

Pathwork Lecture 154: Pulsation of Consciousness

1996 Edition, Original Given September 15, 1967

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>Greetings, my dearest, dearest friends.</p> <p>Blessings for this entire coming working season – not only for • this hour [i.e., not only for this time we now spend together in this lecture], but for • all the subsequent • efforts, • endeavors, and • steps on your path.</p>

by Eva Broch Pierrakos

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Provided these efforts [i.e., Provided these efforts, endeavors, and steps on your path] are

- *sincere and*
 - *whole,*
- they*
must
lead you home –
to your
 - *real,*
 - *innermost*
 - *true**self.*

Those who have found
their real selves
are at home
in

- *the world,*
- in*
 - *life –*
 - *safe and*
 - *secure,*

with a
firmly established ground
under their feet.

Home
means
the inner place
where

- *all problems*
- find their solution,*
where
 - *no*
 - *fear and*
 - *hate**exist.*

When

- *fear*
- exists,*
 - *hate**must exist –*
and vice versa.

*They [i.e., Fear and hate]
are really
one and the same.*

*Home
is the inner place
where
eternal
• wellbeing
and
eternal
• life
are reality –
experienced
as a fact.*

04

*At first,
eternal life
is relative.*

*Gradually
it [i.e., Gradually eternal life]
becomes
absolute.*

*Relative eternal life
may seem like
• a contradiction,
• an absurdity.*

*Yet,
eternal life
in the absolute
cannot reveal itself
in
• one
• sudden
manifestation.*

It [i.e., absolute eternal life]

reveals itself

gradually,

as

- ***consciousness expands and***

as

- ***time expands***

from one dimension [i.e., from one dimension of consciousness and time]

to the other.

Within

three-dimensional time itself [i.e., Within three-dimensional space/time itself]

- ***the sense of eternity***

grows,

- ***life itself***

expands.

As a person

becomes

- ***healthier and***

- ***more whole,***

not only does

- ***the duration of life expand,***

so does

- ***the inner***

- ***sense and***

- ***experience***

of it [i.e., so does the inner sense

and experience of life expand].

We shall talk about this another time.

05

*Every fall, when we start a new working season,
the first lecture
sets the*

- *pace and*
- *stage,*

so to speak.

*It [i.e., The first lecture of a new working session]
heralds the emphasis of
our next
overall concern,
necessary repetitions notwithstanding.*

*It [i.e., The first lecture of a new working session]
• represents a blueprint of the future work
and, at the same time, it
• is the natural continuation of
where we left off,
as you will see
if you study it sensitively.*

*The topic is [i.e., The topic of tonight's lecture is]
pulsation of consciousness.*

06

*Everyone knows that
all living organisms*

- *pulsate,*
- *breathe and*
- *move.*

*Strangely enough,
these qualities [i.e., these qualities of pulsating, breathing, and moving]
are primarily ascribed to*

- *the physical manifestations of life*

and are ignored as far as

- *consciousness*

is concerned.

*Yet identical laws
must prevail for both [i.e., Yet identical laws must prevail for both the world of
the PHYSICAL manifestation of life and the world of CONSCIOUSNESS].*

07

*Let me briefly enumerate
certain basic aspects
about
pulsation.*

*Everything that lives
must*

- *pulsate,*

as it must

- *breathe and*
- *move.*

Therefore

- *pulsation and*
- *breathing*

are interrelated.

*The movement of life
is contained in both [i.e., contained in both PULSATION and BREATHING].*

*The movement [i.e., The movement of life contained in pulsation and breathing]
is*

- *involuntary and*

occurs in

- *rhythmic intervals,*

provided

the organism is

- *healthy,*
- *harmonious and*
- *undisturbed.*

*Think, for example, of
the heartbeat of the healthy person.*

*It [i.e., The heartbeat of the healthy person]
is very*

- *regular and*
- *rhythmic.*

	<p><i>A</i></p> <ul style="list-style-type: none">• <i>sick or</i>• <i>disturbed and</i>• <i>fearful</i> <p><i>heart</i> <i>automatically loses</i> <i>this rhythmic quality.</i></p>
<p>08</p>	<p><i>On the physical level</i> <i>the rhythm occurs</i> <i>according to that dimension of [i.e., according to that physical dimension of]</i> <i>time</i> <i>which applies to all physical manifestation –</i> <i>three-dimensional [space-] time.</i></p> <p><i>From the three-dimensionally oriented [i.e., three-dimensionally oriented space-time]</i> <i>observation,</i></p> <ul style="list-style-type: none">• <i>the rhythmic movement</i> <i>is regular in intervals</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the pulsebeat</i> <i>can be measured</i> <i>according to</i> <i>three-dimensional [space-] time.</i>
<p>09</p>	<p><i>The involuntary movements</i> <i>take place according to the</i> <i>three principles outlined a while back [See Lecture 55 - Three Cosmic</i> <i>Principles: The Expanding, the Restricting, and the Static Principles] –</i> <i>namely, the</i></p> <ul style="list-style-type: none">• <i>expanding,</i>• <i>restricting, and</i>• <i>static</i> <p><i>principles.</i></p> <p><i>Everything that lives</i> <i>must follow these principles.</i></p> <ul style="list-style-type: none">• <i>Breath and</i>• <i>pulsation</i> <p><i>obviously demonstrate this truth.</i></p>

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All this [i.e., All of these principles: the expanding, restricting, and static principles] is observable on the
• *physical level.*

The identical laws apply to the level of
• *consciousness,*
although there [i.e., although with consciousness] they [the expanding, the restricting, and the static principles] are less obvious.

It requires a certain amount of tuning in on the
• *soul movements and*
• *inner reality of the self*
to
• *realize these laws,*
to
• *experience them.*

At first a [i.e., At first the EXPERIENCE of the expanding, restricting, and static principles in CONSCIOUSNESS is a]
• *sensing and*
• *intuitive knowing,*
it eventually becomes as
• *definite and*
• *factual*
an experience as any
"outer"
fact of life.

11

When consciousness is
• *harmonious*
and
• *in accordance with the universal laws,*
the rhythm [i.e., the rhythm on the level of consciousness] occurs regularly.

[However]
**The dimension
of consciousness
is not
three-dimensional [i.e., is not three-dimensional space-time],
as the physical organism is.**

[Unlike the physical organism,]
The

- **emotional or**
- **mental or**
- **spiritual**

**organism
belongs to another dimension.**

**Therefore its rhythmic nature [i.e., The rhythmic nature of consciousness, or of the
emotional, mental, or spiritual organism, therefore]
does not
seem to have
the same kind of regularity
in its intervals
as the physical pulsations.**

**To the three-dimensionally oriented
perception
the**

- **pulsations or**
- **cycles**

**of
consciousness
do not appear rhythmic.**

[Rather,]
**They [i.e., The pulsations or cycles of consciousness]
appear**

- **irregular and**
- **haphazard.**

**The expansion cycle, for example,
may be**

- **longer or**
- **shorter**

**than
the restricting cycle.**

*Or one expansion cycle
may last longer than
the next [i.e., longer than the next expansion cycle].*

*Yet,
according to this other dimension [i.e., according to this other dimension,
the dimension of consciousness],
such [i.e., such variance in cycle duration]
may be a*

- lawful,*
- regular,*
- harmonious
movement.*

*The rhythmic nature of
consciousness*

- is meaningful
within its own inner law*

and

- can only be understood
in terms of*

- the individual consciousness*

and

- those aspects of consciousness
which each particular movement*

- expresses and*
- signifies.*

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*In other words,
the pulsation of consciousness
expresses*

- the state of*
- consciousness
at any given moment,*
- the degree of*
- self-realization and*
- growth,
or their*
- lack [i.e., or the lack of self-realization and growth].*

*It [i.e., The pulsation of consciousness]
expresses*

*the particular meaning
where*

- *growth
is most needed,*

[or]

where

- *it [i.e., where growth]
may be overemphasized
at the price of neglecting other areas.*

*The experience
of each individual*

*is, as you already know,
a result of his or her
innermost*

- *beliefs,*
- *concepts,*
- *attitudes,*
- *feelings, and*
- *actions.*

*How each experience
is met*

*also determines
the rhythm of pulsation.*

People are often aware of

- *phases, or*
 - *cycles,*
- in their lives.*

They feel they have

- *"good times"*
- and*
- *"bad times."*

*They even sense occasionally that
in certain periods
they*

- *tend more
in one direction*

and

- *concentrate more
on certain aspects of living,*

*while in other periods
they*

- *have quite obviously different emphases.*

*These manifestations are, of course,
aspects of
the pulsation of consciousness.*

*But they [i.e., But these manifestations
which are aspects of the pulsation of CONSCIOUSNESS]
do not appear
in regularly spaced intervals,
as do
the physical pulsations of the organism.*

*However,
when a person is very*

- *perceptive,*
- *intuitive, and*
- *finely attuned to inner reality –
as a result of considerable*
 - *self-knowledge and*
 - *development –*

*he or she
clearly senses that
these irregular phases
are
not*

- *chaotic or*
- *arbitrary.*

*They, too, [i.e., These irregular phases of consciousness, too,]
follow a certain order,
although its nature [i.e., although the order's nature]
may still be obscure.*

13

Let us now try to understand what

- *expansion,*
 - *restriction,*
- and the*

- *static*

principle

*mean in terms of the
pulsating movement
of consciousness.*

The movement of

- *expansion [i.e., expansion in terms of the pulsating movement of consciousness]
expresses*
- *reaching out;*

the

- *restricting movement [i.e., the restricting movement in terms of
the pulsating movement of consciousness]*

means

- *bringing or*
 - *gathering*
- into the organism;*

the

- *static movement [i.e., static movement in terms of
the pulsating movement of consciousness]*

means

- *assimilation*
- of both [i.e., of both expansion and restricting movement]*

and the

- *transition*
- from one to the other [i.e., transition from expansion of
consciousness to restricting
of consciousness, and vice versa].*

I discussed this in greater detail several years ago.

*The significance of this threefold principle,
as it relates to the*

- *living,*
 - *breathing,*
 - *pulsating*
- universe*

*in all its aspects,
is very important.*

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*In the healthy organism
the changing
from one
to the other*

*of these three movements [i.e., these three movements of expansion,
contraction, and static movements]*

occurs

- *regularly and*
- *meaningfully.*

The spiritual significance of

*the transition [i.e., the transition between one of these three movements
and another]*

is always in the service of

- *growth,*
- *completion,*
- *perfection,*
- *additional creation,*
- *pleasure supreme.*

For

- *growth*
- and*
- *pleasure*
- are one.*

One cannot exist

*without the other [i.e., Pleasure cannot exist without growth,
and growth cannot exist without pleasure].*

	<p>• Expansion [i.e. Expansion movements of consciousness] represents the direct expression of development, while the</p> <ul style="list-style-type: none">• restricting <p>and</p> <ul style="list-style-type: none">• static <p>movements [i.e., the restricting and static movements of consciousness] indirectly further organic growth [and development] – through</p> <ul style="list-style-type: none">• assimilation,• digestion,• utilization <p>of what was gained, and</p> <ul style="list-style-type: none">• rest.
15	<p>[In contrast to the healthy organism] In the disturbed organism distorted by misconceptions, the expanding movement appears fraught with danger.</p> <p>Misconception must always lead to resistance to growth.</p> <p>The disturbed organism is in fear, and fear makes expansion [i.e., expansion of consciousness] appear</p> <ul style="list-style-type: none">• painful and• threatening.

	<p><i>Fear</i> <i>contracts into</i> <i>unpleasure.</i></p> <p><i>Hence</i> <i>the disturbed organism</i> <i>• unpleasurably</i> <i>contracts</i> <i>when it should</i> <i>• pleasurably</i> <i>expand.</i></p> <p><i>When the</i> <i>natural contracting movement</i> <i>is supposed to set in,</i> <i>in rhythmic change [i.e., in rhythmic change from the preceding</i> <i>expanding movement],</i> <i>it cannot do so,</i> <i>since it</i> <i>already is</i> <i>• cramped,</i> <i>• hardened, and</i> <i>• so exaggeratedly contracted [i.e., already contracted</i> <i>from the distorted expansion movement]</i> <i>that pulsating life movement [i.e., the life movement</i> <i>that naturally wants to now</i> <i>transition from expansion to contraction]</i> <i>becomes impossible.</i></p>
16	<p><i>All</i> <i>• outer,</i> <i>or</i> <i>• apparently outer,</i> <i>experience coming to humans</i> <i>is, as we know, in reality</i> <i>self-produced.</i></p> <p><i>It [i.e., The outer experience]</i> <i>is a</i> <i>reflection</i> <i>of what already exists</i> <i>within.</i></p>

***It [i.e., The outer experience]
could
not come your way
from without
if it [i.e., if the outer experience]
were not there
within your own consciousness first.***

***For those who are
disconnected from their unconscious,
this idea [i.e., this idea that outer experience could not come your way
from without if it were not there within your own consciousness first]
seems at best
• theoretical and
• all too metaphysical.***

***[On the other hand]
Those who
• explore and
• discover
the
• mechanisms and
• reality
of their
unconscious,
and
• can therefore
• identify and
• connect
with it [i.e., identify and connect with their unconscious],
experience
what I say here [i.e., experience that outer experience does
not come your way from without if it was not there
within your own consciousness first]
as undisputable fact.***

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*When negative outer experience
comes to those
who have
not connected with
that part [i.e., that unconscious negative part]
of their innermost self
that has produced it [i.e. produced the negative experience],
they*

- *reject
the experience [i.e., reject the negative outer experience],*
- *withdraw and*
- *cringe
from it [i.e., withdraw and cringe away from the negative outer experience].*

*The organism
cramps up
in a movement of fear,
away from
that which seems alien [i.e. from the negative outer experience
which seems to be alien to the organism],
as if it [i.e., as if the organism]
had nothing to do with it [i.e. had nothing to do with the
negative experience].*

*Since
in reality
the undesirable outer experience
is an aspect of
an existing condition
within [i.e., within the consciousness of the organism],
fighting against*

- *it [i.e., the negative outer experience]*

amounts to fighting against

- *the self.*

	<p><i>To restrict the pulsation of consciousness by</i></p> <ul style="list-style-type: none">• <i>hardening up and</i>• <i>refusing the experience [i.e., refusing the negative experience]</i> <p><i>is therefore completely opposed to the law of growth.</i></p> <p><i>I shall explain how to react</i></p> <ul style="list-style-type: none">• <i>meaningfully and</i>• <i>adequately</i> <p><i>to a negative experience in a moment.</i></p>
18	<p><i>This apparently theoretical discussion, my friends, is not half as theoretical as it may appear.</i></p> <p><i>I will show you how you can</i></p> <ul style="list-style-type: none">• <i>immediately, and</i>• <i>very practically,</i> <p><i>apply it to exactly where you are on your path –</i></p> <p><i>provided you focus your</i></p> <ul style="list-style-type: none">• <i>attention and</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>awareness</i> <p><i>on your</i></p> <ul style="list-style-type: none">• <i>emotions and</i>• <i>soul movements.</i>

19

[First, regarding EMOTIONS and FEELINGS]

**The previous years of work
must have made you aware,
to some extent at least,
of what you
feel
at any given moment.**

**You register [i.e., You register the feeling “fear” that you experience]
when you cramp up in fear [i.e., cramp up in fear in reaction to
a scary situation],
for example.**

[Second, regarding SOUL MOVEMENTS,]

**I discussed the phenomenon of
soul movement
again
and again.**

**Unfortunately, most people
are not even aware
that such a thing [i.e., that such a thing as a “soul movement”]
exists.**

**But by
turning inward –
observing the distinct movements
of your psyche –
you will become
acutely aware
of their [i.e. the psyche’s distinct soul movements’]
• existence,
of their
• meaning.**

*You will see, for example,
the tremendous difference in soul movements*

- *when you are
in harmony
with yourself,*
- *when you feel that
all is right
between*
 - *yourself*
 - and*
 - *life,*

and

- *when not.*

*The harmonious soul movements
fill you with a*

- *wonderful,*
- *subtle,*
- but*
- *distinct
movement
that is*
 - *vibrant and*
 - *pleasurable.*

You can feel

- *yourself [i.e., You can FEEL yourself and your consciousness]
expand toward
the outer world,*
- *your whole inner organism [i.e., You can FEEL your whole inner organism]
reaching out*
 - *fearlessly and*
 - *pleasurably –*
 - even when*
 - the outer experience*
 - is*
 - *doubtful*
 - and*
 - *not necessarily desirable.*

***This fearless meeting
of it [i.e., This fearless and courageous meeting of an undesirable experience]
enables you***

- ***to transcend the experience,***
- ***to truly assimilate it.***

In that way, the threat soon vanishes.

*[Following the expanding consciousness soul movement
that fully embraces the negative threat,]*

***The restricting movement [now]
does not***

- ***cramp up and***
- ***congest.***

*[Rather,]
It [The restricting soul movement]
remains organic.*

***During the inward movement [i.e., During the inward restricting soul movement]
the consciousness,
on its deepest levels,
corrects
the misconceptions
that have brought the
outer unwelcome experience about.***

- ***By not cringing away from it [i.e., away from the negative experience]
on the outgoing [i.e., on the expanding consciousness]
pulsebeat and***
- ***by meeting
what appears at first as
pain,
the ingathering movement [i.e., the restricting consciousness,
restricting soul movement]
may briefly
intensify
the pain.***

***But soon,
if the pain is truly met,
it [i.e., the pain]
reduces itself
naturally.***

*On the next outgoing beat [i.e., On the next expanding consciousness,
or soul movement]*

the

- *waste –*
 - *misconception,*
 - *fear –*
- is expelled,
just as
the physical organism
expels waste.*

*The movements that follow
are soon in*

- *pleasure*
- where first
they were in*
- *pain.*

- *Safety and*
 - *pleasure*
- cannot be gained
when
the spiritual pulsebeat
is stopped
through*
- *hardening,*
 - *refusal of the experience, and*
 - *unnatural restriction.*

20

*The better you are
attuned to
your inner path,
the clearer
you will see
how each phase of your life
means something
in terms of your evolution.*

Each

- **phase**
concentrates on
certain aspects of your being,

and each

- **difficulty and**
- **hardship**
requests something from you.

It [i.e., Each difficulty and hardship]
contains a distinct message –

coming from
your own
real self.

How soon are you going to

- **understand**
this message [i.e., this message coming from your own real self]

and

- **learn**
what you have to learn [i.e., have to learn from this difficulty and hardship]?

How soon will you

- **decide to go through it** [i.e., decide to go through each difficulty and hardship],
in pulsating openness
of your psyche,

rather than

- **attempting to go around** i.e., go around each difficulty and hardship]?

The latter [i.e., going around each difficulty and hardship]
is

stark illusion,
for
meeting the difficulty
cannot really be avoided.

It [i.e., Each difficulty and hardship]

must reappear,
in different forms,
until you have
healed
your spiritual organism [i.e., your innermost spiritual organism]
from its afflictions.

Fleeing

- *the experience that seems*
 - *painful,*
 - *undesirable,*
 - *dangerous,*

is fleeing from

- *yourself,*

just as fighting

- *it [i.e., just as fighting the experience that seems painful, undesirable, and dangerous]*

means fighting

- *yourself.*

Giving in to the fear

of the experience [i.e., Giving in to the FEAR of the experience of pain rather than having the courage to FEEL and go through the painful experience]

makes you

refuse

the experience [i.e., makes you refuse the experience of pain].

Since

the experience [i.e., the experience of pain]

is a result of

yourself,

your refusal of it [i.e., your refusal of the experience of pain]

amounts to

refusing

yourself.

Psychologically

this refusal [i.e., this refusal to experience pain]

manifests in

denial of

- *happiness and*
- *pleasure.*

This is why it is so true that

only one who can

stand pain

can, in that exact measure,

stand pleasure.

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*No matter how much
theoretical understanding
you may already possess
about the*

- *principle and*
- *truth*

of the

- *outer life*
*being no more or less
than a reflection of your*
- *inner state of consciousness,*

*it means little
if you still shy away from
going through the experience [i.e., shy away from going through
the experience of FEELING pain in your life].*

*Jesus expressed the same principle
with the words,*

"Do not resist evil."

This sentence can, like everything else, be easily

- *misinterpreted and*
- *distorted.*

Evil

*is nothing but the
consequence of
deeply lodged misconceptions
with their [i.e., with these deeply lodged misconceptions']
inevitable further result:*

- *fear,*
 - *guilt,*
 - *anger,*
 - *hate,*
 - *greed,*
 - *cruelty,*
 - *selfishness,*
 - *destructiveness*
- of*
- *self and*
 - *others –*
- of*
- *life.*

*All
the negativity in the world
stems from
something
one believes in
that is not according to
reality [i.e., something one believes in that is ILLUSION].*

*No matter what
the negative event in one's private life may be,
it must be caused
from*

- within,*

from

- a wrong inner idea
according to which
one*
 - functions,*
 - moves,*
 - lives,*
 - responds and*
 - reacts.*

*Look at the
illusion of
separateness
between your*

- outer*

and your

- inner
life*

as an optical illusion.

22

*Nothing could be
a greater
• folly
and
a greater
• act of warfare
against
your own self
than to flee from
experience
which is
apparently
disconnected from
yourself.*

*The only course of action [i.e., The only realistic and constructive course of action]
is to
go into the experience.*

*In terms of
pulsation of consciousness,
the following procedure is
• indicated and
• highly rewarding.*

*When anything happens to you
that you shrink from –
whether it causes
• mild annoyance
or
• stark fright
or
• anything in-between –
remain inwardly relaxed.*

*Observe the
automatic reflex reaction
in your soul movement,
how it [i.e., how your soul movement]
automatically
tenses up.*

By [i.e., *By not automatically tensing up but rather by consciously*]
remaining

- **open and**
- **relaxed**

to the experience [i.e., *to the negative experience*],
no matter how

- **painful or**
- **frightening**

it [i.e., *the negative experience*],

may appear,

you allow it [i.e., *you allow the negative experience*]
to happen to you.

You thus [i.e., *By allowing the negative experience to happen to you, you thus*]

- **admit that it** [i.e., *admit that the negative experience*]

is yours and

- **proceed to**

find its origin

in you [i.e., *you proceed to find the ORIGIN of negative experience*

*in YOU, rather than find the origin of the experience
coming to you from something outside of you].*

You declare

in your mind

your intent to

- **explore and**
- **understand**

its cause.

You also

live up to this commitment [i.e., *this commitment to*

explore and understand the cause]

with your

emotional self

by allowing the

healthy pulsebeat of the psyche

to continue its natural process.

	<p><i>Thus [i.e., Thus, by allowing the healthy pulsebeat of the psyche to continue its natural process,] you remain in an open state that enables you to</i></p> <ul style="list-style-type: none"><i>• comprehend and</i><i>• respond [i.e., comprehend and respond to the negative experience] in an infinitely more adequate way than being in a tense state of</i><i>• war and</i><i>• defense [i.e., than being in a tense state of war and defense against the negative experience].</i>
<p>23</p>	<p><i>This new attitude [i.e., This new attitude toward negative and painful experiences] seems to require a great deal of trust in</i></p> <ul style="list-style-type: none"><i>• life,</i><i>• the universe,</i><i>• others,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• your own innermost self.</i> <p><i>• By remaining</i></p> <ul style="list-style-type: none"><i>• relaxed and</i><i>• undefended</i> <p><i>in your soul substance,</i></p> <ul style="list-style-type: none"><i>• by allowing the flexible movements of natural pulsation to continue, you seem exposed to danger.</i>

**But is it not a
stark illusion
to suppose that this**
• **unnatural,**
• **evasive**
**way of self-defense [i.e., self-defense against FEELING negative and
painful experience by avoiding it]**
**is a more trustworthy protection
than the way I suggest [i.e., than the open and undefended
way I suggest to face negative and painful experience]?**

**The point could be argued at length,
but [i.e., but, instead of theoretical arguing,]
the best course is
to take a chance
and find out.**

[If you take a chance of being undefended against negative and painful experiences]
**You are bound to discover
the truth of these words.**

**You will see how
what seemed at first like**
• **dire threat or**
• **unbearable pain,**
to be avoided at all cost,

soon turns into
• **profound enlightenment,**
• **safety,**
• **well-being.**

[In being undefended against negative and painful experiences]
You will feel your entire
• **inner and**
• **outer**
organism
vibrantly
• **alive and**
• **growing.**

24

[On the other hand,]

When the

- **restricting,**
 - **tense,**
 - **congested**
- movement**

pulls in automatically

where it [i.e. where the soul movement]

should remain

vibrantly pulsating,

its meaning

can be translated into words.

They are [i.e., These words are],

"I do not want

this experience [i.e., to FEEL this negative, painful experience]."

This presupposes that the

experience [i.e., this negative, painful experience]

has nothing to do with

causes

within yourself.

[Rather]

It presupposes that

- **others,**
- **circumstances,**
- **chance**

have brought this experience [i.e., this negative, painful experience]
to you.

Therefore,

whenever you detect the

shrinking back movement

of

your soul currents,

you know that

on that level [i.e., on that level of consciousness]

you

ignore the connection between

- **outer**

and

- **inner**

reality.

You also know,
at this moment [i.e., *At this moment when you detect the shrinking back movement of your soul movements and realize that you are ignoring the connection between outer and inner reality, you know*],
that
you live in an illusion [i.e., *in the ILLUSION that outer and inner reality are not related, in the ILLUSION that outer negative painful experience is due to causes OUTSIDE of the inner you*] –

**and all illusion
breeds pain.**

**The painful experience
you wish to avoid
by interrupting your
natural spiritual pulsebeat** [i.e., *wish to avoid by interrupting your natural spiritual pulsebeat, which would naturally expand consciousness to fully experience and FEEL this pain rather than defend and tense up against it*]
rests on just such an illusion.

**By refusing
what is yours** [i.e., *By refusing any experience that is caused by your inner self*] –
good or bad –

- **your mentality**
denies self-responsibility
for the unwelcome experience,
- and**
- **your emotions**
disturb the natural rhythm
of the pulsation of
your entire organism.

**It amounts to a
deliberate stopping
of**

- **breathing and**
- **pulsebeat**
through some
 - **artificial,**
 - **inorganic**
means.

25

*Again,
I would like to point out
how parallel these laws run
on the*

- spiritual*

and

- physical*

levels of a human being.

*What I explained about the
advisable approach to healing*

- your disturbed psyche*

applies in exactly the same way to

- the physical body.*

Just as you should keep

- your soul movements*
- untense,*
- open and*
- relaxed,*

in order to
eliminate the disturbances
in a real way,
so should you treat

- your body [i.e., your physical body].*

*Assume someone has
a damaged heart.*

*Would the ailment be cured by
shrinking back from this fact
in*

- tension,*
- fright, and*
- contraction?*

Certainly not.

*This [i.e., This shrinking back from this fact that someone has a damaged heart]
would only make it worse [i.e., would only make the damaged heart worse].*

By

- *fright and*
- *contraction*

*the person would express a
refusal of
the fact
that he or she has acquired a
damaged heart.*

*The only way to correct the damage
is to relax
what has unduly
tensed up.*

*For that purpose [i.e., For relaxing what has unduly tensed up],
a full acceptance of
the condition [i.e., the condition of having a damaged heart]
is inevitable.*

*Even purely chemical medication
attempts to*

- *artificially loosen up
the cramp and*
- *reestablish an*
 - *easy,*
 - *smooth,*
 - *vibrant,*
 - *flexible*

pulsation.

*Making such a comparison
between the*

- *physical*

and

- *psychic
levels*

will be quite helpful.

*It [i.e., Making such a comparison between the physical and psychic levels]
will give you
an idea of the
unification of creation and
make what I say here more practicable.*

26

*When you attempt to
put into practice
what I advise,
it will at first seem
quite risky
to remain*

- *undefended and*
- *relaxed*

*inside
when something threatens you.*

*I am talking about
psychological reactions to
outer experiences
that cause*

- *negative,*
- *destructive*
 - *emotions and*
 - *reactions*

in you.

*I do
not refer to
occasional physical threats,
where a quick defensive tightening is*

- *automatic and*
- *healthy.*

That [i.e., That quick defensive tightening in experiencing physical threats]

- *lasts a very short time and*
- *is the exception.*

*[On the other hand,]
If an
emotional condition
recurs regularly in your life,
that
is an altogether different story.*

*In these instances [i.e., In these instances of emotional reactions
to psychological threats],
when you notice the
shrinking back [i.e., the automatic shrinking back reaction]
of the
restricting movement,
try to remain open [i.e., try to remain open to the expanding soul movement].*

*Let the inner movements
occur in their own natural way,
uninfluenced by
the fearful level
of your consciousness.*

*Allow the
natural organism
to continue the pulsation
of*

- *expansion,*
- *restriction, and*
- *static*

*movements [i.e., soul movements]
uninterfered with.*

*The natural restricting movement
will open up by itself [i.e., will open up by itself after the expansion of
consciousness takes in fully the painful experience].*

*It [i.e., The natural restricting movement]
will carry you quite naturally into the
next organic expanding movement.*

*You will distinctly experience
how
what was painful
on the first pulsebeat of
expansion [i.e., first pulsebeat of expansion of consciousness]
diminishes with
each pulsebeat [i.e., with each subsequent
pulsebeat of expansion of consciousness].*

*Each set of movements [i.e., Each set of soul movements]
will expand
your*

- *self-realization,*

your

- *grasp of
your own inner truth
as it relates to
the event in question.*

*It [i.e., Each set of soul movements]
will fill you with*

- *peace,*
- *well-being,*
- *safety,*

and

- *pleasure.*

*Each outgoing movement [i.e., Each outgoing soul movement,
each expansion of consciousness]
will increase this
positive condition.*

*Let it [i.e., Let this natural pulsation process]
happen from within,
just as you must let
the physical pulsation
happen
without interference by a*

- *fearful,*
- *distrusting
attitude.*

*Cooperate with this
inner lawfulness
by simply wanting to
see the truth in yourself.*

27

I recapitulate:

- *Observe your
soul movements.*
- *Understand
their meaning.*
- *Allow them to
function naturally;*
- *do not let fear
cramp up
the natural pulsation.*
- *Let the*
 - *involuntary,*
 - *self-regulating
lawfulness
establish
harmony within
by not interfering
with*
 - *fear and*
 - *resistance.*

Simultaneously,

- *cooperate
with*
 - *your whole being,
with*
 - *all your*
 - *sincerity and*
 - *integrity,*
 - *in your willingness
to see
the truth
in you.*

	<ul style="list-style-type: none">• <i>Seek to understand the connections between</i><ul style="list-style-type: none">• <i>yourself</i><i>and</i><ul style="list-style-type: none">• <i>unwelcome emotions</i><i>and</i><ul style="list-style-type: none">• <i>those outer conditions that cause these emotions.</i> • <i>Do this ego-cooperation in a</i><ul style="list-style-type: none">• <i>firm,</i>• <i>relaxed</i><i>way.</i> <p><i>Relaxation must be combined with full commitment.</i></p> <p><i>Often,</i><ul style="list-style-type: none">• <i>tension</i><i>replaces</i><ul style="list-style-type: none">• <i>a lack of full commitment to the inner truth.</i></p>
28	<ul style="list-style-type: none">• <i>Let yourself vibrate without defending your soul substance, even though it [i.e., even though letting yourself vibrate without defending your soul substance] may seem risky, as if you were too</i><ul style="list-style-type: none">• <i>vulnerable and</i>• <i>exposed.</i> <p><i>This [i.e., Your being too vulnerable and exposed] is not true.</i></p>

*Such undefendedness
reestablishes
the healthy heartbeat
of your psyche.*

*It [i.e., Such undefendedness]
does not mean
that you
invite*

- *damaging,*
- *destructive*
actions
from
 - *others or*
 - *yourself.*

*To the contrary,
healthy self-assertion
can only happen
when*

- *you are not cramped up inside,*

when

- *your natural pulsebeat*
functions
according to its own organic law.

29

*As I said before, my friends,
this material
is not*

- *difficult or*
- *abstract*
for those who
 - *have already explored*
their innermost self to some extent

or
for those who

- *take these words in*
with their full attention.

	<p><i>If you</i></p> <ul style="list-style-type: none">• <i>think about them</i> [i.e., <i>If you think about my words</i>] <p><i>and</i></p> <ul style="list-style-type: none">• <i>apply them to yourself,</i> <p><i>you will see how</i> <i>immediately practicable</i> <i>they are.</i></p> <p><i>Look at</i> <i>what you</i> <i>really feel.</i></p> <p><i>See</i> <i>what</i></p> <ul style="list-style-type: none">• <i>fear,</i>• <i>pain,</i>• <i>guilt and</i>• <i>anger</i> <p><i>cause you to do</i> <i>within,</i> <i>how you contract</i> [i.e., <i>see how you contract in the presence</i> <i>of fear, pain, guilt, and anger</i>].</p> <p><i>Observe</i> <i>these soul movements.</i></p> <p>[Then] <i>It will become obvious</i> <i>that all is</i> <i>as I say.</i></p>
30	<p><i>By shrinking from the</i> <i>undesirable</i></p> <ul style="list-style-type: none">• <i>condition or</i>• <i>experience,</i> <p><i>the entity</i> <i>hopes to</i></p> <ul style="list-style-type: none">• <i>avoid and</i>• <i>refuse</i> <p><i>it</i> [i.e., <i>hopes to avoid and refuse the undesirable experience</i>] – <i>thereby</i></p> <ul style="list-style-type: none">• <i>avoiding and</i>• <i>refusing</i> <p><i>itself.</i></p>

This [i.e., This shrinking away from undesirable experiences and pain]

causes a

- *hard,*
- *bitter,*
- *twisted*

pain

because

such pulling away

- *is not organic*

and

- *is utterly futile.*

When you

openly meet the [i.e., When you openly meet the undesirable or negative]

- *condition or*
- *experience*

in the manner discussed,

there will be

pain

too, at first.

But

- *the pain will have a completely different characteristic.*

- *It will soon turn into a softness that can dissolve more easily.*

- *It will transform itself into*
 - *meaningfulness and*
 - *sense.*

- *It is a*
 - *growing pain,**not a*
 - *death pain.*

- *It is a pain that creates*
 - *more and*
 - *better**life*

- *and thus [i.e., and thus the pain] eventually*
 - *transforms itself into**pleasure.*

[Thus]

The energy contained in the emotion [i.e., the energy contained in the negative emotion] can find its way back to its original essence [i.e., its original positive essence].

31

When you remain truthfully open to the

- *pain,*
- *fear, or*
- *other destructive emotion,*

you will not masochistically

- *aggrandize and*
- *exaggerate*

it [i.e., you will not exaggerate the pain or fear or other destructive emotion].

Nor will you

- *deny it –*
 - either by*
 - *deluding yourself that it does not exist,*
 - or by*
 - *refusing to meet it by pulling away.*

[Rather,]

You will simply go through it [i.e., go through the pain or fear or other destructive emotion] and thereby reconvert it [i.e., reconvert the pain, fear or other destructive emotion] to its original nature of bliss.

32

It
always
seems to require
such an enormous amount of
courage
to do this [i.e., to simply go through the pain or fear
or other destructive emotion].

But that [i.e., But that it seems to require such an enormous amount of courage
to simply go through the pain or fear or other destructive emotion],
too, is illusion, my friends.

It actually requires
infinitely more "courage,"
in a

- *wrong and*
- *futile*

sense,
to go through
all the
unnecessary pain
of

- *avoidance and*
- *flight.*

The effort to
shrink back
from

- *yourself and*

from

- *what you have produced –*
both in
 - *inner and*
 - *outer**conditions –*

is much more strenuous
than
the effort needed for
the course
I show you.

33

*When pursuing this course [i.e., When pursuing this pathwork course],
the pain
must
become
bliss
because*

- *you have*
 - *transcended it [i.e., transcended the pain]*
- instead of*
 - *fleeing from it;*
- *you have understood its [i.e., understood the pain's]
deep significance
in terms of
your personal growth.*
- *You allowed the pain
its
natural healthy rhythm,*
- *you allowed experience [i.e., allowed the painful experience]
caused by*
 - *error,*
 - *illusion and*
 - *unhealth*
to take its course.

*This is
the only way*

- *health,*
- *security, and*
- *well-being*
can be reestablished.

34

Until now
we have concentrated on
• the mental activity
involved in your search
for your
• true self,
for your
• misconceptions,
and in
• the observation of your
• mental and
• emotional
processes.

In time,
using various
new approaches on this path [i.e., new approaches on this pathwork path],
some of you will begin to
experience
what might be summed up briefly as
a combination
of the
• metaphysical
and
• physical.

You will learn to
• feel and
• observe
the soul movements
better than ever before.

These soul movements,
with their
• innate,
• inbuilt
• rhythm
and
• lawfulness,
determine
your entire life.

*They [i.e., Your soul movements]
determine
your state of*

- *being,*

your state of

- *consciousness,*

your

- *freedom [i.e., your freedom from]*

or

- *enslavement to*

your

- *images and*
- *misconceptions.*

*They [i.e., Your soul movements]
determine
the*

- *depth and*
- *scope and*
- *nature*

of your experiences in life,

the

- *degree of*
 - *aliveness*

and

- *pleasure,*

your

- *body structure, and*

your

- *fulfillment and*
- *abundance*

on all levels of being.

*The soul movements
are the
heartbeat
of the spirit.*

35

Now, are there any questions regarding this topic?

QUESTION:

What kind of experience do you mean?

What if someone offers me a trip with LSD?

Would you advise me to go through with it [i.e., go through with this trip with LSD] just for the sake of the experience?

36

ANSWER:

*No,
certainly not.*

Nothing of the sort.

*I do not mean
that a person should do*

- anything or
- everything.

*This [i.e., This LSD trip]
would be*

- completely destructive

and

- a crass misunderstanding
of what I am talking about.

*A human being
must exert*

- discrimination and
- choice.

You have the freedom to

- choose
certain experiences

or

- reject
them.

	<p><i>I refer to</i></p> <ul style="list-style-type: none">• <i>the principle of this question,</i> <p><i>not</i></p> <ul style="list-style-type: none">• <i>the matter of whether or not LSD is advisable.</i> <p><i>I have already discussed this some time ago [See mention of LSD in Q&A 115, from four years earlier, June 7, 1963], and do not see any need to repeat it now.</i></p>
<p>37</p>	<p><i>What I am referring to is the experience of</i></p> <ul style="list-style-type: none">• <i>events,</i>• <i>conditions, and</i>• <i>emotions</i> <p><i>one cannot choose.</i></p> <p><i>They [i.e., The events, conditions, and emotions simply] come.</i></p> <p><i>A recurrent condition [i.e., A recurrent inner condition] elicits,</i></p> <p><i>again and again,</i></p> <ul style="list-style-type: none">• <i>difficulty,</i>• <i>crisis,</i>• <i>disharmony,</i>• <i>destructive feelings.</i> <p><i>These [i.e., These difficulties, crises, disharmonies, and destructive feelings] are experiences</i></p> <p><i>people so often</i></p> <ul style="list-style-type: none">• <i>refuse,</i>• <i>deny,</i>• <i>flee from –</i> <p><i>when they [i.e., when these negative experiences] are nothing</i></p> <p><i>but an expression of something</i></p> <p><i>in themselves</i></p> <p><i>that they overlook.</i></p>

	<p><i>As long as one prefers to overlook the condition [i.e., overlook the inner condition], it [i.e. the resulting difficulties, crises, disharmonies, and destructive feelings] must recur with reliable regularity.</i></p> <p><i>Of that you can be sure.</i></p>
38	<p>QUESTION: <i>There are two experiences that come to my mind: one is</i></p> <ul style="list-style-type: none"><i>• orgasm,</i> <p><i>the other is</i></p> <ul style="list-style-type: none"><i>• death.</i> <p><i>It seems that the</i></p> <ul style="list-style-type: none"><i>• pulsation</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• vibration</i> <p><i>lead you to a point where these</i></p> <ul style="list-style-type: none"><i>• vibrations and</i><i>• pulsations</i> <p><i>cease.</i></p> <p><i>In both</i></p> <ul style="list-style-type: none"><i>• orgasm</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• death</i> <p><i>there seems to be no more</i></p> <ul style="list-style-type: none"><i>• vibration and</i><i>• pulsation.</i>
39	<p>ANSWER: <i>It is an illusion that they [i.e., that the vibration and pulsation] cease.</i></p>

*Of course,
this illusion [i.e., this illusion that the vibration and pulsation cease]
is much more difficult to establish about
death
because your three-dimensional [i.e., three-dimensional space/time]
• orientation and
• perception
is not geared to
see that
it [i.e., NOT geared to see that death]
is an illusion.*

*You merely see
the physical level,
and that [i.e., and in death the physical level]
has indeed
stopped
• living,
• vibrating,
• pulsating.*

*You are unequipped
to observe
the consciousness
behind
the physical system,
where
• living,
• breathing,
• pulsating,
• vibrating –
and therefore
• thinking,
• feeling,
• being –
go on and on.*

40

*As far as orgasm is concerned,
it is certainly an illusion that
• pulsation or
• vibration
stops.*

As I said at the beginning of the lecture:

*When the rhythmic manifestation of
pulsation
is not observable to
the three-dimensional perception,
the pulsation of
various
levels of consciousness
is [i.e., is then]
geared to different laws.*

*Only when you
become attuned to
your innermost self
will you perceive
these manifestations [i.e., will you perceive these manifestations
that are NOT observable to the three-dimensional
space/time perception].*

*There is nothing
on the three-dimensional level
that you*

- cannot and*
- will not*

*experience
by a
further expansion of consciousness
into different dimensions –*

- whether or*
- not*

this occurs

- in a state of physical death*
- or*
- while [still] in the body.*

	<p><i>In fact</i></p> <ul style="list-style-type: none">• <i>more,</i> <p><i>not</i></p> <ul style="list-style-type: none">• <i>less,</i> <p><i>can</i> <i>be experienced,</i></p> <p><i>may</i> <i>must</i> <i>be experienced,</i> <i>as the being</i></p> <ul style="list-style-type: none">• <i>expands</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>grows</i> <p><i>into further dimensions [i.e., expands and grows into further dimensions of consciousness that are beyond the three-dimensional space/time level of consciousness].</i></p>
41	<p><i>The truth of these words</i> <i>will become accessible</i></p> <p><i>in</i> <i>this life</i> <i>when you</i></p> <ul style="list-style-type: none">• <i>do not cramp up against fearful experience,</i> <p><i>but [rather]</i></p> <ul style="list-style-type: none">• <i>allow</i> <p><i>your innermost soul movement</i> <i>to continue to pulsate into [i.e., pulsate and expand into] the experience</i> <i>you want to deny.</i></p>
42	<p><i>As you all know from our work together,</i> <i>this</i> <i>fear of experience</i> <i>does not only exist regarding</i></p> <ul style="list-style-type: none">• <i>negative,</i>• <i>painful</i> <p><i>experience.</i></p>

*There is
as much fear,
and often more so,
regarding the*

- *positive,*
- *desirable, and*
- *desired*

*experiences
in the universe.*

*• Utter bliss,
• pleasure supreme,
is feared
to the extent
pain
is denied.*

*One who
can accept*

- *pain,*

can endure

- *pleasure.*

The two experiences you mentioned –

- *death and*
- *orgasm –*

*are the deepest experiences
a created entity
can go through.*

*They are that [i.e., Death and orgasm are the deepest experiences
a created entity can go through]
because [i.e., because in death and orgasm]*

- *the ego*
relinquishes its hold

and

- *the individual*
surrenders to the
 - *cosmic,*
 - *universal**forces –*
in
 - *love and*
 - *trust.*

*True orgasm
is not possible
unless
this attitude [i.e., unless this attitude of surrender]
exists.*

*Healthy death
only occurs with*

- *love and*
- *trust*

*and it [i.e., and death]
then becomes a*

- *joyful,*
- *growing*

experience.

*It is easily observable
that*

- *the healthier
a human being is,*
- *the less he or she
fears this*
 - *total,*
 - *trustful*

surrender.

Such an individual

- *experiences
the greatest amount of bliss*

and, also,

- *does not fear
death.*

43

I repeat:

The ability to stand

- *pleasure,*
- *delight,*
- *ecstasy,*

*depends on the ability
to assimilate*

- *pain and*
 - *frustration*
- in an*

- *appropriate and*
 - *truthful*
- way,*

in the understanding that

*they [i.e., understanding that pain and frustration]
are the production of
the self.*

To put the same idea in different words:

If you can

- *meet*

*your own negativity –
your*

- *fears,*
- *anger,*
- *rage,*
- *the traits you do not like –*

in a

- *rational and*
 - *unexaggerated*
- way,*

really

- *meet it [i.e. really meet your negativity]
face to face*

and

- *understand it,*

then

you produce the [i.e. then YOU produce the positive traits of]

- *love and*
- *trust*

I discussed.

To that measure [i.e., to the measure you meet and understand your own negativity] you become capable of experiencing

- *delight,*
- *pleasure,*
- *happiness.*

There is a direct relationship between the two [i.e., a direct relationship BETWEEN your being capable of meeting your own negativity AND your being capable of experiencing delight, pleasure, and happiness].

You will invariably see that the person who cannot accept

- *pain in a*
 - *healthy,*
 - *constructive and*
 - *realistic*

way cannot accept

- *pleasure*

either.

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I shall be glad to answer more questions on this topic, as well as on any problems you may have, at our next meeting.

Be blessed, all of you.

May every one of you start this working season with a new approach to your

- *path,*

to your

- *blocks*

that

- *prevent and*
- *separate you from*

life.

*Dip deeply into
the reality of
the divine within yourself,
[in order] to strengthen you
in your determination to*

- *grow,*
- *unfold,*
- *expand,*
- *unify,*

and

- *correct*

*the areas that block you
from*

- *life,*

from

- *all that is good.*

*Let guidance come
from within
to help you realize*

- *the futility,*
- *the unnecessary waste
of resisting
this growth.*

*May you become more
and more attuned to
these inner soul movements and
thereby help to reestablish
the beautiful cosmic balance.*

*This will also affect
the availability of
the divine
in you,
with which you can then*

- *integrate and*
- *establish*

your

- *full,*
- *independent
selfhood.*

	<p><i>Be blessed, all of you.</i></p> <p><i>Be in peace, be in God!</i></p>
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