

Pathwork Lecture 133: Love: Not a Commandment, But Spontaneous Soul Movement of the Inner Self

1996 Edition, Original Given April 30, 1965

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

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

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

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

Blessings on your journey, Gary

| ¶ | Content |
|----|--|
| 03 | <p><u>Greetings,</u> <u>my dearest friends.</u></p> <p><u>Blessings for all of you</u></p> <ul style="list-style-type: none"> • <u>who are here now and</u> • <u>who read these words.</u> |
| 04 | <p><u>It has become apparent</u> <u>through this work</u> <u>of self-realization</u> <u>that</u> <u>unreality</u> <u>breeds disharmony,</u> <u>and where there is</u> <u>disharmony,</u> <u>there is no love.</u></p> <p><u>The circle closes.</u></p> <p><u>Where there is no love,</u> <u>there can be no fulfillment.</u></p> |

by Eva Broch Pierrakos

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05

All
• religions,
• philosophies, and
• psychologies
agree
that love
is the key
to
• fulfillment,
to
• security,
to
• creative growth.

And yet
love
cannot
• be commanded,
nor can it
• be a commandment.

It [i.e., Love]
is a
• free,
• spontaneous
soul movement.

The more people
try
to love
as if
it were a duty
demanding
by
• conscience and
• obedience,

the less
does it [i.e., the less does love]
truly manifest.

| | |
|----|---|
| 06 | <p><i><u>Where love exists, there must be fulfillment.</u></i></p> <p><i><u>Lack of fulfillment is a sure sign that the soul has not yet learned to love.</u></i></p> <p><i><u>Although these words may be understood in a general sense, this simple equation [i.e., the equation that says love and fulfillment go together] is often overlooked.</u></i></p> |
| 07 | <p><i><u>Let us look deeper into the topic of love now.</u></i></p> <p><i><u>In this way [i.e., By looking more deeply into the topic of love] we can come a step closer to obtaining the greatest of all keys to the true life – not by following • forced, • artificial, • superimposed commands from the intellect, but the • spontaneous • inner activity of the heart.</u></i></p> |
| 08 | <p><i><u>When love exists, physical health, one of the most vital requisites in human life, must also be present.</u></i></p> |

| | |
|----|---|
| | <p><u>Love</u> <u>is</u> <u>a purifying force,</u></p> <p><u>and to the degree</u> <u>that it [i.e., to the degree that love]</u> <u>is lacking,</u> <u>all sorts of</u> <u>negative emotions</u> <u>will</u> <u>cause</u> <u>ill health,</u></p> <p><u>especially when</u> <u>the trouble [i.e., the trouble of having negative emotions]</u> <u>remains unrecognized</u> <u>for a sufficiently long time.</u></p> |
| 09 | <p><u>Where love exists,</u> <u>there must be</u> <u>successful</u> <u>human relationships</u></p> <p><u>because</u> <u>in love's presence</u> <u>there is</u> <u>no</u> <u>• fear,</u> <u>no</u> <u>• distrust,</u> <u>no</u> <u>• illusion.</u></p> <p><u>Love</u> <u>can flower</u> <u>only</u> <u>on the substantial soil</u> <u>of</u> <u>• reality and</u> <u>• fearlessness.</u></p> |

Where one
perceives reality
in truth,
one does not

- trust

or

- distrust

where it is
inappropriate
to do so.

One
accepts
the other
as he or she
is,
and
adjusts
one's own feelings
to what
the reality
is.

Then
there is
no necessity
for groping in the dark,
fearfully

- half-trusting,
- half-distrusting,

thrown
between
one's

- needs

and
one's

- fears.

| | |
|----|---|
| 10 | <p><i>• <u>Love</u></i> <i>and</i> <i>• <u>self-confidence</u></i> <i>are inevitably</i> <i><u>interdependent.</u></i></p> <p><i><u>Where love</u></i> <i>is lacking,</i> <i><u>the psyche</u></i> <i>must be confused</i></p> <p><i>and, conversely,</i></p> <p><i><u>where confusion</u></i> <i>exists,</i> <i><u>love</u></i> <i>must be lacking.</i></p> |
| 11 | <p><i><u>When love exists,</u></i> <i><u>all conflict</u></i> <i>must be eliminated.</i></p> <p><i><u>The personality</u></i> <i>• <u>will find</u></i> <i><u>the fine borderline</u></i> <i>between</i> <i><u>apparent extremes, and</u></i></p> <p><i>• <u>will recognize</u></i> <i><u>the difference</u></i> <i>between</i> <i>• <u>the healthy</u></i> <i>and</i> <i>• <u>the distorted</u></i> <i><u>versions</u></i> <i><u>of an attitude.</u></i></p> |

An example would be
demonstrating
healthy

- assertion

without deviating into
unhealthy

- aggressiveness or
- hostility.

Nor will you be confused
between

the alternatives of

- submissiveness

and

- domination

through self-will.

You will
know

when

to assert your rights

- without hostility
against

unjustified demands,

- where compliance
would be destructive
for all concerned.

You will

not be driven to

- the opposite of compliance,

namely

- stubborn rebelliousness –

[driven to rebelliousness, the opposite of being driven to compliance,]

because

- conceding

always appears like a

- submissive,

- humiliating

giving in.

It is only
through love
that this
precarious balance
of opposite extremes
is achieved.

This fine balance
comes
automatically
through
the heart's
ability to
love,

but
when
merely intellectual understanding
tries to find
the golden mean
it [i.e., the golden mean]
remains elusive,
no matter
how ardously
it is sought [i.e., no matter how ardously the golden mean is
sought through intellectual understanding alone].

12

And yet,
this universal key
of love
is so
very difficult
for humanity to use.

There is
nothing
that human beings

- shy away from more and
- are more afraid of

than simply
allowing themselves
to love.

Loving

seems

- such a risk,
- so dangerous,
- so threatening,
- so irrevocable.

Nothing

could be further from
the truth.

But

you

- build elaborate defenses and
- flee.

You

not only

flee

from

- involvement and
- contact
with others, or

from facing

- faults and
- destructive attitudes
in yourself,

but primarily you

flee

from

- allowing yourself
to love.

This prohibition [against allowing yourself to love]

causes

all the other ills.

13

The prohibition
against loving
comes from
two basic misunderstandings.

The first
is
• misinterpretation of reality,
in other words,
• illusion.

Illusion
produces
confusion
along with
a host of
negative emotions
such as
• fear,
• hostility,
• separateness,
• self-pity,
• ambivalence, and
• vindictiveness.

These [negative] emotions
make love
impossible.

It is unthinkable
that
when
your
innermost
• concepts,
• perceptions, and
• value systems
are in accordance
with reality
that you
could be
afraid of loving.

The second misunderstanding [causing
the prohibition against loving]

is

- the underestimation
of the self and
- the consequent
inferiority feelings.

This may sound
almost paradoxical.

Superficially viewed,
it certainly
seems possible
to think little of oneself
without
impairing one's ability
to love.

And yet, my friends,
this is not so.

For
in the moment
you underestimate yourself
you cannot possibly
perceive the other person
as real.

By dint of
your feelings of
• helpless weakness and
• inadequacy,
others
assume the role of
giants
against whom
you defend yourself.

*This [i.e., This seeing others as giants against whom
you defend yourself]*

may take the form of

- *rejecting,*
- *resenting, or*
- *despising*
them,

but not even then

does it occur to you

to sense

the other's

- *vulnerability and*
- *human needs.*

The other's

- *strengths*

and

- *weaknesses*

become

- *distorted and*

- *discolored.*

Both [i.e., Both the strengths and weaknesses of the other]

come to represent

elements

hostile to

you personally.

Therefore

your underestimation of yourself

forces you

into a hostile role,

no matter

how this is camouflaged

by outer submissiveness

which, in itself,

may appear as

lovingness.

When you think so little of yourself

you do not evaluate

the importance of

your

- *actions and*

- *reactions.*

14

The two interrelated tendencies
of
• underestimation of the self
and
• misinterpretation of reality
create
• the barriers to loving and
• its [i.e., loving's] apparent danger.

These two tendencies [i.e., the tendencies of
• underestimation of the self and
• misinterpretation of reality]
make
the human heart
• so timid and
• so reticent.

Being overcautious
about loving
increases one's
• withdrawal and
• isolation.

Many an individual
is half-willing,
but
this half-willingness
denies love
rather than
affirms it.

It [i.e., this half-willingness to love]
makes all sorts of
• conditions and
• provisions;
there are always
so many
ifs and buts.

| | |
|----|---|
| 15 | <p><u>Through the lack of love –</u> <u>which is a result of</u></p> <ul style="list-style-type: none">• <u>illusion and</u>• <u>confusion,</u>• <u>distorted perception and</u>• <u>lack of self-evaluation [i.e., underestimating of self] –</u> <p>• <u>disturbed interaction and</u> • <u>disharmony</u> <u>follow.</u></p> <p><u>The</u></p> <ul style="list-style-type: none">• <u>disturbed emotions and</u>• <u>distorted perceptions</u> <p><u>form a nucleus,</u> <u>almost like</u> <u>a foreign body,</u> <u>in the soul.</u></p> |
| 16 | <p><u>The spiritual being</u> <u>as originally created</u> <u>knows nothing of</u> <u>these disturbances.</u></p> <p><u>Its [i.e., As originally created, the spiritual being's]</u> <u>nature is</u></p> <ul style="list-style-type: none">• <u>love,</u>• <u>a fearless state</u> <u>of</u><ul style="list-style-type: none">• <u>abundance,</u>• <u>positiveness,</u> <u>of</u><ul style="list-style-type: none">• <u>productivity and</u>• <u>expansion,</u>• <u>meaningful growth</u> <u>both</u><ul style="list-style-type: none">• <u>in and</u>• <u>with</u><u>the universe.</u> |

Its [i.e., *As originally created, the spiritual being's*]
natural state
is the wisdom
that comes from
accurately perceiving
reality.

It is
• *the nucleus of distorted perceptions,*
• *this foreign body,*
that prohibits
the soul
from being in its
natural state –
the state it is
• *born with and*
• *born to express.*

17

Human beings
• *struggle and*
• *fight*
against
this foreign body [i.e., *fight against this nucleus*
of distorted perceptions that prevent loving]
in wrong ways.

They
• *sense*
its [i.e., *the foreign body's*]
existence and
• *want to*
rid themselves of it [i.e., *rid themselves of this foreign body, this nucleus*
of distorted perceptions that prevent loving],
but
the ways they choose
to attempt this [i.e., *attempt to rid themselves of this foreign body, this*
nucleus of distorted perceptions that prevent loving]
are often
tragically
the opposite of
what could lead to
its successful elimination.

| | |
|----|--|
| | <p><i><u>People struggle [against this foreign body of distorted perceptions]</u></i> <i><u>by</u></i> <ul style="list-style-type: none">• <i><u>denial and</u></i>• <i><u>flight,</u></i><i><u>by</u></i> <ul style="list-style-type: none">• <i><u>forcing away and</u></i>• <i><u>superimposing,</u></i><p><i><u>as you all know.</u></i></p></p> |
| 18 | <p><i><u>But,</u></i> <i><u>for many of you,</u></i> <i><u>even having heard these words so often</u></i> <i><u>has still</u></i> <i><u>not</u></i> <i><u>opened the door</u></i> <i><u>to the truth</u></i> <i><u>that sets you free.</u></i></p> <p><i><u>Some who follow this path</u></i> <i><u>do not see</u></i> <i><u>that they struggle against</u></i> <i><u>acknowledging</u></i> <i><u>this foreign body [i.e., this foreign body of distorted perceptions,</u></i> <i><u>underestimation of self, confusions,</u></i> <i><u>illusions, and misunderstandings].</u></i></p> <p><i><u>They often</u></i> <i><u>find themselves</u></i> <i><u>in an interim state</u></i> <i><u>between</u></i> <ul style="list-style-type: none">• <i><u>giving up the armoring</u></i> <i><u>that has covered this foreign body so far,</u></i><i><u>and</u></i> <ul style="list-style-type: none">• <i><u>not yet being quite able</u></i> <i><u>to muster the courage</u></i> <i><u>to acknowledge</u></i> <i><u>the full significance</u></i> <i><u>that its [i.e., that this foreign body's]</u></i> <i><u>existence</u></i> <i><u>entails.</u></i></p> |

19

The fact
that this foreign body [i.e., this foreign body of distorted perceptions,
underestimation of self, confusions, illusions, and misunderstandings]
is denied
causes
more misery
than
the admission of its existence.

People feel
that they
have to deny it [i.e., deny the foreign body's existence]
because
they misunderstand
the application
of the teachings
of

- truth and
- love.

Instead of
ridding themselves
of the foreign body,
which can only be done
after
close examination
reveals

- its nature and
- the reason

of its coming into existence,
people still act as though
this foreign body
did not exist.

They continue
to superimpose
more foreign matter
on the
original
soul substance.

20

Why

is it so difficult for you
to acknowledge

this foreign body [i.e., this foreign body of distorted perceptions,
underestimation of self, confusions, illusions,
and misunderstandings]?

Not only

because of your fear
that others
will

- find fault with you and
- reject you,

but also

because of
the underlying basic fear
that the foreign body
may be
your ultimate self.

At this stage

you believe
that only
the superimposed veneer
that covers
the foreign body

gives you
the feeling
that you have

- love,
- generosity,
- unselfishness, and
- kindness.

Only

this thin layer
assures you

- that you are
nearly as good as
you want to be,
- that you are
a decent person.

Such faulty [and superficial] awareness
of your goodness
does not give you
a sense of reality,
because
you have
not truly discovered
that which is
genuinely

- good and
- loving

within you.

But
you dare not acknowledge
the opposite of
this
seeming
goodness,
so you
struggle against
admitting
that which is
actually
foreign
to your
real
nature.

However,
you do not know this.

You

- think,
- fear, and
- suspect

that

- the foreign substance [i.e., the foreign substance of distorted
perceptions, underestimation of self, confusions,
illusions, and misunderstandings]

is

- the ultimate you.

This is
why you struggle.

21

When humans
come to that
vital part of themselves
which responds
not out of a

- "should,"

but out of a

- natural,
- unquestioned

"I want to,"

the response
is free,
with an
utter rightness
that is hard to conceive
until
the inner live center
has been experienced.

The foreign substance [i.e., the foreign substance of distorted perceptions,
underestimation of self, confusions, illusions, and misunderstandings]
covers
this very experience of

- the real self,
- the live center

where a

- spontaneous,
- loving
- intelligence and
- fulfillment

without conflict
awaits you.

22

To sum up,
you fear taking the vital step
so necessary to liberate yourself
from the substance
which is **NOT** compatible with
your real nature,
because you anticipate
that this foreign body
is the final answer
to who you are.

Many of you

- have already advanced in certain areas and
- have succeeded to some degree
in stripping off
your superimposed layers of
 - pseudo-goodness and
 - pseudo-love.

However,

you have not yet
quite succeeded
in seeing
that
these

- pretenses

are

- pretenses,

because you fear

- that underneath
the pretense
there is nothing
but the opposite of love and
- that there is
no further reality
beyond that.

So you cannot
experience

the truth of
your

- genuine lovingness,

your

- genuine generous nature,

unless

you take the seeming risk
of exploring yourself
to discover

- whether the foreign substance
causing you
so much misery
is really
the ultimate you, and
- whether you can indeed
find the promised land
underneath that layer.

Only by
diligently
taking stock of
your
• non-love
can you
spontaneously
feel your
• love.

Only by
painstakingly
acknowledging
your
• selfishness
can you
truly convince yourself of
your
• potential unselfishness.

23

This [process of coming to experience your genuine love and unselfishness]
requires
the courage
that comes into being
when you
reach for it
in the spirit of
loving
the truth
of encountering yourself
as you are
more than anything else.

When doing

a daily review,

- **examine your**
reactions of disharmony and
- **meditate**
in the following sense:

"If I am in disharmony,

somewhere in me

there must be

a misinterpretation [or a distorted perception,
underestimation of self, confusion, illusion, or
misunderstanding].

I wish to see

the truth.

I declare

that

my will

to be in truth

is stronger than

my resistance [to truth]."

24

Such a meditation, my friends,

will give you

the results you wish for.

You will come to the point

where you

clearly

feel

the foreign body

of misconceptions

to be just that [i.e., to be misconceptions].

Many of
your victories
over fearful resistance
are the living proof
of what it feels like
to function
out of your
vital,
live center
which is
now
less obstructed
than ever before.

25

Out of your
solar plexus
flow
new

- wisdom,
- strength,
- serenity, and
- dynamic vitality.

- A fearless love
for all creation,
- a security,
- an understanding of
 - self and
 - others,
- an ease
in letting your
soul-movements
flow forward
in the beautiful rhythm
of the cosmos

permeates your soul.

At first
you will
experience these qualities
• occasionally and
• faintly,
only to
• lose them again
and
• doubt the reality
of your few moments of bliss.

Later
they will
• come more often and
• last longer,
commensurate with
your victories
over your resistance.

You will come to
feel
that the disturbed substance in you
is truly
foreign matter.

At the beginning
of such a path,
this foreign body [i.e., this foreign body of distorted perceptions,
underestimation of self, confusions, illusions, and misconceptions]
seems to be
• all there is,
• your natural state
as it were.

You are
so deeply involved in it [i.e. so deeply involved
in this foreign body of misconceptions]
that you
cannot conceive of
anything else.

But there comes a time
when,
having experienced
the real self
more and more often,
the still existing
nucleus of disturbance [and underestimation
of self, confusions, illusions, and misconceptions]

is clearly defined
as a

- *malignant growth,*

rather than
as a

- *diffuse overall climate*
permeating you completely.

This stage is
significant
and indicates good progress.

26

The struggle
to turn away from
facing
this disturbing nucleus
of foreign matter [i.e., this foreign matter of distorted perceptions,
underestimation of self, confusions, illusions,
and misconceptions],

with all its

- *distortions,*
- *negative emotions,*
- *pains,*
- *hurts, and*
- *hostilities,*

takes on
many forms
even while you are actually on
such a path.

To counteract
the danger
• of continual evasion
and therefore
• of continual misery,
the assertion of
the following statement
will help greatly:

"I am afraid
that
what I find
may be
the ultimate me.

Is it
or
is it not?

I will take the chance of
finding out,
for only such clarity
will bring me peace.

My doubt
allows for the possibility
that there may be
more in me
than

- either
- the pretense,
- or
- that part
 - which is so hard to look at and
 - which I
 - try to ignore and
 - project in so many ways."

| | |
|----|--|
| 27 | <p><u>This [i.e., The assertion of this statement]</u> <u>means</u></p> <ul style="list-style-type: none">• <u>acknowledging your present state</u> [i.e., <u>your present state with its foreign body of distorted perceptions, underestimation of self, confusions, illusions, and misconceptions</u>] <p><u>instead of</u></p> <ul style="list-style-type: none">• <u>running away from it.</u> <p><u>Through</u> <u>this approach to yourself,</u> <u>you will</u> <u>come much closer</u></p> <ul style="list-style-type: none">• <u>to the next phase and</u>• <u>to liberation</u> <p><u>than by</u> <u>trying to</u> <u>force your present state away</u> <u>through</u></p> <ul style="list-style-type: none">• <u>denial and</u>• <u>superimposition of</u> <u>feelings</u> <u>that cannot ever be forced.</u> |
| 28 | <p><u>The next stage</u> <u>will gradually lead you</u> <u>to a state</u> <u>where you can</u> <u>feel the boundaries</u> <u>of this foreign body</u> [i.e., <u>this foreign body of distorted perceptions, underestimation of self, confusions, illusions and misconceptions</u>],</p> <p><u>even while</u> <u>occasionally</u> <u>still being immersed in it.</u></p> |

Now [i.e., Now in this next stage]

you will
know

that it [i.e., know that the foreign body, the boundaries of distorted
perceptions, misunderstandings,
and underestimation of self

is not
the ultimate reality
of you

because
you will have experienced
sufficiently often
the reality
of your
real
inner being.

Hence

- your real self
will be easier to
recapture, and
- you will have
more
 - strength and
 - staminato transcend
the momentary immersion
in your distortions
which
 - make you so confused and
 - blur your vision.

This strength [to overcome your momentary distortions and misunderstandings]
is increased
only through
repeated victories
over
the temptation

- *to run away from*
the foreign substance [i.e., run away from
distorted perceptions, misunderstandings, and
underestimation of self],
- *to*
 - *shift and*
 - *displace*
its effects on others,
- *to*
 - *rationalize and*
 - *concentrate on*
that which is not vital
for your victory,
whether or not it be
 - *true or*
 - *false*
in itself.

29

The acknowledgement
of the immediate now

- *is still*
not sufficiently understood and
- *is often overlooked*
by the majority of my friends.

Whenever
you acknowledge
the truth
of each moment,
you will be
in peace,
regardless of
how much

- *disturbance and*
- *unreality*
still exist in you
as conditions to be gradually eliminated.

Fully acknowledging
your condition
in
the now
must
give you peace.

So please
• understand and
• do not forget:

It is
not
• the problem itself,
nor
• the conflict,
nor even
• the misconception

which create
turmoil
in your soul,

but it is
• your running away from yourself.

- Your not being in
the immediate now,
- your
 - fighting and
 - struggling
against it [i.e., struggling against the immediate now]
- in an
unconstructive way,

causes
so much
soul-hardship.

| | |
|----|---|
| 30 | <p><u><i>If you remember these words,</i></u> <u><i>you will be able to</i></u> <u><i>take up the struggle</i></u> <u><i>in an</i></u> <u><i>increasingly</i></u> <ul style="list-style-type: none">• <u><i>constructive,</i></u>• <u><i>successful, and</i></u>• <u><i>effective</i></u><u><i>way.</i></u></p> <p><u><i>You will be</i></u> <u><i>nearer to loving</i></u> <u><i>because</i></u> <ul style="list-style-type: none">• <u><i>reality</i></u><u><i>and</i></u> <ul style="list-style-type: none">• <u><i>loving</i></u><u><i>are much more interconnected</i></u> <u><i>than</i></u> <ul style="list-style-type: none">• <u><i>self-righteous trying</i></u> [i.e., <u><i>self-righteous trying or pretending to love</i></u>]<u><i>and</i></u> <ul style="list-style-type: none">• <u><i>loving</i></u><u><i>are.</i></u></p> <p><u><i>Now, are there any questions in connection with this topic?</i></u></p> |
| 31 | <p><u>QUESTION:</u> <u><i>Lately,</i></u> <u><i>I am experiencing something new</i></u> <u><i>which is evidently</i></u> <u><i>a result of doing the pathwork.</i></u></p> <p><u><i>I am no longer so</i></u> <ul style="list-style-type: none">• <u><i>afraid and</i></u>• <u><i>frightened,</i></u><u><i>but still</i></u> <u><i>something is bothering me.</i></u> <u><i>Deep inside</i></u> <u><i>I know that</i></u> <u><i>I am not afraid,</i></u> <u><i>and yet on a more superficial level</i></u> <u><i>I seem to think that I am.</i></u></p> <p><u><i>Is that what you were talking about?</i></u></p> |

32

ANSWER:
Yes, indeed.
Exactly.
It is part of it.

You seem to function
on two levels
simultaneously, as it were.

This is
a typical experience
a person goes through
in the course of

- **transcending**
the foreign body and
- **beginning to sense**
another reaction
coming from
the real self.

33

The fact that
you had

- **so often and**
- **consistently**
acknowledged
your fear

made you
lose it
eventually.

You
acknowledged it [i.e. acknowledged the fear]
first without even understanding
why you were afraid, and

then
realized that you feared
going from one level to another.

When you understood
the true nature of this fear,
it lessened.

This is what you now experience.

34

QUESTION:
How can I
now
completely
get rid of the fear,
because sometimes
I seem to shift the fear
to something else?

ANSWER:
The moment you shift it [i.e., shift the fear]
onto something else,
you again
get away from
the reality of
the immediate now
and therefore
new attempts have to be made
to get back to
the reality
of your feelings [i.e., here the reality of your fear].

Also,
you often
substitute fear
for another emotion,
so that
when you are in fear
you do not have to
face your
real
emotion.

35

QUESTION:
My
hostility?

ANSWER:
Yes.

It is
• hostility,
it is
• hurt,
and it is at times a kind of
• vindictiveness
turned around
so that
you punish others
with your
state of unhappiness.

If you can
acknowledge all that,
your fear
will vanish.

And gradually
these emotional attitudes themselves
will disappear,
because
they are faced
in the now.

When you get to
the nucleus of
the now,
there are
no more problems.

36

Human beings
constantly
move away from
this foreign nucleus [i.e., this foreign nucleus of distorted perceptions,
underestimation of self, confusions, illusions, and misconceptions].

When they
turn about
and begin to go
toward the
true nucleus
of their innermost selves,
they
gradually
find

- peace and
- liberation.

However,
this course [of facing the true nucleus of their innermost selves]
is the
last line of action
that anyone wishes to pursue.

People

- use

or even unconsciously

- abuse

every

- truth teaching and
- spiritual philosophy

in order to avoid
going where they
need to go –
into themselves.

They try to find

- salvation and
- solace

through adopting

- rules,
- theories,
- teachings,
- knowledge.

They have it
all up in their heads,
where it
does not do any good,
unless
they use
the intellectual maturity thus gained
toward
moving inward,
always to a
deeper level.

37

The fulfillment
which the universe
has in store for you
is not

- separate and
- far away from you,
my friends.

It is [i.e., The fulfillment that the universe has in store for you]
not in

- the distant future,

not in

- a state beyond your physical life,

not in

- attaining something through arduous means.

It [i.e., The fulfillment that the universe has in store for you]
lies
solely
in the acknowledgement
of what you
really

- feel and
- think

at this moment.

It is
this great simplicity
that seems
so hard to comprehend.

You go through
such pathetically unnecessary
struggle
in order to
turn
in the wrong direction,
hoping against hope
to find
salvation
without
meeting yourself
in the now.

38

As I have said many times before,
even on such a path as this
whose aim
is to attain
selfhood,
there are
many snares
to tempt you away from
yourselves.

You make
a successful attempt
to reach
your inner being,
but
suspecting something
that fills you with

- dread and
- anxiety,

you are
instantly
ready to turn away,
and use
the old means
all over again,
this time
in a new guise.

You ascribe
your emotional discomfort
to factors outside of yourself,
which is, in principle,
the same escape
you used
before going on such a path.

But
as long you do not give up,
you can
always
be helped to

- change direction and
- find,

again and again,
the inner movement in you
which flows naturally.

It is
your soul movement
of

- love and
- truth

which leads to
all fulfillment.

39

QUESTION:
My sister has a great compulsion
to physically run away.

And when she gets there,
she wants to turn around and run back.

There is something
she has a great fear of.

Can you

- find and
- pinpoint

that?

40

ANSWER:

Yes.

It is an

• outer symbol

of

• the inner fear

mentioned in this very lecture.

There is a great

• readiness and

• willingness

to love [i.e., great readiness and willingness in her to love];

the potential

is great,

but in spite of

this fundamental potential,

there are

afflicted areas

which the soul

does not dare to face.

The existing

• misconceptions and

• confusions,

as always,

stop

the flow of love.

Just because

love

is such an

inborn need for this person,

the afflicted area

causes

even greater

self-rejection,

increasing

the fear of

finding these areas,

and therefore

triggering the flight from the self.

This then

is symbolized outwardly

by running away.

| | |
|----|--|
| 41 | <p>QUESTION: <u>In other words,</u> <u>she has to turn</u> <u>inward?</u></p> <p>ANSWER: <u>Of course,</u> <u>that [i.e., turning inward]</u> <u>is always</u> <u>absolutely necessary.</u></p> |
| 42 | <p>QUESTION: <u>Do I</u> <u>run</u> <u>because</u> <u>• I don't love,</u> <u>or because</u> <u>• I am afraid of</u> <u>being rejected?</u></p> <p>ANSWER: <u>It is</u> <u>intermingled.</u></p> <p><u>The</u> <u>immediate feeling</u> <u>is fear of rejection.</u></p> <p><u>This started</u> <u>very early in your life.</u></p> <p><u>My friends may have noticed</u> <u>that for the longest time</u> <u>I have shied away from</u> <u>saying anything</u> <u>that might appear as</u> <u>pointing an accusing finger at you.</u></p> <p><u>The implication of</u> <u>"you do not love"</u> <u>should be avoided here.</u></p> |

| | |
|----|--|
| | <p><u>To say this</u> [i.e., to say, “I do not love”]</p> <ul style="list-style-type: none">• <u>would be</u> <u>grossly misleading and</u>• <u>would hinder insight.</u> <p><u>But when</u> <u>fear of rejection</u> <u>is analyzed,</u> <u>one always</u> <u>finds that childish fear</u> <u>which precludes love,</u> <u>regardless of</u> <u>how much love</u> <u>may otherwise</u> <u>exist in you.</u></p> <p><u>Please do not take this</u> <u>in a self-moralizing way,</u> <u>and make it more difficult.</u></p> <p><u>Just</u></p> <ul style="list-style-type: none">• <u>at this moment and</u>• <u>on this level,</u> <u>acknowledge</u> <u>where</u> <u>you are in fear.</u> |
| 43 | <p><u>Before</u> <u>coming to the level of</u> <u>not loving,</u> <u>other factors</u> <u>have to be recognized.</u></p> <p><u>In the final analysis,</u> <u>it [of course]</u> <u>amounts to</u> <u>not loving,</u></p> <p><u>but</u> <u>it [i.e., this “not loving” condition]</u> <u>is not</u> <u>an overall condition;</u> <u>it [i.e., this “not loving” condition] merely applies to</u> <u>the trouble spots</u> <u>in your psyche.</u></p> |

It [i.e., this “not loving” condition]
varies, of course,
depending on how great
the troubled area is.

There are people
who function

- healthily,
- happily, and
- constructively

in many aspects of life
that correspond to
soul areas
which are
entirely free from [i.e., free from the foreign body of]

- misconception,
- underestimation of self,
- illusion,
- fear, and
- other destructive conditions.

Hence
in these areas

- love and
- trust

do exist.

Only in
isolated spots
does the foreign body
blur the

- inner,
- real

being [i.e., blur the inner, real being within that does love].

| | |
|----|---|
| | <p><i><u>There are also others</u></i> <i><u>in whom</u></i> <i><u>almost the entire love capacity</u></i> <i><u>is hindered by</u></i> <i><u>such grave [i.e., such grave foreign body]</u></i></p> <ul style="list-style-type: none">• <i><u>impairments and</u></i>• <i><u>distortion</u></i> <p><i><u>that</u></i> <i><u>the overall life is</u></i></p> <ul style="list-style-type: none">• <i><u>disturbed,</u></i>• <i><u>disharmonious,</u></i>• <i><u>unfulfilled, and</u></i>• <i><u>unhappy.</u></i> |
| 44 | <p><i><u>The more</u></i> <i><u>this [latter situation]</u></i> <i><u>is the case,</u></i> <i><u>the greater</u></i> <i><u>is the temptation</u></i> <i><u>to run.</u></i></p> <p><i><u>And the more</u></i> <i><u>you run from</u></i> <i><u>yourself,</u></i> <i><u>the more</u></i> <i><u>this foreign body grows.</u></i></p> |
| 45 | <p><i>QUESTION:</i> <i><u>As I see it,</u></i> <i><u>this love you speak of</u></i> <i><u>is expressed in some form or another</u></i> <i><u>at all times,</u></i> <i><u>not just</u></i> <i><u>in relationship between</u></i> <i><u>mates and sweethearts.</u></i></p> <p><i><u>It is also in</u></i> <i><u>the love for work.</u></i></p> |

What would be
some of the very highest aspirations
for the realization of love
in pure flow?

Would they usually
be expressed by
• a creative force or
• a creative realization?

Would this expression
usually be expanding from a point
where one has known
• one's environment and
• one's experience
to a point
that has been
unknown before?

Would this be true?

46

ANSWER:
Yes, of course.

Most decidedly yes.

Because
it is unimaginable
for human nature
to comprehend
• the free-flowing current
of the love force, and
• what the
• ability,
• versatility,
• scope, and
• variety
of its
• expansion and
• creativity
can be.

Let us imagine
a human being
who is entirely free.

Such a person's
inner being
would be
constantly manifest,
• functioning, and
• expressing.

The tremendous power
of the life force
would flow
into all directions.

Since this being
would be free,
there would be
• no fear of the unknown,
and thus
• no blockage of
• the free-flowing energy current or
• the vast possibilities for
• creation and
• expansion.

47

Human beings
are so used to
holding their forces together,
afraid of this expansion.

They fear it [i.e., They fear that the tremendous power of the life force]
will pull them apart.

In truth
the expansion
does not pull you apart,
[rather] it [i.e., the expansion]
unifies you.

The great spiritual laws
always seem contradictory.

Letting go
of the self
into the harmonious flow
unifies,

while

- *strenuously and*
- *fearfully*

holding the self together

- *splits and*
- *disintegrates*

the psyche.

The more
the universal forces
flow into
the many

- *directions and*
- *possibilities,*

the more
do they [i.e., the more do the universal forces]
in the end
become
one.

48

This great possibility
is frightening
for the soul
which is used to
constantly
holding itself together.

The holding together
happens
by

- *force of will,*

by

- *force of mind, and*

by

- *superimposing goodness.*

The natural letting go
is not
a self-indulgent
lack of self-discipline.

It is rather
a state of
fearing nothing
in the self
and therefore
dispensing with
all guards.

Hence,
nothing
opposes
the cosmic movements
of the soul forces.

Love
can blossom
only in this
natural state
of fearlessness,
where you
allow
all inner movements
to perform
with their
spontaneous rhythm,
even if
at the beginning
of their growing out of affliction,
these movements
point to
undesirable aspects
in the self.

To follow
the natural flow
brings the soul
into
the great unity.

49

QUESTION:
Do I understand you correctly
that aggression
is sometimes
a good thing?

ANSWER:
Yes,
there is
a healthy
aggression.

Healthy anger
does exist.

These are
byproducts
of the interim stage
of human nature.

Healthy anger
must occasionally be expressed
in a well-integrated life.

Healthy anger
does not
create
inner disharmony.

It is a great misunderstanding
to
• ignore or
• deny
this fact.

The denial
comes
from
• the artificial holding together
of one's inner forces, and
from
• superimposing
false goodness.

| | |
|----|--|
| | <p><i><u>It is a false belief</u></i> <i><u>born of</u></i></p> <ul style="list-style-type: none">• <i><u>fear and</u></i>• <i><u>obedience</u></i> <p><i><u>that occasional anger</u></i> <i><u>never exists</u></i> <i><u>in a truly spiritually evolved person.</u></i></p> |
| 50 | <p><i><u>In the human realm,</u></i> <i><u>healthy anger</u></i> <i><u>is a necessity.</u></i></p> <p><i><u>Without anger,</u></i> <i><u>there would be</u></i></p> <ul style="list-style-type: none">• <i><u>no justice and</u></i>• <i><u>no progress.</u></i> <p><i><u>The destructive forces</u></i> <i><u>would take over.</u></i></p> <p><i><u>Allowing this takeover [i.e., <u>Allowing this takeover by destructive forces</u>] <u>to happen</u></u></i> <i><u>is</u></i></p> <ul style="list-style-type: none">• <i><u>weakness,</u></i> <i><u>not</u></i><ul style="list-style-type: none">• <i><u>love;</u></i>• <i><u>fear,</u></i> <i><u>not</u></i><ul style="list-style-type: none">• <i><u>goodness;</u></i>• <i><u>appeasing and</u></i>• <i><u>encouraging abuse,</u></i> <i><u>not</u></i><ul style="list-style-type: none">• <i><u>constructive living.</u></i> <p><i><u>It [i.e., <u>Allowing destructive forces to take over by holding back healthy anger</u>]</u></i> <i><u>destroys</u></i> <i><u>harmony</u></i> <i><u>rather than furthering it.</u></i></p> <p><i><u>It [i.e., <u>Allowing destructive forces to take over by holding back healthy anger</u>]</u></i> <i><u>destroys</u></i> <i><u>healthy growth.</u></i></p> |

| | |
|----|--|
| 51 | <p><u>Anger</u> <u>can be</u> <u>as</u></p> <ul style="list-style-type: none">• <u>healthy and</u>• <u>necessary</u> <p><u>an occasional reaction</u></p> <p><u>as</u> <u>love is.</u></p> <p><u>It [i.e., Anger]</u> <u>forms part of love.</u></p> <p><u>It [i.e., Anger], too,</u> <u>comes spontaneously.</u></p> <p><u>It [i.e., Anger], too,</u> <u>cannot be forced.</u></p> <p><u>Trying to</u></p> <ul style="list-style-type: none">• <u>force</u> <p><u>or</u></p> <ul style="list-style-type: none">• <u>deny</u> <p><u>any emotion</u></p> <p><u>leads to</u> <u>self-deception</u> <u>which then may take the form of</u> <u>pretending</u> <u>that</u></p> <ul style="list-style-type: none">• <u>unhealthy anger</u> <p><u>is</u></p> <ul style="list-style-type: none">• <u>the healthy version.</u> |
| 52 | <p><u>The cause</u> <u>cannot determine</u> <u>whether</u> <u>the emotion elicited</u> <u>is</u></p> <ul style="list-style-type: none">• <u>healthy</u> <p><u>or</u></p> <ul style="list-style-type: none">• <u>unhealthy</u> <u>anger.</u> |

The cause [for anger]
may
entirely justify

- real,
- genuine,
- healthy

anger
which is, needless to say,
constructive in this case.

Yet, the anger
experienced
may be
the unhealthy kind
because of
the personality's

- unresolved problems,
- insecurity,
- guilts and
- doubts,
- uncertainties and
- contradictions.

The issue itself
may warrant
justified anger,
but an individual
may not be able
to express that [healthy] kind [of anger].

53

To the extent
that an individual
is capable of

- experiencing and
- expressing

real love,
he or she
is capable of manifesting

- constructive,
- healthy

anger.

Both
• real love
and
• real anger
come from
the inner self.

Absolutely any
real feeling
is
• healthy and
• constructive and
further growth
• in the self and
• in others.

Real feelings
cannot be
• forced,
• commanded, or
• superimposed.

They [i.e., Real feelings] are
a spontaneous expression,
happening as an
• organic,
• natural
result
of self-confrontation.

54

QUESTION:
In that case,
would you permit
physical violence?

ANSWER:
No.
Healthy anger
does not necessarily
manifest in
physical violence.

Expression
of negative emotions,
even when
they are not healthy,
need not
in the least
lead to
destructive acts,
either

- physical

or

- otherwise.

55

This is
one of the
most

- frequent and
- hindering

misconceptions
in the pathwork.

This is
why I have mentioned it
again and again
ever since the beginning,
because no matter
how many times I have said it,
it is forgotten.

The inner psyche
fears
that acknowledgement of
negative emotions
must lead to
acting them out.

This is not so.

On the contrary,
you are
free to choose
• whether or not,
• how and when,
to express any emotion
only when
you are fully aware.

When you are
not aware of
• what you
really feel and
• why,
you
• are constantly driven, and
• suffer from
all sorts of compulsions
you cannot understand.

A compulsion
is the direct result
of
• unacknowledged,
• unconscious
• feelings and
• conditions.

The more
you
know
yourself,
the more
you
are in control of
your self.

It is not,
as you say in fear,
"I cannot look at myself in candor
because
then I may
have to

- let out
- these undesirable impulses and
- do harm
- to others

and therefore ultimately

- to myself."

This vague reaction
also has to be
brought to the surface
in order to

- dispel it and
- render it ineffective.

56

Please repeat this
in your daily meditation –
all of you:

"Awareness
of what I feel,
no matter how undesirable it may be,
will make me free.

I will have
the choice of
my actions
only to the degree
of my awareness [i.e., awareness of what I really feel].

If I choose to
verbally express these feelings
when there is a good purpose,
such as with my helper,
I will do so.

| | |
|----|--|
| | <p><u><i>If I feel</i></u> <u><i>that such expression [i.e., such expression of my feelings]</i></u> <u><i>may impair a relationship,</i></u> <u><i>I will not do so [i.e., I will not express my feelings],</i></u> <u><i>but will withhold it [i.e., but I will withhold my expression of my feelings]</i></u> <ul style="list-style-type: none">• <u><i>knowingly and</i></u>• <u><i>without self-deception."</i></u><p><u><i>Such meditation</i></u> <u><i>will</i></u> <ul style="list-style-type: none">• <u><i>strengthen the knowledge and</i></u>• <u><i>finally penetrate</i></u> <u><i>the more</i></u><ul style="list-style-type: none">• <u><i>hidden and</i></u>• <u><i>resistant</i></u> <u><i>layers of your psyche.</i></u></p></p> |
| 57 | <p><u><i>It is entirely</i></u> <u><i>mistaken</i></u> <u><i>to assume that</i></u> <ul style="list-style-type: none">• <u><i>awareness of anger</i></u><u><i>and even</i></u> <ul style="list-style-type: none">• <u><i>verbal expression of it</i></u><p><u><i>results</i></u> <ul style="list-style-type: none">• <u><i>in physical violence or</i></u>• <u><i>in any other form of destruction –</i></u> <u><i>whether the anger</i></u> <u><i>be</i></u><ul style="list-style-type: none">• <u><i>healthy or</i></u>• <u><i>unhealthy.</i></u><p><u><i>Healthy anger,</i></u> <u><i>since it comes from</i></u> <u><i>the real self,</i></u> <u><i>knows</i></u> <ul style="list-style-type: none">• <u><i>just what</i></u> <u><i>to do and</i></u>• <u><i>when</i></u> <u><i>to meet</i></u> <u><i>the necessary requirements</i></u> <u><i>of the moment.</i></u></p></p></p> |

58

QUESTION:

**What about people
who are
violently persecuted?**

What should be their attitude?

ANSWER:

**The instinct of self-preservation
will most certainly
make them**

- **fight and**
- **defend themselves**
against such occurrence,
whether
 - **by counterattack or**
 - **by flight.**

**The healthier
the whole personality,
the more certainly
does this instinct function
in choosing**

- **the right defense**
- **at the right time.**

**This again
is**

- **not**
an intellectual consideration,
but, as always,
 - **a spontaneous manifestation**
of
the real self.

**If necessary,
such**

- **counterattack and**
- **defense**
will also
be physical.

59

QUESTION:

Regarding

expression of anger,
I find it unbearable.

ANSWER:

Sometimes

it [i.e., Sometimes expressing anger]

is

- **inadvisable;**

sometimes

it [i.e., sometimes expressing anger]

is

- **advisable.**

This is what I mean:

When you are

aware [i.e., are aware and are truly and cleanly feeling your anger]

you have

the choice [i.e., the choice as to whether or not to express your anger],

and when you are

not aware [i.e., when you are not aware of your anger

and are therefore not truly and cleanly feeling your anger],

you do not have

the choice [i.e., when you are not aware of your anger, you do not have
a choice to express it or not – it may show up unconsciously].

The more

you are aware of

the possibility

of making a choice,

the more

freedom

you gain and

the less

you will

- **feel or**

- **think**

that

restraint [against expressing your anger]

is due to

- **outer demands,**

- **outer authority.**

With the awareness
that you are
making a free choice [i.e., making a free choice regarding whether
or not to express your anger],
rebellion
against restraint [i.e., rebellion against any restraint to express your anger
because of an external authority or rule]
becomes superfluous.

There is
a great difference
if restraint [i.e., if restraint against expressing your anger]
is exercised
because of

- demands from the outer world [i.e. demands from
the outer world that you not express anger],

or because

- you choose it [i.e., because you choose not to express anger]
with your own free will.

Paradoxical as this may seem again,

- the more
you choose restraint
willingly,
with
 - alert reasoning and
 - constructive motivation,
- the freer
you become.

It is
not,
as might be supposed,
that

- the less
self-restraint there is,
- the freer
the person.

60

The more
directly
you are aware
of what you
really feel
and express it,
if
you so choose,

the less
you will
become entangled in

- detours and
- evasions.

Directly
reaching the core
of one's

- feelings or
- reactions,

and thereby
understanding
their [i.e., understanding the feelings' or reactions']
true significance,

is

- the art

and

- the aim

of this pathwork.

If your aim
is
finished perfection,
you still
find yourself
caught in
perfectionism,
which hinders your progress.

*But [conversely]
if your aim
becomes
to know
what it is
you
really feel
at this moment,*

*then
you have
a realistic aim
leading to*

- *instant release,*
- *truth,*
- *harmony, and*
- *dynamic progress.*

61

*Again,
a seeming contradiction:*

*The more
you go to the spot of
whatever
happens to be true
now,*

*the more
you grow into
real
perfection.*

*The more
you strain away from
what you
now*

- *feel and*
- *think*

*in an attempt
to be
more than you happen to be
in this instant,*

*the less
you grow toward your goal
of gradually achieved perfection.*

| | |
|----|--|
| | <p><u>These words</u> <u>should also be used</u> <u>in daily meditation</u> <u>because</u> <u>they are a key</u> <u>for all of you.</u></p> |
| 62 | <p>QUESTION: <u>What about</u> <u>the reverse</u> <u>of what you have just said?</u></p> <p><u>What about the person</u> <u>who is</u> <ul style="list-style-type: none">• <u>afraid or</u>• <u>too insecure</u><u>to show</u> <u>righteous anger?</u></p> <p><u>What is happening to</u> <u>love</u> <u>in this situation?</u></p> |
| 63 | <p>ANSWER: <u>This</u> <u>is a very good question.</u></p> <p><u>Where there is</u> <u>fear of</u> <ul style="list-style-type: none">• <u>expressing</u><u>a justified anger,</u> <u>to that degree</u> <u>there must be</u> <u>fear of</u> <ul style="list-style-type: none">• <u>loving.</u></p> <p><u>Behind both fears [i.e., behind both the fear of expressing a justified anger</u> <u>and the fear of loving]</u></p> <p><u>is</u> <ul style="list-style-type: none">• <u>confusion,</u>• <u>misconception,</u>• <u>illusion.</u></p> |

It is these
misinterpreted
• hurts and
• pains
which are
responsible for
the foreign nucleus
I was talking about.

This nucleus [i.e., This foreign nucleus of distorted perceptions,
underestimation of self, confusions, illusions, and misconceptions]

obstructs
the manifestations
of
• the real self,
• the outflow of
• genuine
love
as opposed to
• superimposed
love,
and of
• the capacity
to express
• healthy
anger
as opposed to
• twisted,
• tortured
anger.

When
insecurity
makes a person
too anxious
to express
• justified
anger,
that individual
is as yet
incapable
of feeling
• healthy
anger.

| | |
|----|---|
| | <p><i><u>When the issue justifies anger, insecurity induces conflicting feelings.</u></i></p> |
| 64 | <p><i><u>Healthy anger makes you stronger, twisted anger, [makes you] weaker.</u></i></p> <ul style="list-style-type: none">• <i><u>Healthy love</u></i><ul style="list-style-type: none">• <i><u>is all-embracing and</u></i>• <i><u>enriches you the more you give out of yourself.</u></i>• <i><u>Sickly, distorted, false love</u></i><ul style="list-style-type: none">• <i><u>impoverishes and</u></i>• <i><u>breeds conflict between</u></i><ul style="list-style-type: none">• <i><u>self-interest</u></i>• <i><u>and the interests of others.</u></i> <p><i><u>It [i.e., Sickly, distorted, false love]</u></i></p> <ul style="list-style-type: none">• <i><u>comes from and</u></i>• <i><u>increases duality;</u></i> <p><i><u>it [i.e., sickly, distorted, false love] is always</u></i></p> <ul style="list-style-type: none">• <i><u>the good</u></i>• <i><u>versus the bad.</u></i> |

Ungenuine

love

is always

connected with

- self-pity,
- resentment,
- hostility, and
- conflict.

There is in it [i.e., there is in ungentine love]
always

the feeling of,

"I ought to love,

therefore

I think I love,

yet I do not

want to love

because then

I will be taken advantage of.

Since I

- ought

to love

and

- do not

want to,

I

- feel guilty and

- am bad."

When you feel this way
you cannot express
healthy anger.

It [i.e., Healthy anger]
is dissipated

at the source,

for you doubt

your right

to feel anger,

since

you do not dare

to love.

65

If you continue

- to struggle and
- to find
the right expression
of your feelings
in the now,

you must

- experience
- the beauty of the universe,
 - the truth of being
which knows no conflict.

That truth

combines

- loving

with

- receiving one's
full share
of happiness,

instead of

mutually excluding
either

- love

or

- happiness,
as seems inevitable
when love

is attempted

by

outer

good will.

When, however,
you use outer good will
in order to recognize
that behind your
trying
to love
lies
a non-love
born of

- fear,
- hurt, and
- illusion,

then
in the way of
finding out
what these illusions are,
you must finally
come to

- real love,
- your real self,
- the genuine expression
of all you
 - feel and
 - are –
which will be
 - good and
 - right.

66

My dearest friends,
be blessed,
all of you.

Find the way,
step by step,
into the realization
of these words.

Be in peace,
be in God!

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

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