

# Pathwork Lecture 178: The Universal Principle of Growth Dynamics

1996 Edition, Original Given December 5, 1969

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"><li>• <b><u>Greetings and</u></b></li><li>• <b><u>blessings</u></b></li></ul> <p style="text-align: center;"><b><u>for every individual</u></b> <b><u>who</u></b></p> <ul style="list-style-type: none"><li>• <b><u>searches and</u></b></li><li>• <b><u>struggles</u></b></li></ul> <p style="text-align: center;"><b><u>for</u></b> <b><u>inner unity.</u></b></p> <p><b><u>Everyone</u></b> <b><u>here</u></b></p> <p style="text-align: center;"><b><u>is motivated by this</u></b> <b><u>inner urge [i.e., inner urge for inner unity],</u></b> <b><u>which is a</u></b> <b><u>pull</u></b> <b><u>of</u></b> <b><u>the life force.</u></b></p>

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04

The life force  
contains  
the urge  
that motivates people  
to go in certain directions.

They may be  
unaware  

- of the deep meaning  
of this inner urge,

or even  

- that it [i.e., or even that this inner urge]  
exists.

Many people  

- experience  
a vague inner drive

but  

- do not know its  
meaning.

Everyone can  
consciously  
experience  
this urgency [i.e., can experience this urgency that motivates people  
to go in certain directions, can experience the inner urge  
of the life force that motivates people toward inner unity]  
at one time or another.

Those  
who find their way  
toward  
a committed path such as this,  
in which  
they try to  

- resolve their  
deepest problems and
- realize their  
dormant potentials,

  
have made  
the urge [i.e., the urge toward inner unity]  
quite conscious.

Others  
are still grappling with  
the vagueness of the urge  
without  
really knowing  
what their  
inner unrest  
signifies.

Those  
who  
steadily disregard  
the clamoring of their inner voice [i.e., the inner voice urging them  
toward inner unity]  
may confront  
deep crises in their lives.

Many crises  
can be properly understood  
only when  
this deep urge [i.e., only when this deep inner urge motivating them  
toward inner unity]  
is recognized.

05

Tonight's lecture  
• is a sequel to  
all the lectures I gave this year [i.e., that I gave in 1969 – Lectures 169  
(given in January 1969) through 177  
(given in November) – 9 lectures in all]

and  
• can be fully understood  
only in that context.

It [i.e., Tonight's lecture]  
will deal with the topic of  
• dynamic growth,  
• the spontaneous unification  
inherent in the process of growth.

All life  
is to some degree  
a growth process,  
either  
• quite deliberate and  
• committed  
or  
• haphazard and  
• unconscious,  
• obstructed by  
blind opposing forces  
that pull  
toward a state  
of stagnation.

06

First let us clarify  
the real meaning of  
growth.

Usually people do not think  
profoundly enough  
when they speak of  
• growth,  
• life,  
• death,  
• love and  
• pleasure.

Growth  
is not merely  
an organism  
becoming bigger.

It [i.e., Growth]  
is an  
expansion,  
  
but  
in a particular sense.

It [i.e., Growth]  
implies  
mastering something  
that one was  
unable  
to master before.

[In growth]  
You convert  
obstruction –  
whether  

- inside the self

or  

- in your surroundings –

into  
a part  
of the realm  
of the self.

07

When you  
do not  
master  
an obstruction,  
a disunity  
is present,  
either  

- within the self

or  

- between  
  - the self

and  

- the outside world.

  
Growth  
unifies  
that disunity.

**Growth**

**always**

**implies**

• **bridging a**

**chasm,**

• **resolving a**

• **real or**

• **apparent**

**contradiction.**

**This [i.e., This statement that growth always implies bridging a chasm or resolving a real or apparent contradiction]**

**applies to**

**all levels of being.**

**When an infant**

**learns [i.e., While an infant is learning]**

**to walk,**

**it experiences**

**a disunity**

**between**

• **its physical powers,**

• **the laws of gravity,**

**and**

• **the world around it.**

**Once the child**

**learns**

**to walk**

**the disunity [i.e., the disunity among the infant's physical powers, the laws of gravity, and the world around it]**

**disappears.**

**What was**

**a disparity [i.e., the disparity of the infant's physical powers, the laws of gravity, and the world around the infant]**

**becomes**

**an extended field of operation [for the infant].**

**Its [i.e., The infant's]**

**realm**

**has been increased;**

**it now possesses**

**a piece of the world**

**it has not possessed before.**

	<p><u>Growth</u> <u>brings</u></p> <ul style="list-style-type: none"><li>• <u>expansion,</u></li><li>• <u>increased capabilities,</u></li><li>• <u>more</u><ul style="list-style-type: none"><li>• <u>power and</u></li><li>• <u>unity</u></li></ul></li></ul> <p><u>where there was</u></p> <ul style="list-style-type: none"><li>• <u>limitation and</u></li><li>• <u>disunity.</u></li></ul> <p><u>Not</u> <u>learning to walk</u> <u>creates</u></p> <ul style="list-style-type: none"><li>• <u>unhappiness,</u></li><li>• <u>weakness,</u></li><li>• <u>pain and</u></li><li>• <u>limitation,</u></li></ul> <p><u>which are all overcome</u> <u>when</u> <u>the ability to walk</u> <u>is acquired.</u></p>
08	<p><u>Each phase</u> <u>of a human being's life</u> <u>signifies</u> <u>venturing into</u> <u>a territory</u> <u>that has not been mastered before.</u></p> <p><u>The same applies</u> <u>to an entity's</u> <u>overall evolution</u> <u>from</u><ul style="list-style-type: none"><li>• <u>one incarnation</u></li></ul><u>to</u><ul style="list-style-type: none"><li>• <u>another</u></li></ul><u>and later on</u> <u>to</u><ul style="list-style-type: none"><li>• <u>further stages of</u><ul style="list-style-type: none"><li>• <u>being and</u></li><li>• <u>creating.</u></li></ul></li></ul></p>

**At first**  
**the inability** [i.e., the inability to master life in a new territory  
the entity finds itself to be in]  
**is**  

- **taken for granted and**
- **not even recognized**  
**as a problem.**

**Then it** [i.e., Then the inability to master life in a new territory the entity finds itself in]  
**is recognized**  
**as an obstacle**  
**that**  
**could be**  
**overcome.**

**Finally**  
**the entity**  

- **confronts the block** [i.e., confronts the block to mastering life  
in the new territory the entity finds itself in]

**and**  

- **makes an effort to overcome it** [i.e., makes an effort to overcome  
the block to mastering life in the new territory the entity finds itself in].

**This** [i.e., This process: becoming aware, then confronting and overcoming blocks]  
**is the only way**  
**to master**  
**new faculties.**

09

**Psychological conflicts**  
**follow the same pattern.**

**Before**  
**a particular** [psychological] **difficulty**  
**has been recognized**  
**you experience**  

- **an unconscious helplessness**

**and**  

- **a sense of limitation.**

**Then**  
**you become aware of**  
**the problem** [i.e., become aware of the psychological difficulty behind  
helplessness you experience in the new territory you find yourself in].



When you  
decide to  
do something about it [i.e., to do something about the psychological difficulty  
you have discovered in the new territory you are in]

you begin a path  
of  

- struggle,

of  

- searching,

of  

- testing your faculties.

Eventually  
you attain  
a new unity  
that expands  
your power over life.

You  
convert  
territory  
that was  

- alien and
- inaccessible

into  
familiar ground  
on which  
you feel  
at ease with  

- yourself and
- life.

You gain  
a new  

- security and
- peace.

This  
is  
growth.

10

All growth  
must  
combine the  

- voluntary and
- involuntary

functions.

Growth  
cannot proceed  
harmoniously  
if the emphasis [i.e., the emphasis on the voluntary AND  
involuntary functions]  
is not balanced.

The result [i.e., The resulting growth when voluntary  
AND involuntary functions are combined]  
appears  
effortlessly,  
a manifestation of  

- involuntary faculties

responding to  

- voluntary ones.

The voluntary faculties  
require  
effort.

You must  
persist,  

- groping

and  

- searching

for new approaches.

This calls  
for  

- self-testing,

for removing  

- defenses and
- vanity,

for  

- courage and
- truthfulness

with the self.

11	<p><u><i>You cannot discover</i></u> <u><i>a new dimension of life</i></u> <u><i>without</i></u> <u><i>birth pains,</i></u> <u><i>for</i></u> <u><i>each new unification</i></u> <u><i>is a</i></u> <u><i>spiritual rebirth.</i></u></p> <p><u><i>Being reborn</i></u> <u><i>is always</i></u> <u><i>a rediscovery of</i></u> <u><i>the self</i></u> <ul style="list-style-type: none"><li>• <u><i>in a</i></u> <u><i>new form,</i></u></li><li>• <u><i>with</i></u> <u><i>more faculties</i></u><ul style="list-style-type: none"><li>• <u><i>revealed and</i></u></li><li>• <u><i>activated.</i></u></li></ul></li></ul></p>
12	<p><u><i>The actual unification</i></u> <u><i>happens</i></u> <u><i>involuntarily,</i></u> <u><i>as if it [i.e., as if the actual unification]</i></u> <u><i>had nothing to do with</i></u> <u><i>the previous [voluntary] efforts.</i></u></p> <p><u><i>This [i.e., This actual unification, this rebirth]</i></u> <u><i>can be</i></u> <u><i>so deceptive</i></u> <u><i>that people believe</i></u> <ul style="list-style-type: none"><li>• <u><i>it would have happened anyway,</i></u></li><li>• <u><i>without all the effort.</i></u></li></ul></p> <p><u><i>Conversely,</i></u> <u><i>when the result [i.e., Conversely, when the result of unification or rebirth]</i></u> <u><i>is expected</i></u> <u><i>as a direct manifestation of</i></u> <u><i>your work,</i></u> <u><i>the expectation</i></u> <u><i>becomes</i></u> <ul style="list-style-type: none"><li>• <u><i>frustrating and</i></u></li><li>• <u><i>discouraging.</i></u></li></ul></p>

*It is important, my friends,  
to be aware of  
these two sides [i.e., aware of both the voluntary and the involuntary sides]  
of the growth process.*

*The balance of  
• conscious effort  
and  
• relaxation  
applies to  
• the smallest details  
as well as to  
• the most significant aspects  
of your spiritual development.*

*It [i.e., The balance of conscious effort and relaxation, the voluntary effort and  
involuntary arisings]  
applies to  
• meditation,  
which must  
combine  
the two sides [i.e., must combine conscious effort and relaxation],  
as well as to  
• the acquisition  
of any new skill.*

*You need to create  
a right attitude  
toward the  
• voluntary  
and  
• involuntary  
functions,  
balancing  
• poised effort and  
• discipline  
with  
• relaxation.*

	<p><u>Each</u> <u>each</u></p> <ul style="list-style-type: none"><li>• <u>step of growth,</u></li><li>• <u>victory over</u><ul style="list-style-type: none"><li>• <u>conflict,</u></li><li>• <u>confusion,</u></li><li>• <u>ignorance and</u></li><li>• <u>helplessness,</u></li></ul></li><li>• <u>represent</u><ul style="list-style-type: none"><li>• <u>a new</u><ul style="list-style-type: none"><li>• <u>skill and</u></li><li>• <u>mastery over life,</u></li></ul></li><li>• <u>a new</u><ul style="list-style-type: none"><li>• <u>unification –</u><ul style="list-style-type: none"><li>• <u>first of all</u><ul style="list-style-type: none"><li>• <u>within</u><ul style="list-style-type: none"><li>• <u>the person,</u></li></ul></li><li>• <u>and consequently</u></li></ul></li><li>• <u>between</u><ul style="list-style-type: none"><li>• <u>the person</u></li></ul></li><li>• <u>and</u></li><li>• <u>life.</u></li></ul></li></ul></li></ul></li></ul>
13	<p><u>I have spoken frequently</u> <u>about</u></p> <ul style="list-style-type: none"><li>• <u>the dualistic state</u><ul style="list-style-type: none"><li>• <u>of your consciousness,</u></li></ul></li></ul> <p><u>as opposed to</u></p> <ul style="list-style-type: none"><li>• <u>the oneness</u><ul style="list-style-type: none"><li>• <u>of ultimate reality.</u></li></ul></li></ul> <p><u>All of life</u> <u>is a progression</u> <u>to attain</u> <u>further unity.</u></p> <p><u>Each step</u> <u>toward</u> <u>unity</u> <u>creates</u></p> <ul style="list-style-type: none"><li>• <u>a new safety zone,</u></li><li>• <u>a new home base, so to speak.</u></li></ul>

As growth continues,  
you discover  
further disunities  
within you.

Again  
you venture forth  
into  
new territory,  
struggling  
to unify  
the discovered disunity.

And so it goes on  
until  
total unity  
is found.

14

It may  
appear  
safer to  

- remain in the old disunity

than to  

- venture forth

into  
a new unity  
because of  
the effort  
that is necessary [i.e., the effort that is necessary  
to move into the new unity].

If the effort [i.e., If the effort that is necessary to move into the new unity]  
is perceived as something  
that you should not have to make,  
it [i.e., the effort that is necessary to move into the new unity]  
seems  

- malignant and
- undesirable.

*[Conversely,]*

***If you perceive it [i.e., If you perceive the effort that is necessary to move**  
**into the new unity]***

***as***

***a movement***

***that is part of life,***

***you will find it [i.e., you will find the effort that is necessary to move**  
**into the new unity]***

***• challenging***

***and***

***• pleasurable.***

***Within this attitude [i.e., Within this attitude that holds that the effort that is necessary**  
**to move into the new unity is a movement that is a natural part of life**  
**and that the effort is both challenging yet pleasurable]***

***you will find***

***the right***

***• distribution of***

***• effort***

***and***

***• effortlessness,***

***the right***

***• balance of***

***• voluntary***

***and***

***• involuntary***

***faculties.***

15

***When***

***the involuntary faculties***

***finally manifest,***

***the new skill***

***becomes an***

***• effortless,***

***• natural***

***part of you.***

	<p><u><i>On the physical level</i></u> <u><i>you experience</i></u> • <u><i>the voluntary hard labor</i></u> <u><i>giving way to</i></u> • <u><i>naturalness</i></u> <u><i>when</i></u> <u><i>the skill</i></u> <u><i>suddenly</i></u> <u><i>becomes second nature.</i></u></p>
16	<p><u><i>On the mental level,</i></u> <u><i>when you first deal with</i></u> <u><i>a specific negativity,</i></u> <u><i>you cannot change it</i></u> <u><i>simply by</i></u> <u><i>wanting to.</i></u></p> <p><u><i>Instead</i></u> [i.e., <u><i>Instead of just “wanting to” change a specific negativity</i></u>] <u><i>you must</i></u> <u><i>use your</i></u> <u><i>will</i></u> <u><i>to grope for</i></u> <u><i>a deeper understanding</i></u> <u><i>of the problem</i></u> [i.e., <u><i>a deeper understanding of the problem,</i></u> <u><i>the problem being: the specific negativity</i></u>],</p> <ul style="list-style-type: none"><li>• <u><i>seeing</i></u><ul style="list-style-type: none"><li>• <u><i>its</i></u> [i.e., <u><i>seeing the specific negativity’s</i></u>]</li><li>• <u><i>origin</i></u> [i.e., <u><i>seeing its origin or what is causing</i></u> <u><i>the specific negativity</i></u>]</li></ul></li></ul> <p><u><i>and</i></u><ul style="list-style-type: none"><li>• <u><i>its</i></u> [i.e., <u><i>seeing the specific negativity’s</i></u>]</li><li>• <u><i>effects,</i></u></li></ul></p> <ul style="list-style-type: none"><li>• <u><i>facing</i></u> <u><i>the results</i></u> [i.e., <u><i>facing the destructive results of</i></u> <u><i>the specific negativity’s effects</i></u>]</li></ul> <p><u><i>and</i></u> [i.e. <u><i>and because you see the destructive results of</i></u> <u><i>the specific negativity’s effects</i></u>]</p> <ul style="list-style-type: none"><li>• <u><i>really wanting</i></u> <u><i>to change</i></u> [i.e., <u><i>change what is causing the negativity</i></u>].</li></ul> <p><u><i>All this is</i></u> <u><i>volitional.</i></u></p>



Then  
suddenly  
you become aware of a  
• new  
• constructive,  
• positive  
way of reaction.

This [i.e., This sudden awareness of a new, constructive,  
positive way instead of the old, destructive, negative way of  
reacting to the situation giving rise to the specific negativity]  
is  
spontaneous unification.

When it [i.e., When this awareness of a new, constructive, positive way of reacting  
to a situation that previously caused negative reactions]  
occurs  
you no longer need to put  
laborious effort  
into the new way [i.e., the new way of reacting per se is in fact effortless].

17

While you are torn  
by the apparent futility  
of equally undesirable alternatives  
which make life itself futile,  
you are in a state  
of  
• utter disunity,  
of  
• duality.

Your assumption  
that there is  
no way out  
is a denial  
of the growth process

[i.e., the growth process]  
that life  
always  
is.

**Your willingness**

**to find a solution** [i.e., a solution to the problem created by duality – the problem of being torn by the apparent futility of equally undesirable alternatives to reacting to the situation giving rise to a specific negativity, the problem of feeling helpless in this negative situation]

is

a commitment to

• find

a new mastery

over

present

• helplessness and

• constriction,

a commitment to

• life itself.

The first step

is always

the most difficult.

You do not even know

what your

specific disunity

is [i.e., what your specific disunity creating your present

helplessness and constriction is].

Actually,

there are many [i.e., many disunities].

It is crucial

to consolidate

your voluntary faculties

to

• identify and

• confront

the specific disunity

of the moment.

The  
inner  
commitment  
toward overcoming that [specific] disunity  
is then the task  
of the volitional faculties.

Only after this step [i.e., Only after the volitional faculties make the inner commitment  
toward overcoming the specific disunity that is giving rise to the  
problem of being torn by the apparent futility of equally undesirable  
alternatives in reacting to the situation giving rise to a specific  
negativity, the problem of feeling helpless in this negative situation],  
does an  
alternative process [i.e., an alternative process for resolving the negativity]  
develop.

[Being the source of this alternative process  
for resolving the negative situation you face]

The  
involuntary  
yields  
• recognitions,  
• inspiration,  
• guidance and  
• revelation  
until  
the puzzle fits together.

In this alternation [i.e., In this alternation between the voluntary  
and involuntary functions]

every new insight  
requires  
new commitment  
to search  
until  
the next organic step  
reveals itself.

So it goes on.

This is a description of  
the path  
of  
dynamic growth.

18

Use your  
voluntary faculties  
to make room in your mind  
for a  
• particular unity  
where there is now  
• disunity.

Affirm  
that the  
• unity  
which still eludes you  
can  
be attained,  
and that  
• you  
will  
attain it [i.e., use your voluntary faculties to affirm that you  
will attain the unity which still eludes you].

What you invest [i.e., What effort you invest with your voluntary faculties in order  
both to make room in your mind for a particular unity and to  
affirm both that unity can be attained and that you will attain it]  
will determine the outcome.

Humans often  
• desire a change  
but  
• avoid  
taking some of the more difficult steps  
out of a reluctance  
to face  
apparent  
unpleasantness.

The self  
does not wish to expose  
its  
• vanity,  
its cherished  
• prejudices and  
• illusions.

Yet  
your total personality  
must  
• cooperate and  
• invest in  
stirring up  
your areas of  
stagnation  
if  
spontaneous unification  
is to occur.

Where  
• emotional,  
• psychological and  
• spiritual  
growth  
is concerned,  
the investment  
of the  
• mind and  
• will,  
of the  
• emotions and  
• attitudes  
corresponds to  
sustained practice  
in building  
new  
• physical or  
• mental  
skills.

19

The first appearance of  
• effortless,  
• spontaneous  
unification  
will be  
incomplete.

It [i.e., The first appearance of effortless, spontaneous unification]  
will disappear  
because  
the unification  
is not yet  
total.

More  
voluntary effort  
must follow suit,  
new material  
must be unearthed,  
until the

- second,
- third or
- fourth

manifestation  
of this specific unification  
spontaneously  
reappears.

Very gradually  
you incorporate  
the new skill  
into your personality.

The acquisition of  
a new mastery  
always means  
overcoming  
an imaginary rift  
that you  
experience  
as a painful chasm.

You must  
always  
bridge an  
illusory  
duality  
to reach  
your

- natural and
- real

state.

• Disunity  
is  
always  
• painful.

• Pleasure  
always  
depends on  
• unity.

Expansion into life  
is a  
constant forward movement  
that turns an  
• alien and  
• apparently hostile  
world  
into your home.

It is  
exceedingly important  
to understand all this, my friends.

20

To recapitulate,  
• effortless and  
• spontaneous  
unification  
is the result of  
• effort and  
• struggle.

It [i.e., Effortless and spontaneous unification]  
requires a  
• poised and  
• relaxed  
forward movement  
into life.

*The effort* [i.e., *The effort required to attain*  
*the state of effortless and spontaneous unification*]

*must be*

- *disciplined and*
- *relaxed*

*rather than*

- *tense and*
- *rigid.*

*When you feel that*  
*relaxed effort*  
*is impossible,*  
*search for*  
*unconscious reluctance*  
*to move forward.*

- *Relaxed*  
*movement*  
*is*  
• *pleasurable in itself,*

*while*

- *rigid,*
- *reluctant*  
*movement*  
*is*  
• *painful.*

*Rather than*

- *denying*  
*the hidden reluctance* [i.e., *the hidden reluctance to move forward into life*],
- *focus on it* [i.e., *focus on the hidden reluctance to move forward into life*].

- *Relaxed and*
- *determined*  
*movement into life*  
*is*

- *pleasurable in itself,*  
*however* [*relaxed and determined movement into life is also*]
- *difficult and*
- *challenging.*



Each completed unification  
brings  
further pleasure.

Further pleasure  
leads to  
more unification.

This benign circle  
is  
the stream of life.

Unification  
brings  
pleasure  
when it [i.e., when unification]  
is no longer  
considered something  
that should already be over with.

Ultimately  
• you  
and  
• the whole cosmos  
will be  
one.

21

• Constriction and  
• stagnation  
connote  
that you are  
content with  
a very limited state.

Therefore,  
• dynamic growth  
is also  
• mastery over misconceptions.

Misconceptions  
always  
lead to  
more disunity.

They [i.e., Misconceptions]  
stem from  
an erroneous attempt  
to find unity.

Neurosis  
is in itself  
an erroneous attempt  
to find

- health and
- well-being.

It [i.e., Neurosis]  
makes, in its own blind way,  
peace  
with something

- traumatic and
- painful.

On your path  
you have found  
misconceptions  
that equate

- love  
with
  - pain and
  - danger,
- pleasure  
with
  - humiliation and
  - shame,
- self-assertion  
with
  - unacceptable aggression.

*These [i.e., “Unifications” such as equating love with pain and danger; equating pleasure with humiliation and shame; and equating self-assertion with unacceptable aggression]*

*are typical examples of*

*false unifications*

*that must first be*

*disunited*

*in order to*

*find*

- *harmony,*
- *fullness and*
- *real unification.*

*As a result of*

*such misconceptions [i.e., As a result of misconceptions such as false unifications of equating love with pain and danger; equating pleasure with humiliation and shame; and equating self-assertion with unacceptable aggression],*

*all forward movement*

*appears*

*dangerous.*

*The*

- *stagnating,*
- *restricting,*
- *limiting*

*life*

*in which one*

*dares not venture forth [i.e., dares not venture forth into life]*

*seems*

*to give safety.*

22

*Every one of my friends*

*who is already involved in this pathwork*

*has*

- *gone through and*
- *confronted*

*such*

- *hidden and*
  - *irrational*
- feelings.*

*If you really question them* [i.e., *If you really question your feelings and beliefs that only a stagnating, restricting limiting life in which you dare not venture forth into life is the only life that seems to give you safety*]

- *with an open mind and*
- *in a very simple fashion*

*you will find that*  
*resistance to growth*  
*is*  
*fear.*

*Your insistence*  
*on remaining as you are*  
*sacrifices*

- *happiness,*
- *pleasure,*
- *wholeness,*
- *love and*
- *expansion,*

*yet it* [i.e., *yet remaining as you are*]  
*appears*  
*to make you safe.*

*Seeking*  
 • *a tiny point of security*  
*within*  
 • *a narrow circumference*  
*is an abdication of*  
*your universal destiny.*

*It* [i.e., *Seeking a tiny point of security within a narrow circumference*]  
*denies*  
*pleasure,*  
*wasting*  
*the most valuable*  
*spiritual power*  
*you possess.*

*Once you*  
*choose this power*  
*freely,*  
*growth*  
*becomes*  
 • *adventure and*  
 • *joy.*

23

Many people  
increase their  
• physical and  
• mental  
skills.

This [i.e., *Increasing physical and mental skills*]  
is also  
a valuable movement toward life  
that represents  
mastery over  
disunity.

The steps leading to  
this new mastery  
are essentially  
the same as  
the ones you use to  
• discover and  
• enlarge  
the  
inner  
universe.

One deals with  
• outer  
and often  
• mechanical  
aspects of living  
while the other [i.e., *while steps you use to discover and enlarge your inner universe*]  
represents  
one's innermost self.

When  
• the outer  
serves as  
a mere substitute for  
• the inner enlargement of life,  
it is still  
preferable to  
total stagnation.

	<p><b><u>Human beings</u></b> <b><u>go through several stages</u></b> <b><u>in their overall evolution.</u></b></p> <p><b><u>When they are</u></b> <b><u>more primitive,</u></b> <b><u>they must deal with</u></b> <b><u>the outer levels.</u></b></p> <p><b><u>Later</u></b> <b><u>their task</u></b> <b><u>lies in</u></b> <b><u>the unification</u></b> <b><u>of the</u></b> <b><u>inner world.</u></b></p>
24	<ul style="list-style-type: none"><li>• <b><u>Real spiritual</u></b><ul style="list-style-type: none"><li>• <b><u>growth and</u></b></li><li>• <b><u>mastery</u></b> <b><u>on the inner level,</u></b></li></ul></li><li>• <b><u>spontaneous unification of</u></b><ul style="list-style-type: none"><li>• <b><u>emotional,</u></b></li><li>• <b><u>psychological,</u></b></li></ul><b><u>and therefore [spontaneous unification of]</u></b><ul style="list-style-type: none"><li>• <b><u>spiritual</u></b> <b><u>rifts,</u></b></li></ul> <b><u>hold</u></b> <b><u>the inner</u></b><ul style="list-style-type: none"><li>• <b><u>balance and</u></b></li><li>• <b><u>harmony</u></b> <b><u>out of which grow</u></b> <b><u>intuitive</u></b><ul style="list-style-type: none"><li>• <b><u>guidance and</u></b></li><li>• <b><u>knowledge</u></b> <b><u>toward</u></b> <b><u>true</u></b> <b><u>outer</u></b> <b><u>unifications.</u></b></li></ul></li></ul></li></ul>

	<p><i>• <u>Physical and</u> • <u>mental</u> <u>skills</u> <u>have their value,</u> <u>but they</u> <u>miss the mark</u> <u>as a substitute for</u> <u>inner growth.</u></i></p> <p><i><u>When</u> <u>inner growth</u> <u>is the center of one's being,</u> <u>everything else</u> <u>falls into place</u> <u>without the pendulum</u> <u>swinging from one extreme to the other.</u></i></p> <p><i><u>Inessential goals</u> <u>fall away.</u></i></p>
25	<p><i><u>Ignoring</u> <u>cosmic truth</u> <u>always</u> <u>creates</u> <u>disunity.</u></i></p> <p><i><u>It is</u> <u>every single entity's</u> <u>destiny</u> <u>to bridge ignorance</u> <u>by struggling toward</u> <u>these unifications</u> [i.e., <u>struggling toward emotional,</u> <u>psychological, and spiritual inner unifications</u>].</i></p>

	<p><u><i>The most difficult challenges</i></u> <u><i>are on the</i></u> <u><i>most hidden</i></u> <u><i>emotional</i></u> <u><i>levels,</i></u> <u><i>since emotions</i></u> <ul style="list-style-type: none"><li>• <u><i>cannot be directly willed and</i></u></li><li>• <u><i>are never quite conscious.</i></u></li></ul></p> <p><u><i>You must</i></u> <u><i>identify</i></u> <u><i>the disunity</i></u> <u><i>before</i></u> <u><i>the work of unification</i></u> <u><i>can begin.</i></u></p>
26	<p><u><i>Trust in</i></u> <u><i>the involuntary functions</i></u> <u><i>can be gained</i></u> <u><i>only slowly,</i></u> <u><i>but it [i.e., but trust in the involuntary functions]</i></u> <u><i>is essential.</i></u></p> <p><u><i>Give yourself</i></u> <u><i>the opportunity</i></u> <u><i>to experience it [i.e., the opportunity to experience trust in</i></u> <u><i>the involuntary functions].</i></u></p> <p><u><i>All your effort</i></u> <u><i>will be wasted</i></u> <u><i>if you do not allow</i></u> <u><i>the involuntary functions</i></u> <u><i>to manifest.</i></u></p> <p><u><i>Make room for them [i.e., Make room for the involuntary functions]</i></u> <u><i>in your consciousness and</i></u> <u><i>pay attention to them [i.e., pay attention to the involuntary functions]</i></u> <u><i>in a</i></u> <ul style="list-style-type: none"><li>• <u><i>relaxed and</i></u></li><li>• <u><i>trusting</i></u></li></ul><u><i>way.</i></u></p> <p><u><i>This is</i></u> <u><i>a vital part of</i></u> <u><i>the growth process.</i></u></p>



27

Once you realize  
that the result of your efforts  
will be  
• unexpected and  
• spontaneous  
rather than  
• direct,  
then  
harmony  
between the  
• voluntary  
and  
• involuntary  
faculties  
will establish itself.

By harmony [i.e., By harmony between the voluntary and involuntary faculties]  
I do not mean that  
the effort [i.e., the effort of the voluntary and involuntary faculties]  
is equal in measure.

Months of  
groping with  
the voluntary processes  
of  
• mind and  
• will  
may  
spontaneously  
bring forth  
an inner feeling  
that springs up  
in the fraction of a moment  
when you least expect it.

It [i.e., The inner feeling that arises spontaneously]  
does not last long  
but its  
• depth and  
• intensity and  
• significance  
are so profound  
that you cannot measure them  
in terms of  
your volitional efforts.

	<p><u>Harmony</u> <u>between the</u> • <u>voluntary</u> <u>and</u> • <u>involuntary</u> <u>faculties</u> <u>exists primarily</u> <u>in making room</u> <u>for</u> <u>both</u> [i.e., <u>for BOTH voluntary and involuntary faculties</u>] <u>in your attitude.</u></p> <p><u>Wait</u> <u>with an</u> <u>inner readiness.</u></p> <p><u>It requires</u> <u>your intuitive groping</u> <u>to</u> • <u>combine and</u> • <u>alternate</u> <u>these two functions</u> [i.e., <u>to combine and alternate the voluntary</u> <u>and involuntary functions</u>].</p>
28	<p><u>The final step</u> <u>in giving up negativity,</u> <u>as I have suggested,</u> <u>is to</u> <u>want</u> <u>to</u> • <u>have</u> • <u>the positive attitude</u> <u>as opposed to</u> • <u>the negative one,</u> <u>to</u> • <u>give up your</u> • <u>fear of and</u> • <u>resistance to</u> • <u>pleasure, and</u> • <u>give up the</u> • <u>roles and</u> • <u>pretenses</u> <u>that stand in the way.</u></p>

The wanting  
must  
be affirmed in  
• calm trust and  
• firm conviction.

• The voluntary  
must make room for  
• the involuntary  
until  
the spontaneous unification occurs.

You will  
• let  
it [i.e., You will let the spontaneous unification]  
happen,  
• wanting it [i.e., wanting the spontaneous unification]  
in a  
• relaxed and  
• determined  
way.

This  
is the marriage of  
• the voluntary  
and  
• the involuntary,  
  
• the active  
and  
• the passive  
principles.

29	<p><u><i>If you see</i></u> <u><i>growth</i></u> <u><i>in this light</i></u> <u><i>you will eliminate</i></u> <u><i>a lot of</i></u><ul style="list-style-type: none"><li>• <u><i>fear and</i></u></li><li>• <u><i>hopelessness and</i></u></li><li>• <u><i>wasteful effort.</i></u></li></ul></p> <p><u><i>You will become</i></u> <u><i>more patient</i></u> <u><i>with the time it takes</i></u> [i.e., <u><i>more patient with the time that growth takes</i></u>].</p>
30	<p><u><i>The sequence of the lectures I have given this year</i></u> [i.e., <u><i>in 1969 – Lectures 169</i></u> <u><i>through this lecture, 178</i></u>]</p> <p><u><i>began</i></u> <u><i>with</i></u><ul style="list-style-type: none"><li>• <u><i>the creative process itself,</i></u></li></ul><u><i>with</i></u><ul style="list-style-type: none"><li>• <u><i>every human's creation of</i></u><ul style="list-style-type: none"><li>• <u><i>positive or</i></u></li><li>• <u><i>negative</i></u></li></ul></li></ul><u><i>life circumstances</i></u> <u><i>through</i></u><ul style="list-style-type: none"><li>• <u><i>beliefs,</i></u></li><li>• <u><i>thoughts,</i></u></li><li>• <u><i>feelings and</i></u></li><li>• <u><i>will.</i></u></li></ul></p> <p><u><i>I have shown</i></u> <u><i>that</i></u><ul style="list-style-type: none"><li>• <u><i>living</i></u></li></ul><u><i>inevitably</i></u> <u><i>means</i></u><ul style="list-style-type: none"><li>• <u><i>creating.</i></u></li></ul></p>

The person

- who ventures forth into life  
in the spirit of  
overcoming disunity

creates  
an altogether different life

than one

- who is content  
within narrow confines.

I also discussed

how  
negativity  
creates  
misery

and yet

how  
fascination with  
the creative process  
makes it seem difficult  
to abandon  
negativity.

Yet the creation of

- negativity and
- a narrowly confined life

leads to  

- disunity

rather than  

- unity,

- pain

rather than  

- pleasure.

31

Unification  
depends on  
your inner commitment  
to create an  
• expanded,  
• unified  
life of  
• bliss and  
• pleasure  
rather than one of  
• narrowness,  
• disunity and  
• pain.

Pleasure  
is possible  
only in a  
• unified,  
• expanded,  
• ever-enlarging  
state.

The  
• voluntary  
and  
• involuntary  
functions  
seem  
separate  
only when  
you  
split them  
in your consciousness.

In your

- present state of awareness

in your

- limited human frame,

you seem to be dealing with  
two entirely different

- faculties and

two entirely different

- "brains":

• the inner  
and

- the outer,

• the conscious  
and

- the unconscious,

• the directly available  
and

- the indirectly available.

By taking down

your self-imposed fences

you make

more

and more of the universe

your own,

thereby [i.e., by making more of the universe your own you are]

fulfilling

your destiny.

32

You can create

- spontaneous unification

out of

- disunity.

Out of

- a highly differentiated disunity,

you can work toward

- an undifferentiated unity.

It is  
a sin  
against life  
to  
not  
grow.

You  
are an expression of  
the divine.

You  
are  
God.

It is  
your  
• birthright  
and  
your  
• destiny

- to fulfill yourself  
by making
  - more and
  - greater  
unifications,
- to expand  
your spiritual skills  
so that  
you can
  - do away with  
disunity and
  - create  
bliss  
by spreading  
unity.



33

As your life  
expands,  
you become  
• the master  
where you are now  
• weak and  
• dependent.

You become  
• blissful  
where you are now in  
• pain,  
• truthful  
where you are now in  
• error.

Commit yourself  
to  
• pleasure,  
• growth,  
• unification and  
• expansion,  
to that which is  
• truth,  
to that which is  
• love.

Commit yourself  
to your choice  
over  
and over again.

Be the God  
you truly are.

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