

Pathwork Lecture 208: The Innate Human Capacity to Create

1996 Edition, Original Given February 9, 1973

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

¶	Content
03	<ul style="list-style-type: none">• Greetings and• blessings <p style="text-align: center;">for every one of you here.</p> <p>Welcome to</p> <ul style="list-style-type: none">• new and• old friends <p style="text-align: center;">searching for their inner path.</p>
04	<p style="text-align: center;">I will speak tonight about the human capacity to create, an astoundingly underestimated potentiality.</p>

by Eva Broch Pierrakos

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*Your creative ability
is infinitely greater than*

- *you*
- and your*
- *scientists,*
 - *psychologists or*
 - *philosophers*
- realize.*

*With the exception of
a very few enlightened ones,
most people
do not know of their
dormant capacity
to*

- *create*
- and*
- *recreate*
- their lives.*

*Some
may believe in it [i.e., Some may believe in their capacity to create
and recreate their lives]
in theory,
but few
have truly
experienced it [i.e., but only FEW have truly EXPERIENCED their
capacity to create and recreate their lives].*

05

When you adopt

- *a human body and*
- *the ego state*

*in this three-dimensional world [i.e., in this world of the three dimensions
of TIME, DISTANCE, and MOVEMENT],*

*you automatically
close off the
memory of
other states of consciousness.*

*These forgotten states [i.e., These forgotten states of consciousness]
are*

- much*
- less confined,*
- much*
- freer,*
- much*
- more aware.*

*In them [i.e., In these forgotten states of consciousness before your incarnation]
you were*

*completely capable
of molding your life,
to a degree that
the human consciousness
cannot possibly comprehend.*

06

The power of

- thoughts,*
- feelings and*
- attitudes*

is enormous.

*This power
exists just as much*

- now,*
- in your present state [i.e., in your present human state],*

*but
you do not see it.*

*You do
not
know
that
you
have molded what you experience in this moment
in such a
precise way
that there can be
no mistake concerning it [i.e., concerning
the FACT that YOU have molded what you
EXPERIENCE in this moment].*

*As I have often said,
the sum total of
all your*

- *conscious,*
- *semi-conscious,*
- *unconscious,*
- *explicit and*
- *implicit*
 - *thoughts,*
 - *beliefs,*
 - *assumptions,*
 - *intentions,*
 - *feelings,*
 - *emotions and*
 - *will directions –*
conflicting as they may be –
creates

• *your present experience*

and

• *the way your life unfolds for you.*

Your

- *present life*

expresses
your

- *inner state*
exactly,
like a
faultless mathematical equation.

Thus
you can use

- *your life*

as a

- *map into*
your inner regions.

*This [i.e., This fact that you can use your LIFE
as a MAP into your INNER REGIONS]*

*is, after all,
part of the method of the pathwork.*

07

*Many of you have
verified
that*

- *hidden,*
- *feared,*
- *guilt-producing and*
- *denied*

- *thoughts and*
- *feelings*

*are more powerful
in their*

negative creation

than

*anything you deal with
on the conscious level.*

- *Fear and*
- *guilt*
are

potent creative agents.

*They [i.e., Fear and guilt]
contain*

a great deal of energy.

*On the
positive level,*

- *enthusiasm,*
- *joy,*
- *vitality,*
- *interestedness,*
- *stimulation*

are also

potent energy agents.

08

*A path such as this [i.e., such as this pathwork]
must therefore
be intensely concerned with
exploring
what you*

- believe,*
- feel,*
- assume and*
- intend*

*on layers of your personality
that are
not
immediately
accessible.*

*Your
unconscious
motives
often create
what you do
not
wish to experience at all
because
you do not know*

- what you bargain for*

and

- what side-effects
are attached to your*
 - unwise
wishes,*
 - false
assumptions and*
 - negative
intents.*

	<p><i>Also, you</i></p> <ul style="list-style-type: none">• <i>ignore</i> <i>the potency</i> <i>of such psychic material [i.e., the potency of your unwise wishes, false assumptions, and negative intents]</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>do not see</i> <i>how infallibly</i> <i>it [i.e., how infallibly such psychic material – your unwise wishes, false assumptions, and negative intents]</i> <p><i>translates itself</i> <i>into the creation</i> <i>of</i></p> <ul style="list-style-type: none">• <i>matter,</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>events and</i>• <i>circumstances, and</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>life experiences.</i>
09	<p><i>When humans</i> <i>adopt</i> <i>the limited</i> <i>ego state,</i> <i>they do so</i> <i>for very specific purposes.</i></p> <p><i>You</i></p> <ul style="list-style-type: none">• <i>manifest and</i>• <i>express</i> <i>yourself</i> <i>in this limited state</i> <i>for the purpose of</i> <ul style="list-style-type: none">• <i>purification and</i>• <i>unification.</i>

*It would
not
be possible
to do such work [i.e., to do the work of purification and unification]
as
• quickly and
as
• effectively
if you were
in full possession of
your
• entire consciousness and
your
• faculties,
my friends.*

*For your
• ego
personality,
as it expresses itself now,
is but an
• isolated aspect,
or
• several isolated aspects,
of your
• total
personality.*

*A much
• larger,
• fuller and
• more purified
part of your
• total personality, or
• real self,
does
not
manifest overtly.*

*As I have often mentioned,
personality
consists of
aspects
of consciousness.*

**The manifestation of
certain aspects** [*i.e., The manifestation of certain aspects of consciousness,
including certain UNPURIFIED aspects of consciousness*]
in an isolated form –
[*i.e., in an isolated form*] **which consists of**
• **the three-dimensional reality** [*i.e. the reality of
TIME, DISTANCE, AND MOVEMENT*]
and
• **the ego –**
**affords possibilities of
a focused awareness
that is
lacking
when
these unpurified aspects** [*i.e., when these
unpurified aspects of consciousness*]
**are submerged in
the largely
purified
personality.**

**Your purified spirit
can easily overlook**
• **small**
• **but significant
distortions**
that nevertheless [*i.e., that, even though they are submerged in
the largely purified personality, nevertheless*]
**act as hindrances
to further developments
surpassing the scope of
human consciousness.**

Such developments [*i.e., Such further developments surpassing and beyond
the limits and scope of HUMAN consciousness*]
**proceed
in spheres of reality
that you** [*i.e., that you, in your current limited human consciousness,*]
cannot comprehend now.

10

***It is, however,
possible [i.e., It is, however, even in a limited state of human
consciousness, possible]***

to

- ***activate the capacities of the larger self,***

to

- ***focus on it [i.e., to focus on the larger self]***

and

- ***be receptive to
its [i.e., be receptive to the larger self's]
ever-present
inner voice.***

***Similarly,
it is possible [i.e., Similarly, it is possible, even in a limited state of
human consciousness,]***

to

- ***focus on and***
- ***be receptive to
negative aspects of your personality***

that

- ***lie
deeply buried***

and

that

- ***need to be
purified
on your evolutionary road.***

***This path [i.e., Pathwork]
teaches you to
• contact all these hidden layers
and
• deal with them appropriately.***

***In other words,
some parts of you are
more developed
and
others [i.e., other parts of you are]
less [i.e., less developed].***

*The latter [i.e., Those aspects of you that are LESS developed]
are*

- *not manifest,*

*but they [i.e., but those aspects of you that are LESS developed]
are*

- *still
you.*

The

- *manifest,*
- *more developed
part*

has the means to

- *explore,*
- *bring out and*
- *unify itself with*

*the other parts [i.e., explore, bring out, and unify itself with
those parts of you that are less
manifest and less developed,]*

which you cannot yet see.

11

*When you undertake this exploration [i.e., this exploration of those parts of you
that are less manifest and less developed]*

*as your
main task in life,*

- *all restlessness
disappears*

and

- *a deep sense of
• meaning and
• fulfillment*

comes into your soul.

Slowly but surely

- *life's frustrations
begin to disappear and*
- *rich fulfillment
begins to take their place.*

	<p><i>For only when you focus your attention on the reason for coming into this plane in the first place [i.e., this reason being: the exploration, development, and unification of those parts of you that are less manifest and less developed] can you find your place in life.</i></p>
12	<p><i>Conversely, there are the many who arbitrarily make a split between what they call</i></p> <ul style="list-style-type: none"><i>• "living"</i> <p><i>and their</i></p> <ul style="list-style-type: none"><i>• spiritual development.</i> <p><i>They do not want to give too much to the latter [i.e., to their spiritual development] because they foolishly fear that this shortchanges the former [i.e., shortchanges "living"].</i></p> <p><i>The more they concentrate on</i></p> <ul style="list-style-type: none"><i>• outer material living without bringing it into a</i> <ul style="list-style-type: none"><i>• cohesive,</i><i>• meaningful connection with</i><i>• wider and</i><i>• deeper considerations,</i> <p><i>the more</i></p> <ul style="list-style-type: none"><i>• restless and</i><i>• depressed they become.</i>

13	<p><i>Whatever divine</i></p> <ul style="list-style-type: none">• <i>laws and</i>• <i>attributes</i> <p><i>exist in the universe, the moment they [i.e., the moment these divine laws and attributes] express themselves</i></p> <ul style="list-style-type: none">• <i>in the isolated ego state,</i>• <i>disconnected from deeper inner reality,</i> <p><i>they [i.e., these divine laws and attributes] become</i></p> <ul style="list-style-type: none">• <i>distorted and</i>• <i>destructive.</i> <p><i>Let me give you an example.</i></p>
14	<p><i>A small child believes that it is omnipotent.</i></p> <p><i>Psychology designates</i></p> <p><i>this very obvious expression of the infant's claim to omnipotence as</i></p> <ul style="list-style-type: none">• <i>immaturity and</i>• <i>destructive egocentricity.</i> <p><i>It is that, but it is also much more.</i></p>

The feeling of omnipotence is a memory of

- *another state,*
- *a state of consciousness in which, indeed,*
 - *thoughts become*
 - *things and*
 - *events*

the moment they [i.e., the moment the thoughts] are formed.

• *Time*
and
• *distance*
are part of the

- *three-dimensional*
- *illusory*

state of consciousness,
so they [i.e., so time and distance]
do not exist
in a realm of
much more expanded consciousness.

The consciousness of the infant is still partially tuned in on the state of its total personality.

However, as the memory is translated into the

- *confined and*
- *limited*

ego state,
it [i.e., its total personality] comes out jumbled.

15

*Since the ego state
is a
concentration of
the less purified state –
in combination with
already purified aspects
which come to the aid of the personality
in the task of this life –
the power to create
takes on a*

- distorted,*
- undesirable
form.*

*The ego
always
lives in the illusion
that*

- it is not only
separate from others,*

*but
that*

- others
are essentially antagonistic
to its well-being.*

*Everything
the ego does
is always
either*

- against*

or

- in competition or
• in comparison
with
others.*

*This [i.e., This fact that everything the ego does is always either against, in
competition with, or in comparison with others]
is what creates
its [i.e., is what creates the ego's]
• destructiveness and
• egocentricity.*

*The ego
makes
power
a dangerous weapon,
as you all well know.*

*You experience power
as something you*

- *fear*
in others and
- *feel guilty about*
in yourself.

*Power is thus
always
exclusive of*

- *love and*
- *joy,*
for it [i.e., for power]
is an intensely separating expression.

16

*But when you
conciliate [i.e., reconcile and make compatible]*

- *your ego*
split with
- *the real, total self*
and thus discover
the unitive principle,

you discover that

- *your interest*

is never in opposition to

- *the interests of others,*
although
on a superficial level
it may first appear that way.

You also discover that

- *power*

and

- *love*

need not be opposites.

*[When you discover that your interest is never in opposition to the interests
of others and that power and love need not be opposites]*

**You can then
begin to use
your innate power
to**

- create and**
- recreate**

your life.

**You may now understand better
why
knowledge
of your power to create
is dangerous
as long as**

- you have
not
purified
the distorted aspect
that has found expression
in this**
- body**

**and
in this**

- life,**

**and
as long as**

- you have
not
discovered
the**
- eternal**
- inner**

**realities,
which are much more real
than what you consider**

- outer
reality.**

17

*The infant's
frustration
when its
• thoughts and
• wishes
do not
instantly
become fact
is obvious.*

*The
immediacy of
• cause
and
• effect –
• cause
being the
• thought or
• wish,
• effect
being the
• experience –
is a
constant "given"
in the state of consciousness
that goes beyond
the ego.*

*One of the tasks of
most humans
as isolated ego aspects
is to learn
• trustful patience,
• flowing with the stream,
• unwillful receptivity.*

18

*Memory of
the power to create
must be
temporarily
cut off
so that you can
learn
what you came here to learn.*

*Through the very learning of this lesson [i.e., Through learning these lessons:
1) YOUR interest is never in opposition to the interests of OTHERS,
2) power and love need not be opposites and
3) trustful patience, flowing with the stream, and unwillful receptivity]
the deeper connections
establish themselves
again
spontaneously.*

*However,
it does not
seem
to be
rediscovered memory.*

*Instead,
connecting
• thoughts,
• wishes,
• intents,
• feelings and
• attitudes
with
• experience

seems
to be
a new discovery
that establishes
awareness of
the power to create.*

*Then [i.e., Then, when awareness of the power to create is “discovered,”]
there is no longer
the danger of
using power
against others.*

	<p><i>The illusion that</i></p> <ul style="list-style-type: none">• <i>self-interest</i> <p><i>must be against</i></p> <ul style="list-style-type: none">• <i>the interest of others is pierced.</i>
19	<p><i>I hardly need to mention that not only</i></p> <ul style="list-style-type: none">• <i>actual infants make</i>• <i>egocentric and</i>• <i>antagonistic claims to omnipotence.</i> <p>• <i>Undeveloped,</i> • <i>immature and</i> • <i>destructive</i> <i>people do too [i.e. Undeveloped, immature, and destructive people also make egocentric and antagonistic claims to omnipotence],</i></p> <p><i>and they often act them out.</i></p> <p><i>Evil does not exist as a reality in itself.</i></p> <p><i>Evil is always a distortion of divine truth.</i></p> <p><i>Every</i></p> <ul style="list-style-type: none">• <i>destructive,</i>• <i>negative attitude</i> <p><i>can easily be explored to find its root manifestation [i.e., to find the destructive, negative attitude's original divine undistorted root manifestation].</i></p>

*It can then be seen that
only*

in its [i.e., only in the attitude's or trait's]

- *ego manifestation,*

in its [i.e., in the attitude's or trait's]

- *separateness,*

is such an attitude [i.e., is such an attitude or trait]

- *destructive or*
- *evil.*

*The very same basic trait
has an*

entirely different

- *effect and*
- *meaning*

if it manifests

in the depths of

- *unified consciousness –*

in the

- *larger,*
- *wider*

reality

of the inner planes.

*This is why the [i.e., Because it would use it's full creative power
to create destructiveness and evil is why the]*

- *isolated,*
 - *incarnated*
- aspect*

*of the total personality,
manifesting in*

- *a body and*
- *an ego,*

must

temporarily

forget

- *its full capacity and*
- *its experience*

in a state

*that can only be
wholesome*

when

*the whole self
is involved.*

20	<p><i>Wherever there are</i></p> <ul style="list-style-type: none">• <i>misconceptions,</i>• <i>ignorance,</i>• <i>false ideas, and</i>• <i>withheld emotional matter –</i><ul style="list-style-type: none">• <i>spite,</i>• <i>stubbornness,</i>• <i>rigidity,</i>• <i>inertia –</i> <p><i>stagnant energy</i> <i>exists</i> <i>that must</i> <i>create</i></p> <ul style="list-style-type: none">• <i>disturbance and</i>• <i>negative experiences.</i> <p><i>It [i.e., This stagnant energy]</i> <i>is</i> <i>very potent energy.</i></p> <p><i>Only when you</i> <i>release it [i.e., Only when you release this potent stagnant energy]</i></p> <ul style="list-style-type: none">• <i>directly and</i>• <i>honestly</i> <p><i>can you</i> <i>transform</i> <i>this energy.</i></p>
21	<p><i>You, my friends,</i> <i>who follow this path</i> <i>have often</i> <i>experienced</i> <i>the tremendous energy</i> <i>that permeates you</i></p> <p><i>when you</i> <i>release</i> <i>the stagnant matter</i> <i>of</i> <i>pent-up negative feelings.</i></p>

When you

- *physically,*
- *emotionally and*
- *conceptually*

express

- *rage,*
- *hate and*
- *fury,*

you make

new connections

about yourself

that give you a

new understanding of

- *your role in life and*
- *why you are*

where you are.

This very released energy

is also

highly potent creative stuff.

22

The time has come

when you can

convert

- *negative*
- *energy and*
- *consciousness*

into

- *positive*
- *manifestation.*

To some extent

you have actually begun to do so,

but

you are not yet

sufficiently aware of

the power

of the energy

as it is released.

If,
at the moment
the negative energy
• is leaving your system and
• begins to flow,
you can
• reconvert it and
• direct it
into a
positive channel,
you can indeed
bring
new creation
into your life.

This practice [i.e., This practice of reconverting and directing negative energy into a positive channel the moment the negative energy is leaving your system and is beginning to flow] will make you understand how much creative power you have.

23

These words
will not be enough
to convey
the truth
to you
in a real way
unless
you have overcome
certain attitudes of
separateness.

Otherwise [i.e., Otherwise, if you have NOT overcome certain attitudes of separateness], this knowledge [i.e., this knowledge about how much creative power you have] would be dangerous for
• you
and
for
• others.

But
totally
committing to
the path
into your own
inner regions
with all its
apparent
hardship
of
• self-revelation and
• self-confrontation

will make you
increasingly aware of
the spiritual reality
of
your own state of
eternal being
that cannot die.

*[In totally committing to the path into your own inner regions
with all its apparent hardship of self-revelation and self-confrontation,]*

You will also become aware of
the power of
your
• thoughts,
your
• intent,
your
• feelings.

You will learn to
be careful
what thoughts you think
without
either
• repressing
or
• suppressing
• undesirable and
• destructive thoughts.

**This [i.e., Repressing or suppressing undesirable and destructive thoughts]
does not help.**

You will learn

to

- ***deal with such material [i.e., to deal with such undesirable and destructive thoughts],***

to

- ***challenge its accuracy [i.e., to challenge the accuracy of such undesirable and destructive thoughts]***

and

- ***be open for other alternatives.***

Learn to understand

- ***what it is in you that makes you want***

to think that way [i.e., that makes you WANT to think undesirable and destructive thoughts]

and

- ***what price you pay [i.e., what price you pay for thinking such undesirable and destructive thoughts].***

Begin to see creation

as the relationship between the

- ***causes***

and

- ***effects***

that you have always seen as unrelated.

24

As this growing process proceeds, re-creation takes place.

*It [i.e., This recreation that takes place as the growing process proceeds]
is
not
a reward for
good behavior.*

*It [i.e., This recreation that takes place as the growing process proceeds]
is a simple act,
instituted by
the self
• that is
now
in a much increased state of awareness,
• that
now knows
• what it is doing and
• why.*

25

*Many of my friends on the path
have begun to
experience
this process [i.e., to EXPERIENCE this growing process
of creating and recreating]
as an
ever-increasing
living reality
that can be
absolutely trusted.*

*It [i.e., This growing process of creating and recreating]
is unfailing
in its lawful process.*

*But
• recreating or
• creating
must
never be
a willful act.*

*It [i.e., This growing process of creating and recreating]
must
never be
used
while
bypassing
anything
within your psyche.*

There are

- *metaphysical and*
- *spiritual*

*orientations
which know of this
creative thought power,
but overlook
the danger
of skipping steps
within the psyche.*

*They [i.e., People who have metaphysical and spiritual orientations and who know
of this creative thought power, but who overlook
the danger of skipping steps within the psyche]
become
hypnotized, as it were,
by a truth
they have discovered –
the truth of
self-creation.*

*And they [i.e., And such people who have metaphysical and spiritual orientations
and who know of this creative thought power, but who
overlook the danger of skipping steps within the psyche]
can*

- *create and*
- *recreate*

*wherever
the psyche
is relatively free from
obstruction.*

*But where
the psyche
is stuck,
self-creation
is blocked.*

***Stagnant energy [i.e., Stagnant energy that blocks the self-creation process]
becomes
even more potent,
creating a
conflict
that tears the soul apart.***

***The soul
does not
develop
harmoniously
when the personality
• works on
that which is already free
and
• neglects
that which needs attention.***

***In that state [i.e., In that state where the personality works on that which
is already free and neglects that which needs attention]
the use of power –
even if it is
not
overtly
expressed against anyone –
becomes so dangerous
that it may sooner or later
lead to a
personal crisis.***

***Such crises would be avoided
if the personality
would focus on
the
undeveloped
part.***

26

*This [i.e., Because it focuses on undeveloped parts of the personality]
is the reason why
this specific path [i.e., pathwork]
requires
a lot more
• courage and
• honesty
than
most other orientations in practice today.*

*But it [i.e., But pathwork]
is a
• safe and
• truly unifying
path
that leaves
nothing
limping behind.*

*It [i.e., Pathwork]
creates
real harmony of the soul,
precisely because
• the process is
slow
and
• there are no
• quick,
• magic
results.*

*For a long time,
the focus
must be on
the dark areas.*

*That [i.e., Focusing on the dark areas]
is for
your own protection, my friends,
because in this way
you avoid
a splitting off process
that would
defeat
the task for which you have come into this life.*

*You have come [i.e., You have come into this human life]
to fulfill your task
by concentrating on
those very aspects
you feel
least inclined to deal with.*

*That [i.e., To concentrate on dealing with those very aspects
you feel least inclined to deal with]
is the very reason
you squeezed yourself
into this*

- *narrow,*
- *uncomfortable,*
- *confining and often*
- *painful*

*state
in which you
temporarily
dwell.*

*Only
aspects of you are here, to be sure,
but that which
identifies with
these narrow aspects
must
suffer
when
the total reason for being in the human ego state
is not yet conscious.*

27

You need to know

- *why you came*

and

- *what it is you have to do here.*

*What is
the weakness
you have to bring out?*

*What is
the ugliness
you do not want to see?*

*These [i.e., The WEAKNESS you have not yet brought out and
the UGLINESS you do not want to see]
are the
obstructions
that keep you from creating freely.*

*Even now,
you could*

- create*

*infinitely more than you do,
and*

- do it [i.e., and do such creating]*
- consciously,*
- wisely,*
- beautifully and*
- satisfyingly,*

*although
not to the same degree
as when you are
free from
the ego-body state.*

*That is,
you do
constantly
create,
whether you know it or not.*

*The trouble is
that you do not know
what creations you produce
unwittingly.*

*You create
with every*

- breath you take,*

with every

- thought you think,*

with every

- attitude you display.*

*These [i.e., Breathing breaths, thinking thoughts, and displaying attitudes]
are
powerful agents, my friends,
and
you need to
know*

- what you are doing*

and

- how you create.*

*Your
disconnection from*

- the creative seeds
you plant*

and

- their results
causes
unnecessary*

- pain and*
- frustration.*

*Often you see
the result
only much later,
without
the slightest awareness of
what
in you
has produced it.*

*The awareness [i.e., the awareness of what in you produced a particular result]
can be recaptured
if you so desire.*

28	<p><i>Focusing constructively – which is very different from doing it [i.e., different from focusing] in a maudlin way [i.e., in a sloppy or silly way] – on the undeveloped aspects in you means that you fulfill the task for which you came into this particular world.</i></p> <p><i>It [i.e., Focusing constructively on the undeveloped aspects in you] means that you unify yourself so that you can</i></p> <ul style="list-style-type: none"><i>• actualize your potent creative power</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• use it [i.e., and use your potent creative power]</i><i>• consciously and</i><i>• deliberately in your life now.</i>
29	<p><i>The</i></p> <ul style="list-style-type: none"><i>• creative process</i> <p><i>and the</i></p> <ul style="list-style-type: none"><i>• specific techniques to learn are given to you slowly.</i> <p><i>I have shown you some techniques of meditation.</i></p> <p><i>When you</i></p> <ul style="list-style-type: none"><i>• meditate,</i> <p><i>you</i></p> <ul style="list-style-type: none"><i>• create.</i>

In this

- ***concentrated,***
 - ***relaxed***
[meditative] state,
 - ***energy***
 - and***
 - ***consciousness***
- focus in such a way***
that
powerful creative seeds
are released.

But

- ***meditative and***
- ***other creating techniques***
must be a
secondary
preoccupation
for the reasons just mentioned [i.e. because of your
DISCONNECTION BOTH from the creative seeds you plant
in meditative and other creating techniques AND from their
results, thereby causing unnecessary pain and frustration].

However,

- when a certain foundation of***
inner
 - ***self-purification and***
 - ***self-awareness******exists,***
these techniques [i.e., these meditative and other
creating techniques]
can be expanded.

It will then be safe [i.e., safe to use these meditative and other creating techniques],
from the point of view
of this spiritual path.

Your being

- will then***
truly be grounded
in
 - ***reality and******in***
 - ***a unifying process,***
so that you will not ignore any aspect
you have come to fulfill.

30	<p><i>The organic process of</i></p> <ul style="list-style-type: none">• <i>learning creative meditation,</i>• <i>recreating life experience,</i> <p><i>will come as an</i></p> <ul style="list-style-type: none">• <i>intuitive,</i>• <i>spontaneous expansion of your consciousness.</i> <p><i>Just as you will intuitively understand cosmic reality from</i></p> <ul style="list-style-type: none">• <i>experience</i> <p><i>rather than</i></p> <ul style="list-style-type: none">• <i>theory,</i> <p><i>so will you [i.e., so will you INTUITIVELY, from EXPERIENCE rather than theory,] learn to avail yourself of your innate</i></p> <ul style="list-style-type: none">• <i>powers and</i>• <i>resources.</i>
31	<p><i>There is an inner mechanism that is extremely important for you to understand that I would like to elucidate for a minute.</i></p> <p><i>My friends, working on this path you must have experienced quite frequently that your helper may suggest</i></p> <ul style="list-style-type: none">• <i>a specific meditation and</i>• <i>commitment in meditation to a positive self-expression that you deeply desire because you miss it.</i>

Yet
as you pursue that self-expression,
you experience
an inexplicable resistance
to follow through.

- *Something in you*
seems to stop you

or

- *you forget to do it on your own.*

It simply does not occur to you.

Perhaps
your thoughts
have
no

- *energy,*
- *conviction or*
- *clarity.*

They [i.e., Your thoughts]
are diffuse
and you feel that they have
little effect.

At times
you may even
consciously
experience an outright
resistance
to meditate for
the very thing you most desire.

What is this block?

32

*Let us suppose
you are
• lonely.*

*Let us suppose
you long for a
• full and
• fruitful
partnership –
an abundance
of
• joy,
of
• exchange,
of
• sharing,
of
• mutuality
on every level.*

*You
do have
the birthright
to experience
• this and
• other fulfillments,*

*for the universe's abundance
is there for everyone.*

No one is excluded.

*Nevertheless,
it may hardly even occur to you
to actively sow the seed
in meditation –
which means creating it [i.e., creating and sowing the seed
for the experience you long for in your meditation] –
by a*

- clear,*
- definite*

*thought in that direction [i.e., thought in the direction of
the experience you long for],*

by a

- commitment*

to

- wanting it,*

to

- experiencing it,*

to

- realizing and*
- bringing*

*this experience
into actuality.*

*You may be
perfectly aware of
the principle of
such meditative practice,
nevertheless
you desist from employing it.*

*What is even more significant is that
when, upon suggestion,
you do formulate
the creative thought pattern,
you find a*

- strange and*
- inexplicable*

reluctance in you.

*It is as though
a wall in you
prevented you from the*

- clear,*
- concise*
- commitment*

*to what you
most ardently yearn for.*

33

*Have you ever thought about
the meaning of
this resistance?*

*You want something
desperately.*

*You intrinsically believe
it [i.e., believe that what you desperately want]
could exist for you.*

*Your mind
accepts
the principles of creation.*

	<p><i>Yet you will find your mind strangely paralyzed when it comes to</i></p> <ul style="list-style-type: none"><i>• truly letting go of your thoughts [i.e., to letting go of your distracting thoughts in meditation],</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• sending your thoughts into the fertile soil of</i><ul style="list-style-type: none"><i>• the creative substance,</i><i>or what I call</i><ul style="list-style-type: none"><i>• the soul substance,</i><i>where</i><ul style="list-style-type: none"><i>any seed</i><ul style="list-style-type: none"><i>will grow to fruition.</i>
34	<p><i>The reason for this reluctance is very simple.</i></p> <p><i>It is the same</i></p> <ul style="list-style-type: none"><i>• self-protective,</i><i>• finely calibrated mechanism that knows that something in you is not yet ready for this experience.</i> <p><i>You yourself have put obstructions in the way.</i></p> <p><i>Perhaps there is an unwillingness to</i></p> <ul style="list-style-type: none"><i>• give and</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• accept reality on your level.</i>

***Perhaps there is a
concealed
negative attitude
toward the other sex
you are
not prepared to resolve.***

***Whatever
the obstruction is,***

- confront***
*it [i.e., confront the negative INNER hidden attitude or obstruction
making you unready for this EXPERIENCE for which
you desperately long],*
- explore***
*it [i.e., explore the negative INNER hidden attitude or obstruction
making you unready for this EXPERIENCE for which
you desperately long],*
- understand and***
- dissolve***
*it [i.e., understand and dissolve the negative INNER hidden attitude or
obstruction making you unready for this
EXPERIENCE for which you desperately long].*

If

- you do not*** *[i.e., If you do not understand and dissolve the negative INNER
hidden attitude or obstruction making you unready for this
EXPERIENCE for which you desperately long],*

and

- you still create***
with a strongly focused
 - mind and***
 - will,***

***the superimposed
outer
will
must have its effects accordingly.***

***A "willpower construction" [i.e., An OUTER "willpower construction"
conflicts with the
inner***

- denial*** *[i.e., INNER denial of what you desperately long for]*

and

- obstruction*** *[i.e., INNER obstruction to what you desperately long for].*

The inability to
• *meditate and*
• *create*
is
• *meaningful and*
• *should be heeded,*
for it [i.e., for the inability to meditate and create]
will reveal
the nature of the obstruction
so that
you can eliminate it.

Otherwise
you create
willfully
on an
ego
level,
which cannot satisfy
your
• *heart and*
• *soul.*

35

The ego mind
has the power
to create.

It does so continually [i.e., The ego mind creates continually].

But if it [i.e., But if the ego mind]
creates
separately from
the inner being,
the results
must be disappointing.

• *Willpower,*
• *the outer will,*
can indeed
be effective
up to a certain degree.

It [i.e., The OUTER will]
creates

- matter,***
- sub-matter and***
- experience,***

but
not to your blessing.

It [i.e., The OUTER will]
creates
with a willfulness
that lacks

- wisdom,***
- understanding,***
- vision and***
- depth.***

It [i.e., The OUTER will]
lacks
inner

- connectedness and***
- wholeness,***

so that
what it [i.e., so that what the OUTER will]
constructs
is often
more painful than desirable.

In the example we have chosen [i.e., In this example where you are lonely and long for a full and fruitful partnership where there is an abundance of joy, exchange, sharing, and mutuality on every level]
this [i.e., this creating that the OUTER will does]
would manifest
in creating a partnership
in which those areas
in the self
that have been neglected
would

- color and***
- affect***

the relationship,
poisoning it
as if from underground.

36

*When you find your
inner voice
resisting
the creative thought process,
this should be a sign
that there are
steps to take
in self-exploration.*

*You must
shift the focus of creation
to
exploring the meaning of
your reluctance to create
what you long for.*

*Find out
what stands in the way.*

*Instead of [i.e., Instead of focusing on creating]
• the desired experience,
you must create the
• awareness and
• comprehension
of your obstruction to it [i.e., your obstruction to the desired experience].*

*This will then
eventually
dissolve
the reluctance,
so that you find yourself
wholly free
to plant
new
creative thought material
into the rich soil
of your soul substance.*

37

*You cannot
create anything
that does not already exist
in the universe, my friends.*

*Everything
exists
within you
already.*

All the
• *answers,*
all the
• *knowledge,*
all the
• *power*
to
• *create,*
to
• *feel,*
to
• *enjoy,*
to
• *experience –*
all worlds
exist
within.

For the
• *true universe*
is inside,
while the
• *exterior world*
is but a reflection [i.e., is but a reflection of the TRUE universe inside]
like a mirror image.

Everything
you ever need to know
about
• *yourself and*
• *your life*
exists
within.

*You can
actualize
this knowledge [i.e., this knowledge that exists within, this knowledge
of everything you ever need to know about yourself and your life]
if you learn
to*

- focus,*

to

- want it [i.e., if you learn to WANT this knowledge that exists within],*

to

- aim for it [i.e., if you learn to AIM FOR this knowledge that exists within],*

to

- commit to it [i.e., if you learn to COMMIT TO this knowledge
that exists within],*

to

- create it [i.e., if you learn to CREATE this knowledge that exists within].*

*Some of the answers exist
on more
superficial levels,
in the so-called*

- subconscious.*

Some are on

- much deeper levels.*

*All
is accessible
if
you undertake the exploration.*

38

Therefore

- creation and*
- recreation*

*are primarily
a focusing.*

*If you create
from the*
• *ego level,*
it will be a
• *tense,*
• *anxiety-producing*
focusing.

*If you want to create
from your*
• *inner being,*
it must be a
• *relaxed*
focusing.

*It [i.e., Creating by focusing from your INNER being]
will be*
relaxed
precisely because
you do not skip any steps.

*[In creating by focusing from your inner being]
You listen into*
your
inner self,
and if you
detect obstructions,
you will
• *heed*
and then
• *deal with them.*

Thus
you create
the condition in you
to comprehend
your obstructions.

39

*This [i.e., Creating the condition in you to comprehend your obstructions]
is one aspect of the*
• *creating and*
• *re-creating*
process.

*It [i.e., Creating the condition in you to comprehend your obstructions]
is a very important aspect
that can be used
not only by those who are*
• *already on the path*
but even by those who are
• *just entering such a path.*

*All of you
can*
• *listen into yourself and*
• *ask*
your innermost being
• *where to go,*
• *in which direction to focus.*

*But
learning
how to listen*
• *is an art in itself*
and often
• *comes only later on the path.*

*It [i.e., Listening into yourself]
requires some degree of
self-knowledge.*

*This [i.e., This self-knowledge]
is*
*not easy to summon up for the novice,
but it is possible,
at least temporarily,*
to
• *lay aside self-will*
and
• *open up*
to whatever
the inner voice sends forth.

***It [i.e., This self-knowledge needed in order to listen clearly into yourself]
requires, for example,
awareness
of your***
• ***wishful thinking,***
of your
• ***stake in wanting a certain answer and not another,***
of your
• ***fear of getting a different answer [i.e., an answer different from
the one you hoped for].***

All these
• ***attitudes and***
• ***feelings***
***[i.e., All these attitudes and feelings of wishful thinking, your stake
in wanting a certain answer, and your fear of getting an answer
other than the one you had hoped for]***
may be
• ***subtle and***
• ***well concealed or***
• ***rationalized,***
***so that some degree of
self-discernment
is necessary
for the voice to be truly free.***

You will
***trust the voice
only to the degree
you have freed yourself.***

Each time you
• ***consciously and***
• ***deliberately***
***lay aside your self-will,
you will become***
• ***stronger and***
• ***freer.***

	<p>State</p> <ul style="list-style-type: none">• <i>how your self-will manifests,</i>• <i>what you</i><ul style="list-style-type: none">• <i>want and</i>• <i>don't want to hear.</i> <p>Then <i>express</i> <i>your trust</i> <i>in the divine voice.</i></p> <p>Then <i>your faith</i> <i>will stand on a</i><ul style="list-style-type: none">• <i>firm,</i>• <i>realistic</i><i>foundation.</i></p>
40	<p>To the degree <i>you are aware of</i> <i>wanting</i><ul style="list-style-type: none">• <i>one answer</i><i>and not</i><ul style="list-style-type: none">• <i>another,</i><i>you will avoid</i><ul style="list-style-type: none">• <i>confusion and</i>• <i>diffusion.</i><p>Otherwise [<i>i.e., If you are NOT aware of wanting one answer and not another</i>] <i>you delude yourself</i> <i>into believing you receive</i><ul style="list-style-type: none">• <i>divinely inspired answers</i><i>which are nothing more than</i><ul style="list-style-type: none">• <i>your ego's wishful thinking.</i></p></p>

*Only when you have
attained a state
in which you can be very clearly aware
of*

- the personal stake of the ego*

and of

- wanting a certain thing*
 - in one way*
- and*
 - not in another*

*can your own
inner answers
begin to be reliable.*

41

*But if you are
already aware of your*

- stake and*
- inclination to*
 - distort*

rather than

- be impartial to*
 - the answer you wish to get,*

*in that awareness itself
you create a
new channel of truth
into
your inner reality.*

*You may then perceive a
deep,
deep
inner voice
that speaks truth.*

	<p><i>Then [i.e., When you are able to perceive a deep, deep inner voice that speaks truth] the focusing will be</i></p> <ul style="list-style-type: none"><i>• meaningful,</i><i>• relaxed, and yet</i><i>• concise enough to create</i><ul style="list-style-type: none"><i>• new</i><i>• thought forms</i> <p><i>and therefore</i></p> <ul style="list-style-type: none"><i>• new,</i><i>• desirable</i><i>• experiences.</i>
42	<p><i>A second important aspect about re-creation is the time element that you, on the ego level, have to deal with.</i></p> <p><i>Impatience is another distortion from a fuller state of consciousness, [a state of consciousness] in which creation is immediate.</i></p> <p><i>[When in a fuller state of consciousness] The thought produces the form the moment it is uttered.</i></p>

Impatience

is the memory of

this experience [i.e., is the memory of this experience from a fuller state of consciousness in which the thought produces the form the moment it is uttered],

[but, now in the limited consciousness of the ego, this experience]

without

***the connectedness with
the inner being,***

so that the lesson

***the ego has to learn [i.e., patience]
is not comprehended.***

***Only on the
ego level***

is everything separate:

- effect
from
• cause,***
- soul
from
• soul,***
- form and
• experience
from
• thought,***
- inner
from
• outer.***

Life itself

appears to you a

- static,***
- "objective"***
- fixed
thing
into which
you are put.***

***It [i.e., Life itself]
seems
totally
• separated and
• disconnected
from
your inner processes.***

***These [i.e., These illusions that life itself is a static, “objective,” fixed thing and that
life experiences are separate and
disconnected from your inner processes]***

***are the same illusions
as your
• concept and
• experience
of
• time,
• distance, and
• movement.***

***They [i.e., These ILLUSIONS that life itself is a static, “objective,” fixed thing,
that life experiences are separate and disconnected
from your inner processes and your ILLUSORY concepts
about and experiences of time, distance, and movement]***

***are all
byproducts of the
• limited,
• separated
ego state.***

***Everything
you experience
seems
to exist
only in those
seemingly
objective
terms of the ego.***

*The more you focus
in that direction [i.e., The more you FOCUS in the direction of experiencing life
ONLY in the seemingly objective terms of the ego],
the more it will
seem that way to you [i.e., the more it will seem to you that EVERYTHING
you experience in life does IN FACT exist ONLY in
those seemingly objective terms of the ego].*

*In reality,
your life
is merely a*

- *subjective expression of
yourself,*

not a

- *fixed,*
- *objective,*
- *immovable
reality.*

*Once you
learn
to be more focused into the*

- *inner
reality,*

*you will
perceive much more
this*

- *other,*
- *fuller
reality,
in which the
separated aspects
move together
in a*
 - *wonderful and*
 - *meaningful
web
of*
 - *interaction and*
 - *wholeness.*

43

Part of the creating process

is

- *the patience
to let things be,*
- *learning to
trust life
to express back to you
what you put into it.*

*That [i.e., That part of the creating process requiring patience and trust]
requires
waiting for the seed to grow.*

Do you wait in

- *doubt?*

Do you wait with

- *impatience?*

Do you wait in

- *fear?*

Do you wait in

- *tension?*

Or do you wait in

- *quiet trust?*

Or is your

trust

perhaps

- *a gullibility and*
- *an expression of wishful thinking,
so that you
cannot possibly
trust
your trusting?*

*Do you want
whatever it is
so badly
that you create a
forcing current
which
prohibits fulfillment
because
its [i.e., because the forcing current's]
• tension and
its [i.e., and because the forcing current's]
• emotional mind-content
defeat
creation?*

*If the waiting
is truly
relaxed,
• you will have
no doubts about
the fulfillment.*

*• You
know
that the seed will grow
into a
wonderful flower.*

44

*The recreating process
unfolds
forevermore
when
• the ego personality
unites with
• the other aspects of self [i.e., unites with the aspects of the
heretofore hidden inner self]
that had previously
not manifested
on the surface.*

The more
this happens [i.e., *The more the ego personality unites with
the aspects of the heretofore hidden inner self that had
previously not yet manifested on the surface*],
the more
joyfully
you will create.

It may sound confusing
when I say
that you have to learn
not to cringe away from
• pain,
and then say
that it is your birthright
to be in a state of
• joy.

It may sound like a contradiction
when I say
you have to be willing to
• give up –
• at least for the moment,
and
• in the right spirit –
what you wish to create
and
that you must
• have faith
in being able to create.

But these [i.e., *But both these statements:*
1) *you must not cringe away from PAIN*
AND it is your birthright to be in a state of JOY, and
2) *you have to GIVE UP what you wish to create*
AND you must have FAITH in being able to create what you wish]
are contradictions
only on the
most superficial ego level
where the
duality of
either/or
reigns supreme.

In reality these [i.e., In reality, both these statements:

1) you must not cringe away from PAIN

AND it is your birthright to be in a state of JOY, and

2) you have to GIVE UP what you wish to create

AND you must have FAITH in being able to create what you wish]

are

mutually interdependent principles

that must

unite

in harmony.

As you

cramp yourself

into any desire

that is

too strong,

you

close the doors

to

• joy and

• relaxed inner creation.

Cramp

always

indicates

• negation,

• doubt,

• a negativity

that you must

• unearth

and

• specifically deal with.

45

*In the
delusion of
the ego,
you perceive
• life
as
• your enemy,
• foreign and
• antagonistic
to you,
while
• you
are its [i.e., while YOU are life's]
victim.*

*In that delusion
you
cannot
create.*

*So you will see, my friends,
that
your realization on this path
of how
you
create
your
• suffering
will inevitably
free you to
create
your
• happiness.*

46

*Let me close by saying that
you are a great deal
more
than you can possibly believe now.*

*If you walk in the direction
of*
• *finding*
your real self,
of
• *identifying with*
it [i.e., identifying with your real self]
through the
layers of darkness,
you
must
discover
the unending beauty
of the universe.

With every breath you take
you fill yourself
with
its [i.e., with the universe's]
potent
• *love and*
• *wisdom.*

There is
nothing
that
• *surrounds and*
• *permeates*
you
that does
not
express
the magnitude
of a
• *divine and*
• *benign*
creation.

*The more
aware you become of it [i.e. The more aware
you become of the MAGNITUDE of a divine and benign creation],
the more
• joy and
• gratefulness
must
spread
in your heart.*

*The
unending
beauty
of the universe
can be
experienced
as
• reality
rather than
• theory

only
when you work your way through
your dark areas.*

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*Be blessed,
every one of you.*

*Feel
the love
that is extended to you
from a realm
in which you have
many friends
who have guided you here.*

Be in peace.

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