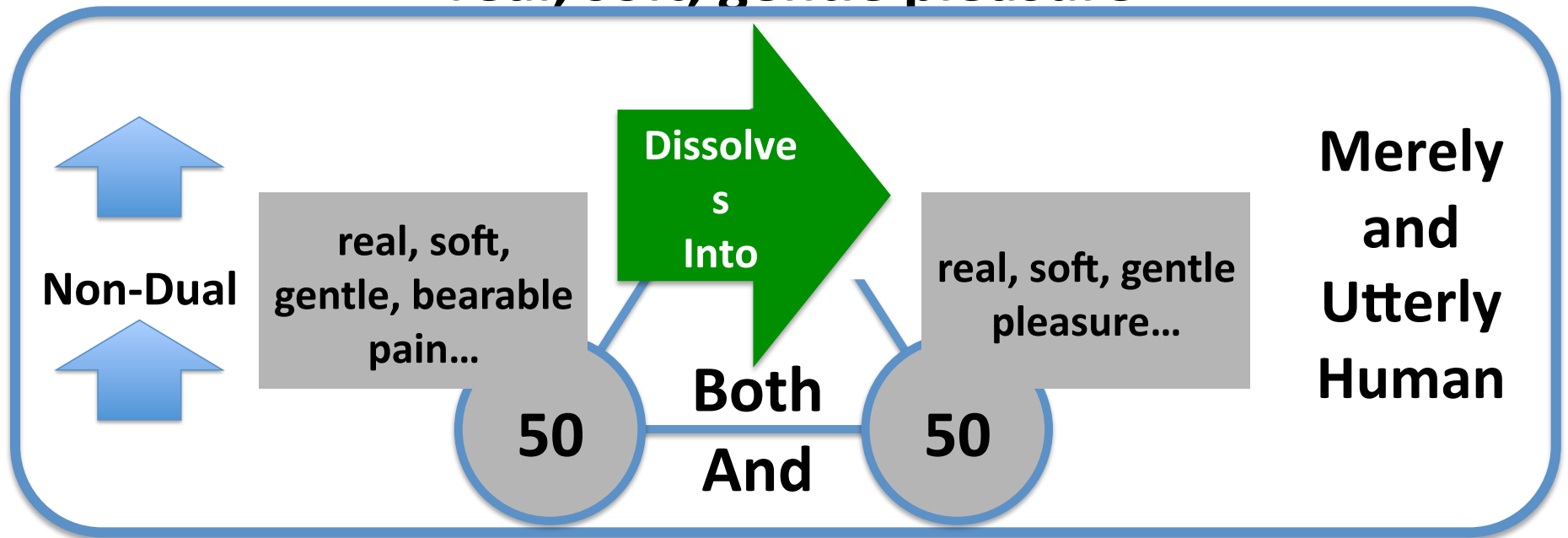
# Step 1 In Growth of Consciousness

Unbearable Life-or-Death Pain “Softens Into” Bearable Pain



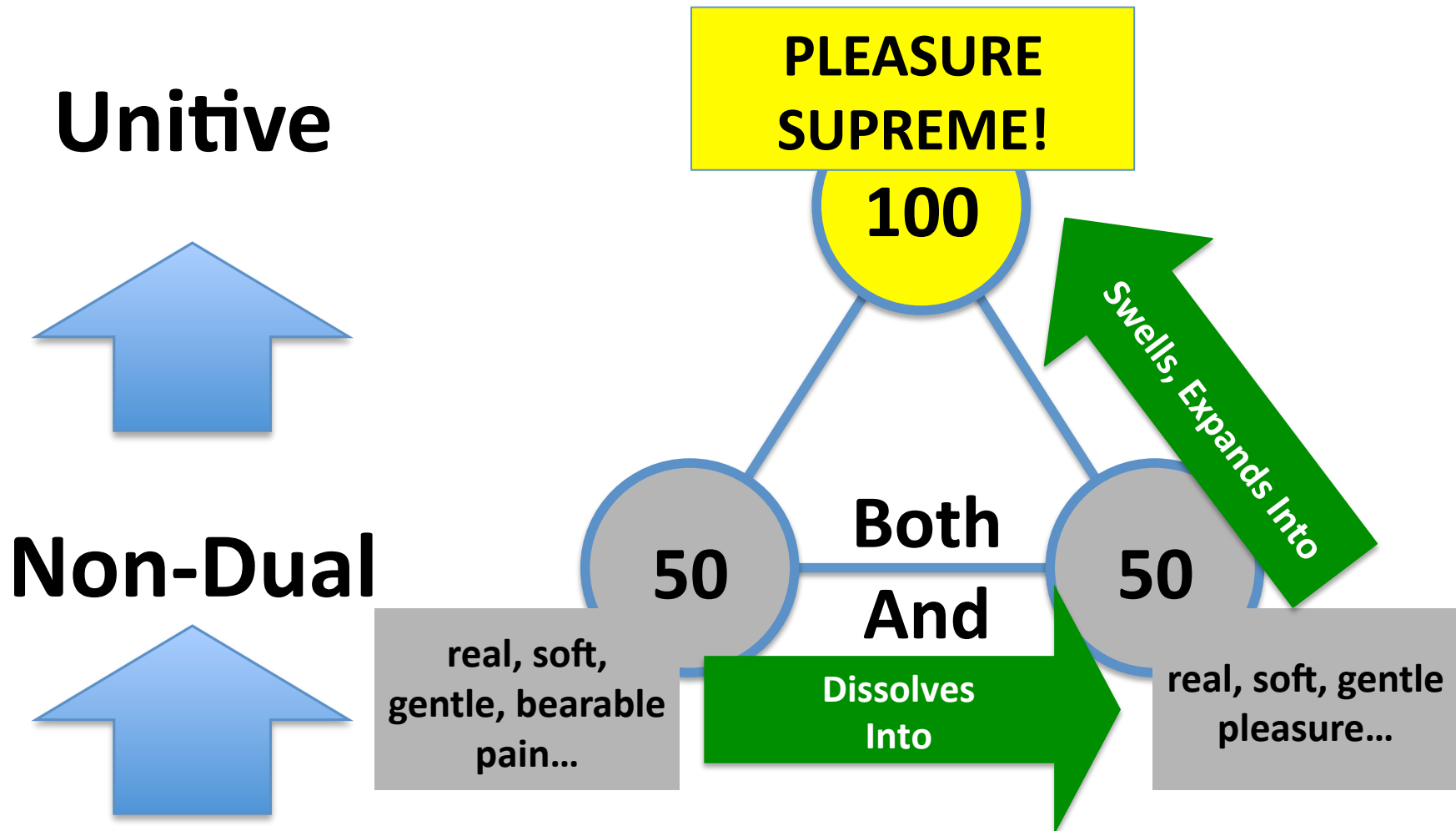
# Step 2 in Growth of Consciousness

In Being “Merely and Utterly Human,” and  
Accepting  
real, soft, gentle bearable pain this real pain Can  
Dissolve into  
real, soft, gentle pleasure

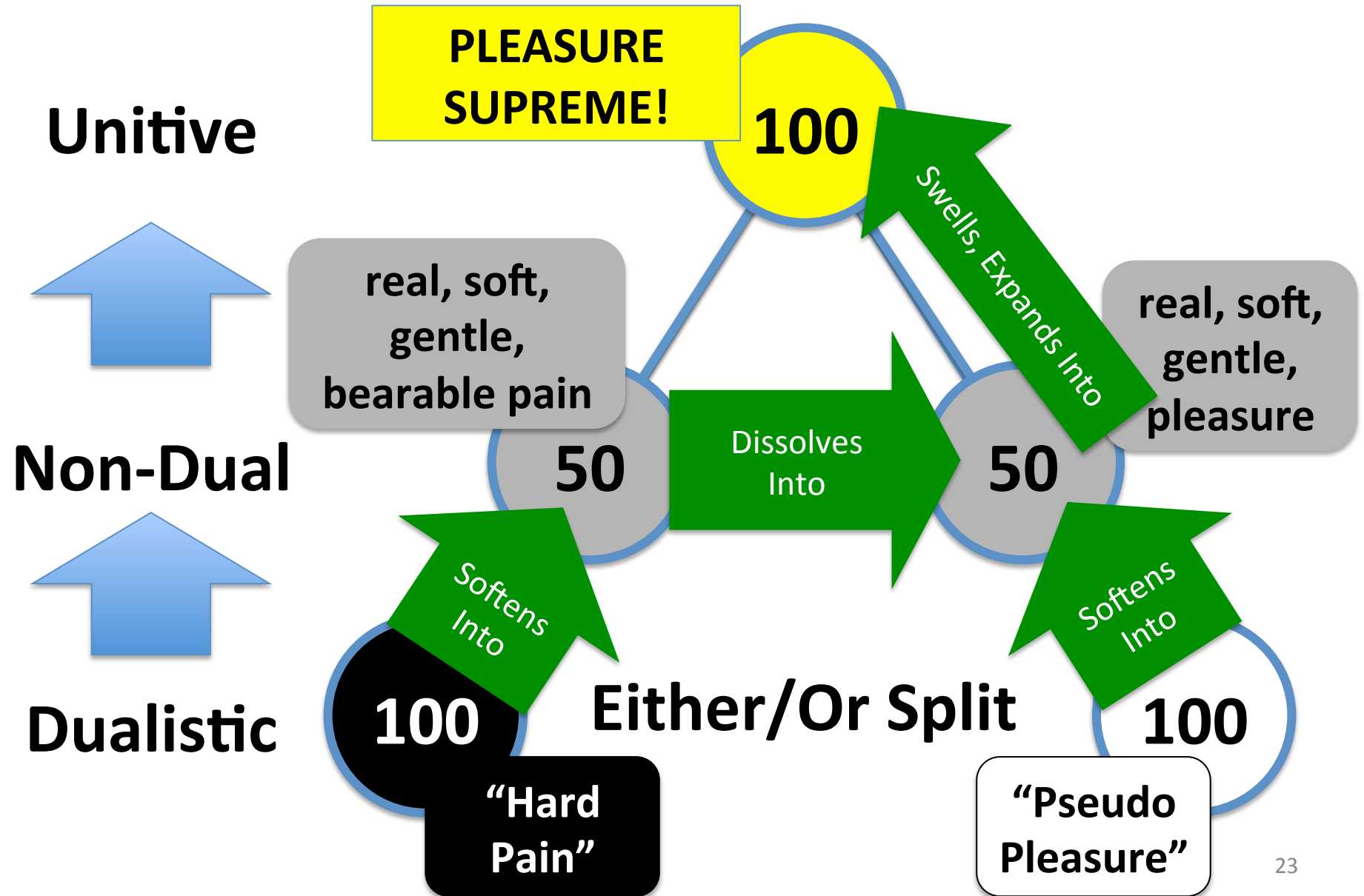


# Step 3 in Growth of Consciousness

real, soft, gentle pleasure Swells and Expands into  
PLEASURE SUPREME!



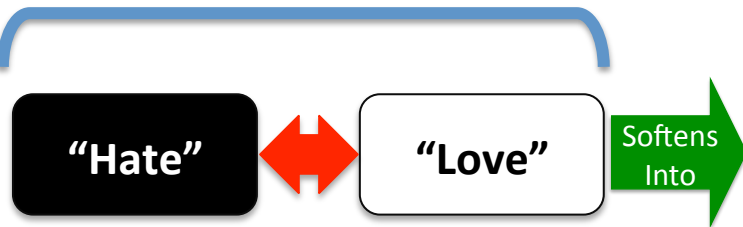
# Summary: Evolving Levels of Consciousness



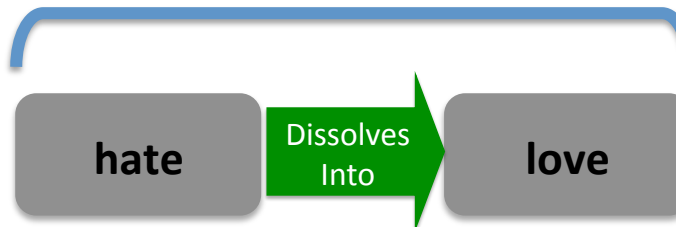


# Another Example – Hate and Love

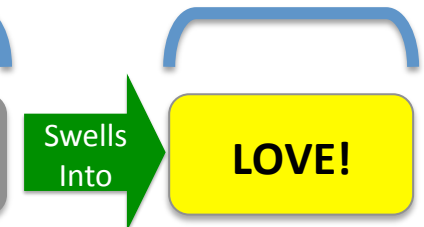
100/100 Dualistic Consciousness  
--Either/Or Split, Separateness



50/50 Non-Dual Both/And  
Consciousness, Healing Split



100 Unitive  
Consciousness

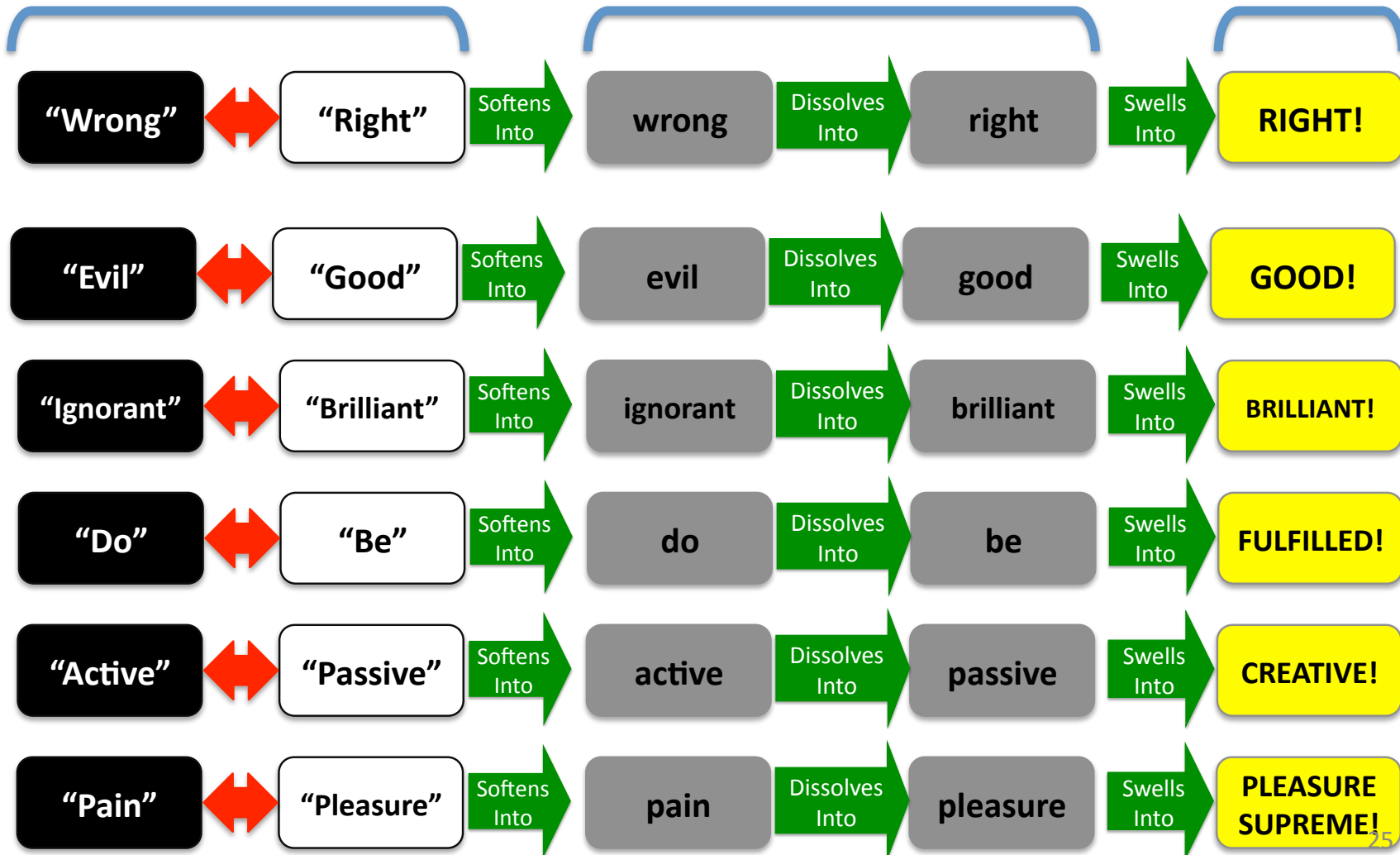


# Applies to All Aspects of Life

100/100 Dualistic Consciousness  
--Either/Or Split, Separateness

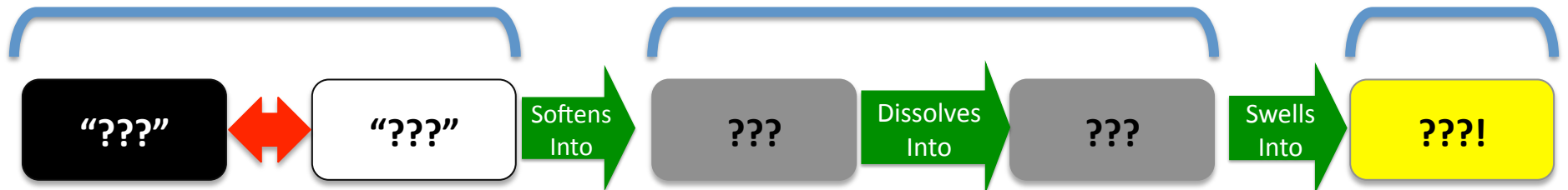
50/50 Non-Dual Both/And  
Consciousness, Healing Split

100 Unitive  
Consciousness

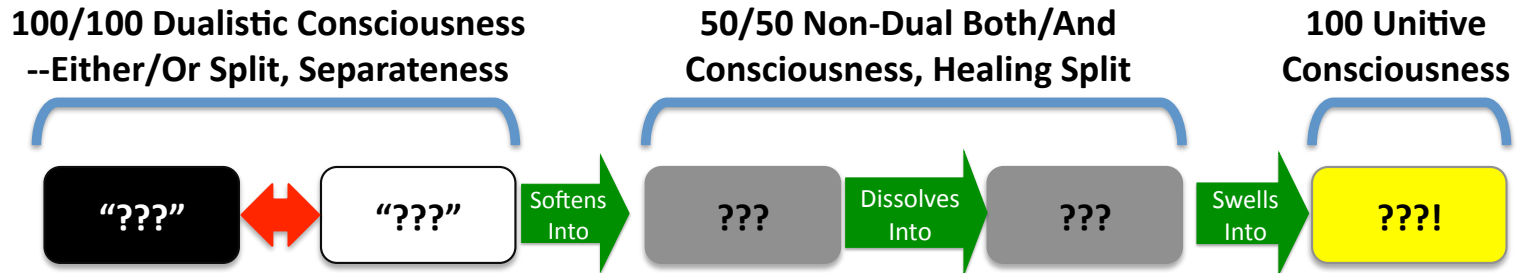


# Each of Us Comes with a Unique Split We are to Heal – Healing Our Split Is Our Unique Gift to the Cosmos

100/100 Dualistic Consciousness  
--Either/Or Split, Separateness



# How Do We Discover Our Unique Split?



- **Discovering our Split...**
  - Explore Our Unique Problems – What do our “happy problems” have in common?
  - Daily Review – What is the Common Denominator to our Points of Disharmony?
  - Feedback from others – but do not overemphasize their points
  - Meditation – Internal Sense
  - Prayer – “May I FEEL my deepest, most true, gentle and soft feelings”
  - Coming to feel all one’s feelings – explore, be curious

# **4) Closing Words from Pathwork Lecture 165**

**Paragraphs 34-38**

**A Pause for Reflection, Inspiration,  
and Blessing**

# Words from Pathwork Lecture 165

(Paragraph 34-35)

What I have given you here is **a vital key for all of you**. In our next lecture I will discuss another facet **that will help you to stop fearing the realm of feelings**. I will **explain how to genuinely eliminate the destructiveness you fear so much that you shut out life itself**.

**Do not fight the pain; in fighting it, you avoid the experience whose full acceptance is necessary to outgrow it and become stronger and happier**. Learn to recognize the **subtle yet enormous difference** between **genuine** and **dishonest manufactured emotions**.

# Words from Pathwork Lecture 165

## (Paragraph 36)

May you all remind yourself, again and again, that **there is no problem that cannot be resolved**; there is **no point on which the path needs to stop** -- for anyone.

The **expansion of creative living** and the **capacity to experience the goodness of life** are **truly infinite**. The **path** ceases to be threatening or laborious when you meet your obstructions and illusions; it **becomes liberation itself**. **Even self-realization is no specific, finite goal**.

The person with the gravest afflictions and distortions who says, "**I will go all the way, there is no stopping me because the creative force in me will go to work to the extent I let it,**" is nearer fulfillment and realization of his or her true self than the one **whose reason and will function sufficiently to hide the inner alienation** and who therefore thinks that he or she does not need to go through the pain.

# Words from Pathwork Lecture 165

(Paragraph 37-38)

**Let the divine consciousness infiltrate your entire being, my friends. ... The state of divine consciousness can be yours, every one of you, if you really want it. Your mind has the choice.**

This year, again, **great and wonderful forces are brought here and stream forth.** They are partly the **result of your sincere good efforts and of the love feelings** that are here; they are partly **an influx from the spiritual realms** that further important ventures on this earth.

**...Blessings for you all, for this entire year to come -- be in God!**



**Coming to Feel All Feelings by Becoming  
Merely and Utterly Human**

**On the Spiritual Path to:  
PLEASURE SUPREME!  
FULLFILLMENT!  
CREATIVITY!  
PROFOUND PEACE  
ETC., ETC.!**

**This Is The Purpose of Life!**

**May It Be So For You**

**Blessed Travels...**

**End**