

# Pathwork Lecture 222: Transformation of the Lower Self

1996 Edition, Original Given: May 29, 1974

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

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

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

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

*Blessings on your journey, Gary*

¶	Content
03	<ul style="list-style-type: none"><li>• <b><u>Blessings,</u></b></li><li>• <b><u>greetings,</u></b></li><li>• <b><u>love and</u></b></li><li>• <b><u>help</u></b></li></ul> <p style="text-align: center;"><b><u>are pouring forth</u></b> <b><u>in a wonderful golden stream</u></b> <b><u>that</u></b></p> <ul style="list-style-type: none"><li>• <b><u>permeates your</u></b> <b><u>inner being and</u></b></li></ul> <p style="text-align: center;"><b><u>that</u></b></p> <ul style="list-style-type: none"><li>• <b><u>your outer personality</u></b> <b><u>can connect with</u></b> <b><u>if</u></b> <b><u>you so choose.</u></b></li></ul> <p style="text-align: center;"><b><u>My dearest friends,</u></b> <b><u>in this last official lecture of your working season,</u></b> <b><u>I will once again</u></b> <b><u>give a resume of</u></b> <b><u>what you have accomplished.</u></b></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 2/3/18

	<p><b><u>Of course this [i.e., Of course giving you a resume of what you have accomplished] can be done only in an</u></b></p> <ul style="list-style-type: none"><li>• <b><u>overall,</u></b></li><li>• <b><u>general</u></b></li></ul> <p><b><u>way,</u></b></p> <p><b><u>but I will try</u></b></p> <p><b><u>to consolidate your progress</u></b></p> <p><b><u>concisely.</u></b></p> <p><b><u>This past year</u></b></p> <p><b><u>has been very meaningful</u></b></p> <p><b><u>for all of you.</u></b></p>
04	<p><b><u>In an earlier summary</u></b></p> <p><b><u>I told you that</u></b></p> <p><b><u>after having</u></b></p> <ul style="list-style-type: none"><li>• <b><u>recognized and</u></b></li><li>• <b><u>dealt with</u></b></li></ul> <p><b><u>deeper levels</u></b></p> <p><b><u>of your lower self,</u></b></p> <ul style="list-style-type: none"><li>• <b><u>you would be able to establish</u></b></li></ul> <p><b><u>more contact with</u></b></p> <p><b><u>your higher self,</u></b></p> <p><b><u>and that</u></b></p> <ul style="list-style-type: none"><li>• <b><u>some of</u></b></li></ul> <p><b><u>your lower-self aspects</u></b></p> <p><b><u>would be transformed.</u></b></p> <p><b><u>This [i.e., Being able to establish more contact with your higher self and being able to have some of your lower-self aspects transformed] marks a decisive new phase on your path,</u></b></p> <p><b><u>since previously</u></b></p> <p><b><u>it was grueling hard work</u></b></p> <p><b><u>to get through your defenses</u></b></p> <p><b><u>to really</u></b></p> <ul style="list-style-type: none"><li>• <b><u>see and</u></b></li><li>• <b><u>accept</u></b></li></ul> <p><b><u>your lower self</u></b></p> <p><b><u>in a</u></b></p> <ul style="list-style-type: none"><li>• <b><u>realistic and</u></b></li><li>• <b><u>constructive</u></b></li></ul> <p><b><u>spirit.</u></b></p>

	<p><u>Years went by</u> <u>before</u> <u>the first steps of</u> <u>the transforming work</u> [i.e., <u>the work of transforming</u> <u>some of your lower-self aspects</u>] <u>could begin.</u></p> <p><u>Last year</u> <u>was the first step</u> <u>in this new phase.</u></p> <p><u>It</u> [i.e., <u>This new phase of your work of transforming</u> <u>some of your lower-self aspects</u>] <u>has just begun,</u> <u>but will continue</u> <u>to a much greater extent</u> <u>as you continue on your path.</u></p>
05	<p><u>You may imagine</u> <u>what this</u> [i.e., <u>what transforming some of your lower-self aspects</u>] <u>means</u> <u>in terms of</u> <u>ever increasing</u></p> <ul style="list-style-type: none"><li>• <u>joy,</u></li><li>• <u>love,</u></li><li>• <u>peace,</u></li><li>• <u>security,</u></li><li>• <u>strength,</u></li><li>• <u>creativity,</u></li><li>• <u>deep friendships and</u></li><li>• <u>unity.</u></li></ul>

Even these  
first steps  
of transforming work  
have already  
changed  
your  
• relationships,  
your  
• experiences,  
your  
• community,  
your  
• sense of  
• well-being and  
• meaningfulness  
in life.

You are often  
startled by  
this change [i.e., by this change in your life experience brought about  
by the transforming of some of your lower-self aspects].

It [i.e., This change in your life experience brought about  
by the transforming of some of your lower-self aspects]  
sometimes seems  
miraculous,  
yet it [i.e., yet this seemingly miraculous change in your life experience so far]  
• is merely  
a beginning  
and  
• so much more  
is yet to come.

06

The increasing

- inward
- and
- outward

abundance

you experience

as a result of your pathwork

- gives your life  
a much more specific focus

and

- increases your awareness of  
your incarnatory task.

The abundance

also manifests

in your relationships with each other

in the community

you have begun to establish.

You can see

a visible change [i.e., a visible change in your relationships with each other  
in the community you have begun to establish].

Where

before

there was often so much

- dissension,
- disconnection,
- misunderstanding and
- negativity

among you,

more and more

you experience

- understanding,
- warmth,
- acceptance,
- love, and
- true friendship.

You have learned to a considerable degree  
to deal with

the dissensions

that are sometimes inevitable.

You have recognized  
that  
• dissension  
with others  
is merely a reflection of  
• dissension  
within yourself.

You now  
can put into practice  
what I have taught you all these years:

As you  
unify  
• yourself,  
you  
unify  
• your relationships with others.

As you  
recognize  
• the best  
and  
• the worst  
in  
• you  
in proper proportions,  
you  
recognize the  
• best  
and  
• worst  
in  
• others  
with equal realism.

07	<p><u>The progress</u> <u>is obvious.</u></p> <ul style="list-style-type: none"><li>• <u>What were</u> <u>previously</u> <u>words,</u> <u>teaching a way of living</u> <u>that</u> <u>could become reality</u> <u>if you followed the path,</u></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>what was</u> <u>a beautiful-sounding</u><ul style="list-style-type: none"><li>• <u>theory or</u></li><li>• <u>philosophy</u> <u>for you,</u></li></ul></li></ul> <p><u>has now become</u> <u>a reality.</u></p> <p><u>The theory</u> <u>has indeed been put to the test,</u> <u>and</u> <u>the result</u> <u>is visible.</u></p>
08	<p><u>In the recent past</u> <u>you have</u> <u>experienced</u> <u>a great deal together.</u></p> <p><u>You have learned to</u> <u>open yourselves</u> <u>to one another.</u></p> <p><u>You have</u> <u>lost a considerable amount of</u><ul style="list-style-type: none"><li>• <u>shame and</u></li><li>• <u>resistance</u> <u>to baring yourselves</u> <u>to one another.</u></li></ul></p>

And thus [i.e., And by having learned to open yourselves to one another and by having lost a considerable amount of shame and resistance to baring yourselves to one another]

the loneliness  
you all suffered from  
has begun to disappear,  
sometimes  
by giant steps.

You now know  
that your  
loneliness  
can never be relieved  
by  
another person's love  
as long as  
you

- stay in
- hiding and
- separation

and

- keep up your pretenses.

Many of you  
have laboriously  
stripped off

- this separation and
- these pretenses

to quite an extent,  
and to that extent  
you find yourselves

- in warm communion
- with others,
- no longer lonely.

So you  
truly  
begin to share.

You have shared

- sorrow

and you have shared

- joy.



You have shared  
your doubts about  
• yourselves and  
• your lives.

You have shared  
your pain about  
• yourselves and  
• each other.

You have shared  
your burdens of  
• guilt,  
and you have begun to share  
the pleasures of  
• love and  
• truth.

For there could be  
no greater pleasure  
than sharing  
• love and  
• truth  
as a result of  
the other sharing.

You have tested  
the exhilaration of  
such rich living.

You can  
indeed  
create  
paradise on earth  
if  
you do not shy away from  
the labor of  
purification work.

	<p><b><u>But soon</u></b> <b><u>the work itself</u></b> <b><u>becomes</u></b></p> <ul style="list-style-type: none"><li>• <b><u>the exhilaration and</u></b></li><li>• <b><u>the joy;</u></b></li></ul> <p><b><u>it [i.e., the work of purification itself]</u></b> <b><u>ceases to be</u></b></p> <ul style="list-style-type: none"><li>• <b><u>painful and</u></b></li><li>• <b><u>difficult.</u></b></li></ul> <p><b><u>You also find this out [i.e., You also find out that the work of purification</u></b> <b><u>ceases to be painful and difficult]</u></b> <b><u>as you progress.</u></b></p>
09	<p><b><u>That [i.e., The work of purification]</u></b> <b><u>is the work</u></b> <b><u>you must continue.</u></b></p> <p><b><u>You have made</u></b> <b><u>a wonderful beginning</u></b> <b><u>in this transforming work,</u></b> <b><u>but</u></b> <b><u>much more is to come.</u></b></p> <p><b><u>And as more transforming work takes place,</u></b> <b><u>you will,</u></b></p> <ul style="list-style-type: none"><li>• <b><u>individually and</u></b></li><li>• <b><u>as a community,</u></b> <b><u>create</u></b><ul style="list-style-type: none"><li>• <b><u>more real,</u></b></li><li>• <b><u>deeper,</u></b></li><li>• <b><u>more beautiful</u></b> <b><u>relationships;</u></b></li></ul></li><li>• <b><u>more sharing;</u></b></li><li>• <b><u>more creative</u></b> <b><u>experiences;</u></b></li><li>• <b><u>more meaningful</u></b> <b><u>self-fulfillment.</u></b></li></ul>

*[As more transforming work takes place]*

- Your spiritual self  
will
  - manifest more and more
- and
  - make you  
experience  
its [i.e., make you experience your spiritual self's]  
eternal  
reality.
- You will become  
the nucleus of  
a new culture,  
as I have occasionally hinted at.

You are pioneers.

Other groups of pioneers  
are springing up  
in various corners of the earth,  
each  
in their own way.

10

As you

- overcome  
your resistances

and

- learn  
not to give in to  
the line of least resistance,

your

- joys and

your

- deep awareness of  
the meaningfulness of  
your
  - life and
- task  
will increase.

*I have said such [promising] words often,*  
*but they were*  
*more of an announcement of*  
*what*  
*could*  
*be.*

*Now*  
*it is different.*

*For many of you*  
*these [promising] words*  
*are*  
*a living reality*  
*that you*  
*experience*  
*right now*  
*in your life, day by day.*

*And*  
*this reality*  
*can become*  

- *deeper and*
- *stronger*

*if you so choose.*

11

*This lecture*  
*will give you*  

- *a plan and*
- *another means*

*for proceeding further with*  
*your transformation.*

*New understanding*  
*on a deeper level*  
*is required*  
*for this transforming work,*  
*which [i.e., this new understanding on a deeper level*  
*and the resulting transforming work]*  
*will become easier*  
*once you understand*  
*what I shall now try to convey to you.*

12

Those of you

who

have

- gone into the depths and

have

- bared aspects of your lower self,

have

- brought

your negative intentionality

out in the open

where you could

- expose it,
- express it, and
- see it for what it was,

have learned

the positive side

of this process;

namely,

that it [i.e., namely, that this purification and transformation process that that has required you to expose and express your negative intentionality and to see it for what it was] frees you.

You can

acknowledge

these negative aspects

without

- becoming downcast and

without

- believing that they [i.e., without believing that these negative aspects]

are the true you.

Quite the contrary [i.e., Quite the contrary to believing that these negative aspects you have exposed and expressed are the true you],  
when you do this [i.e., when you expose and express your negative intentionality and see it for what it was]  
you  
experience  
the truth I have always given you:

When those negative intentions  
are secret  
even from your conscious mind,  
you also secretly believe  
that you are  
all bad.

This [i.e., This secretly believing that you are ALL bad]  
manifests  
in self-destructive patterns  
you do not understand,  
and you cannot trace them [i.e., you cannot trace these self-destructive patterns]  
to their origins  
unless and until  
you have the  

- courage and
- honesty

to first  
bare  
the negative intentionality  
very specifically.

Then, [i.e., Then when you thus bare the negative intentionality]  
lo and behold,  
something unexpected  
begins to happen.

You  

- accept and
- respect  
yourself more and
- know that these patterns  
are only a minor part  
of your total self.

You can  
identify aspects of the lower self  
without totally identifying with them.

13

On the negative side,  
you have found out  
that  
in these lower-self aspects  
resides  
a senseless stubbornness  
that still controls you to a degree,  
in an almost incomprehensible way.

In your clear-thinking mind  
you know perfectly well  
that it does not make sense  
to hold on to  
a negative intention.

You have experienced  
in other areas of your life  
• the bliss and  
• the safety  
of  
• letting go  
and  
• letting God.

You also  
begin to  
• make the connections conscious [i.e., make conscious the connections  
between your lower self aspects and your  
corresponding negative life manifestations]  
and  
• see what price you pay  
for persisting in the negativity.

Yet  
you do not wish to abandon it [i.e., you do not wish to abandon the negativity  
of your lower-self aspects].

You are puzzled by  
your own attitude –  
and here  
you are stuck.

14

Why do you  
persist in  
a life-denying attitude?

That attitude in you  
says

no

to giving in

to

• the meaning of life,

to

• beauty,

• love,

• truth,

• expansion,

• joy and

• peace.

It [i.e., That attitude in you]  
refuses

to surrender to God.

This attitude [i.e., This attitude in you that refuses to surrender to God]  
always

applies to a

• specific area

where

the lower self

does not wish

to budge.

It is therefore

not enough

to make

your goodwill

known to your consciousness

in a general way.

It [i.e., Making your goodwill known to you consciousness]  
must be specific.



15

Wherever  
this mysterious stubbornness  
prevails,  
you are still  
controlled by  
your lower self.

But  
at least  
you know it now,  
and that [i.e., and knowing that you are still controlled by your lower self]  
is an important step.

You  
do need help here,  
my friends,  
precisely at this point [i.e., You do need help at this point where you  
know that in a specific area of your life you are  
controlled by your lower self but do not know why],  
where quite a few of you have arrived.

If you bother to  
deal with  
this attitude [i.e., deal with this attitude in you that refuses  
to surrender to God in a specific area of your life]  
rather than  

- gloss over it,
- rationalize it away, or
- make yourself oblivious to its existence,

you come to  
an important point.

You  

- see,

but fail to  

- understand,

this truly senseless behavior  
of a part of yourself,  
and you  

- even see

that you have chosen  
not  
to do battle with it [i.e., that you have CHOSEN NOT to do battle  
with this specific negative aspect of your lower self].

	<p><u><i>You have just</i></u></p> <ul style="list-style-type: none"><li>• <u><i>given in and</i></u></li><li>• <u><i>become victimized</i></u></li></ul> <p><u><i>by</i></u></p> <p><u><i>your own lower self [in this specific area].</i></u></p>
16	<p><u><i>But this [i.e., But this giving in to and becoming victimized by your own lower self in a specific area of your life where you refuse to surrender to God] need not be so.</i></u></p> <p><u><i>When you can</i></u></p> <p><u><i>begin to question this [i.e., When you can begin to question why you give in to and become victimized by your own lower self in a specific area of your life where you refuse to surrender to God],</i></u></p> <p><u><i>then you have already</i></u></p> <p><u><i>made another substantial step</i></u></p> <p><u><i>in the right direction.</i></u></p> <p><u><i>For example,</i></u></p> <p><u><i>ask yourself questions like:</i></u></p> <p><u><i>"Why do I</i></u></p> <p><u><i>refuse to</i></u></p> <ul style="list-style-type: none"><li>• <u><i>surrender to God and</i></u></li><li>• <u><i>give up my lower self</i></u></li></ul> <p><u><i>for what I</i></u></p> <p><u><i>know</i></u></p> <p><u><i>to be</i></u></p> <ul style="list-style-type: none"><li>• <u><i>happiness,</i></u></li><li>• <u><i>abundance, and</i></u></li><li>• <u><i>bliss?</i></u></li></ul> <p><u><i>Why do I settle for</i></u></p> <p><u><i>the puny satisfaction</i></u></p> <p><u><i>of</i></u></p> <ul style="list-style-type: none"><li>• <u><i>my spite,</i></u></li><li>• <u><i>my destructiveness and</i></u></li><li>• <u><i>my selfishness, or</i></u></li><li>• <u><i>whatever trait is in me</i></u></li></ul> <p><u><i>that obstructs</i></u></p> <p><u><i>my true happiness?</i></u></p>

What  
in me  
makes me  
so destructive?

How much  
do I really pay  
for allowing this [i.e., really pay in a specific area of my life  
for allowing my lower self to control me  
rather than surrendering to God]  
to happen?

Isn't there a way  
to change  
this inner course?

Knowing  
the beauty of life,  
why  
do I still deny it?

Why can I  
not  
affirm  
• life and  
• God and  
• the flow of creativity?"

These questions  
will lead to  
specific  
• answers and  
• clarifications.

They [i.e., These questions]  
must be  
• asked and  
• taken seriously.

They [i.e., These questions]  
puzzle  
all those  
who arrive at this juncture.

17

*This lecture*  
*deals with*  
*these questions.*

*I have often mentioned, my friends,*  
*that there is*  
*a countermovement*  
*in you.*

*One movement*  
*• embraces life*  
*and*  
*• longs for the divine.*

*But*  
*the countermovement*  
*denies*  
*all that [i.e., denies all life and the divine].*

*It [i.e., The countermovement]*  
*wants*  
*to remain in darkness,*  
*in spite of*  
*the obvious pain*  
*that this [i.e., the obvious pain that remaining in darkness]*  
*inflicts.*

*It [i.e., The countermovement]*  
*insists on*  
*living life*  
*on its own terms,*  
*even though*  
*its terms*  
*are*  
*• life-denying and*  
*• destructive*  
*for*  
*• the self and*  
*• others.*

*This countermovement*  
*has its history*  
*in the creation* [i.e., *has its history within the creation process*]  
*of*  
*the ever-outflowing substance of life,*  
*penetrating*  
*the infinite void*  
*and thus*  
*bringing*  

- *eternity and*
- *light*

*into the*  

- *nonlife and*
- *darkness*

*until*  
*the void*  
*no longer exists.*

*Eventually*  
*the time will come –*  
*to use this limited term* [i.e., *limited term “time”*] –  
*when there will be*  
*only*  

- *light and*
- *life.*

18

*Substances of*  

- *consciousness*

*and*  

- *energy –*

*the two inseparable aspects*  
*of the*  
*eternal*  
*life spark –*  
*get*  

- *lost,*
- *separated from their source,*  
*as it were.*

The substance  
spreads into  
the void  
and,  
in the outward-spreading movement,  
temporarily  
separates itself  
from  
the whole.

In that state of separation [i.e., separation from the whole]  
it [i.e., that substance spreading into the void]  
will find,  
through  
its own  
inner life spark,  
all  
its inherent godliness.

It [i.e., That substance spreading into the void, in its state of separation  
from the whole,]  
has to  
battle its way through the  

- darkness and
- distortion

that are byproducts  
of the separation [i.e. byproducts of the separation  
from the whole].

So these aspects [i.e., these aspects spreading  
into the void, separated from the whole,]  
of  

- consciousness and
- energy,

now individual entities,  
temporarily  
turn sour.

	<p><u>They</u> [i.e., <u>These individual entities of consciousness and energy,</u> <u>separated from the whole,</u> <u>invert themselves;</u></p> <p><u>they</u> [i.e., <u>these individual entities of consciousness and energy,</u> <u>separated from the whole,</u> <u>turn into</u></p> <ul style="list-style-type: none"><li>• <u>anti-matter,</u></li><li>• <u>anti-consciousness,</u></li><li>• <u>anti-energy.</u></li></ul> <p><u>This is why there must be</u> <u>struggle</u> <u>to reawaken</u></p> <ul style="list-style-type: none"><li>• <u>divine matter,</u></li><li>• <u>divine consciousness,</u></li><li>• <u>divine energy.</u></li></ul>
19	<p><u>From all the</u></p> <ul style="list-style-type: none"><li>• <u>beauty,</u></li><li>• <u>creativity and</u></li><li>• <u>goodness,</u></li></ul> <p><u>this inversion creates</u></p> <ul style="list-style-type: none"><li>• <u>ugliness,</u></li><li>• <u>destruction and</u></li><li>• <u>evil.</u></li></ul> <p><u>There have been</u> <u>many names</u> <u>for this countermovement</u> <u>throughout history.</u></p>

Those names [i.e., Those names given to the countermovement created by the inversion of beauty, creativity, and goodness]  
can become  
obstacles  
in dealing with  
evil,  
for they [i.e., for these names given to this countermovement]  
have often been  
misused,  
creating  
further distortions.

They [i.e., Those names given to the countermovement created by the inversion of beauty, creativity, and goodness]  
were used  
to  

- dominate,

to  

- judge

to  

- punish

to  

- put down

to  

- instill fear of
  - life and
  - God

to  

- make a  
primitive charade  
out of the
  - wonders and
  - miraclesof ongoing creation.

People therefore  
turn a deaf ear  
to terms such as  

- "good" and
  - "evil,"
- "God" and
  - "the devil,"
- "heaven" and
  - "hell."



	<p><u>Yet these expressions [i.e., these expressions “good” and “evil,” “God” and “the devil” and “heaven” and “hell”]</u> <u>merely describe</u> <u>symbolically</u> <u>a state of consciousness</u> <u>that is very difficult to convey</u> <u>to a consciousness</u> <u>still immersed in</u> <u>a three-dimensional world.</u></p>
20	<p><u>We from our spirit world</u> <u>constantly seek ways</u> <u>to convey to you</u> <u>certain facets of reality</u> <u>without eliciting</u> <u>inappropriate reactions</u> <u>that would thus</u> <u>limit</u> <u>your understanding.</u></p> <p><u>An unavoidable limitation exists however.</u></p> <p><u>Your vocabulary</u> <u>is limited,</u> <u>so you must fulfill</u> <u>your own part</u> <u>in the mutual venture</u> <u>of learning.</u></p> <p><u>As I grope</u> <u>to find the words</u> <u>best suited to a specific topic,</u> <u>you must try</u> <u>not to allow</u><ul style="list-style-type: none"><li>• <u>prejudices and</u></li><li>• <u>word associations</u></li></ul><u>to create</u> <u>a wall</u> <u>that would prevent you from taking in</u> <u>what I give you;</u> <u>for I am giving you</u> <u>a potent tool</u> <u>for your further development.</u></p>

	<p><i><u>Do not</u></i> <i><u>close off to a truth</u></i> <i><u>I am privileged to help you perceive,</u></i> <i><u>even if</u></i> <i><u>you occasionally hear a word</u></i> <i><u>that evokes a</u></i> <i><u>negative reaction in you.</u></i></p>
21	<p><i><u>Evil</u></i> <i><u>exists</u></i> <i><u>in degrees.</u></i></p> <p><i><u>Many varieties of</u></i> <i><u>• distribution and</u></i> <i><u>• intensity</u></i> <i><u>of</u></i> <i><u>• divine</u></i> <i><u>and</u></i> <i><u>• evil</u></i> <i><u>manifestations</u></i> <i><u>exist.</u></i></p> <p><i><u>• Consciousness</u></i> <i><u>and</u></i> <i><u>• energy</u></i> <i><u>aspects</u></i> <i><u>are personified</u></i> <i><u>in</u></i> <i><u>• entities or</u></i> <i><u>• individualities,</u></i> <i><u>in</u></i> <i><u>• personalities,</u></i> <i><u>in</u></i> <i><u>• living beings</u></i> <i><u>who have</u></i> <i><u>their separate aspects</u></i> <i><u>both of</u></i> <i><u>• divinity</u></i> <i><u>and of</u></i> <i><u>• evil.</u></i></p>

	<p><b><u>The strength with which</u></b> <b><u>the former [i.e., divinity]</u></b> <b><u>can</u></b></p> <ul style="list-style-type: none"><li>• <b><u>penetrate</u></b> <b><u>the ego structure</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>manifest</u></b> <b><u>depends on</u></b> <b><u>the degree</u></b> <b><u>the latter [i.e., evil]</u></b> <b><u>has been transformed</u></b> <b><u>through evolutionary development.</u></b></li></ul>
22	<p><b><u>In some spheres of reality</u></b> <b><u>the contrasts [i.e., the contrasts among the many various varieties of</u></b> <b><u>distribution and intensity of divine and evil manifestations]</u></b> <b><u>are infinitely greater than</u></b> <b><u>those that you inhabit</u></b> <b><u>in your state of development.</u></b></p> <p><b><u>In the</u></b> <b><u>most highly developed</u></b></p> <ul style="list-style-type: none"><li>• <b><u>spheres and</u></b></li><li>• <b><u>states of consciousness,</u></b> <b><u>the degree</u></b> <b><u>of</u></b><ul style="list-style-type: none"><li>• <b><u>goodness,</u></b></li><li>• <b><u>brilliance of</u></b><ul style="list-style-type: none"><li>• <b><u>spirit or</u></b></li><li>• <b><u>mind,</u></b></li></ul></li></ul></li></ul> <p><b><u>of</u></b></p> <ul style="list-style-type: none"><li>• <b><u>beauty,</u></b></li><li>• <b><u>wisdom, and</u></b></li><li>• <b><u>love</u></b> <b><u>is totally beyond your imagination.</u></b></li></ul>

By the same token,  
there are  
• spheres of  
temporary  
reality  
and  
• states of  
consciousness

in which  
• ugliness,  
• brutality,  
• cruelty,  
• numbness,  
• limitation of mind –  
including  
• shrewdness,  
as opposed to  
• wisdom –  
• hatred, and  
• smallness of spirit  
are likewise  
beyond your imagination.

These separated beings [i.e., These beings very separated from the whole] –  
you might call them  
sub-humans –

exist in a world of  
such darkness  
that indeed  
there seems no way out,  
until,  
as a result of  
• long suffering and  
• groping,  
the mind  
• turns around and  
• starts  
• thinking and  
• expressing itself  
in a  
• new and  
• different  
way.

	<p><i><u>This [i.e., The mind turning around and thinking and expressing itself in a new and different way]</u></i></p> <p><i><u>is the key,</u></i> <i><u>a key that</u></i> <i><u>seems too simple</u></i> <i><u>to those in a state of</u></i> <ul style="list-style-type: none"><li><i><u>• evil and</u></i></li><li><i><u>• suffering</u></i></li></ul><i><u>who</u></i> <i><u>insist</u></i> <i><u>that</u></i> <i><u>turning around</u></i> <i><u>is</u></i> <ul style="list-style-type: none"><li><i><u>• very complicated or</u></i></li><li><i><u>• impossible to accomplish.</u></i></li></ul></p>
23	<ul style="list-style-type: none"><li><i><u>• Consciousness</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li><i><u>• energy</u></i></li></ul> <p><i><u>always</u></i> <i><u>create</u></i></p> <ul style="list-style-type: none"><li><i><u>• substance,</u></i></li><li><i><u>• matter and</u></i></li><li><i><u>• form</u></i></li></ul> <p><i><u>according to</u></i> <i><u>their own nature.</u></i></p>

The  
• consciousness  
and  
• energy  
in these evil states  
are so  
• condensed and  
• thickened  
that they are  
more  
• material  
than  
• the matter you know,  
so that  
in your present state of development,  
• the higher  
and  
• the lower  
states of  
• consciousness  
and  
• energy  
are equally  
imperceptible.

24

In the  
lowest state of development,  
evil  
is so strongly concentrated on the surface  
that it is  
completely unaware of  
the divine nucleus.

For these subhuman beings  
there actually does not seem to be  
an inherent divine nucleus.

Only through  
eons of development  
does the nucleus  
finally become apparent,  
but only very dimly at first.

25

Human  
development  
is an in-between state.

Beings in various degrees of development  
• incarnate and  
• fulfill themselves  
in other states.

These degrees of development  
may seem to fluctuate considerably  
from your point of view,  
especially if you pick representatives  
from either extreme of the scale.

Nevertheless,  
neither  
• the highest  
nor  
• the lowest  
degrees  
exist in  
the human state.

You do not know  
the full extent of  
• good  
and  
• evil  
because  
your inner field of vision  
does not reach these levels.

26

The foregoing may seem to indicate  
that creation  
is split dualistically,  
something I always deny in my teachings.

As I will prove to you on a very practical level,  
the split  
does not really exist  
in essence.

But  
on a level of  
temporary  
manifestation  
it [i.e., the dualistic split]  
• does exist and  
• must be  
• recognized and  
• dealt with  
for what it is.

27

There is hardly any human being  
whose  
• lower self  
could approach  
the intensity  
of the evil  
that exists  
in the lower spheres.

And  
the now-manifest  
• higher self  
could not by any means approach  
the  
• intensity and  
• beauty  
of the  
• true,  
• divine,  
• eternal  
existence.



I would also like to add here  
that  
manifest evil  
is not necessarily indicative of  
an overall  
lack of development.

It is often quite  
the contrary.

- Active,
- virulent  
evil

often indicates that  
the potential  
to develop  
one's  
divine aspects  
has been  
willfully neglected,  
so that  
the potent energy currents  
of the consciousness  
• invert themselves and  
• manifest  
in an equally potent  
negative way.

The  
spiritually  
• immature and  
• young  
appear in the human sphere quite often  
as having  
• innocuous,  
• ineffectual,  
• primitive  
minds,  
with the herd mentality  
that does not think independently.

*This [i.e., Because those with spiritually immature and young minds think with herd mentality and do not think independently]*  
*is why*  
*a severely disturbed human being*  
*who exhibits some evil traits,*  
*but who*  

- already has a*  
*developed conscience*

*and therefore*  

- does not*  
*act out*  
*evil deeds,*  
*turns relatively quickly*  
*into*  
*a spirit*  
*of*  
  - light and**of*  
  - power for the good,*  
*once the mind*  
*has truly been affected.*

28

*The distortion*  
*that marks*  
*separation from the divine essence*  
*is only temporary.*

*It [i.e., The distortion that marks separation from the divine essence]*  
*cannot last.*

It [i.e., The distortion that marks separation from the divine essence]  
is part of the process of  
filling the void,  
and,  
sooner or later through the ages,  
the  

- distorted,
- inverted,
- separate
  - piece of
    - consciousness

and

- energy,
- the separate personality,  
must be
  - "filed down,"
  - purified  
through
    - experiences of living

and

- increasing perception  
until  
its essence [i.e., until the essence of this separate  
piece of consciousness and energy]  
is rediscovered.

And that  
is the process of  
evolutionary development.

29

These things have been said,  
sometimes in oversimplified terms,  
by various religions.

But do not forget, my friends,  
that  
religions,  
when they first appear,  
are channels  
that in some way  
communicate divine truth  
to humanity.

They [i.e., Religions]  
are  
later [i.e., After they first appear as channels that in some way  
communicate truth to humanity, religions are]  
often distorted.

They [i.e., Religions]  
may be  
flattened out  
because  
the mind  
becomes lazy,  
preferring  

- handed-down rules and
- generalizations

that may  
or may not  
apply to  
one's inner state.

Even  
the truth  
of a spiritual law  
becomes  
a superficial statement  
when it is  

- not

independently  
found  
through the process of  

- self-search and
- self-confrontation,

but [rather is only]  

- lazily accepted

on the surface  
in order to  
avoid the  

- labor and
- risks

involved in  
personal growth.

**This** [i.e., Because a religion's truths in its spiritual laws are not independently found through the process of self-search and self-confrontation but rather are lazily accepted only on the surface in order to avoid the labor and risks involved in personal growth]

**is why**

**religions**

**lose**

**their power of truth**

**after a while,**

**even though**

**they often start**

**as channels of truth.**

**All this** [i.e., All this losing of the power of truths that are revealed through a channel of truth]

**• must**

**and**

**• will**

**be avoided here** [i.e., avoided here in the channel that pathwork is]

**as long as**

**you stay**

**dynamically involved**

**in your**

**• pathwork,**

**in your**

**• search, and**

**in your**

**• process of personal growth.**

30

**The reason I tell you this now, my dearest friends,  
is to make it clearer to you  
what your life  
means  
in these terms.**

**You,  
as your higher self,  
have  
• taken on a task  
and  
have  
• brought with it [i.e., brought with your task],  
into your embodiment,  
an aspect of  
that anti-God matter  
with its  
inverted  
• consciousness  
and  
• energy.**

**You have brought it [i.e., You have brought this aspect of anti-God matter]  
with you  
into this incarnation,  
where it is possible for you  
to get  
to  
• know it [i.e., get to know this aspect of anti-God matter  
you brought with you into this incarnation],  
to  
• deal with it [i.e., get to deal with this aspect of anti-God  
matter you brought with you into this incarnation],  
and  
to  
• influence it [i.e., get to influence this aspect of anti-God  
matter you brought with you into this incarnation]  
rather than  
be influenced by it [i.e., rather than be influenced by  
this aspect of anti-God matter you brought  
with you into this incarnation].**

31

*This aspect [i.e., This aspect of anti-God matter with its inverted consciousness and energy that you have brought with you into this incarnation]*

*has*

*its own*

*separate*

- *will and*
- *thinking*

*processes,*

*as you often find out*

*to your*

- *bafflement and*
- *dismay.*

*That [i.e., The fact that this aspect of anti-God matter that you brought into this incarnation has its own separate will and thinking processes]*

*is the point where you often*

*get*

- *confused and*
- *stuck.*

*Your*

- *consciousness or*
- *personality*

*must make many choices in this world,*

*including*

*which of the two wills*  
*to follow.*

*You can choose*

*to allow the will of*  
*the lower self*

*to control your whole person.*

*Or you can choose*

*to align your*

*conscious*

- *mind and*
- *will*

*with*

*the higher self,*

*without*

*pushing out of awareness the*

- *will and*
- *voice*

*of the lower self.*

	<p><u><i>You also need to think about what it means</i></u></p> <ul style="list-style-type: none"><li>• <u><i>when you follow the lower self without questioning it,</i></u></li><li>• <u><i>when you are still tempted to</i></u><ul style="list-style-type: none"><li>• <u><i>rationalize it [i.e., tempted to rationalize your following the lower self]</i></u></li></ul></li></ul> <p><u><i>and</i></u></p> <ul style="list-style-type: none"><li>• <u><i>do nothing to challenge its will [i.e., do nothing to challenge the lower self's will].</i></u></li></ul>
32	<p><u><i>Now,</i></u> <u><i>in none of you does the lower self approach anywhere near the intensely destructive levels I discussed earlier.</i></u></p> <p><u><i>But</i></u> <u><i>the lower self is always destructive; otherwise, it would not be a lower self.</i></u></p> <p><u><i>It [i.e., The lower self] may be destructive in wanting to be</i></u></p> <ul style="list-style-type: none"><li>• <u><i>malicious or</i></u></li><li>• <u><i>ungiving.</i></u></li></ul> <p><u><i>It [i.e., The lower self] is destructive by persisting in its limited view that what is selfish is good for the self.</i></u></p>



**It** [i.e., The lower self]  
**is destructive**  
**simply in refusing**  
**total self-surrender**  
**to the**

- **divine consciousness and**
- **divine will**

**within you,**  
**at every turn of your way.**

**You forget;**  
**you do not trust**  
**in this surrender** [i.e., you do not trust in this total self-surrender  
to the divine consciousness and divine will  
within you at every turn of your way],  
**even if**  
**you have already experienced**  
**the blissfulness of it** [i.e., the blissfulness in this total self-  
surrender to the divine consciousness  
and divine will within you].

**But**  
**your forgetting**  
**is not really**  
**forgetting.**

**It** [i.e., Your forgetting]  
**is a deliberate intent**  
**of that other** [i.e., deliberate intent of that anti-God destructive lower self]

- **will and**
- **consciousness**

**that you carry within you.**

**Your outer mind**  
**always**  
**has the choice**  
**to allow it** [i.e., choice to allow that “other” anti-God will and  
consciousness that you brought into this incarnation  
and carry within you]  
**to rule you.**

**But you can also**  
**take the reins**  
**and be aware of**  
**that other will** [i.e., be aware of that “other” will, that anti-God destructive lower self will that you brought into this incarnation and carry within you]:

**Confront it** [i.e., Confront that “other” anti-God will];

**counter it** [i.e., counter that “other” anti-God will].

**Do not allow it** [i.e., Do not allow that “other” will, that anti-God destructive lower self will that you brought into this incarnation and carry within you]  
**to**

- **destroy your life and**
- **waste**
  - **valuable life substance and**
  - **creative expression.**

**It** [i.e., That “other” will, that anti-God destructive lower self will that you brought into this incarnation and carry within you]  
**does not have to**  
**make you**  
**miss out on**  
**the blissfulness**  
**of eternal life**  
**that increasingly**  
**filters into your life now.**

33

**This point** [i.e. This point that you confront and counter that “other” will, that anti-God destructive lower self will that you brought into this incarnation and carry within you]  
**is most crucial**  
**for your further**  
**intensified transformation work.**

[In transformation work]

**You do not**  
**cast out any devils.**

**That [i.e., That in transformation work you cast out devils]**  
**is a misunderstanding**  
**of certain religious orientations.**

**When the devils**  
**are cast out,**  
**you do**  
**not**  
**perform the task of**  
**transforming.**

**You may succeed**  
**in casting out devils,**  
**but the devils live on –**  
**maybe**  
**not attached to you,**  
**but they live on.**

34

**Your lower self**  
**can be transformed**  
**and you have seen this happen, my friends.**

**It [i.e., Transforming of the lower self]**  
**is happening increasingly.**

**This lecture**  
**is geared to give you**  

- **still better means**  
**to achieve this transformation,**
- **tools that you could not have used**  
**before you came to**  
**this specific awareness.**

The awareness  
could be expressed like this:

"Here I see myself  
wanting  
to be destructive.

I see  
• the pain  
it causes me,  
• the senselessness of it.

I know  
that it need not be that way,  
yet I  
want  
to go on being destructive.

I do  
not want to give up  
my  
• pride,  
my  
• self-will or  
my  
• fear  
and put them  
into the service of God."

35

That [i.e., That I WANT to be destructive when I KNOW being destructive causes me  
pain, that this is senseless and need not be]  
is what is so puzzling.

**In fact,**  
**it [i.e., this situation of wanting to be destructive when you know being destructive causes you pain, and also of knowing this is senseless and need not be]**

**is so puzzling**  
**to many of you**  
**that you soon**  
**push it aside again**  
**and act as if it**  
**were not there.**

**Then you take this**

- in-between,**
- half-aware**

**state**  
**for granted.**

36

**I shall now try to explain**  
**as exactly as possible**  
**with the tools at my disposal**  
**what happens**  
**when**

- consciousness**

**and**

- energy**

**are being transformed.**

**That [i.e., This understanding of what happens when**  
**consciousness and energy are being transformed],**

**too, will give you**

- light,**
- incentive and**
- greater motivation**

**to put**  
**all**  
**of your conscious being**  
**into the service of**  
**the divine consciousness**  
**that dwells deep within you.**

37

*I have told you before [see Pathwork Lecture 219 - Christmas Message – Message to the Children – Given Christmas Eve 1973, but not distributed until March 1, 1974; the first half of this lecture is a series of questions from participants about negative traits and the Guide gives the original positive traits behind the negative traits' distorted form of the original positive trait]*

*that there is a*

• *positive,*

• *divine*

*aspect*

*behind each*

• *specific*

• *negative*

*manifestation.*

*You have asked me*

*what*

• *positive aspects*

*the specific negativities*

*are distortions of*

*and*

*what*

• *the original divine*

• *aspects or*

• *attributes*

*are.*

*It is a good idea*

*to continue this exploration*

*in meditation*

*whenever*

*you face*

*a lower-self aspect.*

*You have*

*forgotten*

*to pursue this approach,*

*so you often dwell*

*longer than necessary*

*on the*

*purely negative*

*manifestation.*

When you begin to see  
these areas [i.e., these negative manifestations]  
of your lower self,  
it is very important  
for  
your conscious mind  
to ask,

"What was this trait  
in its  
• original,  
• beautiful  
version,  
before it was  
• inverted,  
• distorted, and  
• made negative?"

In that way  
you  
• do not  
cut out  
the trait,  
but  
• rather  
transform  
it [i.e., transform the negative trait];

you  
do not  
allow those aspects to rule you,  
nor do you  
• cast them out and  
• separate yourself from them.

Instead you  
• truly fulfill the task of  
transforming  
consciousness –  
[that task] for which you have come to this earth.

38

Let us say that  
your stubbornness  
resists  
• dealing with  
this aspect of self-work [i.e., dealing with this aspect of the work,  
namely, confronting and transforming lower-self aspects];

it [i.e., your stubbornness]  
resists  
• surrender to  
the divine kernel.

Could  
this stubbornness  
not be  
• retained  
and  
• transformed into  
a positive manifestation  
of your godself?

If you  
do not have to  
cast it out [i.e., If you do not have to cast out this stubbornness  
that resists both confronting and transforming lower-self  
aspects as well as surrendering to the divine kernel],

you will  
not be so resistant [i.e., not be so resistant to dealing with this stubbornness]  
because  
you may  
use  
this transformed stubbornness  
in a  
• new and  
• different  
way.



39

**If**  
• **you find yourself being selfish**  
**and**  
• **you believe you must cast out the selfishness,**  
**it will be impossible for you**  
**even to want to approach**  
**the threshold** [i.e., *the threshold of dealing with your selfishness*]  
**where you seem to be stuck** [i.e., *stuck because you do not want to or know how to “get rid of” your selfishness and hence are stuck, not knowing how to move forward in life*].

**But**  
**if you know that there is**  
**a healthy selfishness**  
• **that you have every right to pursue and**  
• **that does not exclude**  
• **loving and**  
• **being generous,**  
**then your**  
• **resistance** [i.e., *your resistance to facing and dealing with your selfishness*]  
**will wane**  
**and**  
• **the devil in you will turn into**  
**an angel**  
**in this particular area.**

40	<p><u>Most of you, my friends,</u></p> <ul style="list-style-type: none"><li>• <u>have forgotten</u> <u>this very important tool [i.e., the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form]</u> <u>that</u> <u>I have given you</u></li></ul> <p><u>and you</u></p> <ul style="list-style-type: none"><li>• <u>have not</u> <u>consciously used it.</u></li></ul> <p><u>Your</u> <u>conscious application of it [i.e., application of this very important tool]</u> <u>will make you</u> <u>even more ready for</u> <u>the universal abundance</u> <u>available to you</u> <u>as a result of</u> <u>your transformation work.</u></p> <p><u>Begin to apply it [i.e., Begin to apply this very important tool]</u> <u>now</u></p> <ul style="list-style-type: none"><li>• <u>more consistently and</u></li><li>• <u>in a more focused way.</u></li></ul>
41	<p><u>You now know</u> <u>quite clearly</u> <u>that</u> <u>your inability</u> <u>to tolerate</u> <u>the ever-increasing pleasure in your life,</u> <u>to the point where you</u> <u>often</u> <u>still feel compelled</u> <u>to destroy it [i.e., still feel compelled to destroy</u> <u>the ever-increasing pleasure in your life],</u> <u>is due precisely</u> <u>to this problem [i.e., to this problem of not</u> <u>using the tool of discovering the</u> <u>original positive aspect of lower-self</u> <u>traits so that you do not resist facing</u> <u>lower self traits but rather transform</u> <u>them into their original positive form].</u></p>

*This [i.e., Because you do not consciously use the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form] is why you cannot find your way to transforming negativity.*

*Once you begin to solve this problem [i.e., solve this problem and start consciously using the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form], you will experience the glory of this work.*

*What was once*  

- *negative,*
- *destructive,*

*and even*  

- *outright evil,*

*will turn*  

- *positive,*
- *constructive, and*
- *good.*

*What was once*  

- *a dualistic conflict*

*will become*  

- *a unification.*

*For example,*  
*instead of seeing*  

- *unselfishness*

*versus*  

- *selfishness,*

*you will truly see that*  

- *healthy selfishness*

*is good*  
*at certain times*  
*and that there are times to be*  

- *unselfish,*

*too.*

*It is very important  
to apply this approach  
specifically  
to all areas you deal with.*

*This way  
consciousness  
is transformed  
while remaining an*  

- intrinsically unique,*
- divine  
manifestation.*

42

*Consciousness  
does not change its*  

- essence;*

*it [i.e., consciousness]*  
*changes only its*  

- expression.*

*In*  

- experiencing*

*and*  

- knowing*

*this [i.e., In experiencing and knowing that consciousness  
does not change its essence but only its expression],*  
*your resistance [i.e., your resistance to facing and transforming  
your lower self aspects]*  
*will therefore  
lessen,*  
*since you will not fear  
that you will lose something  
that is  
intrinsically you.*

And you will  
experience  
the aspect of yourself  
that  

- can decide  
the course of  
your attitudes

and  

- can redirect  
your consciousness

as  
the more valid you.

At the same time,  
the other part  
that you are about to  
transform  
will become  
more  
and more  
like an appendage  
that you have brought with you  
as part of your task  
of self-fulfillment.

Consequently,  
as you do the transforming work,  
unification  
occurs.

43

In the process of  
feeling  
increasingly  

- unified and
- conflict-free,

you will  
fully discover  
the intense pain  
of the conflict  
you have labored under  
for so long.

Often  
you will see  
the complete picture  
only when  
the ill will  
is about to disappear.

What was once  
a conflicting "other,"  
even though  
it was incarnated  
in your own soul substance,  
becomes  
one  
with  
the divine  
in you.

44

The energy  
must likewise change.

Energy  
that emanates from the lower self  
is  
very slow moving.

It [i.e., Energy that emanates from the lower self]  
is often  

- halting,
- condensed and
- heavy.

Energy  
can be perceived  
with  
all the senses,  
but  
on a level  
the conscious mind  
is usually not aware of.

Lower-self energy  
is extremely unpleasant.

45

As far as the  
visual sense  
is concerned,  
some of you  
can perceive  
energy emanations  
to a slight degree.

People have sometimes  
perceived the differences in  
energy emanations –  
in  
• color,  
in  
• brightness,  
in their  
• pleasing hues.

The difference is  
quite obvious:

- The lower-self  
energy emanation is
  - dull or
  - crass;
- it [i.e., the lower self]  
gives off  
distinctly unpleasant colors;
- higher self  
emanations,  
in their
  - color and
  - brilliance,convey
  - peace,
  - harmony,
  - joy and
  - bliss.

	<p><u>Perception of color</u> <u>on the level of spiritual reality</u> <u>is</u></p> <ul style="list-style-type: none"><li>• <u>not cut off from,</u></li></ul> <p><u>but is always</u></p> <ul style="list-style-type: none"><li>• <u>connected with</u></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>expresses and</u></li><li>• <u>communicates</u></li></ul> <p><u>attitudes.</u></p>
46	<p><u>Energy</u> <u>also has</u> <u>an auditory expression,</u> <u>but human beings</u> <u>do not hear it.</u></p> <p><u>If the entity is</u> <u>highly developed,</u> <u>the sounds of</u> <u>an emanating consciousness</u> <u>are extremely</u></p> <ul style="list-style-type: none"><li>• <u>beautiful and</u></li><li>• <u>harmonious.</u></li></ul> <p><u>The sounds</u> <u>of a lower self</u> <u>are</u></p> <ul style="list-style-type: none"><li>• <u>disharmonious,</u></li><li>• <u>ugly and</u></li><li>• <u>displeasing</u></li></ul> <p><u>to the inner ear.</u></p>



47	<p><u><i>The same goes for all the other senses.</i></u></p> <p><u><i>The fragrance of</i></u> • <u><i>purified consciousness</i></u> <u><i>is incredibly delightful,</i></u> <u><i>such as you cannot imagine.</i></u></p> <p><u><i>The odor of</i></u> • <u><i>impure consciousness</i></u> <u><i>is unpleasant;</i></u> • <u><i>it [i.e., the odor of impure consciousness]</i></u> <u><i>can be a stench.</i></u></p>
48	<p><u><i>On the level of touch,</i></u> <u><i>energy</i></u> <u><i>is felt</i></u> <u><i>by other energy bodies.</i></u></p> <p><u><i>The energy of the higher self</i></u> <u><i>is felt as</i></u> • <u><i>soft,</i></u> • <u><i>nurturing,</i></u> • <u><i>vitalizing;</i></u> <u><i>you bathe</i></u> <u><i>in the energy emanation</i></u> <u><i>of purified consciousness.</i></u></p>

But the touch perception  
of  
• inverted  
• negative  
consciousness  
is painful  
in every possible way.

It [i.e., The touch perception of inverted negative consciousness]  
can be  
• cutting or  
• scratching or  
• itching or  
• pinching –  
many different kinds of pain  
can be experienced  
according to  
the specific attitude  
expressed by  
the energy emanation.

49

There are  
many other senses  
that  
• you do not know of and  
that I can therefore  
• not discuss.

This will give you some idea however,  
of how a personality's  
inherent attitudes  
express themselves in  
energy  
through every sense.

In your  
dualistic sphere of consciousness,  
what you  

- see,
- hear,
- smell, or
- touch

seems  
most of the time  
quite disconnected from  
the extremely  

- personal and
- specific  
  - attitudes and
  - energy emanations.

Everything  

- is chopped up  
into separate categories

and  

- manifests in a disjointed way.

This [i.e., Everything being chopped up into separate categories  
and manifesting in a disjointed way]  
is often  
confusing for the personality.

It [i.e., The personality]  

- gets tired of these separations

and therefore  

- strives  
sooner or later  
for  
a more unified  
state of consciousness,  
where  
  - what is perceived  
is not separated from
  - the essence,  
even if it [i.e., even if the essence]  
temporarily  
manifests in  
negativity.

50

*So you see, my friends,*  
*when you*  
*experience a*  

- *beautiful,*
- *highly elevated,*
- *joyous*

*state,*  
*you must know*  
*that your energy system –*  
*whether your conscious mind knows it or not –*  
*perceives*  
*all these energy emanations*  
*on all the sense levels I mentioned.*

*But*  
*when you are*  

- *unhappy,*
- *heavy or*
- *depressed,*

*your own energy system*  
*unites with*  
*the similar energy system of others –*  
*whether they [i.e., whether the energy systems of others]*  
*are expressed*  

- *in the body*

*or*  

- *not.*

*Your energy body*  
*is influenced by the*  

- *sights,*
- *sounds,*
- *odors,*
- *touching, and*
- *many other sense perceptions*  
*of others.*

*There is a cross-fertilization.*

*Your*

*negative state*

*influences others in a similar state*

*and vice versa [i.e., the negative states of others*

*influence a similar state in you],*

*each feeding the other.*

*Your energy body's*

*experiences*

*are not clear to*

*the outer mind;*

*the outer mind*

*merely registers*

• *displeasure,*

• *anxiety,*

• *heaviness.*

51

*When you*

*transform*

*negative*

• *consciousness,*

*you also*

*transform*

*negative*

• *energy.*

*Your life*

*will be*

*of an ever*

• *increasing and*

• *extending*

*beauty.*

*It [i.e., Your life]*

• *will be,*

*and*

• *already is,*

*like a blossom*

*that unfolds*

*in ever greater splendor.*

	<p><i><u>As you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>overcome</u></i> <i><u>each hurdle</u></i> <i><u>of the lower self,</u></i></li></ul> <p><i><u>as you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>commit yourself</u></i> <i><u>forever more strongly</u></i> <i><u>to the divine will</u></i> <i><u>in you,</u></i></li></ul> <p><i><u>so this blossom</u></i> <i><u>will unfold</u></i> <i><u>into never-ending fruition.</u></i></p> <p><i><u>So you</u></i> <i><u>never need to fear</u></i> <i><u>an end,</u></i> <i><u>for there is</u></i> <i><u>no end.</u></i></p>
52	<p><i><u>Be blessed,</u></i> <i><u>my dearest ones,</u></i> <i><u>be in peace.</u></i></p>

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](http://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.