

Pathwork Lecture 175: Consciousness: Fascination With Creating

1996 Edition, Original Given September 2, 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><i>Greetings,</i> <i>all my friends here who receive</i> <i>tangible blessings</i> <i>in the form of</i> <i>energy currents</i> <i>containing</i> <i>• consciousness and</i> <i>• strength.</i></p> <p><i>They [i.e., These energy currents containing consciousness and strength]</i> <i>• flow toward you and</i> <i>• permeate you.</i></p> <p><i>They [i.e., These energy currents containing consciousness and strength]</i> <i>are a reality</i> <i>that can be perceived</i> <i>as your own consciousness</i> <i>• grows and</i> <i>• ventures forth.</i></p> |

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04

I would like to talk about

- *aspects of consciousness and*
- *its [i.e., consciousness's] significance in the scheme of creation.*

Our work in the forthcoming months [i.e., the 1969-70 working season] must deepen your comprehension of the

- *power and*
- *significance of creative consciousness.*

Creation

is indeed a result of consciousness and not, as generally assumed, the other way around [i.e., consciousness is NOT created].

Nothing can be

unless it first exists in consciousness,

whether the consciousness is

- the*
- *universal spirit,*
- the*
- *universal self,*

or whether it is [i.e., or whether consciousness is] the

- *individualized self.*

| | |
|----|--|
| | <p><i>Whether</i> <i>your consciousness</i> <i>• perceives,</i> <i>• creates, and</i> <i>• formulates</i> <i>• something</i> <i>• important,</i> <i>• world forming,</i> <i>or</i> <i>• just</i> <i>• a passing insignificant attitude,</i></p> <p><i>the principle [i.e., the principle that it is your CONSCIOUSNESS that perceives, CREATES, and formulates]</i> <i>is the same.</i></p> |
| 05 | <p><i>• I have often discussed these facts</i> <i>and</i> <i>• you know them [i.e., you know these facts that consciousness creates],</i> <i>but</i> <i>you do</i> <i>not</i> <i>know them</i> <i>sufficiently.</i></p> <p><i>You still overlook</i> <i>the tremendous significance</i> <i>of</i> <i>your conscious creations,</i> <i>and</i> <i>your disconnection from them [i.e., and your disconnection from the creations of your consciousness]</i> <i>causes</i> <i>real suffering.</i></p> |

**No other suffering
is as acute as
the one felt [i.e., as the suffering felt]
when you
do not know
that
you
have created
what you experience.**

**This [i.e., This fact that the suffering felt when you do not know that
YOU have created what you experience in your life]
applies,
to a lesser extent,
even to
positive experiences.**

**For if you do
not
know
that
you
have created your experiences,
you will
feel
helpless
in the hands of a power
you cannot comprehend.**

**This power [i.e., This POWER that creates
ALL your experiences, both positive and negative,]
is truly
your own
consciousness,
my friends.**

06

*Now let us understand a little better
some of the
most outstanding attributes
of consciousness.*

*Consciousness
is
not only
the power
to*

- think,*

to

- discriminate, and*

to

- choose;*

*that [i.e., that consciousness has the power to think,
discriminate and choose]
is obvious.*

*It [i.e., Consciousness]
is not only
the power
to*

- know,*

to

- perceive, and*

to

- feel.*

*It [i.e., Consciousness]
is also
the ability
to*

- will.*

*Willing
is a very important aspect of
consciousness.*

| | |
|----|---|
| | <p>Whether you will with awareness [i.e., Whether you are AWARE that you will something]</p> <p>or whether you are disconnected from the fact [i.e., or whether you are UNAWARE of the fact] that you will something,</p> <p>makes no difference.</p> <p>Your willing is an aspect of</p> <ul style="list-style-type: none">• your consciousness <p>and hence of [i.e., and hence your willing is an aspect of]</p> <ul style="list-style-type: none">• what you continually create. <p>• Willing is an ongoing process,</p> <p>just as</p> <ul style="list-style-type: none">• knowing and• feeling <p>are [i.e., just as knowing and feeling are ongoing processes].</p> <p>Where</p> <ul style="list-style-type: none">• consciousness exists,• knowing,• feeling, and• willing <p>always exist as well.</p> |
| 07 | <p>Often a number of contradictory will currents short-circuit on the surface, manifesting as a</p> <ul style="list-style-type: none">• lack of awareness or• numbness. |

Consciousness

- **is diminished
on the surface**

but [i.e., but consciousness]

- **continues to be active
below the surface.**

Its products [i.e., The products of consciousness]

manifest as

tangible life experiences

and you feel

at a loss,

believing that

what life brings

is totally independent from

your own

- **willing and**
- **knowing.**

Any path

of genuine development

must bring

all the

- **confused and**
- **contradictory**
- **desires,**
- **beliefs,**

and

the

- **inner**

- **knowing**

to the surface

so that

life circumstances

appear in their

true light

as the creation of

the self.

This awareness [i.e., This awareness that life circumstances are

the creation of the SELF]

gives you

power

to recreate.

| | |
|----|---|
| 08 | <ul style="list-style-type: none">• Willing <i>an existing possibility,</i>• determining,• formulating,• knowing <i>it [i.e., determining, formulating, knowing an existing possibility],</i> and perceiving <i>these inner activities [i.e., and perceiving these inner activities of willing, determining, formulating, and knowing an existing possibility]</i> are the tools of your creative consciousness. <p>Humanity <i>can be divided into</i></p> <ul style="list-style-type: none">• those who<ul style="list-style-type: none">• know this <i>[i.e., those who know these tools of their creative consciousness]</i> <p>and</p> <ul style="list-style-type: none">• use the tools<ul style="list-style-type: none">• deliberately,• creatively,• constructively, <p>and</p> <ul style="list-style-type: none">• those who<ul style="list-style-type: none">• are unaware of it <i>[i.e., those who are unaware of these tools of their creative consciousness]</i> <p>and,</p> <ul style="list-style-type: none">• victims of their ignorance,• are constantly creating destruction without ever knowing it. |
| 09 | <p>The human being is the first entity on the upward evolutionary scale who can deliberately create with consciousness.</p> |

*You, my friends,
who search for your
true identity
must come to
experience*

- *your power to create*

and, specifically, [i.e., and, specifically, to experience]

- *how*
you
have created whatever you

- *have or*
- *do not have*
now.

*You can then see how
fighting against
your own creations
augments the*

- *pain and*
- *tension*
in your being.

*This [i.e., This fighting against your own creations and thereby making
the pain and tension in your being even greater]*

*is inevitable
when you
are not yet
aware,*

- *generally and*
- *specifically,*

*of how
your life
is the outcome of
your mental activity.*

*What
you do not like
you will
invariably
rebel against,
never knowing
that you actually
tear yourself apart
even more [i.e., make your pain of what you do
not like even worse by rebelling against it].*

| | |
|----|--|
| | <p><i>The rebellion [i.e., The rebellion against what you do not like in your life] may not be entirely conscious either;</i></p> <p><i>it [i.e., the rebellion against what you do not like in your life] may manifest as</i></p> <ul style="list-style-type: none">• <i>vague discontent with life,</i>• <i>hopeless longing,</i>• <i>a sense of</i><ul style="list-style-type: none">• <i>futility and</i>• <i>frustration</i> <p><i>from which you see no way out.</i></p> <p><i>The discontent, too, is a kind of rebellion [i.e., The discontent is a kind of rebellion against what you do not like in your life].</i></p> |
| 10 | <p><i>To understand the nature of consciousness in still greater depth, you need to see what</i></p> <ul style="list-style-type: none">• <i>positive and</i>• <i>negative</i> <p><i>directions consciousness can take.</i></p> <p><i>You have within you the purest wisdom, flowing toward</i></p> <ul style="list-style-type: none">• <i>ever-expanding bliss,</i> <p><i>toward</i></p> <ul style="list-style-type: none">• <i>an infinite variety of new life expressions and</i>• <i>a fullness of dimensions.</i> |

This [i.e., This PURIST WISDOM flowing toward ever-expanding bliss, toward an infinite variety of new life expressions and toward a fullness of dimensions] is the universal spirit.

I am not saying that the universal spirit is in you;

I am saying that you are it [i.e., that YOU ARE the UNIVERSAL SPIRIT], but most of the time you do not know it [i.e., you do not know that YOU ARE the universal spirit].

You also harbor within you the distorted expression of your creative consciousness with which you will

- negative and*
- destructive results.*

One could also say that this [i.e., that this FACT that while YOU ARE the UNIVERSAL SPIRIT, AND YOU ALSO harbor WITHIN you the DISTORTED EXPRESSION of your creative consciousness with which you WILL negative and destructive results]

**is the
eternal fight
between**

- God**
- and**
- the devil,**

between

- good**
- and**
- evil,**

between

- life**
- and**
- death.**

**It does not matter
what you call these powers [i.e., what you call these POWERS: God and the devil, or good and evil, or life and death].**

**Their names [i.e., The names of these powers]
depend on**

- culture,**
- fashion,**
- interpretation,**
- personal**
 - preference and**
 - approach to the world.**

**Whatever you
name them [i.e., whatever you name these POWERS: God and the devil, or good and evil, or life and death],
they [i.e., these POWERS: God and the devil, or good and evil, or life and death]
are your
own
powers.**

**You are
not
a helpless pawn
in anyone's hands.**

| | |
|----|---|
| | <p><i>This [i.e., This fact that you are NOT a helpless pawn in someone's hands but, whether you call these powers God and the devil, or good and evil, or life and death, these are YOUR own powers]</i></p> <p>is the</p> <p>all-important fact that truly alters your entire</p> <ul style="list-style-type: none"> • self-perception and • attitude toward living. <p><i>Not knowing this [i.e., NOT KNOWING this fact that you are NOT a helpless pawn in someone's hands but, whether you call these powers God and the devil, or good and evil, or life and death, these are YOUR own powers]</i></p> <p>will make you feel constantly victimized by circumstances beyond your control.</p> |
| 11 | <p>In order to</p> <ul style="list-style-type: none"> • perceive and • experience <p>your true identity as universal spirit [i.e., as universal spirit with these powers],</p> <p>three conditions are necessary:</p> |
| 12 | <p>1) You must tune into it [i.e., You must tune into the UNIVERSAL SPIRIT].</p> <p>Knowing of its existence [i.e., Knowing of the UNIVERSAL SPIRIT'S existence] will make this possible [i.e., will make TUNING INTO the UNIVERSAL SPIRIT possible].</p> <p>You activate the universal spirit by your deliberate attempt to listen to it [i.e., by your DELIBERATE attempt to listen to the universal spirit].</p> |

You must

- *become*
very quiet within yourself

and

- *allow it to happen [i.e., ALLOW LISTENING to the universal spirit to happen].*

This is not as easy as it may sound,

for

the tumultuous static

of

the busy mind

keeps blocking this possibility [i.e., keeps blocking this possibility of listening to the universal mind].

Your mind

requires training

to become

sufficiently calm

without producing

involuntary

thoughts.

Once you have accomplished this [i.e., accomplished being sufficiently calm without producing involuntary thoughts]

to some degree,

you will

experience

an emptiness.

You will then

seem

to listen into

nothingness –

that [i.e., that “seeming to listen into nothingness”]

may even be

• *frightening or*

• *disappointing.*

| | |
|----|--|
| | <p><i>Finally,</i> <i>the universal spirit</i> <i>will begin to manifest –</i> <i>not because</i></p> <ul style="list-style-type: none">• <i>it [i.e., not because the universal spirit]</i> <i>"decides" to</i> <i>reward you for</i> <i>having been</i> <i>a "good child"</i> <i>who now</i> <i>"deserves" it,</i> <p><i>but because</i></p> <ul style="list-style-type: none">• <i>you begin to perceive</i> <i>its [i.e., you begin to perceive the universal spirit's]</i> <i>ongoing presence,</i> <i>knowing that this presence</i> <i>was</i><ul style="list-style-type: none">• <i>always there and</i>• <i>immediately accessible –</i> <i>almost</i> <i>too near</i> <i>to be perceived.</i> |
| 13 | <p><i>The first manifestations</i> <i>may</i> <i>not</i> <i>come to you</i> <i>as</i> <i>a direct</i><ul style="list-style-type: none">• <i>voice,</i><i>a direct</i><ul style="list-style-type: none">• <i>inner knowing,</i><i>but</i> <i>through detours –</i><ul style="list-style-type: none">• <i>through</i> <i>other mouths,</i><i>and</i><ul style="list-style-type: none">• <i>later</i> <i>as</i> <i>apparently</i> <i>coincidental ideas</i> <i>that suddenly occur to you.</i></p> |

If you are

- ***alert and***
- ***sensitive,***
- ***attuned to***

inner reality,

you will know

***that these [i.e., you will know that these indirect means through other mouths,
and later as apparently coincidental ideas that suddenly occur to you]***

are the first signs of

***establishing contact with
the universal spirit.***

Later

the emptiness

will prove to be a

tremendous fullness

impossible to express in words.

***Its immediacy [i.e., The immediacy of this tremendous fullness that you experience
with the first signs of establishing contact with the universal spirit]***

also hinders you

from perceiving

the universal spirit's

constant

presence.

***The immediacy [i.e., The immediacy of this tremendous fullness that you experience
with the first signs of establishing contact with the universal spirit]***

is, of course,

wonderful.

When you discover that you harbor this presence [i.e., that you harbor this presence of the tremendous fullness of the universal spirit] within yourself at all times, it will fill you with

- safety,*
- with*
- strength,*
- with*
- the knowledge that you never need to feel*

- inadequate and*
- helpless*

again, for the source of all life supplies you with every smallest detail of living that is important to you.

The inner source [i.e., The inner source that is the universal spirit]

- fills you with rich feelings;*

it [i.e., the inner source that is the universal spirit]

- stimulates and*
- calms you;*

it [i.e., the inner source that is the universal spirit]

- shows you how to handle problems.*

It [i.e., The inner source that is the universal spirit]

- *offers solutions that unify*
 - *decency,*
 - *honesty, and*
 - *self-interest;*

- *love and*
 - *pleasure;*

- *reality and*
 - *bliss;*

- *fulfillment of your duties*
without diminishing your freedom in the least.

It [i.e., The inner source that is the universal spirit] contains everything.

However,
this wonderful immediacy [i.e., this wonderful IMMEDIACY of the inner source that is the universal spirit]

presents problems at first,
because
you believe
that all this
can be sought
only very,
very far away.

Since you were geared to experience
the universal spirit
only as a

- *remote reality*

you find it
impossible
to experience its

- *nearness.*

14

- 2) **You must fully**
- **experience and**
 - **comprehend**
- the part of your consciousness
that has become**
- **negative and**
 - **destructive.**

**We have concentrated heavily on
accomplishing this [i.e., on accomplishing fully experiencing and
comprehending the part of your consciousness that
has become negative and destructive]**

in our pathwork.

**But this [i.e., But experiencing and comprehending the part of your
consciousness that has become negative and destructive]
is not easy,
precisely because,
once again,
you are geared to believe
that**

- **your life
is a fixed mold
you were put into**

and

- **you must learn to cope with [i.e., and that you must learn to
cope with the fixed mold you
and your life were put into],**

**independently of
your inner processes of**

- **thinking,**
- **willing,**
- **knowing,**
- **feeling, and**
- **perceiving.**

*As you can now appreciate,
it requires a great deal of*

- honesty,*
- discipline, and*
- effort*

*to overcome resistance
to make
this all-important switch
in your entire approach to life:*

from

- feeling helpless*

to

- seeing life*

*as your own creation
in all respects.*

*It is
not
possible
to activate the
ever-present
universal self
when you are still blind
to your negative creations.*

*Sometimes
certain channels
happen to be
unobstructed,
but where
the*

- blocks,*

the

- blindness,*

the

- imagined helplessness*

persist,

*you cannot contact
your universal self.*

15

**3) Your
conscious
thought processes
give you
the first possibility
to contact
the universal spirit.**

**You create
with your**

- **conscious**
- **thinking**

**just as much as [i.e., just as much as you create]
with your**

- **unconscious**
- **thinking and**
- **willing.**

**Your
thinking ability
is the same as
the creative processes
of the universal mind.**

**Though
your consciousness
is a separated fragment of
the whole [i.e., of the whole consciousness of the universal mind],
it [i.e., your consciousness]
has the same**

- **powers and**
- **possibilities**

[as those of the whole consciousness of the universal mind].

**The separation [i.e., The separation of your consciousness from the whole
consciousness of the universal mind]
is not even real;**

**it [i.e., the separation of your consciousness from the whole
consciousness of the universal mind]
exists
only because
you
experience
yourself
as separate
at this time.**

The moment
you discover
the immediacy
of this presence [i.e., *the immediacy of this presence of*
the universal mind],

you will
no longer
feel
a separation
between
• your thoughts
and
• those of the greater Being [i.e., *and the thoughts of*
the greater Being].

Eventually
they [i.e., *Eventually your thoughts and the thoughts of the greater Being*]
will merge

and you will realize
that the two [i.e., *that 1) your thoughts and 2) the thoughts of*
the greater Being]
have
always
been
one.

You
do not avail yourself
of your innate powers.

You
• leave them [i.e., *You leave your innate powers*]
unused,
or even
• misuse them [i.e., *you even misuse your innate powers*]
in your blind state.

16

*You can finally
begin to
experience
yourself
as
the universal spirit*

*by using
your
conscious
thoughts
in a
• deliberate,
• constructive
way.*

*You can do this [i.e., You can use your conscious thoughts
in a deliberate, constructive way]
in two steps.*

*First,
you must
clearly see
how
you have
unknowingly
used your mental processes
negatively,
thereby
creating destructively.*

*Then [i.e., After you CLEARLY SEE how YOU have unknowingly used
your mental processes to create NEGATIVELY]
you can
formulate
what
you
now
wish
to produce in your life.*

You do this [i.e., *You formulate and produce what you
now wish to have in your life*]
by
• ***creating the thought forms,***
by
• ***stating that this is possible*** [i.e., *by stating that what you now
wish to have in your life is possible*],
and
by
• ***perceiving,***
• ***knowing, and***
• ***willing***
it [i.e., *by perceiving, knowing and willing what you now
wish to have in your life*]
with a
relaxed attitude.

This [i.e., *This process of formulating and producing what you
now wish to have in your life*]
also includes
the willingness
to change
• ***faulty and***
• ***dishonest***
inner attitudes,
for otherwise
you will
block
what you want.

17

By building
thought forms
of
creative unfoldment
you can tap
the rich source
within your own being.

***You begin** [i.e., You begin the process of building thought forms of creative
unfoldment by which you can tap the rich source within your own being]
with
conscious
thinking,
which requires
focusing attention on
your thinking processes –
which are much too close to be easily recognized –
observing*

- *how you use them* [i.e., how you use
your thinking processes],
- *how they* [i.e., how your thinking processes]
create
both what you
 - do have
 and
 - do not have.

***Once you can**
reverse these processes* [i.e., Once you can REVERSE these thinking processes
that NOW create and give you what you do NOT want
and do NOT create and give you what you DO want]

- *you have
discovered
a tool of creation;*

- *you become truly
your real self,*

*for you
are
the universal spirit
who created the world.*

***You are**
constantly
creating
your own world
right now:*

it [i.e., your world that you constantly create right now]
is
the life you lead.

18

*Paying attention to your
inner processes
will reveal
that
much of what you thought was
unconscious
is
not
hidden at all.*

*Observe this [i.e., Observe that much of what you thought
was unconscious is not hidden at all]
especially when
you find yourself
in a disturbing situation.*

*See how you
take so much for granted
that you
gloss over
your most obvious attitudes,

exactly those [i.e., exactly those attitudes]
which will give you
clues
to understand

how your creative powers
work,
although in this case, of course,
they [i.e., your creative powers]
are
inverted,
manifesting
negatively.*

*Considering
every detail of the situation,
expanding
the range of your attention
by finding a fresh approach,

will bring the insight
you have been lacking so far.*

19

This self-knowledge [i.e., This detailed self-knowledge about HOW the creative process works in you, albeit still in a negative way]

is

*purification
in the truest sense,*

because

ultimately

it [i.e., because ultimately this detailed self-knowledge about HOW the creative process works in you, albeit still in a negative way]

establishes

*your awareness of
your power to create
your own life.*

Discovering

*how you have created
destructively
is never*

just a bad experience,

for it becomes

immediately obvious

that you also

have the power

to create

beautiful life experiences for yourself.

You become

immediately

aware of

your eternal nature

with its

infinite power

to expand.

20

***So you see, my friends,
we are dealing here with
three levels [i.e.,***

Level 1) Your (mostly "unconscious") everyday thinking processes

Level 2) Your (mostly "unconscious") destructive willing

*Level 3) The (mostly "unconscious") great creative
universal spirit you really are].*

***All of them
must become accessible.***

***They are
all
equally difficult to perceive.***

***It would be an error to believe
that***

***• [Level 1] your everyday thinking processes
are easier to perceive
than either***

• [Level 2] your destructive willing

or

• [Level 3] your divine nature with its endless power and wisdom.

***They are all
equally
near –***

and

seem

far

only because

your vision

is turned away from them.

Both

• [Level 2] the willful destructiveness

and

• [Level 3] the great creative spirit you really are,

are "unconscious"

only because

you do not give their existence

the benefit of the doubt

as a

first step

toward discovering them.

| | |
|----|--|
| | <p><i>The same is true of [i.e., Being “unconscious” is also true of]</i></p> <ul style="list-style-type: none">• <i>[Level 1] your daily mental activity,</i> <i>which goes on</i><ul style="list-style-type: none">• <i>unobserved,</i>• <i>without critical evaluation,</i> <i>so you are unaware of</i> <i>how</i> <i>your thoughts</i> <i>run in the same unproductive negative channels.</i> <p><i>Nor do you see</i> <i>that you derive</i> <i>a sort of satisfaction</i> <i>from allowing</i> <i>the inattention [i.e., allowing the inattention and remaining</i> <i>“unconscious” to your three levels of thinking]</i> <i>to go on.</i></p> |
| 21 | <p><i>When you observe</i> <i>your negative thoughts,</i> <i>it is important to realize</i> <i>(a) what they do to you,</i> <i>how they connect with</i> <i>the very results</i> <i>you deplore most in your life;</i></p> <p><i>and</i> <i>(b) that you have the power to</i><ul style="list-style-type: none">• <i>alter them and</i>• <i>find new avenues of expression for your thoughts.</i></p> <p><i>These two realizations [i.e., These two realizations of</i> <i>(a) what your negative thoughts do to you, how they connect with</i> <i>the very results you deplore most in your life, and</i> <i>(b) the fact that you have the power to alter your negative thoughts</i> <i>and find new positive avenues of expressions for them]</i></p> <p><i>will make</i> <i>all the difference in the world,</i> <i>because</i> <i>they bring [i.e., because these two realizations bring]</i><ul style="list-style-type: none">• <i>true liberation and</i>• <i>self-finding,</i>• <i>the coming-into-one's-own</i> <i>we speak so much about.</i></p> |

*The discovery of
your true identity
indeed
brings glad tidings.*

*But first
you must see yourself
pursuing
negative thoughts.*

See yourself
• *brooding*
in the same vicious circles;

see yourself
• *almost willfully*
pursuing
the same
• *roundabout,*
• *narrowly confined*
channels of thinking

and
• *never*
venturing beyond them.

22

*Let us suppose
that you are convinced
you can experience
only
this or that
negative manifestation in life.*

*Once you observe the
tenacity
with which you
take this for granted,
you can ask,*

"Does it really have to be so?"

*The moment you raise the question
you begin to open a crack in the door.*

*Your being
unaware
that you are convinced of
having
only
this one narrowly confined possibility
makes it
impossible
for you to imagine
further alternatives.*

*You can actually
venture into them [i.e., venture into alternatives to
the seemingly fixed negative situation in your life] –
by first
formulating your thoughts
as the
blueprints of creating.*

*Then
the world begins to open.*

*The opening must be achieved, to begin with,
by
• thinking,
by
• saying to yourself,*

*"It does
not
have to be this way,
it can be another way.*

I want the other way.

*I would like to
eliminate
whatever stands between me
and the more desirable way.*

*I have the courage to
• face it [i.e., the courage to face whatever stands between me
and the more desirable way]*

*and
• go beyond
the life experience I have given myself until now
by taking for granted that it cannot be different."*

| | |
|----|---|
| | <p><i>On this conscious level you must see how you have taken the experience of negative manifestation for granted.</i></p> |
| 23 | <p><i>Perhaps you want a positive result, and at the same time you do not wish to accept the logical consequences due to the misconception that they [i.e., the misconception that the logical consequences you associate with this positive result you want] are undesirable for you.</i></p> <p><i>Here you have</i></p> <ul style="list-style-type: none"><i>• a childish resistance to giving of yourself,</i><i>• a distorted attempt to cheat life and gain more than you wish to give.</i> <p><i>Life cannot comply with such unfair desires, and you feel</i></p> <ul style="list-style-type: none"><i>• cheated and</i><i>• resentful</i> <p><i>because you have not clearly examined the issue.</i></p> |

*Nor are you aware of
your false reasoning
when you resist
giving of yourself.*

*Thus
you
create
forms of*

- error and*
- distortion*

*that stand in the way of
unfolding
your possibilities.*

24

*So you can see that
the level of your
conscious thinking
is influenced by
both*

- your destructive side*
- and*
- the universal spirit.*

*You can
choose
consciously
in which direction
to shape your thoughts
once you are aware of
their habitual patterns.*

*This self-determination [i.e., This self-determination to CHOOSE CONSCIOUSLY
in which direction (i.e., either the direction of your destructive side OR the
direction of the universal spirit that you are) to shape your thoughts]
is your
key to liberation.*

25

*You will see more
and more clearly
that your
destructive side
is also something
you
choose;*

*it [i.e., your destructive side]
is
not
something that
befalls you.*

*Once you have truly progressed on this path
you come to the point
where you can finally
admit the
deliberate
desire
to choose
destructive attitudes.*

*You can see that
you are actually
forsaking*

- happiness,*
- fulfillment,*
- bliss,*
- fruitful living.*

*You may be
terribly unhappy
about the result,*

*but you nevertheless
insist on
hanging on to
your negative will.*

*You can see how
all-important it is
to find this out [i.e., find out that you INSIST ON hanging on to your
negative will].*

26

The age-old question is:

*What brought all this about [i.e., What brought about this INSISTENCE
in human beings to hang on to negativity and destructiveness]?*

*Why do human beings harbor
these utterly senseless desires [i.e., harbor these utterly senseless
DESIRES for negativity and destruction]?*

*Why does the mind
want
to take this direction [i.e., Why does the mind WANT to take the
direction of negativity and destruction]?*

Religion calls it

- *sin or*
- *evil.*

Psychology calls it

- *neurosis or*
- *psychosis,*
among other things.

*Whatever name you give it,
it is indeed
a disease.*

*In order to
heal
the disease
it is necessary
to understand it
to some extent,*

*primarily by
following
your own
erroneous*

- *assumptions and*
- *beliefs*
to the
 - *emotions and*
 - *will-direction*
they create.

| | |
|----|--|
| | <p><i>Without understanding the dynamics of mental creativity, both in the</i> • <i>positive</i> <i>and in the</i> • <i>negative</i> <i>sense,</i> <i>this [i.e., this UNDERSTANDING of the DISEASE of desiring to create negatively and destructively]</i> <i>can be achieved only to a limited degree.</i></p> |
| 27 | <p><i>People often ask,</i> <i>"How does evil come into existence?"</i> <i>"Why did God put evil into us?" –</i> <i>as though someone else had "put" anything anywhere.</i></p> <p><i>Once you</i> • <i>have sufficient</i> <i>self-awareness</i> <i>and</i> • <i>discover that it is</i> <i>you</i> <i>who rejects happiness,</i> <i>the same puzzling question [i.e., the question as to why GOD put evil into us]</i> <i>may be put differently:</i> <i>"Why do I do it [i.e., Why do I CHOOSE evil]?"</i> <i>Why can't I</i> <i>want</i> <i>what feels good for me?"</i></p> <p><i>This question has been asked here [i.e., have been asked in this pathwork group], as well as elsewhere in the world, many times, wherever spiritual teachings are being given.</i></p> |

*Once, a long time ago,
at the beginning of this contact,
I even gave an
allegorical account [Note: allegory: the expression by means of
symbolic fictional figures and actions of truths or
generalizations about human existence]
of the so-called
fall of the angels [See Lecture 21 The Fall].*

*I talked about a spirit
who was once*

- *utterly constructive,*
- *expanding into
forever greater realms of*
 - *light and*
 - *bliss,*

who

- *deviated from this course,
separating himself from
his innermost Godself,*

and

- *became
fragmented.*

*How
did he turn into
those*

- *dark,*
- *destructive
channels?*

*Any such account,
given here or elsewhere,
is very easily
misunderstood
when interpreted as*

*a historical event
that took place in*

- *time and*
- *space.*

*I shall venture now
to give another explanation
about how destructiveness
comes into being
in a
wholly constructive
consciousness.*

*I shall try to find a
different approach
that may*

- reach you on some level and*
- give you a
deeper understanding
of this
all-important topic.*

You can then

- meet
your own destructiveness
with a new understanding
and eventually*
- come out of it.*

28

*Picture, my friends,
• a consciousness,
• a state of being,
in which there is
only*

- bliss and*
- infinite power to create
with one's own consciousness.*

*Consciousness
is, among other things,
a thinking apparatus.*

*Thus it [i.e., Thus consciousness]
thinks –
and, lo,
something
comes into existence.*

It [i.e., Consciousness]

wills –

and lo,

what is

- *willed and*
- *thought,*
- is.*

Life is

endlessly

filled with possibilities.

Creating

starts with

thinking,

then the thinking

- *takes on*

form,

- *becomes a*

fact

in the life

- *beyond*

the confines of the ego,

in the life

- *that is*

free,

where consciousness

is

- *free-flowing and*

- *free-floating.*

There [i.e., Beyond the confines of the ego, in the life that is FREE, where

CONSCIOUSNESS is FREE-FLOWING and FREE-FLOATING]

the thought

immediately

takes

- *form*

and

becomes

- *deed.*

| | |
|----|--|
| | <p><i>It is only in the human ego that</i></p> <ul style="list-style-type: none">• <i>thought</i> <p><i>seems separate from</i></p> <ul style="list-style-type: none">• <i>form</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>deed.</i> <p><i>The less awareness an entity has, the more separated</i></p> <ul style="list-style-type: none">• <i>thought,</i>• <i>form, and</i>• <i>deed</i> <p><i>appear,</i></p> <p><i>to the extent that</i></p> <ul style="list-style-type: none">• <i>the form</i> <p><i>seems entirely independent from</i></p> <ul style="list-style-type: none">• <i>the deed,</i> <p><i>the deed from [i.e., the deed seems entirely independent from]</i></p> <ul style="list-style-type: none">• <i>the thought or</i>• <i>the will.</i> <p><i>None of these three stages [i.e., None of these stages: 1) the form, 2) the deed, and 3) the thought or the will]</i></p> <p><i>seem connected.</i></p> |
| 29 | <p><i>An essential part of raising one's consciousness lies precisely in making this connection [i.e., this connection of 1) the form, 2) the deed, and 3) the thought or the will].</i></p> |

*No matter
how separate in*

- *time and*
- *space*

*they may
appear,*

- *thought,*
- *will,*
- *action, and*
- *manifestation*

*are all
one unit.*

*In the state of being,
where there is
no confinement,
where there is
no tight structuring,
this unit [i.e., this unit of thought, will, action, and manifestation]
is experienced
as a
living reality
of
indescribable*

- *bliss and*
- *fascination.*

*The whole universe
is open
for*

- *exploration,*

for

- *new ways of*
• *self-expression and*
• *self-finding,*

*giving form to
forever
more*

- *worlds,*

more

- *experience, and*

more

- *effects.*

*The fascination of creating
is endless.*

30

*Since the possibilities
are infinite,
consciousness
can also explore itself
by*

- *confining itself,*

by

- *fragmenting itself*

to "see what happens," as it were.

*To experience
itself
it [i.e., consciousness]*

- *contracts*

instead of

- *expanding;*

*instead of
exploring*

- *further light,*

it [i.e., consciousness]

wants to see how it is to

- *feel and*
- *experience*
- *darkness.*

*Creating
is
pure fascination.*

*This fascination
is
not eliminated
simply because
what is created
is at first perhaps
slightly less*

- *pleasurable or*
- *blissful or*
- *brilliant.*

*Even in that [i.e., Even in creating something
slightly less pleasurable, blissful, or brilliant]*

*may lie
a special
• fascination and
• adventure.*

*Then [i.e., Then, in being fascinated by creating something
slightly less pleasurable, blissful, or brilliant,]*

*the creation
begins to take on
a power of its own.*

*For
everything
that is created
has energy invested in it
and this energy
is self-perpetuating.*

*It [i.e., This energy that is invested in what gets created]
takes on its own momentum.*

*The consciousness
who has created these pathways
may experiment
longer,*

*and
going beyond what is "safe,"
it no longer leaves itself
enough power at the moment
to reverse the course.*

*Thus the consciousness
may get lost
in its own momentum,
• unwilling
to stop.*

*Later,
it [i.e., the consciousness]
• no longer sees
how
to stop.*

Creation then [*i.e., Creation then, when consciousness no longer knows
how to stop the negative momentum it has initiated,*]

takes place in

a negative sense,

until

the results are

so unpleasant

that the consciousness

seeks to

• **get a hold on itself and**

• **counteract the momentum**

by "recalling"

its knowledge of what could be.

At any rate,

it [*i.e., the consciousness*]

knows

there is no real danger,

for whatever suffering you human beings feel

is truly illusory

in the ultimate sense.

Once you find

your true identity within,

you will know it [*i.e., you will know that whatever suffering you*

happen to feel at the moment, it is truly illusory in the ultimate sense].

It [*i.e., The suffering you happen to feel at the moment*]

is all

• **a play,**

• **a fascination,**

• **an experiment,**

from which

your real state of being

can be recaptured,

if only you will truly try.

31

*Now, many human beings
still find themselves in the state
in which
they do not yet
want
to really try [i.e. do not yet really want to recapture
their real state of being].*

*They still find
fascination
in the exploration of
negative creation,
at least to some extent.*

*Some separated entities
have never gone beyond the point
where they lose
the immediate awareness
of
• who they really are
and
of
• their power to
redirect their explorations.*

*Others
have
temporarily
lost this awareness [i.e., lost this awareness of who they really are and of
their power to redirect their explorations].*

*But they will
find it again [i.e., will again find this awareness of who they really are and of
their power to redirect their explorations]
the moment they
really want to.*

*It is well
that
all of you
should remember this [i.e., remember that you will find this awareness of
who you really are and of your power to redirect your
explorations the moment you really want to].*

32

*The momentum of
creating
contains
incredibly powerful energies.*

*These energies [i.e., These incredibly powerful energies contained in
the momentum of creating]
have impact;*

*they [i.e., these incredibly powerful energies contained in
the momentum of creating]*

*impress
the all-pervading
creative substance –
the stuff which responds to
creative mind.*

*This substance [i.e., This creative substance, the stuff
which responds to creative mind]*

*then is
molded into*

- form,*
- event,*
- object,*
- state of mind,*

or whatever.

*The imprints
in the soul substance
are so deep
that nothing but
the greater power
of molding mind
can erase
false imprints,
which govern your life events.*

- *Mind or*
- *consciousness*
impresses;

- *life substance*
is impressed upon.

Everything

- *around*
- and*
- *within*
you

participates in
both the

masculine principle
of a

- *determining,*
- *etching*
• *consciousness*

and the

feminine principle
of a

- *molded,*
- *responding*
• *life substance.*

Find this truth within you [i.e., Find this TRUTH within you that EVERYTHING
around and within you participates in
both

the MASCULINE principle of a determining,
etching CONSCIOUSNESS,

and

the FEMININE principle of a molded, responding
LIFE SUBSTANCE

and

the universe
will become
yours

all over again,

as it once was.

33

*Thus,
if the creative consciousness
does not alter the course at a certain point,
it [i.e., the creative consciousness]
becomes caught within
its own processes.*

Part of the

- *power and*
- *momentum*

*of consciousness
is the quality of being
"self-imitating."*

*It is very hard to convey
this aspect
of creative energy [i.e., to convey this aspect of creative energy,
the aspect of being "self-imitating"].*

*Human beings
frequently experience
the urge to imitate others.*

This [i.e., This urge to imitate others]

- *takes on*
many forms and
- *applies to*
self-imitation as well.

*It [i.e., This quality of being "self-imitating"]
is a process of
deeply imprinting something
upon the substance of life.*

34

*Let me give you an example
of the*

- *power*
of imitation and
- *creation*
of new experiences.

*Many of you,
when you see a cripple
who*

- limps,*

or perhaps

- has a facial tick,*

*experience a strange urge
to imitate his*

- postural or*
- facial*

aberrations.

*Haven't you experienced
the sometimes irresistible desire
to imitate
something that is
highly undesirable for you?*

*At the same time
you feel*

- revulsion and*
- fear*

*because you sense that
somehow
you set something in motion
that you might
repeat
again
and again
without being able to stop.*

The

- power*

and the

- energies*

*of creation
have
a self-perpetuating effect
that only*

- consciousness,*

with its knowing,

- will,*

and

- determination*

can alter.

| | |
|----|---|
| 35 | <p><i>As negative creations proceed, consciousness seems to become more and more fragmented – which is not really so, my friends.</i></p> <p><i>What happens is that you lose awareness of your connection with the world spirit [i.e., with the universal spirit], which is who you are.</i></p> |
| 36 | <p><i>I do not know to what extent these words can reach you.</i></p> <p><i>But if they can, they will prove of tremendous help for you as you</i></p> <ul style="list-style-type: none"><i>• meditate and</i><i>• think about them.</i> <p><i>They [i.e., These words] will help you not only to</i></p> <ul style="list-style-type: none"><i>• comprehend,</i> <p><i>but to</i></p> <ul style="list-style-type: none"><i>• find the right way to eliminate the destructiveness within you.</i> |

***It is
the power of
your mind
that creates the negative.***

***This force [i.e., this force or power of the mind]
is even
stronger
when it is used for
the positive
because
in the negative
there are
always
• conflicts,
• contrary
• longings and
• will directions
that weaken the force [i.e., that oppose and
weaken the force behind NEGATIVE
and destructive creating].***

***In the
• constructive,
• expanding
direction,
this [i.e., this CONSTANT presence of contrary conflicts and contrary
longings that oppose and weaken the force behind creating]
need not be so.***

***Once the switch is made [i.e., Once the switch in awareness about the difference
between NEGATIVE and POSITIVE creating is made],
something will
"click" in your mind.***

***Your consciousness
will flow into
a new direction
that comes
more
• easily and
• naturally,
without the torture inherent in
negative creation.***

37

*The more
consciousness
has separated itself from
the whole,*

the more
• *fragmented it becomes,*
the greater
• *the structure it creates.*

*But the wholeness
of consciousness
is
unstructured;*

*it [i.e., the wholeness of consciousness]
is
the state of
being
in all its blissfulness.*

*Once fragmentation
has occurred,*

• *lost consciousness*
gradually works toward a state of
• *self-consciousness.*

*This state [i.e., This state of self-consciousness]
needs
structure
to protect it from
the chaos of*
• *negativity and*
• *destruction.*

*When negativity
is*
• *met and*
• *eliminated,*
• *unstructured,*
• *blissful*
*consciousness
is attained again.*

38

*The ego,
with its confinement,
is the structure that
protects the entity
from its own
destructive creating.*

*It [i.e., The ego]
holds the destructive urges in check.*

*Only when
consciousness
expands in*

- bliss and*
- truth*

*can the structure [i.e., can the protective ego structure]
be removed.*

*So,
at one point in your evolution,
you were
chaotically
unstructured.*

As you

- grow and*
- evolve,*

*the structuring [i.e., the protective ego structuring]
walls off
the chaos,*

*so that
at least for a while
consciousness
can function
without being hindered by
the inner chaos.*

39

[While the protective ego structure walls off the inner chaos]

The thinking processes
available to your consciousness
can then become
the tools
to show the way out of
• negative creations
and [i.e., and out of]
• confining structuring.

Looking

beyond the structure [i.e., Looking beyond the protective ego structure]
and into the chaos,

• comprehending it [i.e., comprehending the inner chaos],
• realizing
the power
of the mental processes
you constantly use,

affords you the possibility
to reverse

the downward curve
that makes you
ceaselessly

seek ways
to deny

• life,
• love,
• pleasure,
• happiness;

to court

• decay,
• waste, and
• pain.

*The part of
your universal self
that has remained whole
knows
the pain is*

- *short and*
- *illusory,*

*but the part of
you
that is in chaos*

- *does not know this [i.e., does NOT know
that the pain is short and illusory]*

and [i.e., and the part of you that is in chaos]

- *suffers.*

40

Let us review.

*Conscious processes
can swing the pendulum
from*

- *destructive creating*

to

- *the original state of consciousness,
an*
 - *expanding*
 - *blissful*

creating.

*The confining structure
will dissolve,
and
the ultimate state of being,
unstructured*

- *consciousness and*
- *experience,*
- *energy and*
- *blissful being,*

will

- *reinstate themselves*

and

- *become your existence.*

This is where it is all going, my friends.

*Part of your attempts
must therefore
go in the direction of
bringing order
into*

- *the confusion of
the workings of your mind,*
- *its [i.e., the confusion brought on by your mind's]
self-involvement,*
- *its [i.e., the confusion brought on by your mind's]
blindness to itself and*
- *its [i.e., the confusion brought on by your mind's]
tendency to get lost to itself.*

*It is
not
the world
outside yourself
that confuses you;*

*it is
the world
within your own consciousness
that does so [i.e., that confuses you].*

41

*You can now begin to contemplate
how you can
deliberately
will
creative construction;*

*you can do it [i.e., you can WILL creative construction]
by consciously*

- *formulating,*
- *thinking, and*
- *willing*

a state of

- *happiness,*
- *aliveness,*
- *fulfillment,*
- *truth,*
- *love,*
- *growth,*

both in

- *general*

and in

- *particular detail.*

*The climate of this [i.e., The climate of this CREATIVE CONSTRUCTION process]
may first seem*

- *strange and*
- *unfamiliar.*

You need to

acclimatize yourself

to it [i.e., acclimatize yourself to this

CREATIVE CONSTRUCTION process].

Picture yourself

*in such states [i.e., in such states of happiness, aliveness, fulfillment, truth, love,
or growth both in general and in particular detail]*

and call upon

the universal power

within

to fortify

your conscious mind

with the

necessary creative energy.

*The
will to happiness
must become
so strong
that
the causes
for unhappiness
can be*

- seen and*
- eliminated,*

*and this, too, [i.e., and seeing and eliminating
the causes for unhappiness, too,]
must truly be
wanted.*

Then

- the creative power
will*
- grow;*
- the divine self
will*
- inspire you
and*
- show the way.*

*You will learn to
recognize it [i.e., to recognize the divine self]
and
receive it [i.e., and to receive the divine self]
in your conscious brain.*

42

This is a

- rough outline or*
- plan*

for this working season [i.e., for the 1969-70 working season].

*The progress that has been made
by my friends
will enable them
to make use of what I have said here.*

*I mean
actively
• make use,
not just
• reading this
as a beautiful theory,
but
• deeply knowing
its [i.e., deeply KNOWING this lecture's]
immediate value
and
• applying it [i.e., applying this lecture]
every day of your life.*

*On the day when you
see your
• destructive creating
and then
deliberately
• change it [i.e., deliberately change your DESTRUCTIVE creating
to CONSTRUCTIVE creating],
you will indeed
have done something
wonderful.*

*The will
• to be happy
and
• to unfold in life

is the foundation
of your
power to create.*

| | |
|----|--|
| | <p><i>The more concisely this [i.e., The more concisely this power to create positively and constructively] is formulated and the greater your willingness is to eliminate attitudes that hinder the result, the more effective your creation will become.</i></p> |
| 43 | <p><i>Be blessed.</i></p> <p><i>Receive the power that is streaming forth, and increase it [i.e., and increase this power that is streaming forth and that you receive] by your</i></p> <ul style="list-style-type: none"><i>• conscious,</i><i>• deliberate,</i><i>• willing</i><ul style="list-style-type: none"><i>• expressions and</i><i>• formulations.</i> <p><i>Express your willingness to</i></p> <ul style="list-style-type: none"><i>• grow,</i> <p><i>to be</i></p> <ul style="list-style-type: none"><i>• happy,</i> <p><i>to be</i></p> <ul style="list-style-type: none"><i>• constructive.</i> |

Do this [i.e., Express your *WILLINGNESS* to grow and be happy and constructive]

not by

willing

in a

- **tight,**
 - **insistent**
 - **constricted**
- way,**

but

in a

- **relaxed,**
 - **confident**
- way,**

contemplating that

all possibilities

exist as

potential realities,

realizable

the moment

you

- **know and**
- **will**

them

with

your undivided being.

The power [i.e., the power that is streaming forth]

is there,

it [i.e., the power that is streaming forth]

is in you.

All you have to do

is

- **tap it** [i.e., TAP the power that is streaming forth and that is IN YOU],
 - **use it** [i.e., USE the power that is streaming forth and that is IN YOU],
 - **build with your**
- conscious mind**
- the channels**

that can free it [i.e., build with your CONSCIOUS MIND the channels that can FREE the power that is streaming forth and that is IN YOU],

and

- **become very**
- **quiet and**
- **calm.**

- **Listen and**
- **tune in**

*on it [i.e., Listen and tune in on the power that is streaming forth
and that is IN YOU].*

*It [i.e., The power that is streaming forth and that is IN YOU]
is there*

forever and ever,

in its

- *majestic power,*

in its

- *wonderful wisdom,*

in its

- *ultimate knowledge
that there is nothing but
bliss,
already now,
within you.*

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