

Pathwork Lecture 258: Personal Contact with Jesus Christ – Positive Aggression – The Real Meaning of Salvation

1996 Edition, Original Given January 10, 1979

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><i>Joyfully</i> <i>I bring divine blessings</i> <i>that can touch</i> <i>everyone here</i> <i>in a very vital way [i.e., I bring blessings that can touch, in a very vital way, everyone who is now spending time with this lecture].</i></p> <p><i>You need to</i> <i>raise your consciousness</i> <i>to this reality.</i></p> <p><i>You need to</i> <i>remove the barriers</i> <i>that prevent you</i> <i>from perceiving</i> <i>• the Lord's presence</i> <i>in your life,</i> <i>• His love</i> <i>for you.</i></p>

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04

*Let me start this lecture with some words on
feeling
God's presence.*

*Even though you have
strengthened
your
• faith
and
your
• realization
that this world is
infused with
God,*

*few
have as yet made
personal contact with Him.*

*He [i.e., God]
became
human
so as to
always
be close to you
in a very
• personal,
• loving
way.*

*For most believers
God is
a much
• less personal,
a much
• more
• vague and
• general
experience.*

*And you know that
you can
experience
only
that which you can
• conceive of and
• believe in.*

05

If you

seriously

- ***long [for],***
- ***pray [for], and***
- ***search for***

a realization of

Jesus Christ's

personal love

for you,

the answers [i.e., the answers to your serious longing, praying and searching for a realization of Jesus Christ's personal love for you]

will come forth.

Perhaps you will

not recognize

the first answers as such [i.e., not recognize the first answers as real answers to your prayer for the realization of Jesus Christ's personal love for you].

They [i.e., These first answers to your prayer for the realization of Jesus Christ's personal love for you]

may have something to do with

specific barriers

that prevent you

from

- ***this experience [i.e., specific barriers that prevent you from this experience of Jesus Christ's personal love for you],***
- ***this reality [i.e., specific barriers that prevent you from the experience of Christ's reality and of His personal love for you].***

They [i.e., the first answers to your prayer concerning experiencing Jesus Christ's reality and His personal love for you]

may bring up

- ***new,***

or again

- ***old,***

material on your path

that you need to work on

for your purification.

These [i.e., Your new awareness both of new and old specific barriers and of the work you need for your purification in order to remove these specific barriers] are the answers [i.e., are the first answers to your prayer for the experience of Jesus Christ's reality and His personal love for you]!

	<p><i>Once the barriers begin to crumble, you will experience what it means to feel Jesus Christ's personal love for you.</i></p>
06	<p><i>You are always involved in a vicious circle here [i.e., here on the earth plane in your state of dualistic consciousness].</i></p> <p><i>When you feel</i></p> <ul style="list-style-type: none"><i>• unworthy,</i><i>• unlovable,</i><i>• unacceptable,</i> <p><i>it is impossible to believe that Christ can love you personally,</i></p> <p><i>[and can do so] regardless of your present state of development.</i></p> <p><i>So you need to</i></p> <ul style="list-style-type: none"><i>• forge ahead and</i><i>• reestablish your</i><i>• self-acceptance and</i><i>• self-respect</i> <p><i>[i.e., reestablish your SELF-acceptance and SELF-respect in the face of parts of you being in very early stages of development and still feeling unworthy and “sinful”].</i></p>

Yet this [i.e., Forging ahead to reach a felt sense of self-acceptance and self-respect] can be done only when you

- *recognize and*
- *oust*
- *real,*
- *justified*

guilt, without annihilating yourself in the process.

I have shown you many times how to do this.

The self-condemnation that so often accompanies insight into your lower self [i.e., accompanies insight into your “sinful” not-yet-purified nature]

obstructs the

- *cleansing and*
- *liberating*

process that makes room for self-love in the healthy sense.

07

It is also true that without at least a slight awareness that you are personally

- *precious and*
- *beloved*

to the personified God – Jesus Christ –

it is extremely difficult

- *to accept your guilts*

and

- *to find your real value.*

*So what you need
is a
continuous double approach
that
combines
your*

- determination
to*
- search for and
• face
all of your lower self*

*and
to*

- understand
all of your being
with*
- compassion and
• realism,*

*with
your*

- direct prayer and*
- deep desire
to feel*
- Jesus' presence
near you,*
- His concern
for you,*
- His*
- deep,
• abiding
interest in*
- every
• smallest
detail of your life.*

08

*As you thus
proceed on your path [i.e., as you proceed on your path using this continuous
double approach of 1) facing your lower self with compassion AND
2) desiring and praying to FEEL Jesus' presence near you],
the glory
that will come to you
cannot be put into words.*

***Nothing else is comparable to
the knowledge
that
the Lord [i.e., the Lord Jesus Christ]
• loves you
 personally,
• cares for you,
• never forgets you and
• always protects you,
 no matter what
 the momentary circumstances are.***

09

***However,
this total fulfillment [i.e., this total fulfillment that comes from KNOWING that
Jesus Christ loves you personally, cares for you, never forgets you and
always protects you no matter what the momentary circumstances are]
can come
only
as you
totally surrender to
the will of God,
without any reservations,
in every
• large and
• small
aspect of
your
• life
and
your
• being.***

*We have discussed this [i.e., this need for total surrender to the will of God]
so often,
and yet
how difficult it remains
for a number of you.*

- *You keep
holding back.*
- *You still have
your little corners*
 - *of holding out,*
 - *of believing that*
 - *your self-will
knows better than*
 - *God
what makes you happy.*

*Yet
Jesus Christ
is here
to give you*

- *eternal life,*
- *safety and*
- *total fulfillment,*

*if only
you*

- *trust Him*

and

- *give yourself to Him.*

*You will
be sustained
with
all the juices
of*

- *life and*
- *joy*

*in a constant
flow of renewal.*

10

*You cannot
eliminate
your
• fears and
your
• distrust of others
unless
you
constantly
renew the practice
of
total surrender to
the highest within yourself.*

*For you
cannot subsist
alone.*

No creature can.

*All created beings
hang together
on
a chain of interdependence –
• physically,
• emotionally and
• spiritually.*

*When
the weight of dependence
is put where it belongs –
• on God,
• on His personalized aspect [i.e., on Jesus Christ]
who is personally near you –
then
you can create
a healthy center of gravity
anchored
deep within your soul,
for that [i.e., for deep within your soul]
is where to find Him [i.e., is where to find
Jesus Christ].*

	<ul style="list-style-type: none">• His presence [i.e., <i>Jesus Christ's presence</i>] <p>merges with</p> <ul style="list-style-type: none">• your higher self. <p style="text-align: center;">You truly become one [i.e., <i>You truly become one in Jesus Christ</i>].</p>
11	<p>Thus [i.e., <i>Thus, in being one in Jesus Christ,</i>] all interdependence with others will be free from neurotic dependency.</p> <p>It [i.e., <i>All dependence on others</i>] will be healthy interdependence that will give you</p> <ul style="list-style-type: none">• clear vision,• the ability to adjudge realistically where your trust is<ul style="list-style-type: none">• justified <p>and where it is<ul style="list-style-type: none">• not [i.e., <i>adjudge where your trust is NOT justified</i>].</p> <p>Therefore you will have a healthy relationship with your<ul style="list-style-type: none">• leaders andyour<ul style="list-style-type: none">• followers.</p>

	<p><i>Without that proper center of gravity in God, you will always</i></p> <ul style="list-style-type: none"><i>• be confused,</i><i>• live in fear,</i><i>• distrust your judgment,</i><i>• become either</i><ul style="list-style-type: none"><i>• too distrustful in the wrong place</i> <p><i>and/or</i></p> <ul style="list-style-type: none"><i>• too gullible [i.e., too trustful] in the wrong place.</i>
12	<p><i>So, my beloved friends, make it your business now to deepen your desire for personal contact with Christ.</i></p> <p><i>Strengthen your commitment</i></p> <ul style="list-style-type: none"><i>• to Him,</i><i>• to give over all of your life to Him in the total trust that He deserves.</i> <p><i>Your human fears can never be assuaged otherwise.</i></p>

13

*I spoke in a lecture about
one basic existential fear
that
all human beings share,
whether they are aware of it or not.*

*This is
the fear of
annihilation of consciousness –
which you fear will take place
after the body
separates from
the spirit self [i.e., at physical death].*

*To no longer exist
is
the most insidious fear
that you
must*

- meet*
- and*
- deal with.*

*Only
through
total surrender to God
can you do this [i.e., can you meet and deal with this most
insidious fear of no longer existing].*

*Only
through
removing your impurities
can you do this [i.e., can you meet and deal with this most
insidious fear of no longer existing].*

*Only
through*

- experiencing*

rather than

- denying*

*your various pains
can you do this [i.e., can you meet and deal with this most
insidious fear of no longer existing].*

14

*The Creator
has filled your earth sphere
with*
• *signs,*
with
• *symbols*
which say
• *loudly and*
• *clearly*
that
nothing
• *is ever lost,*
that
nothing
• *can ever*
• *disappear or*
• *disintegrate*
into
nothingness.

*You will
recognize
these symbols
as you awaken.*

*The awakening
depends utterly
on your
surrender
to*
• *the Creator*
and
to
• *His personalized presence in your life –
Jesus Christ.*

15

*One such beautiful symbol
is the sea.*

Just observe the

- *ebb and*
 - *flow*
- of
the sea.*

The tide

- *flows forward*
in great masses,
- only to*
- *recede and*
 - *diminish.*

Where does it go?

It seems

- *to disappear,*
- *to disintegrate,*
- *to no longer exist.*

*From your vantage point on the shore,
where there was water
before
there is none
now.*

*But you know [i.e., But you understand and are conscious and aware of the fact]
that the water
does not
disintegrate into nothingness.*

It [i.e., The water]

- *continues*
 - *to be,*
 - *to exist*
- in the greater pool,
never losing its unique quality,*

and

- *will return.*

16

*Could it be different
with
individual consciousness?*

*Could
individual consciousness
go through
all the painstaking steps
of*

- developing and*
- cleansing
itself,*

of

- growing and*
- expansion,*

*with
no purpose?*

*The more you establish
your own inner connections
between
your*

- life experiences*

*and
your*

- attitudes,*

*the more deeply
you will understand
that there are
no arbitrary coincidences.*

*Your life experiences
stand in direct relationship
to*

- you,*

to

- who you are now,*

to

- what you express and*
- what you*
 - deliberately or*
 - inadvertently*

create.

17

Awareness of these connections [i.e., AWARENESS of these connections between your life experiences and YOU – between your life experiences and your attitudes, who you are now, what you express and what you deliberately or inadvertently create]

*in
the microcosm
of your personal existence
inevitably
also makes
the universe
comprehensible
in an entirely new way.*

*You must then see
that*

- everything has purpose,*

that

- nothing is for naught,*

that

- there is a magnificent design at work
whose purpose
is
to bring everything
to*
 - perfection,**to*
 - bliss,**to*
 - oneness –**and therefore
to*
 - ineffable peace.*

*You can
no longer doubt
the design
behind events
when you explore
your microcosm [i.e., the microcosm of your personal existence]*

- painstakingly,*
- honestly and*
- courageously.*

*And when you see
the fabric
of*

- *wisdom and*

of

- *purpose*

*in all that comes to pass,
you will simultaneously
recognize
the Great Spirit
of the Creator
at work.*

18

*When you work
with the aid of
the personalized God [i.e., with the aid of Jesus Christ],
who is*

- *always available*
to you,
- *always responsive*

*when
you reach out for His help,
you will gradually
establish connections [i.e., connections between painful events in your life
and their inner causes]
that were totally obscure before.*

*Nothing
could be
more*

- *painful and*

more

- *frightening*

*than
the disconnectedness
between*

- *a painful event in your life*

and

- *its inner cause.*

	<p><i>Its [i.e., The painful event's] appearance seems</i></p> <ul style="list-style-type: none">• <i>inexplicable and</i>• <i>inconsequential.</i> <p><i>To establish the causal connection [i.e., connection between the painful event and its cause] is</i></p> <ul style="list-style-type: none">• <i>relief,</i>• <i>release,</i>• <i>liberation and</i>• <i>enrichment beyond description.</i>
19	<p><i>There exists a certain rhythm that you need to</i></p> <ul style="list-style-type: none">• <i>discover,</i>• <i>sense and</i>• <i>accept.</i> <p><i>Again I use the analogy of the sea.</i></p> <ul style="list-style-type: none">• <i>Ebb and</i>• <i>flow</i> <p><i>function according to</i></p> <ul style="list-style-type: none">• <i>a very specific rhythm,</i>• <i>a rhythm that has been established under higher orders.</i> <p><i>This rhythm is never broken.</i></p> <p><i>Only when specific upheavals interfere –</i></p> <p><i>such as</i></p> <ul style="list-style-type: none">• <i>earthquakes,</i>• <i>tidal waves or</i>• <i>human destructiveness –</i> <p><i>is the rhythm temporarily disrupted.</i></p>

	<p><i>[When the sea's upheavals interfere with the natural unique rhythm of the sea]</i></p> <p>The sea is in crisis, so to speak, but the crisis conspires to reestablish • its [i.e., the sea's] unique rhythm, • its [i.e., the sea's] harmony with the rest of creation.</p> <p>The sea has the wisdom to follow this pattern.</p> <p>Humans, with their disruptive minds, too often make themselves insensitive to their unique rhythm patterns with which they need to be in harmony.</p>
20	<p>• When you seek a connection between • an event and • your inner person,</p> <p>• when you • work to recognize it [i.e., when you work to recognize the connection between an event and its cause in the inner person]</p> <p>and • pray for help and the answer [i.e., and pray for help, and the answer concerning the connection between a painful event and its cause in the inner person] still fails to come,</p> <p>you may be out of rhythm.</p>

The waiting time [i.e., The time during this period of ebb, this time without answers concerning the inner-person cause of a painful event] may then be used to find qualities within yourself of which you can learn only in times of

- *ebb,*

never in times of

- *flow.*

The time span of the

- *ebb and*
- *flow*

of the sea,

of

- *high tide and*
- *low tide,*

is never exactly the same.

Mostly

- *one*

lasts longer than

- *the other,*

if measured with earthly time.

Time relationships often change.

It is the same with the human being's rhythm.

The time of

- *fruition*

may come sooner in some areas,

the time of

- *waiting*

may last longer in others.

21

*Sense your rhythm
in all things.*

*Feel your daily life
in accordance with
your personal universal rhythm pattern.*

*It [i.e., Your personal universal rhythm pattern]
exists as definitively as
you carry
your life pattern
within
your soul substance.*

If you

- *work,*
- *rest,*
- *play,*
- *live,*
- *move and*
- *have your being*
in harmony with
your unique rhythm pattern [i.e., your unique
personal universal rhythm pattern] ,

you will live

- a much more*
 - *fruitful,*
 - *creative,*
 - *joyful and*
 - *peaceful*
life.

Much

- *harassment and*
- *restlessness*
will fall off
your burdened shoulders.

***You need to
raise your consciousness
specifically***

***to this phenomenon [i.e., this phenomenon that your life has a
unique, personal, universal rhythm pattern and your daily
life will be much more fruitful, creative, joyful and peaceful if
you live your daily life in harmony with that rhythm pattern].***

**• *Think about
this concept [i.e., THINK about this phenomenon of being in or out of
harmony with life rhythms],
to begin with.***

**• *Meditate that it [i.e. that this phenomenon of life rhythms]
exists.***

**• *Stir up
your imagination
and***

• *feel into*

- *living a day
in rhythm,
as contrasted with***
- *your usual***
 - *unconscious,***
 - *rhythmless
existence.***

Once you can

***visualize the difference [i.e., the difference between a day in rhythm
and a rhythmless day],***

**• *concentrate on it daily [i.e., concentrate daily on this rhythm pattern]
and***

**• *ask your personal guidance
to help you***

**• *focus on it [i.e., focus on your unique rhythm pattern each day]
and***

**• *stay increasingly
in your rhythm pattern [i.e., increasingly live each day in
your unique rhythm].***

22

When,
following a comparatively long time
of

- *search and*
- *work,*

a painful personal event
[still] seems
utterly disconnected
from any
personal

- *cause or*
- *meaning,*

something in your rhythm pattern
demands
that you
accept this
as a rhythmic phenomenon.

True,
the rhythmic phenomenon
is also
determined by
underlying causes
that exist within
the particular consciousness.

But
only when
the rhythm pattern
is

- *respected,*
- *accepted,*
- *adhered to and*
- *utilized in the most constructive way,*

will the rhythm

- *flow*

without disturbance
and

- *take its natural course.*

- *Doubt,*
- *rebellion,*
- *anger,*
- *belief in a meaningless universe*
that makes you suffer –

these are
destructive responses
to your rhythm pattern
that delay
its natural flow.

Equally disruptive
is
the self-rejecting attitude,

"I am so bad
that I deserve
to be punished
this way."

23

You have all learned on this path
what a constructive response
to a painful event is.

[Namely – this constructive response to a painful event is to meditate and ask...]

- *"What can I*
learn here?
- *What*
could
my response be
to this seeming delay [i.e., this seeming delay in answering my
prayer for help in recognizing the inner cause of my suffering]
that would
most further my development?

- *If there is anything
in my lower self
that I am*
 - *not yet aware of or*
 - *not sufficiently connected with,*

*I want to see it fully,
without ever losing sight of
the fact that*

- *God loves me*

and

- *I am God's unique expression."*

*These are positive responses
that will help the rhythm
to take its
harmonious course.*

*Then,
in its own time,
often when you least expect it,
new connections [i.e., new connections between painful events
and their inner causes]*
*will open up,
sometimes pouring out
with such rich profusion
that suddenly*

- *all woe
will disappear*

and

- *the suffering
will turn into the blessing
it always had the potential to be.*

24

*Again I say that
personal contact
with Jesus Christ
will help you to*

- *live in harmony*

and

- *make all the necessary connections [i.e., make all the necessary
connections between painful events and their inner causes].*

***But here, too, [i.e., But here, too, regarding personal contact with Jesus Christ]
the rhythm pattern
is at work.***

- ***Mentally,
you may be
completely reconciled
to His reality [i.e., completely reconciled MENTALLY
to the reality of Jesus Christ].***
- ***You may have used
your personal will
for total surrender [i.e., for total surrender to Jesus Christ]
and
you may sincerely mean it.***
- ***Yet you may
not have
experienced
the
emotional
reality
of Christ's
• sweet and
• loving
presence.***
- ***You may wait for this [i.e., wait for this experience of
the EMOTIONAL reality of Christ's presence]
to happen.***
- ***You may
become impatient
and
then begin to doubt,

thus [i.e., thus, by impatience and doubting
the emotional reality of
Christ's presence,]
disrupting
the seed
you have sown [i.e., the seed you
have sown by coming to accept
mentally Jesus Christ's reality].***

	<p>When the emotional experience [i.e., the emotional experience of Christ's presence] fails to materialize for a while, it is not that He keeps you waiting. [Rather] It is that your inner barriers [i.e., It is rather that your inner barriers to the emotional experience of Christ's reality and presence] need to give way.</p>
25	<p>That [i.e., The giving way of your inner barriers to the emotional experience of Christ's reality and presence] can happen only within the context of your<ul style="list-style-type: none">• unique,• personalrhythm pattern.</p> <p>Remember that [i.e., Remember that your rhythm pattern is at play when your inner barriers to the emotional experience of Christ's presence do not give way] and do not despair.</p> <p>Christ<ul style="list-style-type: none">• is here.</p> <p>He [i.e., Christ]<ul style="list-style-type: none">• hears you,</p> <p>He<ul style="list-style-type: none">• loves you,</p> <p>He<ul style="list-style-type: none">• protects you,</p> <p>He<ul style="list-style-type: none">• is deeply concerned with you,even though your senses are still too dull to perceive it [i.e., too dull to perceive His deep concern with you].</p>

	<p><i>The time will come suddenly when you will be intensely aware of this fact [i.e., intensely aware of this fact that Christ is here, that He hears, loves, and protects you, and that He is deeply concerned with you].</i></p> <p><i>You will feel [i.e., FEEL, and not merely mentally know of.] His [i.e., Christ's] • loving, • healing arms in which you can always • rest and • find new sustenance for your life task.</i></p>
26	<p><i>All doubt is evil.</i></p> <p><i>But since evil has no permanent substance, you can easily dispel it.</i></p> <p><i>Bring your positive aggression to bear upon it [i.e., Bring your POSITIVE aggression to bear upon your doubt], which is very contrary to what you usually do [i.e., which is very contrary to what you usually do with your aggression].</i></p>

By habit,
you put all aggression
into the service of
lower-self aims,
while keeping an
• apathetic,
• passive
[i.e., an apathetic and passive rather than an aggressive]
attitude
toward
the good
you desire to receive
from life.

Or you are
• passive and
• apathetic
when you are
enveloped in
the negativities
that stem from your
unpurified self and
that therefore *[i.e., that therefore, because these inner*
negativities stem from your unpurified self.]
draw
evil forces *[i.e. evil forces from outside yourself]*
to you.

It then *[i.e., When these evil forces are drawn to you from outside yourself, it then]*
seems much easier to
• let all aggression out
in a destructive way and
• give in to
negative influences *[i.e., to give in to these negative influences*
you have drawn to yourself from outside yourself]
without using
any of your aggressive aspects
to either
• dispel them *[i.e., to dispel the negative forces you*
have drawn to yourself]
or to
• assert the positive forces
• within and
• around
you.

27

This [i.e., This bad habit of misusing your aggressive aspects by NOT USING them to dispel negative forces you have attracted to you nor by USING them to assert the positive forces within and around you]

needs to be changed

and

you have

- *the power and*
- *the means*
to do it.

But you must

- *be aware of*

the displacement [i.e., be aware of how, where and when your aggression is not placed on positive aspects and instead is used destructively]

and

- *put*

more awareness and

clear intention

into straightening out

the imbalance [i.e., the imbalance when you use your aggression for negative ends rather than for positive ends].

Visualize yourself

taking a firm stand

against all thoughts

that are

- *negative and*
- *divisive*
in any way.

Seriously question

any thoughts

that

- *seem correct*

*but fail to give you
a feeling of*

- *peace,*
- *love and*
- *unity,*

that

- *make you
feel*

disharmonious and

in any way

uncomfortable.

	<p><i>Just being willing to let in the light of truth –</i></p> <ul style="list-style-type: none">• <i>the truth of God</i> <p><i>rather than</i></p> <ul style="list-style-type: none">• <i>your temporary perception of truth –</i> <p><i>will create a shift in your consciousness.</i></p>
28	<p><i>The result [i.e., The result of this shift in consciousness in which you STOP using your aggression for negative and destructive ends and instead START using your aggression for positive ends]</i></p> <p><i>may not be immediate,</i></p> <p><i>but sooner or later you will have less of a tight urge to pursue, often with undue aggression,</i></p> <ul style="list-style-type: none">• <i>untruthful</i> <p><i>and therefore</i></p> <ul style="list-style-type: none">• <i>negative and</i>• <i>constricting</i> <p><i>aims.</i></p> <p><i>Visualize yourself questioning your position in each situation that creates a disharmony</i></p> <ul style="list-style-type: none">• <i>within you</i> <p><i>and/or</i></p> <ul style="list-style-type: none">• <i>around you.</i> <p><i>Just see yourself in your imagination doing that.</i></p>

	<p><i>Visualize yourself always surrendering</i> • <i>your position [i.e., surrendering your position and YOUR vision of “truth” in every situation]</i> <i>for</i> • <i>God's vision of truth.</i></p> <p><i>Often it may not be a question of sharply divided</i> • <i>right</i> <i>versus</i> • <i>wrong,</i> <i>but</i> <i>the truth may still be different from the way you see it.</i></p>
29	<p><i>When you visualize yourself surrendering to God's vision,</i> • <i>you will find out the truth of any particular situation.</i></p> <p>• <i>You will be enlightened and</i> • <i>you will lose a tremendous burden.</i></p> <p><i>The</i> • <i>relief and</i> • <i>liberation</i> <i>are enormous, especially if you do not have too big a stake in your egotistic self-righteousness.</i></p>

30

*However,
if you
feel
personally humiliated
by
• being wrong,
by
• being imperfect,
by
• having made a mistake,*

*it will be
much more difficult
for you to let go of
the tight hold of your position.*

*The reason [i.e., The reason it will be much more difficult for you to let go of your
tight hold of your position and vision of what is the “truth” in a situation]
is that you
secretly
hold
a low opinion of yourself.*

*The lower
this opinion is [i.e., The lower your opinion of yourself is],
the greater
must be your stake
in some
• prideful,
• egotistical,
• self-elevating and
• self-righteous
position
that, at the same time,
creates
projected judgments
of others.*

31

*Please, my friends,
remember these words well,
because here
your personal contact with Jesus Christ
is again
your best solution.*

*Only through
allowing yourself
to
• know –
and later
to
• feel –*

His [i.e., to know and later FEEL Jesus Christ's]

- love and*
- total acceptance
of who you are
now,*

no matter how

- flawed,*
- imperfect and*
- destructive*

your lower self may be,

will you

*be able to do the same [i.e., will you be able to know and feel your love
and total acceptance of yourself, of who you are now, no matter how
flawed, imperfect, and destructive your lower self may be].*

*Only then [i.e., Only when you know and feel both Christ's and your own love and
total acceptance of who you are now with your
imperfect and destructive lower self]*

will you

trust

your

ultimate divine nature.

Then you will be able

to afford the luxury,

if I may put it this way,

of accepting

your distortions –

your sins, if you will –

without losing the ground under your feet.

	<p><i>And that [i.e., And to know and feel both Christ's and your own love and total acceptance of who you are now with your imperfect and destructive lower self]</i></p> <p><i>is</i></p> <p><i>the healthy position</i> <i>which allows you</i> <i>to reach</i></p> <ul style="list-style-type: none">• <i>truth and</i>• <i>harmony</i> <i>with</i><ul style="list-style-type: none">• <i>yourself,</i><i>with</i><ul style="list-style-type: none">• <i>others and</i><i>with</i><ul style="list-style-type: none">• <i>life.</i>
32	<p><i>Then you can go to the next step</i> <i>and visualize</i> <i>putting your aggressive forces</i> <i>into the service of</i> <i>positive aims.</i></p> <ul style="list-style-type: none">• <i>You can refute</i> <i>negative influences.</i>• <i>You can talk to</i> <i>your own false thoughts</i> <i>with</i><ul style="list-style-type: none">• <i>firmness and</i>• <i>reasonableness.</i> <p><i>See yourself doing that.</i></p> <p><i>Invite Christ</i> <i>to come to your assistance</i> <i>in this endeavor [i.e., Invite Christ to come to your assistance in this endeavor of putting your aggressive forces into the service of positive aims and of refuting negative influences and talking to your own false thoughts with firmness and reasonableness].</i></p>

33

*Then claim
with*

- *all the vigor
at your disposal,*
- *all the aggression
you are beginning
to transform
from*
 - *negative*
- to*
 - *positive,*

that

- *you want
only
the will of God,*

that

- *you trust
[that] the will of God
will bring you
the best you could ever hope for,*

that

- *any distrust
of the will of the Highest
is a lie
you need to rid yourself of.*

The more

aggression

you put into such

- *declarations and*
- *intents,*

the better

the seeds will grow

in your soul substance.

34

*Your aggression itself
needs to be transformed.*

*This will enable you
to become*

- *who you are meant to be,*
- *who you actually are already
on another level of reality.*

*Perhaps some of you can occasionally
begin to visualize
another picture of yourself.*

*Imagine
your real being,
free from
all the encumbrances
that burden you
now.*

*It does not matter
whether these encumbrances are
in your*

- *body,*

in your

- *psyche, or*

in your

- *relationships*
 - *to others and*
 - *to the world.*

*They [i.e., These encumbrances]
are all expressions
of pain,*

*the pain you suffer
from
some untruthfulness
contained within your psyche.*

35

*It is not easy
to ferret out
the untruthfulness.*

*Sometimes it [i.e., Sometimes the untruthfulness]
is right on the surface
and it [i.e., and when the untruthfulness is right on the surface, the untruthfulness]
will become clear to you
after only
a slight effort on your part
to want to see it.*

*At other times
your defensive blocks
blot out your own view,*

*but they [i.e., but these areas of your untruthfulness and
defensive blocks that you cannot see]
are nevertheless
obvious enough to others,
who could help you
if you let them.*

*This is why
working with others
is such an important aspect of the pathwork –
both
in
• the helper/worker relationship,
and
in
• groups,
as well as
in
• your interactions in daily life.*

*But then there is also
untruthfulness
so deeply buried
that it may take*

- *a long time and*
- *many trials*

*before you can bring it [i.e., bring this buried untruthfulness]
close enough to the surface level
to recognize it.*

*Such areas
were not necessarily
those you planned to take on
in this incarnation,
but your spirit
may nevertheless
have chosen to tackle them
if
you have fully completed
your original task.*

*I spoke about this in a recent lecture [See Lecture 230: The Universality of
Change – Reincarnative Process in the Same Life Span, given April 9, 1975].*

36

*Once the untruthfulness
is on the surface
and you are*

- *able and*
- *willing*

to

- *see and*
- *confront*

*it,
the moment has come
to transform
your aggression [i.e., transform your aggression
from negative aggression to positive aggression].*

*This is also the moment
when a further visualization
can take place.*

Imagine that
your true being –
 which means
 • **your being in truth,**
 • **all in truth –**
observes
 the suffering part of you
 that is squeezed into
 a smaller world
 in which you sometimes
 appear to suffocate.

Your real being [i.e., your true being]
is without any shades of
 • **untruthfulness,**
 • **error,**
 • **distortion – sin –**
and therefore [i.e., and therefore your real and true being is]
in total wellbeing.

There is
no pain there.

This true being
observes
 your earth being
 that has undertaken
 to correct
 the distorted part
 [and to do this correcting]
 with compassion
 for the momentary difficulties [the earth being
 is enduring].

But it [i.e., But this true being]
sees no tragedy [i.e., sees no tragedy in these momentary difficulties the
 earth being is enduring],
for it knows
 that
 • **all is well and**
 that
 • **the temporary suffering**
 must lead to
 salvation.

37

Salvation.

That word!

*There are a number of words
which many of you
have become
allergic to.*

*They are words used
in*

- the Bible and*

in

- organized religion,*

*words that have indeed
often been*

- misused and*
- abused.*

*But
these words
have nevertheless
a true origin
that should not be forgotten.*

*The name of
divine manifestation
in human form –
Jesus Christ –
is, as you well know,
one such word.*

*Yet if you heard a
description of God
as*

- form, as*
- personal helper,*
- friend,*
- guide, as*
- all-forgiver, as*
- a being of*
 - translucent light and*
 - perfection,*

you could accept it.

*So do not let
the word
"Jesus Christ"
stand in your way.*

- *He
is
the Christ,*
- and
- *He
was
Jesus
when he incarnated.*

38

*Similarly,
you have associations [i.e., allergic and negative associations]
with the words*

- *sin,*
- *hell,*
- *evil,*
- *devil.*

*All these words
have been
grossly abused.*

That is true.

*But they [i.e., But all these words]
nevertheless
indicate
only the same facts
that we now call by different names,
such as*

- *lower-self aspects,*
- *negativities,*
- *destructiveness,*
- *a painful state of mind.*

39

*Now what about
salvation?*

*The traditional interpretation
of this word
leaves a lot to be desired.*

*It [i.e., The traditional interpretation of “salvation”]
lends itself easily
to misunderstanding,
although
the more enlightened
among religionists
do perceive
the truth.*

*Salvation
means, among other things,*

- *Christ's endless*
- *forgiveness and*
- *acceptance.*

*It [i.e., Salvation]
means that*

- *you can
always
find your way to God,*
- *no matter
what you have done,*
- *no matter
what your lower self
still wishes to do.*

- *The door [i.e., The door to God]
is
always
open,*
- *you are
never,
never
locked out.*

40

*All you have to do
is*

- *knock.*

- *Ask*

*for the bread
of God's*

- *mercy,*
- *love,*
- *forgiveness and*
- *personal help*
in all ways,

*and you shall
not receive
a stone.*

- *Ask*

to know

- *yourself,*
- *your*
lovability,
- *your*
nobility of spirit,
- *the beauty of*
your true being,
through
His

*redemptive
love of you,*

*and you
shall receive it.*

*That is
salvation.*

*All that –
and more.*

*God's personalized aspect [i.e., Jesus Christ]
has brought it about.*

*The incarnated Christ [i.e., Jesus]
has made it possible*

*for
all
other
incarnated entities*

*to be
saved
from*

*• their painful state of
untruth –
sin –*

and consequent

*• destructiveness
of
• self and
• others.*

41

*Let us now discuss
three interdependent aspects
of*

salvation

*that create
a lot of*

• confusion and

• contradiction

among humankind.

I am speaking here specifically

of

the salvation

of

your

personal

soul.

*There are other aspects of salvation
which go beyond that [i.e., beyond the salvation of
your personal soul].*

*They [i.e., These aspects of salvation
that go beyond the salvation of your personal soul]
have to do with
the possibility of
every*

*created entity
leaving behind*

- *the state of consciousness
that might be called*
- *hell –*

*or various lesser stages of it [i.e., or leaving
behind lesser stages of hell]:*

- *states of consciousness
that reflect*

- *error*

and therefore

- *suffering,*
- *the wheel of*
- *death and*
- *rebirth*

which carries with it

- *fears*

due to

a break in

*consciousness [i.e., fears of
death of the physical body].*

42

*Christ's demonstration
of*

- *supreme love,*
- *forgiveness and*
- *mercy –*

*of
acceptance
due to*

*the deep penetration
of His vision into
your ultimate nature –*

*opened all doors
that were closed before –*

not [i.e., not closed]

because

- *God*
 - *punished humankind*
 - *and therefore*
 - *locked the doors,*

but [i.e., but closed]

because

- *humans*
 - were deeply immersed*
 - in the conviction*
 - that they*

*• cannot be forgiven and
that they are therefore*

- *doomed*
 - to suffer eternally.*

*This [i.e., This conviction that humans had that they cannot be forgiven, are doomed
to suffer eternally and hence are in a hopeless state],*

in turn,

took all the incentive away

to work on

any process

of self-purification.

*Where there is
no hope,
• will and
• incentive
[i.e., will and incentive to work on any process of self-purification]
are also lacking.*

*Through
the
• life
and
• death
of Jesus
a new modality
was created
within the human mind.*

*This new model
enabled
human beings
to choose
the path the Master has shown [i.e., the path the Master,
Jesus Christ, has shown].*

*He has said
that
He is
• the way,
He is
• truth,
He is
• life.*

*It was
no longer futile
to try [i.e., It was no longer futile for other human beings to
try the path back to God by, while being held in
Christ's love and acceptance, following the path of
purification and thereby gradually removing lower-
self barriers that block humans from their true selves
and thus, with blocks removed, enabling human beings
to follow the higher-self path that Jesus Christ had
shown in his life on earth – a life of love, compassion,
mercy, and forgiveness].*

Forgiveness

for

- ***all sins,***

for

- ***every transgression***

exists already,

because

God recognizes

in much deeper terms

why

- ***you are driven as you are [i.e., driven as you are by your unpurified lower-self aspects],***

why

- ***you must***

go

through

your sins

in order to recognize them

for what they are [i.e., to recognize what your sins are, namely, lower-self aspects that are barriers to experiencing God's love that is always there for the asking],

so that

a new incentive [i.e., both the incentive that 1) since you are already forgiven and not hopeless, and the further incentive that 2) since your sins (i.e., your impurities of lower-self aspects of pride, self-will, and fear) are the only barriers keeping you from experiencing God's love and blessings that are always available for the asking, there is this incentive to do your work on the path of purification, this incentive that]

spurs you on

to the great journey

you,

here on this path,

are now undertaking.

43	<p><i>The personal aspect of salvation seems contradictory to the mind that is steeped in the dualism of either/or.</i></p> <p><i>Let me present these three paradoxical aspects [i.e., these three paradoxical personal aspects of salvation]:</i></p>
44	<p><i>(1) Only you yourself can effect your salvation.</i></p> <p><i>It [i.e., Your salvation, your work of purification,] is your responsibility.</i></p>
45	<p><i>(2) You cannot possibly do it alone.</i></p> <p><i>You need the help of others who</i></p> <ul style="list-style-type: none"><i>• share the journey with you,</i> <p><i>who</i></p> <ul style="list-style-type: none"><i>• may often see what you do not see.</i>
46	<p><i>(3) Without God, without the personal assistance of the personal aspect of God [i.e., without the personal assistance, encouragement, love and compassion of Jesus Christ], the undertaking is too vast for you to accomplish.</i></p>

47

*These three categories [i.e., These three paradoxical aspects of salvation]
may no longer seem*

- *contradictory or*
- *confusing*

to those of you

*who have worked for a considerable time
with my lectures*

about

- *duality and*
- *the unitive principle.*

You may see quite clearly

that these categories [i.e., that these three paradoxical aspects of salvation:

*1) that you alone are responsible for your salvation, 2) that you
cannot do it the work alone, and 3) that without the assistance of
Christ the undertaking is too vast for you to accomplish]*

are

not

mutually exclusive.

Yet

*some among you
may still feel a confusion
and ask,*

*"How could it be that
although*

I am

- *solely responsible to do it myself,*

yet

I need

- *others,*
- as well as*
- *God?"*

*Even for those
who are*

*not particularly confused about
this concept of
salvation*

it may be helpful

to have more clarity on the subject.

48

*Yes, [i.e., Yes, the first paradoxical aspect of salvation is that]
it is obviously true
that
your
salvation
is
your
• choice,
your
• intent,
your
• responsibility,
your
• will,
your
• effort –
and often what seems to be
your
• sacrifice.*

*At least it
seems
a sacrifice at first
to give up
• time and
• energy
for the undertaking of
your self-work.*

*It often seems
even more of a sacrifice
to shed a habit that
• stems from
your lower self and
• gives you
some lower-self gratifications
for a while,*

*so that
higher pleasures
can take root in you.*

*No one else,
not even the Creator,
can
make
you do
what
you do not
• wish and
• choose
to do.*

*This [i.e., This “making you do” what you do not wish and choose to do]
would go directly against
all spiritual law
whose author, after all, God is.*

49

*Yet [i.e., Yet the second paradoxical aspect of salvation – that you need others – is
also true because],*

you are often

- too involved in
your misperceptions
of your reality and*
- too blind about
your role in
your interaction with others
to be able to
set distorted perceptions
right.*

You need

- the mirror of others.*

You need to learn

- to be open to them [i.e., to be open to others as mirrors].*

You need to learn

- to give up
your
• pretenses,
and therefore
your
• defenses,
in your relationship with them [i.e., your relationship with others].*

You need

- ***to show yourself [i.e., to show yourself to others]
as you are,
with***

- ***all your vulnerability and***
- ***total inner truth.***

***This [i.e., This showing yourself as you are with all your
vulnerability and total inner truth]***

***in itself
is already
an integral part of
your journey
toward
self-realization.***

***You need to learn
to receive,***

***even though this may first [i.e., even though
receiving from others may first]***

make you feel

- ***weak and***
- ***vulnerable,***

***for only then [i.e., for only when you can receive]
can you give of yourself.***

***You can
give***

- ***many things
before [i.e., before you are able to receive from others],***

***but you
cannot give***

- ***yourself
unless***

***you can
receive [i.e., unless you can receive from others]
in the sense I mentioned.***

50

- *Working with others,*
 - *being*
 - *open to and*
 - *with*
- them [i.e., being open to and being with others],
fulfills
the law of brotherhood.*

*I spoke about this [i.e., about this law of brotherhood]
many years ago.*

*There are spiritual aspirants
who deceive themselves
that they can reach the goal
by*

- *seclusion and*
- *separateness.*

They have their rationales.

*But the truth is
that they
never
want
to expose themselves to
others*

*and thus
whatever their "success,"
it [i.e., their "success"]
can, at best,
be only a half-measure
that*

- *cannot last,*

that

- *is not grounded
in*
 - *spiritual,*
 - *practical,
reality.*

51

[And the third paradoxical aspect of salvation is that you need Christ's help.]

***How could you ever
overcome the hurdle
of your self-hate
that festers underneath
all your defenses,
if it were not for
the experience
of
Christ's
personal
• love,
• forgiveness,
• acceptance and
• total vision
of you?***

***How could you
learn to love
yourself
without at least
• knowing,
and finally
• experiencing,
His love
for you?***

***How could you
activate
the power to change
involuntary aspects
that do not
directly respond to
your outer will?***

- *The outer will and*
- *the outer aspects*
that respond to it [i.e., the outer voluntary aspects that respond to the outer will]
need to be
aggressively activated
 - *by your*
dedication to your path,
 - *by the many daily decisions*
to face the truth
in
 - *difficult or*
 - *confusing*
situations,
 - *by your choice to*
 - *fulfill*
*the law of brotherhood**and*
 - *overcome*
your initial resistance
to showing yourself
as you are.

But then comes a point
in which you deal with
involuntary

- *emotions,*
- *responses,*
- *reactions*

and even

- *beliefs*

that
do not respond [i.e., that do not respond to your outer will],
no matter how sincerely
your outer self
wants to change them.

So you constantly need
the higher powers
to help you

- *find the way*
into those deeper levels

and

- *effect a change*
that your own mind alone
cannot bring about.

52	<p><i>All this also teaches you the wisdom to distinguish between where</i></p> <ul style="list-style-type: none"><i>• the self is the master</i> <p><i>and where you desperately need</i></p> <ul style="list-style-type: none"><i>• the Great Master without whom nothing can be accomplished.</i>
53	<p><i>My beloved friends, take in these words and make them your own.</i></p> <ul style="list-style-type: none"><i>• They will</i><ul style="list-style-type: none"><i>• enlighten you and</i><i>• help you toward the state of mind that you so yearn for.</i><i>• They will</i><ul style="list-style-type: none"><i>• open new doors that will make a personal experience of Jesus Christ possible for you.</i> <p><i>Whenever you allow this to happen [i.e., Whenever you take in these words and make them your own so that they 1) enlighten you, 2) help you toward the state of mind that you so yearn for, and 3) open new doors that will make a personal experience of Jesus Christ possible for you]</i></p> <p><i>all doubts about His reality [i.e., all doubts about the reality of Jesus Christ] will vanish.</i></p>

Once you are

• **held in His arms** [i.e., *Once you are held in the arms of Jesus Christ*],

• **consoled and**

• **encouraged**

**by His sublime tenderness
for you**

personally,

• **rocked**

with all the comfort

only He [i.e., *rocked with all the comfort that only Jesus Christ
is capable of giving,*

**you will
never**

doubt again,

although you may of course

lose

the feeling experience

and need to recapture it [i.e., *need to recapture the feeling
experience of Jesus Christ's presence within you]*

again

and again,

until

your entire consciousness

is filled with Him [i.e., *is filled with
the consciousness of Christ]*

who is in you.

54

• **His blessings,**

• **the blessings of**

His angels

are here with

all of you.

Listen and

sense the reality

of this blessing.

All our love

accompanies you

every step

of your beautiful path.

	<p>Work <i>for the greater cause [i.e., Work for the greater cause, work for the Plan of Salvation].</i></p> <p>Your own cause <i>that may seem selfish</i> <i>will be furthered through it [i.e., Your own cause will be furthered through your work for the greater cause, your work for the Plan of Salvation].</i></p> <p>Be <i>who you truly</i> <i>are!</i></p>
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