

# Pathwork Lecture 236: The Superstition of Pessimism

1996 Edition, Original Given: December 3, 1975

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-devotional-format/>

Gary Vollbracht

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03	<ul style="list-style-type: none"><li>• <b>Greetings and</b></li><li>• <b>blessings,</b> <b>my very beloved friends.</b></li></ul> <p><b>You are</b> <b>bathed</b> <b>in the</b><ul style="list-style-type: none"><li>• <b>love of God,</b></li></ul><b>in the</b><ul style="list-style-type: none"><li>• <b>Christ force</b> <b>that awakens</b> <b>in your</b> <b>innermost being.</b></li></ul></p> <p><b>This</b><ul style="list-style-type: none"><li>• <b>love and</b></li><li>• <b>strength</b> <b>reaches into</b> <b>your very being.</b></li></ul></p>

by Eva Broch Pierrakos

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*You can feel it [i.e., You can feel this love and strength, the Christ force]  
if you  
open  
your  
• inner  
gaze and  
your  
• inner  
hearing  
to  
the  
• sound and  
the  
• beauty and  
the  
• aliveness  
of this  
new force [i.e., of this new Christ force]  
that is awakening  
all over the universe.*

04

*You have journeyed  
into  
your inner being  
on this path.*

*You have become aware of  
many  
• obstructions and  
• negativities  
that you did not know existed.*

*Only as you know them [i.e., Only as you know these many obstructions and  
negativities within you]  
do you also  
make the connection  
that  
it is with those negative attitudes  
that  
you  
create negative experience.*

*Tonight I wish to give you  
a new realization  
about  
a special kind of attitude  
that I will call  
the superstition of pessimism.*

*Once it [i.e., Once this attitude I call "the superstition of pessimism"]  
is conscious,  
it [i.e., Your consciousness of this inner attitude within you that  
I call "the superstition of pessimism"]  
will aid you tremendously  
in eliminating  
further obstructions to  
realizing  
your  
divine being.*

05

*When you reach  
a certain level of awareness  
you will come across an attitude that says,*

*"If I believe in  
the positive,  
• I will be  
disappointed,  
and  
• I may chase it [i.e., I may chase the positive]  
away  
by my very belief in it [i.e., by my very belief in the positive  
as a possibility].*

*It may be smarter  
to believe  
• that nothing good  
can happen to me,  
• that I cannot ever  
change,  
• that I cannot ever  
grow out of  
my obstructions."*

	<p><i>This [i.e., This negative attitude toward the positive as even a possibility for your life] is</i></p> <ul style="list-style-type: none"><li>• <i>a game,</i></li><li>• <i>a kind of</i><ul style="list-style-type: none"><li>• <i>deliberate</i></li></ul></li></ul> <p><i>but</i></p> <ul style="list-style-type: none"><li>• <i>destructive playfulness,</i></li></ul> <p><i>which is based on nothing but superstition.</i></p>
06	<p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>obvious kind of superstitiousness</i><ul style="list-style-type: none"><li>• <i>is on a much more primitive level</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>most of you do not adhere to such beliefs.</i></li></ul> <p><i>But</i></p> <ul style="list-style-type: none"><li>• <i>a much subtler superstitiousness does exist in all of you.</i></li></ul> <p><i>Find within you the voice that says,</i></p> <p><i>"I dare not believe in the good.</i></p> <p><i>It [i.e., The good] may not happen."</i></p> <p><i>It is sufficient to ascertain no more than</i></p> <ul style="list-style-type: none"><li>• <i>this voice,</i></li><li>• <i>this "word"</i></li></ul> <p><i>you speak into yourself.</i></p>

07

*The superstition of pessimism  
begins as  
a superstitious destructive playfulness,  
but then  
you get lost  
in its  
very painful effects.*

*You may really believe in  
what you  
first assumed  
as a safety measure [i.e., a safety measure against disappointment  
should you not realize the good or positive you wish for].*

*However,  
• denying  
the positive  
and  
• believing in  
the worst  
to appease the gods, as it were,  
is destructive.*

*You do not know  
the power  
of such thoughts.*

*There is  
no playing with such power [i.e., There is no playing with  
the power of negative thoughts]  
without  
grave consequences.*

*There is  
no such game [i.e., There is no game involving playing with  
negative, denying, or destructive thoughts]  
that does not have  
a grave effect.*

08

***The power of this game [i.e., The power of this game involving playing with negative, denying, or destructive thoughts] needs to be made conscious.***

***It [i.e., The need to make conscious the power of this game involving playing with negative, denying, or destructive thoughts] can apply to many things in your life.***

***When you have an illness, it [i.e., the need to make conscious the power of this game involving playing with negative, denying, or destructive thoughts] may apply to the healing.***

***When you find yourself***  
• ***alone and***  
• ***unloved,***  
***you may playfully –***  
• ***safely, as you think –***  
• ***express the belief***  
• ***that it will***  
• ***always***  
• ***be that way.***

*When you  
lack*  
• *funds or*  
• *a fulfilling profession*  
*you say into yourself,*

*"I had better believe*  
*it [i.e., I had better believe that my lack of funds or lack of*  
*a fulfilling profession]*  
*must be that way,*  
*so maybe then*  
*it [i.e., so maybe then funds I desire and*  
*a fulfilling profession]*  
*can come to me*  
*unexpectedly."*

*It is as though*  
*you hoped for*  
*some idealized parental figure*  
• *to assuage your doubts,*  
• *to come forth*  
*and tell you,*

*"No, no, my child,*  
*it [i.e., the situation regarding your funds and profession]*  
*is not that bad,*  
*it [i.e., the situation regarding your funds and profession]*  
*is all going to be wonderful."*

09

*Without knowing it,*  
*you dictate*  
*into your soul*  
*a belief*  
*that really creates circumstances*  
*that*  
*prove*  
*that belief.*

**You then  
"forget"  
that  
you**

**had started this game [i.e., you "forget" that you had started this game by believing that having richness of funds or a fulfilling profession was impossible for you without some idealized parent figure or "god" to give you such things and to make all things wonderful for you]**

**in a spirit of**  
• **superstition**  
**or perhaps**  
**in a spirit of**  
• **emotional manipulation.**

**You become  
so involved**

**in what you have unwittingly created [i.e., so involved in the lack of funds or the lack of a fulfilling profession that you have unwittingly created]**

**that you  
really begin to believe  
that**  
• **the negative**  
**is**  
• **the reality.**

**What started out as a**

• **superstitious safety measure**  
**gradually becomes**  
• **belief**  
**on another level of your consciousness.**

• **The belief**  
**creates**  
• **the reality**  
**and you stay**  
**in exactly that position.**



10

*This [i.e., This ATTITUDE in which what begins as a superstitious safety measure to prevent disappointment and leads to the BELIEF that having richness of funds or a fulfilling profession is impossible for you without some idealized parent figure or “god” to give you such things, a belief that CREATES the REALITY of lack of funds or a fulfilling profession],  
my friends,  
is a subtle attitude  
that you previously  
could not see in yourself.*

*However,  
• the work you are doing  
and  
• the progress you are experiencing  
have made many of you  
capable of pinpointing  
this particular kind of superstition.*

*All such  
trickery of the mind  
is very dangerous.*

*The danger lies  
in the misuse of  
the power of  
• the word,  
the power of  
• your  
thinking,  
the power of  
• your  
self-indoctrination.*

11	<p><b><i>When you encounter this self-deception in you [i.e., When you encounter this SELF-DECEPTION in you in which what begins as a superstitious defense or safety measure to prevent disappointment from having lack of funds or lack of a fulfilling profession you desire and which leads to the BELIEF that having richness of funds or a fulfilling profession is impossible for you without some idealized parent figure or "god" to give you such things, a belief that CREATES the REALITY of lack of funds or a fulfilling profession],</i></b></p> <p><b><i>my dearest friends,</i></b></p> <ul style="list-style-type: none"><li><b><i>• halt and</i></b></li><li><b><i>• question yourself about</i></b> <b><i>its [i.e., about this self-deception's]</i></b> <b><i>effects upon your life.</i></b></li></ul> <p><b><i>• Distance yourself from your life</i></b></p> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• observe what you are doing.</i></b></li></ul> <p><b><i>Connect with</i></b> <b><i>the level of intentionality</i></b> <b><i>behind it [i.e., behind this self-deception].</i></b></p>
12	<p><b><i>The next step will be:</i></b></p> <p><b><i>"I want to</i></b> <b><i>stop</i></b> <b><i>this kind of self-trickery.</i></b></p> <p><b><i>I cannot trick life.</i></b></p> <p><b><i>I choose to be honest.</i></b></p> <p><b><i>What I say to myself</i></b> <b><i>must be</i></b> <b><i>what I really mean</i></b> <b><i>on the deepest level of my being.</i></b></p> <p><b><i>It [i.e., What I say to myself]</i></b> <b><i>must correspond to</i></b> <b><i>the truth of life."</i></b></p>

*As you thus  
counter  
the habitual trickery  
of the superstition of pessimism,  
where it may exist in you,  
you challenge it [i.e., you challenge the habitual trickery  
of the superstition of pessimism]  
with your decision  
to find  
a new pathway  
to your mind's activity.*

13

*The next step  
is  
the most crucial one.*

*It [i.e., This next step]  
may  
sound very simple  
and it  
actually  
is very simple,  
however,  
it [i.e., however, this next step]  
may  
seem  
to require  
a tremendous amount of courage –*

*the courage  
to believe in  
the good.*

*This [i.e., The courage to believe in the good]  
is truly  
one of the abysses of illusion.*

*Without  
assurances of the outcome  
you will have to  
venture into an unknown land  
where you  
believe in  
the positive.*

*Assert  
your faith in  
the ever-benign universe.*

*Express  
the truth  
that  
all possibilities exist.*

14

*It is  
your choice  
which one of the many roads  
you wish to travel,*

- the road of*
  - defeatism,*
  - denial,*
  - negative expectation,*

*or*

- the road of*
  - faith*  
*in the beautiful unfoldment  
of limitless possibilities  
that is the innate nature of life.*

*These [limitless] possibilities  
are anchored in  
your own soul.*

15

*There is  
nothing  
that you cannot  
• realize.*

*There is  
nothing  
you cannot  
• experience  
if  
you truly give yourself to it.*

*Remove  
the anchor  
that holds you back  
from  
this flowing expansion.*

*Allow the  
involuntary  
processes  
with their  
limitless creative possibilities  
to  
• carry you and  
• bring you to  
ever new shores of  
fulfillment.*

*Assert  
your courageous faith in  
the best  
of your inner spirit.*

*The courage  
lies in bridging the gap  
between  
• the assertion of the faith [i.e. the assertion of your courageous faith  
in the best of your inner spirit]  
until it [i.e., until your courageous faith  
in the best of your inner spirit]  
• bears fruit  
and  
• is realized.*

16

*The temptation  
to lean on  
the old superstitious negative beliefs  
is that  
you need not invest in  
a waiting period  
of uncertainty.*

*You speak  
the negative belief  
and it [i.e., and the negative belief]  
occurs.*

*You have the  
questionable certainty of  
immediate results  
that you are so keen on.*

*On the other hand,  
the journey  
to faith in  
the possibilities of positive unfoldment  
requires*

- a growing period,*
- a ripening.*

*This [i.e., This required growing period and ripening]  
is necessary  
simply because  
your mental processes  
have been  
so accustomed to  
negative beliefs  
that they have to readjust themselves  
so they can take root  
in the new land  
of*

- beauty and*
- abundance.*

17

*You are*  
• *changing*  
*from*  
• *one land of inner being*  
*into*  
• *another [i.e., into another land of inner being],*  
• *establishing*  
*new*  
• *roots*  
*and*  
*new*  
• *growth.*

*A period of gestation*  
*is necessary*  
*that requires*  
*the same kind of faith*  
*inexperienced gardeners possess,*  
• *sowing*  
*seeds*  
*and*  
• *waiting for*  
*plants to sprout,*  
*without ever having seen*  
*the process work.*

*It is the same*  
*with you.*

*Your courage*  
*lies in*  
*believing*  
*in*  
• *the best your innermost being*  
*has to offer and*  
*in what*  
• *life*  
*has to offer.*

*That assertion*  
*of faith [i.e., That assertion of faith in what the best your innermost being*  
*has to offer and assertion of faith in what life has to offer]*  
*is a substantial step*  
*that needs to be reinforced.*

18

*Now, my friends,  
here is a pitfall  
I wish to warn against.*

- *The courage to believe in  
positive life unfoldment*

*can very easily be confused with*

- *wishful thinking.*

*There is a*

- *subtle*

*and yet*

- *very distinct*

*difference*

*between*

- *wishful thinking*

*and*

- *a virile faith in the positive.*

*You*

*all*

*indulge very easily in  
wishful thinking.*

*Then,*

*to be "realistic" –*

*because you already know*

*the disappointing results*

*of wishful thinking –*

*you revert into*

*the superstition of pessimism.*



19	<p><i>Let us be very clear about the difference between</i></p> <ul style="list-style-type: none"><li>• <i>wishful thinking</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the realism of positive belief.</i></li></ul> <p><i>There is one</i></p> <ul style="list-style-type: none"><li>• <i>very distinct,</i></li><li>• <i>clear,</i></li><li>• <i>simple, and</i></li><li>• <i>important</i></li></ul> <p><i>factor</i></p> <p><i>that will simplify matters for you in order to distinguish between them [i.e. to distinguish between wishful thinking and the realism of positive belief].</i></p>
20	<p><i>Wishful thinking is</i></p> <p><i>spinning dreams of fulfillment without</i></p> <ul style="list-style-type: none"><li>• <i>having to pay a price:</i></li></ul> <p><i>without</i></p> <ul style="list-style-type: none"><li>• <i>any change of</i><ul style="list-style-type: none"><li>• <i>personality or</i></li><li>• <i>attitude or</i></li><li>• <i>approach or</i></li><li>• <i>thinking or</i></li><li>• <i>feeling or</i></li><li>• <i>acting or</i></li><li>• <i>being.</i></li></ul></li></ul>

*You daydream  
that this or that  
desirable fulfillment  
will*

- *magically and*
- *gratuitously*

*come your way*

- *without any investment in*
- *life and*
- *the process of creation,*
- *without contributing to*  
*the evolutionary process*  
*by committing to*  
*your purification.*

*Wishful thinking  
is a*

*passive dreaming  
in which*

*you hope against hope  
that something will happen to you*

- *that is desirable*

*and*

- *that does not require you*  
*to remove the very block*  
*that prevents*  
*the desirable*
- *event or*
- *state.*

21

*The less  
you invest in  
the effort  
that could make  
desirable*

- *events or*
- *states*

*a reality,*

*the less  
you believe in  
their actual  
manifestation.*

	<p><i>The more you justify the superstition of pessimism, the less desirable your life becomes.</i></p> <p><i>Increasingly you wish to escape from it [i.e., escape from your undesirable life] by spinning daydreams that substitute for reality.</i></p> <p><i>This [i.e., Spinning daydreams that substitute for reality] consumes a lot of creative energy that could be invested in</i><ul style="list-style-type: none"><li><i>• real living and</i></li><li><i>• fulfillment.</i></li></ul></p> <p><i>Daydreams are just the other side of the superstition of pessimism.</i></p>
22	<p><i>So you see, my friends,</i><ul style="list-style-type: none"><li><i>• the superstition of pessimism and</i></li><li><i>• the daydreaming</i></li></ul><i>are</i><ul style="list-style-type: none"><li><i>• very closely interrelated</i></li></ul><i>and</i><ul style="list-style-type: none"><li><i>• not at all mutually exclusive.</i></li></ul></p> <p><i>You may</i><ul style="list-style-type: none"><li><i>• on the same day</i></li></ul><i>or even</i><ul style="list-style-type: none"><li><i>• within one hour</i><ul style="list-style-type: none"><li><i>indulge in</i><ul style="list-style-type: none"><li><i>• daydreams</i></li></ul></li></ul></li><li><i>• and then perhaps in a matter of minutes</i><ul style="list-style-type: none"><li><i>indulge in</i><ul style="list-style-type: none"><li><i>• the superstition of negativity.</i></li></ul></li></ul></li></ul></p>

23	<p><i>You could accomplish the very thing you daydream about – consuming a tremendous amount of</i> • <i>energy and</i> • <i>mischannelled creativity –</i></p> <p><i>if only you made a total commitment to</i> • <i>life and</i> • <i>self,</i> <i>giving your best to both [i.e., giving your best to both life and self],</i> <i>which are one.</i></p> <p><i>When you fail to realize the daydream, your disappointment reinforces the superstition of pessimism.</i></p>
24	<p><i>What was begun as</i> • <i>a game</i> <i>then reinforces</i> • <i>the negative belief.</i></p> <p><i>The vicious circle accelerates, and you find it ever more difficult to extricate yourself.</i></p> <p><i>You swing back and forth from</i> • <i>the superstition of negativity</i> <i>to</i> • <i>the wishful daydream.</i></p>

	<p><i>The more you indulge in the wishful daydream to escape from the negativity [i.e., to escape from the negativity brought on by your belief in the negative – by your superstition of pessimism], the less you can truly experience</i></p> <ul style="list-style-type: none"><li>• <i>beauty,</i></li><li>• <i>fulfillment,</i></li><li>• <i>abundance,</i></li><li>• <i>love,</i></li><li>• <i>joy,</i></li><li>• <i>peace and</i></li><li>• <i>excitement.</i></li></ul>
25	<p><i>Wishful daydreams are often spun by</i></p> <ul style="list-style-type: none"><li>• <i>a diminished ego</i></li></ul> <p><i>rather than by</i></p> <ul style="list-style-type: none"><li>• <i>the desire that comes from</i></li><li>• <i>your higher self,</i></li><li>• <i>your inner spirit.</i></li></ul> <p><i>In these dreams [i.e., In these daydreams] a diminished ego seeks a false medicine against its own underdevelopment.</i></p>

*For example,  
rather than  
visualizing yourself  
in a productive vocation,  
• joyfully and  
• meaningfully  
contributing to life, or  
visualizing your  
• success and  
• abundance  
for the sheer enjoyment of  
the fruits of your labor  
as a valid expression of life,  
you dream of yourself  
as a great person  
in order to  
impress  
• others,  
perhaps  
• your family or  
• those who have slighted you.*

26

*Even in these  
ego gratifications,  
however,  
the original facets  
of true value  
are contained.*

*Your dignity  
is a reality  
that you  
• look for  
and often  
• displace,  
confusing  
• it [i.e., confusing the reality of dignity]  
with  
• the petty pride  
of the limited ego.*

*The true value  
of your inner spirit  
aims for  
rich fulfillment  
of*

- *love,*
- *abundance,*
- *friendship,*
- *communication,*

*even for*

- *recognition and*
- *respect.*

*But  
in a daydream  
it [i.e., love, abundance, friendship, communication,  
recognition and respect]  
all comes  
in a fairy tale manner  
that does not really convince you,  
so of course  
you cannot believe in it [i.e., you cannot believe in the  
authenticity of any of the love, abundance, friendship,  
communication, recognition or respect you receive].*

27

*Many of you  
may have observed in the course of your pathwork  
that  
at the beginning of your path  
you still had  
the habit  
of indulging considerably  
in daydreaming.*

*Perhaps  
even without*

- *really noticing it or*
- *intentionally trying to stop it,*

*you lost the desire for it [i.e., you lost the desire for daydreaming].*

*The more  
you deal with  
the reality  
of your being,  
the more  
real  
life becomes.*

*The temptation  
to manufacture  
wish-fulfilling daydreams  
diminishes.*

28

*Yet  
many of you  
still indulge in it [i.e., still indulge in daydreaming],  
at least  
in certain areas of your life.*

*Where this is the case [i.e., Where you still indulge in daydreaming],  
look deeper.*

*Find the level  
where  
you also  
still indulge in  
the superstition  
of your negative beliefs.*



**You can pursue  
this thought [i.e., this thought of finding the level where you  
still indulge in the superstition of your negative beliefs]  
and discover yourself  
hoping,  
in a very subtle way,  
that someone  
will come along  
and give you fulfillment  
gratuitously,  
without**

- **any effort on your part,  
without your**
- **removing  
the obstructions  
to the fulfillment  
or even**
- **attempting to see  
that they [i.e., without your attempting to see  
that the obstructions to the fulfillment]  
lie within  
yourself.**

**You hope  
that**

- **a super-authority  
will reassure you  
that it [i.e., You hope that a super-authority will assure you  
that the fulfillment you desire in life]  
will happen  
just like in your daydreams,**
- **you don't have to**
  - **earn or**
  - **acquire****it [i.e., You hope that you don't have to earn or acquire the  
fulfillment you desire in life],**
- **it [i.e., You hope that the fulfillment you desire in life]  
will be given to you.**

29	<p><b>Just</b></p> <ul style="list-style-type: none"><li>• <b>ascertaining</b> <i>these random fleeting thoughts [i.e., ascertaining these random fleeting thoughts, such as your hope that a super-authority will assure you that the fulfillment you desire in life will happen, just like in your daydreams, or as your hope that you don't have to earn or acquire the fulfillment you desire in life, or your hope that the fulfillment you desire in life will simply be given to you]</i></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>making them</b> <b>concise</b> <b>will</b><ul style="list-style-type: none"><li>• <b>allow you</b> <b>to see their absurdity</b></li></ul></li><li><b>and</b><ul style="list-style-type: none"><li>• <b>help you</b> <b>to give them up.</b></li></ul></li></ul> <p><b>You will realize that</b> <b>abundance</b> <b>is available</b> <b>only to the degree</b> <b>you wish to</b><ul style="list-style-type: none"><li>• <b>squander yourself into life,</b> <b>giving as generously</b> <b>of your inner riches</b> <b>to this whole process</b></li></ul><b>as [the degree] you wish to</b><ul style="list-style-type: none"><li>• <b>receive from</b> <b>life's abundance.</b></li></ul></p>
30	<p><b>You encounter</b> <b>the difficulty</b> <b>of sustaining</b><ul style="list-style-type: none"><li>• <b>happiness and</b></li><li>• <b>pleasure</b></li></ul><b>so many times.</b></p>

***You have begun  
to open the road to it [i.e., to open the road to happiness and pleasure]  
through working on  
your purification.***

***As the results [i.e., As more happiness and pleasure, the results of  
your working on your purification,]  
begin to stream into your being –  
both  
• outwardly  
and  
• inwardly –  
you shrink back.***

***This [i.e., This shrinking back when confronted with more happiness and pleasure]  
is not simply  
an old habit.***

***It [i.e., This shrinking back when confronted with more happiness and pleasure]  
is the result of  
still being committed to  
• the imaginary safety measure  
of  
the superstition of pessimism  
and, simultaneously, to  
• wishful daydreaming.***

31

***The very thing  
that is  
your inner richness  
can create  
myriad kinds of fulfillment.***

***• You withhold  
• your inner richness  
and yet  
• strive for results  
through  
• the superstition of pessimism and  
• wishful daydreaming.***

	<p><i>You ignore the inexhaustible wells of yourself which could enrich every minute of your life.</i></p>
32	<p><i>The enormous</i></p> <ul style="list-style-type: none"><li>• <i>change and</i></li><li>• <i>growth</i></li></ul> <p><i>that has already occurred in so many of you has brought results that you still dare not believe.</i></p> <p><i>Much more</i></p> <ul style="list-style-type: none"><li>• <i>fulfillment,</i></li><li>• <i>happiness,</i></li><li>• <i>pleasure and</i></li><li>• <i>abundance</i></li></ul> <p><i>exist in your lives.</i></p> <p><i>But</i></p> <p><i>in those areas which are still blocked you reject pleasure because it [i.e., because pleasure] feels uncomfortable.</i></p> <p><i>At least</i></p> <p><i>you are now fully aware of this [i.e., fully aware that, to you, pleasure still feels uncomfortable], which is obviously immeasurably important.</i></p>

33

*This message  
may help you  
to make further connections,  
so that you will*

- *eliminate all further obstructions  
to real happiness*

*rather than*

- *dream about  
gratifications.*

*If you  
use the material in this lecture,*

- *observing it  
in you and*
- *applying what I have said,*

*it will make a difference  
in your transformational work.*

*You will truly become capable of  
transforming  
a negative belief  
because  
you can see it [i.e., because you can see that negative belief]  
as a trick  
on a very subtle level.*

*Give up  
that trick.*

*Have the courage*

- *of positive belief  
in your own richness*

*and*

- *of the positive intentionality  
to give of this richness  
to the best of your ability.*

*You will  
create the courage necessary  
to have  
faith  
in the best  
that life can ever be.*

34

*My dearest friends,  
you in this community of human beings  
are fulfilling  
an all-important noble task.*

*The creative processes of the universe  
depend on  
every individualized entity.*

*Every tiniest step of*  

- *goodwill within you,*

*every intent*  

- *to be in truth,*
- *to face the truth*
- *to confront the worst in you and*
- *to transform it [i.e., to transform the worst in you]  
into its original best*

*adds to  
the great reservoir  
of creative forces  
that*  

- *flow and*
- *push themselves  
forever more  
as manifestations  
into all of life.*

*Each step in your growth  
aids not only  
your own*  

- *happiness and*
- *fulfillment,  
important as this is,*

*but is also  
a powerful force  
akin to nuclear energy,  
generated by*  

- *your community and*
- *other such nuclei,  
that*
- *spreads and*
- *multiplies,  
so that the Christ force  
gains an ever-greater impetus.*

35

**QUESTION:**

*This lecture seems to apply to my life very much now.*

*It seems almost miraculous.*

*The business venture I've started  
looks as if it's going to be a success.*

*I have blocked so much of  
the positive,  
yet  
something very good is happening.*

*Now that it's happening,  
I feel that I'm going a lot into my ego.*

*I find myself thinking  
that I'm better than others.*

*I would like you to comment on this.*

36

**ANSWER:**

*That [i.e., Thinking that you're better than others]  
is of course  
how you destroy.*

*What you can do  
when you discover yourself in that way of thinking  
is to very*

- *simply and*
- *firmly –*

*yet without pushing effort –  
formulate another thought.*

*The thought might be:*

*"I do not wish to set myself  
above others.*

*If a part of me  
desires this [i.e., If a part of me desires to set myself above others],  
I do not want it.*

*I pray to  
the divine forces within me  
to help me create  
another kind of*  
• *attitude*  
*and therefore*  
*another*  
• *reality.*

*If I want to be  
better than others,  
I must also  
feel*  
*undeserving*  
*to get the slightest fulfillment.*

*I am  
not*  
• *better than others and*

*I am  
not*  
• *worse than others."*

37

*All  
human beings  
are  
wonderful manifestations of divinity.*

*One flower  
is not better than  
another flower.*

*One bird  
is not better than  
another bird.*

*The mountain  
is not better than  
the sea.*

*The pine tree  
is not better than  
the oak.*



**Think of**  
• **yourself**  
**and**  
• **other people**  
**in those terms** [i.e., in terms of you and other people not being better  
or worse than one another]  
**and**  
**assert**  
**your goodwill**  
**to let others**  
**be their best.**

**Then**  
**you can let**  
**yourself**  
**be your best**  
**so you can**  
• **truly enjoy**  
**the fruits of your efforts**  
**and**  
• **feel deserving of them** [i.e., feel deserving of  
the fruits of your efforts].

38

**QUESTION:**  
**All my life,**  
**it seems I have done exactly**  
**what the lecture was all about**  
**because**  
**I didn't want to deal with**  
**disappointments.**

**But I also felt**  
**that**  
**I**  
**must**  
**have it** [i.e., I must have success and fulfillment],  
**I can't bear**  
**not having it** [i.e., I can't bear not having success and fulfillment].

	<p><i>I was afraid not only of</i> • <i>failure,</i> <i>but the</i> • <i>meaning of failure.</i></p> <p><i>Is it [i.e., Is success and fulfillment in the form and areas I wish it] something that I was</i> • <i>not meant to have, or</i> • <i>what?</i></p> <p><i>I found this superstition [i.e., this superstition of pessimism and failure]</i> • <i>safe</i> <i>but I see</i> • <i>how it has limited me.</i></p>
39	<p><b>ANSWER:</b> <i>It has [i.e., Your superstition of pessimism and failure has limited you].</i></p> <p><i>The most productive attitude about</i> <i>the possibility of not getting the wish fulfilled in this particular form would be somewhat like the following:</i></p> <p><i>"If such and such a desire is not fulfilled now, I have the courage to</i> • <i>confront myself and</i> • <i>find out the meaning."</i></p> <p><i>The meaning [i.e., The meaning of an unfulfilled desire] is not something</i> • <i>bad</i> <i>nor does it imply that you are</i> • <i>undeserving or</i> <i>that there is something</i> • <i>terrible</i> <i>that you need to fear.</i></p>

40

*It [i.e., An unfulfilled desire]  
may mean  
many different things.*

*It [i.e., An unfulfilled desire]  
may mean  
that there are  
certain obstructions within you  
that you need to know about,  
not just  
for the sake of*

- this particular fulfillment,*

*but even more importantly  
for the sake of*

- your total unfoldment as an entity,  
so as to become*
  - fully unified and*
  - whole.*

*You have*

- intelligence,*
- openness and*
- goodwill*

*within you  
to learn.*

*This [i.e., Learning to use the intelligence, openness,  
and goodwill you have within you]  
can be  
a glorious experience.*

*If what you desire  
does not happen*

- now*
- in this particular way,*

*what will make you*

- happy and*
- whole*

*will happen  
in another way  
that may possibly turn out  
better.*

	<p><b><i>Pursue the truth of your potential and state,</i></b></p> <p><b><i>"I can take a</i> • <i>momentary disappointment and</i> <i>make it [i.e., and make this momentary disappointment]</i> • <i>a stepping stone.</i></b></p> <p><b><i>I need not fear</i> <i>that it [i.e., need not fear that my desires, that the fulfillment</i> <i>of the truth of my full potential]</i></b></p> <p><b><i>may not be</i> • <i>now,</i> • <i>in this particular way.</i></b></p> <p><b><i>There are</i> <i>many ways [i.e., There are many ways that my desires and the truth</i> <i>of my full potential can be fulfilled]."</i></b></p>
41	<p><b><i>With this attitude</i> <i>you will create</i> <i>a relaxed inner climate</i> <i>so that</i> <i>attaining the result [i.e., so that attaining fulfillment of your</i> <i>desires and realizing your full potential]</i></b></p> <p><b><i>will</i> <i>not be</i> <i>a question of do or die.</i></b></p> <p><b><i>Such a demand [i.e., Such a do-or-die demand for the immediate fulfillment of</i> <i>your desires and realizing your full potential]</i></b></p> <p><b><i>creates an</i> <i>unbearable tension</i> <i>that is often</i> <i>a direct block</i> <i>to the fulfillment of the desire.</i></b></p>

	<p><b>A</b></p> <ul style="list-style-type: none"><li>• <i>relaxed and</i></li><li>• <i>growth-producing attitude</i></li></ul> <p><i>would</i></p> <ul style="list-style-type: none"><li>• <i>let you off the hook [i.e., the hook of a do-or-die demand for the immediate fulfillment of your desires and realizing your full potential]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>make it possible for you to believe in the best.</i></li></ul> <p><i>You will open the doors to finding out a great deal about yourself.</i></p> <p><i>This [i.e., This finding out a great deal about yourself] will be infinitely richer than the mere fulfillment of your wish could ever have been.</i></p>
42	<p><b>QUESTION:</b></p> <p><i>In reference to one word you used that I'm struggling with – can you amplify</i></p> <ul style="list-style-type: none"><li>• <i>what the elements of courage are</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>where courage might be felt represented in the body?</i></li></ul>

43

**ANSWER:**

**Yes.**

**The elements of courage  
are the**

- **ability and**
- **willingness**  
**to**
  - **experience**
  - **pain or**
  - **disappointment**

**and**

- **learn from it [i.e., learn from such pain or disappointment]**

**and**

- **use it as a threshold [i.e., use such pain or disappointment as  
a threshold].**

**That is courage.**

**It is courage**

**to**

- **risk all that [i.e., to risk pain or disappointment as you venture forth  
into a new situation]**

**rather than**

- **stand still and**
- **have the safety**  
**of a little back door open,**  
**never venturing forth completely**  
**into a new situation.**

**That is courage.**

**To love**

**is courage**

**because**

**the loved one**

**may not always respond**

**according to your**

- **desires and**
- **self-will.**

*To give  
is courage  
because  
the petty heart  
in its negativity  
still believes  
that  
when you  
give  
• you will lose and  
• no one  
will give you anything in return.*

*It is courage  
to risk finding out  
that  
your negative beliefs  
may not be true.*

*It takes  
even more courage  
to not be discouraged.*

44

*You  
feel  
courage  
in all of your body,  
  
as you feel love  
in all of your body,  
  
for  
courage  
is an essential part of  
love.*

- *Every cell and*
  - *every pore*
    - *vibrates and*
    - *resonates*
- with every divine attitude  
that you can possibly allow to express itself  
through  
your*
- *mind,*
- your*
- *will,*
- your*
- *soul,*
- and so through  
your*
- *entire body.*

45

*I will close this meeting  
with a prayer  
that  
the God in you  
expresses.*

*As I have done once before,  
I ask you to*

- *listen to*  
*your inner God and*
- *hear the words*  
*that resonate*  
*within you.*

*As I say the words  
pick up  
the echo within.*

*This will help you  
to attune  
your listening inner ear  
to the voice of God,  
filling you with messages  
such as these:*



46

*I [i.e., God] am*  
• *working through you.*

*I am*  
• *in all your thoughts,*  
*if you wish to hear Me.*

*I am*  
• *in all you see,*  
*if you wish to see Me.*

*I am*  
• *in all the words you speak,*  
*if you wish Me*  
*to express through you.*

*I am*  
• *in all your actions,*  
*if that be your commitment.*

*And*  
*as*  
• *I am*  
*and*  
*as*  
• *I manifest through you,*  
*you rediscover*  
*life*  
*in new terms.*

*You will*  
*see that life*  
*is*  
*a glorious oneness*  
*in which there is*  
*nothing to fear.*

*What need you fear*  
*if you*  
• *discover Me?*

*What need you fear*  
*if you*  
• *identify with Me?*

	<p><i>Know that you are God.</i></p> <p><i>As such [i.e., As God] you can never die.</i></p> <p><i>Give that which is you now, in your</i><ul style="list-style-type: none"><li><i>• thinking,</i></li></ul><i>in your</i><ul style="list-style-type: none"><li><i>• being,</i></li></ul><i>in your</i><ul style="list-style-type: none"><li><i>• perceptions</i></li></ul><p><i>to Me.</i></p><p><i>As you give yourself to Me, so must you be eternal.</i></p></p>
47	<p><i>Listen for a minute into yourselves while I stay with you.</i></p> <p><i>You are richly blessed, my beloved friends.</i></p>

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