

A Cincinnati Second Friday Pathwork Exploration

October 11, 2013

Developed from Pathwork Lecture 47 The Wall Within

Invitation: WHAT COULD IT HURT?

It's only natural to develop strategies to avoid hurt and pain to our heart. Yet, many of the strategies we unconsciously develop early in life ultimately become the very cages that painfully imprison us from being fully alive. We'll gently explore this topic and ways to uncover our self-created prison cells.

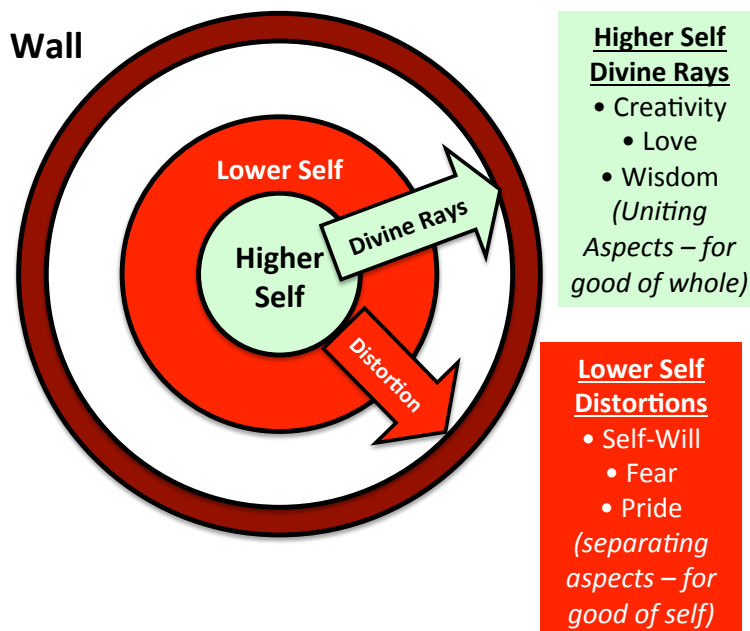
Introductory Questions to be reflecting about before class...

- 1) What are one or two areas in your life where you succeed in a way, but assess that you are not being fully alive or reaching your full potential, your Destiny answering your Call?
- 2) How badly do you want to reach your full potential? What price would you not be willing to pay? Remember, every advantage has an accompanying disadvantage, i.e., a price.
- 3) What do you sense are some of the blocks to your joy and fulfillment?

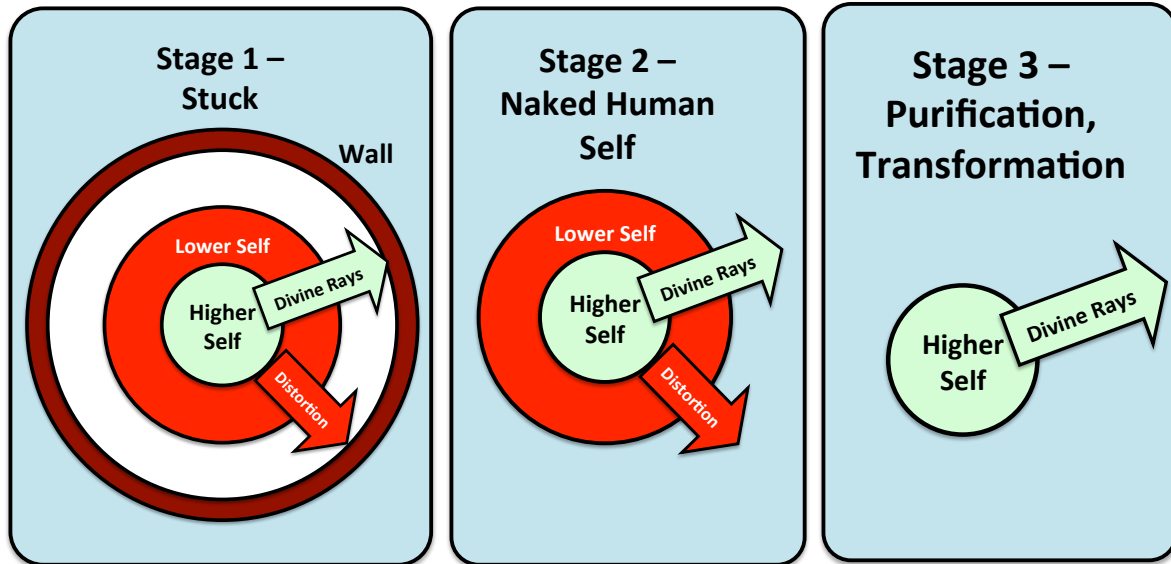
We shall use portions of Pathwork Lecture 47 *The Wall Within* to explore this matter of limited fulfillment in your life.

Framework for Pathwork Lecture 47 *The Wall Within*...

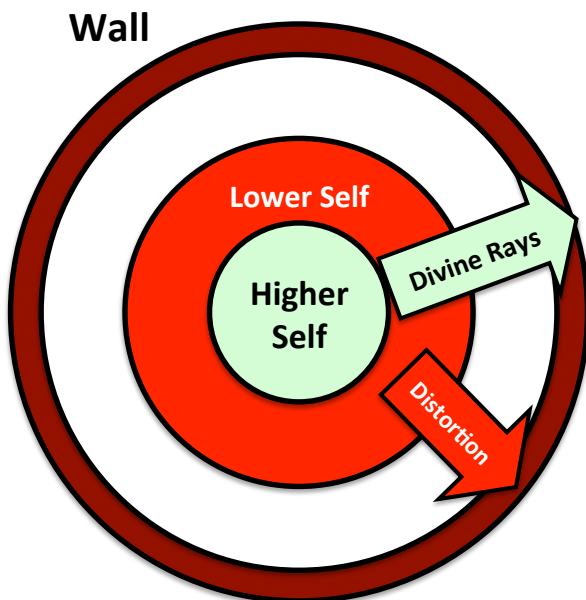
Our Stuckness...



Stages of Growth per Pathwork Lecture 47



Spiritual Nature of the Wall...



• Spiritual Nature of The Wall

- Selfish Lower Self Motives for “goodness” (blind hypocrisy)
- Keeping Wall is easier than Transforming Lower Self
- Impatience of the slow process
- Fear of nakedness before God and self
- Half Way Measures
 - Hide behind passion for various truths, passion that blinds one to Lower Self aspects.
 - Reveal Lower Self, but so far and no farther – pretending vulnerability so people will not push for real faults.
- Camouflage – do all but that which is necessary – imbalance.
 - Stay focused on faults which you have already resolved to avoid those you have not. Repetition lessens power of words.
 - Overemphasize some areas to justify hiding other more important and deeper areas
 - Misusing truths – religious, psychological, philosophical, even Pathwork.

Quotes from Pathwork Lecture 47 – *The Wall Within*

04	<p>Every human being desires to strive for perfection, for the ability to love, and for true goodness, for light and truth. The desire lives in the divine spark of every being, but in its pure state it does not always penetrate all the layers of imperfection that surround the spark. We see it as though the sun were shining through dirty glass and the rays coming out on the other side took on hazy shades.</p>
05	<p>But, dear friends, quite apart from this higher-self desire, the desire for perfection comes also from the lower self. This is so with all people who have realized that selfishness and self-serving aims do not bring many desirable results. If you were to serve only the aims of your essential lower self you would certainly <u>not</u> be loved and admired. Therefore, the desire for goodness is also selfish. Understand this and recognize within yourself that the desire for goodness does not necessarily and exclusively come from your higher self.</p> <p>This is a confusing problem for many human beings. You can gain clarity only if you become aware of your emotions, desires, and motives. Then you can separate the pure motive from the selfish one.</p> <p>This confusion is so strong at times that many people become uncertain whether to follow the desire for goodness, particularly after discovering the selfish motives. You should certainly continue to aim for the right and good within yourself and in your actions, but you should also be clear as to what extent your desire is colored by selfishness.</p> <p>This conflict is often not yet conscious. You are aware that you do want the good, the true, and the beautiful, but there is also a voice within that asks quite clearly, "Is it really pure goodness, pure unselfishness if I do such and such?" You become confused and uncertain about your own good motives.</p>

Reflect on these words. To what extent do they feel correct in you? Do you sense your inner spark seeking all goodness, joy, creativity, love, wisdom and fulfillment of your Call and Destiny? Do you sense an inner selfishness to do good in order to gain acceptance, approval, and praise from those around you? How did both of these aspects play out as you were growing up? How did a wall come into place blocking your lower self aspects (selfishness, pride, self-will, and fear) and thereby defending you against psychological pain of punishment or non-acceptance? How does this wall block your path to your destiny today, hiding both the imperfections of your humanity and the brilliance of your divine spark?

06	<p>Only the very blind, those human beings who are still spiritual infants, seek selfish ends and believe that their selfishness will serve their purpose. <i>[Stay in their "terrible twos." This is stage one of life.]</i></p> <p>Whoever has outgrown spiritual infancy knows very well that serving one's own ends often brings greater disadvantage than resisting such selfish impulses. <i>[Being "good boys and girls" is rewarded – this is stage two of life.]</i> At this level, the entity has outgrown the most primitive stage, but has not yet reached the stage where the desire for selfishness has been emotionally outgrown. <i>[In this stage three we no longer have selfish motives behind our goodness and</i></p>
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	<i>can freely let our divine spark manifest.] This is the stage [Stage 3] most of you find yourselves in, and it is this very struggle that we are concerned with.</i>
07	<p>The first step is always to recognize the meaning of your various desires, motives, and feelings. From there on, the path becomes easier. Recognize where your desire for goodness comes from your divine spark and where it does not. Once you have gained clarity, you will have not only made a further step in self-knowledge, but the recognition -- even though by no means flattering or comfortable [<i>We do not like to see our selfishness, pride, self-will and fear</i>] -- will give you added peace of mind.</p> <p>The moment you fully accept the idea that selfishness still has a larger place in you than you were ready to admit before, and are willing to let go of wanting to be more perfect than you presently are [<i>accepting the truth that you are, as a human being "in process of maturing," still selfish, prideful, self-willed, and fearful</i>], you have begun to face yourself in the true sense of the word. Coming off your high horse [<i>"I have no selfishness in me!"</i>] is healthy; and health, emotional or otherwise, must have a very good effect on you. Truth is always healthy and soothing when one has made up one's inner mind not to fight against it anymore.</p>

Sharing, discussion: evaluate your longing for fulfillment in question 1 above. In what ways is your desire pure and for the good of all and to what extent selfish, prideful, self-willed – good mostly for your ego? (As humans, positive and negative motives are present for every desire.)

08	<p>As the human being develops spiritually and matures emotionally, self-knowledge continues on ever-deeper levels. On the most superficial level of development, "good" is done outwardly but one harbors selfish and evil thoughts quite consciously and knowingly. [<i>One is conscious of one's hypocrisy</i>] When confronted with such a situation [<i>conscious hypocrisy</i>] there are two forms of behavior.</p> <p>1) On this path one tries in a spirit of true understanding and humility to accept oneself as one is at the moment, and also to accept one's inability to change as yet. One has the courage to admit to oneself that [<i>one is human and hence that</i>] perfection is still far away, in spite of the outer good deeds one performs mainly in order to conform and to gain admiration.</p> <p>2) The other alternative is to [<i>defend selfish behavior, that is,</i>] to rationalize, justify, and self-righteously "explain" harboring such evil or unkind desires, while seeking self-justification in the shortcomings of others. This [<i>doing the "right" thing but feeling you have a basis not to do the "right" thing</i>] you would call hypocrisy. Many people fall into this category.</p>
09	<p>This [<i>second</i>] type of behavior is so crass and elementary that we do not have to bother with it.</p> <p>The case becomes infinitely more difficult when the same hypocrisy becomes subtler and more deeply buried. [<i>In this second type of behavior</i>] Good desires are superimposed on selfish ones, which are suppressed and relegated to the unconscious. This is partly due to the sincere strivings of the</p>

	<p>higher self [to do the right thing] and partly to the selfish ends of the lower self [doing the right thing in order to avoid being treated poorly for being selfish]. Here begin the human conflicts that render a soul sick and weak. We are concerned, for there is no human being to whom this does not apply in one way or another.</p>
10	<p>The more you keep the selfish motives suppressed [<i>second type of behavior</i>], the more confusion and disorder are created within you. A basic misunderstanding exists here: you realize that the first category, the most primitive form of hypocrisy, is distasteful, therefore you suppress your true emotions, because of the wrong conclusion that there is no alternative. You make yourself unaware of the existence of wrong desires because you think that otherwise you would have to be like those hypocrites whom you do not admire for their attitude. [<i>You could never allow yourself to think of yourself as a hypocrite</i>]</p> <p>You ignore the third alternative which is the only healthy one. This approach leads to the perfection you strive for: facing and admitting the wrong desires without giving in to them, and yet without suppressing their existence. [<i>Feel your selfishness as a human being, make it conscious, but do not act selfishly</i>] The beginning [<i>fully feeling your selfishness but acting in a good and loving way</i>] is always the most difficult, and that is [<i>coming to accept and understand your selfishness by</i>] the sorting out of your emotions, finding their meaning, facing all that you have looked away from.</p>
11	<p>The more you learn self-honesty [<i>I am human. I have higher self aspects that want to act in a good and loving way, AND I have lower self aspect that do not want to act in a good and loving way</i>], the deeper can the truth penetrate into the core of the soul. But it takes a lot of doing before the core is reached. Wherever the conscious emotions, opinions, thoughts, conclusions, and desires are separated from those which are unconscious, we can see a wall in the human soul.</p> <p>You all know that thoughts and feelings create forms of subtle matter which are of a substance every bit as real as your material substance. So this wall is a reality and, alas, often a greater reality than your matter. For your matter is much easier to destroy than some of these walls. This side of the wall is what you face and know. Behind the wall you store all that which is unpleasant to face. You store not only your faults and weaknesses, but also all things that confuse and frighten you. Due to an unconscious wrong conclusion, you continue to fear all that is locked behind the wall and prevent yourself from facing it.</p>

So we have unconscious selfishness (along with pride, self-will and fear), but we do not want to see it. These paragraphs invite us to look more deeply to see if we can discover our unconscious selfish reasons for wanting fulfillment. Revisit the answer to question 1 and in meditation see if there are deeper selfish (self-willed, prideful, fearful) reasons for striving for your fulfillment.

12	Now what is the spiritual substance of this wall , my friends? For
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	<p>spiritual substance is not a material that you use because you choose it as when you build a form in your material world. You make your choice of material according to taste and necessity, but the material has nothing to do with you. Spiritual substance, on the other hand, is the product of your thinking, [your] feeling, and [your] being, and it is formed from them.</p>
13	<p>You cannot use something you have not got. And you have only that which you are. The substance of your inner wall is partly your goodwill that is ineffective because of wrong conclusions and ignorance. Do not forget that the purpose of the wall is to keep the negative in hiding, and one of the motives of this desire is actually misapplied goodwill.</p> <p>But it <i>[the substance of your wall within]</i> consists also of cowardice, pride, self-will, and impatience. Your impatience mounts because in your ignorance you think and wish to attain perfection more expeditiously by simply erecting this wall and locking up what would take much more time and effort to eliminate. You are too impatient and also too lazy to really tackle what lies behind the wall. All these trends are the building materials of the wall in your soul.</p>

So we choose hypocrisy – pretending to have all higher self aspects – creativity, love, wisdom, etc. rather than digging out our unconscious lower self aspects inherent in our humanness (selfishness, pride, self will, and fear). We are lazy and choose to build the wall keeping our unconscious in hiding rather than digging out and purifying/transforming our lower self selfish, self-willing, prideful, and fearful (untrusting of Life and Self) aspects. This keeps us stuck in stage 2 (being good outwardly but not accessing our divine spark, denying the lower self aspects – both aspects behind the wall) – we do not realize our full potential since to do so requires access to our divine spark rather than just pretending to be good. Again, how does this form of fear and laziness relate to your lack of fulfillment in question 1? How is it easier to keep the wall up pretending to be good and fulfilled in your calling (hypocrisy) rather than do the work required to uncover and transform lower self aspects so that, with the wall down, your divine spark can manifest in all its brilliance?

14	<p>As one progresses on the path of self-knowledge and perfection, one slowly begins to take out certain trends and attitudes from behind the wall and transpose them into consciousness. All of you know the process by which this is done. It is the work I advocate and teach. In this process, the wall recedes. The more comes out from behind the wall, the fewer trends remain locked in. This is good work, and it needs to go on and on.</p> <p>But, my friends, this wall must one day disintegrate if you want to be whole and truly healthy <i>[with full access to your divine spark's brilliance]</i>. As long as you retain any part of the wall within yourself, no matter how much you have succeeded in making it recede, you are not yet whole. You do not function as God meant you to function. <i>[You do not have full access to your divine spark, you do not answer your Call, and you do not reach your Destiny]</i> Therefore, your aim has to be to destroy the wall altogether.</p> <p>In most cases, this cannot be done at once <i>[it is a lives-long process]</i> and</p>
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	<p>if it is hastily attempted, people can suffer breakdowns and all sorts of other complications. In many cases it is advisable to make the wall recede and to gradually lift out what is behind it. Thus the wall not only recedes, but if properly done, the substance itself weakens. Otherwise, one may succeed in taking out certain things and pushing the wall a little into the background, but there it will remain in full force -- perhaps even getting stronger. I will explain in a moment how this could happen and how to ward off the danger.</p>
15	<p>Let me emphasize again how important it is to be aware of the necessity of one day destroying your wall. This can and should happen without unduly shaking up the personality. Your spiritual rebirth can occur only after the wall has disappeared. Then your soul stands naked in front of your Maker, in front of yourself. For you have to become that naked, that empty so that divine substance can fill you and take root within yourself. As long as your rigid wall remains, however weak, however pushed back it may be, the divine substance is ineffective to the degree of the strength of the wall. In other words, the stronger the wall, the weaker the effect of the divine substance that is waiting to penetrate and fill you.</p>
16	<p>So, my dear friends, all of you who work on this path so successfully, visualize this wall within yourselves. You can find it <i>[firstly]</i> in meditation, <i>[secondly]</i> you will sense it by observing your reactions, and you will then know where the wall stands. After locating it, it will be much easier for you to finally succeed in eliminating it altogether.</p>

Standing back, how does your answer to question 1 relate to your sense of Calling, your sense of Destiny? What is a broader answer to question 1 that would give a profounder sense of your Call and Destiny? The Guide says this is a radical transition, a spiritual rebirth. See if you can take this in.

17	<p>And now I shall speak about a danger you must guard against. It is the hazard of getting off to a good start in extricating some hidden trends from behind the wall but <i>[yet]</i> strengthening the wall unconsciously by employing halfway measures <i>[not going all the way with one's process]</i>.</p> <p>When and how does this happen? It happens when a true thought, teaching <i>[such as concepts and words from the bible or Pathwork or various religions]</i>, philosophy or recognition serves as a camouflage behind which you continue to hide. <i>[You are so passionate, dogmatic, even charismatic, about a particular set of truths that you are blinded and cannot see lower self aspects behind the wall]</i> This happens so frequently, my friends. No truth is exempt from this fate. Many people search for truth; and truth can come to you through many channels.</p> <p>But no matter how sincere the search is, almost everyone wants to resist facing certain things within. The two contradictory desires can coexist; one searches for the truth, and one can use these truths to reinforce the wall. So you can hide your faults, emotional conflicts, fears, and negative trends behind a truth. In its crass and superficial version this misuse of truth is easy to recognize. You recognize it in any fanatic, in anyone who adheres rigidly to dogma, in whatever religion. Such a person may commit all sorts of wrongs,</p>
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	<p>have all sorts of wrong reactions, while he propounds the religious truth of his choosing.</p>
18	<p>But do not forget that, in principle, the same thing goes on in almost every human being, only in a much more subtle way.</p> <p>And if you become sensitive, if you raise your intuition, you will hear and notice this pattern very well when one of your brothers or sisters falls into it. You will object to it, yet you will ignore that you do the same thing, only you use another truth as a shield. This may be a religious, spiritual, metaphysical truth, a philosophical truth; it may be pure ethics and morals, without any religious implications; it may be psychology, or psychoanalysis. Many theories, terms, and expressions that you use are true and as such are good. But the moment they are used in that way [to blind you to your Lower Self aspects], they are abused and they therefore lose their validity. [Because they are hiding the inexhaustible power of true divine rays from one's divine spark behind the wall] They [the truths] become dead, rigid, and meaningless. No truth is exempt from this fate if you are not watchful, if you do not look out for this tendency in yourself. The very teachings I give you can be abused in the same way. It is never done on purpose, of course, but unknowingly.</p>

Look at your Call to fulfillment, your Destiny. Are there areas where certain truths have become dead in you because they are no longer fed by your divine spark behind the wall? Can you identify where you hold familiar truths related to your destiny, give them lip service, perhaps even teach them, but they have lost their power and are dead and ineffectual?

19	<p>For instance, when you use certain terms [say from Pathwork, the bible, or some other sacred text] and do not feel their true meaning anymore, then the time has come to check yourself to see whether or not you have fallen unconsciously into this trap [of having set up a wall between you and your divine spark].</p> <p><i>[Or, secondly, consider your Lower Self aspects.]</i> You may even hide behind a true recognition about yourself, let us say an image, a wrong conclusion, or certain faults you have found. You may hide behind that, you may use that as the outer facade of your wall. It is as though something in you said, "I go that far, not further. I am willing to admit such and such now, but not more. The admission of certain faults and inner negativities will pacify those who help me to reach the core of my being. No one can say then that I am unwilling. But what really bothers me, I will not voluntarily expose. I have found a good way to be able to go on hiding."</p>
20	<p>Perhaps all this sounds strange to you and you may still not grasp what I mean. Let me try to make it a little clearer. Let us assume you have started on this path with good faith and goodwill and you have progressed well. You have made certain major recognitions. You have passed the stage when your resistance to face yourself manifested in finding excuses and rationalizations for not going on such a path, in spite of your search for it. Thus you have broken</p>

	<p>the first resistance and pushed the wall considerably into the background, allowing certain information to filter through. At this point you are well launched on the path itself, while previously you were only struggling to get on it.</p> <p>But do not imagine that then all resistance is overcome for good. For as long as you maintain the wall, resistance is inevitable, and only the form and manifestation of the resistance will be different. While before you had all sorts of doubts, misgivings, excuses, and pretexts about entering this path, you now work and discover, but still with some reservations. And in order to justify this reservation, you now take the findings you have made so far and build them up. You may even let them grow to disproportionate significance [<i>in grandiosity, making them sound so bad</i>] to prevent yourself from penetrating deeper.</p> <p>You use the same words again and again until they become rigid and no longer carry the living life-force. Any truth must do just that. If it no longer does, if the words have become automatic, then the time has come to examine yourself from this point of view and find your wall again. Once you are aware of it, you can wage a healthy battle with your ignorance and resistance.</p>
21	<p>Only you yourself can find out when and how you are hiding behind your wall, and what truth you are misusing. Only by examining your feelings, by listening into your emotions can you get the answer.</p> <p>The fact that you have overcome the initial resistance and won your first victory is, in most cases at least, a milestone indicating that you will not leave this path again. But this does not mean that other resistances do not lie in wait, that other victories do not have to be won. Although you may never leave this path, you may get stuck at a certain point and go around in circles without penetrating deeper. This happens when truth and true findings are used as hideouts.</p>
22	<p>The unconscious is congenitally opposed to giving up its subterfuges. It considers coming out into the open a grave danger. It is ignorant and draws utterly erroneous conclusions in this respect, as in many others. Therefore it is opposed to let the wall crumble and concocts all sorts of ruses to prevent you from working in this direction, no matter how good your intentions may be.</p> <p>This should be a warning for you to show you what the danger point may be at this time, in what direction to look within yourselves, so as to gain further victories and penetrate deeper into your souls. Now you will know from what angle to approach yourselves to avoid stagnation. Is this clear, my friends?</p>
23	<p>Think well about what I have said. I pointed out a hidden danger, a subtle danger. If you are truly desirous of making the wall crumble, to become empty and naked in your soul, then you will feel quite clearly where and in exactly what way your own wall exists.</p> <p>It is always easier to notice it in the other person, but one is utterly unaware about it in oneself. You may hide behind a different truth, behind a different recognition, yet you also may hide just as much as the other person.</p>

	Take your intent into your prayers , my friends. Ask God to help you first to see the wall and then give you the courage and the humility to break it down.
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Where have you made certain faults graver than they really are and stopped looking for other deeper lower self aspects that keep you from fulfillment? What do you never want to admit to yourself? This overemphasis on one fault while overlooking a deeper one becomes another aspect of your wall and keeps you from your Destiny.

How does the Wall relate to Pain? We have been erecting the Wall all of our life to avoid pain. Now it is time to take down the Wall, feel the pain, and fulfill our Destiny.

As you leave this study, what is your prayer? How would you want to take these teachings into your meditation, daily review, other spiritual practices and your life this month?

Go with the Guide's blessings...

49	<p>My dearest friends, I am allowed to bring blessings to all of you and to your dear ones, here on earth as well as in the spirit world: blessings of healing, blessings of love, strength and courage.</p> <p>Go on this path, my dear ones.</p> <p>And those of you who have not yet found the way, pray that God show you His will and His truth which is the only truth. Open yourself to be receptive for this truth only.</p> <p>Go in peace, my dearest ones, receive our love which envelops every one of you.</p> <p>And if you send out your inner feelers, you will all know that you are not alone. Be in God!</p>
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Prepared by Gary Vollbracht
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