

Pathwork Lecture 176: Overcoming Negativity

1996 Edition, Original Given October 10, 1969

This lecture is given in an **expanded poetic format**, what I call a **Devotional Format** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and 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 – that is, **devotionally**.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. ***I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to LIVE you.***

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-expanded-versions/>

Gary Vollbracht

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03	<p data-bbox="375 898 850 1041">• Greetings <i>and</i> • blessings <i>for every one of my friends.</i></p> <p data-bbox="375 1079 1422 1444"><i>This lecture is a continuation of the last one</i> [see Lecture 175: <i>Consciousness: Fascination with Creation</i>], <i>in which we discussed the importance</i> <i>of</i> • <i>mind,</i> <i>of</i> • <i>consciousness,</i> <i>with its</i> • <i>creative aspects and</i> • <i>powers.</i></p> <p data-bbox="375 1482 919 1625"><i>We were also talking about</i> <i>negative creation –</i> <i>an ongoing process</i> <i>in every human being.</i></p>

by Eva Broch Pierrakos

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04

*If you were
not
negatively
involved with creation,
you would
not
be human,
you would
not
live on this plane of consciousness,
which expresses a
particular degree of development.*

*Human beings are, in general,
free to a degree,
so that they create
quite constructively also.*

*But
negative creation
is still continuing in
the human psyche.*

*This means that
it is humanity's task
on this earth
to*

- struggle out of its negative creation and*
- become more
and more
free
from the snares of negativity.*

*This [i.e., For a person to struggle out of his or her negative creating]
is not easy,
for
the fascination with
any
creative process
takes hold of a person,
so that he or she
wants
to remain in it [i.e., in the creative process].*

	<p><i>Thus a person becomes involved with any number of vicious circles simultaneously, which seem difficult to break.</i></p> <p><i>It is my task now to help you step by step to loosen the hold of your negative involvement in distorted creative processes.</i></p>
05	<p><i>I shall continue with the specific aspects with which the pathwork is particularly concerned.</i></p> <p><i>Many of you begin to find within yourselves the truth of your own negativity, and you can even acknowledge that your negativity is</i> • <i>deliberate and</i> <i>see</i> <i>how you</i> • <i>hang on to it [i.e., see how you hang on to your negativity].</i></p> <p><i>Reaching this step [i.e. this step of seeing the TRUTH of your own negativity, and seeing that it is DELIBERATE and that you HANG ON to it] is of tremendous significance.</i></p>

	<p><i>There is no greater difference conceivable between human beings who know that they</i><ul style="list-style-type: none">• <i>create their own fate,</i><p><i>know that they</i><ul style="list-style-type: none">• <i>wish to be negative no matter how undesirable that is,</i><p><i>and yet</i><ul style="list-style-type: none">• <i>retain this [negative] attitude,</i><p><i>and those who are ignorant of this fact [i.e., ignorant of this fact that they create their own fate, wish to be negative no matter how undesirable that is, and yet refuse to change].</i></p><p><i>Anyone who is on a path that genuinely leads to the realization of the universal self must come to this personal insight.</i></p><p><i>Otherwise the path one takes</i><ul style="list-style-type: none">• <i>leads to illusion and</i>• <i>deals merely with</i><ul style="list-style-type: none">• <i>theoretical speculation or</i>• <i>alienated idealization</i><p><i>and not</i><ul style="list-style-type: none">• <i>real live experience.</i></p></p></p></p></p>
06	<p><i>Since you are human, my friends, every one of you creates negatively.</i></p> <p><i>Your deliberate negative</i><ul style="list-style-type: none">• <i>attitudes and</i>• <i>feelings,</i><p><i>which you do not want to give up, are a creation [i.e., are attitudes and feeling YOU CREATE].</i></p></p>

*To believe that
your
• unhappiness and
your
• suffering
are inflicted
upon you
by
• others or
by
• life
is utter folly.*

*It is
insanity
to believe that
any unhappiness
can accrue from something
• outside of
or
• other than
the self.*

*You may have
• known this
theoretically
a long,
long time, and
• paid lip service to it.*

*But there is a world of difference
between
• an intellectual assent [i.e., assent that unhappiness comes from within]
and
• the clear-cut realization
that
• you indeed create negatively,
that
• the very unhappiness you
• deplore and
• render others responsible for
is caused by
negative attitudes you actually
• enjoy and
• want to maintain.*

*If you ascribe
your
• frustrations,
your
• unfulfillment, or
your
• pains*

to society

you are completely wrong.

*This does
not mean that
the ills you see in society
do not
really exist.*

They do.

*But they [i.e., But the ills of society that you see and that truly exist]
could not
affect you
if
you were not
• deeply,
and still
• unconsciously,
contributing to
those very ills
you so much deplore.*

*You do it precisely [i.e., you contribute precisely to
those very ills you deplore in society]*

*by
your
negativity*

*which you still
continue to express
in your
private
life.*

07

*This truth [i.e., This truth that you contribute to the ills of society by the
negativity you express in your PRIVATE life]
may be hard to believe
when you are still at
the very beginning of such a path as this.*

*But once you are seriously involved in it [i.e., involved in a path such as this],
you must come to see
that it is just that way.*

*You are
never
an innocent victim, and
society itself
is but the*

- *sum total or*
- *product*

of

- *your and*
- *many other people's*

*constant
negative*

- *production and*
- *creation.*

*This realization
is at first*

- *shocking and*
- *painful,*

*but only as long as
you remain
unwilling to give up
the negativity.*

*If you
will not give it up [i.e., If you will not give up YOUR negativity]
you do need
the illusion
that
others do it [i.e., that only OTHERS create negativity].*

*You hope
to come to bliss
without
meeting that aspect in you
which makes reaching bliss
impossible.*

*You hope to become
a truly*

- *self-accepting and*
- *self-respecting*

*human being
without giving up
what truly impairs your integrity.*

*Thus you
live
the illusion
that
others
are doing it to you [i.e., that others are creating society's ills],
whom you can then
blame
for victimizing you.*

This is one of the

- *famous and*
- *very frequent*

*games of
pretense [i.e., games of pretending that ills of society of which
you are merely a victim are caused by
others and have nothing to do with you]
that have been uncovered
by many of you
in various forms.*

	<p>Once these</p> <ul style="list-style-type: none">• illusions [i.e., these illusions that others are creating society's ills of which you are merely a victim and that you have no role in creating these ills] <p>and</p> <ul style="list-style-type: none">• cheating intentions [i.e. these cheating intentions to take NO responsibility for the ills in your life] <p>are abandoned,</p> <p>the realization of</p> <p>your own creative power –</p> <p>constantly at work,</p> <p>though perhaps still mostly negatively –</p> <p>is as wonderful a</p> <ul style="list-style-type: none">• revelation and• liberation <p>as it was at first [i.e., as your realization of your own creative power, though perhaps mostly in its negative form, was at first]</p> <p>a shock.</p>
08	<p>I would like to discuss</p> <p>the various steps</p> <p>of working your way out of</p> <p>the maze of</p> <p>your own</p> <ul style="list-style-type: none">• illusion and• negative creation <p>in which you seem to be so</p> <ul style="list-style-type: none">• inextricably and• inexorably <p>caught.</p>

Evidently,
the first step must be for you to

- **find,**
- **determine,**
- **acknowledge,**
- **accept, and**
- **observe**

your own

- **negative attitudes,**
- **destructive feelings,**
- **subtle lies,**
- **intention to cheat, and**
- **life-defeating**

spiteful
resistance to
good feelings.

All these are examples of
negative creating.

Those of you who work very

- **personally and**
- **dynamically**

toward your own growth
have come in some contact with
this
deliberate
negative production.

But it is important
that you become

- **even more**
aware of it [i.e. even more aware of
this DELIBERATE negative production],
- **more detachedly**
observant of it [i.e. even more detachedly observant of
this DELIBERATE negative production].

This [i.e., **Your heightened awareness and detached observance of**
this DELIBERATE negative production of all the ills in your life]
comprises
the first step [i.e., **the FIRST STEP of working your way out of the**
maze of your own illusion and negative creation in which
you seem to be so inextricably and inexorably caught].

09

The second step [i.e., the SECOND STEP of working your way out of the maze of your own illusion and negative creation in which you seem to be so inextricably and inexorably caught]

is that,

deep inside,

you

question

your

particular

- *feelings and*

- *reactions to*

- *this negative production, and*

- *your own*

- *deliberate and*

- *chosen*

intent [i.e., your deliberate and chosen

INTENT to create this negative production].

[In this SECOND STEP]

You will then see that you [actually]

- *like it [i.e., you LIKE negative creating],*

- *find some sort of pleasure in it [i.e., you find some sort of PLEASURE in negative creating],*

and

- *do not wish to give it up [i.e., you do not wish to give up the PLEASURE you find in negative creating].*

[Here you experience, to your surprise, that]

The pleasurable aspect

of creating

applies also to

negative

creating [i.e., PLEASURE comes not only from

POSITIVE creating but also from NEGATIVE creating].

It is

absolutely necessary

that you

- *feel this [i.e., FEEL this PLEASURE from NEGATIVE creating]*

and

- *admit it [i.e., admit that you FEEL this PLEASURE from NEGATIVE creating].*

	<p><i>Even though you understand in</i></p> <ul style="list-style-type: none">• <i>general,</i>• <i>vague</i> <p><i>terms that this [i.e., that FEELING this PLEASURE from NEGATIVE creating]</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <i>destructive</i><i>and somehow</i>• <i>wrong,</i> <p><i>you still are captivated by the perverse pleasure of your own negative production.</i></p> <p><i>This acknowledgment [i.e., This acknowledgment that you FEEL PLEASURE in NEGATIVE creating]</i></p> <p><i>is essential.</i></p> <p><i>Without it [i.e., Without this acknowledgment that you FEEL PLEASURE in NEGATIVE creating]</i></p> <p><i>you cannot</i></p> <ul style="list-style-type: none">• <i>grow out of suffering,</i> <p><i>nor can you</i></p> <ul style="list-style-type: none">• <i>reach</i> <p><i>the spiritual selfhood you long for.</i></p>
10	<p><i>The third step [i.e., the THIRD STEP of working your way out of the maze of your own illusion and negative creation in which you seem to be so inextricably and inexorably caught]</i></p> <p><i>is to painstakingly work through the exact [effects, that is the exact]</i></p> <ul style="list-style-type: none">• <i>consequences and</i>• <i>ramifications</i> <p><i>of your negative production, without glossing over</i></p> <ul style="list-style-type: none">• <i>any detail,</i>• <i>any effect, or</i>• <i>[any] side-effect.</i>

The

- realization and
- precise understanding
of the harmful effects [i.e., the harmful effects of
your negative production]

on

- you

and

on

- others

must become
very clear.

It will

not do

if you assuage your guilt
for your negative creation
by telling yourself
you only harm
yourself.

It must be seen that

you cannot harm

- yourself

without also harming

- others,

no more than

you can harm

- others

without also harming

- you.

This [i.e., This fact that you cannot harm yourself without harming others
and cannot harm others without harming yourself]

is

not

a law from retribution

of

a vindictive authority up in heaven.

It is so [i.e., Rather this fact that you cannot harm yourself without harming others and cannot harm others without harming yourself is so] because

- *you*
are all,
- *we*
are all,
- *they*
are all,
- *everyone*
is the one universal self.

So what happens to

- *you*
must happen to
- *everyone else*
and vice versa.

It is unthinkable that anything that adversely affects you does not affect others as well.

Self-hate, for example, always manifests also as the

- *inability to love,*

or even the

- *compulsion to hate others.*

This is only one example.

This is not a theory; you will discover its truth, but only as you actually work through these steps.

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*The third step [i.e., This THIRD STEP of working your way out of the
maze of your own illusion and negative creation in which
you seem to be so inextricably and inexorably caught]*

also consists of seeing that

the pleasure you derive

from your negative production

is never worth

the exorbitant price you pay for it,

because

all you

deplore most

• in yourself and

• in your life experience

*is a direct result of it [i.e., a direct result of
your negative creating].*

You sacrifice

• joy,

• peace,

• self-esteem,

• inner security,

• expansion and

• growth,

• pleasure on all levels of your being,

and a

• meaningful and

• fearless

existence.

All this

and more

can never be worth

the perverse pleasure you derive

from your

negative creation.

12	<p><i>See how your negative creation affects others.</i></p> <p><i>Some deep part of you</i></p> <ul style="list-style-type: none">• <i>knows this quite accurately [i.e., knows quite accurately that your negative creation affects others]</i> <p><i>and justifiably</i></p> <ul style="list-style-type: none">• <i>feels guilty for it [i.e., feels GUILTY about your negative creation, especially because it affects others],</i>• <i>makes you</i><ul style="list-style-type: none">• <i>hate [yourself] and</i>• <i>punish yourself and</i>• <i>rob yourself of the real satisfactions of life.</i> <p><i>You will come to see that guiltless living can only exist when negative creating is given up.</i></p> <p><i>Even the</i></p> <ul style="list-style-type: none">• <i>sincere and</i>• <i>serious</i> <p><i>desire to do so [i.e., DESIRE to give up negative creating] will bring relief.</i></p>
13	<p><i>Still another aspect of step three [i.e., another aspect of this STEP THREE of working your way out of the maze of your own illusion and negative creation in which you seem to be so inextricably and inexorably caught] is to reach for the understanding that the pleasure you derive from being destructive in your</i></p> <ul style="list-style-type: none">• <i>feelings and</i>• <i>attitudes</i> <p><i>is not what has to be given up.</i></p>

In fact,
the same pleasure [i.e., the same pleasure that you now experience in
NEGATIVE creation]
will be transferred to
positive creation,
where you can expand

- joyfully and***
- guiltlessly***
- without paying the heavy price***

you now pay
for

- negative creation***

and [for]

- sacrificing***

your very life –
which is no exaggeration [i.e., you
truly ARE sacrificing your very
life in your negative creating].

Exact

- working through of***
 - cause [i.e., the cause of your negativity]***

and

- effect [i.e., the EFFECT of your negativity on yourself and on others],***

and

- seeing***
 - results [i.e., seeing the RESULTS of your negativity on yourself***
and on others]

and

- connections [i.e., seeing the CONNECTIONS between your negative***
creating and its negative impact on yourself and on others],
is what makes
wanting
to give up negativity
possible.

***It is not sufficient [merely]
to be
aware of
being deliberately destructive.***

- ***It must be admitted
that you do
not want
to give this up [i.e., you must admit that you
do NOT WANT to give up this destructiveness].***
- ***You must see
what price you pay [i.e., you must see the PRICE you pay –
the negative results for yourself and others
for being deliberately destructive].***

***Doing so [i.e., Seeing the price you pay for being deliberately destructive],
you will become
experientially connected with***

- ***the cause
of your negative creation***

and

- ***the effect
it has on you.***

***This bridge [i.e., This bridge between the cause of your negative creation
and the effect your negative creation has on you]
must be established.***

*See very clearly
that what renders you
most
unhappy [namely]:
your*

- anxieties,*

your

- worries*

your

- self-dislike*

your

- insecurities*

your

- discontent with life*

your

- frustrations*

your sense of

- wasting*
 - yourself and*
 - life*

your

- hurt and*

your

- pain,*

*are all
direct effects
of
deliberately wanted
negative attitudes.*

14

At step two [i.e., At step two of working your way out of the maze of your own negative creation in which you seem to be so inextricably and inexorably caught, the step where you discover that you feel real PLEASURE from negative creating and, because it brings you pleasure, you have no intention of giving up negative creating] you are still separated from the effects [i.e., the effects of your negative attitudes and intentional destructiveness that lead to negative creating].

You may

- **see that the cause** [i.e., the cause of your negative creating] **is your destructiveness and**
- **admit it** [i.e., and admit that the cause of your negative creating is your destructiveness],

but you

- **do not yet see** **the connection** [i.e., the connection of your destructiveness and negative creating] **with all you deplore in your life.**

The connecting link

between

- **cause** [i.e., BETWEEN the cause, namely your negative creating and destructiveness]

and

- **effect** [i.e., AND effect, namely ALL that you deplore in your life] **is still absent.**

As long as

this connecting link [i.e., As long as this connecting link BETWEEN your negative creating and intentional destructiveness AND ALL that you deplore in your life]

is not established,

you cannot

really

want

to give up the negativity.

You must see

the heavy price

you pay [i.e., you pay for holding onto negativity and destructiveness, this price being manifesting ALL that you DEPLORE in you life]

to be

truly motivated

to want

to give it up [i.e., to be truly motivated to WANT to give up the negative creating that brings you so much negative pleasure in your life].

***It is not enough
to give it up [i.e., It is not enough to give up the negative creating
that brings you so much negative pleasure in your life]
because you
ought to,***

***knowing that it [i.e., knowing that such negative creating
and destructiveness]***

is somehow

- wrong or***
- detrimental to***
 - you or***
 - others.***

Such vagueness

***will never do the trick [i.e., will never motivate
you to give up the negative creating that
brings you so much negative pleasure].***

***The specific link [i.e., The specific link BETWEEN your negativity AND
ALL that you deplore in your life]
must be established [i.e., established as described here in step three],
which is perhaps
easier than***

coming to step

- one [i.e., step one: become fully AWARE of and accept your
negative attitudes, destructiveness and negative creating]***
- or***
- two [step two: become fully aware of and feel the
PLEASURE you derived from your negative attitudes,
destructiveness and negative creating and your INTENT
to keep it up].***

***The most difficult is to reach
step two:***

***to be fully aware
of your negative creating
by destructive attitudes
of***

***your own choosing [i.e., The most difficult step is step two
when you become fully aware that you CHOOSE
and INTEND to keep your negative attitudes,
destructiveness and negative creating because they
bring you PLEASURE].***

There is a world of difference

between

- ***such a state of awareness*** [i.e., a state where you **ARE AWARE** that you **INTEND** to create negatively and realize your **POWER** to create negatively is so strong that it manifests situations, events, people and circumstances that bring you unhappiness]

and

- ***the state before it***, [i.e., the state before it, the state when you were **NOT AWARE** that, because of your **POWER** to create and your **INTENTION** and **CHOICE** to use that power to create **NEGATIVELY**, **YOU YOURSELF** created all the circumstances, people, events and situations that brought you unhappiness],

[the state]

***when you projected
your unhappiness
outside,***

- ***blaming
the world,***

- ***blaming
others,***

and

- ***not seeing
the cause*** [i.e., the cause of your unhappiness]
in you.

Thus,

step two [i.e., the step where you become **FULLY AWARE**

- ***that you CHOOSE and INTEND to KEEP your negative attitudes, destructiveness and negative creating,***
- ***that in doing so YOU YOURSELF manifest events and situations that bring to yourself UNHAPPINESS, and***
- ***that you do this because negative creating brings you PLEASURE]***

is of the most incisive importance.

It [i.e., Step two, the step where you become FULLY AWARE

- that you CHOOSE and INTEND to KEEP your negative attitudes, destructiveness and negative creating,
- that in doing so YOU YOURSELF manifest events and situations that bring to yourself UNHAPPINESS, and
- that you do this because negative creating brings you PLEASURE]

means knowing

your

- [amazing] power,

your

- selfhood.

For

to the degree

you see

- the negative form
of the creative process

in you [and all the pain and frustration it is
capable of creating],

to that degree

you gain an inkling of

- what you can do [instead]
to produce
beautiful
life experiences.

Step two

may be the most difficult to reach;

it certainly constitutes

the most drastic change in

- self-perception and
- the perception of life processes.

But working through step three [i.e., seeing the FULL SCOPE

of your negative creations – seeing EXACTLY

how they produce all that you deplore in life]

is equally important,

for without it

the motivation to change
is lacking.

	<p>However, step three [i.e., the step where you painstakingly work through the EXACT effects, consequences and ramifications of your negative production, without glossing over ANY detail, effect, or side effect]</p> <ul style="list-style-type: none">• is not half as difficult, <p>and</p> <ul style="list-style-type: none">• never meets up with as much resistance <p>as</p> <p>step two [i.e., the step where you become FULLY AWARE</p> <ul style="list-style-type: none">• that you CHOOSE and INTEND to KEEP your negative attitudes, destructiveness and negative creating,• that in doing so YOU YOURSELF manifest events and situations that bring to yourself UNHAPPINESS, and• that you do this because negative creating bring you PLEASURE].
15	<p>When you begin to discover the same fascination with creating in a</p> <ul style="list-style-type: none">• positive way <p>as</p> <p>in the</p> <ul style="list-style-type: none">• negative, <p>but this time [i.e., creating in a POSITIVE way] unmarred by</p> <ul style="list-style-type: none">• suffering,• guilt,• fear, and• self-blame, <p>the world opens up before you with such</p> <ul style="list-style-type: none">• beauty and• light <p>that there are no words to describe it.</p> <p>You will taste the freedom of being creator of your chosen life.</p>

16

*To facilitate the discovery
of this
connecting link
of*

- *positive fascination*

with

- *creation,*

*you will need to
recognize the*

- *unobstructed,*
- *unconcealed*
 - *destructiveness and*
 - *negativity*

behind facades of various kinds.

For many years we have

- *discussed and*
- *worked on*

*[i.e. discussed and worked on these various kinds of facades
that cover your destructiveness and negativity, namely]*

the

- *pretenses,*

the

- *defenses,*

the

- *games and*
- *ploys,*

the

- *idealized self-images,*

the

- *specific forms of denial you seek*
in order to
conceal
your destructiveness.

All these masks [i.e., All these pretenses, defenses, games and ploys, idealized self-images, and the specific forms of denial you seek in order to conceal your destructiveness] are hypocritical.

They [i.e., All these masks: these pretenses, defenses, games and ploys, idealized self-images, and the specific forms of denial you seek in order to conceal your destructiveness]

***always display
the opposite
of what you***

- reject and***
- dislike***

in yourself [i.e., These masks cover up aspects that are in you that you dislike, masks that hypocritically display the very opposite of what is really an aspect of you].

These cover-ups [i.e., These MASKS that hypocritically display the very OPPOSITE of those aspects in you that you dislike]

***are actually
infinitely more***

- insidious and***
- damaging***

than

the actual destructiveness itself [i.e., than the actual destructive aspects that the masks are intended to cover up and hide].

For once you face [For once you remove the hypocritical masks and face] the naked destructiveness [i.e., face those naked destructive aspects in you], you confront

a truth [i.e., confront the truth of those naked destructive aspects] in yourself,

***which gives you
an honest choice
of your future direction.***

***But when you are
still involved in
the***

- cover-ups,***

the

- roles and***

the

- games,***

***you cannot
get at the core
of your disturbance [i.e., the core of all that frustrates you, that
makes you unhappy, and that you deplore in your life].***

*[In this situation of displaying hypocritical masks and cover-ups
of all you reject and dislike in yourself]*

- Your suffering becomes worse;***

- you become
alienated from
the [underlying] cause
of your [deplorable] condition,***

and therefore

- you
feel
increasingly
more
• disconnected and
• hopeless.***

17

***In order to hide
from***

- others –***

***and primarily [i.e., and primarily hide]
from***

- yourself –***

***you produce something [i.e., you produce masks of various sorts – roles, etc.]
that
appears
to be
the opposite of
what you wish to be hidden.***

The role [i.e., The role or mask or cover-up that you use and that hypocritically displays the opposite of those aspects of yourself that you wish to hide] becomes like second nature,

but it [i.e., but this role or mask or cover-up that you use to cover up those real aspects of yourself that you wish to hide] has nothing to do with you.

It [i.e., This role or mask or cover-up that you use] is merely a habit you cannot shed as long as you are unwilling to look behind it.

It is of specific importance that you disillusion yourself [i.e., free yourself from the illusion] concerning the image

- you project into the world***
- and***
- of whose genuineness you try arduously to convince yourself.***

The artificiality of this role you indulge in must be unmasked.

It always appears to you to be good in some way, even if only by pretending you are a victim.

But you must
analyze it [i.e., analyze the role or mask you project into the world]
• **exactly and**
comprehend it [i.e., comprehend the role or mask
you project into the world]
• **in detail**

to see that it [i.e., to see that the role or mask]
is
none
of what you pretend it is.

- **It is** [i.e., the role or mask is]
never good.
- **You are**
never that innocent,
- **nor are others**
that villainous.

But, on the other hand,
nor are you
so hopelessly
• **bad and**
• **unacceptable**
as you
meanwhile
believe you really are
underneath
this role [i.e., underneath this role or mask].

For
the role [i.e., the role or mask]
conveys
the opposite,
not only
of what you
• **actually are,**
but also
of what you
• **believe you are.**

18

*Yet the
pretended role [i.e., role or mask]
contains
the same aspects
you so busily try to conceal.*

*If you hide [i.e., If you hide your REAL feelings and self]
and your role [i.e., your role or mask that is HIDING your REAL SELF]
is that of
being persecuted
by the*

- hate and*
- unjust accusations*

*of others,
in this pretense [i.e., in this pretense, role, or mask]
lies
the hate itself.*

- The front or*
- the role [or mask]*

*is never
innately different from
what it covers.*

*It is
a hating attitude
to pretend
being a victim
of the hate of others.*

This is only one example.

*The game itself [i.e., The game, role, or mask itself that you hide behind]
must be exposed
not only*

- to reveal what it [i.e., what the game, role, or mask]
hides,*

but also

- to lay bare*
 - its [i.e., to lay bare the game's, role's, or mask's]
actual aspects*

and

- what they [i.e., what these aspects of the game, role, or mask]
really mean.*

*The negative creative energy
is totally involved
in this presented image [i.e., the presented image that is
intended to cover the negativity].*

*I suggest that you take some time now
to identify
the various roles [i.e., roles or masks]
you have chosen.*

*Name these roles in simple sentences
that describe
what they [i.e., what these roles or masks]
are meant to convey.*

*See if you can detect
how the role [i.e., how the role or mask]
which is supposed to be
quite angelic
is as
destructive
as what is concealed behind it.*

*Indeed, it could
not
be different,
for*

- you cannot
hide
the energy
of soul currents,*
- you cannot
make them [i.e., you cannot make the energy of soul currents]
different
by pretending,*

*no matter
how busily
you try to make
a charade [i.e., make a deceptive act
or pretense]
out of your life.*

19	<p><i>The</i></p> <ul style="list-style-type: none">• <i>[mask,]</i>• <i>role or</i>• <i>game</i> <p><i>you adopt in the illusion that it [i.e., in the illusion that the mask, role, or game] eliminates your deliberate destructiveness</i></p> <p><i>is the first layer that must be confronted.</i></p> <p><i>Then you can begin to take the steps I have outlined.</i></p> <p><i>Sometimes these steps overlap.</i></p>
20	<p><i>The more insight you have into the absolutely losing game you play with life when you hold on to the false role [i.e., false role, game, or mask] that covers up destructive attitudes,</i></p> <p><i>the more you will be motivated to give up all of this.</i></p> <p><i>You will strengthen your will.</i></p>

*This [i.e., Strengthening your will to give up your false roles, games, pretenses
and masks that you use to cover up your destructiveness]
will lead you to
the fourth step,*

*which is
the actual process
of
recreating
soul substance.*

By your

- *meditation,*

by

- *prayer,*

by

- *formulating
deliberate thoughts of truth
about this entire matter*

and

- *impressing them [i.e., impressing thoughts of truth]
onto
your destructive psychic material,*

recreation

- *begins and*
- *continues*

as you become more adept.

First
*you need to discover
again
and again
your
will
to be*

- *hating,*
- *unforgiving,*
- *punishing,*
- *resentful, and*
- *hurt.*

*You will become aware of
your attempt
to*

- exaggerate and*
- drag out
old injuries,*

to quite deliberately

- punish others*

for

- what your parents
did to you or*
- what you
think they did to you,
and of
your refusal
to see their failures
as anything [else]
but a
deliberate
act of hate
against you.*

*When you then perceive [further]
that it gives you
pleasure
to*

- dwell on all this within yourself*

and

- not change
your
outlook and
attitude, or
your
feelings,*

*you can
begin
to recreate.*

*When you see
the falsity of
your pretenses,
you can then
remind yourself to
want
to see
what is underneath
your
particular
façade of*

- blame and*
- victimization,*

*in whatever guise
it [i.e., in whatever guise your particular
façade of blame and victimization]
may appear.*

21

*Your feelings
of
being injured
first appear as
quite real*

*and it requires deeper probing
to discover
that they [i.e., to discover that your feelings of being injured]
are
not
real at all.*

*They [i.e., Your feelings of being injured]
are cultivated habits.*

*So are
the roles you play [i.e., The roles you play and masks you wear
are cultivated habits and NOT really you].*

*Each objective acknowledgment
of your pretenses –*

- *the pretense of your*
 - *role and*
- *the pretense of your*
 - *sustained injuries [i.e., injuries you endured from others]*
as
the cause
of your
negative emotions
toward
 - *people and*
 - *life experience –*

*enables you to
want*

- to be in*
 - *deeper truth,*
 - to*
 - *abandon those falsities and*
 - to*
 - *meet life with*
 - *real and*
 - *honest*
- attitudes.*

- *The issuing of*
this intention [i.e., The issuing of this intention to
 - *be in deeper truth*
 - *abandon the falsities of your pretenses*
 - *meet life with real and honest attitudes]*

and

- *the calling upon*
the higher powers
in you
to help you [i.e., to help you carry out your intention]

is step four.

22

*Another part of
step four
is to ask a
concise question
of
your innermost being:*

- *"What approach can I use
to live my life
without a pretense?"*
- *How does it feel
to bring forth better ways
of responding to life's experiences?"*

*In answer to these questions [i.e., In answer to these questions, answers
coming from your INNERMOST BEING]
something new
will evolve.*

*In this
re-creating process*

- *healthy,*
- *resilient,*
- *adequate, and*
- *truthful*

*reactions will come easily [and spontaneously]
from your
real nature,
which needs
no concealment.*

When you re-create,

- *formulate your sentences
very concisely.*
- *State*
 - *that what you do
does not work,*
 - *why it [i.e., state WHY what you do]
does not work,*

and

- *that you wish to operate
in a different way.*

	<p><i>These sentences [i.e., These sentences stating that what you do does not work and stating WHY what you do does not work and stating that you wish to operate in a different way],</i> if they are truly meant, have great creative power.</p> <p><i>They [i.e., these sentences]</i> can be meant, and <i>they [i.e., and these sentences]</i> will be meant when you fully comprehend the harm you are doing while remaining in your old attitudes.</p>
23	<p><i>These [i.e., These four steps</i> 1) <i>Become aware that YOU create NEGATIVELY and thus that YOU create all the circumstances, people, events and situations that bring you UNHAPPINESS, and then STOP your BLAMING the world and OTHERS for your unhappiness.</i> 2) <i>Become aware of the PLEASURE you derive from negative attitudes, destructiveness and NEGATIVE CREATING and that you INTEND to KEEP your negativity even if it brings you UNHAPPINESS</i> 3) <i>Painstakingly work through the EXACT effects, CONSEQUENCES and ramifications of your NEGATIVE CREATING, without glossing over ANY detail, effect, or side effect of your negative creating, and thus MOTIVATE yourself to CHANGE</i> 4) <i>Issue forth your intention to be in TRUTH, to ABANDON your FALSE PRETENSES, and to meet life with REAL and HONEST ATTITUDES, and then call upon the HIGHER POWERS in you to HELP you.]</i> are the steps of purification in the <ul style="list-style-type: none">• deepest and• most vitalway.</p>

***Purification is
unthinkable
without
• going through
these four steps.***

***Purification is also
unthinkable
without
• receiving
active help.***

***It [i.e., Purification]
is too difficult to do
alone.***

***It is utter illusion
to hope –
• consciously or
• unconsciously –
that
facing these aspects [i.e., that facing these NEGATIVE aspects]
of your being
can be
• avoided,
• skipped,
• bypassed or
• whisked away
by some
magic "spiritual" means.***

- *Self-realization,*
- *self-actualization,*
- *reaching your spiritual center –*
or whatever name you wish to use to describe
the goal
of all living –

cannot occur

unless

you face

your deepest

- *negativities and*

- *hypocrisies, and*

your

- *deliberate intent*

to be

- *negative and*

- *destructive,*

- *spiteful and*

- *resentful;*

often

you will even

forgo

your own happiness

just to

punish

someone from your past.

To see this [i.e., To see that you will forgo your own happiness

just to punish someone from your past]

seems painful

at first,

but

it will prove liberating.

24

*Those of you
who have not yet made
these self-discoveries [i.e., these self-discoveries of your deepest
negativities and hypocrisies, your deliberate intent to be negative
and destructive, spiteful and resentful, and even that you will
forgo your own happiness just to punish someone from your past]
will come to it.*

You can prepare for it.

For you cannot

- *allow
happiness
into your soul or*
- *eliminate
the pervasive guilt
you seek to explain away
by
false guilts
unless you go through these steps [i.e., these four
steps required for your purification].*

*No matter how much you
now*

*believe
that*

- *others or*
- *life's caprices
deprive you of
what you desire,*

it is actually

- *you
who do this [i.e., it is actually YOU YOURSELF
who deprives you of what you desire].*

*For you can
let in
what life is
always
ready to give you
so richly,*

*once you
make room for it in
your*

- consciousness and*
- your*
- self-creating.*

*Many are the people
who want to reach
spiritual heights
but who harbor
the unexpressed
illusion
that to face
what I am discussing here
can be avoided.*

*They run from
pillar
to post,
and
whenever they are
confronted with
their own unpalatable truth,
they run away.*

*The imaginary need
to run [i.e., to run from their own unpalatable truth about themselves]
proves so illusory.*

*There is
no need
to run away from
yourself.*

25

*Whenever
destructive attitudes
remain*

- *unfaced and*
- *untouched,*

*you live in
painful
ambivalence.*

*For you cannot ever
go in one direction [only]
when you want to be negative.*

*[Why not? Because while part of you wants to be NEGATIVE,]
There is
always
the real self*

- *clamoring for
ultimate reality*

and

- *pulling in the opposite direction [i.e., ALWAYS pulling toward
the POSITIVE and away from the negative].*

*Unification of
inner direction
can only happen
when the personality is*

- *truly and*
- *genuinely*

*constructive
without
hidden
destructiveness.*

*And
can you perceive
the pain
of being torn apart
by going into
two opposing directions [i.e., the REAL SELF pulling you in
the POSITIVE direction and the other hidden aspects in
you pulling you in a NEGATIVE direction]?*

	<p><i>This struggle</i>[i.e., <i>This struggle BETWEEN the REAL SELF pulling you in the POSITIVE direction AND the other hidden aspects in you pulling you in a NEGATIVE direction</i>]</p> <p><i>is more</i></p> <ul style="list-style-type: none">• <i>painful,</i>• <i>confusing, and</i>• <i>paralyzing</i> <p><i>than anything else that goes on in the human psyche.</i></p>
26	<p><i>In order to</i></p> <ul style="list-style-type: none">• <i>reestablish</i> <p><i>the being you were long before</i></p> <ul style="list-style-type: none">• <i>this earth life, before</i>• <i>you became involved with negative creating,</i> <p><i>and to</i></p> <ul style="list-style-type: none">• <i>re-experience yourself as that eternal you which you</i>• <i>essentially and</i>• <i>ultimately are,</i> <p><i>you have to</i></p> <ul style="list-style-type: none">• <i>consider</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>test</i> <p><i>the possibility of positive creating.</i></p>

*You will then see
that to create
positively
is really*

- *so much more
natural*

and

- *easy:*

*it [i.e., creating positively]
is an
organic process.*

*• Negative creating
and*

- *destructive attitudes
are*
 - *artificial and*
 - *contrived,
even though
you are
now
so used to them
that they [i.e., that negative creating
and destructive attitudes]
seem more natural [i.e., SEEM more natural
than POSITIVE creating and
CONSTRUCTIVE attitudes].*

*The positive
is
effortless.*

*Offhand it seems that
to abandon
the negative
that has become
so much second nature to you
is
too great an effort.*

*It [i.e., the effort to abandon the negative]
seems
too great
because
you still believe
that by
giving up
• negativity
you create a
• positivity that is something
completely new.*

*If this were so [i.e., If positivity were something COMPLETELY NEW
and completely different from negativity],
to create it [i.e., to create a POSITIVITY]
would indeed be
quite impossible
in most instances.*

*But the moment you realize
that
the positive creation
is already there within you
only covered up,
and
that it [i.e., and that the positive creation within you]
can
• unfold
and
• reveal itself
the moment you
allow this to happen [i.e., the moment that you
ALLOW this positive creation within
you to unfold and reveal itself],
[in that moment when you realize this truth about positive creating, then]
abandoning
negativity
becomes
a relief from
a heavy burden
that has pulled you down
• all your life –
and
• in many lives before this one.*

While you
• *hate,*
• *distrust,*
• *take a dim view of things, or*
• *prevent a favorable outcome*
by
expecting
the worst,

the ability already exists in you
to
• *love,*

• *trust, and*
• *know*
that
life
• *is good and*
• *can be trusted.*

All this,
and more
• *exists within you*
already,
and
• *needs only to*
be allowed
to surface
like the sun
coming out
from behind the clouds.

You will see
that it is possible
to feel
this positive undercurrent.

Simultaneously
you will experience
the deep joy
that permeates the entire being
of any person
making this discovery [i.e., this discovery about the
REAL SELF'S POSITIVE capacity to
create from within, effortlessly].

27

*When we say that
God
is within you,
we mean
precisely this.*

*Not only is
the greater consciousness
with infinite wisdom
of the most personal order
available to you
at whatever moment you need it,*

not only are there

- powers of
creative*
 - strength and*
 - energy,*
- feelings of*
 - bliss,*
 - joy, and*
 - pleasure supreme*

*available to you
on all levels,*

*but also,
right underneath
where you are
ill
with your negativity,*

*a new "old life" exists
in which
all reactions to
all possible contingencies
are*

- clear,*
- strong, and*
- entirely satisfying and*
- right for each occasion.*

A
• *resiliency and*
• *creativity*
of reacting
already exists
now
behind
the false roles of
• *pretense,*
beyond
the grip of
• *destructiveness.*

Underneath
your outer deadness
a bubbling aliveness
already exists.

At first
it [i.e., At first this bubbling aliveness within you]
will shine through
at moments only.

Eventually
it [i.e., Eventually this bubbling aliveness that is within you]
will manifest itself
as your
steady inner climate.

28

Before
you can live
in this steady climate [i.e., in this steady climate of bubbling aliveness
that is within you],
you will have to go through
two basic phases
that deal with
the negativity
that humanity is still involved with.

*Most human beings find themselves
still in the first basic phase of negativity.*

This [first] phase is
• *initiating*
negativity.

The second phase is
• *responsive*
negativity.

*In the first phase [i.e., In the phase of INITIATING negativity]
you automatically
react to situations
with
the destructive pattern
you have adopted
after some
traumatic experiences
in early life.*

*You
maintain
negative responses*
• *which at one time in your childhood
you could
not avoid producing,*
and
• *which were then,
under those circumstances,
even
life-preserving.*

	<p>But <i>when the same responses [i.e., when those same responses you used in your childhood, which you could not then avoid producing and which, under those circumstances, were even life-preserving] are repeated in situations</i></p> <ul style="list-style-type: none">• later,• when there is no longer cause to use them, <p><i>then such responses are not only</i></p> <ul style="list-style-type: none">• "neurotic"; <p><i>they are also</i></p> <ul style="list-style-type: none">• initiating negativity, <p><i>quite regardless of whether the other people involved</i></p> <ul style="list-style-type: none">• act like your parents or• not. <p><i>The four steps I explained in this lecture are all destined to deal with this first phase [i.e., the phase of INITIATING negativity].</i></p>
29	<p><i>The second phase [i.e., the phase of RESPONSIVE negativity] deals with the negativity that is merely responsive [i.e., is merely responsive to the negativity of others]</i></p> <p><i>When individuals</i></p> <ul style="list-style-type: none">• have freed themselves from initiating negativity and• are clear in this respect [i.e., clear and no longer have the behavior of initiating negativity when triggered by a situation from childhood], <p><i>their reactions are positive whenever others do not react negatively toward them.</i></p> <p><i>But the negativity still flares up [in them] reactively, as a result of their responding to the negativity of others.</i></p>

	<p><i>You may say this [i.e., You may say that responding negatively to the negativity of others]</i> is perfectly natural;</p> <p><i>for that matter,</i> • everything or • anything is "perfectly natural."</p> <p><i>But this [i.e., But this state of responding negatively to the negativity of others]</i> is still not the purified state.</p> <p><i>It [i.e., This state of responding NEGATIVELY to the negativity of others]</i> is not the state of truth.</p> <p><i>To respond in that way [i.e., To respond NEGATIVELY]</i> to the negativity of others is still an action based on illusion.</p>
30	<p><i>There is a better way</i> to respond [i.e., to respond to the negativity of others coming toward you].</p> <p><i>Even though the other person</i> may indeed unload a great deal of unjustified hostility on you, <i>it is an</i> illusion to • fear it and • set up your negative defenses.</p>

[To respond to the negativity of others coming toward you]

**You can depend on
yourself
much more adequately**

without

- **withdrawing,**

without

- **becoming in any way defensive,**

without

- **becoming destructive**

with your own feelings.

**There is no need
to see life as**

- **bleak and**

- **hopeless**

because someone

acts destructively toward you.

Therefore

**this responsive negativity [i.e., this behavior of responding negatively and
defensively to the negativity of another coming toward you]**

must also be straightened out,

but this [i.e., but straightening out this RESPONSIVE negativity]

can be done

only after

the initiating negativity

has been wiped out.

The vast majority of the human race

**are still in the first phase [i.e., the phase of INITIATING negativity in
which you become triggered by an otherwise neutral
event, but an event that nevertheless triggers you because
of childhood traumas that you are reminded of, and you
react to this neutral event by initiating negativity].**

Whenever

- **the slightest thing goes against your grain,**

whenever you experience

- **any degree of frustration,**

you tend to bring in

your original [i.e., your original childish and immature]

reactions of negativity [i.e., you INITIATE negativity].

	<p><i>You even do this [i.e., You even INITIATE negativity], in many instances, as a precautionary attitude, just because you might experience</i></p> <ul style="list-style-type: none">• <i>frustration,</i>• <i>delay,</i>• <i>criticism, or</i>• <i>the negativity of others.</i>
31	<p><i>I think most of you can sense the importance of this lecture, especially if you use it as</i></p> <ul style="list-style-type: none">• <i>referring to your own life instead of [using it for]</i>• <i>a mere theoretical discussion.</i> <p><i>Then [i.e., Then, when you use it as a tool for working in your own life,] it will prove of vital significance in your personal evolution.</i></p> <p><i>Be blessed.</i></p> <ul style="list-style-type: none">• <i>Love and</i>• <i>strength</i> <p><i>are given forth for everyone here.</i></p>

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