

Pathwork Lecture 236: The Superstition of Pessimism

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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">• <u>Greetings and</u>• <u>blessings,</u> <u>my very beloved friends.</u> <p><u>You are</u> <u>bathed</u> <u>in the</u><ul style="list-style-type: none">• <u>love of God,</u><u>in the</u><ul style="list-style-type: none">• <u>Christ force</u> <u>that awakens</u> <u>in your</u> <u>innermost being.</u></p> <p><u>This</u><ul style="list-style-type: none">• <u>love and</u>• <u>strength</u> <u>reaches into</u> <u>your very being.</u></p>

by Eva Broch Pierrakos

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You can feel it [i.e., You can feel this love and strength, the Christ force]
if you
open
your

- *inner*
gaze and
- *inner*
hearing
to
the
 - *sound and*
the
 - *beauty and*
the
 - *aliveness*
of this
new force [i.e., of this new Christ force]
that is awakening
all over the universe.

04

You have journeyed
into
your inner being
on this path.

You have become aware of
many

- *obstructions and*
- *negativities*
that you did not know existed.

Only as you know them [i.e., Only as you know these many obstructions and
negativities within you]

do you also
make the connection
that
it is with those negative attitudes
that
you
create negative experience.

Tonight I wish to give you
a new realization
about
a special kind of attitude
that I will call
the superstition of pessimism.

Once it [i.e., Once this attitude I call "the superstition of pessimism"]
is conscious,
it [i.e., Your consciousness of this inner attitude within you that
I call "the superstition of pessimism"]
will aid you tremendously
in eliminating
further obstructions to
realizing
your
divine being.

05

When you reach
a certain level of awareness
you will come across an attitude that says,

"If I believe in
the positive,
• I will be
disappointed,
and
• I may chase it [i.e., I may chase the positive]
away
by my very belief in it [i.e., by my very belief in the positive
as a possibility].

It may be smarter
to believe
• that nothing good
can happen to me,
• that I cannot ever
change,
• that I cannot ever
grow out of
my obstructions."

	<p><u><i>This</i></u> [i.e., <u><i>This negative attitude toward the positive as even a possibility for your life</i></u>] <u>is</u></p> <ul style="list-style-type: none">• <u><i>a game,</i></u>• <u><i>a kind of</i></u><ul style="list-style-type: none">• <u><i>deliberate</i></u> <p><u>but</u></p> <ul style="list-style-type: none">• <u><i>destructive</i></u> <u>playfulness,</u> <u>which is based on</u> <u>nothing but</u> <u>superstition.</u>
06	<p><u><i>The</i></u></p> <ul style="list-style-type: none">• <u><i>obvious kind of</i></u> <u>superstitiousness</u><ul style="list-style-type: none">• <u><i>is on a</i></u> <u>much more primitive level</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u><i>most of you</i></u> <u>do not adhere to such beliefs.</u> <p><u><i>But</i></u></p> <ul style="list-style-type: none">• <u><i>a much subtler</i></u> <u>superstitiousness</u> <u>does</u> <u>exist in</u> <u>all</u> <u>of you.</u> <p><u><i>Find</i></u> <u>within you</u> <u>the voice that says,</u></p> <p><u><i>"I dare not believe in</i></u> <u>the good.</u></p> <p><u><i>It</i></u> [i.e., <u><i>The good</i></u>] <u>may not happen."</u></p> <p><u><i>It is sufficient to ascertain</i></u> <u>no more than</u></p> <ul style="list-style-type: none">• <u><i>this voice,</i></u>• <u><i>this "word"</i></u> <u>you speak into yourself.</u>

07

The superstition of pessimism
begins as
a superstitious destructive playfulness,
but then
you get lost
in its
very painful effects.

You may really believe in
what you
first assumed
as a safety measure [i.e., a safety measure against disappointment
should you not realize the good or positive you wish for].

However,
• denying
the positive
and
• believing in
the worst
to appease the gods, as it were,
is destructive.

You do not know
the power
of such thoughts.

There is
no playing with such power [i.e., There is no playing with
the power of negative thoughts]
without
grave consequences.

There is
no such game [i.e., There is no game involving playing with
negative, denying, or destructive thoughts]
that does not have
a grave effect.

08

The power of this game [i.e., The power of this game involving playing with negative, denying, or destructive thoughts] needs to be made conscious.

It [i.e., The need to make conscious the power of this game involving playing with negative, denying, or destructive thoughts] can apply to many things in your life.

When you have an illness, it [i.e., the need to make conscious the power of this game involving playing with negative, denying, or destructive thoughts] may apply to the healing.

When you find yourself

- alone and*
- unloved,*

you may playfully –
safely, as you think –
express the belief
that it will
always
be that way.

When you
lack
• funds or
• a fulfilling profession
you say into yourself,

"I had better believe
it [i.e., I had better believe that my lack of funds or lack of
a fulfilling profession]
must be that way,
so maybe then
it [i.e., so maybe then funds I desire and
a fulfilling profession]
can come to me
unexpectedly."

It is as though
you hoped for
some idealized parental figure
• to assuage your doubts,
• to come forth
and tell you,

"No, no, my child,
it [i.e., the situation regarding your funds and profession]
is not that bad,
it [i.e., the situation regarding your funds and profession]
is all going to be wonderful."

09

Without knowing it,
you dictate
into your soul
a belief
that really creates circumstances
that
prove
that belief.

You then
"forget"
that
you

had started this game [i.e., you "forget" that you had started this game by believing that having richness of funds or a fulfilling profession was impossible for you without some idealized parent figure or "god" to give you such things and to make all things wonderful for you]

in a spirit of

- superstition

or perhaps

in a spirit of

- emotional manipulation.

You become
so involved

in what you have unwittingly created [i.e., so involved in the lack of funds or the lack of a fulfilling profession that you have unwittingly created]

that you

really begin to believe

that

- the negative

is

- the reality.

What started out as a

- superstitious safety measure

gradually becomes

- belief

on another level of your consciousness.

- The belief

creates

- the reality

and you stay

in exactly that position.

10

This [i.e., This ATTITUDE in which what begins as a superstitious safety measure to prevent disappointment and leads to the BELIEF that having richness of funds or a fulfilling profession is impossible for you without some idealized parent figure or “god” to give you such things, a belief that CREATES the REALITY of lack of funds or a fulfilling profession], my friends,
is a subtle attitude
that you previously
could not see in yourself.

However,
• the work you are doing
and
• the progress you are experiencing
have made many of you
capable of pinpointing
this particular kind of superstition.

All such
trickery of the mind
is very dangerous.

The danger lies
in the misuse of
the power of
• the word,
the power of
• your
thinking,
the power of
• your
self-indoctrination.

11	<p><u>When you encounter this self-deception in you</u> [i.e., <u>When you encounter this SELF-DECEPTION in you in which what begins as a superstitious defense or safety measure to prevent disappointment from having lack of funds or lack of a fulfilling profession you desire and which leads to the BELIEF that having richness of funds or a fulfilling profession is impossible for you without some idealized parent figure or "god" to give you such things, a belief that CREATES the REALITY of lack of funds or a fulfilling profession</u>],</p> <p><u>my dearest friends,</u></p> <ul style="list-style-type: none">• <u>halt and</u>• <u>question yourself about</u> <u>its</u> [i.e., <u>about this self-deception's</u>] <u>effects upon your life.</u> <p>• <u>Distance yourself from your life</u></p> <p><u>and</u></p> <ul style="list-style-type: none">• <u>observe what you are doing.</u> <p><u>Connect with</u> <u>the level of intentionality</u> <u>behind it</u> [i.e., <u>behind this self-deception</u>].</p>
12	<p><u>The next step will be:</u></p> <p><u>"I want to</u> <u>stop</u> <u>this kind of self-trickery.</u></p> <p><u>I cannot trick life.</u></p> <p><u>I choose to be honest.</u></p> <p><u>What I say to myself</u> <u>must be</u> <u>what I really mean</u> <u>on the deepest level of my being.</u></p> <p><u>It</u> [i.e., <u>What I say to myself</u>] <u>must correspond to</u> <u>the truth of life."</u></p>

As you thus
counter
the habitual trickery
of the superstition of pessimism,
where it may exist in you,
you challenge it [i.e., you challenge the habitual trickery
of the superstition of pessimism]
with your decision
to find
a new pathway
to your mind's activity.

13

The next step
is
the most crucial one.

It [i.e., This next step]
may
sound very simple
and it
actually
is very simple,
however,
it [i.e., however, this next step]
may
seem
to require
a tremendous amount of courage –

the courage
to believe in
the good.

This [i.e., The courage to believe in the good]
is truly
one of the abysses of illusion.

Without
assurances of the outcome
you will have to
venture into an unknown land
where you
believe in
the positive.

Assert
your faith in
the ever-benign universe.

Express
the truth
that
all possibilities exist.

14

It is
your choice
which one of the many roads
you wish to travel,

- *the road of*
 - *defeatism,*
 - *denial,*
 - *negative expectation,*

or

- *the road of*
 - *faith*
in the beautiful unfoldment
of limitless possibilities
that is the innate nature of life.

These [limitless] possibilities
are anchored in
your own soul.

15

There is
nothing
that you cannot
• realize.

There is
nothing
you cannot
• experience
if
you truly give yourself to it.

Remove
the anchor
that holds you back
from
this flowing expansion.

Allow the
involuntary
processes
with their
limitless creative possibilities
to
• carry you and
• bring you to
ever new shores of
fulfillment.

Assert
your courageous faith in
the best
of your inner spirit.

The courage
lies in bridging the gap
between
• the assertion of the faith [i.e. the assertion of your courageous faith
in the best of your inner spirit]
until it [i.e., until your courageous faith
in the best of your inner spirit]
• bears fruit
and
• is realized.

16

The temptation
to lean on
the old superstitious negative beliefs
is that
you need not invest in
a waiting period
of uncertainty.

You speak
the negative belief
and it [i.e., and the negative belief]
occurs.

You have the
questionable certainty of
immediate results
that you are so keen on.

On the other hand,
the journey
to faith in
the possibilities of positive unfoldment
requires

- a growing period,
- a ripening.

This [i.e., This required growing period and ripening]
is necessary
simply because
your mental processes
have been
so accustomed to
negative beliefs
that they have to readjust themselves
so they can take root
in the new land
of

- beauty and
- abundance.

17

You are

- changing
from
 - one land of inner being
- into
 - another [i.e., into another land of inner being],
- establishing
new
 - roots
- and
new
 - growth.

A period of gestation

is necessary

that requires

the same kind of faith

inexperienced gardeners possess,

- sowing
seeds

and

- waiting for
plants to sprout,
without ever having seen
the process work.

It is the same

with you.

Your courage

lies in

believing

in

- the best your innermost being
has to offer and

in what

- life
has to offer.

That assertion

of faith [i.e., That assertion of faith in what the best your innermost being
has to offer and assertion of faith in what life has to offer]

is a substantial step

that needs to be reinforced.

18

Now, my friends,
here is a pitfall
I wish to warn against.

- The courage to believe in
positive life unfoldment

can very easily be confused with

- wishful thinking.

There is a

- subtle

and yet

- very distinct

difference

between

- wishful thinking

and

- a virile faith in the positive.

You

all

indulge very easily in
wishful thinking.

Then,

to be "realistic" –

because you already know

the disappointing results

of wishful thinking –

you revert into

the superstition of pessimism.

19	<p><u>Let us be very clear about the difference between</u></p> <ul style="list-style-type: none">• <u>wishful thinking</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>the realism of positive belief.</u> <p><u>There is one</u></p> <ul style="list-style-type: none">• <u>very distinct,</u>• <u>clear,</u>• <u>simple, and</u>• <u>important</u> <p><u>factor</u></p> <p><u>that will simplify matters for you</u> <u>in order to distinguish between them [i.e. to distinguish between</u> <u>wishful thinking and the realism of positive belief].</u></p>
20	<p><u>Wishful thinking</u></p> <p><u>is</u></p> <p><u>spinning dreams of fulfillment</u> <u>without</u></p> <ul style="list-style-type: none">• <u>having to pay a price:</u> <p><u>without</u></p> <ul style="list-style-type: none">• <u>any change of</u><ul style="list-style-type: none">• <u>personality or</u>• <u>attitude or</u>• <u>approach or</u>• <u>thinking or</u>• <u>feeling or</u>• <u>acting or</u>• <u>being.</u>

You daydream
that this or that
desirable fulfillment
will
• magically and
• gratuitously
come your way
• without any investment in
• life and
• the process of creation,
• without contributing to
the evolutionary process
by committing to
your purification.

Wishful thinking
is a
passive dreaming
in which
you hope against hope
that something will happen to you
• that is desirable
and
• that does not require you
to remove the very block
that prevents
the desirable
• event or
• state.

21

The less
you invest in
the effort
that could make
desirable
• events or
• states
a reality,
the less
you believe in
their actual
manifestation.

The more
you justify
the superstition of pessimism,
the less
desirable
your life becomes.

Increasingly
you wish to
escape from it [i.e., escape from your undesirable life]
by spinning daydreams
that substitute for
reality.

This [i.e., Spinning daydreams that substitute for reality]
consumes a lot of
creative energy
that could be invested in

- real living and
- fulfillment.

Daydreams
are just the other side of
the superstition of pessimism.

22

So you see, my friends,

- the superstition of pessimism and
- the daydreaming

are

- very closely interrelated

and

- not at all mutually exclusive.

You may

- on the same day

or even

- within one hour
- indulge in
 - daydreams
- and then perhaps in a matter of minutes
- indulge in
 - the superstition of negativity.

23	<p><u>You could</u> <u>accomplish</u> <u>the very thing you</u> <u>daydream about</u> –</p> <p><u>consuming a tremendous amount of</u></p> <ul style="list-style-type: none">• <u>energy and</u>• <u>mischannelled creativity</u> – <p><u>if only</u> <u>you made</u> <u>a total commitment to</u></p> <ul style="list-style-type: none">• <u>life and</u>• <u>self,</u> <p><u>giving your best to both</u> [i.e., <u>giving your best</u> <u>to both life and self</u>], <u>which are one.</u></p> <p><u>When you</u> <u>fail</u> <u>to realize</u> <u>the daydream,</u> <u>your disappointment</u> <u>reinforces</u> <u>the superstition of pessimism.</u></p>
24	<p><u>What was begun as</u> <u>a game</u> <u>then reinforces</u> <u>the negative belief.</u></p> <p><u>The vicious circle</u> <u>accelerates,</u> <u>and you find it</u> <u>ever more difficult</u> <u>to extricate yourself.</u></p> <p><u>You swing back and forth</u> <u>from</u> <u>the superstition of negativity</u> <u>to</u> <u>the wishful daydream.</u></p>

	<p><i><u>The more</u></i> <i><u>you indulge in</u></i> <i><u>the wishful daydream</u></i> <i><u>to escape from</u></i> <i><u>the negativity</u></i> [i.e., <i><u>to escape from the negativity brought on by</u></i> <i><u>your belief in the negative – by your superstition of pessimism</u></i>],</p> <p><i><u>the less</u></i> <i><u>you can</u></i> <i><u>truly experience</u></i></p> <ul style="list-style-type: none">• <i><u>beauty,</u></i>• <i><u>fulfillment,</u></i>• <i><u>abundance,</u></i>• <i><u>love,</u></i>• <i><u>joy,</u></i>• <i><u>peace and</u></i>• <i><u>excitement.</u></i>
25	<p><i><u>Wishful daydreams</u></i> <i><u>are often spun by</u></i></p> <ul style="list-style-type: none">• <i><u>a diminished ego</u></i> <p><i><u>rather than by</u></i></p> <ul style="list-style-type: none">• <i><u>the desire</u></i> <i><u>that comes from</u></i>• <i><u>your higher self,</u></i>• <i><u>your inner spirit.</u></i> <p><i><u>In these dreams</u></i> [i.e., <i><u>In these daydreams</u></i>] <i><u>a diminished ego</u></i> <i><u>seeks</u></i> <i><u>a false medicine</u></i> <i><u>against</u></i> <i><u>its own underdevelopment.</u></i></p>

For example,
rather than
visualizing yourself
in a productive vocation,

- joyfully and
- meaningfully

contributing to life, or
visualizing your

- success and
- abundance

for the sheer enjoyment of
the fruits of your labor
as a valid expression of life,
you dream of yourself
as a great person
in order to
impress

- others,

perhaps

- your family or
- those who have slighted you.

26

Even in these
ego gratifications,
however,
the original facets
of true value
are contained.

Your dignity
is a reality
that you

- look for

and often

- displace,

confusing

- it [i.e., confusing the reality of dignity]

with

- the petty pride

of the limited ego.

The true value
of your inner spirit
aims for
rich fulfillment
of
• love,
• abundance,
• friendship,
• communication,
even for
• recognition and
• respect.

But
in a daydream
it [i.e., love, abundance, friendship, communication,
recognition and respect]
all comes
in a fairy tale manner
that does not really convince you,
so of course
you cannot believe in it [i.e., you cannot believe in the
authenticity of any of the love, abundance, friendship,
communication, recognition or respect you receive].

27

Many of you
may have observed in the course of your pathwork
that
at the beginning of your path
you still had
the habit
of indulging considerably
in daydreaming.

Perhaps
even without
• really noticing it or
• intentionally trying to stop it,
you lost the desire for it [i.e., you lost the desire for daydreaming].

*The more
you deal with
the reality
of your being,
the more
real
life becomes.*

*The temptation
to manufacture
wish-fulfilling daydreams
diminishes.*

28

*Yet
many of you
still indulge in it [i.e., still indulge in daydreaming],
at least
in certain areas of your life.*

*Where this is the case [i.e., Where you still indulge in daydreaming],
look deeper.*

*Find the level
where
you also
still indulge in
the superstition
of your negative beliefs.*

You can pursue

this thought [i.e., this thought of finding the level where you still indulge in the superstition of your negative beliefs]

and discover yourself

hoping,

in a very subtle way,

that someone

will come along

and give you fulfillment

gratuitously,

without

• **any effort on your part,**

without your

• **removing**

the obstructions

to the fulfillment

or even

• **attempting to see**

that they [i.e., without your attempting to see that the obstructions to the fulfillment]

lie within

yourself.

You hope

that

• **a super-authority**

will reassure you

that it [i.e., You hope that a super-authority will assure you

that the fulfillment you desire in life]

will happen

just like in your daydreams,

• **you don't have to**

• **earn or**

• **acquire**

it [i.e., You hope that you don't have to earn or acquire the

fulfillment you desire in life],

• **it** [i.e., You hope that the fulfillment you desire in life]

will be given to you.

29

Just

- ascertaining

these random fleeting thoughts [i.e., ascertaining these random fleeting thoughts, such as your hope that a super-authority will assure you that the fulfillment you desire in life will happen, just like in your daydreams, or as your hope that you don't have to earn or acquire the fulfillment you desire in life, or your hope that the fulfillment you desire in life will simply be given to you]

and

- making them

concise

will

- allow you
to see their absurdity

and

- help you
to give them up.

You will realize that

abundance

is available

only to the degree

you wish to

- squander yourself into life,
giving as generously
of your inner riches
to this whole process

as [the degree] you wish to

- receive from
life's abundance.

30

You encounter

the difficulty

of sustaining

- happiness and

- pleasure

so many times.

You have begun
to open the road to it [i.e., to open the road to happiness and pleasure]
through working on
your purification.

As the results [i.e., As more happiness and pleasure, the results of
your working on your purification,]
begin to stream into your being –
both

- *outwardly*

and

- *inwardly –*

you shrink back.

This [i.e., This shrinking back when confronted with more happiness and pleasure]
is not simply
an old habit.

It [i.e., This shrinking back when confronted with more happiness and pleasure]
is the result of
still being committed to

- *the imaginary safety measure*

of
the superstition of pessimism
and, simultaneously, to

- *wishful daydreaming.*

31

The very thing
that is
your inner richness
can create
myriad kinds of fulfillment.

- *You withhold*
 - *your inner richness*

and yet

- *strive for results*
through
 - *the superstition of pessimism and*
 - *wishful daydreaming.*

	<p><u><i>You ignore</i></u> <u><i>the inexhaustible wells of yourself</i></u> <u><i>which could enrich</i></u> <u><i>every minute of your life.</i></u></p>
32	<p><u><i>The enormous</i></u> <u><i>• change and</i></u> <u><i>• growth</i></u> <u><i>that has already occurred</i></u> <u><i>in so many of you</i></u> <u><i>has brought results</i></u> <u><i>that you</i></u> <u><i>still</i></u> <u><i>dare not believe.</i></u></p> <p><u><i>Much more</i></u> <u><i>• fulfillment,</i></u> <u><i>• happiness,</i></u> <u><i>• pleasure and</i></u> <u><i>• abundance</i></u> <u><i>exist in your lives.</i></u></p> <p><u><i>But</i></u> <u><i>in those areas</i></u> <u><i>which are still blocked</i></u> <u><i>you reject</i></u> <u><i>pleasure</i></u> <u><i>because</i></u> <u><i>it [i.e., because pleasure]</i></u> <u><i>feels uncomfortable.</i></u></p> <p><u><i>At least</i></u> <u><i>you are now</i></u> <u><i>fully aware of this [i.e., fully aware that, to you, pleasure</i></u> <u><i>still feels uncomfortable],</i></u> <u><i>which is obviously</i></u> <u><i>immeasurably important.</i></u></p>

33

This message
may help you
to make further connections,
so that you will

- *eliminate all further obstructions*
to real happiness
- *rather than*
 - *dream about*
gratifications.

If you
use the material in this lecture,

- *observing it*
in you and
- *applying what I have said,*

it will make a difference
in your transformational work.

You will truly become capable of
transforming
a negative belief
because
you can see it [i.e., because you can see that negative belief]
as a trick
on a very subtle level.

Give up
that trick.

Have the courage

- *of positive belief*
in your own richness

and

- *of the positive intentionality*
to give of this richness
to the best of your ability.

You will
create the courage necessary
to have
faith
in the best
that life can ever be.

34

My dearest friends,
you in this community of human beings
are fulfilling
an all-important noble task.

The creative processes of the universe
depend on
every individualized entity.

Every tiniest step of
• goodwill within you,
every intent
• to be in truth,
• to face the truth
• to confront the worst in you and
• to transform it [i.e., to transform the worst in you]
into its original best

adds to
the great reservoir
of creative forces
that
• flow and
• push themselves
forever more
as manifestations
into all of life.

Each step in your growth
aids not only
your own
• happiness and
• fulfillment,
important as this is,
but is also
a powerful force
akin to nuclear energy,
generated by
• your community and
• other such nuclei,
that
• spreads and
• multiplies,
so that the Christ force
gains an ever-greater impetus.

35

QUESTION:

This lecture seems to apply to my life very much now.

It seems almost miraculous.

*The business venture I've started
looks as if it's going to be a success.*

*I have blocked so much of
the positive,
yet
something very good is happening.*

*Now that it's happening,
I feel that I'm going a lot into my ego.*

*I find myself thinking
that I'm better than others.*

I would like you to comment on this.

36

ANSWER:

*That [i.e., Thinking that you're better than others]
is of course
how you destroy.*

*What you can do
when you discover yourself in that way of thinking
is to very
• simply and
• firmly –
yet without pushing effort –
formulate another thought.*

The thought might be:

*"I do not wish to set myself
above others.*

*If a part of me
desires this [i.e., If a part of me desires to set myself above others],
I do not want it.*

I pray to
the divine forces within me
to help me create
another kind of
• attitude
and therefore
another
• reality.

If I want to be
better than others,
I must also
feel
undeserving
to get the slightest fulfillment.

I am
not
• better than others and

I am
not
• worse than others."

37

All
human beings
are
wonderful manifestations of divinity.

One flower
is not better than
another flower.

One bird
is not better than
another bird.

The mountain
is not better than
the sea.

The pine tree
is not better than
the oak.

Think of
• yourself
and
• other people
in those terms [i.e., in terms of you and other people not being better
or worse than one another]
and
assert
your goodwill
to let others
be their best.

Then
you can let
yourself
be your best
so you can
• truly enjoy
the fruits of your efforts
and
• feel deserving of them [i.e., feel deserving of
the fruits of your efforts].

38

QUESTION:
All my life,
it seems I have done exactly
what the lecture was all about
because
I didn't want to deal with
disappointments.

But I also felt
that
I
must
have it [i.e., I must have success and fulfillment],
I can't bear
not having it [i.e., I can't bear not having success and fulfillment].

	<p><u><i>I was afraid</i></u> <u><i>not only of</i></u> <ul style="list-style-type: none">• <u><i>failure,</i></u><u><i>but the</i></u> <ul style="list-style-type: none">• <u><i>meaning of failure.</i></u></p> <p><u><i>Is it [i.e., Is success and fulfillment in the form and areas I wish it]</i></u> <u><i>something that I was</i></u> <ul style="list-style-type: none">• <u><i>not meant to have, or</i></u>• <u><i>what?</i></u></p> <p><u><i>I found this superstition [i.e., this superstition of pessimism and failure]</i></u> <ul style="list-style-type: none">• <u><i>safe</i></u><u><i>but I see</i></u> <ul style="list-style-type: none">• <u><i>how it has limited me.</i></u></p>
39	<p>ANSWER: <u><i>It has [i.e., Your superstition of pessimism and failure has limited you].</i></u></p> <p><u><i>The most productive attitude</i></u> <u><i>about</i></u> <u><i>the possibility of not getting the wish fulfilled</i></u> <u><i>in this particular form</i></u> <u><i>would be somewhat like the following:</i></u></p> <p><u><i>"If such and such a desire</i></u> <u><i>is not fulfilled</i></u> <u><i>now,</i></u> <u><i>I have the courage to</i></u> <ul style="list-style-type: none">• <u><i>confront myself and</i></u>• <u><i>find out the meaning."</i></u></p> <p><u><i>The meaning [i.e., The meaning of an unfulfilled desire]</i></u> <u><i>is not something</i></u> <ul style="list-style-type: none">• <u><i>bad</i></u><u><i>nor does it imply</i></u> <u><i>that you are</i></u> <ul style="list-style-type: none">• <u><i>undeserving or</i></u><u><i>that there is something</i></u> <ul style="list-style-type: none">• <u><i>terrible</i></u><u><i>that you need to fear.</i></u></p>

40

It [i.e., An unfulfilled desire]
may mean
many different things.

It [i.e., An unfulfilled desire]
may mean
that there are
certain obstructions within you
that you need to know about,
not just
for the sake of

- this particular fulfillment,

but even more importantly
for the sake of

- your total unfoldment as an entity,

so as to become

- fully unified and
- whole.

You have

- intelligence,
- openness and
- goodwill

within you
to learn.

This [i.e., Learning to use the intelligence, openness,
and goodwill you have within you]
can be
a glorious experience.

If what you desire
does not happen

- now
- in this particular way,

what will make you

- happy and
- whole

will happen
in another way
that may possibly turn out
better.

Pursue
the truth
of your potential
and state,

"I can take a
• momentary disappointment and
make it [i.e., and make this momentary disappointment]
• a stepping stone.

I need not fear
that it [i.e., need not fear that my desires, that the fulfillment
of the truth of my full potential]
may not be
• now,
• in this particular way.

There are
many ways [i.e., There are many ways that my desires and the truth
of my full potential can be fulfilled]."

41

With this attitude
you will create
a relaxed inner climate
so that
attaining the result [i.e., so that attaining fulfillment of your
desires and realizing your full potential]
will
not be
a question of do or die.

Such a demand [i.e., Such a do-or-die demand for the immediate fulfillment of
your desires and realizing your full potential]
creates an
unbearable tension
that is often
a direct block
to the fulfillment of the desire.

	<p><u>A</u></p> <ul style="list-style-type: none">• <u>relaxed and</u>• <u>growth-producing attitude</u> <p><u>would</u></p> <ul style="list-style-type: none">• <u>let you off the hook</u> [i.e., <u>the hook of a do-or-die demand for the immediate fulfillment of your desires and realizing your full potential</u>] <p><u>and</u></p> <ul style="list-style-type: none">• <u>make it possible for you to believe in the best.</u> <p><u>You will</u></p> <p><u>open the doors to finding out a great deal about yourself.</u></p> <p><u>This</u> [i.e., <u>This finding out a great deal about yourself</u>]</p> <p><u>will be infinitely richer than the mere fulfillment of your wish could ever have been.</u></p>
42	<p>QUESTION:</p> <p><u>In reference to one word you used that I'm struggling with – can you amplify</u></p> <ul style="list-style-type: none">• <u>what the elements of courage are</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>where courage might be felt represented in the body?</u>

43

ANSWER:

Yes.

**The elements of courage
are the**

- **ability and**
- **willingness**

to

- **experience**
- **pain or**
- **disappointment**

and

- **learn from it** [i.e., learn from such pain or disappointment]

and

- **use it as a threshold** [i.e., use such pain or disappointment as
a threshold].

That is courage.

It is courage

to

- **risk all that** [i.e., to risk pain or disappointment as you venture forth
into a new situation]

rather than

- **stand still and**
- **have the safety**
of a little back door open,
never venturing forth completely
into a new situation.

That is courage.

To love

is courage

because

the loved one

may not always respond
according to your

- **desires and**
- **self-will.**

To give
is courage
because
the petty heart
in its negativity
still believes
that
when you
give

- you will lose and
- no one

will give you anything in return.

It is courage
to risk finding out
that
your negative beliefs
may not be true.

It takes
even more courage
to not be discouraged.

44

You
feel
courage
in all of your body,

as you feel love
in all of your body,

for
courage
is an essential part of
love.

- Every cell and
 - every pore
 - vibrates and
 - resonates
- with every divine attitude
that you can possibly allow to express itself
through
your
 - mind,your
 - will,your
 - soul,and so through
your
 - entire body.

45

I will close this meeting
with a prayer
that
the God in you
expresses.

As I have done once before,
I ask you to

- listen to
your inner God and
- hear the words
that resonate
within you.

As I say the words
pick up
the echo within.

This will help you
to attune
your listening inner ear
to the voice of God,
filling you with messages
such as these:

46

I [i.e., God] am

- working through you.

I am

- in all your thoughts,
if you wish to hear Me.

I am

- in all you see,
if you wish to see Me.

I am

- in all the words you speak,
if you wish Me
to express through you.

I am

- in all your actions,
if that be your commitment.

And

as

- I am

and

as

• I manifest through you,
you rediscover
life
in new terms.

You will

see that life

is

a glorious oneness
in which there is
nothing to fear.

What need you fear

if you

- discover Me?

What need you fear

if you

- identify with Me?

	<p><u>Know that</u> <u>you</u> <u>are God.</u></p> <p><u>As such [i.e., As God]</u> <u>you</u> <u>can never die.</u></p> <p><u>Give that</u> <u>which is you</u> <u>now,</u> <u>in your</u> • <u>thinking,</u> <u>in your</u> • <u>being,</u> <u>in your</u> • <u>perceptions</u> <u>to Me.</u></p> <p><u>As you give yourself</u> <u>to Me,</u> <u>so must you be</u> <u>eternal.</u></p>
47	<p><u>Listen for a minute</u> <u>into yourselves</u> <u>while I stay with you.</u></p> <p><u>You are richly blessed,</u> <u>my beloved friends.</u></p>

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