

# Pathwork Lecture 199: The Meaning of the Ego and Its Transcendence

1996 Edition, Original Given March 24, 1972

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The **original text** is in **bold, italicized, and mostly underlined**. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

*Blessings on your journey, Gary*

¶	Content
03	<p><b><u>Greetings.</u></b></p> <p><b><u>Blessed be all of you,</u></b> <b><u>my beloved friends.</u></b></p> <p><b><u>The force of</u></b> <b><u>• love and</u></b> <b><u>• truth,</u></b> <b><u>elicited by</u></b> <b><u>your seeking,</u></b> <b><u>is pouring forth</u></b> <b><u>to</u></b> <b><u>• forge another link in the chain,</u></b> <b><u>to</u></b> <b><u>• give you what you need</u></b> <b><u>at this juncture in your path.</u></b></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format Posted 10/27/17

04

The average state  
of the human mind  
is only  
a fragmented piece  
of total consciousness.

In this fragmented state  
you are cut off from reality.

You  
inevitably  
live in  
• fear and  
• limitation.

Yet  
• you believe that  
this is all there is to your life  
and  
• you  
frantically clutch  
at this limited fragment.

You resist  
the natural inner movement  
of the soul  
to  
• go beyond,  
to  
• expand  
this state,  
because  
the split-off  
ego-consciousness  
fears that doing so [i.e., fears that going  
beyond and expanding this limited  
state of consciousness]  
will annihilate you.

You ardently protect  
this limited consciousness,  
yet this very limitation  
creates  
• fear and  
• suffering.

05	<p><i><u>This</u> [i.e., <u>Holding onto this split-off limited state of consciousness because of the separated ego-consciousness's fear of annihilation</u>]</i> <i><u>is, broadly speaking,</u></i> <i><u>humanity's plight.</u></i></p> <p><i><u>It is your task,</u></i> <i><u>in the cycle of incarnations,</u></i> <i><u>to</u></i> <ul style="list-style-type: none"><li>• <i><u>reintegrate</u></i> <i><u>this split-off ego-consciousness and</u></i></li></ul><i><u>to</u></i> <ul style="list-style-type: none"><li>• <i><u>regain</u></i> <i><u>forever</u></i><ul style="list-style-type: none"><li>• <i><u>wider and</u></i></li><li>• <i><u>deeper</u></i> <i><u>portions</u></i> <i><u>of</u></i><ul style="list-style-type: none"><li>• <i><u>your real self,</u></i></li><li>• <i><u>your cosmic existence,</u></i> <i><u>with its</u></i> <i><u>infinite possibilities</u></i> <i><u>for</u></i><ul style="list-style-type: none"><li>• <i><u>experience,</u></i></li><li>• <i><u>joy, and</u></i></li><li>• <i><u>creation of the self.</u></i></li></ul></li></ul></li></ul></li></ul></p>
06	<p><i><u>Humanity</u></i> <i><u>believes that</u></i> <ul style="list-style-type: none"><li>• <i><u>this split-off ego-consciousness</u></i> <i><u>is</u></i><ul style="list-style-type: none"><li>• <i><u>the real self.</u></i></li></ul></li></ul></p>

You identify with

your

- brain,

your

- outer intelligence,

your

- will,

your

- mind,

all those faculties

immediately available,

not realizing that

- to whatever degree

you now possess these [i.e., these faculties immediately

available to you now],

- it was

you

who

in the past

made them [i.e., made these faculties]

available for yourself

through

a deliberate effort.

For there

was a state

in which you possessed

much less

- awareness,

less

- power to create,

less

- ability to experience joy.

Your consciousness

was much more

- limited and

- confined.

You had to  
use  
whatever consciousness you had  
to  
• enlarge your faculties and  
to  
• avail yourself of  
dormant possibilities.

This process [i.e., This process of enlarging your faculties and availing yourself  
of dormant possibilities]

must continue  
until  
• there is no longer  
any  
split-off fragment and  
• humanity has reached  
cosmic consciousness,  
which means that  
humanity itself  
has become  
one with  
ultimate reality.

The process  
of  
• self-enlargement,  
of  
• making  
apparently  
foreign territory  
your own domain,  
  
constitutes  
the Pathwork –  
any valid pathwork.

07

Ego  
means  
fragmentation.

As I mentioned,  
it is the task of all beings  
who are caught in this fragmentation,  
and that means anyone  
in the cycle of  
• being born and  
• dying,

to enlarge  
their  
• field of operation,  
their  
• perception,  
their  
• awareness, and  
their  
• power to create.

The problem is  
that in the limited state  
of the separated ego,  
enlargement  
appears,  
contrary to reality,  
to be  
annihilation  
of  
• your very existence,  
of  
• your sense of self.

	<p><b><u>To penetrate</u></b> <b><u>this illusion</u></b> [i.e., <u>this illusion that enlargement of your field of operation, of your perception, of your awareness, and of your power to create, is annihilation of your very existence, annihilation of your sense of self</u>], <b><u>you need all the</u></b></p> <ul style="list-style-type: none"><li>• <b><u>force,</u></b></li><li>• <b><u>commitment,</u></b></li><li>• <b><u>goodwill and</u></b></li><li>• <b><u>help available –</u></b> <b><u>help that you</u></b> <b><u>must</u></b><ul style="list-style-type: none"><li>• <b><u>want and</u></b></li><li>• <b><u>request.</u></b></li></ul></li></ul>
08	<p><b><u>This is truly</u></b> <b><u>humanity's</u></b></p> <ul style="list-style-type: none"><li>• <b><u>search and</u></b></li><li>• <b><u>struggle.</u></b></li></ul> <p><b><u>Only as you</u></b> <b><u>venture forth</u></b> <b><u>step by step,</u></b> <b><u>overcoming</u></b> <b><u>the inherent resistance</u></b> <b><u>to transcend</u></b> <b><u>this separated state,</u></b></p> <p><b><u>do you find out</u></b> <b><u>gradually</u></b> <b><u>that there is</u></b> <b><u>another life</u></b> <b><u>beyond</u></b> <b><u>the ego state.</u></b></p>

You then find out that  
this other life  
is  
reality  
and that  
this reality  
is  
not to be feared.

It [i.e., This other life, which is reality]  
is good;

it [i.e., this other life, which is reality]  
is to be  
utterly trusted.

It means  
that there is  
ongoing  

- life,
- self-awareness, and
- ever-increasing

joy.

You find out that  
the limited ego state  
you have  
so ardently protected  
is  
an illusion:  
the illusion of  

- death and
- aloneness.

09

Awareness  
has to be fought for.

It [i.e., Awareness]  
does not come  

- easily,

nor [does it come]  

- gratuitously.



	<p><u>Remaining in</u> <u>the isolated ego state</u> <u>may</u> <u>appear</u></p> <ul style="list-style-type: none"><li>• <u>safe and</u></li><li>• <u>easy,</u></li></ul> <p><u>but it [i.e., but remaining in the isolated ego state]</u> <u>leads to</u></p> <ul style="list-style-type: none"><li>• <u>stagnation and</u></li><li>• <u>death –</u> <u>ever recurring death.</u></li></ul>
10	<p><u>The ego</u> <u>uses any number of tricks</u> <u>in order</u></p> <ul style="list-style-type: none"><li>• <u>to maintain</u> <u>its</u></li><li>• <u>separated,</u></li><li>• <u>limited</u> <u>state</u></li></ul> <p><u>and [in order]</u></p> <ul style="list-style-type: none"><li>• <u>to avoid</u> <u>moving beyond it [i.e., in order to avoid moving beyond the ego's</u> <u>separated limited state].</u></li></ul> <p><u>I would like to show them to you [i.e. I would like to show you</u> <u>these tricks of the ego].</u></p>
11	<p><u>In the first place,</u> <u>the ego uses</u> <u>every conceivable</u> <u>negativity</u> <u>known to humanity:</u></p> <ul style="list-style-type: none"><li><u>any</u><ul style="list-style-type: none"><li>• <u>fault,</u></li></ul></li><li><u>any</u><ul style="list-style-type: none"><li>• <u>violation of</u><ul style="list-style-type: none"><li>• <u>integrity,</u></li><li>• <u>truth,</u></li><li>• <u>love, and</u></li><li>• <u>divine law.</u></li></ul></li></ul></li></ul>

	<p><u>Since all these negativities</u> <u>can be summed up</u> <u>in the triad of</u></p> <ul style="list-style-type: none"><li>• <u>pride,</u></li><li>• <u>self-will, and</u></li><li>• <u>fear,</u></li></ul> <p><u>I shall show how</u> <u>the ego</u> <u>uses these traits</u> <u>to avoid</u> <u>self-transcendence.</u></p>
12	<p><u>The ego</u> <u>fears</u> <u>losing</u></p> <ul style="list-style-type: none"><li>• <u>its present state,</u></li><li>• <u>meaning</u></li><li>• <u>its self-awareness [i.e., meaning losing its present self-awareness],</u></li></ul> <p><u>so much</u> <u>that the fear</u> <u>displaces</u> <u>the instinct</u> <u>of self-preservation.</u></p> <p><u>The ego</u> <u>misuses</u> <u>this instinct [i.e., misuses this instinct of self-preservation]</u> <u>to preserve</u> <u>its present awareness.</u></p> <p><u>Fear</u> <u>always</u> <u>distorts</u></p> <ul style="list-style-type: none"><li>• <u>truth and</u></li><li>• <u>reality.</u></li></ul> <p><u>Thus</u> <u>the ego</u> <u>maintains itself [i.e., maintains itself in its present</u> <u>state of limited self-awareness]</u> <u>with pride.</u></p>

It [i.e., The ego]  
maintains  
its separateness  
by creating  
an artificial conflict  
between  
• the self  
and  
• others.

It [i.e., The ego]  
says,  
  
"I must prove to the world  
that I am  
• admirable and  
• better than others;  
I must  
outdo others;  
I must  
not be worse than others;  
my interests  
counteract  
those of others,  
and vice versa."

All these attitudes  
are pridefully  
put in the service of  
maintaining  
the ego's separation.

It is always  
  
"I versus you,"  
  
and this inevitably  
creates  
a spirit of  
one-upmanship.

Whether or not  
in your current incarnation  
your development  
happens to be  
• ahead  
or  
• behind  
another's,  
to use this [i.e., to use this difference in levels of development]  
as a wedge  
between  
• your own ego  
and  
• those [egos] of others,  
is completely missing the point.

For,  
in principle,  
there is no difference [i.e., there is no difference or differentiation  
between the development levels of two individuals' egos].

It does not even take very long on this path  
to find out  
that  
• one's interests  
conflict with  
• those of others  
only on  
the most superficial level.

What is  
really  
• right and  
• good  
can be seen  
just beneath the surface.

According to divine law  
this  
deeper good  
is  
right  
for  
all concerned.

Therefore  
all  

- comparing and
- competing  
to best others
  - increases  
the separation and
  - sharpens  
the illusion  
that this pitiful existence  
is all there is to life.

13

People's prevalent tendency  
to live for the sake  
of  

- appearances,

  
rather than for the sake  
of  

- truth
- and of
  - real
    - feelings and
    - interests,

  
is also caused by  
pride.

	<p><i><u>The illusion of separation</u></i> <i><u>is so strong at this point</u></i> <i><u>that it seems</u></i> <i><u>more important to people</u></i> <i><u>• to create an impression</u></i> <i><u>than even</u></i> <i><u>• to consider</u></i> <i><u>what a</u></i> <i><u>• tragic,</u></i> <i><u>• wasteful</u></i> <i><u>sacrifice you make</u></i> <i><u>to achieve</u></i> <i><u>an entirely imaginary gain.</u></i></p>
14	<p><i><u>All</u></i> <i><u>• masks and</u></i> <i><u>• defenses,</u></i> <i><u>• pretenses and</u></i> <i><u>• false shame of exposure,</u></i> <i><u>• embarrassment about</u></i> <i><u>• real feelings and</u></i> <i><u>• one's inner reality</u></i> <i><u>regarding</u></i> <i><u>the spiritual self,</u></i> <i><u>belong in the category of</u></i> <i><u>pride;</u></i> <i><u>they are</u></i> <i><u>tricks of the ego</u></i> <i><u>to maintain</u></i> <i><u>its limited state.</u></i></p>
15	<p><i><u>Self-will</u></i> <i><u>comprises</u></i> <i><u>• stubbornness,</u></i> <i><u>• resistance,</u></i> <i><u>• spite,</u></i> <i><u>• defiance,</u></i> <i><u>• rigidity.</u></i></p>

All these attitudes [i.e., attitudes of stubbornness, resistance, spite, defiance, and rigidity that comprise self-will]

connote

a stiffening

against

• change,

against

• expanding into  
new spiritual territory.

These traits

express the attitude,

"I will stay

• where and

• as

I am."

This ego-trick

makes

• rigidity

appear

• desirable

and

makes

• open,

• flexible

movement

appear

• threatening and/or

• humiliating.

• Pride

and

• fear

are necessarily

coupled to

• self-will,

just as

• self-will

must be present

where either of the other two dominates.

Each of these attitudes

harbors the other two as well.

16	<p><u>The refusal to move</u> <u>may be evaluated</u> <u>on a more superficial level</u> <u>in terms of</u> <u>personal</u></p> <ul style="list-style-type: none"><li>• <u>idiosyncrasies and</u></li><li>• <u>neuroses,</u></li></ul> <p><u>as</u></p> <ul style="list-style-type: none"><li>• <u>spite against</u> <u>a specific</u></li><li>• <u>person or</u></li><li>• <u>people –</u> <u>let us say</u></li><li>• <u>parents or</u></li><li>• <u>parent substitutes or</u></li><li>• <u>general authority figures.</u></li></ul> <p><u>Or there might be</u> <u>a spiteful attitude</u> <u>toward life itself.</u></p> <p><u>But on</u> <u>a deeper level</u> <u>the ego's trick [in refusing to move]</u> <u>is to remain</u> <u>isolated.</u></p>
17	<p><u>Under the category of</u> <u>fear</u> <u>belong all</u></p> <ul style="list-style-type: none"><li>• <u>worries,</u></li><li>• <u>anxieties, and</u></li><li>• <u>apprehensions.</u></li></ul> <p><u>The ego's trick</u> <u>is to make</u> <u>change</u> <u>appear</u></p> <ul style="list-style-type: none"><li>• <u>threatening and</u></li><li>• <u>life-annihilating.</u></li></ul>



	<ul style="list-style-type: none"><li>• <u>Worrying</u></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>anxiety</u></li></ul> <p><u>also prevent you</u> <u>from attaining</u></p> <ul style="list-style-type: none"><li>• <u>joyousness,</u></li><li>• <u>peace, and</u></li><li>• <u>freedom –</u></li></ul> <p><u>the cosmic reality</u> <u>that opens up</u> <u>when</u> <u>the present state</u> <u>is expanded.</u></p>
18	<p><u>Negative intentionality</u> <u>is also part of the ego's trickery</u> <u>to preserve</u> <u>your</u></p> <ul style="list-style-type: none"><li>• <u>present</u></li><li>• <u>limited</u></li></ul> <p><u>state.</u></p> <p><u>Whatever</u> <u>the specific negative intention</u> <u>may be,</u> <u>it always indicates</u> <u>spite [i.e., a malicious desire to harm, frustrate, or humiliate</u> <u>another person] –</u></p> <p><u>hence</u> <u>self-will,</u> <u>which always</u></p> <ul style="list-style-type: none"><li>• <u>blurs and</u></li><li>• <u>falsifies</u></li></ul> <p><u>reality,</u> <u>denying</u> <u>all</u> <u>desirable</u> <u>life experience.</u></p>

19

Other ego tricks  
that serve to  
maintain its [i.e., to maintain the separated ego's]  
present "safe" position  
are:

denying

- pleasure,
- bliss,
- joy,
- expansion, and
- creative movement into life.

The fear of  
experiencing

all these states [i.e., fear of experiencing pleasure,  
bliss, joy, expansion, and  
creative movement into life]

is obviously

also

a trick of the ego.

This [i.e., This fear of experiencing pleasure, bliss, joy,  
expansion, and creative movement into life]

is

- a well-known phenomenon  
applying to all human beings

and is

- easy to observe.

More such  
tricks of the ego

are:

- inattentiveness,
- lack of concentration,
- abstractedness,
- absent-mindedness.

These attitudes

prevent

the focusing

necessary

for the ego

to transcend itself.

To transcend  
its present limited state,  
the ego  
requires  
a good deal  
of  
• one-pointed focusing,  
of  
• being all there,  
as it were.

• Laziness,  
• tiredness, and  
• passivity  
are, too,  
tricks of the ego.

They [i.e., Laziness, tiredness, and passivity]  
make movement  
• impossible,  
• undesirable, and  
• exhausting.

We shall come back to this later.

20

• Fear of  
exposure  
and  
• denial of  
real feelings  
not only  
• stem from  
pride  
but also  
• directly  
perpetuate isolation  
and are therefore  
• used as  
ego tricks  
to deny  
oneness with others.

Negative reactions  
to  
the negativity of others  
is another  
trick of the ego  
to maintain its isolation.

The moment  
negativity appears,  
the energy system  
begins to function  
to deny  
the ego's expansion,  
which would effect  
self-transcendence.

The ego  
denies  
the joyousness  
of true being  
by making something more  
of other people's behavior  
than necessary.

It [i.e., The ego]  
cuts off  
the vision of  
real life  
that  
exceeds  
the limited present state.

Only  
the  

- isolated
- ego-bound

entity  
experiences  
the terror of  
finiteness.

• Distrust  
and  
• suspiciousness  
are not only  
part of the general fear  
that makes the ego  
• wish to remain immobile and  
• resort to trickery  
in order to  
defy  
the natural movement  
toward  
• the being's  
ultimate fate.

While distrust  
caused by fear  
is the motivating force [i.e., While distrust caused by fear is the motivating  
force to defy the natural movement toward the being's ultimate fate],  
the ego  
simultaneously  
uses the distrust  
as a trick  
to stop  
the movement  
toward  
• union.

21

The ego assumes a  
• preposterous and  
• paradoxical  
position.

It [i.e., The ego]  
is intrinsically  
unhappy,  
precisely because of  
• its finiteness,  
or  
• what  
seems  
finite  
in its present limited state.

It is self-evident  
that  
the ego  
can see  
only  
what is within  
its present scope of awareness.

And what it sees  
is,  
to varying degrees,  

- limited and
- falsified.

Hence  
the ego  

- sees and
- experiences

only  
finiteness:  
the  

- disconnected,
- meaningless

universe  
in which  
it [i.e., in which the ego]  
is  
senselessly  

- suffering and
- powerless.

This perception of life  
can alter  
only to the degree  
that the ego  
overcomes  
the temptation to stay put.

	<p><b><u>But</u></b> <b><u>the paradoxical position of the ego</u></b> <b><u>is that</u></b> <b><u>it fights to remain</u></b> <b><u>in the very state</u></b> <b><u>that often makes your life</u></b> <b><u>unbearably</u></b></p> <ul style="list-style-type: none"><li>• <b><u>lonely,</u></b></li><li>• <b><u>fearful, and</u></b></li><li>• <b><u>meaningless.</u></b></li></ul>
22	<p><b><u>Unfathomable death</u></b> <b><u>is</u></b> <b><u>terrifying,</u></b> <b><u>and although</u></b> <b><u>it is possible</u></b> <b><u>to deny this terror,</u></b> <b><u>it [i.e., this terror of an unfathomable death]</u></b> <b><u>cannot</u></b> <b><u>be dissolved</u></b> <b><u>as long as</u></b> <b><u>the ego</u></b> <b><u>remains</u></b> <b><u>within its present narrow confines.</u></b></p> <p><b><u>Sooner or later</u></b> <b><u>everyone</u></b> <b><u>is faced with</u></b> <b><u>this terrifying illusory end [i.e., illusory end in an unfathomable death],</u></b> <b><u>both</u></b></p> <ul style="list-style-type: none"><li>• <b><u>their own</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>others'.</u></b></li></ul>

**But**  
**even if**  
**this terror** [i.e., this terror of an illusory end in an unfathomable death]  
**is not**  
**acute,**  
**it** [i.e., this terror of an illusory end in an unfathomable death]  
**remains**  

- **a gnawing force**  
**in your soul,**
- **a force**  
**that must always exist**  
**until**  
**the ego**  
**gives up**  
**its resistance** [i.e., gives up its resistance to its  
transcendence into an expanded  
state of consciousness].

**In spite of**  
**the ego's**  
**extreme discomfort,**  
**it clings to**  

- **that very condition,**
- **the very state**  
**that makes true vision**  
**beyond**  
**the imaginary line of demarcation**  
**between**
  - **life****and**
  - **death****impossible.**

**This** [i.e. This situation where the ego clings to its present state of consciousness  
even though there is so much fear of death in this state of consciousness]  
**is**  

- **the sickness of**  
**the ego state and**
- **the perversion of it –**  
**to cling to**  
**the very thing**  
**it battles against** [i.e., to cling to this limited state of  
consciousness it is in even while it battles  
against the terror of death brought on by this  
limited state of consciousness].



23

All my friends  
can easily recognize themselves  
in this description,  
for  
the pathwork  
makes this incongruity [i.e., the incongruity in which the ego  
clings to the state of consciousness it is in even  
while it battles against the terror of death  
brought on by this state of consciousness]  
very obvious.

I believe it will greatly help you all  
• to see your plight  
in this light and  
• to know that  
this is a universal state  
which you are called upon  
to transcend.

On this path  
you must  
• be concerned with, and  
• grope for  
an understanding of,  
• how  
to transcend the ego, and  
• what that [i.e. what “transcending the ego”]  
really means.

24

• Isolation and  
• separateness  
are,  
• without a doubt  
and  
• without exception,  
• tragic  
and  
• ironic –  
• tragic  
because unnecessary [i.e., tragic because isolation and  
separateness are unnecessary],  
and  
• ironic  
because the ego  
clings to  
• what it  
hates  
and  
• what  
hurts it most.

It [i.e., The ego]  
lacks  
the  
• discipline and  
the  
• perseverance,  
the  
• commitment and  
the  
• faith  
to venture beyond  
its present scope of awareness.

Suffering  
must exist  
as long as  
you  
• cling to this state  
and  
• indulge in it.

As long as  
all the tricks of the ego  
are

- acted out,
- rationalized,
- denied,
- perpetuated and
- nurtured –

as is usually the case –  
you cannot help  
but suffer.

25

You all

- know,

my friends, and  
many of you have indeed

- experienced it,

that  
every step forward on the path  
reveals  
new vistas  
that are very real,  
much more real  
than the previous state  
that you  
thought  
was the  
ultimate  
reality.

Every step of the way  
this newly gained reality  
opens to a life

- wider and
- fuller

for you.

*The result [i.e., The result of this opening to a wider and fuller life for you as you take each next step on the path]*

*is*

*more*

• *joy,*

*more*

• *peace,*

*more*

• *consciousness,*

*more*

• *understanding of*  
*the beautiful deep meaning of life,*

*more*

• *creativity and*

*more*

• *intrinsic knowledge of*  
*life's eternity*

*versus*

*the illusion of*

• *death,*

*the illusion of*

• *finiteness.*

26

*But*

*every one of these steps [on the path]*

*could have been won*

*only*

*by a tremendous amount of investment*

*on your part.*

*Whoever*

*still wants*

• *indulgence [i.e., still wants a life of indulgence in shortcuts, in following the path of least resistance and requiring no self-facing]*

*and*

• *easy,*

• *cheap*

*results*

*can*

*never,*

*never*

*attain this new state.*

*You [who want easy, cheap results]*  
*will look wistfully*  
*at the possibilities*

*yet doubt*  
*that anything else could exist*  
*that would warrant*

- *the effort and*
- *the lowering of your pride.*

*This doubt [i.e., This doubt that anything else could exist that would warrant your*  
*effort and the lowering of your pride]*

*then becomes*  
*the excuse for*  
*the artificially maintained status quo.*

*This [i.e., This doubt that becomes the excuse*  
*for the artificially maintained status quo]*

*is the sin against*  
*life,*

*defeating*  
*life's*  
*natural movement*  
*toward*

- *evolution and*
- *unification.*

27

- *Discipline,*
- *courage,*
- *humility, and*
- *the ability to*  
*commit yourself –*  
*these are*  
*not*  
*attitudes*  
*you*  
*do not possess,*  
*my friends.*

Everyone of you  
possesses  
every conceivable attribute in the universe.

The question is,  
do you wish  
to avail yourself  
of these potentials  
within you,  
or [instead]  
do you wish to claim  

- that you  
do not possess them and
- that someone  
has to "give" them to you  
magically?

28

You often hold  
the  

- misplaced and
- confused

idea  
that  

- self-discipline  
hampers your freedom,

and, conversely,  
that  

- a free person  
does not need  
self-discipline.

Nothing  
could be further from  
the truth.

Freedom,  
in its real sense,  
is unthinkable  
without  
discipline.

And, conversely,  
the people  
• who indulge themselves [i.e., indulge themselves in the easiest path of life,  
the path of least resistance requiring no self-facing or self-reflection]  
and  
• who reject discipline  
are inevitably  
• dependent,  
• weak,  
• powerless,  
and consequently  
• afraid.

They [i.e., People who indulge themselves in the easiest path of life, the path of  
least resistance requiring no self-facing or self-reflection,  
and who reject all discipline]  
lack  
freedom.

Freedom  
can be gained  
only to the degree  
one uses  
voluntary  
self-discipline –  
uses it [i.e., uses voluntary self-discipline]  
for  
• one's own sake  
and not to  
• appease and  
• appear good  
in the eyes of others.

The latter attitude [i.e., the attitude of appeasing others and trying to appear good in the eyes of others]

often leads

either to

• actual

or [to]

• imaginary

discipline

being imposed upon the person

by others.

When such imposition [i.e., imposition of discipline upon the person by others]  
happens –

and this is of course undesirable –

it is always

a result of

the denial of

• voluntary self-discipline,

which goes together with

• self-responsibility.

29

Every

expansion

must be fought for

with self-discipline,

by overcoming

the embedded resistance

against

expansion.

The discipline

must be used

• for

stringent recognition of

the ego tricks

and

• against

giving in to them.



*This expansion*  
*is always*  
*a step beyond*  
*a known territory.*

*The ego*  
*has evolved*  
*to its present state,*  
*which varies, of course,*  
*from person to person,*  
*as a result of*  
*what humanity*  
*has already achieved.*

*The "territory"*  
*people have gained*  
*determines*

- *their degree of functioning,*
- *the scope of their*
  - *experience and*
  - *awareness.*

30

*When I speak of "territory,"*  
*I mean*  
*a state*  
*of*

- *awareness*

*and [a state]*  
*of*

- *available*
  - *creative life force and*
  - *influx from the real world,*

*all of which*  
*make experiencing life*

- *deeper and*
- *more meaningful.*

*The word "territory"*  
*is thus*  
*not to be understood*

- *in a geographical sense,*

*but*

- *in a total sense.*

	<p><u>The fences</u> <u>around this territory</u> <u>indicate</u> <u>the degree</u> <u>of the ego's self-transcendence</u> [i.e., <u>the degree to which ego-</u> <u>imposed fences have limited the ego's self-transcendence</u>].</p>
31	<p><u>Every incarnation,</u> <u>on whatever level,</u> <u>requires</u> <u>increasing the scope</u> <u>of one's</u> <u>"field of operation."</u></p> <ul style="list-style-type: none"><li>• <u>To widen</u> <u>the fences around</u> <u>the fragmented ego,</u></li><li>• <u>to bring in</u> <u>more reality</u> <u>from the world beyond</u> <u>the illusory confinement</u></li></ul> <p><u>is the task.</u></p> <p><u>Indirectly,</u> <u>this</u> [i.e., <u>this widening of fences around the fragmented ego and bringing in</u> <u>more reality from the world beyond the illusory confinement</u>] <u>applies to</u> <u>all levels.</u></p>

Even the

- most mundane,
  - outer,
    - physical and
    - intellectual
      - knowledge and
      - skills
- to be acquired

increase in some way  
your present ability to

- function and
- experience life,

and thus  
indirectly  
contribute to  
the ultimate task  
of  
self-transcendence.

The acquisition  
of new

- knowledge and
  - skills
- also demands  
the cultivation of the  
attitudes  
necessary for  
self-transcendence.

Every bit of

- new knowledge or
  - a new skill
- yields,
  - directly or
  - indirectly,

more
  - spiritual power and
  - awareness,

more
  - experience of joy and
  - realization of
    - your own adequacy and
    - your potential.

32

To acquire

new

- knowledge or
- skills,  
on whatever level,  
always means  
overcoming  
laziness.

It [i.e., Acquiring new knowledge or skills, on whatever level,]  
means

self-discipline:

the more

- desirable a new aspect of life is,

the more

- real and
- durable

it is [i.e., the more real and durable  
a new aspect of life is],

the more

- you must invest in it [i.e., the more you must invest in  
this new aspect of life].

It [i.e., Acquiring new knowledge or skills, on whatever level,]  
means

- trial and error, and

- the ability to

convert

- failure

into

- success.

It [i.e., Acquiring new knowledge or skills, on whatever level,]  
means

- perseverance,

- patience,

- faith.

	<p><i><u>It [i.e., Acquiring new knowledge or skills, on whatever level,]</u></i> <i><u>means</u></i> <i><u>• overcoming fear</u></i> <i><u>until</u></i> <i><u>the new thing</u></i> <i><u>becomes</u></i> <i><u>• one's own natural possession,</u></i> <i><u>until</u></i> <i><u>it [i.e., until the new thing]</u></i> <i><u>becomes</u></i> <i><u>• part of the personality,</u></i> <i><u>• second nature, so to speak.</u></i></p>
33	<p><i><u>The ego's task</u></i> <i><u>is always</u></i> <i><u>first</u></i> <i><u>to accept</u></i> <i><u>• the difficulties,</u></i> <i><u>• the hardships</u></i> <i><u>of the learning process.</u></i></p> <p><i><u>Only when</u></i> <i><u>the ego</u></i> <i><u>has learned</u></i> <i><u>the more mechanical aspects</u></i> <i><u>of this process</u></i> <i><u>can</u></i> <i><u>the influx of</u></i> <i><u>the spiritual self</u></i> <i><u>make</u></i> <i><u>the new acquisitions a</u></i> <i><u>• spontaneous,</u></i> <i><u>• living,</u></i> <i><u>• effortless</u></i> <i><u>experience.</u></i></p>

- Ego  
means
  - effort;

- spiritual self  
means
  - effortlessness.

This desirable effortlessness  
is not given  
by magic, however,  
for this would mean  
that  
the ego  
is not being

- transcended

but [rather the ego is being]

- avoided.

The ego  
must change its

- lazy,
- resistant

attitudes  
in order  
to

- transcend itself

to

- become able to  
unify with  
the  
cosmic,  
greater self.

The ego  
must lay  
the arduous groundwork  
until  
the real self  
can come through.

*This [i.e., The ego's need to lay the arduous groundwork  
until the real self can come through]*

*can be noted*

*in every*

- *activity or*
- *skill.*

*First*

*there is*

*always*

*effort.*

*It [i.e., The work of transcending the ego]*

*becomes*

*pleasurable*

*only when*

*it [i.e., only when the work of transcending the ego]*

- *seems,*

*and*

- *actually is,*

*"happening through you."*

34

*If you are learning  
a manual task,  
the manual rules  
have to be learned  
until  
they become part of the ego;*

*if [you are learning]  
a mental task,  
mental knowledge  
has first to be painstakingly acquired,  
often through  
quite mechanical processes.*

*Then [i.e., When the new knowledge has been painstakingly acquired]*

*• the new knowledge  
will become  
the person's own*

*and*

*• the spirit can use  
this newly expanded  
• vision,  
• knowledge,  
• skill,  
• energy, and  
• accomplishment  
to play  
creatively.*

*An artist*

*who wants to bypass  
the effortfulness of  
learning the ground rules  
can never unfold  
any creative ability,  
no matter  
how real*

*it [i.e., how real the artist's creative ability]  
may initially be.*

*These creative abilities*

*will wither*

*because*

*that person*

*wants to cheat life.*



35

The spiritual path itself  
demonstrates  
the identical principles.

As mentioned before,  
the ego  
must  

- learn and
- adopt

attitudes  
compatible with  
the  

- universal,
- divine

ones.

This is, as you know,  
not easy.

The inspiration  
of the spiritual self  
is blocked off  
to the degree  
the ego  
is blindly involved in  
its negativity,  
including  

- laziness,
- pride,
- self-will,
- fear,
- wish to cheat life, and
- escapist tendencies.

But as these [negative] tendencies  
are

- honestly recognized and
- gradually given up,

the influx of  
the world of  
eternal  

- truth,
- love, and
- beauty

becomes possible.

36

The arduous task of

• making the ego flexible

always comes first:

• teaching it [i.e., teaching the ego],

• bending,

• changing it [i.e., bending and changing the ego];

• making it [i.e., making the ego]

• receptive and

• vibrant;

• letting new

• life energy and

• creativity

flow through it [i.e., letting new life energy and creativity  
flow through the ego]

by

• identifying and

• abandoning

the ego's tricks.

Whether it [i.e., Whether the change in the ego]

takes shape as

new

• knowledge,

new

• skills,

or

• a new attitude toward

• life and

• the universe,

this change

always means

a new territory

has become your own.

37

People

truly wither away  
when they  
remain in the narrow confines  
of their present state  
because

- they feel it [i.e., they feel their present state]  
is safe and
- they think they have  
eliminated  
the need for
  - effort and
  - investment.

They [i.e., People, when they remain in the narrow confines of their present state,]  
do not permit  
life  
to regenerate them.

Regeneration

can happen  
only where  
inner movement exists.

It always seems frightening

at first  
to go beyond  
the ego's present confines.

The new territory

is

- foreign,
- unknown.

People

want to  
avoid the unknown, and  
they would rather  
• cower in fear of it [i.e., rather cower in fear of the unknown]  
than

- have the courage to
    - learn about it [i.e., than have the courage to learn about the unknown]
- and  
• make it their own [i.e., than have the courage to  
make the unknown their own].

To make

the unknown  
known,  
• outside  
as well as  
• inside,  
is the beauty  
of the spiritual path.

38

The ego

is under the illusion  
that to stay in the  
• stagnant,  
• narrow  
confines  
of the already known territory –  
for regardless of  
how much wider it may be [i.e. how much  
wider one's known territory may be]  
compared to  
• the territory of others,  
it is still narrower  
as compared to  
• one's potential –

is  
• easy and  
• relaxing.

To

- pull yourself up by your bootstraps
- and
- move beyond [i.e., to move beyond your current confined stagnant state] seems terribly tiresome.

This feeling [i.e., This feeling that to move beyond your current confined stagnant state would be terrible tiresome]

is illusory

because

- the stagnant state is really a contraction,

and

- contraction is by no means relaxing and restful,

although it may

seem so [i.e., contraction may seem relaxing and restful] to the confused mind.

True restfulness

is always

- alive and
- effortlessly moving.

This [i.e., True restfulness, a state in which one is always alive and effortlessly moving]

is impossible

in a state of contraction.

You can verify this

by looking around you.

The people

who do the least

are always

the most tired.

And the people  
who do most  
are  
always  
most  
• energized  
and  
• relaxed –  
provided their activity  
does not serve as  
an escape from  
the self.

39

Harmonious movement  
is not  
• tiring or  
• exhausting,  
although you may experience  
such symptoms [i.e., you may experience symptoms of  
tiredness or exhaustion]  
at first,  
because  
to go  
from  
• stasis  
to  
• motion  
on any level  
first requires accepting  
a temporary effort  
with  
• self-discipline,  
• faith,  
• courage, and  
• humility  
until  
• the effort  
becomes  
• effortless.

Spiritual movement

is  
effortless.

By

- spiritual movement

I mean

- the movement  
of
  - ultimate reality,
- the totally unified entity.

The stagnation

is really  
very effortful,

because

it [i.e., because stagnation]

requires

- an enormous and
- often unconscious

effort

in order to

sustain

the resistance

against

the soul's

natural inclination

to follow its destiny.

This unconscious effort [i.e., This unconscious effort to sustain the resistance  
against the soul's natural inclination to follow its destiny]

then manifests as

- tiredness,
- exhaustion,
- weakness,

which furnish the excuse [i.e., the excuse of being tired or weak]

to remain still longer

in the status quo.

The ego

uses the results

of its own errors [i.e., the results of its errors being tiredness,  
exhaustion, and weakness]

as tricks.

40

- All life  
is  
movement,

and

- movement  
is  
not effortful  
when the entity  
is in harmony with  
life.

But  
movement  
seems  
temporarily  
effortful  
until  
this harmony [i.e., until this harmony with life]  
has been established  
by  
reorienting  
the ego.

[When the ego has been reoriented]  
You then  
move  
within  
the rhythm  
of your own life stream.

When you  
can  
feel  
the rhythm of your life stream,

- you have  
already  
acquired  
a certain amount of  
self-awareness and
- you are  
already  
within  
the expansive movement.



41

Those who are on paths such as yours  
will find that

- some parts of them  
are already joining the cosmic movement;
- other parts  
still
  - resist and
  - stagnate.

Your  
moving parts  
are  
the aware parts.

These [moving] parts  
are capable of recognizing  
the significance of the resistance.

These [moving] parts can meditate

- on seeking a deeper understanding  
of your task in life;
- on the meaning of your life  
in the light of this lecture.

You will find  
greater motivation  
to request guidance  
so that

- your stagnating parts  
will yield to
- the moving parts.

Little by little  
you will  
energize  
the contracted consciousness  
that has  
separated itself  
from the whole.

42	<p><u><i>When I speak of ego,</i></u> <u><i>I do not wish to imply</i></u> <u><i>that it should be</i></u> <u><i>totally</i></u></p> <ul style="list-style-type: none"><li>• <u><i>negated,</i></u></li><li>• <u><i>denied, and</i></u></li><li>• <u><i>insulted.</i></u></li></ul> <p><u><i>The ego</i></u></p> <ul style="list-style-type: none"><li>• <u><i>is part of</i></u> <u><i>divine consciousness and</i></u></li><li>• <u><i>holds all aspects of</i></u> <u><i>the greater self</i></u> <u><i>from which</i></u> <u><i>it has separated itself,</i></u> <u><i>even if they [i.e., even if aspects of the greater self which</i></u> <u><i>the ego holds]</i></u></li></ul> <p><u><i>are</i></u></p> <ul style="list-style-type: none"><li>• <u><i>distorted and</i></u></li><li>• <u><i>misused</i></u> <u><i>[i.e., distorted and misused by the ego].</i></u></li></ul> <p><u><i>The basic</i></u></p> <ul style="list-style-type: none"><li>• <u><i>energy and</i></u></li><li>• <u><i>consciousness</i></u> <u><i>of the ego</i></u> <u><i>is made of the same substance</i></u> <u><i>with which</i></u> <u><i>you ultimately reunite.</i></u></li></ul>
43	<p><u><i>The ego</i></u> <u><i>must be</i></u> <u><i>healthy</i></u> <u><i>in order</i></u> <u><i>to</i></u></p> <ul style="list-style-type: none"><li>• <u><i>venture beyond its present confines,</i></u></li></ul> <p><u><i>to</i></u></p> <ul style="list-style-type: none"><li>• <u><i>transcend itself, and</i></u></li><li>• <u><i>learn and</i></u></li><li>• <u><i>own</i></u> <u><i>as yet</i></u> <u><i>unknown spiritual territory.</i></u></li></ul>

It [i.e., The ego]

needs to

expand

its

- knowledge,
- experience, and
- creative potential.

In order to do this [i.e., In order to expand its knowledge, experience,  
and creative potential],

the ego

must adopt

attitudes

compatible with

its original nature.

All the

- tricks of the ego,

all the

- negativity and

- evil

that are embedded

only

in the ego,

have to be recognized

with a

- very incisive,

- sharp

self-honesty

for what they are.

- Denial,

- rationalization, and

- projection

must be given up.

The searchlight

must be

ruthlessly

turned

on the little self.

Only when you  
use your ego consciousness  
to put  
the strong light of truth  
on other areas of your ego consciousness  
can you adopt  

- healthy,
- truthful

attitudes.  
Only  
a healthy ego  
can  

- transcend itself and
- unify with

the naturally healthy  
divine consciousness.

44

The  

- weak,
- sick,
- distorted

ego  
very often  
wants to give itself up  
simply because  
it cannot bear itself any longer.

It [i.e., The weak, sick, distorted ego]  
adopts  
various forms of escape,  
such as  

- drugs or
- other means of

false transcendence.

But  
such [i.e., But false]  
ego transcendence  
is  

- highly dangerous and

is  

- just a variation of insanity.

*For insanity itself*  
*is the attempt of the ego to*

- *lose or*
- *transcend*  
*itself*

*because*  
*it can no longer*

- *bear*  
*itself.*

*In all these*

- *false and*
- *dangerous*

*attempts* [i.e., *In all these false and dangerous attempts by the ego to lose or transcend itself*],

*the entity*

*always*

*seeks to avoid*

- *effort,*
- *pain,*
- *inconvenience, and*
- *those aspects of life*
  - *with which it does*  
*not agree or*
  - *which it does*  
*not understand.*

*It* [i.e., *The ego or entity*]

*seeks to cheat,*

*using shortcuts,*

*which*

- *can never work and*

*which*

- *exact a very high price.*

	<p><u>Consequently</u> [i.e., <u>Because using shortcuts never works</u> <u>and exacts a very high price</u>],</p> <p><u>the entity</u> <u>may hold on</u> <u>even tighter to the</u> <u>• immobile,</u> <u>• rigid</u> <u>state,</u> <u>perhaps for</u> <u>many incarnations,</u> <u>thus</u> [i.e., <u>thus by holding on even tighter to the</u> <u>immobile, rigid state for many incarnations</u>] <u>making</u> <u>• healthy ego transcendence</u> <u>as impossible as</u> <u>• the false kind</u> [i.e., <u>the false kind of</u> <u>transcendence – via drugs or other</u> <u>means of false transcendence</u>].</p>
45	<p><u>You can succeed</u> <u>only</u> <u>• by using</u> <u>the healthy part of the ego</u> <u>to shed light on</u> <u>the sick part;</u></p> <p><u>• by using</u> <u>the honest part of the ego</u> <u>to shed light on</u> <u>the dishonest part.</u></p> <p><u>Then</u> [i.e., <u>Then when you use the healthy part of the ego to shed light on the sick part</u> <u>and use the honest part of the ego to shed light on the dishonest part</u>] <u>ego transcendence</u> <u>takes place</u> <u>in the safest possible way.</u></p>

Then [i.e., Then when you use the healthy part of the ego to shed light on the sick part and use the honest part of the ego to shed light on the dishonest part]  
you acquire

new territory:

a territory

that was at first

frighteningly

- foreign,
- unknown, and
- apparently dark

but will become

- familiar and
- light.

With this

new safety,

a sense of

eternality

is created in the self.

The deepest

- feelings,
- knowledge, and
- experiences

of life's continuum

will

- grow and
- automatically eliminate  
an enormous amount of
  - pain and
  - fear.

But

this growth

cannot come cheaply.

It [i.e., This growth]

requires

full

- investment and
- commitment

on your part.

And whoever

does this [i.e., whoever makes this full investment and commitment]

genuinely

must reap the fruits

in a most concrete way.

46	<p><i><u>The greater</u></i> <i><u>your efforts become,</u></i> <i><u>the more of</u></i> <i><u>a spiritual force</u></i> <i><u>you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>lawfully elicit and</u></i></li><li>• <i><u>make your own.</u></i></li></ul> <p><i><u>Every step of</u></i></p> <ul style="list-style-type: none"><li>• <i><u>truth and</u></i></li><li>• <i><u>goodwill</u></i></li></ul> <p><i><u>activates</u></i></p> <ul style="list-style-type: none"><li>• <i><u>automatically and</u></i></li><li>• <i><u>inexorably</u></i></li></ul> <p><i><u>the</u></i></p> <ul style="list-style-type: none"><li>• <i><u>power and</u></i></li><li>• <i><u>creative spiritual force</u></i></li></ul> <ul style="list-style-type: none"><li>• <i><u>within and</u></i></li><li>• <i><u>around</u></i></li></ul> <p><i><u>you.</u></i></p>
47	<ul style="list-style-type: none"><li>• <i><u>Blessings and</u></i></li><li>• <i><u>love</u></i></li></ul> <p><i><u>for all of you,</u></i> <i><u>my dearest ones.</u></i></p>

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork Foundation PO Box 6010  
Charlottesville, VA 22906-6010, USA

Call: 1-800-PATHWORK, or Visit: [www.pathwork.org](http://www.pathwork.org)

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

#### Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

#### Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.