

# Pathwork Lecture 210: Visualization Process for Growing Into the Unitive State

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

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

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

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

*Blessings on your journey, Gary*

¶	Content
03	<ul style="list-style-type: none"><li>• <b><u>Greetings and</u></b></li><li>• <b><u>blessings</u></b> <i>for all of you here, my dearest friends.</i></li> <li><b><u>This lecture</u></b> <i>is another step to help you</i> <i>in a very specific way.</i></li> <li><b><u>The individualized personality</u></b> <i>in the process of</i><ul style="list-style-type: none"><li>• <b><u>growth and</u></b></li><li>• <b><u>expansion</u></b> <i>must always evolve</i> <i>toward</i> <i>new states of</i><ul style="list-style-type: none"><li>• <b><u>consciousness and</u></b></li><li>• <b><u>experience.</u></b></li></ul></li></ul></li></ul>

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	<p><u><i>Each stage</i></u> [i.e., <u><i>Each stage of evolution toward new states of consciousness and experience</i></u>]</p> <ul style="list-style-type: none"><li>• <u><i>deepens</i></u> <u><i>in scope and</i></u></li><li>• <u><i>releases</i></u> <u><i>new creative substance</i></u> <u><i>with which to create</i></u> <u><i>desirable</i></u><ul style="list-style-type: none"><li>• <u><i>life experiences and</i></u></li><li>• <u><i>worlds.</i></u></li></ul></li></ul> <p><u><i>In this way</i></u> [i.e., <u><i>By releasing new creative substance with which to create desirable life experiences and worlds</i></u>]</p> <p><u><i>more of</i></u> <u><i>the abundance of the universe</i></u> <u><i>becomes available to</i></u> <u><i>the individual.</i></u></p>
04	<p><u><i>You all know that</i></u> <u><i>visualization</i></u> <u><i>is quite essential to the</i></u><ul style="list-style-type: none"><li>• <u><i>creating and</i></u></li><li>• <u><i>recreating</i></u></li></ul><u><i>work</i></u> <u><i>you do</i></u> <u><i>in meditation.</i></u></p> <p><u><i>Unless you can</i></u> <u><i>visualize</i></u> <u><i>the state you are to grow into,</i></u> <u><i>it is hardly possible</i></u> <u><i>to reach it</i></u> [i.e., <u><i>hardly possible to reach the state you are to grow into</i></u>].</p> <p><u><i>However,</i></u> <u><i>it is extremely difficult</i></u> <u><i>to visualize</i></u> <u><i>a new state to grow into</i></u> <u><i>unless</i></u> <u><i>an example of some sort exists.</i></u></p>

**Therefore** [i.e., In order to provide an example of a new state you are to grow into]  
**a prototype**  
**provided by a person who already has attained the desired state**  
**is essential for**  
**imprinting the proper concept**  
**on your mind.**

**This**

- **map, or**
  - **blueprint,**
- is the first step;**

**it** [i.e., this map or blueprint, this prototype  
provided by a person who has already attained the desired state]  
**is**  
**the idea**  
**that later materializes.**

**Without**

**an idea,**  
**materialization**  
**is impossible.**

05

- **Attitudes,**
  - **ways of being, and**
  - **patterns of behavior**
- have**  
**a particular power**  
**to influence us;**

**we might almost say**  
**they** [i.e., these attitudes, ways of being, and patterns of behavior, these  
particular powers that influence us]  
**are contagious.**

*This [i.e., This way that attitudes, ways of being, and patterns of behavior have power to influence us and are contagious]*

*applies to*

*both*

• *positive*

*and*

• *negative*

• *attitudes and*

• *behavior patterns.*

*Even*

• *feelings*

*and*

• *the states they create*  
*can be contagious.*

*It is known that*

• *some people's opinions*

*can influence*

• *others*

*enough to make them adopt*  
*the same opinions.*

*This entire process of*

*influence*

*through exemplary figures*

*leads to*

• *imitation,*

• *emulation, and*

• *identification.*

	<p><i><u>All of this</u> [i.e., <u>All of this entire process of one being influenced through exemplary figures leading to one's imitation and emulation of, and identification with said exemplary figures</u>]</i></p> <p><i><u>can exist on a quite</u></i></p> <ul style="list-style-type: none"><li>• <i><u>conscious,</u></i></li><li>• <i><u>deliberate</u></i></li></ul> <p><i><u>level,</u></i></p> <p><i><u>or on very</u></i></p> <ul style="list-style-type: none"><li>• <i><u>subtle,</u></i></li><li>• <i><u>subliminal, and</u></i></li><li>• <i><u>involuntary</u></i></li></ul> <p><i><u>levels,</u></i></p> <p><i><u>depending on</u></i></p> <p><i><u>what figures are chosen</u></i></p> <p><i><u>to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>identify with,</u></i></li></ul> <p><i><u>to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>adopt from, or</u></i></li></ul> <p><i><u>to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>emulate</u></i></li></ul> <p><i><u>as prototypes for</u></i></p> <p><i><u>a new state</u></i></p> <p><i><u>to grow into.</u></i></p>
06	<p><i><u>The freer</u></i></p> <p><i><u>the soul and</u></i></p> <p><i><u>the less encumbered</u></i></p> <p><i><u>by</u></i></p> <ul style="list-style-type: none"><li>• <i><u>distortions,</u></i></li><li>• <i><u>misconceptions,</u></i></li><li>• <i><u>negativity, and</u></i></li><li>• <i><u>destructive impulses,</u></i></li></ul> <p><i><u>the more reliable</u></i></p> <p><i><u>become its</u> [i.e., <u>the more reliable become the soul's</u>]</i></p> <p><i><u>choices</u> [i.e., <u>the soul's choices for whom to identify with and emulate</u>].</i></p>

*This [i.e., This reliability of the soul's choices for whom to identify with and emulate]*  
*applies*

*both to the*

- *conscious and*
- *unconscious*

*choice of*

- *figures*

*we want to*

*identify with,*

*and also to the*

*[conscious and unconscious choice of]*

- *particular traits*

*we decide*

*to*

- *emulate*

*or*

*to*

- *discard.*

*The ability to make such choices*

*well*

*depends on*

*the purity*

*of the state of consciousness*

*already attained by*

*the chooser.*

*So, as always,*

*the beginning*

*is the hardest.*

*In this case [i.e., In this case, the case of being at the beginning of one's path],*

*one's own distortions*

*may lead to*

*choosing*

- *false heroes,*

*and at the same time*

*make one utterly blind to*

- *the really desirable aspects*

*of a possible exemplary figure,*

*because the concepts are lacking [i.e., because the really*

*desirable aspects are lacking in the chooser].*

	<p><u>Only little by little</u> <u>can a person build the</u> <u>proper</u> <u>concepts</u> <u>so as to be able to</u> <u>recognize</u> <u>the desired traits</u> <u>which can then be used</u> <u>as further road maps.</u></p>
07	<p><u>Individual personalities</u> <u>choose their</u></p> <ul style="list-style-type: none"><li>• <u>parents and</u></li><li>• <u>environment</u></li></ul> <p><u>on the basis of this principle [i.e., on the basis this principle of picking</u> <u>desired traits in key people and environments in order to</u> <u>provide examples of the new state one is to grow into]</u> <u>while journeying</u> <u>from</u></p> <ul style="list-style-type: none"><li>• <u>one incarnation</u></li></ul> <p><u>to</u></p> <ul style="list-style-type: none"><li>• <u>the next.</u></li></ul> <p><u>The proper exemplary figures</u> <u>set off</u> <u>a spark of recognition</u> <u>in the mind of the seekers.</u></p> <p><u>This [i.e., This spark of recognition in the mind of the seeker set off by</u> <u>the proper exemplary figure]</u> <u>then creates</u> <u>a vibrant energy field</u> <u>whose creative power</u> <u>molds</u> <u>the soul substance of the seekers</u> <u>who have</u> <u>finally</u> <u>recognized</u> <u>the</u> <u>true</u> <u>examples.</u></p>

*When* [i.e., *When this creative power created by the recognition in the mind of the seeker of the true exemplary figure molds the soul substance of the seekers is* *done in a*

- *truthful and*
- *creative*

*way,*

*this never means*

- *falsely aping or*
- *giving up one's own uniqueness.*

*Quite the contrary:*

*the emulated*

- *ways of being,*
- *traits, and*
- *attitudes*

*are adapted to*

*the uniqueness of the seeker*

*who incorporates these universal aspects* [i.e., *these universal aspects of the exemplary figure being emulated*]

*into his or her*

*own*

*self-expression.*

*You remain*

*totally true to*

*yourself*

*when you emulate someone*

*in a*

- *real and*
  - *creative*
- way.*

*Only*

- *negative attitudes*
- in the self*

*can lead to*

- *negative identification* [i.e., *can lead to negative identification by falsely aping the figure one emulates and giving up one's own uniqueness*]

*and*

- *choices of*
- negative role models*

*and hence to*

- *self-betrayal.*



08	<p><u>All parents</u> <u>are prototypical figures</u> <u>to their children.</u></p> <p><u>Strong rejection</u> <u>of</u></p> <ul style="list-style-type: none"><li>• <u>a parent, or</u></li></ul> <p><u>of</u></p> <ul style="list-style-type: none"><li>• <u>particular</u><ul style="list-style-type: none"><li>• <u>traits and</u></li><li>• <u>attitudes</u></li></ul></li></ul> <p><u>in the parent,</u> <u>is an indication that</u> <u>a deliberate</u> <u>negative identification</u> <u>took place –</u> <u>an aping</u> <u>which the self</u> <u>now</u> <u>blindly battles,</u> <u>because</u> <u>the real problem</u> <u>has not yet been recognized.</u></p>
09	<p><u>To the degree that</u> <u>• the parents</u> <u>and</u> <u>• the child</u> <u>are</u> <ul style="list-style-type: none"><li>• <u>healthy and</u></li><li>• <u>purified</u></li></ul><u>souls,</u> <u>the child identifies with</u> <u>their positive aspects.</u></p>

The child will recognize  
what traits  
• in the parent,  
and later  
• in other authority figures,  
are to be  
• used for its life plan,  
and  
what traits  
are to be  
• rejected.

The child can do this [i.e., The child can make this decision about what traits  
are to be used and what traits are to be rejected]  
only to the degree  
that it [i.e., only to the degree that the child]  
is receptive  
through  
its own power  
to know  
the truth.

10

Negative identification [i.e. Negative identification by falsely aping  
the figure one emulates and thus giving up one's own uniqueness]  
leads to the creation of  
"images."

We use the term  
"images"  
in the pathwork  
to define  
• misconceptions and  
• generalizations which form  
• very limited and  
• fixed  
closed systems.

• Conscious  
and/or  
• unconscious  
identification  
which forms an inner image  
always  
creates  
a limited vision  
that precludes  
seeing available alternatives.

This false vision  
excludes  
so many important factors.

The few that are seen [i.e., The few alternative factors that are seen]  
are therefore  
so out of context  
that  
• one's perception of life  
and hence  
• one's reaction to it [i.e., one's reaction to life]  
are unrealistic.

11

**Positive identification** [i.e., Positive identification, which means not merely blindly aping, superficially and in a manner of pretense without full understanding, traits of another but rather recognizing as true, identifying with, and sincerely seeking to emulate positive traits of positive role models which never results in self-betrayal but awakens true traits from within]  
**can never lead to an image.**

**Instead it** [i.e., Instead, this positive identification with positive traits of positive role models, and not merely aping these traits but instead using these examples of positive traits to awaken true positive traits from within]

**leads to**

**visualization,**  
**which is a**

- **flexible,**
- **realistic,**
- **wide-open**  
**system**

**with many alternative ways**  
**from which**

- **consciousness and**
- **creative action**  
**can spread.**

**It is very important for you**

**to think about this** [i.e., to think about this matter of positive identification]

**and**

**to really understand**  
**what I am saying here.**

**On the spiritual path**

**you come to a point**

**when you**

**must**

**know**

**that you**

**need**

**positive identification,**

[i.e., positive identification]

**with a**

- **realistic,**
- **open, and**
- **freeing**  
**prototype.**

You need to  
recognize  
external exemplary models.

If you cannot yet,  
you need to  
first  
build an inner concept,  
so that you can  
both  

- visualize inwardly

and  

- recognize outwardly  
exemplary figures.

Later  
you  
will become  
such exemplary figures yourselves,  
to inspire others on their path  
when they are ready  
to  

- see truth and

to  

- conceive of themselves  
according to  
their  
indwelling  
potentials.

A true exemplary figure  
inspires you to  
visualize  
similar  

- traits and
- attitudes

[i.e., inspires you to visualize traits and attitudes that are similar to those of this true exemplary figure and that are also traits and attitudes that lie]

dormant  
within your deeper self  
which can then  
be brought into  
full expression.

12

*I mentioned before*

*that the*

• *blocks and*

• *fogs*

*created by*

• *illusion and*

• *distortion*

*make you*

*blind*

*to*

• *true exemplary figures*

*or at least*

*to*

• *some of their traits.*

*They [i.e., These blocks and fogs created by illusion and distortion]*

*cause you to be blind*

*because*

*your concept of*

*what really exists*

*in these examples [i.e., because your concept of what really exists  
in these examples of traits and attitudes that are  
present in true exemplary figures]*

*is*

*either*

• *still absent [i.e., you have no concept of the traits  
and attitudes that are present  
in these true exemplary figures]*

*or*

• *so misconceived [i.e., or your concept of the traits  
and attitudes that are present in these  
true exemplary figures is so misconceived]*

*that your*

*interpretation*

*of what you see*

*may be*

*completely wrong.*

Truthful perception  
of exemplary figures  
can only exist  
when you are already  
relatively

- free,
- open, and
- aware of yourself;

then [i.e., then when you are relatively free, open, and  
aware of yourself]

suddenly  
something will click in you.

A

- spontaneous,
- almost automatic,  
organic desire  
to develop

in the same direction as

your example [i.e., the example provided  
in the true exemplary figure  
that is offered to you]

will spring up in you.

You will  
not

imitate  
something that is  
foreign to your nature.

Basic universal traits

- exist
- and
- are expressed  
in different ways  
by each unique individual;

so you

- do not emulate to make  
an exact copy of a trait

but rather

- adapt it [i.e. but rather you adapt the basic universal trait  
you see in a true exemplary figure]

to your unique individuality.

	<p><i><u>Somewhere along your path</u></i> <i><u>you will have gained</u></i> <i><u>sufficient self-awareness</u></i> <i><u>to have a</u></i> <i><u>subliminal understanding</u></i> <i><u>of what is</u></i> <i><u>worthy of emulation.</u></i></p> <p><i><u>You will</u></i> <i><u>• be alert to it [i.e., You will be alert to what is worthy of emulation]</u></i> <i><u>and</u></i> <i><u>• use this vision [i.e., and you will use this vision of what is worthy of emulation]</u></i> <i><u>to complete yourself.</u></i></p>
13	<p><i><u>As in every area of development,</u></i> <i><u>here, too, are certain</u></i> <i><u>• sequences and</u></i> <i><u>• alternations</u></i> <i><u>according to spiritual law.</u></i></p> <p><i><u>Where</u></i> <i><u>• blocks exist,</u></i> <i><u>and</u></i> <i><u>• exemplary figures</u></i> <i><u>are therefore</u></i> <i><u>• absent or</u></i> <i><u>• unrecognized,</u></i> <i><u>the psyche</u></i> <i><u>has to learn</u></i> <i><u>how to choose</u></i> <i><u>• realistic,</u></i> <i><u>• positive</u></i> <i><u>figures</u></i> <i><u>as signposts.</u></i></p>



**You must**

- **pay attention to**  
**this necessity** [i.e., **this necessity for the psyche to learn how to choose realistic, positive exemplary figures as signposts whose traits and attitudes are to be emulated**]

**and**

- **conceive**  
**an inner vision**  
**of what a**
  - **unified,**
  - **harmonious,**
  - **integrated**  
**person,**  
**who expresses**
    - **contact and**
    - **unification**  
**with**  
**the divine self,**  
**is like.**

**When such a concept exists** [i.e., **When such a concept exists of what a unified, harmonious, integrated person who expresses both contact and unification with the divine self is like** ],

**inner visualization**

- can begin,**  
**which will then**  
**make you capable of**
  - **meeting and**
  - **recognizing**  
**the outer figures**  
**who can further**
    - **help,**
    - **affect, and**
    - **inspire**  
**you,**  
**to fully become**  
**your best self.**

14

*In this lecture I wish to give you some*

- *clear-cut pointers and*
- *initial concepts*

*of*

*what to*

- *look for,*

*what to*

- *be attuned to, and*

*what to*

- *be prepared to recognize*  
*as*

*your own*

*as yet dormant*

*potentials.*

*I will draw a picture of*

*what it is like,*

- *inwardly*

*as well as*

- *outwardly,*

*to come to the point*

*where*

*the personality*

*truly unites*

*with*

- *the inner divine self,*

*with*

- *the inexhaustible wealth*

*that is*

*every human being's*

*inner nucleus:*

*the center of one's very being.*

*This lecture is just an outline  
that describes  
certain very basic*  
• *conditions and*  
• *expressions*  
*which can safely  
be*  
• *generalized and*  
• *applied to*  
*all of you*  
*who have reached the state*  
*where*  
*your divine self*  
*is being*  
*continuously*  
• *expressed and*  
• *actualized.*

*I will try to give you*  
• *a concept and*  
• *a vision*  
*so that you can*  
• *begin to see with fresh eyes,*  
*and perhaps*  
• *recognize in others*  
*what you had previously*  
*been blind to.*

15

*When individuals come to the state of*  
• *deliberately and*  
• *consciously*  
*choosing*  
*to commit themselves*  
*to*  
• *the divine will and*  
• *reality,*

*then*  
*the groundwork has been laid*  
*for certain vital changes to occur*  
*in their*  
• *inner and*  
• *outer*  
*lives.*

*This [i.e., This choosing to commit to the divine will and to reality]*  
*is a commitment to*  
*the all-consciousness*  
*indwelling in every creature.*

*It [i.e., This all-consciousness indwelling in every creature]*  
*can be called by any name you choose:*

- *God,*
- *universal consciousness,*
- *the real self,*
- *the inner self –*  
*whatever name you give to*  
*that which transcends*  
*the little ego.*

*When this whole-hearted commitment [i.e., When this whole-hearted commitment*  
*to the all-consciousness, God, the inner self or whatever name you*  
*give to that which transcends the little ego]*

*is made*  
*totally,*  
*then certain things begin to happen*  
*in one's life.*

*Obviously,*  
*one reaches this state*  
*not by*  
*crossing a*  

- *sharply defined line,*

*but*  
*through a*  

- *gradual process.*

*Before describing this process,*  
*I wish to say that*  
*you must not be misled by*  
*the fact*  
*that you may*  

- *consciously have made such a commitment,*

*and yet*  

- *find no great*  
  - *inner or*
  - *outer*

*change*  
*occurring in your life.*

16

Some of you may be  
very committed to God [i.e., very committed to God, to universal consciousness,  
to the real self, to the inner self – or to whatever  
name you give to that which transcends the little ego]

on a  
conscious  
level,

but

you may not realize at all

that there are other levels in you

where this is not the case [i.e., there are other levels in you where you  
are NOT committed to God, to the real self, or to whatever  
name you give to that which transcends the little ego].

You may find it very easy

to believe

on a merely conscious level

that this commitment to God  
is what you want.

Consciously

you may

• be full of goodwill

and

• really mean it.

But

unless

you have come to

experience

the contradictory levels

within you

• where you

do not wish that [i.e., where you do NOT wish to commit  
to God or to be full of good will and really mean it],

or

• where you only wish it [i.e., where you wish to commit to  
God or to be full of good will only]

on your own ego terms

which defeats

the very act of

self-surrender,

you will want to

balk [i.e., you will want to balk at committing to God, to universal consciousness,  
to the real self, to the inner self – or to whatever name you  
give to that which transcends the little ego, or you will want  
to balk at committing to being full of good will].

Unless you  
acknowledge your  
• contrariness,  
• fear,  
• self-will, and  
• pride,  
your  
conscious  
commitment [i.e., your conscious commitment to God or to be  
full of good will]  
will  
always  
be blocked.

Unless you  
own up to  
• the contrary ego level  
hidden behind  
• your goodwill,  
you may not even understand  
why  
certain results  
are still lacking  
despite  
your conscious commitment  
to  
• truth,  
to  
• God,  
to  
• love.

• This awareness [i.e., This awareness of your contrary EGO level hidden  
behind your CONSCIOUS commitment to truth, God, and love]  
is extremely important,  
and  
• the pathwork  
deals with it [i.e., the pathwork deals with your contrary ego level  
hidden behind your conscious commitment to God and goodwill]  
in a very intensive way  
in order to help you avoid  
one of the  
most insidious obstructions:

self-deception.

17

We  
• search for  
and  
• bring out  
that negative part of the self  
which says,

"I will not."

You will  
learn the  
• courage,  
• humility, and  
• honesty  
to expose  
this part –  
the part that even says,

I  
want  
• to resist.

I  
want  
• to be spiteful.

I  
want  
• to have it all my way, or else!"

Only when  
the secret crevices  
of your psychic substance  
• yield up and  
• expose  
these areas [i.e., these hidden areas where the secret crevices of your  
psychic substance WANT to resist commitment to God and  
goodwill, and WANT to be spiteful and to have it all its way]

can you begin –  
often with a lot of struggle –  
to change  
this  
• very negative level,  
this  
• darker part  
of the personality.

	<p><b><u>When this part</u></b> [i.e., <u>When this very negative part of you that WANTS to resist commitment to God and goodwill, that WANTS to be spiteful and have it all its way]</u></p> <p><b><u>remains hidden,</u></b> <b><u>you</u></b></p> <ul style="list-style-type: none"><li>• <b><u>are split</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>do not understand why your positive endeavors fail to go further.</u></b></li></ul>
18	<p><b><u>Then there comes a point when you have won</u></b> <b><u>this particular battle</u></b> [i.e., <u>won this particular battle against this very negative part of you that WANTS to resist commitment to God and goodwill, that WANTS to be spiteful and have it all its way]</u>.</p> <p><b><u>At this stage you can</u></b> <b><u>wholeheartedly</u></b></p> <ul style="list-style-type: none"><li>• <b><u>embrace and</u></b></li><li>• <b><u>trust</u></b> <b><u>the surrender to</u></b> <b><u>divine consciousness.</u></b></li></ul> <p><b><u>But again,</u></b> <b><u>this</u></b> [i.e., <u>this victory over this very negative part of you that wants to resist commitment to God and goodwill, that wants to be spiteful and wants to have it all its way]</u></p> <p><b><u>does not come</u></b> <b><u>in one fell swoop.</u></b></p> <p><b><u>At first</u></b> <b><u>this surrender</u></b> [i.e., <u>this surrender to God and good will]</u> <b><u>must be fought for</u></b> <b><u>every time.</u></b></p> <p><b><u>You need</u></b> <b><u>self-discipline</u></b> <b><u>to remind yourself</u></b> [i.e., <u>to remind yourself to surrender to God and good will]</u>.</p>



Although resistance [i.e., Although resistance to committing to God and good will] is gone, the outer self

- is still conditioned to the old functioning
- and
- automatically [i.e., automatically and out of habit] forges ahead on the top level [i.e., on the outer superficial level] of the mind.

At this stage you need to acquire a new habit pattern.

It [i.e., Forming a new habit pattern] takes time.

Perhaps when you are in

- real trouble,

in a

- state of crisis,

you will remember to

- let go

and

- let God.

But in

- ordinary life,

in

- your everyday chores,

this [i.e., BUT in ORDINARY LIFE, and in your EVERYDAY CHORES THIS “letting go” of your resistance to God and choosing instead to “let God” by, in all of life, committing yourself to God, to universal consciousness, to the real self, to the inner self – or to whatever name you give to that which transcends the little ego] does not yet occur to you.

Perhaps you can do it [i.e., Perhaps you can let go of your resistance to committing to God and instead commit to God]  
where you are relatively free,  
but you still find  
your old  
• obstinacy,  
• distrust, and  
• forgetfulness  
where problems persist.

Only little by little  
do you reach the state  
where  
• a new habit pattern  
is instituted,  
where  
• the act of self-surrender  
to  
the all  
is actualized,  
where  
• it [i.e., where the act of self-surrender to the all]  
manifests  
and  
where  
• it [i.e., where the act of self-surrender to the all]  
permeates  
all  
your  
• thoughts and  
• perceptions,  
your  
• decisions and  
• actions,  
your  
• feelings and  
• reactions.

We shall come back to this.

19

First let me speak about the relationship  
between your

- inner

and

- outer  
life.

A lot of confusion exists among people  
about this topic.

There are those who claim  
only the inner life  
is important.

They prohibit  
the

inevitable  
movement

from the inner to the outer life

because

they do not see the

- limitation and
- actual falsity

of this idea [i.e., do not see the falsity of this  
idea that ONLY the INNER life is important].

If

- unification and
- divine process  
are truly in movement,  
the

- inner content

must

express itself in

- outer form.

In short,

- the outer life

must mirror

- the inner life

in every possible respect.

**But**  
**if your consciousness**  
• **ignores this truth** [i.e., if your consciousness ignores this truth that the outer life must mirror the inner life in every possible respect],  
**or even**  
• **strongly embraces**  
**the opposite belief**  
**that the outer does**  
**not matter,**  
**then you**  
**prohibit the flow**  
**of the whole process.**

**If this happens** [i.e., If you thus prohibit the flow of the whole natural process of the outer life mirroring the inner life in every possible respect],  
**[then] the more radiant energetic matter**

**cannot**  
• **express itself**  
**on the levels of**  
**coarser matter**  
**and thereby**  
• **refine it** [i.e., when the more radiant energetic inner matter cannot express itself on the levels of coarser outer matter, then the the more radiant energetic inner matter cannot refine the coarser outer matter].

**You may recall that in one of the more recent lectures**  
**I described how**  
**creation**  
**attempts to fill**  
**the void.**

**Every human being**  
**helps in this task of**  
**refining**  
**the coarser matter**  
**by bringing**  
• **inner spiritual reality**  
**into**  
• **outer expression.**

20

The false concept  
that  
the outer level  
does not matter  
encases  
the inner spiritual  

- truth and
- beauty

behind a wall,  
separating it [i.e., separating the inner spiritual  
truth and beauty]  
from  
the material reality.

The individual  
with this false concept [i.e., with this false concept that the outer coarser level  
does not matter and that only the more refined inner world matters]  
begins to see a dichotomy  
between the two [i.e., a dichotomy between the outer coarser level  
of reality and the more refined inner level of reality]  
which  
are really  
one [i.e., the outer coarser level of reality and the more  
refined inner level of reality are really one reality].

Many  

- movements and
- spiritual schools of thought

preach  

- asceticism and
- the denial of the outer life

under the guise  
that this [i.e., that such asceticism and denial of the outer life]  
further  
inner spiritual life.

*This distortion [i.e., This distortion that asceticism  
and denial of the outer life furthers inner spiritual life]*

*is a reaction to  
the equally distorted opposite extreme,  
which position*

- *claims that*
  - *outer form*  
*is more important than*
  - *inner content,*
- and may even*
  - *negate that*  
*an inner*
    - *reality or*
    - *content*  
*exists at all.*

*Instead, it [i.e., Instead, the position that negates that an inner reality  
exists at all]*

- *asserts that*  
*only*  
*outer form*  
*matters.*

*True inner growth*

*must*

*eventually*

*also manifest*

*outwardly,*

*though not necessarily with the speed*

*designated by*

*the outer-oriented person,*

*who*

*in expecting an instant change  
is making mistakes in judgment.*

*It is certainly possible to*

*express outer form*

*without it [i.e., without this expression of outer form]*

*being a direct expression of*

*inner content.*

*You must therefore*

*be careful in your evaluations.*

21

*These two distortions [i.e., 1) the distortion that asceticism and denial of the outer life furthers inner spiritual life and that only the inner life is real and important and 2) the opposite distortion that only the outer life is real and important]*  
*are faulty counter-reactions,*  
*each one*  
*attempting to eliminate*  
*the other*  
*by misunderstanding its own [i.e., by misunderstanding its own distortions and reactions to the other].*

*This phenomenon*  
*can occur on*  
*all subjects*  
*as long as*  
*consciousness*  
*is entrapped in*  
*dualistic illusion.*

*During different*  
*• eras and*  
*• civilizations,*  
*and under different*  
*• cultural conditions,*  
*one of these opposite distortions*  
*may be adopted*  
*until*  
*the pendulum swings to the other.*

*Only a*  
*• truly connected,*  
*• self-actualizing and*  
*• unified*  
*person*  
*expresses*  
*• outer form*  
*as an inevitable sequence of*  
*• inner content.*

22

When

- the outer form  
exists without
- the inner content,

it is

a temporary cover  
that must break down,  
even though

it resembles [i.e., even though the outer form resembles both]

- the glorious perfection of divine reality and
- its expressions [i.e., and the expressions of the glorious  
perfection of divine reality].

Again,

this [i.e., Again, this breaking down of an outer form which only  
appears to be an expression of the glorious perfection of  
reality but is actually merely a temporary mask covering the  
undeveloped or underdeveloped inner contents]

is a process  
that repeats itself  
in many areas  
throughout human development.

However,

it is an ongoing law  
that  
all  
false covers  
must  

- crack and
- crumble.

When outer form exists  
unconnected with  
an organic inner content,  
it [i.e., the outer form]  
must  
disintegrate.



*If it [i.e., If the outer form]*  
*exists on faulty premises*  
*based*  
*on*  

- *appearance,*

*on*  

- *confusing the outer life with the inner,*

*then*  
*the outer form*  
*must first crumble*  
*before it can be rebuilt*  
*as an organic expression of*  
*the inner*  

- *movement and*
- *content.*

*Only when*  

- *the outer form*  
*has crashed*

*and*  

- *the inner chaos been*  
  - *exposed and*
  - *thoroughly eliminated,*

*can*  

- *inner beauty*  
*build*  
  - *outer beauty,*
- *inner harmony*  
*build*  
  - *outer harmony, and*
- *the inner abundance*  
*build*  
  - *outer abundance.*

*A clear vision of this principle*  
*is also necessary for*  
*creating a visualization of*  
*your own movement*  
*which can then manifest*  
*in your*  

- *outer life*

*as a result of your*  

- *inner process.*

23

*I shall now discuss*  
*specific manifestations*  
*that take place in a person*  
*who is already*  
*deeply anchored*  
*in the process of*  
*actualizing*  

- *the divine life*

*into his or her*  

- *ego consciousness.*

*What are the*  

- *inner*

*and*  

- *outer*
  - *attitudes,*
  - *manifestations, and*
  - *expressions*

*of such a person?*

*All decisions,*  
*big or small,*  
*are made on the basis of*  
*self-surrender,*  
*where*  

- *the little self*

*surrenders to*  

- *the godself.*

*It [i.e., The little self]*  

- *steps aside*

*and*  

- *allows*

*the inner wisdom*  
*to permeate it.*

*In this process [i.e., In this process where the little self steps aside  
and allows the inner wisdom to permeate it]*

*the personality  
realizes  
that there is  
nothing  
that is  
unimportant.*

*Every*  
*• thought,*  
*every*  
*• opinion,*  
*every*  
*• interpretation,*  
*every*  
*• mode of reacting  
is given a chance  
to be permeated by  
the greater consciousness.*

24

*At this stage*  
*• the resistance  
to pay attention to  
everything that occurs  
is overcome;*  
*• a new habit  
has been formed  
so that  
the divine process  
is now  
self-perpetuating.*

*It [i.e., This new habit that has been formed in which the divine consciousness and greater wisdom of the inner self permeate everything]*  
*is so much part of*  
*the whole person*  
*that it operates*  
*even on those rare occasions*

- *when the personality*  
*forgets to establish the contact [i.e., when the personality*  
*forgets to establish contact with the inner self],*
- *when, perhaps,*  
*an old raw area*  
*might still*
  - *flare up**and*
  - *push the personality*  
*in the wrong direction.*

*The inner self*  
*is sufficiently freed*  
*to manifest*  
*so that it [i.e., so that the inner self]*  
*can send forth*

- *warnings,*
- *disagreement,*
- *advice –*  
*and then*  
*leave the decision*  
*of whether or not to follow such advice*  
*to*  
*the outer personality.*

*This is already*  
*a state of grace.*

- *Confidence and*
- *trust*  
*have been established*  
*as a result of*  
*repeated proof*  
*that*  
*divine reality*  
*brings*
  - *truth,*
  - *wisdom,*
  - *goodness, and*
  - *joy.*

At first,  
the divine will  
is not trusted.

It [i.e., The divine will]  
is confused with  
untrustworthy parental authority,  
which may often have proclaimed something  
as good for the child  
that really proved  
not to be so.

At the stage in question  
this confusion  
no longer exists.

The self  
is fully aware that  
divine will  
is truly in accordance with  
all that the heart may possibly desire.

This trust [i.e., This trust that divine will is truly in accordance with  
all that the heart may possibly desire]

grows gradually  
every time you

- overcome your resistance and
- go into  
the apparent abyss of
  - surrender,
  - giving up narrow self-will.

25

This  
self-perpetuating  
divine process [i.e., This divine process whereby the trust that divine will is  
truly in accordance with all that the heart may possibly desire,  
a divine process that grows gradually every time you overcome  
your resistance and go into the apparent abyss of surrender]  
brings a  
vital revolutionary change  
into  
the entire person.

*I can touch upon*

*only a few*

*of its manifestations [i.e., a few of the manifestations of this trust that divine will is truly in accordance with all that the heart may possibly desire].*

*Thoughts of truth*

*will be sent forth into your being,*

*notwithstanding*

*the limited thoughts*

*you still habitually follow.*

*You will hear*

*an inner voice*

*instructing you with*

*• a wisdom and*

*• a unifying spirit*

*that your*

*outer self*

*cannot possibly produce.*

*According to this wisdom [i.e., According to this wisdom from the inner voice],*

*there is never any need*

*to*

*• hate,*

*to*

*• feel self-rejection or*

*to*

*• reject others.*

*The*

*• answers and*

*• revelations*

*will show the*

*• oneness*

*and*

*• unity*

*of all,*

*which will*

*completely eliminate*

*• fear,*

*• anxiety,*

*• friction, and*

*• despair.*

26

**Surrendering**

- **the knowledge of the**
- **limited ego**

**to**

- **the knowledge of the**
- **deeper self,**  
**so as to exert**

**all**

- **energy,**
- **courage,**
- **honesty, and**
- **self discipline**

**toward making**

**the deeper knowledge**  
**self-perpetuating,**

**leads to**

**ultimate fulfillment.**

**Without this** [i.e., **Without this total surrender to the knowledge of the deeper self**  
**and thereby making the deeper knowledge self-perpetuating]**

**as the essential foundation,**

**no**

- **joy,**
- **pleasure, or**
- **fulfillment**

**can exist for long.**

**Even while they do exist** [i.e., **Even while joy, pleasure and fulfillment do exist],  
**the fulfillment****

- **becomes**

**unbearable**

**and finally**

- **cannot be accepted.**

Give up your stake

in

• your negative reaction,

in

• the stubborn opinions  
of your little mind,

in

• the laziness

that forces you

to succumb to

the old habits

of your separated self.

You will thus gain [i.e., By giving up your stake in your negative reaction, your stake in the stubborn opinions of your little mind, and your stake in the laziness that forces you to succumb to the old habits of your separated self, you will gain]

true life.

Wait patiently,

but

be ready

to receive

divine wisdom

which

you

can activate

if

you so desire.

When this state [i.e., When this state of having received divine wisdom]

• has been instituted,

or

• is in the process of being

continually

• deepened and

• strengthened,

then

certain other manifestations

begin to appear,

• inwardly

and

• outwardly.



27

You will find  
an immense security.

This is a security  
you can only gain  
when you discover  
the reality  
of the spiritual world  
• within you  
and  
• operative around you.

You will then  
know  
the deep peace  
of  
the meaning  
of  
• your life  
and  
of  
• all life.

You will  
• intuitively  
know  
the connections  
and  
• be permeated by  
a sense of  
• fulfillment and  
• safety  
that surpasses all words.

All this  
will then no longer be a  
• theory or  
• belief  
that you  
• cling to  
or  
• deny,  
but an  
experiential fact  
which you can recognize  
again  
and again.

There is  
always  
• a way out of  
every  
darkness  
and therefore  
never  
• a reason to despair.

You will  
know  
that  
• nothing  
happens without good cause and  
that  
• you are  
always capable of  
using  
whatever  
you experience  
to heighten  
your blissful life.

Dark spots  
become  
• opportunities for  
further light  
and no longer  
• need to be avoided,  
whether they be [i.e., whether the dark spots be]  
  
• pain,  
• guilt,  
• fear,  
or whatever.

Again  
and again  
you will  
experience  
the wide open  
system of creation.

28

You will  
• know and  
• make use of  
your own creative powers,  
rather than  
• feeling  
a helpless object  
in a fixed world.

• Peace  
and  
• knowledge of  
the rightness of life

come from  
realizing that  
your  
• world,  
your  
• experience,  
your  
• life  
is  
your  
creation.

This [i.e., This peace and knowledge of the rightness of life that come from  
realizing that your world, experience, and life is YOUR creation]  
opens  
many new doors.

You no longer live in  
the two-dimensional world  
of either/or.

You avail yourself of  
the many-faceted reality  
at your disposal.

29

The

- confidence and
  - fearlessness
- in which you then live  
necessarily  
release  
an immense amount of
  - energy and
  - joy.

As you

lose  
your fear of  
pain  
because  
you can  
experience  
pain,  
your pain  
ceases to exist.

As you

lose  
your fear of

- anger and
- hate

because  
you can  
accept  
your own

- anger and
- hate,

they [i.e., anger and hate]  
no longer exist.

The energy

is now free for

- other,
- better

expressions [i.e., The energy is now free for expressions  
other than and better than pain, anger, and hate].

You now

- become capable of
  - pleasure and
  - joy

and

- no longer need to reject
  - them [i.e., no longer need to reject  
the expressions and experiences of pleasure and joy].

Instead of  
creating

- loneliness,

you can  
create

- relationships:

the bliss of

- the most intimate relationship  
with  
one mate,

and

- the satisfaction of
  - deep,
  - open  
friendships.

Pleasure

will no longer  
frighten you  
because

you now  
know

in every

- pore and
- cell

of your being  
that you

deserve it [i.e., that you deserve pleasure].

	<p><u>Your</u> <u>every</u> • <u>pore and</u> <u>every</u> • <u>cell</u> <u>are expressions of</u> <u>a consciousness</u> <u>which is now</u> <u>in harmony with</u> <u>your god-consciousness.</u></p>
30	<p><u>Many of you find yourselves</u> <u>in an interim state</u> <u>where you</u> <u>experience</u> <u>new</u> • <u>joys and</u> • <u>pleasures</u> <u>you never knew existed.</u></p> <p><u>Life</u> <u>opens up for you</u> <u>as it never did.</u></p> <p><u>But</u> <u>you also find yourself in the position</u> <u>where you</u> <u>cannot yet bear</u> <u>too much of it</u> [i.e., <u>you cannot yet bear too much of this life that is</u> <u>opening you up to the experiences of new joys</u> <u>and pleasures that you never knew existed</u>].</p> <p><u>This</u> [i.e., <u>Your not being able to bear too much of this new life full</u> <u>of experiences of new joys and new pleasures</u>] <u>is because</u> <u>you</u> • <u>have not</u> <u>totally surrendered to</u> <u>the god-consciousness, or</u> <u>you</u> • <u>have not sufficiently faced</u> <u>negative aspects in you and</u> • <u>still cling to them</u> [i.e., <u>and because you still cling to</u> <u>negative aspects in you</u>].</p>

**Hence** [i.e., **Because you have NOT TOTALLY surrendered to the god-consciousness, or because you have NOT SUFFICIENTLY faced negative aspects in you but rather still cling to these negative aspects]**,

**you**

**fear**

**pleasure** [i.e., **you fear the full experience of true pleasure]**,

**which becomes**

**more frightening**

**than**

• **the grayness**

**you still**

• **wish for and**

• **create,**

• **a grayness of**

**neither**

• **pleasure**

**nor**

• **pain.**

**You often**

**want to**

**painstakingly preserve**

**this state of grayness**

**without knowing that you do so.**

**It is a grayness**

**which gives you**

• **comfort,**

**but in the long run**

**leaves you**

• **empty.**

31

An inevitable manifestation  
of the continuous process  
of actualizing  
your deep self  
is the  
incredible creativity  
that blossoms out from  
your inner life.

You are creative in

- ideas,
- alternatives,
- talents,
- richness of feelings, and
- the ability to
  - live with and
  - relate toothers.

You find

- the treasure of  
your
  - creative powers,
- the wealth of  
your
  - feelings, and
- the fullness of  
your
  - own being.

Only as you  
go through  
the emptiness  
can you  
find  
that fullness.

And that [i.e., And going through the emptiness]  
requires  
courage  
which comes  
when you

- pray or
- meditate

for it.



You must

- want  
the fullness

and

- commit yourself  
to it [i.e., commit yourself to this fullness].

- This fullness of
  - feelings,
- this wealth of
  - creative ideas, and
- the ability to
  - live in the now  
with all its
    - excitement and
    - peace,
  - will
    - deepen and
    - widen.

It [i.e., This fullness of feelings, this wealth of creative ideas, and the ability  
to live in the now with all its excitement and peace]

will

not

consist of

- mutually exclusive opposites

but of

- different facets of  
the same fullness.

The times when you

seem to lose it [i.e., seem to lose this fullness of feelings, this wealth of creative  
ideas, and this ability to live in the now  
with all its excitement and peace]

will

- come less often and
- be less severe.

32

Since you now have  
the power  
to create,  
you can create a  
• deeper  
• intuitive  
understanding of  
• yourself,  
• others, and  
• life.

Your total attitude  
of relaxation  
about  
every part of yourself  
• eliminates  
the need to  
• cover up and  
• escape from  
anything  
in you  
and therefore  
• must make you  
aware of other people  
on their deepest levels.

You  
• read their thoughts and  
• understand the deeper connections  
• within and  
• between  
them  
so that  
you can  
• help them,  
• have empathy for them, and  
• love them.

You need never  
• fear and  
• defend against  
others  
with your  
destructive ego defenses.

33

Outer manifestations  
must follow suit.

Your health  
will be glowing.

You will have  
• vitality and  
• energy  
as you never had before.

The energy  
you expend  
will always be replenished –  
and more so.

All your functions  
will be  
in perfect working order.

All your  
physical systems  
will be coordinated.

This [i.e., This outer manifestation]  
will affect  
your outer looks;

you cannot help  
being beautiful  
when you are in  
such vibrant  
• health and  
• harmony.

*It [i.e., This outer manifestation]*  
*will show*  
*in the*

- *grace and*
- *poise*

*of your movements,*  
*[in] the*

- *balance and*
- *coordination*

*you express,*  
*in the*

- *tone of your voice,*

*in the*

- *sparkle of your eyes,*

*in the*

- *brilliance of your skin,*

*in the*

- *suppleness of your form.*

*The improvement will come*  
*in varying degrees,*  
*but it [i.e., but the beautiful outer manifestation]*  
*is always possible.*

*Think of it [i.e., Think of this beautiful outer manifestation]*  
*as*  
*your*  
*possibility.*

*You will be able to materialize it [i.e., materialize this beautiful outer manifestation]*  
*because*  
*you already are*  
*essentially*  
*that person.*

*But you  
cannot  
make  
it manifest [i.e., you cannot MAKE this beautiful  
outer manifestation materialize]*

*if you either*  

- *have a stake in  
believing you cannot be like that,*

*or if you*  

- *want all that*
  - *vitality,*
  - *health,*
  - *radiance and*
  - *beauty*

*for*  

- *egotistical reasons or*
- *competitive power drives.*

*Then [i.e., Then if you want all this for egotistical  
reasons or competitive power drives]*  
*the inner guilt*  
*will not let you*  
*make*  
*it happen.*

34

*There are of course  
those who have these desirable qualities  
only  
in outer expression.*

*In that case,  
the time will come  
when these  
outer forms  
must  
break down  
before they can be rebuilt  
with  
inner  
content.*

There is  
an innate system  
of divine justice  
built into  
all consciousness.

Whenever  
a life expression is sought  
that does  
not  
come  
as a  
harmonious  
• outer result  
of an  
• inner reality,

it [i.e., this outer expression or result that is sought when it does not come as a  
harmonious outer result of an inner reality]

will either  
• not succeed  
or will  
• break down  
after it has been created.

The  
• real inner  
guilt  
that psychologists all chalk up to  
• neurotic  
guilt  
operates here.

**Such guilt is neurotic** [i.e., Such guilt that psychologists assess as being brought on by functional disorders that cause guilt to dominate the personality and hence guilt that is diagnosed by psychologists as neurotic, is, in fact, neurotic guilt]

**only**

**when it** [i.e., only when such guilt that has been diagnosed as neurotic expresses itself

**in**

**distorted perfectionism,**

**which hides an**

**unwillingness**

**to give up a**

**real**

**guilt.**

**So when you find**

- **resistance to happiness,**

**look for**

- **the meaning** [i.e., look for the meaning of the resistance to happiness]

**and**

- **the areas of**

**justified guilt** [i.e., and also look for the areas of justified real guilt].

35

**Inner unity**

**with**

**your eternal self**

**makes it possible**

**to use your creative ability**

**to explore**

**any area of universal truth**

**you truly wish to comprehend.**

You now  
know  
the power of  
• thought and  
• consciousness  
and  
you can  
focus  
it [i.e., you can focus this power of thought and consciousness]  
as a result of  
the self-discipline  
you have learned.

Thus you can cultivate  
a creative receptivity to  
experience  
the eternal state  
beyond physical death.

This perception [i.e., This perception of the eternal state beyond physical death]  
is  
not  
reliable  
as long as  
you seek it [i.e., as long as you seek this perception of  
the eternal state beyond physical death]  
out of your own  
fear of death.

It [i.e., This perception of the eternal state beyond physical death]  
is reliable  
only when  
you do  
not  
fear death  
because  
you now  
• can die,  
just as you  
• can be in pain.



Whenever you  
want something  
because  
you fear its opposite,  
the result [i.e., the result of trying to create something because you fear its opposite]  
cannot be reliable.

You  
can create  
only out of

- fullness,

not out of

- need and
- poverty.

36

So the difficulty is in  
initially  
creating fullness.

Seeking the opposite  
of what you fear  
is an

- escape and

leads to a

- split

rather than to

- unification.

Exactly the  
opposite road  
must be taken.

You must  
die many deaths,

- right now,
- every day in your life,

in order to discover  
the eternity of life.

Only then [i.e., Only when you die many deaths and discover the eternity of life]  
will you live  
fearlessly.

37

How can you die  
all these little deaths?

Follow exactly  
the process I described:

let go of  
the  
• little ego,  
the  
• little opinions,  
the  
• negative reactions  
you have such an investment in.

You have to die to those [i.e., die to those negative  
reactions you have such an investment in].

The little ego  
with its little investments  
must die.

In that way  
you can  
• transcend death and  
• intuitively  
experience  
the reality  
of  
life ongoing.

38

When you live  
without fear of death  
because  
you  
experience  
it [i.e., because you experience death]  
so many times,

you will know  
that in principle  
physical death  
is the same [i.e., as with little deaths, reality is life ongoing  
even after physical death].

*You find it to be so [i.e., you find that physical death is no different from all the little deaths you experience every day, and intuit that reality is life ongoing] by temporarily letting go of the smaller self, only to find a larger self wakening, which then unifies with the little self.*

*So you see, not even the little self of the ego really dies.*

*It [i.e., The little self of the ego] is*

- *enlarged and*
- *united with the larger self,*
  
- *not*
- given up.*

*But it [i.e., But the little self of the ego] appears to be given up and you must be ready to take the plunge.*

*When this happens [i.e., When you take the plunge into a death of the little self of the ego, even though it APPEARS as if when you do so the little self of the ego dies], a measure of eternity will manifest in your life right now.*

*It [i.e., This measure of eternity that manifests immediately when you take the plunge into a death of the little self of the ego even though it APPEARS as if when you do so the little self of the ego dies]*

*manifests*

*not only by*

- *eliminating fear of dying*

*but also*

- *in a more immediate practical sense.*

*It [i.e., This measure of eternity]*  
*will keep you*

- *vital and*

- *youthful,*

*giving you as it were*

*a foretaste*

*of the*

- *timelessness and*

- *agelessness*

*of the true life.*

39

*Another*  
*outward manifestation [i.e., outward manifestation of this measure of eternity]*  
*is*  
*abundance.*

*Since*  
*real spiritual life*  
*is*  
*limitless abundance,*

*to some degree*  
*you must begin to manifest that [i.e., begin to manifest that limitless abundance]*  
*when you actualize*  
*your divine self.*

*If you can*  
*make room in your consciousness*  
*for*

- *outer abundance*

*as a reflection of*

- *universal abundance,*

*you will*

- *create and*
- *experience*

*it [i.e., you will create and experience abundance].*

*If you want to*  
*experience*

- *it [i.e., you want to experience abundance]*

*because you*  
*fear*

- *poverty [i.e., because you fear the opposite of abundance, namely poverty],*

*you also*  
*create a split.*

*The abundance*  
*you create out of*  
*fear*  
*is not built on*  
*reality,*  
*and its flimsy structure [i.e., and the flimsy structure of this abundance, this*  
*abundance that is created out of fear of poverty]*  
*must be crushed again*  
*so that*  
*you can then*

- *let yourself be poor*

*and*

- *dissolve the illusion of poverty.*

*Only after this [i.e., Only after this “poverty” has been shown to be the illusion it is*  
*and thereby is dissolved,]*  
*can the*

- *real,*
- *unified*

*richness*  
*grow.*

Only when  
you first can be

- poor

can you  
allow yourself to be

- rich

as an

- outer expression

of

- inner content.

Then [i.e., When you can be poor and hence ALLOW yourself to be rich  
as an outer expression of inner content]

you will not want  
to be

- rich

- for the sake of power

or

- for outer gains in the eyes of others,

or

- out of

- greed and

- fear,

but [i.e., but rather than wanting merely to be rich, you will want instead  
to be a

- true divine expression

of the abundance

that is

the nature of the universe.

40

Another outer manifestation  
of the  
continual process  
of actualizing divine life  
is

- the proper balance of everything:

the balance of  
• assertion  
and  
• giving in,  
for instance.

The spontaneous knowing

when  
one [i.e., say, for example, spontaneously  
knowing when ASSERTION]

or  
the other [i.e., or when, in this example,  
GIVING IN]

is appropriate

comes from within.

Or consider  
the proper balance of  
• right selflessness  
and  
• right selfishness,

as opposed to  
• wrong selflessness  
and  
• wrong selfishness.

All these

- balances and
- dualities  
will become elements  
in a  
spontaneous
  - unification and
  - harmony.

The

- intuitive knowledge of
- when,
  - what, and
  - how  
will come
    - not because  
you  
decide it  
with your  
mind,
    - but as a  
manifestation of
      - inner
        - truth and
        - beauty
- that reaches expression on the
  - outer level,
    - appropriately and
    - beautifully.

41

There will be

- a poise and
- a beauty  
in your whole bearing –  
a
  - courtesy and
  - chivalry  
will emanate from you  
that will  
never
    - be ridiculous or
    - invite being taken advantage of.



There will be

- order  
without a trace of  
compulsiveness,
- order in  
all things of your life.

- Order  
and
- beauty  
are
- related and
- interdependent.

There will be

- generosity,
- a
- giving and
  - receiving
- in one ongoing stream.

There will come a  
deep ability

- to be grateful and
- to appreciate
  - others,
  - yourself, and
  - the whole creative universe.

42

A new freedom  
to be

- soft and
- vulnerable  
will
- make you  
truly strong and
- take away  
false shame.

Concurrently [i.e., Concurrently with experiencing a new freedom  
to be soft and vulnerable],

you will  
experience  
a new freedom  
to be  
• strong and  
• assertive –  
even  
• angry –  
without  
false guilt.

You will  
• know and  
• act  
from within  
because  
you are in  
constant contact  
with the  
• wisdom,  
• love, and  
• truth  
of your  
inner divine reality.

43

The emotional loneliness  
that is  
the self-chosen lot  
of so many people  
gradually  
begins to disappear among you, my friends.

*In your development*

*you learn*

*to*

- *be real,*

*to*

- *function*

*without your*

- *masks and*
- *pretenses.*

*Consequently*

*you begin to*

*feel comfortable*

*in closer intimacy.*

*As you*

*simultaneously*

*cease to fear*

*the pain/pleasure syndrome,*

- *true ecstasy and*
- *deep fusion*  
*on all levels*

*must give you*

*the deepest fulfillment*

*a human being can experience.*

*You will progress*

*to new*

- *heights and*

- *depths*

*of experience,*

*where you*

*explore*

*the*

*inner*

*universe*

*in unison.*

- Loneliness
- and
- the torture of conflict  
about the
  - need forand
  - fear of  
closenesswill no longer exist.

Such relationships [i.e., Such relationships where loneliness and the torture of conflict about the need for and fear of closeness no longer exist] fuse on all levels.

The abundance of the universe expresses itself in all areas of life.

You will feel it  
in  
the

- sharing,

the

- respect,

the

- warmth,

the

- ease

and

- comfort

with which  
you can be

- intimate and
- fused

with another person,  
or

- in

- giving to

and

- receiving from

another person.

	<p><u>The security of</u> • <u>your own feelings</u> <u>will make you</u> <u>equally secure about</u> • <u>being loved.</u></p>
44	<p><u>You will</u> <u>experience</u> <u>the deep satisfaction of</u> • <u>giving,</u> • <u>helping,</u> • <u>fulfilling a task,</u> <u>and of</u> • <u>being devoted to doing so</u> [i.e., <u>and you will experience the deep satisfaction of being devoted to fulfilling a task</u>].</p> <p><u>You will rejoice in</u> <u>the ongoing creative process</u> <u>that is at work in it</u> [i.e., <u>that is at work in fulfilling the task</u>].</p>
45	<p><u>All of these</u> [i.e., <u>All of these experiences that are possible</u> <u>when manifested from the divine within</u>] <u>are gauges for you, my friends.</u></p> <p><u>These gauges</u> <u>are not</u> <u>to be used</u> <u>to put yourself down in</u> • <u>impatience and</u> • <u>intolerance.</u></p>

	<p><b><u>They are gauges</u></b> <b><u>you can use to</u></b> <b><u>create</u></b> <b><u>deliberate</u></b> <b><u>inner visualization</u></b> <b><u>about any and all</u></b> <b><u>of these life expressions.</u></b></p> <p><b><u>And then [i.e., And then as you create this INNER visualization</u></b> <b><u>about any and all of these expressions]</u></b></p> <p><b><u>you will perhaps</u></b> <b><u>be more strongly motivated</u></b> <b><u>to search further</u></b> <b><u>for what still stands in the way [i.e., search for what still stands in</u></b> <b><u>the way of manifesting your inner visualization].</u></b></p> <p><b><u>This lecture will give you</u></b></p> <ul style="list-style-type: none"><li><b><u>• many tools and</u></b></li><li><b><u>• a lot of material</u></b></li></ul> <p><b><u>for your work.</u></b></p>
46	<p><b><u>The love of the universe</u></b> <b><u>spreads over all of you</u></b> <b><u>and reaches deep into your hearts,</u></b> <b><u>my dearest friends.</u></b></p> <p><b><u>Be blessed,</u></b> <b><u>be God.</u></b></p>

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