

Pathwork Lecture 234: Perfection, Immortality, Omnipotence

1996 Edition, Original Given October 22, 1975

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	<ul style="list-style-type: none">• <i><u>Greetings and</u></i>• <i><u>divine blessings</u></i> <i><u>for all of you,</u></i> <i><u>my dearest friends.</u></i> <i><u>Divine love</u></i> <i><u>is like an</u></i> <i><u>immense mantle</u></i> <i><u>of finely spun gold,</u></i><ul style="list-style-type: none">• <i><u>permeating the universe,</u></i>• <i><u>enveloping</u></i><ul style="list-style-type: none">• <i><u>everything and</u></i>• <i><u>everyone</u></i><i><u>existing in all of creation.</u></i> <i><u>It [i.e., Divine love]</u></i> <i><u>is</u></i><ul style="list-style-type: none">• <i><u>a permanent reality,</u></i>• <i><u>always accessible</u></i> <i><u>in its essence.</u></i>

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Edited by Judith and John Saly; Devotional Format posted 10/4/17

Only
the disconnected mind
• fails to perceive
divine love and
• moves itself
out of grace, as it were.

But
being removed from grace
is only an illusion.

It [i.e., Being removed from grace]
becomes reality
for the narrow consciousness
that
believes
that
• the illusion
is
• real.

As you
• grow on your path and
• find forever
• more and
• deeper
connections
with
• yourself,
with
• what is now in you,

you finally
connect with
that essence of yourself
that is
the state of grace I just described.

04

• Your innermost universe
is also
• the outermost universe
and vice versa.

Truly,
there is no separation
between them [i.e., there is no separation between your innermost
universe and the outermost universe].

As
• time
is an illusion,
so is
• "inside and
• outside,"
and so is it
an illusion
that
• you
are separated from
• that mantle of divine love,
which is also
you yourself,
for
• you
are part of
• that mantle [of divine love].

It [i.e., That mantle of divine love]
is not merely
• given to you, or
• available to you –
you
are
it [i.e., You are that mantle of divine love].

05

I know, my friends,
these are difficult concepts

- *to comprehend,*
let alone
- *to experience*
in your present state,
a state in which
a condensation of
 - *energy*

and

- *consciousness*
has created
little nuclei, as it were.

Perhaps I might use the analogy of
an "airpocket"
to convey

- *nature or*
- *life*
of matter.

In the immense sea
of divine reality
there are
airpocket-like

- *formations and*
- *configurations*
that are produced by
certain states of consciousness.

To those

- *who created*
that particular condensation,
- *who are in*
that state of consciousness,
the creation seems
 - *unique and*
 - *isolated.*

Nothing else [Nothing else but that particular condensation of energy and consciousness, nothing else but that state of consciousness you yourself created]

seems to exist,

because

you cannot perceive

what is produced

from other states of

• consciousness and

• development.

The "airpocket" you live in
represents

your present reality.

It may be

an entirely different "airpocket" for others

• whom you can

• see and

• hear,

but

• who

• live in a different world and

• have created

a different configuration.

06

Your higher self
is of course

• the ever-existing

grace of God,

• the mantle of

• love,

• truth and

• beauty

that permeates

all of existence.

- Your higher self
knows
states of reality
- that
- your conscious mind
knows nothing about.

Only on the journey
to your innermost being
do you
gradually

expand

- the experience and
- the knowledge

that come from

your higher self,

allowing it [i.e., allowing the experience and
knowledge that come from your higher self]

to penetrate

the mind

of your conscious personality.

In the limited state of perception
of the conscious mind,

the truth

that the higher self knows to be real

becomes

somewhat distorted.

Perceiving

the higher self's knowledge

through the maze of the ego consciousness

makes

- the truth

somehow

- untrue.

07

In tonight's lecture I will speak about
three such particular states of reality,

which in

- the higher self

are

- beautiful,

but in

- the ego-consciousness

become

- untrue,
- off center,
- distorted and
- neurotic.

You must therefore

first abandon

- the distortions,

on the level of

- ego-consciousness,

before they [i.e., before these three particular states of reality

which in the higher self are beautiful]

can reemerge as

- truth

on a

- deeper level of consciousness.

It is very important

to understand this.

You struggle constantly

because

you always assume that

something is

either

- right

or

- wrong,

yet something can be

- truth

on one level

and

- untruth

on another.

08

The three aspects I want to discuss this evening
are

- perfection,
- immortality, and
- omnipotence.

Let us see

how these three states of reality compare

when you experience them in the

- higher-self consciousness, and

when you experience them on the

- personality level.

I venture to say, my friends,

it will help you a great deal

if you can assimilate

what I attempt to give you here.

09

Let us begin with

perfection.

The striving

of the higher self

for perfection

is of course

a legitimate movement,

for the soul knows

that this state of reality

exists as a

- living,

- breathing

reality of its own.

Perfection of

the spiritual entity

is very different, however, from

the way the ego conceives of it.

Perfection in reality
is an
ever-changing flux.

There is nothing static
about it [i.e., There is nothing static about perfection].

One thing
is not in opposition to
another.

• Truth,
• beauty,
• love
are
ever-changing manifestations,
changing always appropriately
to the occasion.

Therefore
perfection
is a constantly moving state.

But
the ego consciousness
conceives of perfection
as
• static,
• very limited and
• exclusive,
rather than
• inclusive.

Therefore
• perfection
deteriorates into
• perfectionism.

When this happens,
duality
takes its toll.

One thing seems
• good,
another [thing seems]
• bad.

10	<p><u><i>You must give up</i></u> <u><i>striving for perfection</i></u> <u><i>from the ego point of view</i></u> <u><i>to truly reach</i></u> <u><i>the perfection of the higher self.</i></u></p> <p><u><i>Let us consider</i></u> <u><i>the motives</i></u> <u><i>for perfection</i></u> <u><i>on both levels –</i></u> <u><i>that of the</i></u><ul style="list-style-type: none">• <u><i>conscious ego personality and</i></u>• <u><i>that of the</i></u><u><i>higher self.</i></u></p> <p><u><i>Along with that,</i></u> <u><i>let us look at some of the</i></u><ul style="list-style-type: none">• <u><i>qualities and</i></u>• <u><i>traits</i></u><u><i>manifesting</i></u> <u><i>in both states.</i></u></p>
11	<p><u><i>The motive –</i></u> <u><i>if there is such a thing [i.e., if there is such a thing as “motive”]</i></u> <u><i>from the higher-self point of view –</i></u> <u><i>for</i></u><ul style="list-style-type: none">• <u><i>being perfect and</i></u>• <u><i>wanting perfection,</i></u><u><i>is</i></u> <u><i>love.</i></u></p> <p><u><i>It is the recognition</i></u> <u><i>that</i></u> <u><i>only</i></u> <u><i>a state of pure love</i></u><ul style="list-style-type: none">• <u><i>can further creation,</i></u>• <u><i>can aid the great evolutionary plan.</i></u></p>

God is
perfection,
therefore
the Godself is
perfect –
in
• wisdom,
in
• love,
in
• beauty,
in
• unity,
in
• all-inclusiveness and
in
• the undivided reality
in which
what is
• good and
• desirable
for
• one
must also be so
for
• all others.

True perfection
is a
relaxed state of being
in which
no
• fear,
• pride, or
• self-will
exist.

It [i.e., True perfection]
exists
for its own sake,
• simple and
• pure.

Real perfection
harbors within itself
a state of
deep self-recognition
that contains
• respect and
• love
for
• the self
as much as for
• all other things in creation.

Hence [i.e., Having within itself a state of deep
self-recognition that contains respect and love for the self]
no proving
is necessary.

Perfection
• is wide open and
• knows
• no formula and
• no rigid rule.

Inner
• freedom and
• security
make it possible
for the entity
to decide
spontaneously
when to
• be soft and
when to
• strongly assert a position.

There is
no maudlin sentimentality
that shrinks
fearfully
from confrontation.

The courage
to risk rejection
for the sake of
• help and
• truth
exists
without becoming
an extreme position
of punitive
self-righteousness.

• Expanding,
• giving,
• joyful and
• vigorous
expressions of
divine reality
surge forth
in the state of
• positive aggression,
as well as
in the state of
• soft
• receptivity and
• acceptance.

Perfection
is a
• breathing,
• living
force
that
• heals,
• grows and
• creates
because
it exists
for its own sake.

In that state it [i.e., *In that state of being a breathing, living force that heals, grows and creates because it exists for its own sake, perfection*]
constantly

expresses

a variety of divine qualities,

not only

- *love,*
- *truth,*
- *justice,*
- *beauty,*

but also

- *creative vigor,*
- *vitality,*
- *myriad expressions*

of self,

of life

forever alternating [i.e., *alternating between the state of positive aggression and the state of soft receptivity and acceptance*]

for

the deeply innate purpose of spreading divine reality

into

all of

the void.

This is a

very limited explanation, my friends,

for human words

do not exist

to describe this state [i.e., *this state of perfection*].

So you need to use

- *your innermost feelings,*
- *the intuitive faculties*
of your inner soul,

to feel

what I mean to convey here [i.e., *mean to convey by the word “perfection”*].

12

Now how does
striving for perfection
look
when it comes from
the level of
the ego personality?

What are the
• motives?

What are the
• attitudes?

Obviously there is
pride –
the need to be
perfect
in order to be
better than others.

That feeling alone [i.e., That need to be better than others alone]
totally distorts reality.

As I have often said,
when you compare in this manner [i.e., when you compare yourself
with others in order to be better than others],
you are in
the illusion
that there is
a limited quota of perfection
available,
so that
you have to
• jealously guard your own [level of perfection]
and
• take it [i.e., take aspects of perfection]
away from others
in order to reach your goal [i.e., to reach
your goal of being better than others].

At the same time,
another person's
already developed state
appears
to diminish you.

Attempting to become perfect
at the expense of others
obviously
defeats your very aim,
for nothing could be
less perfect
than the

- inner greed,
- jealousy,
- envy,
- tight ambitiousness and
- vanity

involved here,
not to mention the

- very imperfect,
- limited

view of life
in which such
exclusiveness [i.e., exclusiveness where you need to
have more perfect aspects than others have
in order to be better than others]
seems a reality to you.

13

Another distortion
in striving for perfection
on the personality level
is

- the fear of inner imperfection,
- a hidden
sense of worthlessness
that you
never

- face squarely,
- comprehend,
- work through

in its [i.e., in your fear of inner imperfection
hidden sense of worthlessness's]

- details and
- small everyday manifestations.

Instead [i.e., Instead of facing, comprehending and working through your fear of inner imperfection and hidden sense of worthlessness's details and small everyday manifestations],

you put on

a mask of perfectionism

to prove to

- the world and
- yourself

that the worthlessness

you

- fear and
 - suspect
- does not exist.

Perfection then [i.e., Perfection you put on as a mask to the world and to yourself then]

becomes

a superimposed solution

for

the worthlessness

that you do not want to

- experience and
- examine.

So here we are also dealing with

- evasion and
- untruth.

You are

untruthful

in the sense of

- not wanting to see

what you

really

- feel and
- think

about yourself,

but rather

- striving to

appear

what you are not.

On the ego level,
perfection
• becomes, or
• is,
outer-directed.

It [Perfection]
exists
for the sake of
• others,
for the sake of
• appearance.

14

So if you seek
perfection –
a divine state –
in a state of
untruth,
the false search
must lead to
a rigid distortion,
truly
a caricature of
the real
state of perfection.

Such a
• prideful,
• fearful,
• untruthful
attitude
indicates
lack of faith in
your own deeper nature.

Therefore [i.e., Because of your lack of faith in your own deeper nature]
you hurriedly
try to
pretend
that you are in
a perfect state,
without it [i.e., without the perfect state]
having developed
organically.

The pretense of
appearing perfect –
which may apply to

- specific aspects of the personality

and not so much to

- the total personality –

implies
a deep dishonesty
on the part of
the lower self.

It [i.e., The pretense of appearing perfect, a dishonest on the part of the lower self]
is

- truly cheating,
- wanting to skip
the laborious work of
becoming, and
- wanting to attain
the desirable result
without paying the price.

This [i.e., Wanting to skip the laborious work of “becoming” and instead wanting
to attain the desirable result without paying the price of hard work],
in turn,
increases

- guilt and
- a sense of worthlessness

that is

- diffuse and
- not pinpointed
in conscious awareness.

15

The superimposed perfection –
or rather

perfectionism –
is always

- blind,
 - unsure,
- and therefore
- rule-bound.

It [i.e., superimposed perfection or rather perfectionism]
uses truth

often

- in a misplaced way,
- in generalizations
that do not fit the occasion.

The self

then becomes at times

- wrongly soft

where

- confrontation and
- assertion
would be appropriate

and

- intolerant

where

- acceptance
would be appropriate.

For many personalities
one or the other

of these two attitudes [i.e., either the attitude of assertion and
confrontation on the one hand or the
attitude of acceptance on the other]

seems to be

- "godly" or
- "right"

and is used

blindly,

because

it [i.e., the attitude of the two that seems to be

"godly" or "right"]

has become

structured into the personality.

Because you refuse to face
your deep lack of faith in yourself,
you always
project it [i.e., you always project your deep lack of faith in yourself]
outward
in a

- cynical and
- negative

attitude toward the world.

Alternatively,
you may put on
a false
"appearance faith" [i.e., a false "appearance faith in yourself"].

The self-judgments
that you
do not face openly
distort the personality
into becoming
self-righteously severe
with others.

Religionists
often

- distort reality in that way [i.e., distort reality by
becoming self-righteously severe with others]

and

- rationalize
their narrow attitude
by using religious doctrines.

Or you may
project

- self-indulgence and
- guilt

in a different way
by

- becoming overly
 - permissive and
 - sentimental,
- developing a
 - false,
 - mask-self
acceptance

that is only an appearance.

16

*You can see very clearly, my friends,
that you must abandon
the claim for perfection
for the sake of*
• *the truthfulness and*
• *the humility*
*of accepting
your imperfection.*

*And that [i.e., And abandoning your claim for perfection for the sake of
the truthfulness and the humility of accepting your imperfection]*
is indeed
the threshold
you must go through
in order to
make room
gradually
for the
• *ever-existing and*
• *unfolding*
perfection of your soul,
a perfection
that you will experience so differently
when you approach it in this way.

• *The humility of*
giving up perfectionism and
• *the honesty of*
paying the price
for developing
slowly
into a more genuinely perfect being
are
indispensable prerequisites
which are, in fact,
aspects of
your real perfection.

	<p><i><u>It may seem paradoxical, but</u></i></p> <ul style="list-style-type: none">• <i><u>accepting humbly</u></i>• <i><u>your imperfect state and</u></i>• <i><u>looking at it [i.e., looking at your imperfect state]</u></i>• <i><u>creatively,</u></i>• <i><u>constructively, and</u></i>• <i><u>specifically</u></i> <p><i><u>so as to</u></i></p> <ul style="list-style-type: none">• <i><u>understand and</u></i>• <i><u>make connections</u></i> <p><i><u>is already</u></i></p> <p><i><u>a manifestation of</u></i></p> <p><i><u>the Godhead within.</u></i></p>
17	<p><i><u>Now let us come to</u></i></p> <p><i><u>immortality.</u></i></p> <p><i><u>Again,</u></i></p> <p><i><u>immortality</u></i></p> <p><i><u>is the state of reality</u></i></p> <p><i><u>that the higher self</u></i></p> <p><i><u>knows exists.</u></i></p> <p><i><u>However,</u></i></p> <p><i><u>the consciousness</u></i></p> <p><i><u>that is disconnected</u></i></p> <p><i><u>from the higher self</u></i></p> <p><i><u>warps this truth.</u></i></p> <p><i><u>The conscious thinking process</u></i></p> <p><i><u>translates this awareness [i.e., translates the higher self's</u></i></p> <p><i><u>awareness of immortality]</u></i></p> <p><i><u>into</u></i></p> <ul style="list-style-type: none">• <i><u>fear of death,</u></i> <p><i><u>just as</u></i></p> <p><i><u>the message of the higher self</u></i></p> <p><i><u>that perfection</u></i></p> <p><i><u>is possible</u></i></p> <p><i><u>reaches</u></i></p> <p><i><u>the conscious personality</u></i></p> <p><i><u>as</u></i></p> <ul style="list-style-type: none">• <i><u>fear of imperfection.</u></i>

The fear of death

says,

on the deepest level:

"I want to

experience

the state of immortality

that I know exists,

even though

I am caught

temporarily

in the dualistic 'airpocket' of

• life

versus

• death –

an either/or [i.e., an either life or death experience]."

In that

experience [i.e., In that dualistic "airpocket" of

an either life or death experience],

in that

vision [i.e., in that dualistic "airpocket" of

an either life or death vision],

when you are in

• one,

you do not see

• the other [i.e., when you are in life you do not see death and

when you are in death you do not see life],

and you fear

giving up

• one

for

• the other [i.e., you fear giving up life for death and you fear

giving up death for life].

18

Fear of death

also implies

lack of faith in

the ever-ongoing reality

of

• all life,

• all consciousness.

However,
when
• self-will and
• fear
motivate the conscious mind
of the outer personality,
they [i.e., self-will and fear]

both
• seek out and
• distort
the truth of immortality
in order to avoid
the fear of death.

Adopting spiritual truths [i.e., here adopting the spiritual truth of immortality]
in order to
deny
feeling
your fear of death
is a neurotic manifestation.

The personality
fears to go through
the tunnel of that fear [i.e., the tunnel of that fear of death].

Only when you
• face the tunnel [i.e., face the tunnel of that fear of death]
with courage
and
• go through it [i.e., go through the tunnel of that fear of death]–
as you must face and go through
all
feared feelings –

will you
experience
the reality of eternal life,
whether you are
• in the body
or
• outside the body.

19

The motivation
for believing in immortality
plays a tremendous role here.

If you

- hide
your
 - fear of death,
- lack of faith,

and

- disconnect your awareness
from the inner source
of this dark fear,

then

superimposing the truth [i.e., the truth of immortality]
from outside
will not work.

You must

abandon

- immortality

and

accept

- mortality

until

you can truly become
immortal.

20

And now let us look at
the third of this triad:
omnipotence.

Again,
the state of ultimate reality
of the soul
knows

its own

- omnipotence,

its own

- Godness –

knows of

its power

- to heal,

its power

- to create

worlds and

- to re-create

the self in myriad joyful forms,

- to

• dissolve these forms [i.e., dissolve these joyful forms] and

- re-create them.

But

the conscious personality

vaguely perceives

this state of omnipotence

in a distorted form,

like the other two concepts [i.e., like the conscious personality

vaguely perceives the two concepts of perfection and

immortality in distorted forms].

When this distorted message [of omnipotence]
from the higher-self state
comes through
the thin funnel
of the channel
that exists as yet very narrowly,
its [i.e., the message of omnipotence's]
manifestation then [in its distorted form]
is the childish
claim for omnipotence
that you all know exists
in

- infants and

in

- the infantile aspects of adults as well.

In that

- distorted,
- immature

state
the self-will
dictates
total
omnipotence:

"I want it my way.

There must be
no

- obstacles,

no

- delays,

regardless of
the cost to others.

I must have
my will
immediately,
regardless of
the consequences."

*That sense of omnipotence
of the outer personality
is an insistence on
magical solutions
that are supposed to
eliminate
the need to*
• *learn and*
• *grow*
*from dealing with
the realities
you have
already
created,
such as [the realities of]*
• *frustration,*
• *pain,*
• *difficulties,*
• *struggle.*

21

*Obviously this distortion [i.e., this distortion of omnipotence of the outer
personality, this insistence on magical solutions to the reality of life's
difficulties such as frustration, pain, and struggle]
is destructive.*

It [i.e., This distortion of omnipotence of the outer personality, this insistence on magical solutions to life's difficulties such as frustration, pain, and struggle]

implies

- ***selfishness,***
- ***lovelessness***
- ***ruthless disregard for others***

to the point of

- ***cruelty and***
- ***unreality –***

the belief that

a sheer act of will

can make obstacles disappear,

when what is really called for

is learning from them [i.e., learning from

obstacles]

through

acceptance

and thus

transcending them [i.e., and

transcending obstacles by

learning from them through

accepting them].

This distortion [i.e., This distortion of omnipotence of the outer personality, this insistence on magical solutions to life's difficulties such as frustration, pain, and struggle]

also reveals

- ***a limited outlook***
on the reality of creation,

- ***lack of***

- ***trust or***

- ***faith,***

and again

- ***the cheating***

that wants to avoid

the labor of

the struggle of growth.

22	<p><i><u>It is therefore</u></i> <i><u>obviously necessary</u></i> <i><u>for the</u></i></p> <ul style="list-style-type: none">• <i><u>growing,</u></i>• <i><u>maturing</u></i> <p><i><u>individual</u></i> <i><u>to abandon</u></i> <i><u>the claim for</u></i></p> <ul style="list-style-type: none">• <i><u>omnipotence and</u></i>• <i><u>magic,</u></i> <p><i><u>with all the negative traits</u></i> <i><u>that are inherent in this claim.</u></i></p> <p><i><u>If you have</u></i> <i><u>the humility</u></i> <i><u>to accept your limitations,</u></i> <i><u>you can</u></i> <i><u>go through the doorway</u></i> <i><u>and gradually</u></i> <i><u>expand your power</u></i> <i><u>to create.</u></i></p> <p><i><u>But this [i.e., this power to create]</u></i> <i><u>occurs then</u></i></p> <ul style="list-style-type: none">• <i><u>on that other level [i.e., on the level of the higher self rather than on the level of the personality],</u></i>• <i><u>in a totally different way [i.e., organically through growth and maturation of the individual rather than magically or through self-will].</u></i>
23	<p><i><u>The motive</u></i> <i><u>on the higher-self level</u></i> <i><u>for experiencing</u></i> <i><u>the true divine state</u></i> <i><u>of omnipotence</u></i> <i><u>has nothing to do with</u></i></p> <ul style="list-style-type: none">• <i><u>pride,</u></i>• <i><u>self-will or</u></i>• <i><u>fear.</u></i>

It [i.e., The true divine state of omnipotence]
does not exclude others.

It [i.e., The true divine state of omnipotence]
always includes them.

It [i.e., The true divine state of omnipotence]
is a powerful bright force
of self-expression
that never infringes on others.

The kind of omnipotence
attempted by
the immature state
always

- *infringes on others and*
- *wants*
 - *to limit them*
for the sake of
its own greater power,
- *to subjugate*
others as the tool for itself.

The divine state of omnipotence
enjoys
the equal omnipotence of others.

There is
never
a power struggle between entities
in this state.

24

Let us see,
my dearest friends,
how you need to
give up
a pretended state
in order to
regain it
on a genuine level.

You need to
lose sight,
temporarily,
of the goal [i.e., the goal of perfection].

You need to
give up your claim for
the ego's
perfection
that is based on

- pride,
- comparison,
- vanity,
- fear of your own insufficiency.

You need to
have the humility
to see
your imperfections.

That in itself [i.e., Having the humility to see your imperfections in itself]
is the

- surest,
- fastest

way
to get you closer to
perfection.

25

Your belief in
immortality
needs to be
abandoned
temporarily,
even though
it [i.e., even though your belief in immortality]
may be quite accurate,

because
in spite of your belief [in immortality]
you still cannot
conceive of the change –
the switch of consciousness
on a

- feeling and
- experiential

level –
that takes place
when you leave the body.

These [i.e., These ideas about immortality and the change that takes place
when you leave the body]
are still
only words
for
all
of you.

It is important

that you give up

using these words

[i.e., that you give up words you use in order] to

deny

your

- *vague unrest,*

your

- *anxiety or*

- *fear*

of that unknown state [i.e., that unknown state

you will be in after you leave the body]

by superimposing on them [i.e., by superimposing

on your feelings of vague unrest, anxiety or

fear about life after you leave the body]

- *true principles and*

- *the facts*

of the greater life [i.e., the greater life

you will experience after you

leave the body].

You need to

admit

your

- *fear,*

your

- *puzzlement,*

your

- *state of anxiety,*

the feeling of being

at a total loss.

For you

truly confront a wall

which you

cannot penetrate

as yet.

This wall [which you confront and cannot as yet penetrate]

is of your own making.

It [i.e., This wall of your own making which you cannot penetrate as yet]
is a result of

- **your disconnectedness and**
- **the turn your mind has taken**
in the particular "airpocket"
of your condensed reality.

However,

that self-created wall
can crumble
only when

you

- **accept its existence and**
- **let yourself**

feel

the feelings

that this wall elicits in you.

You need

not

abandon the ideas [i.e., You need not abandon the ideas you have about
greater life you will experience after you leave the body],

but you need to

admit

that

the ideas [i.e., that the ideas you have about
greater life you will experience after you leave the body]
are only ideas for you,

that

your feelings [i.e., that your feelings related to the greater life
you will experience after you leave the body]

are far removed from them [i.e., far removed from your ideas],

and

that

you do fear

the black wall

of the unknown [i.e., you do fear the unknown concerning the
life you will experience after you leave the body]

which you must traverse.

26

You have to go through
similar walls of the unknown
practically every day of your life,
if you wish to live
• *fully*
and not in
• *self-limitation and*
• *self-deprivation.*

The more
you do this willingly [i.e., *The more you willingly go through these many*
walls of the unknown every day of your life],

the more

- *the walls* [i.e., *the more the many walls of the unknown*]
will dissolve,

even

- *the great wall* [i.e., *even the great wall of the unknown concerning the*
life you will experience after you leave the body].

This [i.e., *Willingly going through then many walls of the unknown every day of*
your life and thereby dissolving the walls, even the great wall of the
unknown concerning the life you will experience after you leave the body]
will make it possible,
even while living in the body,
to
truly experience
a switch of consciousness.

You traverse
walls of unknown terror
in your pathwork
as a result of
your commitment to
your feelings [i.e., your commitment to feeling all the feelings]
that you had denied:

- pain,
- hate,
- self-rejection,
- guilt,
- rage,
- all shades of
 - fear and
 - terror,

as well as the even more feared feelings of

- love,
- sexuality,
- bliss,
- oneness.

As you
learn
to travel through
these feelings [i.e., travel through and fully feel all these many
heretofore-denied negative and positive feelings],
in spite of
the initial fear to do so,
you
experience
a wonderful

- new freedom,

a wonderful

- liberation and
- enrichment.

A previously

- unknown state [i.e., a state of a wonderful freedom, liberation, and
enrichment that has not been known previously because you have
been denying so many of your feelings – positive and negative]

becomes a

- known state [i.e., becomes a state of a wonderful freedom, liberation, and
enrichment that is now known because of your new commitment to
feel all of your feelings – positive and negative].

*It does no good
telling yourself
how you believe
that these feelings [i.e., that these negative and positive feelings
you have been denying]
are not to be feared,
while you avoid
• experiencing them
and
• going through the dark tunnel
they seem to be [i.e., while you avoid going through the
seemingly dark tunnel of feeling all of your
feelings – feeling those negative and positive
feelings you have been denying].*

*Only going through them [i.e., Only going through and feeling all those negative
and positive feelings you have been denying]
can truly
free you
so that
you will never again
fear them
to the same degree.*

*If you repeat this [i.e., If you repeat going through and feeling every
feeling that comes up]
every time
a residual fear of
any feeling
surges up again,
eventually
no residual fear
of any
• feeling or
• state
will remain.*

*It is the same with
the great fear
of the
apparently
final tunnel [i.e., the apparently final tunnel of feeling all your
feelings as you leave this body].*

27

When you
embrace expansion
into new territory
in your daily life –
when you
stop hindering your expansion
because
you have the basic

- faith and
- courage

to go into an unknown state –

you make

- the unknown

into

- a known.

Every
feared
unknown,
be it

- a feeling that
you designate as
 - negative,

or

- an expanded
new state of experience that is truly
 - positive,

seems to you
a black wall
that you

- fear and
- wish to avoid.

Avoiding it [i.e., Avoiding every feared unknown – be it negative or positive]
prevents
your
ever-flowing movement of life
from taking
its natural course.

So, by

- abandoning
temporarily
the outer theory of immortality

and

- accepting
your fear of mortality,

you can

- go through a black wall [i.e., the black wall of fully feeling
your fear of mortality]

and

- truly realize immortality
as an experienced fact.

The same

with

- perfection,

with

- omnipotence – or

with

- many other states of reality [i.e., the same with other states of reality
such as love, beauty, wisdom, justice and the like].

This is also true

of the feelings

you are terrified of:

once you traverse them

you will

experience

the state

that truly

proves

you need not fear them.

28

As to
omnipotence,
you already
work extensively on that.

You discover
the infant in you
who
demands
• omnipotence and
• magical solutions.

You express
• these
• claims and
• desires
and
• your rage
when these desires
cannot be fulfilled.

You learn
to accept
the limitation of
your present personality.

You need
• humility
to accept this [i.e., to accept the limitation of your present personality];

you need
• faith
to give up
what you
believe
you
must have
right now,
especially if it [i.e., especially if what you believe you
must have right now]

is
a forceful movement
that disregards
the rhythm of life,
in
• yourself and
in
• the lives of others.

Only by that action of

- love,
- trust,
- decency,
- honesty and
- humility

can you then come back to
omnipotence

in an entirely

- new and
 - different
- way.

You are

increasingly
discovering

new

- strength,

new

- creative power,

new

- abilities,

new

- intuitive faculties

that you

never thought possible
before.

They [i.e. These new strengths, creative powers, abilities, and intuitive faculties]
are a

direct result of

giving up

the false version of

- perfection,
- immortality,
- omnipotence and
- other states [i.e., other states such as love, beauty,

wisdom, justice and the like]

into which

you need to develop
gradually.

29	<p><u><i>You can see, my friends,</i></u> <u><i>when</i></u> <u><i>states of reality</i></u> <u><i>on the level of</i></u> <u><i>cosmic</i></u> <ul style="list-style-type: none">• <u><i>truth and</i></u>• <u><i>creation</i></u><u><i>filter through</i></u> <u><i>the limited opening</i></u> <u><i>into</i></u> <u><i>the ego personality</i></u></p> <p><u><i>and</i></u></p> <p><u><i>the conscious personality</i></u> <ul style="list-style-type: none">• <u><i>misunderstands and</i></u>• <u><i>distorts</i></u><u><i>them,</i></u> <u><i>states that are</i></u> <u><i>divine truth</i></u> <u><i>become</i></u> <ul style="list-style-type: none">• <u><i>lies and</i></u>• <u><i>neurotic manifestations.</i></u></p>
30	<p><u><i>Humanity's confusion</i></u> <u><i>of these states</i></u> [i.e., <u><i>Humanity's confusion of these states of reality</i></u> <u><i>on the level of cosmic truth and creation</i></u>]</p> <p><u><i>at this point</i></u> <u><i>of your</i></u> <ul style="list-style-type: none">• <u><i>time,</i></u><u><i>of your</i></u> <ul style="list-style-type: none">• <u><i>history,</i></u><u><i>is very significant.</i></u></p>

Let us shed light
on the evolutionary movement
in this respect [i.e., in respect to the importance at this particular point in time and history of humanity's confusion of these states of reality on the level of cosmic truth and creation].

In previous times,
when religion
was strongly represented in the life of humanity,
the postulated truth [i.e., the truth postulated by religion]
was
accepted.

Humanity,
at that point in its development,
had to consider these principles
• intellectually
at first,
being unready to deal with them
• emotionally.

This [i.e., Considering these principles intellectually before being ready to deal with them emotionally]
was
a necessary beginning
at a certain stage of development.

It is always so:
first
a new idea has to be considered
before
it [i.e., before this new idea]
can be incorporated
into the deeper consciousness.

The
• new,
• truthful
ideas
must come from the outside
in order to facilitate
the opening of the channel,
so that [with the channel now being open]
the inner self
can then bear them out [i.e., so that the inner self
can bear out these new truthful ideas]
through experience.

31

More highly developed followers
of the inner religious movements
always knew
that these states of perfection
existed within humanity
as a potential
to be realized.

They [i.e., These more highly developed followers of
the inner religious movements]
always knew
that
God
is within
and they always
postulated this.

However,
at that time,
it [i.e., the truth that these states of perfection existed within humanity
as a potential to be realized and that God is within]
could not be more than

- a theory and
- a faraway goal.

This truth [i.e., This truth that these states of perfection existed within humanity
as a potential to be realized and that God is within]
was then

- misunderstood,
- misrepresented and
- misused

by the

- prideful,
- domineering,
- fearful

ego,
so that perfection was

- forced,
- pretended,
- punitively dictated,

in order to allay the fear
of facing those roots of the personality
where these states of perfection
could not yet exist.

32

This

- abuse and
- misuse,

this

- dangerous escape from
the necessary developmental steps,
necessitated
a new movement in your history,
which came along with
psychology.

As psychology developed,
it [i.e., psychology]

- recognized
the distorted manifestations [i.e., the manifestations of the truth that
states of perfection (including perfection in the divine
qualities of love, truth, wisdom, justice, beauty, creative
vigor, vitality, etc.) existed within humanity as a potential to
be realized but were distorted into a perfection that was
forced upon, pretended by, or punitively dictated onto those
for whom these states could not yet exist because of their
lack of the development required for such states of
perfection – psychology recognized these distortions]
as illusory pseudo-solutions [i.e., as illusory pseudo-solutions
to the difficulties of life]

and

- designated
them [i.e., designated the distorted manifestations of perfection –
states of perfection that were forced upon, pretended
by, or punitively dictated onto a person]
as neurotic states
that the maturing individual
naturally abandoned,
at least to some degree.

Through psychology,
a person could be led to

- accept
his or her
- limitation,
 - imperfection and
 - mortality.

33

Eventually, however,
this very important psychological movement
also began to deteriorate
as a result of
the dualistic state.

It [i.e., This very important psychological movement]
lost sight of the fact
that yet another step existed.

There is yet
another level
in which

- the false
- becomes
- true

again.

The triad of

- perfection,
- mortality,
- omnipotence

truly exist,

so
a total denial of these states
by psychology
is equally erroneous,
although at first necessary
in order to follow
the curve of growth.

34

In the New Age,
everything
leads to

- a discovery of
- and
- a fusion with

the inner levels –
a fusion
of the
dualities,
of the
either/or principle.

You will find
that

you are neither
• perfect,
nor do you
• give up perfection forever.

You are neither
• immortal,
nor do you
• give up immortality forever.

You are neither
• omnipotent,
nor do you
• forever remain
• limited and
• separated.

You will find
that

• different truths
apply to
• different levels.

On the
outer level
of your personality
you are indeed
• not perfect,
you are indeed
• mortal,
you are indeed
• far from being omnipotent.

But
• absolute perfection,
• immortality and
• omnipotence
exist already
within you.

	<p><u>Only as you</u> <u>abandon</u> <u>your insistence of</u> <u>possessing them right away</u> [i.e., <u>Only as you abandon your insistence</u> <u>of possessing absolute perfection,</u> <u>immortality, and omnipotence right away</u>]</p> <p><u>will you even know</u> <u>what is</u> • <u>perfect</u></p> <p><u>and</u> <u>what is</u> • <u>not perfect,</u></p> <p><u>what is</u> • <u>life</u></p> <p><u>and</u> <u>what is</u> • <u>death,</u></p> <p><u>what is</u> • <u>power</u></p> <p><u>and</u> <u>what is</u> • <u>weakness.</u></p>
35	<p><u>When you are in</u> <u>the dualistic confusion</u> <u>you do not know</u> [i.e., <u>do not know what is perfect and what is imperfect,</u> <u>what is life and what is death, and what is</u> <u>power and what is weakness</u>].</p>

You often
think
you know
what is

- perfect

and

- imperfect,

but
you do not really know,
because
you

- lack understanding and
- cannot see far enough
into the chain reactions;

you

- do not perceive
the dynamics.

You often
believe
something is

- death,
when it is really
life,

and

- life
when it is really
death.

For example,
when you
deaden
your faculty to

- feel and

your faculty to

- experience deeply and
- vibrate with life,

you
think
you are alive.

And
you
think
slipping through the gate
means
being dead.

Even during
life in the body,
you
believe
that
experiencing
your

- pain and
- terror –

or your

- imagined worthlessness –
- is death,

that it [i.e., that experiencing pain, terror or your
imagined worthlessness]

- will annihilate you.

When you muster the courage
to go through it [i.e., to go through experiencing pain, terror,
or imagined worthlessness]
in a real way,
you will find
that you have gained
new life.

In fact,
those very feelings
you feared as death itself
contain much of the

- life energy and
- vitality

that you have
deliberately
deadened.

So you see, my friends,
even knowing
what is
• the one [i.e., life]

and
what is
• the other [i.e., death]
cannot truly be possible
on the level
• of personality,
• of the conscious mind now.

In knowing this [i.e., In knowing that knowing what is life and what is death
cannot truly be possible on the level of personality now]

you will perhaps
gladly learn
not to insist any longer
on the
distorted
• perfection,
• immortality and
• omnipotence
[distorted forms] that grow out of
• fear,
• lack of faith,
• self-hate,
• limited vision,
• pride,
• impatience,
• distrustfulness.

You will learn to abandon them [i.e., abandon distorted forms of perfection,
immortality, and omnipotence],

as you go through
the feelings
that create
the urgency
to be in these states [i.e., urgency to be in these states of
distorted forms of perfection, immortality, and omnipotence].

Thus you will traverse
• gates,
• tunnels and
• walls.

36

One more point about
the connection
between
• the conscious mind
and
• the higher self:

As you can perceive quite clearly from the foregoing,
• when the connection [i.e., when the connection between
the conscious mind and the higher self]
is partial,
and
• if the fact that it [i.e., that the connection between
the conscious mind and the higher self]
is only
a partial connection
is not clearly comprehended,
damage might occur.

The same process I explained with
these three aspects [i.e., the divine aspects of perfection, immortality, and
omnipotence]
can exist in many other ways.

I do
not mean in the least
to imply that
• the conscious mind
should not attempt to connect with
• the higher self.

Quite the contrary, of course [i.e., the conscious mind should indeed
attempt to connect with the higher self].

But what is important
is to know that
a beautiful opening
• in one area
is no guarantee that
a similar opening exists
• in all other areas.

There are human beings
who have established
a good connection
with their higher selves.

In that area
they may have a

- flowing,
- beautiful

channel
where the conscious mind
can indeed be

- inspired,
- guided,
- instructed

by the inner God.

However,
if the conscious personality
then believes that
he or she

- is now truly "safe" and
- has in

all
areas the connection [i.e., has in all areas the connection
with the higher self],
that [i.e., that belief]
could become
a danger.

Where
the disconnectedness [i.e., Where the disconnectedness between the conscious
personality and the higher self]
exists,
the channel

- is not open and
- cannot come through [i.e., and its truth cannot come through],
no matter how
 - open and
 - truthful

it [i.e., no matter how open and truthful the channel]
may be
in another area.

*It is a great mistake
to assume
that an open channel
guarantees
that it can [i.e., that the open channel can]
• truthfully instruct
or even
• point out
the blind spots
that still exist in the personality.*

*Where the personality
• is still
• resistant,
• blocked,
• defended, and
• has a stake in
not
• knowing or
• admitting
this attitude [i.e., has a stake in not knowing or admitting this
resistant, blocked or defended attitude],
the open channel
cannot function.*

37

*This [i.e., This situation where the personality is still resistant and has a stake in
not knowing or admitting this resistant attitude]
is a specific danger point
on the road to
opening the channel.*

*Many
have faltered here.*

*Before
such a channel opens up,
this danger
does not exist
to the same degree.*

*Then [i.e., Before such a channel opens up]
other dangers exist.*

But
once someone's channel has been established,
the person often comes to believe
that the divine self
that

- **functions and**
- **communicates**

so beautifully
can point out
all
his or her blind spots.

Such a person [i.e., **A person who comes to believe that the divine self**
can point out all his or her blind spots]
will then
become self-enclosed.

The remaining pride
may close him or her
to any help
from others
who may point out better
what the channel cannot reveal.

Now that
more of you
experience
this newly-awakened channel
as an immense source of

- **joy and**
- **strength,**

let me particularly
warn you
about this,
so that you can avoid the pitfalls.

Many highly developed

- **spiritual innovators and**
- **channels**

have later deteriorated
because of
the ignorance of these dynamics.

The inner God
never
forces something on the self
that
the self
does not
actively seek.

This is a law
that is never broken, and
this is
why
continuing pathwork
with

- *a helper and*

with

- *your friends in groups*

is so essential –
perhaps in a different sense –
even more
after
the channel
begins to work.

38

Ask yourself
deeply,

- *where do you still*
 - *resist and*
 - *defend,*
- *where do you*
 - *hold on and*
 - *have a stake in*
not letting in
anything
that might seem threatening to you.

To the degree

you can acknowledge

that such an attitude exists [i.e., that an attitude exists in you of resisting and defending, an attitude of holding on and having a stake in not letting in anything that might seem threatening to you],

you are already

better off,

for you then [i.e., for when you can acknowledge that an attitude exists in you of resisting and defending, an attitude of holding on and having a stake in not letting in anything that might seem threatening to you, you then, with pathwork,]

- **have the tools to work on it and**
- **can understand that this [i.e., that this defensive attitude]**

limits

your

- **perception of reality and**

your

- **channel to your higher self.**

Even where

the open channel already functions,

its messages

might be

- **mistranslated and**

- **misused**

in order to perpetuate

the resistance.

Such distortions

not only exist in respect to

the triad of

- **perfection,**
- **immortality and**
- **omnipotence,**

but in

many areas of life [e.g., in the divine areas of love, truth, wisdom, justice, beauty, creative vigor, vitality, etc., etc.],

too numerous to list.

Be aware of

this possibility!

	<p><u>An</u></p> <ul style="list-style-type: none">• <u>incomplete opening and</u>• <u>incomplete state of receptivity,</u> <p><u>a</u></p> <ul style="list-style-type: none">• <u>state of defendedness,</u> <p><u>distorts the messages from the higher self, whether they [i.e., whether messages from the higher self] come in</u></p> <ul style="list-style-type: none">• <u>a longing,</u>• <u>a striving that is not articulated</u> <p><u>or in</u></p> <ul style="list-style-type: none">• <u>actual</u>• <u>instructions and</u>• <u>words.</u>
39	<p><u>Your path is indeed a blessed, blessed venture.</u></p> <p><u>If only you could see the difference of your inner landscape after the initial steps you have already undertaken – and the first steps are always the most difficult ones!</u></p>

And if you
could only see
the still
more
• glorious,
• expanded
inner landscape
that will become
your own home ground
when
your commitment
to
• all of yourself and
to
• the truth of all being
is constantly
• renewed and
• rooted
in you,

if you
learn to
have faith
in periods of darkness
in your life,

these very periods [i.e., these very periods of darkness in your life]
• will – and
• already do –
shorten
as your path progresses.

They [i.e., These periods of darkness]
become
less
• fearsome and
less
• frequent.

Continue
on your beautiful journey,
there is no better one.

All of you
are blessed
in the deepest possible way.

You incur
an extended blessing
for every step on your way,
in
• love and
in
• faith.

Be
your God.

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

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Visit: www.pathwork.org

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