

Pathwork Lecture 239: Christmas Lecture 1975

1996 Edition, Original Given: December 1975; Distribution Date: March 1, 1976

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

¶	<i>Content</i>
03	<p><i><u>Greetings,</u> <u>my beloved ones.</u></i></p> <p><i><u>The blessings flow richly</u> <u>from</u> <u>your innermost being</u> <u>into</u> <u>the outer world</u></i></p> <p><i><u>and</u> <u>from</u> <u>the outer world around you</u> <u>back into</u> <u>your innermost being.</u></i></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 11/11/17

The birth of
Christ

- celebrates and
- symbolizes
birth –
not only birth
of
 - an entity,
of
 - a human being,
but birth
of
 - new expressions,
of
 - new ways
of expressing
God in life,
birth
of
 - new levels of consciousness.

The celebration of
• birth
always follows
the celebration of
what you experience as
• death.

It [i.e., Birth following death]
is

- an endless chain,
- a continuum of consciousness,

but

- each birth
always gives rise to
• new joy.

And
• death
is nothing else but
another form of
• birth.

It [i.e., Death as another form of birth]
simply is
the reverse side,
symbolized
in your religious history by
Easter,
where
• resurrection
follows
• death.

04

At one time in your history,
birth
had to be
• celebrated and
• symbolized
by the appearance of
a human being.

At that time in history
human consciousness
was still very much
on an outer level.

Everything
had to be
outward.

Now,
there was a man
of such purity
that
the Christ
could manifest
in a totality
• seldom,
• if ever,
experienced
to that degree
on the plane of matter.

05

It is a misunderstanding, however,
to assume that
the new coming of the Christ
will take form
in the same manner.

The Christ lives
within
• everyone and
within
• everything that
• breathes and
• has consciousness.

The Christ
has been given birth
by your work,
my beloved friends.

At each step of your path
where you find
• a misconception,
• a negativity,
• a block,
• a destructiveness,
• a problem,
• an ignorance,
you find
a direct obstruction
to
the Christ within.

06

In the New Age

- *the energy,*
- *the impetus,*
- *the power*
of the Christ
has newly risen.

It [i.e., The energy, impetus, and power of the newly-risen Christ within]
is not a

- *sentimental,*
- *meek*
force
by any means.

It [i.e., The energy, impetus, and power of the newly-risen Christ within]
has
tremendous power.

Its [i.e., Christ's]
strength
sweeps your earth sphere,
and those of you
who

- *are ready and*
- *have*
 - *the courage,*
 - *the inner courage,*
to make room
for
 - *joy,*
for
 - *pleasure,*
to make room
for
 - *ecstasy,*
can
experience
the Christ within.

You can
give birth to
the Christ in you.

At the same time

this

- joy,

this

- ecstasy,

this

- total peace

cannot be experienced

unless

you

purify

your soul,

for otherwise [i.e., for if you do not purify your soul]

- you become

- anxious and

- contracted in a negative way

and

- you reject

the experience of

- joy and

- ecstasy.

You cannot

bear it [i.e., You cannot bear the experience of joy and ecstasy].

You create circumstances around you

that seem to justify

- misery and

- darkness,

but you must have been

courting that

- misery and

- darkness.

To the degree
you refuse purification,
[to that degree]
you lack
the courage
to change
into
• better ways,
into
• new ways,
into
• the ways within you
that come with
a powerful sweep.

They [i.e., The better and new ways, the ways within you
that come with a powerful sweep]
show you
that life is good.

07

You can afford
• generosity.

You can afford
• to let others be their best.

You can afford
• to give up the little self-interests.

You can afford
• to be in a state of love.

You can afford
• to have the courage
and risk truth.

You can afford
• humility,
and
the best
will flow to you
because
you can receive it.

08

Your offerings [i.e., Your offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility],

symbolized in

the ornaments on your tree [i.e., on your Christmas tree],
are very real.

These offerings [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility]

must often

be repeated,

perhaps

in your

- daily meditation,

in your

- work sessions,

in your

- group experiences,

in your

- interaction with one another.

They [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility]

can be renewed

- when one points out to another what he or she observes, and

- when you listen

more with an ear to

- what is the truth,

rather than

with the attitude

of being

- rejected,
- hurt and
- misjudged.

When you
listen for
the truth
you will
• find
the Christ within.

You will
• experience
so much more
• the greater life,
• the real life that you are a part of,
• your greater being,
• your eternal reality.

You will
• know
there is
nothing to
• fear
and
nothing to
• mourn.

09

You, my friends,
who are
• carriers and
• instruments
in this important historical time
at this point of evolution,
actually
live
simultaneously
in two worlds.

You start off believing
only
in this material world
that is
very real to you.

And it [i.e., And this material world that is very real to you]
is indeed important,
for
it is your task
to infuse the world of matter
with
the greater spiritual reality
in which
you are much more firmly planted
than you realize.

Only
the separated consciousness
manages
not
to know this [i.e., manages not to know that
you are firmly planted in the greater spiritual reality],

but
as you progress on your path,
slowly
but surely
your mind

- *enlarges,*
- *makes a leap,*

and
suddenly
you find
another consciousness
that is so much more real [i.e., that is
so much more real than your separated
and limited ego consciousness].

10

Perhaps you discover it [i.e., Perhaps you discover the consciousness
of this greater spiritual reality]

first by
creating a channel,
as you call it.

More
and more of you
• begin to
create a channel
and thus
• find out who
you
really
are.

What greater gift
could you give to yourself
than making an effort
to create a channel
to that
in you
which is
the Christ?

The Christ in you
is
your true identity,
which
• knows all
and
• fears nothing
and
• lives forever.

It [i.e., The Christ in you, your true identity]
is
that
you
that is
• always bathed in light,
that is
• a light body,
• an energy body,
• truly indestructible.

11

Your consciousness
has its feet
planted in
both
these worlds [i.e., planted in both the world that is reality
and the world of matter in the outer realms]

and that is your task –
to bring
• the world that is the reality
into
• the outer realms

and so
to infuse
• the light of
the newly-born Christ
into
• matter.

Christ
is born
every
• minute,
every
• second,
in time.

Every
every • new realization,
spurt of
every • new consciousness,
breath of
every • love,
change of
every • attitude

gives birth to
the Christ,

until

all these many little lights
that you light up in

• your own souls,

spreading into

• others' souls,

• converge

and

• emerge

into

one huge sea of

• light,

into

a sea of

• love,

into

a sea of

• intense

• joyous

awareness.

12

Your community
grows
in
• depth,
in
• beauty,
in
• truth,
in
• love and
in
• abundance,
and so more
and more
you make room for
the Christ
to
• guide you,
to
• infuse you,
to
• protect you, and
to
• love you.

And you discover
a new oneness
with each other,
although
you had started off
as strangers,
with walls around you.

But
these walls
begin to crumble,
and
what was

- illusory separation

turns out to be
what it

- always
was

and

- really
is,
- a oneness
of consciousness,
- a love between
various aspects of God.

Each one of you
is a beautiful

- aspect and
- individualization
of God.

As you learn
to discover this [i.e., to discover that each one of you is a beautiful
aspect and individualization of God],
you learn
not

- to diminish your personality,

but rather

- to make
 - a bridge,
 - a beautiful golden bridge

from

- one [i.e., from your divine aspect]

to

- the other [i.e., to your personality].

This message,
my beloved ones,
will

- *bring you into*
 - *your inner being*

and perhaps

- *create*
a greater awareness of it [i.e., *create a greater awareness of*
your inner being]

than you have ever had.

You can

- *translate these words*
into
your own new awareness of
your true identity

and

- *discover*
your
eternal
 - *reality,*

your
eternal

- *love and*
- *beauty and*
- *safety,*
for you need not
 - *fear or*
 - *guard against*
 - *anyone or*
 - *anything.*

13	<p>QUESTION: <u><i>A group of us who work with children on the path as helpers have started what we call a children's seminar where we discuss the problems of working with children.</i></u></p> <p><u><i>One of the subjects of discussion for our next meeting is sexuality in children.</i></u></p> <p><u><i>I wondered if you could</i></u></p> <ul style="list-style-type: none">• <u><i>address the children tonight on this subject and</i></u>• <u><i>help us who work with the children.</i></u>
14	<p>ANSWER: <u><i>It is of course a wonderful thing that the old taboos are removed.</i></u></p> <p><u><i>The old restrictions that make sexuality a</i></u></p> <ul style="list-style-type: none">• <u><i>dirty,</i></u>• <u><i>guilty secret no longer exist.</i></u> <p><u><i>It is important that a growing human being</i></u></p> <ul style="list-style-type: none">• <u><i>knows and</i></u>• <u><i>learns to accept this this beautiful force, divine force.</i></u>

At the same time
it is of equal importance
to realize that
the greater
a force –
whether it be

- the force of sexuality

or

- any other spiritual force –

the more
it [i.e., the greater the force the more that spiritual force]
requires
a tremendous amount of
maturity –
and young people
CAN be
mature –
which means
a sense of

- responsibility and
- self-discipline.

Self-discipline
here
is not meant
in the sense of

- denial of pleasure,

but
in the sense of

- the constant process
of
 - self-purification,of
 - honesty,of
 - truthfulness,of
 - commitment to growing.

If this

- deep
- sincere

commitment to
self-discipline
is lacking,

the sexual force

- cannot be borne

and

- will turn into
destructiveness.

It is important to understand this.

It is also important to realize

that

without a loving heart
sexuality
becomes

- shallow,
- unfulfilling,
- empty,

and it [i.e., and without a loving heart, sexuality]

will always be

- guilt-producing,
no matter

what the mores

of your outer society may be.

The guilt [i.e., The guilt produced by experiencing
sexuality without a loving heart]

is then

an inner guilt

for wanting to

grab a pleasure

in a selfish way

without lovingness.

	<p><u>Only when</u> <u>that attitude of lovingness</u> <u>is cultivated</u> <u>can</u></p> <ul style="list-style-type: none">• <u>guiltlessness exist</u> <p><u>and therefore [i.e., and therefore can]</u></p> <ul style="list-style-type: none">• <u>the full capacity</u> <u>to enjoy</u> <u>all the pleasures,</u> <u>including</u> <u>sexual pleasure</u> <u>[exist].</u>
15	<p><u>QUESTION ([from a] Child):</u> <u>I want to know why</u> <u>I hurry through life.</u></p>
16	<p><u>ANSWER:</u> <u>You hurry through life</u> <u>because</u> <u>you want to</u> <u>shut out</u> <u>your</u></p> <ul style="list-style-type: none">• <u>anxieties and</u>• <u>fears,</u> <u>my son.</u> <p><u>And you need not do so [i.e., And you need not shut out your anxieties and fears].</u></p> <p><u>You have people around you</u> <u>who will help you</u> <u>to</u></p> <ul style="list-style-type: none">• <u>feel and</u>• <u>explore</u> <u>your anxieties.</u> <p><u>The anxiety</u> <u>you produce</u> <u>by denying your anxiety</u> <u>is much greater than</u> <u>the original anxiety.</u></p>

So my suggestion is:

when you wish
to rush,

- **hold still**
- and**
- **allow yourself**
to feel
your
 - **fears,**
 - **worries,**
 - **negative thoughts,**

and

- **express them [i.e., express your fears, worries, and negative thoughts]**
to your helper.

Discuss them [i.e., Discuss your fears, worries, and negative thoughts]

- **in your sessions**

and

- **with your path friends**
who have more experience to guide you.

This [i.e., Discussing your fears, worries, and negative thoughts in your helper
sessions and with your pathwork friends who have more experience]

will

free you of the anxieties
so that you can be calm.

It is wonderful

that you have asked this question.

17	<p>QUESTION: <u>My daughter</u> <u>is of very low energy level</u> <u>especially in the morning.</u></p> <p><u>It is very difficult for her to move in the morning.</u></p> <p><u>I know there is</u> <u>a characterological reason for this,</u> <u>but I would like to know</u> <u>• if there is anything I can do about it</u> <u>and</u> <u>• what is the deeper meaning of this problem?</u></p>
18	<p>ANSWER: <u>The meaning is</u> <u>that she uses a great deal of energy</u> <u>in an artificially stirred up way.</u></p> <p><u>There is</u> <u>a lot of sexual energy there</u> <u>• that she does not know how to handle and</u> <u>• that creates</u> <u>an over-agitation</u> <u>that is then pushed into</u> <u>an overactivity</u> <u>that is not quite</u> <u>• organic or</u> <u>• harmonious,</u> <u>so that then</u> <u>• an imbalance is created</u> <u>and</u> <u>• at certain times</u> <u>energy is lacking.</u></p> <p><u>Now, you may not be able to</u> <u>immediately</u> <u>do something about this.</u></p> <p><u>At the same time</u> <u>• your understanding,</u> <u>• simply your awareness of this,</u> <u>may already have an effect</u> <u>on another level of reality.</u></p>

19	<p>QUESTION: <u>I find that</u> <u>I am filled with</u></p> <ul style="list-style-type: none">• <u>distrust and</u>• <u>suspicion and</u>• <u>fear</u> <p><u>and it [i.e., and this distrust, suspicion, and fear]</u> <u>manifests</u> <u>in paralyzing my</u></p> <ul style="list-style-type: none">• <u>creativity and</u>• <u>ability</u>• <u>to work and</u>• <u>to pull things together economically</u> <p><u>in my personal life.</u></p> <p><u>I wonder if you could help me?</u></p>
20	<p>ANSWER: <u>This first early stage on your path</u> <u>is the most difficult struggle.</u></p> <p><u>The further you go</u> <u>the easier it becomes.</u></p> <p><u>But in this first phase</u> <u>you find it difficult</u> <u>to</u></p> <ul style="list-style-type: none">• <u>remove your</u>• <u>mask self and</u>• <u>look at your</u>• <u>lower self</u> <p><u>without losing sight</u> <u>that you also have a</u></p> <ul style="list-style-type: none">• <u>higher self.</u> <p><u>Yet</u></p> <ul style="list-style-type: none">• <u>this higher self</u> <p><u>must not be confused with</u></p> <ul style="list-style-type: none">• <u>the mask self</u> <p><u>you have identified with</u> <u>for a long time.</u></p>

You confuse this

- mask self
with your
• higher self.

To remove

- the mask self
is complicated,
for if you
only focus on
• the lower self
you despair.

At the same time,

- if you revert to
your mask self,
you are right back where you started from.

Your despair

is that

- you cannot differentiate
between
• the mask self [which is a pretense of the higher self, or is the
false higher self]

and

- the real higher self,

and that

- you believe
that if
• the mask self
is taken from you,
you are going to disintegrate into
an evil person.

Now,

- the lower self
is there;
- it [i.e., the lower self]
is never beautiful;
- it
cannot be [i.e., the lower self cannot be beautiful];
- it [i.e., the lower self]
is a
distortion of
the beauty.

However,

you need to
pray for

- the courage and
- the strength and
- the faith

to go through it [i.e., the courage, strength, and faith
to go through the lower self]

so that

you will find

- the real higher self,

not

- the false version of it [i.e., not the false version of
the higher self, the false version of
the higher self being the mask self].

In this initial struggle,

my suggestion is to

make yourself available to

all the help here for you;

give yourself to

every aspect the pathwork offers you

and you will come through.

You need also

the meditational practice

to make full commitment to

- the courage and
- the trust

to give birth to

the Christ in you

as you

- go through
your lower self and
- do not evade it [i.e., do not evade your lower self]
by wishful thinking.

Your distrust

is an outpicturing

of your inner lack of trust

that there is

a real higher self in you.

Your distrust [i.e., Your distrust that there even is a REAL higher self in you]
is that

- *you know*
deep down
that
your mask self
is not genuine and
- *you project*
that lack of genuineness
on the world outside [i.e., you consider that others lack genuineness].

For it is
a human being's weakness
to always believe
of others
what they feel about themselves.

One cannot suppose
that others are different.

You can go over these hurdles,
and
if you really want to,
you can make it.

21

QUESTION:
I feel also
that I strongly mistrust
my higher self
and even to ask for help from you
is very difficult for me,
because there is a part in me
that persists in
wanting to

- *doubt*

and not only to

- *mistrust*

but really [wanting to]

- *prove*

the unreality of beauty.

And I want very much to take the step
and ask for your help.

22

ANSWER:

Open your heart
and the blessing that is here
will flow into it.

Speak the words,

- **"I want to give up**
my negation.

- **I want to see**
the truth of
the God within."

Say these words.

So it will be,
it must be,
for

that [i.e., for seeing the truth of the God within]
is

- **your destiny,**
that [i.e., for the God within]

is

- **your true nature.**

The other [i.e., Your negation in wanting to doubt and mistrust your higher self
and in wanting to prove the unreality of beauty]

is but

a temporary bad dream,
but

- **a dream**
with a deep
 - **purpose and**
 - **meaning,**

- **a dream**
that is a task.

Your earthly lives

are

dreams

that are

tasks.

23

QUESTION:

I would like to ask your guidance on
our crisis intervention program.

We have tried to follow your suggestions as closely as possible.

But as far as I am concerned
there are two kinds of attitudes:

- one that
 - is overcautious and
 - examines everything and
 - kills spontaneity,
- and
- the other, which
 - gives in with
 - a carelessness
 - rather than
 - a trust
 - in the spontaneous growth.

I find that when we discuss individual cases
we get caught in this type of dilemma.

24

ANSWER:

I would make the following

- comments and
- suggestions:

When the person
who is in crisis
asks for the help,
then
the difficulties will be relatively small.

When the person
refuses to acknowledge
his state of crisis,
it [i.e., help]
should
not
be forced upon him.

At the same time
it would be important
to tell the person,

"We think you are in crisis.

We are willing to give you help,
if you wish it.

If you do not wish it,
it is your responsibility,"

and let it go at that.

As to the people
who

• are open for it [i.e., open for your help]

and

• request it,

you have so far

always seen

that it was [i.e., that your help was]

• very helpful and

• very effective.

The only thing I might suggest
is that

when you get entangled in

these contradictory currents,

you immediately

• let go and

• flow together

in your focusing in

• to your inner channels,

• to the guidance

of the will of God,

and it [i.e., and the guidance of the will of God]

will come.

You will find
the right balance
between
• giving,
• reaching out
and
• moving,

between
• spontaneity
and
• cautiousness.

At times
discuss the problems
with the person
who is in need of help,
without necessarily
making it a helper session.

And at other times
simply be there
with
• love and
• prayer and
• companionship.

No rules exist.

Only
the intuitive connection
will be
• valid and
• reliable.

And that [i.e., And the intuitive connection]
will come
through prayer.

25

QUESTION:

I find myself

*in a state of being very aware of
how my judgments*

- *hurt me and*
- *poison my life.*

Yet I can't seem to

stop these judgments

from coming up all the time.

I'm wondering if perhaps you could help me.

26

ANSWER:

When you observe yourself

in this state,

just

- *hold still*

and

- *question yourself,*

"What would happen

if I gave up the judging?"

Experiment with it [i.e., Experiment with this question].

*[As you experiment with this question of what would happen
if you gave up the judging]*

You will discover

various states.

For example,

a black hole

of nothingness

to begin with,

which you fear,

something you cannot

- *name or*

- *label or*

- *pin on anything.*

That [i.e. That state of being in a black hole, something you cannot name or label or pin on anything, a state that you fear]

is

the creative emptiness

- you have to go into,
- out of which

the

true

feelings

will emerge.

Your

negative

feelings,

fear on a more superficial level,

are

a coverup of

- that empty black hole,

or

- what seems to be such.

You need to have the courage to

- go there [i.e., the courage to go to that “empty black hole,” which is the creative emptiness out of which true feelings will emerge]

and

- learn to trust it [i.e., learn to trust the state of creative emptiness out of which true feelings will emerge],
- let yourself be with it [i.e., let yourself be with the state of creative emptiness out of which true feelings will emerge],

in order to get to know

the

real

you.

27

My dearest friends,

this is what I have to give you tonight.

There will be many more opportunities

where you can all come and

- ask your questions and
- receive my
 - help and
 - guidance.

28

Let us close
with a deep focusing
all together
on
the
• One,
the one
• power that motivates,
the one
• life that you are an expression of,
the one
• love that colors everything
into radiant beauty,
the one
• peace that surpasses all understanding,
the one
• joy that
• vibrates and
• resonates
through
the pores of the universe
that you are a part of.

Continue your tasks of
self-purification,
thus
• spreading this great light and
• being carriers of the Christ.

The love
that
• envelops the universe,
that
• permeates the universe,
can be borne
by your purified souls.

You become acclimatized to do so [i.e., acclimatized to bear the love
that permeates the universe].

Let this love
surge through you,
and be one with it [i.e., and be one with this love].

Be
your God.

Be
the Christ.

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

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

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

Trademark/Service Mark

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

Copyright

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

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