

# Pathwork Lecture 204: What is the Path?

1996 Edition, Original Given October 20, 1972

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	<p><b><i>Greetings and welcome, my friends.</i></b></p> <p><b><i>Blessings for every one of you.</i></b></p> <p><b><i>In this lecture I would like to discuss</i></b></p> <ul style="list-style-type: none"><li><b><i>• what this path is</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• what it is not.</i></b></li></ul>
04	<p><b><i>First, I should like to say that this path is not new:</i></b></p> <p><b><i>it has existed in many different forms for as long as human beings have lived on this earth.</i></b></p>

by Eva Broch Pierrakos

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	<ul style="list-style-type: none"><li>• <i>The forms and</i></li><li>• <i>the ways</i> <i>[i.e., The forms and ways of this path]</i> <i>must change</i> <i>as humanity evolves,</i></li></ul> <p><i>but</i> <i>the fundamental path</i> <i>remains the same.</i></p>
05	<p><i>Do not be concerned, my friends,</i> <i>with the phenomenon</i> <i>of this communication as such [i.e., the phenomenon of</i> <i>this communication through a human instrument as such].</i></p> <p><i>For if you pay too much attention to this facet,</i> <i>you will get lost in confusion.</i></p> <p><i>The only thing important to understand</i> <i>at the beginning of such a venture</i> <i>is that there are</i> <i>levels of reality</i></p> <ul style="list-style-type: none"><li>• <i>which you have not yet</i><ul style="list-style-type: none"><li>• <i>explored and</i></li><li>• <i>experienced and</i></li></ul></li><li>• <i>about which</i> <i>you can only theorize at best.</i></li></ul> <p>• <i>Theory</i> <i>is not the same as</i><ul style="list-style-type: none"><li>• <i>experience,</i> <i>and letting it go at that for the moment</i> <i>will be so much better</i> <i>than trying to</i> <i>force</i> <i>a definitive conclusion [i.e., than trying to force a</i> <i>definitive conclusion about the phenomenon of</i> <i>this communication through a human instrument].</i></li></ul></p>

*Do remember [however]  
that  
this voice [i.e., the voice of this human instrument  
through whom I speak]  
does not express  
the conscious mind  
of the human instrument  
through whom I speak.*

*Furthermore,  
take into consideration  
that  
every human personality  
has a depth  
of which  
he or she  
may as yet  
be unaware.*

*At this depth,  
everybody  
possesses the means  
to*

- transcend the narrow confines  
of his or her  
own personality,*

*and*

- receive access*
  - to other realms and*
  - to entities*
    - endowed with a*
      - wider and*
      - deeper*

*knowing.*

06

*This brings us to  
the whole question of*

- what this path is.*

*Let us first state*

- what it [i.e., what this path]  
is not.*

07

***This pathwork  
is not psychotherapy,  
although aspects of it  
must necessarily  
deal with areas  
psychotherapy  
also deals with.***

***In the framework of  
the pathwork,  
the psychological approach  
is only***

- a side issue,***
- a way of  
getting through  
obstructions.***

***[In this pathwork]***

***It is essential to deal with***

- confusions,***
- inner misconceptions,***
- misunderstandings,***
- destructive attitudes,***
- alienating defenses,***
- negative emotions, and***
- paralyzed feelings,***

***all of which  
psychotherapy***

- also attempts to do and***
- even posits as its  
ultimate goal.***

***In contrast [i.e., In contrast to psychotherapy, where dealing with all these  
psychotherapeutic issues – dealing with confusions, inner misconceptions,  
misunderstandings, destructive attitudes, alienating defenses, negative  
emotions, and paralyzed feelings – is seen as the ULTIMATE GOAL],  
the pathwork  
enters  
its most important phase  
only  
after  
this first stage [i.e., this first psychotherapeutic stage]  
is over.***

	<p><b>The</b></p> <ul style="list-style-type: none"><li>• <b>second and</b></li><li>• <b>most important</b></li></ul> <p><b>phase [i.e., the most important phase of this pathwork]</b> <b>consists of</b> <b>learning how to</b> <b>activate</b> <b>the greater consciousness</b> <b>dwelling within</b> <b>every human soul.</b></p>
08	<p><b>Often</b></p> <ul style="list-style-type: none"><li>• <b>the second phase [i.e., learning how to activate the greater consciousness dwelling within every human soul]</b></li></ul> <p><b>overlaps with</b></p> <ul style="list-style-type: none"><li>• <b>the first phase [i.e., the psychotherapeutic phase]</b> <b>that is concerned with</b> <b>overcoming the obstructions</b></li></ul> <p><b>because</b></p> <ul style="list-style-type: none"><li>• <b>the second phase of the pathwork [i.e., learning how to activate the greater consciousness dwelling within every human soul]</b></li></ul> <p><b>is</b></p> <ul style="list-style-type: none"><li>• <b>helpful and</b></li><li>• <b>even essential</b></li></ul> <p><b>for truly executing</b></p> <ul style="list-style-type: none"><li>• <b>the first [i.e., the SECOND phase of pathwork – learning how to activate the greater consciousness – is essential for truly executing the FIRST phase of pathwork – for executing the psychotherapeutic phase].</b></li></ul> <p><i>[In other words,]</i></p> <p><b>The first part of the work [i.e., the psychotherapeutic part of pathwork]</b> <b>cannot truly be successful</b> <b>unless contact with</b> <b>the spiritual self</b> <b>is regularly</b></p> <ul style="list-style-type: none"><li>• <b>cultivated and</b></li><li>• <b>used.</b></li></ul>

**However** [i.e., *However, even though the second phase (contact with the spiritual self) is essential to truly executing the first phase (the psychotherapeutic part of pathwork)*],

- **when and**
- **how**

**this** [i.e., *when and how this contact with the spiritual self may be done*]

- **varies greatly and**
  - **is dependent**
    - **on the personality and**
    - **on the**
      - **predisposition,**
      - **prejudices, and**
      - **blocks**
- of the individual entering this path.*

**The**

**sooner you can**

- **use,**
- **explore, and**
- **activate**

**the inexhaustible fountain of**

- **strength and**
- **inspiration**

**within** [i.e., *activate the strength and inspiration of the spiritual self within*],

**the**

- **easier and**
- **faster**

**will you deal with**

**the obstructions** [i.e., *deal with the psychotherapeutic issues*].

**It is thus**

**quite clear**

**in what way**

**this path** [i.e., *this path called the pathwork*]

**differs from**

**psychotherapy,**

**although some of**

- **the emphases**

**and, at times, even**

- **the methods**

**may be similar.**

09

*[However, while this path called pathwork is NOT a psychotherapeutic path,]*

**Nor is this path  
a spiritual practice  
that aims  
a priori [i.e., that aims from the beginning ONLY]  
at  
reaching  
higher spiritual consciousness.**

**There are  
many  
• methods and  
• practices  
which attempt  
realization of  
the spiritual self.**

**Though using  
valid methods  
to  
forcefully  
reach this goal [i.e., Though using valid methods to FORCEFULLY  
reach this goal of realizing the spiritual self directly],  
many spiritual disciplines  
do not pay sufficient attention  
to those areas  
of the  
ego self  
which are steeped in  
• negativity and  
• destructiveness.**

**Any success [i.e., Any success in realizing the spiritual self]  
thus achieved [i.e., achieved via spiritual practices and disciplines alone]  
is  
• always  
short-lived and  
• really  
an illusion,  
even though  
some of the experiences  
may be genuine enough.**

***But***

***a spiritual state***

***reached in such a one-sided way [i.e., reached via spiritual practices***

***ALONE without doing the psychological work to remove obstacles]***

***• is not solid***

***and***

***• cannot be maintained***

***unless***

***the total personality***

***is included.***

***Since human beings***

***shy away from***

***• accepting and***

***• dealing with***

***certain parts of themselves,***

***they often***

***seek refuge in***

***paths which promise***

***that one can***

***avoid facing***

***these problematic***

***inner areas.***

***If you think of***

***a spiritual path***

***as the***

***practice of meditation***

***• for its own sake,***

***or***

***• for the sake of reaching***

***• blissful***

***• cosmic***

***• experiences and***

***• consciousness,***

***then***

***this path [i.e., then pathwork]***

***is***

***not***

***your way.***



10

***The temptation***

***to use***

***spiritual practices***

- ***to grab***
    - ***happiness and***
    - ***fulfillment, and***
  - ***to avoid***
    - ***already existing***
      - ***negativities,***
      - ***confusions***
- and***
- ***pain,***
- is great.***

***But***

***this attitude [i.e., But this attitude and temptation of using spiritual practice ALONE to grab fulfillment and to avoid pain and avoid facing existing inner negativities] defeats the purpose [i.e., defeats the purpose of your work toward personal and spiritual development];***

***it [i.e., this attitude to grab happiness but avoid facing existing negativities]***

- ***comes from and***
- ***leads to further***

***illusions.***

***One illusion***

***is that***

- ***anything***  
***that exists in you***  
***can be avoided.***

***Another illusion***

***is the belief that***

- ***what is in you needs to be***
  - ***feared and***
  - ***denied.***

***[The truth is, however, that]***

***No matter***

***how destructive it is,***  
***any***

***inner aspect of you***  
***can be***

***transformed [i.e., can be transformed and, therefore, need not be feared].***

	<p><i>[And further, the TRUTH is that]</i> <b>Only when you avoid what is in you does your illusion [i.e., does your ILLUSION that ANY negative trait in you NEEDS to be avoided, feared, or denied] truly become detrimental to</b></p> <ul style="list-style-type: none"><li>• <b>you</b></li><li><b>and</b></li><li>• <b>others.</b></li></ul>
11	<p><b>Let me recapitulate what I have said so far.</b></p> <p><b>This path is [i.e., This pathwork is] neither</b></p> <ul style="list-style-type: none"><li>• <b>psychotherapy,</b></li></ul> <p><b>nor</b></p> <ul style="list-style-type: none"><li>• <b>a spiritual path in the usual sense of the word;</b></li></ul> <p><b>and, at the same time, it is</b></p> <ul style="list-style-type: none"><li>• <b>both [i.e., pathwork is BOTH psychotherapy AND a spiritual path].</b></li></ul> <p><b>It will be helpful if you remember the following three points as you consider the possibility of entering into this particular pathwork.</b></p>
12	<p><b>First,</b> <b>the phenomenon of this transmission [i.e., this transmission through a human instrument],</b></p> <p><b>whether you</b></p> <ul style="list-style-type: none"><li>• <b>are interested in it [i.e., are INTERESTED IN such a phenomenon],</b></li><li>• <b>believe in it [i.e., or BELIEVE IN such a phenomenon]</b></li></ul> <p><b>or not,</b> <b>should be considered of secondary importance.</b></p>

*Keep your mind  
open  
for many possibilities  
which you do not yet understand.*

- *Understanding and*
- *deep enlightenment*  
*will come*  
*as you*
  - *go deeper into*  
*your own depths and*
  - *experience*  
*your*
    - *inner wealth**and*
  - *connectedness*  
*with the universe.*

13

*Second,  
by entering this pathwork,  
you do  
not  
enter therapy.*

*[Rather]*  
*You embark on*  
*a voyage*  
*leading you into*  
*the new territory*  
*of your*  
*inner universe.*

*Whether*

- *you have had therapy –*
  - *satisfactory and successful*
  - *or not –*

*or whether*

- *you*
  - *are deeply troubled and*
  - *need help*  
*in order to live your life*  
*in a fulfilling way,*

*you will still need*  
*for quite a while*  
*to pay attention*  
*mainly*  
*to those areas*  
*within yourself*  
*which are*

- *negative,*
- *destructive, and*
- *in error.*

*You may*

*not like to do so,*

*but*

*if*

*you truly wish to find*

- *your real self,*
- *that core of your being*  
*from which all good stems,*

*this focus [i.e., this focus on that in you which is negative,*  
*destructive, and in error]*  
*is necessary.*

14

***"How long will it take?"  
you may ask.***

***The time [i.e., The time it takes to focus on and transform that in you which is  
negative, destructive, and in error and eventually come to your  
real self from which all good stems]***

***is indicated***

- ***by your own***
- ***state of***
  - ***mind or***
  - ***feeling***

***and***

- ***by your***
  - ***outer life***  
***manifestation.***

***When your***

***inner negativities  
are overcome,***

***this state [i.e., this new state where you have increased access to  
your real self, from which all good stems,]***

***will be expressed  
in your life:***

***there will be no doubt.***

***Your path***

***will***

***organically  
bring you into  
other***

- ***emphases and***
- ***concerns.***

*The  
aim  
of this path [i.e., the aim of this pathwork]  
is not  
to cure you  
of an*

- emotional or*
- mental*

*illness,  
although*

- it does this  
very well and*
- it is bound to do so  
if you do the work.*

*But  
you should  
not  
enter this path  
for that purpose [i.e., NOT enter pathwork for the PURPOSE of  
curing an emotional or mental illness].*

15

*Third,  
do not  
enter this path  
if you expect  
that it will*

- make you  
forget your*
- sadness and*
- pain or*
- let you  
gloss over  
those aspects  
of your personality  
you*

- like least  
or even*
- dislike outright.*

***Your dislike [i.e., Your dislike of negative and repulsive aspects of your personality] may not be "neurotic."***

***You may be quite right to dislike these aspects [i.e., right to dislike these negative, troubling, and repulsive aspects in you],***

***but you are not right in believing yourself hopelessly bad because of them [i.e., hopelessly BAD because of your having negative aspects of your personality that you dislike].***

***So this path must teach you to face whatever is in you, for only when you do this [i.e., only when you face ALL aspects in you] can you truly love yourself.***

***Only then [i.e., only when you face ALL aspects that are in you] can you find your***

- essence and***
- true Godself.***

***But if you wish to attempt to find your essence but, under the guise of following your spiritual inclinations, refuse to face whatever is in you, this is not the path for you.***

16

*Now,  
let us go into a fuller description  
of what this path entails.*

*Every  
human being  
senses  
an inner longing  
that goes deeper  
than  
the longings for*

- emotional and*
- creative*

*fulfillment,  
although these [i.e., these emotional and creative fulfillments]  
are, of course,  
part of the*

- deeper and*
- more essential*

*desire.*

*Perhaps the most accurate  
"translation"  
of this longing [i.e., this deeper inner longing that  
every human being senses]*

*would be a*

- feeling or*
- sensing*

*that*

- another,*
- more fulfilling*  
*state of consciousness and*
- a larger capacity*  
*to experience life*  
*must exist.*

17

*As you  
translate this longing [i.e., this DEEPER INNER longing]  
into  
conscious terms,  
you may become involved in some*

- confusion and*
- contradiction.*



• *Confusions and*  
• *apparent contradictions*  
    *come from*  
        *the dualistic consciousness*  
            *permeating*  
                *the state the human mind is in*  
                    *at this time.*

*The dualism*  
    *is*  
        *always*  
            *present.*

*For humans*  
    *perceive reality*  
        *in terms of*  
            *either/or,*  
                • *good or*  
                    • *bad,*  
                • *right or*  
                    • *wrong,*  
                • *black or*  
                    • *white.*

*This way of perceiving life [i.e., This dualistic either/or way of perceiving life]*  
    *is at best*  
        *only half true.*

*In this way [i.e., In this dualistic either/or way of perceiving life]*  
    *one can only*  
        *perceive*  
            *fragments*  
                *of reality;*  
*the full truth*  
    *can never be found*  
        *in the dualistic way.*

*Truth*  
    *always*  
        *comprises*  
            *more than*  
                *what the*  
                    *dualistic way of seeing reality*  
                        *can grasp.*

18	<p><i>One confusion might be:</i></p> <p><i>"Am I longing for something unreal?</i></p> <p><i>Would it be perhaps</i></p> <ul style="list-style-type: none"><li><i>• more realistic and</i></li><li><i>• more mature</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• give up this longing and</i></li><li><i>• accept that life is just this</i><ul style="list-style-type: none"><li><i>• flat,</i></li><li><i>• dismal,</i></li><li><i>• gray</i></li></ul></li></ul> <p><i>place?</i></p> <p><i>[After all]</i></p> <p><i>Do we not hear over and over that</i> <i>acceptance is necessary</i> <i>in order to be at peace with</i><ul style="list-style-type: none"><li><i>• oneself and</i></li><li><i>• life?</i></li></ul></p> <p><i>Therefore I should really</i> <i>abandon</i> <i>this longing."</i></p>
19	<p><i>The way out of your confusion</i> <i>can only be found</i> <i>when you take a step</i> <i>beyond</i> <i>the dualism</i> <i>implicit in this dilemma.</i></p> <p><i>It is true</i> <i>that you</i> <i>must accept</i> <i>your present state.</i></p> <p><i>It is true</i> <i>that life,</i> <i>as it manifests,</i> <i>cannot be perfect.</i></p>

**Yet**

**this fact [i.e., this fact that you must accept an imperfect life]  
is not  
what truly makes you  
unhappy,**

**rather it [i.e. rather what TRULY makes you unhappy]  
is your  
demand  
that life  
should  
be  
• perfect  
and  
be  
• handed to you  
in its perfection.**

**If you go deeply enough,  
you will inevitably discover  
that there is  
• a part of you  
which  
denies  
• pain and  
• frustration;  
• a place  
where you are  
• angry and  
• spiteful  
because there is  
no loving authority present  
who will eliminate  
these undesirable experiences  
for you.**

	<p><i>Thus it is true that your longing for this utopian kind of happier state [i.e., your longing for a state in which you will ALWAYS be happy and NEVER be in pain and NEVER be in any way frustrated, and your further longing that this perfect and happy state be HANDLED TO YOU on a silver platter by a loving authority, without any effort on your part]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li><i>• unrealistic</i></li></ul> <p><i>and</i></p> <p><i>should be</i></p> <ul style="list-style-type: none"><li><i>• abandoned.</i></li></ul>
20	<p><i>But does this truly mean that the longing per se stems from</i></p> <ul style="list-style-type: none"><li><i>• immature,</i></li><li><i>• greedy, or</i></li><li><i>• neurotic</i></li></ul> <p><i>attitudes?</i></p> <p><i>No, my friends, it does not.</i></p> <p><i>There is an inner voice telling you there is much, much more to</i></p> <ul style="list-style-type: none"><li><i>• your life</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• yourself</i></li></ul> <p><i>than you are capable of experiencing at this time.</i></p>

	<p><i>How then can we find clarity about what is</i></p> <ul style="list-style-type: none"><li><i>• real and</i></li></ul> <p><i>what is</i></p> <ul style="list-style-type: none"><li><i>• false</i></li></ul> <p><i>about your deepest longing?</i></p>
21	<p><i>The desire [i.e., The desire for realizing your deepest longing] is false when your personality wishes</i></p> <ul style="list-style-type: none"><li><i>• love</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• fulfillment,</i></li></ul> <ul style="list-style-type: none"><li><i>• perfection</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• happiness,</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• pleasure</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• creative expansion</i></li></ul> <p><i>without paying the price of strictest self-confrontation.</i></p>

***It [i.e., Your desire for realizing your deepest longing]***

***is false***

***when you***

***do***

***not***

***assume the responsibility***

***for***

***[either]***

***• your present state [i.e. your present state, which is a result of causes brought about by your earlier ignorance and choices],***

***or***

***• the state you long for [i.e., or do not assume responsibility for manifesting the state you long for].***

***For example,***

***if***

***you feel sorry for yourself***

***because of your unfulfilled life,***

***and if***

***you***

***in any way***

***blame others***

***for your present state,***

***no matter***

***how wrong***

***those others***

***[actually] may be,***

***whether***

***• your parents,***

***• your peers,***

***• your associates, or***

***• life as a whole,***

***then***

***you***

***do***

***not***

***assume responsibility.***

***If this is the case [i.e., If you blame others for anything you lack in life],  
then***

***in some way***

***you also***

***wish to receive the***

- new and***
- better***

***state***

***as a reward [i.e., as a reward given to you by life or  
by an outer powerful authority].***

***[So in this case,]***

***You may***

***try to be a***

***good little obedient follower***

***of a powerful authority figure***

***in order to be rewarded.***

***Since***

***the reward***

***in reality***

***can***

***never***

***come from***

***the outside,***

***no matter***

***what you do [i.e., no matter what you do in order to be rewarded for being a  
“good little obedient follower” of a “powerful authority figure”],***

***you must***

***feel***

- disappointed,***
- resentful,***
- cheated, and***
- angry***

***and***

***you will resort***

***again and again***

***to your***

- old,***
- destructive***

***patterns***

***that are in fact***

***responsible for***

***the state***

***that creates***

***your unfulfilled longing [in the first place].***

22	<p><i>[On the other hand,]</i> <b>The longing</b> [i.e., <i>The longing for the fulfillment of your deepest desire</i>] <b>is realistic</b></p> <ul style="list-style-type: none"><li>• <b>when you start</b> <b>from the premise</b> <b>that</b> <b>the clue to fulfillment</b> <b>must lie in</b> <b>you;</b></li><li>• <b>when you</b> <b>wish</b> <b>to find the attitudes</b> <b>in you</b> <b>that prevent you from</b> <b>experiencing life</b> <b>in a</b><ul style="list-style-type: none"><li>• <b>fulfilled and</b></li><li>• <b>meaningful</b></li></ul><b>way;</b></li><li>• <b>when you</b> <b>interpret the longing</b> <b>as a message</b> <b>from</b> <b>the core of</b> <b>your inner being,</b> <b>sending you on a path</b> <b>that helps you to find</b> <b>your real self.</b></li></ul>
23	<p><b>However,</b> <b>when the inner message of longing</b> [i.e., <i>However, when the message of longing sent from the core of your inner being</i>] <b>is misinterpreted</b> <b>by the</b><ul style="list-style-type: none"><li>• <b>negative,</b></li><li>• <b>greedy,</b></li><li>• <b>ungiving and</b></li><li>• <b>demanding</b></li></ul><b>personality,</b> <b>confusion</b> <b>sets in.</b></p>



*[When this misinterpretation of the longing sent by your core  
is at play in you,]*

**The longing  
is then  
put into channels of  
unrealizable  
fantasies of magic.**

**You [then] believe fulfillment  
is supposed to be**

**• given**

**to you,**

**rather than**

**• attained**

**by you**

**through the**

**• courage and**

**• honesty**

**of looking**

**• at yourself**

**as you now are,**

**• even at areas**

**you would rather avoid.**

**If**

**• a life situation**

**is painful**

**and**

**• you**

**defend**

**with**

**• rage,**

**• complaints, and**

**• other defenses**

**against**

**cleanly**

**experiencing**

**this pain,**

**[then]**

**you are**

**not**

**in truth**

**about**

**your present state.**

**But**  
**if you**  
• **just let the pain be**  
**and**  
• **feel it**  
**without playing games**  
**like,**  
• **"it will annihilate me,"**  
**or**  
• **"it will last forever,"**

**the experience [i.e., the experience of FEELING your PAIN]**  
**will release**  
**powerful creative energies**  
**to increasingly**  
• **work for you**  
**in your life**  
**and**  
• **open the channels**  
**to your spiritual self.**

**Feeling**  
**the pain**  
**will also yield a**  
• **deeper,**  
• **fuller, and**  
• **wiser**  
**understanding of**  
**the connections**  
**between**  
• **cause**  
**and**  
• **effect.**

**For instance,**  
**you will see**  
**how**  
**you**  
*[through your ignorance, immaturity, faults, etc.]*  
**attracted**  
**this particular pain.**

**Such insight** [i.e., *Such insight about how YOU attracted this particular pain*]  
**may**  
**not**  
**come**  
**immediately,**  
**for**  
**the more you**  
**force it** [i.e., *the more you FORCE the INSIGHT about*  
*how YOU attracted this particular pain*],  
**the more it** [i.e., *the more the insight*]  
**will elude you.**

**But it** [i.e., *the insight about how YOU attracted this particular pain*]  
**will come**  
**if**  
**you stop**  
**the inner**  

- **fighting and**
- **resisting**

*[i.e., if you STOP the inner fighting against and resistance to*  
*FEELING this pain].*

24

**Do not**  
**abandon**  
**the longing per se** [i.e., *Do NOT abandon the DEEP LONGING for a more*  
*fulfilling state of consciousness and for a larger capacity to*  
*experience life from your innermost center*]  
  
*[Rather,]*  
**Take it** [i.e., *take your DEEPEST LONGING*]  
**seriously.**

	<p><b><i>In fact,</i></b> • <b><i>cultivate it</i></b> [i.e., <i>cultivate the deepest longing coming from your center</i>]</p> <p><b><i>and</i></b> • <b><i>learn to understand it</i></b> [i.e., <i>learn to understand the deepest longing coming from your center</i>],</p> <p><b><i>so that</i></b> <b><i>you will</i></b> • <b><i>follow its message and</i></b> • <b><i>take the inner path to your core;</i></b></p> <p>• <b><i>go through that part</i></b> • <b><i>which</i></b> <b><i>you want to avoid,</i></b> • <b><i>but which</i></b> <b><i>is the real culprit,</i></b> <b><i>solely responsible for</i></b> <b><i>your</i></b> <b><i>less than</i></b> • <b><i>fulfilled and</i></b> • <b><i>joyful</i></b> <b><i>state.</i></b></p>
25	<p><b><i>Do not</i></b> <b><i>abandon</i></b> <b><i>the longing</i></b> [i.e., <i>Do NOT abandon the DEEP longing that comes from the sense</i> • <b><i>that your life could be much more,</i></b> • <b><i>that you could</i></b> • <b><i>live</i></b> <b><i>without</i></b> • <b><i>painful</i></b> • <b><i>tortured</i></b> <b><i>confusions</i></b> <b><i>and</i></b> [i.e., <i>and that you could</i>] • <b><i>function on a level</i></b> <b><i>of inner</i></b> • <b><i>resilience,</i></b> • <b><i>contentment, and</i></b> • <b><i>security.</i></b></p>

*It [i.e., Realizing your deepest longing]  
is a state*

- *of*
  - *experiencing and*
  - *expressing*
    - *deep feelings*
- and*
  - *blissful pleasure,*
- *where*
  - *you are capable of*  
*meeting life*  
*without fear*  
*because*  
*you no longer fear*  
*yourself.*

*You will, therefore,  
find  
life,  
even its problems,  
a joyful challenge.*

*If  
your inner problems  
can become  
a challenge  
that gives  
spice  
to your life,*

*the ensuing peace  
will be  
all the more sweet.*

*The tackling of these problems  
will give you  
a sense  
of your own*

- *strength,*
- *resourcefulness,*

*and*

- *creative ability.*

*[In your tackling of life's problems]*

**You will  
feel  
the spiritual self  
flowing  
through your  
• veins,  
in your  
• thoughts,  
in your  
• vision and  
[in] your  
• perceptions,**

**so that  
decisions  
will be made  
from  
the center of your being.**

**When you  
live  
this way,  
occasional  
outer problems  
are  
• the salt of your life  
and become  
• almost pleasurable.**

**But [i.e., But after a while of living like this, where you tackle life's problems,]  
the times  
of outer problems  
will become  
less frequent,  
and  
• peaceful,  
• joyous,  
• creative  
living  
will become  
the norm.**

26

*Right now,  
the saddest part  
of your longing  
is that  
deep inside  
you know  
how your own*

- body and*
- soul*

*are not even capable of*

- accepting and*
- sustaining*

*intense pleasure  
at this time.*

*Pleasure  
exists on all levels:*

- spiritual,*
- physical,*
- emotional, and*
- mental.*

*However,  
spiritual pleasure,  
separated from the levels of everyday functioning,  
is an illusion,  
because  
true spiritual bliss  
encompasses  
the total personality [i.e., true spiritual bliss encompasses the TOTAL  
personality, its spiritual, physical, emotional and mental aspects].*

*The personality  
must therefore  
learn to  
endure  
a state of bliss.*

*This [i.e., This learning to ENDURE a state of BLISS]  
it [i.e., the personality]  
cannot do  
unless  
it learns  
to endure  
whatever  
is locked  
inside the psyche  
now:*

- *pain,*
- *meanness,*
- *malice,*
- *hate,*
- *suffering,*
- *guilt,*
- *fear,*
- *terror.*

*All these [i.e., All these painful and negative feelings]  
must be  
transcended.*

*Then,  
and then only,  
can the human personality  
function  
in a blissful state.*

*Your  
longing  
to experience  
more pleasure*

*is a message for you [i.e., a message from  
your innermost center, your divine core]  
to embark  
on a road  
that affords you  
the possibility  
of being in bliss.*



27

*The state of existence I described [i.e., being in bliss]*

*need*

*not*

*be given up as*

- *unrealistic or*
- *wishful thinking.*

*It [The state of existence I described – a state of being in bliss]*

*need*

*not*

*be given up [at all,]*

*because*

*you*

*will*

- *earn it*

*and*

- *make it your own*

*by*

*going through*

*whatever*

*in you*

*prevents you from  
experiencing it.*

*This state [i.e., This state of bliss]*

*already exists*

*as a*

*dormant potential*

*within you.*

*It is [i.e., This state of bliss is]*

*not*

*something that can be*

*given to you*

*by others,*

*nor is it*

*something that you can acquire*

*through [direct]*

- *learning or*
- *effort.*

	<p><i>[Rather]</i> <b>It [i.e., This state of bliss]</b> <b>unfolds</b> <b>organically [and indirectly]</b> <b>as</b> <b>a byproduct of</b> <b>your going through</b> <b>the dark spots</b> <b>within you.</b></p>
28	<p><b>Make no mistake:</b> <b>this is</b> <b>not</b> <b>an easy path.</b></p> <p><b>But</b> <b>the difficulty</b> <b>is not</b></p> <ul style="list-style-type: none"><li>• <b>a fixed reality,</b></li><li>• <b>a given fact,</b></li><li>• <b>an immutable condition.</b></li></ul> <p><i>[Rather]</i> <b>The difficulty</b> <b>exists</b> <b>only to the degree</b> <b>the personality</b> <b>has a stake in</b> <b>avoiding</b> <b>aspects of the self [i.e., avoiding negative</b> <b>aspects of the self].</b></p> <p><b>To the degree</b> <b>the commitment is made</b></p> <ul style="list-style-type: none"><li>• <b>to be in truth</b> <b>with the self,</b></li><li>• <b>to face</b> <b>every particle of the self,</b></li></ul> <p><b>the difficulty</b> <b>vanishes.</b></p>

*And what first  
seemed a difficulty [i.e., What first seemed a difficulty in this path called  
pathwork, the difficulty of FACING the self in  
truth, including facing ALL the dark spots,]  
now begins  
to become*

- *a challenge,*
- *an exciting journey,*

*and*

- *a process*  
*that makes life [i.e., that makes the process of living life fully]*

*so*

- *intensely real and*
- *wholesome,*

*so*

- *secure and*
- *fulfilling,*

*that you  
would not want to give it up  
for anything.*

*In other words,  
the difficulty  
exists  
exclusively  
by dint of a  
false belief:*

*the belief  
that  
facing*

- *one area  
of the self*

*may imply  
a verdict about*

- *the whole  
self  
that  
cannot be*

- *tolerated and*
- *accepted.*

*For example,  
you might conclude  
that  
if  
a certain  
negative attitude [i.e., a certain negative attitude  
in the personality]  
is true,  
then  
all  
of the self  
is bad.  
Such a belief  
makes  
facing the self  
• difficult or  
• even impossible.  
Hence  
it is necessary  
to ferret out  
the underlying beliefs  
behind  
any  
strong  
• resistance or  
• revulsion  
to go into  
the dark areas of the self.*

29

*This path [i.e., This pathwork]  
demands  
from an individual  
that which  
most people are  
least willing to give:  
• truthfulness with the self,  
• exposure of what exists now,  
• elimination of  
• masks and  
• pretenses, and  
• the experience  
of one's naked vulnerability.*

*It [i.e., This path called pathwork]  
is a tall order,  
and yet  
it is the  
only real way  
that leads to  
genuine*

- *peace and*
- *wholeness.*

*Once the investment  
in*

- *pretense and*
- *hiding*

*is given up,  
it is no longer*

- *a tall order*

*but rather*

- *an*
- *organic and*
- *natural*

*process.*

30

*So this path [i.e., So this path called pathwork]  
is  
simultaneously*

- *the most difficult*

*and*

- *the easiest.*

*It merely depends  
from what point of view you*

- *look at it*

*and*

- *choose to*

*experience it.*

*The difficulty  
can be measured  
in terms of  
your truthfulness  
with yourself.*

*To the degree  
you  
want  
to be in truth,  
the path  
will appear  
neither*

- *too difficult,*

*nor will it appear  
as if it dealt,*

*in the words of some of its critics,*

- *"too much  
with the negative side of*
- *life and*
- *self."*

*For*

- *the negative*

*is*

- *the positive,  
in essence.*

- *Negative and*
- *positive*

*are*

*not*

*two aspects of*

- *energy and*
- *consciousness:*

*[rather]*  
*they [i.e., rather POSITIVE and NEGATIVE aspects  
of energy and consciousness]*

*are*

*one and the same.*

*Whatever particles  
of*

- *energy and*
- *consciousness*

*in your self  
have turned*

- *negative*

*must be  
reconverted  
into  
their  
original*

- *positive*

*way of being.*

*This [i.e., This process of reconverting the negative in you back into  
what was originally positive]  
cannot be accomplished  
without  
fully  
taking responsibility for  
the negativity  
in you.*

31

*The reluctance  
to be truthful  
with oneself  
applies to  
even  
the most honest people.*

*A person  
may be noted  
for his or her*

- *honesty,*
- *truthfulness, and*
- *integrity*

*on one level,  
yet there can be  
deeper levels  
where this  
is not so at all.*

*This path  
leads into  
the as yet  
concealed  
more subtle  
levels  
which are*

- difficult to pinpoint*
- but certainly*
- ascertainable.*

32

*How can you gauge  
whether or not  
this untruthfulness  
on a deeper level  
exists in you?*

*It is really  
extremely  
simple.*

*There is  
an infallible key  
which,  
if you choose to use it,  
will give you  
faultless answers.*



*This key [i.e., This key by which to gauge whether or not this untruthfulness on deeper subtle levels exists in you]*

*is:*

- *how do you  
feel  
about  
• yourself  
and  
about  
• your life?*
- *How  
• meaningful,  
• fulfilled, and  
• rich  
is your life?*
- *Do you  
feel  
• secure with others?*
- *Do you  
feel  
• comfortable  
about  
your most intimate self  
in the presence of others,  
or at least  
with certain people  
with whom you have  
a goal in common?*
- *How much  
joy  
are you capable of  
• feeling,  
• giving,  
and  
• receiving?*

- *Are you  
plagued  
with*
  - *resentments,*
  - *anxiety,**and*
  - *tension,**or with*
  - *loneliness**and*
  - *a sense of isolation?*

- *Do you need  
a lot of  
overactivity  
in order to  
alleviate anxiety?*

*Actually,  
the fact  
that  
you do  
not  
consciously  
feel  
anxious*

*by no means  
proves  
that  
you are  
without  
anxiety.*

*Many  
start out on the path  
without  
awareness of  
their anxiety,*

*but  
they  
feel*

- *dead,*
- *numb,*
- *listless, and*
- *paralyzed.*

*This [i.e., Feeling dead, numb, listless, and paralyzed]  
may be  
a sign  
that  
the anxiety  
was overcome  
through an  
artificial  
deadening process.*

*This path  
cannot  
skip the step  
of making you  
first  
feel  
• your anxiety  
and  
then  
feel  
• whatever the anxiety hides.*

*Only then [i.e., Only then when your first FEEL both your anxiety  
and then FEEL whatever your anxiety hides]  
can  
real aliveness  
come.*

33

- *Exhilaration,*
- *enthusiasm,*
- *joyousness, and*
- *the unique blend of*
  - *excitement and*
  - *peace**which connotes*  
*spiritual wholeness*

*are a result of*  
*inner truthfulness.*

*When*

- *these states [i.e., When these states of exhilaration, enthusiasm, joyousness and the unique blend of excitement and peace, which connotes spiritual wholeness]*

*are*  
*absent,*

*then*

- *truthfulness*  
*must be*  
*absent.*

*It [i.e., the answer to the question “How can you gauge whether or not untruthfulness on a deeper level exists in you?”]*  
*is as simple as that,*  
*my friends.*

34

*If you  
demand  
of  
• your life,*

*and therefore [i.e., and therefore DEMAND]  
of  
• any path  
you contemplate entering,*

*to  
• bypass  
feeling  
your  
• anxiety  
and  
your  
• pain,*

*to  
• avoid  
owning up to  
your  
• dishonesties,  
your  
• cheating,  
your  
• spitefulness,  
your  
• games,  
and  
your  
• more or less subtle  
pretenses,*

*then  
it might be  
better for you  
not  
to start on  
this path [i.e., NOT to start on this path called pathwork].*

***But***

***on the other hand***

***• if you***

***• expect***

***a real effort and***

***• are prepared***

***to embark on the journey***

***into yourself***

***to***

***• find,***

***• acknowledge, and***

***• bring out***

***whatever is in you,***

***• if you***

***• summon all your***

***• inner truthfulness and***

***• commitment***

***for the journey,***

***• if you***

***• find the***

***• courage and***

***• humility***

***not to appear***

***other than you are***

***even in your own eyes,***

***then***

***you have indeed***

***every right***

***to expect***

***that***

***this path [i.e., this path called pathwork]***

***will help you***

***• realize***

***your full life, and***

***• fulfill***

***your longing***

***in every conceivable way.***

***This [i.e., Realizing your full life and fulfilling your deep longing in every way]  
is a realistic hope.***

***You will***

***increasingly***

***know it to be so.***

35

*Little by little  
you will  
begin to  
function from  
your  
• innermost center,  
which is  
a very different experience  
from functioning from  
your  
• periphery.*

*You are  
now  
so accustomed to  
the latter [i.e., so accustomed to functioning from the periphery]  
  
that you  
cannot even imagine  
how else it could be.*

*Now  
you are  
constantly dependent  
on  
• what happens around you.*

*You  
depend  
on  
• appreciation and  
• approval  
from others,  
on  
• being loved,  
and  
on  
• being successful  
in terms of the outside world.*

	<p><i>Whether you are aware of it or not, you inwardly strive to make sure you will obtain all this [i.e., you will inwardly STRIVE to have ALL this: appreciation, approval, and love from others and to be successful in terms of the outside world] so as to have</i></p> <ul style="list-style-type: none"><li><i>• peace and</i></li><li><i>• fulfillment.</i></li></ul>
36	<p><i>[Conversely] When you function from your center, • security and • joy spring from a deep well within you.</i></p> <p><i>This [i.e., Functioning from your center and as a result experiencing inner security and joy that spring from a deep well within you] does not by any means imply that when this happens [i.e., when your function from your center] you are condemned to live without</i></p> <ul style="list-style-type: none"><li><i>• approval,</i></li><li><i>• appreciation,</i></li><li><i>• love or</i></li><li><i>• success.</i></li></ul>



*This [i.e., The belief that you will have to live WITHOUT OUTER approval, appreciation, love, or success when you experience INNER joy and peace by living from your center]*

*is another  
dualistic misunderstanding  
where you think,*

*"Either  
I experience my center  
and then  
must*

- forfeit all*
- love and*
- appreciation*

*from others and*

- be alone,*

*or  
I must forfeit  
my inner self  
because  
I cannot contemplate  
such a lonely life."*

*In reality,  
when  
you  
function  
from  
the liberated center  
of your innermost self,  
you  
attract  
all the abundance of life  
to you,  
but  
you  
do not  
depend  
on it [i.e., do NOT DEPEND ON having  
all the abundance of life].*

	<p><i>It [i.e., the ABUNDANCE of life]</i></p> <ul style="list-style-type: none"><li>• <i>enriches you</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>is a fulfillment of a legitimate need,</i></li></ul> <p><i>but it [i.e., but the ABUNDANCE of life]</i></p> <p><i>is</i></p> <p><i>not</i></p> <p><i>the substance of life.</i></p> <p><i>The substance [i.e., Rather, the SUBSTANCE of life]</i></p> <p><i>is</i></p> <p><i>within.</i></p>
37	<p><i>In the healthy life of every human being there must be</i></p> <ul style="list-style-type: none"><li>• <i>exchange,</i></li><li>• <i>intimacy,</i></li><li>• <i>communication,</i></li><li>• <i>sharing,</i></li><li>• <i>mutual love,</i></li><li>• <i>mutual pleasure,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the giving</i></li></ul> <p><i>as well as</i></p> <ul style="list-style-type: none"><li>• <i>the receiving</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>warmth</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>openness.</i></li></ul>

*Also,  
every human being  
needs  
in healthy proportion  
recognition  
of what he or she  
does.*

*But  
there is an  
enormous difference  
between*

- wanting  
this recognition  
in a healthy way*
- and*
  - depending on  
outside recognition  
to such an extent  
that you are  
unable  
to do without it  
at all times.*

*In the latter case [i.e., the case where  
you depend on outside recognition at all times],  
the self  
begins to  
sacrifice  
its integrity  
in tragic ways  
that cost  
much too much.*

*Then  
the real self  
is betrayed  
and  
the seeking of recognition  
defeats itself.*

***This path [i.e., Pathwork]***

***is geared to  
finding***

- ***this center [i.e., finding the true self, the center within],***
- ***this deep inner spiritual reality,***

***and***

***not [i.e., and Pathwork is NOT geared to finding]***

- ***some illusory religious escape [i.e., some escape from feeling pain and taking responsibility for negative aspects].***

***Quite the contrary [i.e., Quite contrary to finding some illusory religious escape from the inevitable pains of life],***

***this path is  
immensely pragmatic,  
for***

- ***the true spiritual life***

***is never in contradiction to***

- ***practical life on earth.***

***There must be  
a harmony  
between***

***these two aspects of the whole [i.e., There must be harmony BETWEEN the true spiritual life AND practical life on earth].***

- ***Forsaking everyday living***

***is not***

- ***true spirituality.***

***In most cases,***

***it [i.e., forsaking everyday living]***

***is merely***

***another kind of escape.***

**For many  
it is easier  
to**

- **sacrifice**  
**something** [i.e., sacrificing things that could be rich,  
meaningful and fulfilling aspects of their everyday living]

**and**

- **chastise**  
**themselves** [i.e., and chastise themselves by making  
such sacrifices]

**than to**

- **face and**
- **deal with**  
**their dark aspects.**

**The guilt  
for the latter** [i.e., the guilt for having such inner dark aspects]  
**is constantly  
atoned for  
by**

- self-deprivations** [i.e., by depriving themselves of aspects of life that  
could be rich, meaningful and fulfilling in their everyday living]  
**which** [i.e., which such self-deprivations]  
**are**  
**supposedly**  
**doorways to heaven.**

**Yet this guilt** [i.e., Yet this GUILT for inner darkness within one's soul]  
**cannot be wiped out  
unless**

- the personality**  
**deals directly**  
**with**  
**the darkness within.**

*Then [i.e., Then, when the personality has dealt with the darkness within,]*

- *sacrifice and*
- *deprivation*

*become*

*not only*

- *unnecessary*

*but even*

- *contradictory to  
true spiritual unfoldment.*

*The universe*

*is abundant*

*in its*

- *joys,*
- *pleasures and*
- *bliss;*

*human beings*

*are supposed to*

- *experience*

*them [i.e., EXPERIENCE joys, pleasures, and bliss of the universe],*

*not*

- *forsake*

*them [i.e., NOT FORSAKE joys, pleasures, and bliss of the universe].*

*No amount of forsaking [i.e., No amount of forsaking the joys, pleasures  
and bliss of life]*

*will wipe out*

*the guilt*

*for*

*avoiding*

*purification*

*of the soul.*

38

*I would like to mention  
another specific feature  
of the inner obstructions  
that must be  
met  
so they [i.e., so that these inner obstructions to a rich life]  
can be  
transcended.*

*It is necessary  
to first understand  
that all  
• thoughts  
and  
• feelings  
are  
powerful agents  
of  
creative energy,*

*regardless of  
whether  
• the thoughts  
are  
• true and  
• wise  
or  
• false and  
• limited.*

*Likewise [i.e. As with THOUGHTS that are creative energy],  
whether  
• the feelings  
are  
• loving or  
• hateful,  
• angry or  
• benign,  
• fearful or  
• peaceful,  
their energy [i.e., the energy of FEELINGS]  
must  
create  
according to  
their nature.*

	<ul style="list-style-type: none"><li>• <i>Thoughts and</i></li><li>• <i>opinions</i></li></ul> <p><i>create</i></p> <ul style="list-style-type: none"><li>• <i>feelings,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>both of them together [i.e., both THOUGHTS and FEELINGS together]</i></li></ul> <p><i>create</i></p> <ul style="list-style-type: none"><li>• <i>attitudes,</i></li><li>• <i>behaviors, and</i></li><li>• <i>emanations</i></li></ul> <p><i>which in turn</i></p> <p><i>create</i></p> <ul style="list-style-type: none"><li>• <i>the life circumstances.</i></li></ul> <p><i>These sequences [i.e., These sequences relating your thoughts and feelings to creating your attitudes, behaviors, and emanations, and these in turn creating your life circumstances]</i></p> <p><i>must be</i></p> <ul style="list-style-type: none"><li>• <i>connected,</i></li><li>• <i>understood, and</i></li><li>• <i>fully recognized.</i></li></ul> <p><i>This is</i></p> <p><i>an essential aspect</i></p> <p><i>of the pathwork.</i></p>
39	<p><i>Your fear</i></p> <p><i>of your</i></p> <p><i>negative feelings</i></p> <p><i>is</i></p> <p><i>unjustified.</i></p>



**The feelings  
in themselves  
are not**

- **terrible or**
- **unbearable.**

**However,  
your**

- **beliefs and**
- **attitudes**

*[i.e., beliefs and attitudes in regard to your  
negative and painful feelings]*  
**can make them so** *[i.e., your beliefs and attitudes can make the  
negative feelings (pain, humiliation, shame, fear,  
pride, etc.) terrible or unbearable].*

**This process** *[i.e., this process of overcoming your fear of your feelings and  
instead fully feeling them, and thereby finding that your  
negative feelings are NOT terrible or unbearable]*  
**is constantly  
being verified  
by those  
who follow this path,  
because they find that  
the deepest pain  
is a  
revivifying  
experience.**

**It** *[i.e., Fully feeling the deepest pain]*  
**releases**

- **contracted energy and**
- **paralyzed creativity.**

**It** *[i.e., Fully feeling the deepest pain]*  
**enables people  
to feel**

- **pleasure**  
**to the degree they are willing  
to feel**
- **pain.**

40

*The same applies to  
fear.*

*To  
experience  
fear  
in itself  
is not  
devastating;  
[rather,] once  
experienced,  
the fear  
instantly  
becomes  
a tunnel  
through which you travel,  
not letting go  
of the feeling of fear  
until it carries you  
to a  
deeper level of reality.*

*The fear  
is a denial of  
other feelings.*

*When  
the original feeling [i.e., When the original feeling BEHIND the fear]  
is being*

- accepted and*
- experienced,*

*the knot dissolves.*

*Thus,  
it is never  
the feeling  
itself  
that is  
unbearable.*

*However,  
your attitude to it  
may make it so [i.e., your attitude toward your fear  
may make the fear unbearable].*

41

*Fear  
of your feelings  
makes you  
cut them off.*

*Thus  
you cut yourself off  
from life.*

*Your  
spiritual center  
cannot*

- *evolve and*
- *manifest and*
- *unify*

*with your ego self  
unless*

*you learn to*

- *fully embrace  
all*

*your feelings,*

- *allow yourself*

*to be carried by them [i.e., be carried by*

*all your feelings],*

*and learn to*

- *take responsibility for them [i.e., take responsibility for  
all your feelings].*

*If you  
make others  
responsible for  
your feelings,*

*you will be*

*in a bind*

*because*

*you will*

*either*

- *deny them [i.e., deny your feelings]*

*or*

- *act them out destructively*

*against others.*

*Neither one*

*of these two alternatives [i.e., Neither denying feelings or acting them out]*

- *is desirable or*
- *can bring any solution.*

42

*Your  
spiritual self  
cannot be freed  
unless  
you learn to*  

- *feel*

*all your feelings,  
unless  
you learn to*  

- *accept*

*every part of your being  
no matter how destructive it may be  
right now.*

*No matter  
how*  

- *negative,*
- *mean,*
- *vain, or*
- *egotistical*

*you may find  
a corner of yourself to be –  
contrary to  
other more developed aspects  
of your personality –  
it is absolutely necessary  
for  
every aspect of your being  
to be*  

- *accepted and*
- *dealt with.*

*No aspect  
should be*  

- *left out or*
- *covered over*

  
*in the wishful hope  
that it*  

- *would*

*no longer matter  
and*  

- *would somehow*

*just go away.*

*It [i.e., Accepting and dealing with every aspect of your being, no matter how negative, mean, egotistical, or vain it may be]*  
*does*  
*matter,*  
*my friends.*

*Nothing*  
*that exists in you*  
*is powerless.*

*No matter*  
*how hidden*  
*a dark aspect*  
*might be,*  
*it creates life conditions*  
*that you must deplore.*

*This [i.e., Because any HIDDEN dark aspect in you creates life conditions that you MUST deplore]*  
*is one reason*  
*why*  
*you must*  
*learn to*  
*accept*  
*the negatively creating aspects*  
*in you.*

*Another reason [i.e., Another reason to accept the negatively creating aspects in you]*  
*is*  
*that*  
*no matter how*  
*• destructive,*  
*• cruel, and*  
*• bad*  
*it may be,*

*every aspect of*  
*• energy and*  
*• consciousness*  
*is, in its original essence,*  
*both*  
*• beautiful and*  
*• positive.*

*The distortions  
must be  
reconverted  
into  
their original essence [i.e., back into their ORIGINAL  
beautiful and positive essence].*

- *Energy and*
- *consciousness*  
*can become*  
*creative again*  
*in*  
*a positive way*  
*only when*  
*the*
  - *light of cognizance and*
  - *positive intentionality**are brought to bear on them.*

*Unless you do this [i.e., Unless you bring the light of cognizance and positive  
intentionality to bear on distorted negative aspects],  
you cannot come into  
your creative core.*

43

*This is  
basically  
the pathwork.*

*This path  
is therefore  
difficult  
only because  
people  
with their vanity  
have  
false ideas  
of  
how they  
should  
already  
be.*

*The only difficulty  
is*

- *your illusion about  
how you*
  - *are*

*and  
how you*

- *should be,*

*and*

- *your illusion  
that you*
  - *could not*

*and*

- *must not  
have certain*
  - *problems and*
  - *attitudes.*

*Unless  
you*

- *give up  
these illusions [i.e., these illusions about how you ARE and how  
you SHOULD BE and further the illusion that you could not  
and MUST NOT HAVE certain problems and attitudes]*

*and*

- *take stock  
of whatever  
is in you,*

*you must  
remain  
alienated from  
your own  
spiritual essence.*

*That essence [i.e., Your own spiritual essence]*

- *is constantly  
self-renewing;*

*it [i.e., your own spiritual essence]*

- *is  
constantly  
conciliating  
apparently insoluble  
conflicts.*

*Your  
spiritual essence  
furnishes you  
with  
all that you could ever need  
for  
• living your life  
and  
for  
• completing the task  
you came to fulfill  
through your birth.*

*It [i.e., Your spiritual essence]  
is  
your divine center.*

*You  
are thus  
an expression of  
all that exists –  
the all-consciousness [i.e., You are  
an expression of the all-consciousness].*

*You  
remain disconnected  
from it [i.e., You remain disconnected from your spiritual essence, from  
your divine center, your unique expression of the all-consciousness]  
because  
you are  
too afraid  
of giving up  
your little vanity.*



**Therefore** [i.e., Because you are too afraid of giving up your little vanity by finding and having to accept the hidden dark aspects in you]  
**your longing** [i.e., your longing for peace and joy coming from your divine essence]  
**can never be fulfilled,**

**for no matter**  
**what is being promised you** [i.e., being promised to you in various spiritual practices],

**there is no panacea**  
**that can give you what you**  
**• need and**  
**• rightfully wish for**

**without**  
**taking the path**  
**• into**  
**and**  
**• through**  
**your own darkness.**

**Spiritual practices**  
**alone**  
**can**  
**not**  
**fulfill your longing,**  
**no matter**  
**how much**  
**you sit in**  
**• meditation and**  
**• concentration.**

44

**Such practices** [i.e., Such spiritual practices as meditation and concentration]  
**can only be helpful tools**  
**when used**  
**• in addition to**  
**or**  
**• in conjunction with**  
  
**the self-confrontation**  
**which you want to avoid**  
**at all costs.**

	<p><i>Unless</i> <i>you accept</i> <i>that self</i> <i>now</i></p> <ul style="list-style-type: none"><li>• <i>in its nakedness</i></li><li>• <i>with all its possible ugliness,</i></li></ul> <p><i>together with</i></p> <ul style="list-style-type: none"><li>• <i>your already existing beauty,</i></li></ul> <p><i>you</i> <i>cannot discover</i> <i>how you</i> <i>already</i> <i>are</i></p> <p><i>the beauty</i></p> <ul style="list-style-type: none"><li>• <i>you are</i> <i>not yet conscious of</i></li><li>• <i>but which</i> <i>you long</i> <i>to</i> <i>connect with,</i> <i>to</i> <i>realize</i> <i>and</i> <i>to</i> <i>express.</i></li></ul>
45	<p><i>This, then,</i> <i>is the pathwork,</i> <i>my friends.</i></p> <p><i>Very,</i> <i>very few</i> <i>people on this earth</i> <i>are willing to</i></p> <ul style="list-style-type: none"><li>• <i>undertake this path.</i></li></ul> <p><i>Even fewer</i></p> <ul style="list-style-type: none"><li>• <i>follow it through</i> <i>all the way.</i></li></ul>

*Most people  
wishfully think  
that  
they may find  
another way  
to reach fulfillment,  
one that will lead them  
around [i.e., around instead of through]  
their dark spots.*

*They [i.e., Most people]  
do not  
want  
to know  
that  
it is  
those dark spots  
that render them  
• unhappy and  
• lonely.*

*Some  
make beginnings [i.e., Some make beginnings to undertake this pathwork],  
but  
when they  
approach those dark spots  
they  
• pull back  
in self-revulsion  
and  
• turn all their destructive energy  
outward  
against those  
who help them  
find their way.*

*They  
do not wish  
to take a chance  
• on themselves  
or  
• on finding the way  
through  
their own darkness.*

46	<p><b>But</b> <b>for those who have</b> <b>the courage</b> <b>to go all the way,</b> <b>• relentlessly</b> <b>and</b> <b>• patiently,</b></p> <p><b>what glory awaits them</b> <b>in their</b> <b>innermost center!</b></p>
47	<p><b>Those who</b> <b>refrain from</b> <b>going all the way</b></p> <p><b>are usually</b> <b>obstructed</b> <b>by the fallacy</b> <b>that</b> <b>if</b> <b>they are</b> <b>not</b> <b>their</b> <b>• illusory perfection,</b> <b>they are</b> <b>• hopelessly bad.</b></p> <p><b>This error [i.e., This error that if people are NOT their perfect,</b> <b>then that are hopelessly bad]</b></p> <p><b>should be</b> <b>• challenged,</b> <b>• examined,</b> <b>and</b> <b>• worked with.</b></p> <p><b>If</b> <b>you do this [i.e., If you challenge this error that</b> <b>if you are not perfect you must be hopelessly bad],</b> <b>you will</b> <b>eliminate</b> <b>an important stumbling block.</b></p>

***Make room  
for the possibility  
that these [i.e., that either being PERFECT or being hopelessly BAD]  
are not  
the only two alternatives.***

***Be open  
to find  
the way  
from within  
that  
enables you to  
• be totally honest  
and  
• see the worst in yourself  
  
without  
• losing faith in yourself.***

***Though this [i.e., Though seeing the worst in yourself  
without losing faith in yourself]  
seems like  
• a miracle,  
it really is  
• quite logical.***

***It will come to pass  
that  
precisely because  
  
you have  
• faced and  
• admitted  
the worst,  
  
you will  
• find  
your true value.***

48

*Anyone  
entering this path  
should be prepared for  
this miracle [i.e., this miracle of finding your true value  
after having honestly faced the worst in yourself]  
to happen.*

*You are  
not  
as perfect  
as you want to be.*

*No matter  
how much lip service you may pay  
to  
the theory  
of your human limitations,  
you have  
a great stake  
in seeing yourself  
in a certain  
perfectionistic way.*

*This tendency [i.e., This tendency of seeing yourself in a  
certain perfectionistic way]  
has to be questioned.*

*Then [i.e., Then in questioning the great STAKE you have in seeing yourself  
in a certain perfectionistic way]  
you need to  
face  
the fear of  
experiencing  
certain feelings.*

*This fear [i.e., This fear of experiencing certain feelings]  
is perhaps due to  
your implicit belief  
that  
you will perish  
if you  
experience  
some of your  
deeper feelings,  
  
feelings  
which are, in effect,  
your life-blood.*

*This fear [i.e., This fear of perishing if you experience certain of  
your deeper feelings – feelings which are, in effect, your life-blood]  
must be challenged.*

*If you are  
• willing  
and  
• prepared  
to discover  
all  
of yourself,*

*you are indeed  
embarking on  
a journey of  
immense beauty,*

*though  
not  
beauty  
in the sense  
that  
all is easy.*

	<p><i>The temporary</i></p> <ul style="list-style-type: none"><li>• <i>pain and</i></li><li>• <i>struggle</i></li></ul> <p><i>will turn out to be</i> <i>your most valuable gateway</i> <i>to</i></p> <ul style="list-style-type: none"><li>• <i>light</i></li><li><i>and</i></li><li>• <i>fullness of living.</i></li></ul>
49	<p><i>The path is</i> <i>glorious</i> <i>when you have</i> <i>progressed beyond</i> <i>the initial stages</i> <i>where you</i> <i>battle with</i> <i>your own false ideas [i.e., false ideas and beliefs]</i> <i>that always create</i> <i>two</i> <i>unacceptable</i> <i>alternatives [i.e., the two unacceptable</i> <i>alternatives of EITHER having to be</i> <i>perfect OR being hopelessly bad].</i></p> <p><i>When the path</i> <i>opens up</i> <i>from</i> <i>within you,</i> <i>you begin to</i> <i>experience,</i> <i>maybe for the first time in your life,</i> <i>your own</i></p> <ul style="list-style-type: none"><li>• <i>potential of being,</i></li><li><i>your own</i></li><li>• <i>divinity.</i></li></ul>



	<p><i>You will feel</i></p> <ul style="list-style-type: none"><li>• <i>your potential for</i></li><li>• <i>pleasure and</i></li><li>• <i>security,</i></li> <li>• <i>awareness of</i></li><li>• <i>yourself and</i></li><li>• <i>others,</i></li></ul> <p><i>and therefore</i></p> <ul style="list-style-type: none"><li>• <i>your infinitely greater power to</i></li><li>• <i>relate to others,</i></li> <li>• <i>comprehend and</i></li><li>• <i>be with them without fear.</i></li></ul>
50	<p><i>The initial decision to enter a path such as this must be made realistically if it is to work.</i></p>

*Are you  
willing  
to give up  
your  
• illusions about yourself  
and  
your  
• expectations –  
which come from  
your resistance to  
giving up  
self-delusions –  
of what  
others  
should do for you?*

*Are you  
willing  
to shed  
your  
• false fears  
about  
what feelings  
you  
• should  
or  
• should not,  
• could  
or  
• could not  
experience?*

*If you  
make your  
commitment  
to yourself*

- *to fully accept  
everything  
you now are*

*and*

- *to proceed to  
get to know yourself  
where you  
do not yet know yourself,*

*you will find  
it [i.e., you will find that this pathwork]  
is the most*

- *exciting,*
- *significant, and*
- *meaningful*

*journey  
into  
your own depth.*

*You will have  
all the help  
you can possibly need,*

*for  
no one  
can undertake this journey  
alone.*

51

*When your*

- *spiritual center  
begins to manifest,*

*your*

- *ego-consciousness  
integrates with it*

*and you begin to be  
"lived through," as it were,  
by the  
spirit.*

	<p><i>Your living becomes a</i></p> <ul style="list-style-type: none"><li>• <i>spontaneous,</i></li><li>• <i>effortless flow.</i></li></ul>
52	<p><b>QUESTION:</b> <i>In what way was this path different in former</i></p> <ul style="list-style-type: none"><li>• <i>eras and</i></li><li>• <i>cultures?</i></li></ul> <p><b>ANSWER:</b> <i>Humanity's development in former times necessitated a different approach.</i></p> <p><i>For example, people in the Middle Ages were apt to act out their cruel impulses.</i></p> <p><i>They were not capable of separating</i></p> <ul style="list-style-type: none"><li>• <i>themselves sufficiently from</i></li><li>• <i>their impulses in order to</i></li></ul> <ul style="list-style-type: none"><li>• <i>identify them [i.e., identify their cruel impulses],</i></li><li>• <i>own up to them, and</i></li><li>• <i>assume responsibility for them.</i></li></ul>

*[Rather]*

**They** *[i.e., People in the Middle Ages]*

• **felt compelled**

**to give vent to them** *[i.e., to give vent to their cruel impulses]*

**and**

• **became**

**wholly enveloped by them** *[i.e., wholly enveloped*

*by their cruel impulses].*

**Therefore**

**people** *[i.e., people in the Middle Ages]*

**required**

**strict authority**

**from**

**the outside**

**to keep**

**their lower natures**

**in check.**

**Only when**

**the human personality**

**became capable of**

**using self-control**

**could the next evolutionary step**

**be taken.**

**The over-control** *[i.e., The over-control by a strict authority that*

*developed in the Middle Ages]*

**must now be**

**loosened up.**

53	<p><i>In former times the average person was too far removed from his or her core to seek spiritual life from</i></p> <ul style="list-style-type: none"><li><i>• inside;</i></li></ul> <p><i>[rather] it [i.e., spiritual life] had to be projected</i></p> <ul style="list-style-type: none"><li><i>• outside [i.e., projected outside the self onto an external authority].</i></li></ul> <p><i>This inability to assume responsibility for the self then led to the creation of</i></p> <ul style="list-style-type: none"><li><i>• an outer devil who would possess an individual</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• an outside God who would help [i.e., an OUTSIDE God who would fight against the outer devil who had possessed the individual].</i></li></ul>
54	<p><i>Now all this has changed.</i></p> <p><i>For example, today humankind's greatest hindrance is egotistical pride.</i></p>

**People**  
*have accomplished much*  
*with*  
*the powers of the ego.*

**They**  
*needed*  
*to develop these powers [i.e., these strong ego powers]*  
*so as*  
*to no longer*  
*be*  

- *irresponsible,*
- *helpless*

*children.*

**But**  
*these powers [i.e., But these strong powers of the ego]*  
*must*  
*now*  
*be exercised*  
*from within*  
*by one's*  

- *spiritual center*

*and*  
*not*  
*be ascribed to*  

- *the ego.*

**The pride**  
*of the ego*  
*makes this difficult [i.e., makes living from powers within instead*  
*of relying on the powers of the OUTER ego difficult].*

**Questions arise** *[i.e., Questions arise when one's powers come from one's spiritual*  
*center instead of from one's "scientific" and "logical" ego,]*

*[questions] such as:*

- *"What will others say?*
- *Will they think me*
  - *naive,*
  - *stupid,*
- or*
- *unscientific?"*

*It is everyone's task today  
to overcome*  
• *this pride [i.e., overcome this pride of the ego]*  
*and*  
• *this dependency on  
the opinions of others.*

*How often  
do individuals  
betray  
their spiritual truth  
by mouthing  
what is supposed to be  
intelligent  
without ever  
even daring  
to let their  
divine selves  
inspire them!*

*These are the criteria  
for the path today.*

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*Every stage  
in the evolution of  
spiritual consciousness  
necessitates  
a different approach,*

*but  
the aim  
is always the same.*

*However,  
there is  
one exception [i.e., there is one exception to needing a different approach  
for different stages in the evolution of spiritual consciousness].*



*In every era  
there  
always was  
a small minority of people  
who were developed  
way beyond  
the scope  
of the  
average person.*

*For them  
the path  
was always  
the same.*

*These few  
formed  
secret societies  
which*

- were unknown*

*and*

- not in the least popular.*

*A group such as yours  
can therefore  
not be  
a popular movement  
either,*

*for even today  
there are  
very few people  
either*

- capable*

*or*

- willing  
to follow such a path.*

*But there are certainly  
many more today  
who could do so [i.e., who could follow such a path as pathwork]  
than  
in former times;*

*[today]*

- *many  
could,*
- *but few  
will.*

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*I will withdraw now  
from this instrument  
through which I am allowed to manifest.*

*A great spiritual power  
protects  
this group.*

*This [i.e., This fact that a great spiritual power protects this group]  
may seem*

- *incomprehensible*
- or*
- *a primitive belief  
for some of you,*

*yet*

*it is a reality,  
my friends.*

*There is  
a whole world  
beyond  
the world  
you*

- *know*
- and*
- *touch*
- and*
- *see.*

**Only as you**  
• *explore yourself*  
**and**  
• *go into your core*

**will you**  
**meet**  
*this world [i.e., meet this world BEYOND the world you know  
and touch and see],*

**and then**  
*it [i.e., and then, as you go into your core, this world  
BEYOND the world you know]*

**will**  
**reveal itself**  
**in its**  
• *stark reality*  
**and**  
• *utter glory.*

**This world [i.e., This world BEYOND the world you know and touch and see]**  
**exists**  
• *within and*  
• *around*  
**you**

**and it [i.e., and this world BEYOND the world you know and touch and see]**  
**will**  
**inspire you**  
**from**  
**its own**  
**complete wisdom**  
**as you**  
**reach for it.**

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**Be blessed,**  
**every one of you.**

*Those of you  
who*

- *want to  
make the commitment to  
your inner being,*

*and*

- *want to  
avail yourselves  
of the help  
this particular path  
can give*

*are*

- *blessed*
- and*
- *guided*

*in all your moves;*

*and those of you  
who*

- *do not yet wish to take this step or*

*who*

- *are drawn elsewhere,*

*they, too,  
are  
being blessed.*

*Be in peace.*

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