

# Pathwork Lecture 188: Affecting and Being Affected

1996 Edition, Original Given January 15, 1971

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

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

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

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

*Blessings on your journey, Gary*

¶	Content
03	<p data-bbox="375 898 781 1077">• <u>Greetings</u> <u>and</u> • <u>blessings</u> <u>for all of you here,</u> <u>my dearest friends.</u></p> <p data-bbox="375 1115 618 1150"><u>We are all friends.</u></p> <p data-bbox="375 1188 792 1478"><u>There is</u> <u>between us</u> <u>deep inner connection,</u> • <u>already manifest</u> <u>or</u> • <u>potentially there,</u> <u>on the plane of</u> <u>inner reality.</u></p> <p data-bbox="375 1516 1430 1698"><u>Where it [i.e., Where the deep inner connection between us]</u> <u>is as yet</u> <u>only a potentiality,</u> <u>it is certainly possible</u> <u>to realize it [i.e., to realize the deep inner connection between us].</u></p>

by Eva Broch Pierrakos

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*Our aim is to find*

- *the core*  
*of your*  
*real being*

*and thus*

- *your*  
*real existence.*

*The*

*real existence*

*is*

- *light and*
- *beauty.*

*In the*

*real existence*

*there is*

*nothing to fear.*

*The guidance I have given in all these years*

*directs you step by step*

*through*

*the maze of*

*your illusions –*

*the maze of your*

*illusory fears*

*of*

- *life,*

*of*

- *self.*

All the steps you take

to avoid

recognizing

that you in fact

experience

this illusory self [i.e., the steps you take to avoid recognizing that you experience this ILLUSORY self (that includes your illusory fears of life and illusory fears of self)]

alienate you from

your

- nucleus,

your

- true existence

in bliss,

in which you

know

there is nothing to fear.

But

you must go

through the fear [i.e. go through the fear of life and self]

to find that it [i.e., to find that this fear of life and self]

is an illusion [i.e., to find that life and self are NOT to be feared]

and

to choose

whether or not

you wish to continue

living with

the illusion.

To give it up [i.e., To give up the illusion that life and self are to be feared]

requires

- effort

and

- the willingness to

- change and

- chance

unknown modes of

- living

and

- being.

04

What is the fear,  
my friends?

It [i.e., The fear of life and self]  
exists in

many

- forms and
- variations,

yet there is

one common denominator –

you fear the

- destructive and
- demonic

aspects of

- temporary,
- distorted

parts

of your

inner being.

Your consciousness,  
in its separation,  
cannot reconcile itself to  
these destructive aspects.

It [i.e., Your consciousness]  
cannot,

it [i.e., your consciousness]  
does not

know

how

to accept them [i.e., how to accept these destructive aspects  
of your inner being, which are unconscious].

It [i.e., Your consciousness]  
fears

being overwhelmed

by the destructive energies

just because

it [i.e., just because your consciousness]

has never accepted them [i.e., has never accepted these

destructive aspects of your inner being,

which are unconscious].

*Your consciousness*

*is*

*too*

- *proud and*
- *impatient,*

*too*

- *geared to*  
*limiting*

- *vision and*

- *thinking*

*to make room for*

*all the opposites*

*that exist within the human soul.*

*And thus,*

*due to*

*the limiting tendency of your consciousness,*

*the opposites*

*cannot be transcended.*

*Only when*

*the distortion* [i.e., *Only when the destructive aspect of your inner being, an aspect which is unconscious and is, in fact, a distortion of an original positive state*]

*is accepted fully*

*can it* [i.e., *can the distortion*]

*transform itself back to*

*its original state –*

*into the*

- *beautiful,*

- *creative*

*force*

*that*

- *energizes you and*

- *gives you*

- *power and*

- *bliss.*

There can be  
no way into blissful reality  
unless you give up  
the wishful thinking  
that makes you  
unwilling  
to face the  

- irrational,
- destructive

aspects of yourself.

05

This brings me to the topic of tonight's lecture.

I would like to discuss particularly  

- how you  
affect your surroundings  
when you operate from  
the destructive level of your being.

- How do you affect  
  - others?

And, conversely,  

- how are  
  - you  
affected  
by others  
who act from  
their destructive levels?

This  

- very complicated and
- extremely important  
topic  
is not easy to comprehend.

You can

- truly connect with it [i.e., connect with this difficult topic of affecting and being affected when you and others are acting from destructive distorted levels of being]

and

- make something helpful for yourself out of it only when you have already gained a certain amount of insight into the
  - irrational,
  - primitive selfwithin you.

- When you reach the point

where you no longer need to

- deny,
- project, and
- defend against this evil part,

- when you can

clearly acknowledge it [i.e., When you can clearly acknowledge this evil part within you],

then you can

truly deal with

the complications that arise out of human interaction on the concealed levels of

- your
- and
- other people's
    - destructiveness and
    - ignorance.

06

All human beings  
suffer from  
a basic  
• conflict  
and  
• pain;  
whether individuals are aware of it or not,  
it [i.e., this basic conflict and pain from which all human beings suffer]  
always exists.

Again,  
the more  
aware of it [i.e., aware of this basic conflict or pain]  
you are,  
the better you can  
• face and  
• deal with  
it [i.e., face and deal with this basic conflict or pain]  
and  
the sooner  
you will resolve it [i.e., resolve this basic conflict or pain].

The conflict  
is the following:

On the  
• primitive,  
• irrational  
level  
you  
• hate and  
• want to destroy  
senselessly,  
and hardly know any longer  
why  
you  
• hate and  
• want to destroy.



On this level [i.e., On this primitive, irrational level of your being]

you are

- totally egotistical

and therefore

- unwilling to accept

any frustration,

- little

or

- big;

you

- are unwilling to deal with

any difficulties

and therefore

- cannot effectively

assert your personality.

Whatever the reasons may be,

the irrational

- hate

and

- wish to destroy

exists

in every single human being.

07

You manage

not to be aware of

your

- hate and

- destructiveness,

and that [i.e., and your not being aware of

your hate and destructiveness]

is the root of

all

emotional

- sickness and

- suffering.

As you progress in  
the discipline of  
facing yourself  
you become  
more able to  
 • accept  
your destructiveness  
and thus  
 • transcend  
it [i.e., and thus transcend your destructiveness rather than act it out].

As you become  
more aware [i.e., more aware of your destructiveness],  
you must also deal with  
the confusion  
of your guilt [i.e., the confusion of your guilt over your destructiveness].

Hidden guilt [i.e., Hidden guilt for your destructiveness]  
is devastating,  
because it [i.e., because the hidden guilt for your destructiveness]  
creates a vicious circle  
by itself  
that maintains  
the destructiveness.

The guiltier  
you feel [i.e., The guiltier you feel for your destructiveness],  
 • the more  
you hide  
what makes you feel guilty [i.e., the more you hide that  
destructiveness that makes you feel guilty]  
and  
 • the less capable you become of  
 • dissolving and  
 • transforming  
it [i.e., the less capable you become of dissolving and  
transforming your destructiveness].

This incapacity [i.e., This incapacity to dissolve and  
transform your destructiveness]  
in turn  
increases the guilt [i.e., increases the guilt for being powerless to dissolve  
and transform your destructiveness].

The more you  
hide from yourself,  
the more you  
• frustrate yourself  
and  
• deprive yourself of  
the good  
that life  
is meant to be;

thus  
you become  
• angrier and  
• more destructive.

Even if  
it [i.e., Even if your increased angry and destructive attitude]  
does not manifest in  
overt acts,  
your so-called unconscious guilt  
leads you into  
manifest hating  
• actions and  
• attitudes  
that reject  
• others  
and  
• life  
and  
• the goodness of being.

08

Now,  
how is this guilt [i.e., this so-called unconscious guilt for this increased angry  
and destructive attitude that does NOT manifest in overt acts]  
to be handled?

There are  
two basic schools of thought  
that have existed throughout the ages.

One [i.e., One of the two basic schools of thought for handling this guilt  
for your increased angry and destructive attitude,  
but an attitude that does NOT manifest in overt acts]

says that

you are

- not responsible for  
your
  - feelings and
  - unmanifest attitudes.

You are

- responsible only for  
your
  - actions.

So,

if you

- hate and
- wish to
  - kill and
  - destroy,

you need

not

feel guilty about it.

09

The other school of thought

says that

- thoughts and
  - attitudes
    - are living realities
- and
- have an effect on others.

Thus,

a true guilt exists

for these

- thoughts and
- attitudes.

Also,  
we must consider  
whether the  
hidden  
tendency to be destructive  
can leave your actions  
totally  
unaffected.

I just said that it is  
unthinkable  
for hidden hate  
not  
to manifest in  
some way,  
even if  
the personality  
refrains from  
active deeds.

Holding back  
from  

- loving and
- giving

is also an  
action.

Every so often,  
the denied hatred  
manifests  
in an apparently harmless  
passivity  
that seems directed against  
the self  
"only."

But the  
• underlying  
• seething  
hatred  
prevents  
• positive deeds of  
• loving and  
• giving;  
it [i.e., the underlying seething hatred]  
prevents one from  
• contributing to life.

So, in the final analysis,  
all acts  
flow from  
the underlying  
• substance and  
• energy  
of the person.

10

These  
apparently opposite schools of thought –  
or approaches to life –  
• exist in everyone  
and  
• breed much confusion.

Which is true?

How do you handle this question [i.e., this question of which school of thought is true – the school of thought that says actions alone count and not underlying attitudes OR the school of thought that says that underlying attitudes also count regardless of manifest actions]?

	<p><u><i>Before we can further discuss the mutual interaction on the destructive levels between human beings, this question must be cleared up.</i></u></p> <p><u><i>Can both alternatives be true?</i></u></p> <p><u><i>Are they mutually exclusive?</i></u></p>
11	<p><u><i>You need to realize that your guilt for your primitive destructive self is more destructive than the evil part itself.</i></u></p> <p><u><i>You must accept this part of yourself [i.e., You must accept your primitive destructive part] in order to dissolve it.</i></u></p> <p><u><i>There is also a vast difference between</i></u></p> <ul style="list-style-type: none"><li><u><i>• an overt action of destruction</i></u></li><li><u><i>and the</i></u></li><li><u><i>• mental and</i></u></li><li><u><i>• emotional</i></u></li></ul> <p><u><i>existence of this aspect in humankind [i.e., the mental and emotional existence of the primitive destructive aspect in humankind].</i></u></p> <p><u><i>This is true despite what I said before about the</i></u></p> <ul style="list-style-type: none"><li><u><i>• effects and</i></u></li><li><u><i>• influences</i></u></li></ul> <p><u><i>of hidden attitudes.</i></u></p>

	<p><u>Yet</u> <u>to assume</u></p> <ul style="list-style-type: none"><li>• <u>self-destructive,</u></li><li>• <u>self-eroding</u></li></ul> <p><u>guilt</u> <u>about hidden destructiveness</u> <u>makes matters so much worse.</u></p> <p><u>Due to this guilt</u> [i.e., <u>Due to this self-destructive, self-eroding guilt</u> <u>about hidden primitive destructiveness</u>]</p> <p><u>you annihilate</u> <u>yourself</u> <u>and thus</u> [i.e. <u>and thus by annihilating yourself through such</u> <u>self-destructive, self-eroding guilt</u> <u>about hidden primitive destructiveness</u>]</p> <p><u>become</u> <u>more destructive.</u></p> <p><u>You prohibit yourself from</u> <u>living.</u></p>
12	<p><u>Nevertheless,</u> <u>your</u></p> <ul style="list-style-type: none"><li>• <u>thoughts,</u></li><li>• <u>feelings,</u></li><li>• <u>wishes, and</u></li><li>• <u>attitudes</u></li></ul> <p><u>do have power.</u></p> <p><u>You can reconcile</u> <u>these apparently opposite truths</u> <u>only by your</u> <u>honest attempts</u> <u>to make your own destructiveness</u> <u>conscious</u> <u>without justifying it</u> [i.e., <u>without justifying your own</u> <u>destructiveness</u>]</p> <p><u>by the</u> [i.e., <u>by pointing out the</u>]</p> <ul style="list-style-type: none"><li>• <u>destructiveness or</u></li><li>• <u>limitation</u></li></ul> <p><u>of others.</u></p>



The moment you do this [i.e., The moment you make honest attempts  
to make your own destructiveness conscious],  
you inactivate destructiveness,  
without  

- denying or
- hiding

it.

When you  
deny  
your  

- malice and
- egotism,

you breed trouble  
for  

- yourself

and  

- others.

For example,  
when you are in denial [i.e., in denial about YOUR OWN destructiveness,  
malice, and egotism],  
you need to  

- blame

and  

- accuse

to make others  
responsible for  
what you feel too guilty about  
to face squarely.

Even  
you,  
who work so diligently on this path,  
focus on  
others'  

- actual or
- imaginary

evil  
so as to  
deny  
your own [i.e., so as to deny your own evil].

You  
• distort  
and  
• exaggerate  
to falsify.

You deal with  
• half-truths –  
for what you use as  
your case against others  
may include elements of  
actual evil  
in them,  
but they are [i.e., but these other individuals are]  
not  
responsible for  
your  
misery.

Your  
insistence  
that they are [i.e., that these other individuals  
ARE responsible for your misery]  
is  
a profound manifestation  
of  
• denying self-responsibility  
and  
of  
• dependency.

In effect, you say,  
"I am dependent on  
the other's  
• evil or  
• freedom from evil."

13

*It is not difficult to see  
the bind*

*that this [i.e. the bind that saying, "I am dependent on either the other's evil  
or on the other's freedom from evil"]  
puts you in.*

*If on a*

- *semiconscious level*

*you express this message into life [i.e. the message, "I am dependent on  
either the other's evil or on the other's freedom from evil"],*

*[then] on a*

- *deeper level of your unconscious*

*you must*

- *pay the price*

*and*

- *follow through.*

*You must then also express into life,*

*"My evil  
is responsible for  
the suffering of others."*

*Thus*

*you fluctuate*

*between*

- *infantile dependency,  
in the illusion that*

*you*

*are helpless in the face of  
the other's wrongdoing,*

*and*

- *omnipotence,  
in the illusion that*

*others*

*are victimized by  
your incompleteness.*

14	<p><u>Conversely,</u> <u>the moment you</u> <u>fully assume responsibility</u> <u>for your own suffering</u> <u>by looking for</u> <u>your own</u></p> <ul style="list-style-type: none"><li>• <u>distortions and</u></li><li>• <u>destructive tendencies,</u></li></ul> <p><u>you liberate yourself from</u> <u>guilt</u> <u>regardless of</u> <u>how wrong others may be.</u></p> <p><u>You will know from</u> <u>personal experience</u> <u>that</u></p> <ul style="list-style-type: none"><li>• <u>as you can be affected by</u> <u>the destructiveness of others</u> <u>only to the degree</u> <u>that you ignore</u> <u>your own negativities,</u></li><li>• <u>so can others be affected by</u> <u>your negativities</u> <u>only to the degree</u> <u>that they deny</u> <u>theirs [i.e., that they deny their own negativities].</u></li></ul>
15	<p><u>Acknowledging</u> <u>your own irrational self,</u> <u>without totally becoming it [i.e., without totally becoming</u> <u>your irrational self],</u> <u>renders you free.</u></p> <p><u>Concentrating on</u> <u>the ills of</u></p> <ul style="list-style-type: none"><li>• <u>others</u> <ul style="list-style-type: none"><li>• <u>is a destructive act</u> <u>in itself</u></li></ul></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>makes it impossible</u> <u>to really fight the evil in</u> <u>you.</u></li></ul>

*[When I say “concentrating on the ills of others is a destructive act in itself”]*

**I do not mean to convey**  
**that you should**

- **assume**  
**the sole responsibility**  
**in a conflict**

**and**

- **whitewash**  
**the other person.**

**Whenever there is**  
**negative interaction,**  
**both**  
**must share the responsibility.**

**But to**

- **compare and**
- **measure**  
**your own responsibility**  
**with**  
**that of the other**  
**in order to**  
**make yourself**  
**the victim**  
**on the emotional level**

**is tantamount to**  
**the denial of**  
**your own part,**

**even if**  
**you pay lip service to the idea**  
**that you also contributed to**  
**the interaction.**

What invariably happens  
when you look for  
your own  
contribution to a negative interaction

is that you begin to see  
how you  
both  
affect one another  
from your [respective] destructive levels.

Then you [i.e., Then you and the other]  
truly share  
the responsibility.

This realization [i.e., This realization that you AND the other truly  
share the responsibility for a negative interaction]  
is extremely liberating.

It [i.e., This realization that you and the other truly  
share the responsibility for a negative interaction]  
frees you from  
self-eroding guilt  
without  
removing the responsibility  
that is yours.

It [i.e., This realization that you and the other truly  
share the responsibility for a negative interaction]  
enables you to  

- see

and  

- express

the other person's share  
in the mutual effect [i.e., in the mutual negative interaction]  
without  
becoming an  

- accusing,
- self-victimizing

judge.

*This* [i.e., *This ability to express the other person's share*  
*in the mutual negative interaction without becoming an accusing judge*]

- *has a salutary effect*

*and*

- *usually makes your expressions* [i.e., *usually makes your expressions of the*  
*other person's share in the mutual negative interaction*]

*effective,*

*if*

*the other person*

*is at all willing*

*to communicate honestly.*

*If the other person is*

*not willing* [i.e., *is NOT willing to communicate honestly*],

*this will no longer present*

*a debilitating frustration*

*for you.*

*You no longer*

*depend on*

*proving your innocence.*

*You*

- *see*

*and*

- *know*

*the truth.*

*The clear knowledge* [i.e., *The clear knowledge of the truth*]

- *makes you strong*

*and*

- *dissolves negative energy.*

*When you*

*hide your evil*

*behind*

*the evil of others,*

- *you invariably*

*become weak,*

*and*

- *your fight*

*is ineffective.*

- Effective  
fight,
- healthy  
aggression,  
becomes possible
  - only when  
you no longer hide  
from your own
    - honest insight
  - and  
from your own
    - destructiveness –
  - when you cease to be  
hypocritical  
on this most subtle of levels.

16

So you see, my friends,  
apparently opposite orientations  
are reconciled by  
the key  
I am constantly recommending to you:

face your evil –  
your

- irrationality
- and
- primitive,
- destructive

aspects –  
without losing sight of the fact  
that this [i.e., that this evil aspect in you  
that you are facing]

is only a  
minor  
aspect of you.



If you  
completely identify with  
your  

- hidden
- destructive

part,  
it is impossible to  

- live

and  

- assume responsibility for it [i.e., it is impossible to assume responsibility for your hidden destructive part].

Yet,  
the more you  
hide it [i.e., the more you hide your hidden destructive part],  
the more you  
secretly  
believe that this [i.e., the more you believe that your  
hidden destructive part]  
is  
your  

- real self,

your  

- only truth.

When  
you take it out of hiding [i.e., When you take your hidden destructive part  
out of hiding],  
the wonderful reality  
dawns on you  
that there is  
so much more to you  
than you have secretly believed.

In using this key [i.e., this key of realizing that when you take your hidden  
destructive part of yourself out of hiding, you then see the wonderful reality  
that there is so much more to you than you have secretly believed],  
you do not  

- act out the evil,
- directly

or  

- indirectly –

you do not  

- spread evil.

Your  
evil

- thoughts,
- feelings, and
- wishes

can be dealt with

- directly and
- effectively

when they are acknowledged.

The moment you deny them [i.e., The moment you deny your evil  
thoughts, feelings, and wishes],

poison

spreads

- from you  
to others and
- through your own
  - psychic and
  - physical system.

17

You can verify  
every day of your life,

if you truly look at  
your interactions  
in your relationships,

that

the key to life

is

the honest acknowledgement  
of your

- primitive,
- destructive  
part.

*This key [i.e., The honest acknowledgement of the primitive, destructive part of your being] will make you capable of sustaining the bliss of the real world,*  
*• which constantly tries to communicate itself to you*  
*and*  
*• which you blindly ward off as long as you fearfully deny your negativity.*

18

*Let us now also discuss how you affect others from your*  
*• positive,*  
*• self-realized,*  
*• purified*  
*levels of being.*

*These*  
*• clear,*  
*• free*  
*levels*  
*where you are*  
*• in truth and*  
*• loving –*  
*where you*  
*• give of yourself*  
*and yet*  
*• are*  
*• strong and*  
*• self-assertive*  
*and*  
*• do not let*  
*another person's destructiveness*  
*damage you –*  
*have*  
*a strong effect*  
*on your surroundings.*

*The effect [i.e., The effect on your surroundings when you are in truth and loving] manifests on all levels.*

*On the level of*

- *actions and*
- *words,*
  - *you have*
    - *a particular strength,*
    - *a direct influence for the good,*
- and*
  - *you set an example,*

*although your strength will at times be misunderstood.*

*Those*

*who try to*

- *make*
  - *you*
    - responsible for*
      - *their*
        - suffering*

*and*

- *pin*
  - *their*
    - evil on*
      - *you*

*will be unsuccessful because you have learned to face your destructive self.*

*Your freedom*

*may sometimes cause*

*resentments,*

*but in the long run it [i.e., but in the long run your freedom] has a purifying effect [i.e., has a purifying effect on all involved].*

On unconscious levels,  
the [positive] energies  
that emanate from you  
have an even stronger effect.

Your  
pure energy  
can  
• penetrate  
the murkiness  
and  
• disperse the poison  
of others' negativity.

Thus,  
a free person  
can  
• bypass  
evil layers  
and  
• activate  
the best  
in others.

This [i.e., This capacity to bypass evil layers and activate the best in others]  
may give  
the other persons  
an inkling  
of what they can be,  
so that they will no longer  
have to hide  
from themselves.

19

To whatever degree  
you are thus liberated,  
to that degree  
you can  
dissolve  
evil  
in  
• yourself and  
• others.

You affect  
the equally liberated levels  
of psychic reality  
of others,  
so that  
a marvelous energy  
is  
increasingly  
generated.

This energy [i.e., This marvelous energy that is increasingly generated]  
• multiplies  
and  
• spreads,  
uniting with  
• other,  
• similar  
energy streams.

It [i.e., This marvelous energy]  
gathers momentum.

It [i.e., This marvelous energy]  
seeps through the  
• murkiness and  
• darkness  
that the negativities create.

It [i.e., This marvelous energy]  
penetrates  
the poisonous  
walls of separation  
created by  
• ignorance,  
• illusion and  
• malice.

And you now know  
what this strength in you depends on:

constantly  
acknowledging the  
irrational destructiveness  
in you.

20

When you are in  
an in-between state,

- sometimes using

this key [i.e., sometimes using this key of constantly acknowledging  
the irrational destructiveness in you]

but

- sometimes not [i.e., sometimes NOT using this key of constantly  
acknowledging the irrational destructiveness in you],

there will be a  
fluctuating battle  
between

- you

and

- others

on the unconscious levels.

Where your  
liberated state  
is still weak,

it may succumb to  
the ferocity of blame  
from a person  
who

- still strongly denies  
self-responsibility
- and therefore

- aggrandizes his or her  
self-righteous accusation.

In other

- instances and
- relationships,

your

- liberated
- true

strength

may win

over the weakened negative self

of another person –

whose

- projections and
- accusations

cannot be counteracted

when you are yourself

in the state of

- denial and
- accusation,

but

- which

can easily be counteracted

when you are freed

by acknowledging

your own destructiveness –

even if [i.e., even if you

acknowledge your

own destructiveness]

to only a certain degree.



21

When two people's  
unconscious levels  
affect each other,

the

- varying,
- fluctuating  
states

of both

must be taken into account.

At any given moment,

the outcome [i.e., the outcome of the interaction between these two people]  
is determined by

the degree to which

the key of life [i.e., the key of life: constantly acknowledging  
the irrational destructiveness in yourself]

is used by

- either  
or
- both.

- Warfare

and

- mutual destruction  
is the final result of  
two entities –

- nations

or

- individuals –

not using the key [i.e., NOT using the key of life: NOT  
acknowledging the irrational destructiveness in themselves].

The more you

- use this key [i.e., The more you use the key of life: constantly acknowledging  
the primitive, irrational destructiveness in yourself]

and

- stop hiding behind  
the ills of others,

the more you will

- strengthen your whole being

and

- enable  
your real self  
to manifest.

It [i.e., *Your strengthened whole being and liberated real self*]

will in turn

- combine with  
the liberated aspects of others

and

- encourage them,

while

transcending  
their negativities.

Thus,

you will help them

- to know  
that
  - their negative aspects  
are not
  - their whole reality

and

- to experience  
their real selves  
beyond  
those negativities.

This interaction

will occur

not necessarily  
by what you

- say,

but

by

- how you affect their being.

Also,  
what you  
say  
will have a different impact.

How you  
say it,  
how you  
act,  
how you  
feel to others  
will be determined by  
how much you accept  
your own negativities.

In that way [i.e., By constantly acknowledging and accepting your own negativities  
and the primitive, irrational destructiveness in you]  
you spread good.

22

[Conversely,]  
Your  
• unacknowledged,  
• projected  
destructiveness  
immediately  
affects its counterpart  
in others.

• Mutual accusation,  
• self-righteous blaming,  
• the compulsion  
to build a case  
against the other –  
all these evasive tactics  
build  
the  
• strife and  
• conflict,  
the  
• pain and  
• confusion.

23

Now,  
let us reverse the process.

How are  
• you  
affected by  
• others?

Quite a few human beings  
live in a certain amount of  
• harmony and  
• strength,  
having worked through themselves  
to the point  
where they no longer  
initiate destructiveness.

Most human beings  
are still in the state of  
fearful defense against  
living,  
even  
when  
• there is no cause for it  
and  
when  
• they are in touch with  
those who are ready to give them  
• love and  
• help.

Thus they [i.e., Thus those human beings who are still in the state of  
having a needless fearful defense against living]  
spread evil  
by being closed  
to  
• truth and  
• love,  
to  
• giving and  
• receiving.

But a number of  
developed human beings  
are no longer in this state [i.e., are no longer in this state of  
having a needless fearful defense against living]  
and are,  
as I said,  
free enough to  
give their best,  
undefended.

However,  
this does not yet make them immune to  
the destructiveness of others.

They [i.e., Those who are free enough to give their best, undefended]  
may be

easily affected by  
the

- unconscious
- negative
  - thoughts and
  - feelings,

the

- polluted  
energy,  
of other people,

thus

they remain

- victimized and
- dependent.

It is as though they expressed into life,

"I demand

perfection around me,

so that I can remain in

- what I have gained;

so that I can remain in

- my

• clarified,

• blissful

state."

**When this [i.e., When this demand for perfection in others]  
is still the case,  
a lot more progress  
must be made,**

**for true immunity  
to others' destructiveness  
comes only when  
this dependency [i.e., this dependency on the perfection of others]  
no longer exists.**

**When another's negativity  
does**

**affect you,  
there must be**

- **self-doubt and**
- **guilt**

**in you**

**as a result of  
not having faced  
all**

**your**

- **confusions and**
- **destructive impulses.**

**No matter how much you have**

**done it [i.e., No matter how much you have faced your confusions  
and destructive impulses],**

**there are still  
unclear areas;**

**otherwise**

**you would not be**

**so**

- **vulnerable and**

**so**

- **affected by  
others' ills.**

*This means [i.e., Being so vulnerable and so affected by other's ills means]*  
*you must still*  
*return to earth life*  
*and live in this sphere of duality*  
*where you must battle with*  
*the opposites –*

- *pleasure and*
- *pain,*
- *life and*
- *death,*
- *good and*
- *evil.*

*You cannot*  
*transcend these opposites*  
*as long as*  
*the key of life [i.e., as long as the key of life: constantly acknowledging*  
*the primitive, irrational destructiveness in yourself]*  
*is not used.*

24

*When you are so affected*  
*by others' negativities,*  
*you must indeed*  
*explore*  
*what makes you so vulnerable.*

*This*  
• *dependency and*  
• *vulnerability*  
*on the psychic level*  
*corresponds*  
• *to a psychological refutation of*  
*self-responsibility and*  
• *to the insistence on*  
*blaming*  
• *life or*  
• *others*  
*for your misery.*

[When you are so affected by others' negativities]

**There must be**  
**some area in which**  
**you are not meeting yourself**  
**honestly.**

**For if you do so wholly [i.e., For if you are meeting yourself honestly, and**  
**doing so wholly],**

**the negative**  
**• energy and**  
**• emanation**  
**of others**  
**will be**  
**totally ineffective against you.**

**You will**  
**not**  
**need**  
**to build false defenses**  
**which repel**  
**everything**  
**so that**  
**nothing**  
**comes through to you.**

**After all,**  
**one reason these defenses are built**  
**is to ward off**  
**• the pain of**  
**other people's**  
**• cruelty and**  
**• hostility,**  
**• the unjustified demands**  
**they make on**  
**• the world**  
**and therefore also on**  
**• you.**



*You may be quite conscious of  
this fear [i.e., this fear of other people's cruelty, hostility,  
and unjustified demands on the world and you],  
but you only gradually  
begin to  
explore  
and  
find out  
that these defenses  
ward off  

- everything

and  

- anything

that life has to give  
so abundantly.*

*Thus,  
the defenses  
are to your detriment.*

*They [i.e., The defenses]  
prohibit  

- the good of life  
from coming  
into you,

and  

- the best of you  
from coming out  
into life,  
filling you  
with the best there is –  
your own good feelings [i.e., your own good  
feelings as you bring the best of you into life].*

25

When you  
abandon  
your defenses,  
you can  
melt with  

- life,

melt with  

- the psychic substances of others,

exchanging  

- love

and  

- truth.

Universal truth  
manifests  
uniquely  
in each individual.

The variety  
of manifestations  
gives  
living  
a special excitement,  
without disrupting  
one's deep inner peace.

The flow of  
interchange  
enriches you so deeply  
that there are  
no words  
to describe it.

It [i.e., The flow of interchange among individuals]  
is the exact opposite of  
living encased  
in your defensive walls,  
which  

- completely separate you

and  

- create a great loneliness.

	<p><u><i>These defenses</i></u> <u><i>create a</i></u> <u><i>very</i></u></p> <ul style="list-style-type: none"><li>• <u><i>dependent,</i></u></li><li>• <u><i>limited, and</i></u></li><li>• <u><i>suffering</i></u> <u><i>existence.</i></u></li></ul>
26	<p><u><i>On the other hand,</i></u> <u><i>you</i></u> <u><i>cannot live completely exposed</i></u> <u><i>as you are now,</i></u> <u><i>because</i></u> <u><i>you have not explored those levels of your being</i></u> <u><i>where you</i></u> <u><i>blame others for</i></u> <u><i>their evil</i></u> <u><i>because</i></u> <u><i>you shy away from</i></u> <u><i>facing your own</i></u> [i.e., <u><i>you shy away from</i></u> <u><i>facing your own evil</i></u>].</p> <p><u><i>In this state</i></u> [i.e., <u><i>In this state of NOT facing your own evil and instead</i></u> <u><i>denying it or projecting it onto others</i></u>] <u><i>you are extremely vulnerable –</i></u> <u><i>which might be rationalized by</i></u> <u><i>a prideful claim of</i></u> <u><i>being "sensitive"</i></u> [i.e., <u><i>being "so sensitive" to criticism</i></u> <u><i>for any evil in you</i></u>].</p> <p><u><i>But this sensitivity</i></u> [i.e., <u><i>But this "oversensitivity" to criticism for any evil in you</i></u>] <u><i>is not a sign of</i></u> <u><i>a unique individuality</i></u> <u><i>in the divine sense.</i></u></p> <p><u><i>It</i></u> [i.e., <u><i>This excessive sensitivity to negative criticism</i></u>] <u><i>is a distortion in itself,</i></u> <u><i>and as such,</i></u> <u><i>unnecessary.</i></u></p>

In this "sensitive" state,  
everything  
must  
• hurt and  
• penetrate  
you.

If you do  
not  
• repeatedly and  
• vigorously  
use the key I hand you [i.e., If you do NOT use the key of life: constantly  
acknowledging the primitive, irrational  
destructiveness in yourself, the key I hand to you,],  
you absolutely  
need  
your destructive defenses  
that shut you out of life.

27

It is  
your task  
to find a mode of being  
in which  
you are  
• adequately and  
• realistically  
defended,  
rather than  
• self-destructively and  
• unrealistically  
[defended].

The

- realistic and
- adequate  
defense against  
the evil  
of others  
is the
  - daily,
  - direct,
  - determined and
  - thorough  
confrontation of  
your own [i.e., confrontation of your own evil].

The signs of your  
hidden evil

are always there  
in your

- anxious,
- angry,
- confused  
reactions [i.e., are always there in your anxious, angry,  
confused emotional reactions to others and to life].

If you

stop

habitually

- pushing aside and
- rationalizing  
what disturbs you,

you may

first find

that you are upset about  
what others do to you,  
which may

- seem
- or
- actually be  
an injustice.

	<p><b><u>But</u></b> <b><u>do not remain on that level</u></b> [i.e., <u>do not remain on that level of being upset about what others do to you</u>], <b><u>convincing yourself</u></b> <b><u>that</u></b> <b><u>the others' action</u></b> <ul style="list-style-type: none"><li>• <b><u>justifies and</u></b></li><li>• <b><u>explains</u></b></li></ul><b><u>your disturbance.</u></b></p> <p><b><u>When you resist</u></b> <b><u>this temptation</u></b> [i.e., <u>When you RESIST this temptation to convince yourself that the others' action justifies and explains your disturbance</u>], <b><u>you are heeding life's</u></b> <ul style="list-style-type: none"><li>• <b><u>lessons and</u></b></li><li>• <b><u>signs.</u></b></li></ul></p>
28	<p><b><u>On a day</u></b> <b><u>you spend in a blissful state</u></b></p> <ul style="list-style-type: none"><li>• <b><u>in which you</u></b><ul style="list-style-type: none"><li>• <b><u>do not ward off life</u></b> <b><u>from</u></b><ul style="list-style-type: none"><li>• <b><u>within</u></b></li></ul></li><li>• <b><u>and</u></b></li><li>• <b><u>without,</u></b></li></ul><b><u>but instead</u></b><ul style="list-style-type: none"><li>• <b><u>make contact with</u></b><ul style="list-style-type: none"><li>• <b><u>your innermost being</u></b></li></ul></li><li>• <b><u>and thus with</u></b><ul style="list-style-type: none"><li>• <b><u>the whole universe,</u></b></li></ul></li></ul></li><li>• <b><u>in which you</u></b><ul style="list-style-type: none"><li>• <b><u>emanate joy and</u></b></li><li>• <b><u>have</u></b><ul style="list-style-type: none"><li>• <b><u>deep and</u></b></li><li>• <b><u>meaningful</u></b></li></ul></li></ul><b><u>exchanges with others,</u></b></li></ul> <p><b><u>you know that</u></b> <b><u>on that day</u></b> <b><u>you have not defended against</u></b> <b><u>anything.</u></b></p>

But possibly  
you were  
fortunate on that day  
to come into the psychic sphere  
of  
• strong,  
• clear,  
• liberated  
spiritual  
• energy and  
• consciousness.

No  
unconscious destructiveness  
of others  
came your way.

29

If the reason for  
your bliss  
is the latter [i.e., If the reason for your bliss is that no unconscious  
destructiveness came your way],

are you  
truly  
• safe and  
• free?

Are you not  
still  
• dependent [i.e., dependent on NO unconscious destructiveness  
coming your way for you to have a good day]

and thus inevitably  
• anxious [i.e., inevitably anxious, fearing that unconscious destructiveness  
may come your way at some point on that otherwise good day],

whether or not  
you  
experience  
this  
• anxiety and  
• distrust  
at all times?

The answer is obvious.

	<p><u><i>You must surge on to become wholly yourself, and therefore no longer in need of destructive defenses that</i></u></p> <ul style="list-style-type: none"><li>• <u><i>separate you and</i></u></li><li>• <u><i>shift responsibility for your state onto others.</i></u></li></ul>
30	<p><u><i>Most days offer opportunities to do this [i.e., opportunities to surge on to become wholly yourself and therefore no longer be in need of destructive defenses that separate you and shift responsibility for your state onto others].</i></u></p> <p><u><i>Your many reactions of discomfort with</i></u></p> <ul style="list-style-type: none"><li>• <u><i>yourself and</i></u></li><li>• <u><i>others</i></u></li></ul> <p><u><i>are the clues.</i></u></p> <p><u><i>Examine them [i.e., Examine these many emotional reactions].</i></u></p> <p><u><i>In</i></u></p> <ul style="list-style-type: none"><li>• <u><i>the incidents in your life,</i></u></li></ul> <p><u><i>and</i></u></p> <ul style="list-style-type: none"><li>• <u><i>your reactions to them [i.e., and your emotional reactions to those incidents],</i></u></li></ul> <p><u><i>you meet</i></u></p> <p><u><i>the greatest therapist of all:</i></u></p> <p><u><i>life itself.</i></u></p>



31

*There is something for you to see  
that you have not truly recognized.*

*Why are you  
so vulnerable?*

*If you*

- *heed the*
  - *pain or*
  - *discomfort*  
*that you suffer now*

*and*

- *decide*  
*with all the*
  - *vigor and*
  - *determination*  
*of your courageous self*  
*that you want to*  
*see that part in you*  
*that is responsible for*  
*being affected by*  
*another's evil,*

*then*

- you cannot fail to*
  - *discover it and*
  - *become more*
    - *liberated and*
    - *secure*  
*than ever.*

32

*Unfortunately,*  
*again*  
*and again,*  
*the temptation to*

- *concentrate and*
- *focus*  
*on the other person's*
  - *shortcomings or*
  - *evil*  
*separates you from*  
*where you should be.*

	<p><u>Whatever you see</u> <u>in others</u></p> <ul style="list-style-type: none"><li>• <u>may</u></li></ul> <p><u>or</u></p> <ul style="list-style-type: none"><li>• <u>may not</u> <u>be correct,</u></li></ul> <p><u>but you will truly have</u></p> <ul style="list-style-type: none"><li>• <u>peace and</u></li><li>• <u>clarity</u></li></ul> <p><u>about it [i.e., peace and clarity about whatever</u> <u>negativities you see in others]</u></p> <p><u>only when</u> <u>you fully understand</u> <u>why</u> <u>you are vulnerable to</u> <u>the negativities of others.</u></p>
33	<p><u>I cannot emphasize</u> <u>strongly enough</u> <u>the need to make use of</u> <u>this key [i.e., the need to make use this key of life: constantly</u> <u>acknowledging the primitive, irrational destructiveness in yourself].</u></p> <p><u>I would like to say here to you, my friends,</u> <u>that those of you</u> <u>who pursue</u> <u>this</u></p> <ul style="list-style-type: none"><li>• <u>very taxing</u></li></ul> <p><u>but</u></p> <ul style="list-style-type: none"><li>• <u>very real</u> <u>pathwork,</u></li></ul> <p><u>will find the</u></p> <ul style="list-style-type: none"><li>• <u>undefended,</u></li><li>• <u>flowing</u> <u>state of</u></li><li>• <u>security,</u></li><li>• <u>bliss, and</u></li><li>• <u>peace.</u></li></ul>

The path is  
so taxing  
because it  
leaves no room for  

- projection and
- escape.

Some  
fall by the wayside  
because they  

- are not yet willing  
to go  
all the way with themselves

and  

- would rather  
 dwell on  
blame.

But those of you  
who follow me all the way  
cannot help but  
find the truth of being.

It cannot be denied  
that this path  
is a hard taskmaster,  
precisely because  
it allows  
no escape.

It [i.e., This path]  
dispenses with  
all sentimentality  
that encourages  
your  

- weaknesses and
- self-evasions.

But because of this [i.e., But because this path allows no escape from facing and  
dealing with your weaknesses and primitive, irrational destructiveness],  
it keeps  
the promise it makes,  
as more of you  
are beginning to find out.

*You will find your  
real values  
only when  
you muster the courage  
to find your  
• evil,  
• distorted  
aspects.*

*Then [i.e., When you muster the courage to find your evil and distorted aspects]  
you will find your  
true capacity to  
• love  
and  
• be loved –  
not as a  
• mere ideal,  
or  
• an illusion,  
but as an  
• everyday reality in your life.*

34

*These are  
not  
• empty promises and  
• faraway ideals.*

*These are  
the promises  
that life holds  
for the person  
who uses the key of life [i.e., who uses this key of life: constantly  
acknowledging the primitive, irrational  
destructiveness in oneself]  
on this plane of existence.*

**The more you**  
**do this** [i.e., **The more you use this key of life: constantly acknowledging**  
**the primitive, irrational destructiveness in yourself**],

**the less you will need to**  
**defend yourself**  
**against**

- **the pain,**

**and therefore**  
**against**

- **the bliss of life,**
- **the gift of life,**

**that comes to you**  
**at all times.**

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