

# Pathwork Lecture 201: Demagnetizing Negative Force Fields – Pain of Guilt

1996 Edition, Original Given May 19, 1972

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><b><i><u>My dearest friends,</u></i></b></p> <ul style="list-style-type: none"> <li>• <b><i><u>greetings and</u></i></b></li> <li>• <b><i><u>blessings</u></i></b></li> </ul> <p><b><i><u>for everyone of you here.</u></i></b></p> <p><b><i><u>The beginning of tonight's lecture</u></i></b>  <b><i><u>will be a</u></i></b>  <b><i><u>brief recapitulation of certain facets of spiritual laws</u></i></b>  <b><i><u>which I have discussed in the past,</u></i></b>  <b><i><u>particularly in</u></i></b>  <b><i><u>the lectures on "images"</u></i></b></p> <p><i>[See especially Lectures</i>  <u>38 – Images;</u>  <u>39 – Image Finding;</u>  <u>40 – More on Image-Finding: A Summary;</u>  <u>41 – Images: The Damage They Do].</u></p> <p><b><i><u>We shall now</u></i></b></p> <ul style="list-style-type: none"> <li>• <b><i><u>explore the material more deeply</u></i></b></li> </ul> <p><b><i><u>and</u></i></b></p> <ul style="list-style-type: none"> <li>• <b><i><u>let it expand further.</u></i></b></li> </ul>

by Eva Broch Pierrakos

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04

The fusion of  
• consciousness  
and  
• energy  
is of such a  
tremendous power  
that this fusion [i.e., that this fusion of consciousness and energy]  
creates  
an electromagnetic energy field, as it were.

This force field  
contains  
every conceivable  
• seed or  
• possibility  
of creation.

Every conceivable  
• attitude or  
• concept  
about life  
creates  
such a field.

Once a force field  
is activated,  
it sets [i.e., this force field sets]  
• events,  
• patterns,  
• behaviors,  
• reactions, and  
• states of  
• body and  
• soul  
into its specific mold [i.e., into the force field's specific mold].

The magnetism of this field  
is so strong  
that ensuing  
actions and events  
are inexorably set in motion,  
and  
these actions and events  
continue to perpetuate  
the power  
of this specific force field.

05

The force field  
of a specific attitude to life  
is also ruled by  
laws of attraction –

- like
- attracting
- like.

Thus  
you  
who have created various force fields  
as a result of your

- attitudes,
- ideas,
- concepts, and
- approaches to life,

- attract

or

- repulse

- events,
- people,
- happenings, and
- actions

of

- others

and also

of

- yourself.

You set up  
continuous chains of

- action

and

- reaction

of which

you often lose track:

when an event occurs in your life,

you no longer know

by what

- specific belief

and

- consequent action

you

have created it.

06	<p><u><i>This [i.e., This fact that your beliefs and ideas</i></u> <u><i>create the events and experience in your life]</i></u></p> <p><u><i>applies, of course,</i></u> <u><i>to</i></u> <u><i>both</i></u> <ul style="list-style-type: none"><li>• <u><i>real</i></u></li></ul><u><i>and</i></u> <ul style="list-style-type: none"><li>• <u><i>false</i></u></li></ul><u><i>ideas</i></u> <u><i>and to</i></u> <u><i>consequent experience</i></u> <u><i>which is</i></u> <u><i>either</i></u> <ul style="list-style-type: none"><li>• <u><i>productive and</i></u></li><li>• <u><i>blissful</i></u></li></ul><u><i>or</i></u> <ul style="list-style-type: none"><li>• <u><i>destructive and</i></u></li><li>• <u><i>painful.</i></u></li></ul></p> <p><u><i>It is an important aspect of this pathwork</i></u> <u><i>to first</i></u> <ul style="list-style-type: none"><li>• <u><i>understand this principle [i.e., understand that your beliefs and ideas</i></u> <u><i>create the events and experience in your life],</i></u></li></ul><u><i>and then</i></u> <u><i>to see</i></u> <ul style="list-style-type: none"><li>• <u><i>where and</i></u></li><li>• <u><i>how</i></u></li></ul><u><i>this applies</i></u> <u><i>to your personal life.</i></u></p>
07	<p><u><i>My friends on the path</i></u> <u><i>have discovered</i></u> <u><i>various force fields</i></u> <u><i>of distorted ideas</i></u> <u><i>which we call</i></u> <u><i>"images."</i></u></p>

You have  
experienced within you  
how  
what you now know to be  
a misconception about life  
has governed your  

- actions and
- reactions

and  
has consequently  

- brought corresponding events to pass.

You now see quite clearly  
that these events  
are hardly  
what they at first seemed to be,  
mere coincidence.

They [i.e., These events that occur in your life are NOT mere coincidence, but rather]  
occur by immutable law:  
the law of  
self-creation.

08

You have experienced  
in the further course of this path  
the depths  
of the negative emotions  
connected with  
these false ideas.

You have also uncovered  
the negative intentionality  
that you had instituted  
as a result [i.e., as a result of these false ideas and resulting  
negative emotions].

Yet you find yourself stymied  
in giving up  
the whole nucleus  
of the  

- image, or
- force field.

Although you  
know  
the ideas  
are false,  
you cannot help  
reacting as if  
they were true.

For example,  
you believe  
no woman is trustworthy  
because  
you felt your mother rejected you.

You now  
know  
that this equation [i.e., this equation that says “because  
you felt your mother rejected you,  
therefore no woman is trustworthy”]  
is grossly false,  
yet you are  
compelled  
to react to  
all women  
as if they were your unloving mother.

You do  
not want to give up  
your negative intentionality  
regarding  

- her,

and  

- your feelings of
- hate,
- blame, and
- resentment.

You do  
not wish to open your heart  
to love  
any woman.

Regardless of your

- outer,
- conscious  
belief,

inwardly

you now discover

that this [i.e., that refusing to open your heart to any woman]  
is how you react.

You seem

- caught or
- trapped  
in this image,  
although you  
know  
that it is
  - unfair,
  - unreasonable,
  - unintelligent,

and

that it causes

- you and
- others
  - pain and
  - frustration,
  - unfulfillment, and
  - perpetual
    - guilt and
    - longing.

09

It is

extremely difficult  
to change

these force fields [i.e., to change these force fields connected with the  
image that makes one refuse to open one's heart, here to a woman],

but it is

certainly

possible [i.e., it is certainly possible to change these force fields].

No one  
who is  
not

- deeply involved in and
- committed to  
a path such as this,  
in which  
deepest self-confrontation  
on all levels  
takes place,  
can possibly do this [i.e., can possibly change these strong force fields  
connected with the image that, in this example,  
makes one refuse to open one's heart to a woman].

To begin with,  
one is not even aware of the  
beliefs one holds,  
which then create  
force fields  
with all their ensuing chain reactions.

To  
discover particular images,

to

- experience
  - fully and
  - without defense  
all the feelings involved in them [i.e., to experience all the  
feelings involved in the images],

to

- take responsibility for the  
negative intentionality,  
are all actions  
that indicate
  - significant progress and
  - deeply meaningful work  
on the path of purification.



These steps [i.e., These steps of 1) discovering particular images, 2) experiencing all the feelings involved with them, and 3) taking responsibility for the negative intentionality associated with the images],

- are necessary pre-requisites

but

- do not  
by themselves  
change the creative power  
of the force fields:

something more is needed,  
as many of you are discovering.

I would say that  
many of you on the path  
have now arrived at such a juncture,  
at least in a part of your personality:

you

- see,
- know,
- understand, and
- fully experience
  - pain,
  - fear and
  - anger;

you

- assume responsibility for  
your
  - intentions and
  - negative will.

Yet something  
in you  
holds you where you are,  
although you know quite well  
at what price.

This lecture  
is supposed to help you move ahead  
from here.

10	<p><u>For those who</u></p> <ul style="list-style-type: none"><li>• <u>are at the beginning of the path, or</u></li></ul> <p><u>for those who</u></p> <ul style="list-style-type: none"><li>• <u>still defend against</u></li></ul> <p><u>fully assuming responsibility for their lives</u></p> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>are therefore blocked,</u></li></ul> <p><u>the existing image</u> <u>can be deduced</u> <u>infallibly</u> <u>by looking at</u> <u>the life manifestation.</u></p> <p><u>Life</u> <u>reveals</u></p> <ul style="list-style-type: none"><li>• <u>what one's underlying</u></li><li>• <u>beliefs and</u></li><li>• <u>attitudes</u></li></ul> <p><u>must be.</u></p> <p><u>It cannot be otherwise.</u></p>
11	<p><u>The magnetic power of the force field</u> <u>is</u></p> <ul style="list-style-type: none"><li>• <u>self-indoctrinating and</u></li><li>• <u>self-perpetuating;</u></li></ul> <p><u>it [i.e., the magnetic power of the force field]</u> <u>is like</u></p> <p><u>a deeply imprinted motor mechanism,</u> <u>set in motion</u> <u>with great energy.</u></p> <p><u>Thus</u> <u>a stronger energy is required</u> <u>to</u></p> <ul style="list-style-type: none"><li>• <u>deactivate this motor force</u></li></ul> <p><u>and</u> <u>to</u></p> <ul style="list-style-type: none"><li>• <u>change</u></li><li>• <u>a negative force field</u></li></ul> <p><u>into</u></p> <ul style="list-style-type: none"><li>• <u>a positive one.</u></li></ul>

	<p><u>To put it differently,</u> • <u>the image has to be dissolved</u> <u>and</u> • <u>the creative energy that was locked up in this image is to be utilized from now on in ways that are compatible with divine law.</u></p>
12	<p><u>Now let us directly go into the main topic of this lecture.</u></p> <p><u>How do you change</u> • <u>a negative force field</u> <u>into</u> • <u>a positive one?</u></p> <p><u>How do you</u> • <u>dissolve an image?</u></p> <p><u>How do you</u> • <u>recreate realistic concepts</u> <u>and</u> • <u>imprint them so deeply into your soul system that</u> <u>positive</u> • <u>will,</u> • <u>feeling, and</u> • <u>action</u> <u>ensue?</u></p> <p><u>In other words,</u> <u>how do you</u> • <u>demagnetize</u> <u>a negative force field?</u></p>
13	<p><u>Different approaches are necessary</u> <u>for</u> • <u>voluntary</u> <u>and</u> • <u>involuntary</u> <u>intentionality.</u></p>

Of course,  
as you proceed with your purification,  
all

- involuntary attitudes  
eventually become
- voluntary,

but

- at certain stages,

and

- in certain areas

this is not yet so.

For instance,

you may be perfectly aware of having  
a strong defense against  
feeling  
a specific pain;

you know

by many proofs  
that this pain must be in you,

but

you cannot feel it [i.e., cannot FEEL the pain],  
although you want to.

By the same token,

a negative intentionality  
may be quite conscious,

or it

may manifest indirectly  
and you are not yet conscious of it as such.

Needless to say that

in the latter case [i.e. in the case where you are not conscious of a  
negative intentionality because it manifests indirectly]  
the approach must be different.

14	<p><i><u>In instances of</u></i> <i><u>both</u></i></p> <ul style="list-style-type: none"><li>• <i><u>voluntary</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>involuntary</u></i></li></ul> <p><i><u>intentionality</u></i> <i><u>it is essential</u></i> <i><u>for the conscious mind to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>express its positive intent</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>formulate it concisely</u></i> [i.e., <i><u>and for the conscious mind to formulate its positive intent concisely</u></i>].</li></ul> <p><i><u>But this</u></i> [i.e., <i><u>But expressing positive intent concisely</u></i>] <i><u>must not be done</u></i></p> <ul style="list-style-type: none"><li>• <i><u>in self-delusion and</u></i></li><li>• <i><u>by superimposing</u></i><ul style="list-style-type: none"><li>• <i><u>positive intent over</u></i><ul style="list-style-type: none"><li>• <i><u>unconscious</u></i></li><li>• <i><u>irrational</u></i><ul style="list-style-type: none"><li>• <i><u>resistance and</u></i></li><li>• <i><u>defiance.</u></i></li></ul></li></ul></li></ul></li></ul> <p><i><u>The two voices</u></i> [i.e. <i><u>The two voices of both positive and negative intent</u></i>] <i><u>must be brought face to face,</u></i> <i><u>and</u></i> <i><u>the conscious personality</u></i> <i><u>shall make the final decision.</u></i></p>
15	<p><i><u>We have discussed various</u></i> <i><u>false reasons</u></i> <i><u>for one's insistence on</u></i> <i><u>remaining in a state of</u></i></p> <ul style="list-style-type: none"><li>• <i><u>falsehood and</u></i></li><li>• <i><u>pain.</u></i></li></ul> <p><i><u>Primarily</u></i> <i><u>it is a question of</u></i> <i><u>identification.</u></i></p>

As long as you identify  
only with  
the negative aspect of your ego self,  
giving up something  
that is  
the primary motivating force  
of this ego  
seems like  
self-annihilation,  
and you cannot give up  
what seems to be  
intrinsically  
you.

You therefore need to  
systematically  
establish identification with  
your  
real self.

Unless you do this,  
you will lack the volition  
to give up  
what

destroys [i.e., lack the will to give up the negative aspect of your ego  
self with which you currently identify,  
the part of you that actually destroys]

- happiness and
- joy.

16

The first steps toward  
this new identification with your  
real self,  
apart from simple  
• prayer and  
• meditation,  
are to reach into  
new modalities  
with your mind.

If you  
now hate,  
say with your  
conscious mind,

"I also have in me  
the possibility to love.

I  
• want this new state  
and  
• wish to utilize  
all  
my hidden  
• energies and  
• creative forces."

Or,  
if you believe you can function  
only in a  
• non-feeling,  
• isolated,  
• spiteful  
state,  
although you would want your state  
to be different,  
• declare the inherent possibilities within you  
and  
• say,

"There are  
inner  
• powers and  
• energies  
I wish to mobilize.

	<p><i><u>The same</u></i> <i><u>me</u></i> <i><u>that is now locked into</u></i> <ul style="list-style-type: none"><li>• <i><u>spite and</u></i></li><li>• <i><u>withholding</u></i></li></ul><i><u>contains</u></i> <ul style="list-style-type: none"><li>• <i><u>other,</u></i></li><li>• <i><u>more</u></i> <ul style="list-style-type: none"><li>• <i><u>natural and</u></i></li><li>• <i><u>beautiful</u></i></li></ul></li></ul><i><u>ways of being.</u></i></p> <p><i><u>I want to manifest</u></i> <i><u>this new state</u></i> <i><u>as my own</u></i> <i><u>inherent</u></i> <i><u>state."</u></i></p>
17	<p><i><u>At the same time,</u></i> <ul style="list-style-type: none"><li>• <i><u>alternately</u></i></li></ul><i><u>or</u></i> <ul style="list-style-type: none"><li>• <i><u>simultaneously,</u></i></li></ul><i><u>the demagnetization process</u></i> <i><u>takes place</u></i> <i><u>by going deeply into</u></i> <i><u>your innermost stillness.</u></i></p> <p><i><u>I have talked about this [i.e., about this process of going deeply into your</u></i> <i><u>innermost stillness]</u></i></p> <p><i><u>at intervals since the very beginning</u></i> <i><u>when this channel was established.</u></i></p> <p><i><u>I have given</u></i> <i><u>exercises</u></i> <i><u>for learning</u></i> <ul style="list-style-type: none"><li>• <i><u>concentration and</u></i></li><li>• <i><u>ways to still the mind</u></i></li></ul><p><i><u>[see Lecture 71: Reality and Illusion – Concentration Exercises,</u></i> <i><u>originally given October 14, 1960].</u></i></p></p>



Yet many of my friends find themselves  
apparently  
incapable of  
even attempting to do this [i.e. even attempting exercises for learning  
concentration and ways to go deeply into your innermost stillness].

I might say  
that with increasing progress  
you will develop the  
self-discipline  
to give yourself time for these practices  
every day.

Even only a  
few minutes  
pursued regularly  
will pay tremendous dividends,  
my friends.

If you do this [i.e., If you do this exercise of concentration and stilling the mind]  
seriously,

just  

- becoming still and
- expressing your intent

to  
hear  
the will of God,  
to  
feel  
the presence of God within you,

it [i.e., hearing the will of God and feeling the presence of God within you]  
will happen.

You can also go back to  
the various lectures I have given about these specific exercises  
and use them  
for a few minutes each day.

	<p><u>Whether you do</u> • <u>these specific exercises</u> [i.e., <u>Whether you do these specific exercises</u> <u>I have given you]</u></p> <p><u>or use</u> • <u>others perhaps more to your liking,</u></p> <p><u>the only way</u> <u>to demagnetize</u> <u>a negative force field</u> <u>is to establish contact with</u> <u>your</u> • <u>divine reality,</u> <u>your</u> • <u>cosmic eternal self.</u></p> <p><u>You must</u> • <u>become very still</u> <u>and</u> • <u>turn into your inner stillness</u> <u>and</u> • <u>wait for its manifestations</u> [i.e., <u>wait for your divine reality's manifestation</u>].</p>
18	<p><u>Here you have right away</u> <u>a contradiction</u> <u>that seems</u> <u>apparently</u> <u>insurmountable.</u></p> <p><u>As long as a</u> • <u>deliberate negativity or</u> • <u>negative intentionality</u> <u>exists in you,</u></p> <p><u>your</u> <u>resistance</u> <u>to commune with</u> <u>your</u> • <u>eternal,</u> • <u>spiritual</u> <u>self</u> <u>will be too great.</u></p>

And yet,  
as long as  
you do not call on  
the help of  
your  
spiritual reality,  
you must find yourself  
incapable of  
giving up  
your  
negative intentionality.

19

Let us take for example the  
• common and  
• pervasive  
attitude  
of wishing to punish your parents.

You do realize  
that  
this spiteful self-destructiveness  
has absolutely no benefit for you,  
yet you feel  
you cannot even  
want  
to give it up.

Since you  
cannot  
want to give it up [i.e., CANNOT EVEN WANT to give up your attitude  
of wishing to punish your parents],  
you do  
not feel clean enough  
to let God  
manifest in you.

Neither can you  
• listen to  
the creative spirit  
and  
• attune yourself to  
its presence.

Then [i.e., Then since you do not FEEL clean enough to let God manifest in you  
and cannot listen to the creative spirit and attune yourself to its presence]  
you cannot  
know  
the eternal being  
you really are.

20

The only way  
to come out of this  
self-contradiction  
that keeps you magnetically immobilized,  
in spite of  
your knowing what you are doing with your life,  
is to begin to use  
thought processes  
in a new way.

Let us take the same example:

"I want to punish my parents  
by my own  
• misery and  
• spite and  
• non-giving,"

or,

"I do not want to love  
• my parents,  
so I cannot love  
• anybody else  
because  
I want everyone  
to become better parents for me  
than those I really had."

Once you are aware of  
this attitude –  
and a good part of the pathwork consists of  
becoming aware of such things –  
then you can see yourself  
• hooked and  
• trapped  
there.

21

The freeing  
new thought process  
might be  
to begin with,

"I do not want to stay in this position.

There are powers within me  
that make it possible for me

to

• change

and

• feel

• good and

• secure

about the change.

I do deserve it [i.e., I do deserve to change and  
to feel good about the change].

This change  
is my birthright  
which I claim.

I can subsist  
on  
good feelings.

I can  
• sustain and  
• endure  
them [i.e., I can sustain and endure the good feelings],

just as I can  
• endure  
• pain or  
• disappointment.

I now decide  
to no longer believe in  
the fallacy  
that I can bear  
neither  
• painful  
nor  
• good  
feelings.

*If there are any areas within me  
where I still*

- *battle and*
- *defend*  
*against*

*either the*

- *painful*

*or the*

- *loving*

*feelings*

*which are the*

- *giving*

*and the*

- *receiving*  
*of love,*

*the power in me*

*can make me conscious of them* [i.e., *conscious of where I still  
battle and defend against either painful or loving feelings*].

*It* [i.e., *This power in me*]

*can*

- *help me*  
*lift myself out of*  
*the groove*

*that has been set*

*by the negative force field*

*and*

- *bring*  
*a new force field*  
*into being.*

*I pray for*

*the*

- *power,*

*the*

- *belief,*

*the*

- *faith, and*

*the*

- *volition*

*to be totally committed to living my life in a*

- *good,*
- *deeply feeling and*
- *honest*  
*way."*

22

Even if  
some part of you  
still resists  
while you say these words, my friends,  
if your  
innermost will  
pronounces these words  
• strongly and  
• decisively,  
without  
• covering up  
or  
• denying  
the negative will,  
but  
• meeting  
it [i.e., but meeting the negative will]  
head on,  
a new power  
will be created  
by the force  
of the intent [i.e., by the force of the intent to  
change from negative to positive will]  
within your thought.

Only too often  
you wait  
for change to take place  
without  
your deciding for [i.e., your deciding in favor of having]  
a new thought process  
about the issue in question.

It is  
the thought  
that must change [i.e., that must change from “deciding against” to  
“deciding in favor of” having a new  
thought process about the issue in question]  
first.

In thought  
lies the intent [i.e., In thought lies the intent to change from “deciding against”  
to “deciding in favor of” having a NEW thought  
process about the issue in question].

**This intent** [i.e., This intent to change from “deciding against” to “deciding in favor of” having a new thought process about the issue in question]  
**can then seep**  
**deeper**  
**and deeper**  
**into the still resisting layers**  
**of your consciousness.**

**In that way** [i.e., By this intention to change from negative to positive will and intent seeping deeper and deeper into the still resisting layers of your consciousness]  
**the process** [i.e., the process of changing from negative intention  
to positive intention]

**takes place on**  
**• the outermost**  
**and**  
**• the innermost**  
**levels:**

**on the**  
**• outermost,**  
**by the**  
**• volitional thoughts**  
**you issue forth** [i.e., by issuing forth the volitional  
thought that you intend to change from  
NEGATIVE to POSITIVE will and intent];

**on the**  
**• innermost,**  
**by the**  
**• divine power**  
**you mobilize**  
**when you meditate**  
**for this specific help.**



*In this way [i.e., On the outermost level, by issuing forth THE VOLITIONAL THOUGHTS expressing your desire to change from negative to positive intention, and, on the innermost level, by mobilizing THE DIVINE POWER as you MEDITATE for help to change from negative to positive intention]*

*you*

- *cannot fail*  
*to inactivate*  
*the power of the*
  - *old*
  - *negative**force field,*

*and*

- *create*  
*a new force field*  
*that will bring you into*  
*ever increasing*
  - *fulfillment,*
  - *meaningful life,*
  - *joy,*
  - *peace, and*
  - *love.*

23

*The lack of understanding*  
*that exists in human beings*

*about*

*the power of*

- *thought*

*and*

*the power of*

- *feeling,*

*and*

*how these two together [i.e., and how the*  
*power of thought and power of feeling together]*

*create*

- *magnetic fields*  
*which in turn*  
*create*

- *life experience,*

*is very regrettable.*

*The next decades*

*will bring a change in this [i.e., will bring understanding about these matters].*

You always have to begin  
where the  
• thoughts  
and  
• feelings  
are accessible,  
and that is  
in your  
conscious  
• mind,  
in your  
conscious  
• thinking,  
• willing, and  
• doing.

If this were not so [i.e., If thoughts and feelings were not accessible in your  
conscious mind – in your conscious thinking, willing, and doing],  
it would be  
impossible  
to ever solve  
any problem.

And it has been proven –  
• on this path,  
as well as  
• elsewhere –  
that often  
• the most severely disturbed individuals  
completely  
reverse their  
• painful  
lives  
into  
• happy,  
• healthy,  
• unified,  
• fulfilled  
lives,  
while  
• individuals with much less disturbance  
stay put.

The reason for this [i.e., The reason that individuals that suffer a great deal of disturbance and pain are healed while individuals with much less disturbance and pain are not healed]  
is that  
the former [i.e., the individuals with a great deal of disturbance and pain]  
are  
more motivated  
to act  
on behalf of change  
and therefore  
succeed.

24

If you had to rely on  
mysterious processes  
you could not activate,  
you would indeed  
be left to a  
haphazard fate.

But  
this is not the case.

- The immediate thought process  
is always available
- and
  - your habit of thinking  
can be changed quite easily  
to begin with.
- A thought  
inevitably brings a
  - new feeling,  
which then brings a
    - new attitude.

	<p>• <u>But you always have to begin</u> <u>where it [i.e., where the change process]</u> <u>is accessible,</u></p> <p><u>and</u></p> <p>• <u>you have to</u> <u>leap</u> <u>with your thought</u> <u>over</u> <u>the barrier of the</u> • <u>"I cannot"</u> <u>into</u> <u>the realm of</u> • <u>"It is possible."</u></p> <p><u>You can say,</u></p> <p><u>"These potentials</u> <u>exist</u> <u>in me</u> <u>and</u> <u>I claim them.</u></p> <p><u>I want to make them [i.e., I WANT to make these potentials that exist in me]</u> <u>available."</u></p>
25	<p><u>More</u> <u>and more of you</u> <u>have recently</u> <u>begun to establish contact with</u> <u>your divinity.</u></p> <p><u>You have begun to</u> <u>experience</u> <u>who you really are.</u></p> <p><u>But still</u> <u>your hesitancy</u> <u>to avail yourself of</u> <u>this new power</u> <u>often keeps you</u> <u>unnecessarily away from</u> <u>the beauty of</u> <u>your inner reality.</u></p>

To reach it [i.e., To reach the beauty of your inner reality]  
requires  
more  
and more investment,

but

- could there be anything  
more wonderful?
- Could there be anything  
more worthwhile?

This [i.e., Reaching the beauty of your inner reality]  
is the very aim of this path;

you will  
no longer be needy  
because  
you will know that  
everything  
exists  
within you  
to fulfill  
every one of your needs.

And instead of  
looking for  
where the needs  
can never be fulfilled,  
namely

- outwardly,  
from
  - parents or
  - parent substitutes,

you will look

- inwardly  
where you can  
never  
be disappointed.

26

*For that [i.e., For looking inwardly where you can never be disappointed]*  
*you must come with*  
*a clean heart.*

*It is necessary to*

*give up*  
*the*

• *dishonesty,*

*the*

• *hiding,*

*the*

• *projecting, and*

*the*

• *game playing*

• *that exist on*

*subtle levels*

*in your consciousness and*

• *which you often manage to*

*deny,*

*even now,*

*after you have*

*temporarily*

*admitted them*

*into your consciousness.*

*It is certainly*

*not only possible*

*to do this [i.e., not only possible to give up the dishonesty, the hiding,*  
*the projecting, and the game playing that exist on*  
*subtle levels in your conscious mind],*

*but eventually*

*everyone's*

*fate to do so.*

*To be free from*

*these dishonesties*

*is the*

• *natural,*

• *universal*

*law,*

*and really the*

• *easiest way [i.e., the easiest way for reaching the beauty*

*of your inner reality].*

*This [i.e. Being free from these dishonesties and reaching the beauty of your inner reality where you can never be disappointed] is inexorably your fate.*

*To hold on to*

*what is most*

- *difficult and*
- *contorting and*
- *hurtful*

*for your soul*

*is senseless,*

*because*

*one day*

*you must become your*

- *whole,*
- *real,*
- *joyous*

*self:*

*not*

- *this little ego,*

*but*

- *the ultimate Creator*

*of whom you are a manifestation.*

27

*If you listen into your deepest stillness, calling upon the Creator within you, the stillness in you will answer.*

*This [i.e., The stillness answering you if you listen into your deepest stillness, calling upon the Creator within you]*

*is inevitable*

*if*

*you*

*really want*

*to know*

*peace.*

*If you*  
*do not*  
*want to know*  

- *peace,*
- *joy,*

*and*  

- *all conceivable fulfillment,*

*then you have your clue:*

*you wish to*  
*hold on to*  
*something dishonest*  
*that you are loath to give up.*

*Look at it* [i.e., *Look at that something dishonest that you hold on to*  
*and are loath to give up*],  
*look at it squarely.*

*When you*  
*see it,*  
*you can confront yourself about*  
*why*  
*you want to hold on to it* [i.e., *confront yourself about WHY you want to*  
*hold on to that something dishonest and are loath to give up*].

*Then you can*  
*make that leap*  
*in your thought process* [i.e., *that leap from the thought, “I want to*  
*hold onto this.” to the thought, “I am willing to let this go.”*].



28

Here I come to  
the second part of this topic.

One of the important obstacles  
to

wanting to

- establish the channel with your real being

and

wanting to

- give up dishonesty

is

your guilt

for pain you

- have inflicted, or
- are still inflicting.

I touched upon this subject before,  
but the time has come  
to go into it more carefully.

29

Over these last years  
you have learned to

open up to

the pain

you have endured,

pain

that has been inflicted upon you,

first, by

- your parents

when you were a child,

and later by

- others.

You have learned to  
no longer defend quite so much  
against such pain,  
and more  
and more  
you can  

- feel and
- experience

it fully  
and thus [i.e., and by feeling and experiencing this pain inflicted  
upon you by others and feeling this pain fully]  
free yourself [i.e., free yourself from the pain from others].

However,  
your entire psychological movement  
has turned away from  
the other aspect of pain:

feeling the pain of  
your guilt  
for having inflicted pain on others.

This [i.e., This psychological movement's turning away from encouraging  
people to feel the pain of their guilt for having inflicted pain on others]  
is so  
for partially good reasons.

Every truth  
can be distorted.

In the days of  
pre-psychology,  
religion  
had indoctrinated man  
with a  

- distorted,
- debilitating guilt feeling:
  - false guilts,
  - fear of a punishing God,
  - a guilt that did not make it possible  
for human beings to live

in  

- dignity and

in  

- the knowledge of who they ultimately are.

*In order to straighten out such distortions,  
the pendulum must always  
temporarily  
swing to the opposite extreme,  
until  
the right balance of truth is found.*

30

*I make a clear distinction*

*between*

- *remorse*

*and*

- *guilt:*

*remorse*

*is the deeply felt pain*

*of your wrongdoing,*

*yet without losing sight of*

*your divinity.*

*You become a*

- *better,*

- *stronger*

*person*

*when the*

*pain of remorse*

*is fully savored.*

*Guilt [i.e., Guilt, on the other hand,*

- *crushes*

*the self*

*and*

- *denies its [i.e., denies the self's*

*intrinsic divinity.*

*The current trend,*

*as a result of the pendulum having swung away from*

*the opposite extreme [i.e., away from the extreme where guilt*

*crushes the self and denies the self's intrinsic divinity],*

*makes*

*all guilt*

*appear*

*neurotic.*

*In fact,*  
*there is a difference*  
*between*  

- *neurotic false guilt*

*and*  

- *real guilt*

*and one can hide the other* [i.e., *neurotic false guilt, for example,*  
*can hide real guilt*].

*I have spoken of this before.*

31

*If you cannot bear pain*  
*that others inflict upon you,*  
*then*  
*you cannot experience*  
*in a constructive way*  
*the pain of your own guilt either.*

*The guilt*  
*of your own distortions*  
*must be fully*  

- *faced,*
- *felt, and*
- *understood*

*in all its*  

- *ramifications and*
- *chain reactions.*

**Otherwise** [i.e., Otherwise, if you do not fully face, feel, and understand in all its ramifications and chain reactions your REAL GUILT for inflicting pain on others because of your own distortions]

**you can never**

**be clear with yourself**

**and unless you do so** [i.e., unless you thusly deal with your REAL GUILT and thereby become clear with yourself],

**you cannot**

- **be whole.**

**You cannot**

- **look at yourself with**

- **love and**

- **respect,**

**which means that**

**you cannot be**

**who you really are** [i.e., you cannot be who you

**really are in your divinity].**

**Do this** [i.e., Do this “looking at” yourself and your real guilt]

**in a very**

- **realistic and**

- **well-proportioned**

**manner,**

**without**

- **exaggeration,**

- **hiding, or**

- **dramatization.**

**It is possible**

**to recognize**

**the chains**

**you are forging**

**with**

- **your negative attitudes and**

- **the hurts you inflict with them** [i.e., the hurts you inflict on

**others with your negative attitudes],**

**either**

- **directly**

**or**

- **indirectly.**

The hurts of  
• omission  
are no less hurtful than those of  
• commission.

Have you not been  
deeply hurt  
by what was missing in your life  
as a child?

Was it  
your parents'  
inability  
to give more  
• warmth,  
• good feelings, and  
• closeness?

Well,  
you are inflicting the same on others [i.e., you are inflicting the same pain on  
others by NOT giving them the healthy warmth, good feelings,  
and closeness they need and deserve from you, and thereby]  
by your  
vindictive  
• imitation and  
• perpetuation  
of the very attitude  
that hurt you most.

32

If you are  
crushed by  
the pain of your guilt,  
this is only because  
you have  
decided  
to opt for this reaction, my friends.

Whenever you so wish,  
you can  
• question  
the necessity of  
being crushed  
and  
• listen to  
your inner stillness  
for the possibility of  
a new reaction.

Yes, you will  
feel  
the pain of  
guilt,  
and  
so you should.

But  
as with the pain  
others have given you,  
  
if you can  
fully accept it [i.e., fully accept the pain of your guilt],  
it [i.e., the pain of your guilt]  
ceases to be pain.

When you  
• fully feel  
the pain  
and  
• are motivated  
with your whole heart  
to give up  
the negative pattern [i.e., the pattern that inflicts pain on others],  
the pain of guilt  
will make way  
for  
• a wonderful new energy:  
for  
• light,  
• hope,  
• love, and  
• beauty.

33

Violations of spiritual law  
can only be corrected  
when you learn to  
feel

the hurts

you

• have inflicted

and

• still inflict

[and when you learn to feel these hurts

you inflicted and still inflict on others]

without

• feeling

• annihilated or

• worthless,

without

• crumbling

under a load of guilt.

Feel

the pain

of your

• withholding,

of your

• spite,

of your

• maligning

whether

• in your mind

or

• in actuality.



When you hold on to  
any kind of  
negative intentionality,

you cannot help

- depriving and
- hurting
- others,

just as these attitudes [i.e., just as these attitudes of negative intentionality in you]  
must inevitably hurt

- you.

For there is no conceivable difference  
between

- yourself

and

- others.

Whatever you do to

- others,

you do to

- yourself,

and

vice versa.

I have said this many times before,  
but in

your mind

you still make a distinction [i.e., a distinction between

yourself and others],

so much so,

that you go on being

- spiteful and
- hating.

34

Now, my friends,  
let yourself  
feel  
the pain  
of  
inflicting pain [i.e., of inflicting pain on others]:

feel it  
without  
• crumbling,  
without  
• exaggerating,  
without  
• doubting your  
divine heritage.

If you can do this,  
you have found  
the all-important key  
that will make you  
want  
to open up to  
your divinity  
with all its  
• joy  
and  
with its  
• eternal reality  
of love.

If you  
• cannot bear the pain  
of your guilt and  
• look away from it,  
then  
you cannot  
feel deserving,  
and hence  
you must  
block  
the contact with God in you.

So this [i.e., So fully feeling and bearing the pain of your guilt for inflicting pain on others, without feeling unworthy of your divinity, of God within]  
is one of the most important keys you need.

35

Facing

• the guilt for the pain  
you inflict on others  
is really not very different from  
facing

- the pain  
you have received [i.e., the pain you have received  
and endured that was inflicted upon you by others].

In both instances

you can

- exaggerate it  
and  
• make yourself  
incapacitated for life,

or

you can

- decide not to feel it at all.

Or

you can

- allow the feeling,  
and say:

"Yes,

- others  
have made mistakes.
- I  
have made mistakes.

They were

- blind and  
• groping,  
and so was I.

They were

- in darkness and

I was

- in darkness.

This is regrettable,

but this is what we are all here for.

*I now lift my head  
in the dignity of  
who I am.*

*I know  
the greater power within me  
will help me to  
feel*

*the pain I have*

- *given* [i.e., *to FEEL the pain I have  
inflicted upon others*]

*and*

*the pain I have*

- *received* [i.e., *to FEEL the pain  
inflicted upon me by others*] ."

*This attitude* [i.e., *This attitude of feeling and accepting BOTH the pain others  
inflict upon one AND the pain one inflicts on others as regrettable but  
inevitable mistakes made by humans in their existence on earth*]

*can now be*

- *cultivated and*
- *pursued,*  
*my friends.*

*You*

*do have the*

- *courage;*

*you*

*do have the*

- *greatness; and*

*you*

*do have the*

- *possibility*  
*within yourself*

*to*

- *feel this* [i.e., *to FEEL both the pain you have endured  
and the pain you have inflicted upon others*]

*and*

- *become*

• *stronger and*

• *better,*

*not*

• *weaker and*

• *worse,*

*as you fear.*

36

**It is absolutely necessary**

**that you**

**• trace**

**all the connecting links**

**between**

**• cause**

**and**

**• effect,**

**and**

**• be totally aware of**

**pain**

**• received [i.e., aware of pain inflicted upon you by others]**

**and**

**pain**

**• given [i.e., aware of pain you have inflicted upon others].**

**See how**

**• one [i.e., See how, say, for example, the pain you endure**

**that is inflicted upon you by others,]**

**leads to**

**• the other [i.e., here, leads to the pain you inflict upon others and**

**that is endured by others,**

**back and forth,**

**in an**

**endless chain reaction.**

**It is in**

**your power,**

**any time you wish,**

**to break this chain.**

**When you decide to**

**go into this area of your being**

**to look at it,**

**express your intent**

**to avail yourself of**

**all divine help in you.**

**Call upon this help [i.e., Call upon this divine help that is within you].**

**Become so still**

**that you can listen.**

**Feel it [i.e., Feel this divine help within you]**

**and know its presence.**

37

The apparent paradox

is that

- the more you hide from  
the pain of your guilt [i.e. the more you hide from the pain of your  
guilt for the pain you have inflicted upon others],
- the more ruthlessly  
you punish yourself [i.e., the more ruthlessly you will need to punish  
yourself for the hidden pain you have inflicted upon others].

Conversely,

it is true that

- the more you
  - face and
  - feelthat pain [i.e. the more you face and feel the pain of your  
guilt for the pain you have inflicted upon others],
- the less  
you will  
need  
to punish yourself [i.e., the less you will need to punish  
yourself for having inflicted pain upon others].

The negative attitude of  
hiding from yourself

what you are

- doing and
  - really feeling
- creates a  
negative force field  
that perpetuates itself  
in the following way:

punishing yourself for  
your unfaced guilt,

you must stay in  
the very attitude  
that accumulates  
more  
and more guilt.

*You are truly caught in  
one of the most tragic of vicious circles:*

*because*

*you imagine*

*that you cannot face  
the pain*

*of your guilt [i.e., because you imagine you cannot face the  
pain of your guilt for having inflicted pain upon others],*

*you cut yourself off  
from*

*your*

*• heart,*

*your*

*• center of being, and*

*from*

*your*

*• innermost life.*

*You feel forever  
undeserving of  
joy.*

*If you are  
undeserving of joy  
your needs  
must remain  
eternally unfulfilled.*

*If you  
feel  
• undeserving and  
• unfulfilled  
you go on  
punishing the world  
for this painful frustration.*

*You dare not*  
*turn to the*  
*wondrous magnificence of*  
*your inner presence*  
*to help you out of this trap*  
*because doing so*  
*would*  
*instantly*  
*fill you with*  

- *light and*
- *joy.*

*You feel that*  
*because you have*  
*given pain* [i.e., *You feel that because you have inflicted pain*  
*upon others]*  
*you do not*  
*deserve*  
*such an experience* [i.e., *do not deserve an experience*  
*of being instantly filled with light and joy]*.

*But how can you*  
*break*  
*the negative pattern*  
*unless*  
*you avail yourself of*  
*the power of God within you?*

*And you cannot*  
*experience*  
*God within you*  
*without also*  
*experiencing*  

- *joy,*
- *peace, and*
- *light.*

*How are you*  
*ever*  
*going to break the vicious circle*  
*unless you use*  
*this key* [i.e., *use this key of fully feeling and bearing the pain*  
*of your guilt for inflicting pain on others without*  
*feeling unworthy of your divinity, of God within]*?



38

Go into your  
inner stillness  
right now.

Declare

- that you wish to  
feel the pain  
that is held in you,  
as it was

• given [i.e. feel the pain of your guilt for the pain that you  
inflicted upon others]

and  
as it was

- received [i.e. feel the pain you endured that was inflicted  
upon you by others],

and [i.e., and also declare]

- that you wish to  
be  
the beautiful person  
you really are.

Feel

both

- the pain of your guilt [i.e., FEEL both the pain of your guilt  
for the pain that you inflict upon others]

and

- the beauty of your real self [i.e., AND also FEEL the beauty of  
your real self].

Thus [i.e., by feeling BOTH the pain of your guilt AND the beauty of your real self]  
you

- alter  
the course you have set in motion

and

- create  
a new force field  
because  
you demagnetize  
the old one.

This is the way now,  
my friends.

As you do this,

as you  
feel

- the pain of the guilt [i.e., as you FEEL the pain of the guilt  
for the pain you have inflicted upon others]

and

- the pain of what has been done to you [i.e., and as you FEEL  
the pain that has been inflicted upon you by others],

it will become  
one and the same pain.

You will then

forgive

- yourself [i.e., forgive yourself for the pain you have inflicted upon others]

as you

forgive

- others [i.e., as you forgive others for having inflicted pain upon you],  
as it was said  
in one of the greatest prayers [i.e., in the Lord's Prayer].

Then

you will be free:

free to

- let go

and

- let God

manifest

through you

more

and more

in your everyday life.

Be infused

with

- inspiration

and

- wisdom,

with

- joy

and

- peace.

39

These  
are not mere words, my friends.

They are  
the unshakable reality  
that can be verified  
by anyone  
who wishes to go on this path  
all the way.

These are  
not  

- promises

or  

- abstract
  - philosophies or
  - principles.

These are  
concrete  
actions  
to be put into everyday living.

You  

- will then  
no longer depend on others,

but  

- will  
be  
your
  - real self,your
  - divine self.

You will therefore have  

- true  
relationships,

not  

- dependent  
relationships.

This is your  
ultimate fate.

It is up to  
you  
how soon you make it come true.

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The Pathwork® Foundation  
PO Box 6010  
Charlottesville, VA 22906-6010, USA  
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