

# **Pathwork Lecture 195 *Identification and Intentionality: Identification with the Spiritual Self to Overcome Negative Intentionality***

1996 Edition, Given November 19, 1971

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

¶	<i>Content</i>
<b>03</b>	<ul style="list-style-type: none"><li>• <b><i>Blessings and greetings for every one of you here.</i></b></li> <li><b><i>Let the power of spirit</i></b><ul style="list-style-type: none"><li>• <b><i>enliven you,</i></b></li><li>• <b><i>live and</i></b></li><li>• <b><i>manifest through you.</i></b></li></ul></li> <li><b><i>Then [i.e., Then, when you let the power of spirit enliven you, live and manifest through you,]</i></b><ul style="list-style-type: none"><li>• <b><i>you will be in the real world</i></b></li></ul></li><li><b><i>and</i></b><ul style="list-style-type: none"><li>• <b><i>your life will have meaning.</i></b></li></ul></li></ul>

*Every step you take  
in this direction [i.e., Every step you take enlivened by the power of spirit]  
generates new energy.*

*You who*  

- *truly want to find out  
who you are,*

*and*  

- *are prepared to  
make the sacrifice of  
giving up  
old destructive patterns of*
  - *thinking and*
  - *reacting,*

*will discover the  
incomparable treasure  
within you.*

*Then [i.e., Then, when you discover the incomparable treasure within you,]  
the word  
sacrifice  
becomes  
indeed  
ludicrous,  
for you*  

- *give up  
nothing*
- *to gain  
everything.*

**04**

*In the last few months a  
powerful new energy  
has been generated  
by the efforts of*  

- *each individual*

*as well as by*  

- *the group as a whole.*

*You have set in motion  
something that is indeed  
greater than  
the human life  
you know.*

*This [i.e., This fact that you have set in motion something that is  
greater than the human life you know]*

*has become noticeable to  
all who want to*

- *see and*
- *perceive.*

*It would require a  
deliberate insistence  
to blind oneself  
not*

*to be aware of*

- *remarkable progress in you;*

- *new movement in your*
  - *inner and*
  - *outer*

*lives;*

- *renewal of*  
*feelings*

*and*

- *depth of*  
*new experience.*

*You all  
have become  
much more keenly aware of  
yourselves*

*and consequently  
life  
begins to open up  
more  
and more.*

***Similarly [i.e., Similarly to the influx of powerful new energy for each INDIVIDUAL],  
this same new influx is  
certainly apparent***

***in the***  
***• life of the group;***

***in the***  
***• dynamics***  
***and***  
***in the***  
***• feeling experiences,***

***in***  
***• the honesty of***  
***feelings***  
***and***  
***• the more intimate relating***  
***among yourselves.***

***What is more,  
the spiritual force is  
now so great  
as a result of  
your***  
***• efforts and***  
***• progress,***  
***that even***  
***the most skeptical among you***  
***begin to see that***  
***their skepticism***  
***is in itself***  
***an adopted defense.***

***At this point***  
***the validity of this pathwork***  
***is no longer***  
***• a theory or***  
***• a philosophy.***

***It [i.e., The validity of this pathwork]***  
***has become***  
***• a reality and***  
***• an experience***  
***that can no longer be questioned.***

05

*As you become more*  
• *perceptive and*  
• *attuned*  
*as a result of*  
*your accelerating development,*  
*you know*  
*that*  
*the reality*  
*of*  
• *spirit*  
*is much greater*  
*than that [i.e., is much greater than the reality]*  
*of*  
• *the things you*  
• *touch and*  
• *see.*

*The spiritual energy*  
*that is*  
*generated by you*  
*becomes*  
*self-perpetuating.*

*This [i.e., This fact that*  
*the spiritual energy that is generated by you becomes self-perpetuating]*  
*is noticeable*  
*in your*  
• *personal lives*  
*as well as*  
*in your*  
• *undertakings with others.*

*Of course,*  
*even after making*  
*great progress*  
*you still have to deal with your*  
• *defenses and*  
• *undissolved negativities,*  
*your*  
• *resistances,*  
• *distortions, and*  
• *darkness.*

**Hence** [i.e., Hence, because you still have to deal with your defenses and undissolved negativities, your resistances, distortions and darkness,]  
we must  
plough ahead in our work,  
to make  
more spiritual strength  
available for  
eliminating the  
negative aspects  
in your personality:  
[eliminating]  
more of the  
• unreality,  
and  
more of the  
• mask.

As usual,  
these aspects [i.e., these negative aspects in your personality –  
the unreality and the mask]  
must first be fully  
• acknowledged  
and  
• accepted  
before you can give them up.

It is impossible  
to let go of something you  
• do not know you have  
or  
• will not express.

**06**

Once again I should like to find the  
common denominator  
of where most of you are  
at this time.

This [i.e., This finding the common denominator of where you are at this time]  
applies only to those  
who truly follow the path  
• in all ways,  
• with all available help.

*For those [i.e., For those who truly follow the path in all ways,  
using all available help]  
it will immediately  
become apparent  
that right now  
you find yourself at  
the crucial point  
which I shall discuss tonight.*

*Some of you  
may already have made some steps to  
• pass this point.*

*Others  
may still  
• struggle to verify this point of self-awareness,  
but will sense that they are  
• on the threshold.*

*But most of my friends  
are  
• exactly at the point  
I shall now discuss.*

**07**

*Now I should like to speak about the  
need to be aware of  
your  
• previously concealed  
but  
• now conscious  
negative intentionality.*

*In the past  
you may have accepted the theory  
that you, too, have  
• a lower self,  
that you have  
• faults and  
• character defects.*

*You may have even*  
• *faced many of them* [i.e., *faced many of your faults and character defects*]  
*and*  
• *dealt with them*  
• *honestly and*  
• *constructively.*

*But this* [i.e., *But ACCEPTING that you have a lower self and FACING and DEALING WITH many of your faults and character defects*]  
*is*  
*not*  
*the same as*  
*finding your*

*negative intentionality,*

*although there exists a connection*  
*between*

- *the latter* [i.e., *your negative intentionality*]
- and* [your]
- *character defects,*
- *images,*
- *misconceptions,*
- and*
- *destructive feelings.*

**08**

*It is an important fact of human psychology*  
*that*  
*whatever people*  
• *fear* [i.e., *such things as rage, hate, illness, pain, failure, etc.*],  
*they*  
*unconsciously*  
• *want;*  
*that*  
*whatever they*  
• *experience* [i.e., *such things as pain or pleasure, etc.*],  
*they also*  
*unconsciously*  
• *want.*

*The entire pathwork*  
*is based on*  
*this*  
*true fact of life.*



*Now*

*many of you are truly  
face to face with a  
basic negating attitude toward life:*

*an attitude that expresses  
no desire*

*to*

*• give,*

*to*

*• love,*

*to*

*• contribute,*

*to*

*• reach out,*

*to*

*• receive,*

*or,*

*to*

*• live,*

*• well and*

*• fruitfully.*

*This may sound  
preposterous to  
the conscious mind  
that wishes for  
nothing less than  
• any and  
• all  
fulfillments imaginable.*

*But there is this  
other part of the soul,  
in a hidden corner of the psyche,  
which says just the opposite.*

*It [i.e., This hidden unconscious part of the psyche]  
wants  
to  
• hate,  
to  
• be spiteful,  
to  
• withhold –  
even if this [i.e., even if this hate, spite, and withholding.]  
causes  
• suffering and  
• deprivation.*

**09**

*Recognizing  
this part of the soul [i.e., this negative, unconscious, hidden part of the soul]  
is of  
paramount importance.*

*It [i.e., this negative unconscious part of the soul]  
need not be  
the major part of  
the self.*

*In fact,  
it may be that  
• a relatively small part of  
your consciousness  
is locked into  
• negation,  
while  
• a much more substantial part of  
the self  
strives for  
• the opposite [i.e., strives for the positive aspects of life].*

*But no matter  
how small in relationship to the  
• liberated,  
• positive  
aspects of self,  
the negative part holds a  
magnetic power over  
the life of the individual  
precisely because  
it [i.e., precisely because this negative unconscious part of the soul]  
is not being consciously recognized.*

10

*When  
full awareness of  
this negative intentionality  
surfaces,  
it begins to dawn on you  
how strong a grip  
this devastating attitude  
has on you.*

*[Yet]  
In spite of knowing how*

- *destructive and*
- *senseless*

*it [i.e., this negative unconscious part of the soul]  
is,  
[to your amazement]  
you still find yourself*

- *unable,*

*or rather*

- *unwilling*

*to abandon this attitude [i.e., to abandon this life-negating attitude].*

*A great effort  
to overcome  
resistance [i.e., A great effort to overcome resistance to doing the necessary  
work on yourself needed to accept your negative intentionality]  
is necessary  
before you can accept this,  
at first shocking,  
realization about your life.*

*As a matter of fact,  
much of the resistance  
you encounter in*

- *yourself and*
- *your companions*

*is based precisely on  
not wanting to see the existence of  
such*

- *senseless destruction and*
- *negation*

*within you.*

**11**

*But when you  
finally  
do see it [i.e., finally do see your negative intentionality],  
it is a  
blessing.*

*You can then [i.e., When you finally do see your negative intentionality you can then]  
deal with  
this negation of life.*

*There are a number of  
"reasons" for  
negativity,  
if we may call them that [i.e., if we may call them "reasons,"]  
of which you are already quite conscious.*

*Nevertheless [i.e., Nevertheless, even though you know the "reasons" for  
your negation of life],  
you may find that you  
still  
cannot move from this point [i.e., this point of negative intentionality].*

*Yet the mere fact  
that you know that*

- *you*

*are the one  
who  
wants*

- *isolation,*
- *loneliness,*
- *lovelessness,*
- *hate, and*
- *spite,*

*instead of blaming*

- *some fate*

*that befalls the  
innocent  
you,*

*is a key to  
finding  
the next link in the chain  
of your evolution.*

12

*At this point,  
it would be useful to make a clear distinction  
between*

- *negativity*

*and*

- *negative intentionality.*

*Negativity  
comprises a  
wide range of feelings  
including*

- *faults,*
- *hostility,*
- *reality-distortions,*
- *envy,*
- *hate,*
- *fear,*
- *pride, and*
- *anger,*

*to name a few.*

*But  
when we speak of  
negative intentionality,  
we mean  
expressly the  
intention  
to hold on to the  
state of negating*

- *life and*
- *the self.*

*The mere word  
intention  
connotes that  
the self*

- *is in charge,*

*and*

- *makes a  
deliberate choice,  
intending  
to*
  - *do,*
  - *act,*

*and to*

- *be*

*in a certain way.*

*Now*  
*even when you*  
*own up to the*  
*• destructive,*  
*• cruel, and*  
*• brutal*  
*attitudes,*  
*you always*  
*give an impression that*  
*you cannot help*  
*being the*  
*way you are.*

*However*  
*when you ferret out*  
*your negative intentionality,*  
*you can no longer*  
*deceive yourself that*  
*negativity*  
*just*  
*"happens"*  
*to you.*

*You must*  
*sooner or later*  
*come to terms with*  
*the fact that*  
*your*  
*• life*  
*is the result of*  
*your*  
*• choices.*

*And*  
*choice*  
*implies*  
*the possibility*  
*of adopting*  
*another attitude.*

*In other words,*  
*you can truly discover*  
*on a deep level*  
*that*  
*you are free.*

*Even your present narrow confines  
are the  
result of  
a freely chosen  
course  
you*

- *follow*

*and*

- *will continue to follow*

*until  
you  
choose  
to change this course.*

13

*To the  
conscious  
mind,  
such negative intentions  
may appear  
preposterous,*

*but rest assured that  
negative intentionality  
indeed  
exists.*

*To  
to*

- *admit and*
- *deal with*

*this fact [i.e., this fact that negative intentionality indeed exists, and to do so]*

- *extensively and*
  - *profoundly*
- takes*

- *considerable*
- *struggle,*
- *effort, and*
- *patience*

*as well as an*

- *inner overcoming of resistance [i.e., overcoming of the resistance one has to admitting and dealing with this negative intentionality].*

***I do not talk about an***

- ***occasional***
- ***vague***

***hint of a recognition [i.e., hint of a recognition of negative intentionality]  
that is then left to itself [and not dealt with].***

***[Rather, know that]***

***Truly dealing with  
one's negative intentionality***

- ***is a major crisis  
in one's life***

***and***

- ***signifies a  
basic transition [i.e., a basic transition from negative  
to positive intentionality].***

***It [i.e., This basic transition from negative to positive intentionality]  
is not something that  
anyone  
can easily come by.***

**14**

***Let us now look at  
certain fundamental***

- ***stages and***
- ***progressions  
of this transition***

***[i.e., this transition from  
negative to positive intentionality].***

***You can start out on such a path [i.e., such a path as this pathwork]  
without  
any  
awareness of your  
stubborn negative intentions.***



*As I said before,  
if you were to be confronted with  
this fact [i.e., this fact that you have stubborn negative intentions],  
you could  
not*

- believe it,  
let alone*
- feel and  
observe  
it  
within you.*

*You might be aware  
of some*

- faults and  
destructive attitudes,  
of some*
- neurotic  
behavior and  
feelings,*

*but I cannot sufficiently emphasize  
that this [i.e., that this awareness of some faults and destructive attitudes  
and some neurotic behavior and feelings]  
is not at all the same as  
being aware of  
your negative intentionality.*

**15**

*When*

- your pathwork progresses well  
and  
• you gain  
deeper and  
more honest  
insight into yourself  
you can accept  
more of  
• your good  
as well as  
• your painful  
feelings.*

*You gain*

- strength and  
objectivity.*

**By your  
renewed commitment to  
facing the truth in yourself  
over  
and over again,  
which activates the  
purest spiritual energies,**

**you finally come to discover  
your  
intentional negation of  
all  
the good things in life.**

**You will find that  
the more frustrated you feel  
for not attaining what you  
so ardently desire,  
• the greater your inner negative intention  
and  
• the less inclination you have  
to deal with it [i.e., have to deal with your negative intentionality].**

**This correlation [i.e., This correlation BETWEEN your frustration for not attaining  
what you desire AND your increasing negative intentionality and your  
resistance to dealing with your negative intentionality]  
is  
extremely important.**

**The same applies to  
doubts:  
the more you fear that  
what you want  
will not materialize [i.e., the more you doubt that what you truly want  
in life will actually materialize],  
• the less faith you have  
in your life,  
and  
• the less connected you are  
with your own negative will.**

16

*That the self  
deliberately chooses a  
course of*

- *denial,*
- *spite, and*
- *hate*

*even at the price of  
suffering*

*is  
tremendously difficult to admit.*

*But once this [i.e., But once this admission of negative intentionality]  
is done,  
the door  
opens to  
freedom,  
even before one is actually ready  
to step through it [i.e., even before one is ready to actually step  
through the door of freedom and transition from  
negative intentionality to positive intentionality].*

*Even before the self  
is ready to make a  
new choice [i.e., new choice instead the old choice, the old choice being a  
course driven by one's negative intentionality for denial, spite, hate],  
the mere availability of  
another*

- *road,*

*another*

- *approach*
  - *to life and*
  - *to reinvesting one's*
    - *energies and*
    - *resources,*

*brings*

- *hope –*
  - not*
    - *false hope,*
  - but*
    - *realistic expectation.*

17

*You pin so much  
on solutions based on*  
• *unrealizable hopes*  
*or on*  
• *sheer illusion.*

*But there exists a*  
• *real,*  
• *realistic and*  
• *realizable*  
*hope:*  
*a hope that is*  
*not*  
*bound to wind up in*  
• *disappointments and*  
• *disillusionments.*

*This hope [i.e., This real and realizable hope]  
slowly but surely  
grows into*  
• *manifest reality and*  
• *fact,*  
*resulting in*  
• *self-fulfillment*  
*and*  
• *the realization of*  
*the best within you,*  
*and therefore*  
• *access to*  
*all that life has to offer.*

*Just think of*  
*all the potentialities*  
*life has to offer.*

*They are [i.e., All the potentialities life has to offer are]*  
• *endless*  
*and*  
*they are [i.e., and all the potentialities life has to offer are]*  
• *yours*  
*for the asking.*

18

*However,  
important as it is to  
discover  
the existence of your  
negative intentionality,*

*• awareness [i.e., awareness of your negative intentionality]  
is not the same as  
• giving it up [i.e., as giving up your negative intentionality].*

*You who have arrived at this point [i.e., at this point of having AWARENESS of your  
negative intentionality but are NOT yet able to GIVE IT UP]  
have found this  
only to be too true.*

*It is possible to  
• fully recognize and  
• admit  
negativity  
and yet  
not be at all  
• ready and  
• willing  
to let go of it [i.e., and not be ready and willing to let go of  
negativity and the underlying negative intentionality].*

*Sometimes  
it can happen that  
realizing a  
• destructive or  
• distorted  
attitude  
automatically  
eliminates it,*

*but  
this [i.e., but this becoming aware of a negativity leading to AUTOMATICALLY  
eliminating the negativity]  
is not always true.*

*It becomes evident  
again  
and again  
in almost everybody's work that  
in spite of knowing how*

- senseless and*
- destructive*

*one's negative intentionality is,  
more than  
just recognizing it  
is required  
before  
the*

- mind,*

*the*

- will, and*

*the*

- intention*

*can be changed.*

**19**

*There are  
many reasons for  
this difficulty [i.e., reasons for this difficulty of NOT being able to drop your  
negative intentionality once you become aware of it in you].*

*Some of the  
major fears are [i.e., some of the major fears  
of dropping negative intentionality are]:*

*fear of*

- the unknown,*

*fear of being*

- hurt and*
- humiliated,*

*fear of  
and  
refusal to experience*

- past and*
- present*

*pain.*

***A negative attitude  
functions as a  
defense against***

***real feelings [i.e., A negative attitude, including negative intentionality,  
functions as a DEFENSE against feeling your real feelings].***

***Holding on to  
negative will direction  
is also the result of  
a refusal***

- to assume  
self-responsibility, or***
- to deal with  
less than ideal circumstances.***

***The origin  
of this negation of life  
is in  
childhood.***

***It is now  
your inner insistence on  
forcing your***

- "bad parents"  
to become***

- "good parents"***

***out of guilt [i.e., out of your parents feeling their guilt],  
using  
your  
misery***

***as a weapon against them [i.e., using your misery to  
make your parents feel guilty for your misery].***

***Negative intentionality  
is also a means***

***to punish [i.e., punish not only your "bad parents" but also]  
life in general.***

	<p><i>Some of you may have amply</i></p> <ul style="list-style-type: none"><li>• <i>explored,</i></li><li>• <i>verified and</i></li><li>• <i>worked through</i></li></ul> <p><i>these</i></p> <ul style="list-style-type: none"><li>• <i>feelings,</i></li><li>• <i>reactions and</i></li><li>• <i>attitudes</i></li></ul> <p><i>[i.e., these feelings, reactions and attitudes of negativity and negative intentionality as a means to punish parents and life],</i></p> <p><i>yet [nonetheless]</i></p> <p><i>you still insist on</i></p> <p><i>holding on to them [i.e., insist on holding on to these feelings, reactions and attitudes of negativity and negative intentionality].</i></p> <p><b>Why?</b></p>
<b>20</b>	<p><i>Often</i></p> <p><i>it [i.e., the child's immature negative intentionality]</i></p> <p><i>is a child's only way</i></p> <p><i>to preserve its selfhood.</i></p> <p><i>If the child's</i></p> <p><i>inner resistance</i></p> <p><i>to letting go of this intent [i.e., resistance to letting go of this negative intent]</i></p> <p><i>is not maintained,</i></p> <p><i>the personality</i></p> <p><i>feels threatened:</i></p> <p><i>the child equates</i></p> <ul style="list-style-type: none"><li>• <i>giving up the resistance [i.e., giving up the resistance to letting go of its immature negative intentionality]</i></li></ul> <p><i>with</i></p> <ul style="list-style-type: none"><li>• <i>capitulation,</i></li></ul> <p><i>with</i></p> <ul style="list-style-type: none"><li>• <i>giving up individuality.</i></li></ul>



	<p><b>Many of you</b></p> <ul style="list-style-type: none"><li>• <b>are aware of this</b> [i.e., are aware of the child's resistance to letting go of its negative intentionality, equating any giving up of this resistance to letting go of its negative intentionality with giving up its individuality]</li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>know the inappropriateness of carrying a once valid position</b> [i.e., carrying the child's once-valid resistance to giving up negative intentionality in order to preserved its individuality] <b>into the present</b> [i.e., into adulthood] <b>where it</b> [i.e., where this defense against letting go of childish negative intentionality] <b>is</b></li><li>• <b>no longer valid</b></li></ul> <p><b>and</b> [i.e., and where it is actually]</p> <ul style="list-style-type: none"><li>• <b>downright destructive.</b></li></ul>
<p><b>21</b></p>	<p><b>It may seem almost inconceivable to those of you who have not yet made the self-discovery that one can</b></p> <ul style="list-style-type: none"><li>• <b>admit to a downright</b><ul style="list-style-type: none"><li>• <b>senseless,</b></li><li>• <b>wasteful</b></li></ul></li></ul> <p><b>attitude</b> [i.e., attitude of negative intentionality] <b>that does nothing but bring undesirable results,</b></p> <p><b>and yet</b></p> <ul style="list-style-type: none"><li>• <b>insist on maintaining it</b> [i.e., and yet insist on maintaining this attitude of negative intentionality].</li></ul> <p><b>Why does this apparently senseless refusal</b> [i.e., refusal to give up negative intentionality] <b>exist,</b></p> <p><b>even though you know it only causes</b></p> <ul style="list-style-type: none"><li>• <b>you and</b></li><li>• <b>others</b></li></ul> <p><b>pain?</b></p>

	<p><i>It [i.e., This refusal to give up negative intentionality]</i></p> <ul style="list-style-type: none"><li>• <i>makes you miss out on living</i></li><li>• <i>fully and</i></li><li>• <i>joyfully</i></li></ul> <p><i>and</i></p> <p><i>it [i.e., and this refusal to give up negative intentionality]</i></p> <ul style="list-style-type: none"><li>• <i>causes you</i></li><li>• <i>severe guilt and</i></li><li>• <i>self-punishment.</i></li></ul> <p><i>There must be a</i></p> <p><i>powerful reason [i.e., a powerful reason for holding onto negative intentionality]</i></p> <p><i>that obviously goes beyond</i></p> <p><i>any of the aforementioned causes</i></p> <p><i>[i.e., beyond</i></p> <ul style="list-style-type: none"><li>• <i>defense against feeling fears,</i></li><li>• <i>preserving the child's selfhood,</i></li><li>• <i>punishing parents and</i></li><li>• <i>punishing life in general]</i></li></ul> <p><i>– true as they are in themselves.</i></p> <p><i>Many of you</i></p> <ul style="list-style-type: none"><li>• <i>are stuck at this particular point [i.e., stuck at this point of holding onto negative intentionality even though you know that it robs you of living fully and joyfully and causes you severe guilt and self-punishment]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>need help to get beyond it.</i></li></ul>
22	<p><i>What truly prevents you from saying,</i></p> <ul style="list-style-type: none"><li>• <i>"I do not want to hate, I want to love.</i></li><li>• <i>I do not want to withhold any longer, but want to give the best of myself to life.</i></li><li>• <i>I do not need my spitefulness and truly desire to give it up.</i></li><li>• <i>I want to</i><ul style="list-style-type: none"><li>• <i>reach out and</i></li><li>• <i>give to life and</i></li><li>• <i>receive equally</i></li></ul><i>the best life has to offer?"</i></li></ul>

	<p><i>This lecture hopefully will help you further to understand this resistance.</i></p>
23	<p><i>In order to deal with this bottleneck, the question of identification has to be focused on.</i></p> <p><i>What part of yourself do you identify with?</i></p> <p><i>Such identification is not something the conscious ego chooses.</i></p> <p><i>Once again, it [i.e., what you identify with] is something that must be discovered by your observing mind [i.e., be discovered by your mind observing what is actually going on in you].</i></p> <p><i>In what way are you identified with the different parts of your being?</i></p>
24	<p><i>For example, if [i.e., if, through self-observation, you conclude that] you exclusively identify with the ego – that</i></p> <ul style="list-style-type: none"><li><i>• conscious,</i></li><li><i>• willing,</i></li><li><i>• acting</i></li></ul> <p><i>part of you –</i></p> <p><i>[then] it is automatically impossible to to bring a change [i.e., a change in yourself] that lies beyond the province of the ego.</i></p>

*[For example, since deep inner change is beyond the province of the ego,]*

**Inner change of  
the deepest**  
• attitudes and  
• feelings  
**of an individual  
cannot be brought about by  
the very limited functions of  
the ego.**

*[Rather, for deep inner change]*

**One must  
be identified with a**  
• deeper,  
• broader, and  
• more effective  
**aspect of the self  
in order to  
even believe in  
the possibility of  
such a change.**

**Any**

**profound change  
comes about  
by the ego**  
• committing itself to  
wanting the change,  
**and**  
• trusting in the processes of  
the involuntary spiritual self  
**to bring it about [i.e., bring the deep inner change about].**

**If there is  
no identification with  
the spiritual self,**

*[then]*

• such trust [i.e., such trust in the processes of the involuntary spiritual self]  
**and**  
• the necessary climate of [i.e., the climate resulting from that trust, the climate of]  
• unpressured  
• positive  
**expectation**

**cannot exist.**

**And if it** [i.e., *And if belief in and identification with the spiritual self*]  
**does not exist,**  
**the person cannot even**  
**want it** [i.e., *cannot even want to manifest inner change since it would require the person to identify with the spiritual self to effect such a change*],  
**for the conviction of**  
**failure** [i.e., *failure to manifest inner change without the spiritual self*]  
**would drive home the**  
**powerlessness of the ego** [i.e., *the powerlessness of the separated ego to manifest such an inner change on its own*]  
**in too unpleasant a way.**

**Thus it is preferable for the limited ego**  
**to say,**

**"I do not want** [i.e., *for the separated ego to SAY, "I do NOT WANT profound inner change]"*

**than to say,**

**"I cannot** [i.e., *I am powerless and CANNOT manifest profound inner change on my own]."*

**25**

**On a superficial level,**  
**the exact opposite situation exists** [i.e., *On a superficial level, the situation of what actually EXISTS is the exact opposite to what the ego SAYS*]:

**"I won't"** [i.e., *"I WON'T choose to manifest profound inner change," which is the TRUTH of the matter,*

**is denied with** [i.e., *is denied with the LIE*]

**"I can't** [i.e., *"I CAN'T manifest profound inner change, but this is a LIE because it could change if it would simply choose to identify with the spiritual self]."*

	<p><b>On a</b></p> <ul style="list-style-type: none"><li>• <b>deeper and</b></li><li>• <b>more subtle level</b></li></ul> <p><b>it</b> [i.e., the inner argument] <b>is reversed</b> [i.e., the superficial level TRUTH that “I won’t (I refuse to) manifest inner change” is covered and denied by the superficial-level LIE, “I can’t manifest inner change, it is beyond me” is, on a deeper and more subtle level reversed. The deeper level TRUTH, “I don’t want to manifest inner change,” is covered by the deeper level LIE, “I can’t manifest inner change”],</p> <p><b>simply because</b> <b>the ego does not want to admit its limitations</b> [i.e., the ego does not want to admit that, ON ITS OWN, separated from the spiritual self, it can’t manifest profound inner change],</p> <p><b>and yet</b> <b>the self has not found the way to identify with</b> <b>the spirit</b> [i.e., the self has not found the way to IDENTIFY WITH the spiritual self, which does hold the power necessary to manifest profound inner change].</p>
<b>26</b>	<p><b>Identification can exist in a most</b></p> <ul style="list-style-type: none"><li>• <b>positive and</b></li><li>• <b>constructive way</b></li></ul> <p><b>or</b></p> <p><b>in a most</b></p> <ul style="list-style-type: none"><li>• <b>negative,</b></li><li>• <b>obstructive and</b></li><li>• <b>destructive way.</b></li></ul>

*The difference [i.e., The difference between identification  
being in a positive or in a negative way]  
is not determined by  
your identification with*

- *one or*
- *the other*

*of the various personality aspects [themselves] –  
as if  
one would be*

- *good [i.e., as if one personality aspect would be desirable],*
- *the other*
- *bad [i.e., and the other personality aspect  
would be undesirable].*

*Identification with  
any  
aspect of yourself  
can be  
either*

- *desirable,*
- *healthy and*
- *fruitful,*

*or*

- *the opposite.*

*For example,  
you might think,*

*"How can it be  
destructive  
to identify with  
the higher self?"*

*Or, conversely,*

*"How could it be  
desirable  
to identify with  
the lower self?"*

*I say it can be  
either [i.e., it can be desirable or undesirable to identify with  
either the higher self or the lower self].*

27

*[For example]*

***If you identify with***

- ***the higher self or***
- ***your spirit,***

***without truly being aware of  
your***

- ***lower self,***
- ***mask self,***

***your***

- ***defenses,***

***your***

- ***dishonest devices, and***

***your***

- ***negative intentionality,***

***then your identification with  
the higher self***

***becomes an***

- ***escape [i.e., becomes an escape from doing the work required  
dissolve the lower self and the mask self]***

***and an***

- ***illusion.***

***Under these circumstances***

***it [i.e., your identification with your higher or spiritual self exclusively]***

***is not at all***

- ***a truthful or***
- ***a real***

***experience.***

***It [i.e., Your identification with your higher or spiritual self exclusively]***

***is much more like***

***paying lip service to***

***a philosophy [or theory]***

***you believe in***

***on the purely intellectual level.***



*It is all very well  
to know  
that  
you are  
a divine manifestation  
with potentially limitless power  
to change*

- yourself and
- your life,

*that  
you are  
the very spirit of the universe  
in manifest form.*

*This [i.e., That you are the very spirit of the universe in manifest form]  
is true.*

*And yet  
it [i.e., identifying exclusively with your higher or spritual self]  
is [only]  
a half-truth  
when this kind of identification  
overlooks the part of you  
which needs your*

- scrutiny and
- candid attention

*[i.e., overlooks your lower self and mask self].*

**28**

*By the same token,  
identification with  
your lower self  
can be*

- desirable or
- undesirable.

*Perhaps we can best put it this way:*

*It is one thing to identify  
with*

- *your lower self or*
- *your mask self,*

*but to*

- *observe and*
- *identify*

*it [i.e., but to observe and IDENTIFY the lower self or mask self  
WITHOUT identifying WITH the lower self or mask self],  
is another.*

*When you are  
identified  
with*

*the lower self,*

*you believe that*

*this [i.e., this lower self aspect of you]*

*is*

*all there is to you.*

*When [i.e., When on the other hand]*

*you*

- *identify it [i.e., identify the lower self],*

- *observe,*
- *admit, and*
- *tackle*

*it [i.e., when you observe, admit, and tackle the lower self],*

*you do*

*not*

*believe*

*that this [i.e., that this lower self which you are observing and tackling]  
is all there is to you.*

*If it*

*were [i.e., IF the lower self were ALL that there was to you],*

*you could not*

- *identify,*
- *observe,*
- *evaluate,*
- *analyze and*
- *change*

*it.*

*For  
that part of you  
which is doing all this watching [i.e., watching, analyzing, and changing]  
is certainly*

- *more in charge,*
- *has more power, and*
- *is more*
  - *active and*
  - *real*

*than the part that is  
being*

- *observed,*
- *evaluated, or*
- *changed.*

*The moment you  
identify something,*

- *good,*
- *bad or*
- *indifferent,*

*the identifying part  
is*

*more*

- *you*

*than*

- *whatever is being identified.*

*In other words  
the observer  
is more*

- *real and*
- *in charge*

*than  
the observed.*

*This is the vast difference  
between*

- *identifying  
something*

*and*

- *being identified  
with it.*

29

*When the*

- *mask and*
- *lower self,*

*or*

- *the negative intentionality and*
- *dishonest games*  
*are being*  
*identified,*

*there is room for*

*real feelings,*

*including pain,*

*to be honestly experienced,*

*and*

*the pain [i.e., the pain and other negative feelings brought up by seeing and experiencing the effects caused by the mask and lower self]*

*no longer needs to be*

*denied.*

*This [i.e., This having room for feeling all real feelings, including pain]*

*is so*

*because*

*the energy*

*no longer invested in denial [i.e., no longer invested in denial of pain]*

*will*

*bring you to the truth [i.e., the truth regarding causes of pain].*

*And*

*when you can*

*truly feel*

*your feelings,*

*you can then*

*identify*

*with*

*the spiritual self.*

<p><b>30</b></p>	<p><i>The lower self should be</i></p> <ul style="list-style-type: none"><li>• <i>identified;</i></li></ul> <p><i>the spiritual self</i></p> <ul style="list-style-type: none"><li>• <i>identified with.</i></li></ul> <p><i>The ego makes the identification [i.e., The ego CHOOSES to identify WITH the spiritual self],</i></p> <p><i>but gives itself up voluntarily so that it [i.e., so that the ego] is integrated into the spiritual self.</i></p>
<p><b>31</b></p>	<p><i>When giving up negative intentionality, you already experience yourself as something more than the lower self whose energies should</i></p> <ul style="list-style-type: none"><li>• <i>be dissolved</i></li></ul> <p><i>in their present form, and</i></p> <ul style="list-style-type: none"><li>• <i>be reconverted and</i></li><li>• <i>channeled</i></li></ul> <p><i>in a</i></p> <ul style="list-style-type: none"><li>• <i>new and</i></li><li>• <i>better</i></li></ul> <p><i>way.</i></p> <p><i>But [i.e., But, on the other hand,] when you reaffirm the senseless refusal to give up negative will, it is because you are totally identified with this aspect of the self [i.e., totally identified WITH this negative, lower self aspect of the self].</i></p>

***This [i.e., This identification WITH negative intentionality and WITH negative, lower-self aspects of the self] must be so [i.e., must be so in problematic areas of your life] regardless of the [i.e., regardless of the other areas of your life where live the] developed aspects of yourself where this [i.e., where this identification with lower self aspects] may not hold true at all.***

***In other words, this [i.e., this identification with lower self aspects] is not a total condition:***

***It is not true that either a person is***  
***• entirely identified with the lower self***  
***or***  
***[i.e., or a person is]***  
***• no longer at all [i.e., no longer at all identified with the lower self].***

***You are all invariably a combination.***

***Some aspects of the self are free [i.e., are free from identifying with lower-self aspects] and there [i.e., and there, in those aspects of the self where they are FREE from identifying with lower-self aspects and can feel all their feelings,] a deep spiritual identification may be sensed;***

***at the same time, the as yet***  
***• unidentified lower self aspects and***  
***• unfelt feelings***  
***partially***  
***create***  
***a climate of submersion into the lower self***  
***and the self fears this [i.e., the self fears this lower self aspect] to be its only reality.***

	<p><i>A third identification [i.e., a third identification, in addition to identification with the spiritual self and with the lower self]</i></p> <p><i>can also exist this time with the ego believed to be the only</i></p> <ul style="list-style-type: none"><li><i>• valid,</i></li><li><i>• reliable</i></li></ul> <p><i>function.</i></p> <p><i>This is the way people are split in regard to identification [i.e., people are split among a combination of identifications with the spiritual self, the lower self, and the ego self].</i></p>
32	<p><i>When a secret, albeit partial [i.e., a secret partial though not entire], identification with the lower self exists,</i></p> <p><i>giving it up [i.e., giving up that secret partial identification with the lower self] appears as self-annihilation to that part of the self which is</i></p> <ul style="list-style-type: none"><li><i>• destructive,</i></li><li><i>• cruel,</i></li><li><i>• hateful,</i></li><li><i>• spiteful,</i></li></ul> <p><i>and soon, this [i.e., this lower self set of traits, or lower self part of the self] seems the real self.</i></p> <p><i>The other [i.e., spiritual part of the self, on the other hand,] seems</i></p> <ul style="list-style-type: none"><li><i>• unreal – perhaps even</i></li><li><i>• phony.</i></li></ul>

*This [i.e., This phoniness and seemingly unreal nature of higher self aspects of the self] seems true especially when an actual phony veneer [i.e., the mask self pretending to be spiritual] is used to cover up the reality of the lower self.*

*Giving up [i.e., Giving up lower-self aspects, such as]*

- hate,
- spite, and
- negative intention

*seems like giving up one's very being.*

*Such apparent self-annihilation cannot be risked, even for the beckoning promise of accruing*

- joy and
- fulfillment

*from this sacrifice [i.e., from this sacrifice of giving up lower-self aspects].*

*At best, whatever joy there is [i.e., whatever joy there is in the world] appears to exist only for someone other than the familiar you.*

*What good do*

- joy,
- fulfillment,
- pleasure,
- self-respect, and
- abundance

*accomplish if they can only be experienced by someone other than you?*



*This inarticulate*  
• *feeling or*  
• *climate*  
*existing within you*  
*is the*  
*most difficult part [i.e., most difficult part of your resistance]*  
*to overcome –*  
*or rather perhaps,*  
*the*  
*second most*  
*difficult part.*

**33**

*The first difficult part [i.e., The most difficult of the work to overcome your resistance to dealing with your identification with your lower self]*  
*is to*  
*make the initial commitment*  
*to find out*  
*the truth*  
*about yourself.*

*This [i.e., This commitment to FIND out the TRUTH about yourself]*  
*includes*

• *mentally observing*

*and*

• *admitting*

*your*

*real*

• *thoughts and*

• *feelings,*

• *experiencing*

*all your feelings,*

• *owning up to them [i.e., owning up to ALL your feelings]*

*on all levels.*

*Then*

*you need to answer the question,*

*"How am I going to extricate myself from*  
*my identification with*  
*my lower self?"*

34

*When you experience yourself  
as real  
exclusively  
in the lower self,  
to whatever degree this may hold true,  
you cannot give up  
the lower self.*

*The refusal to do so [i.e., the refusal to give up the lower self]  
is the misplaced  
will to  
live.*

*You live in  
the illusion  
that  
beyond your most negative aspects  
nothing  
of you exists.*

*You feel*

- *real and*
- *energized*

*only when*

- *negativity and*
- *destructiveness*

*manifest [i.e., manifest in and through you],*  
  
*no matter how much  
the environment*

- *curtails it [i.e., curtails your negativity  
and destructiveness]*

*and*

- *forces you to  
experience  
this energy [i.e., this negative  
and destructive energy]*

*as existing  
only  
inside of  
yourself [i.e., only inside you  
but not in others].*

**The**  
**outer**

- **deadness and**
- **numbness**

*[i.e., the outer deadness and numbness you feel as a result of not being allowed to let out this negative energy in you]*

**seem the result of**  
**having**  
**"given up"**  
**evil;**

**but it** *[i.e., but this negative and destructive energy]*  
**has not been given up at all;**  
**nor do you have to** *[i.e., nor do you have to give up*  
*this negative and destructive energy].*

*[Rather]*  
**The same energy** *[i.e., The same negative and destructive energy in you]*  
**can be**  
**reconverted** *[i.e., reconverted back into its original form of*  
*positive and constructive energy]*

**once you have**  
**stopped denying it** *[i.e., once you have*  
*stopped denying that the negative energy lives in you].*

**35**

**My friends,**  
**let this sink in:**

**Your resistance to**  
**giving up**  
**what you hate most in yourself**  
**is due to a**  
**false identification.**

**At this point**  
**many of you are**  
**puzzled about yourselves.**

***You do not understand [i.e., You do not understand yourselves at all,  
and you do not understand]***

***why***

***you do not want to  
budge from this***

- extremely uncomfortable and***
  - undesirable***
- inner position.***

***You***

***know that***

***there is a beautiful world  
waiting outside.***

***And if you***

***deny***

***this fact [i.e., And if you DENY this fact  
that there is a beautiful world waiting outside],***

***you do so***

***to justify your position:***

***[i.e., namely your position that]***

***if all is***

***dismal anyway,***

***then there is***

***nothing so strange about***

***your state [i.e., you see that you fit right in with that dismal world].***

***So you often***

***make yourself***

***believe in a***

***• terrible,***

***• senseless***

***universe.***

***Or, if this is not the case [i.e., Or, if you do NOT make yourself believe that  
all the world is terrible and senseless],***

***you cannot bring your belief***

***in the***

***• good and***

***• beautiful***

***universe***

***to bear on***

***the negative intentionality.***

36

*The way you are*

- *bound and*
- *frozen*

*into this position of  
resisting*

*to let go of  
the negative intentionality*

*is not only*

- *obstinate and*
- *spiteful.*

*That would be too stupid.*

*But the*

- *obstinacy and*
- *spitefulness*

*harden your position [i.e., the obstinacy and spitefulness do play a role and  
harden your position],*

*so that*

- *your fear of annihilation  
that would follow*

*if you gave up the lower self  
grows stronger*

*and [i.e., and as a result]*

- *the negativity  
becomes*

*self-perpetuating.*

*[As a result of the self-perpetuating negativity]*

*You then live in a*

- *small,*
- *self-enclosed  
world*

*in which*

*the worst of you  
seems to be*

*your reality.*

37

*How are you going to find your way out [i.e., way out of this negative vicious circle]?*

*The first thing to do  
would be to  
question yourself,*

- *"Is this [“Is this lower self negativity and negative intentionality]  
really  
all  
I am?*
- *Is it true that  
my reality  
ceases to exist  
when I  
give up  
my negative  
• intention and  
• will?*
- *Is this [i.e., Is this negative intention and will]  
all  
there is to me?"*

*The mere fact  
that you raise these questions  
honestly  
will already open a door.*

*Even before the answers come [i.e., before the answers come to these questions] –  
and they will eventually pour forth –*

*the fact  
that these questions are raised  
will permit you to come to the*

*second stage in this progression  
where you realize that  
the part [i.e., the part of you]  
which asks the question  
is already  
beyond  
your assumed identity [i.e., your assumed  
identity with the lower self].*

**Thus** [i.e., Thus, by realizing that the part of you that asks these questions about your negative intentionality being all of you is already beyond your assumed identity with the lower self,]

**you already establish**

**a new bridge** [i.e., a new bridge that goes from the old state of identifying with the lower self to the new state of identifying with the the observer, the spiritual self, the higher self].

**From there on**

**it will not be quite so difficult  
to find a voice in you**

**that answers** [i.e., that answers these questions about your negative intentionality being all of you]

**in a new way,  
beyond the limited scope  
of the lower self  
which you used to protect  
so jealously.**

**38**

**Reach out with  
tentative questions,  
questions asked**

- with good will and
- in good faith.

**This is  
the very first step to  
find your way out of  
your prison of  
unnecessary suffering.**

**When you do this** [i.e., When you honestly answer these questions about your identity],  
**you are no longer  
identified with  
the lower self  
which**

- knows nothing beyond these confined walls and
- derives its
  - identity, or
  - reality,  
from  
being negative.

***Instead [i.e., Instead of being identified with the lower self],  
you come to the point  
when you can***  
• ***identify it [i.e., identify the lower self]***  
***and***  
• ***be its observer [i.e., be the lower self's OBSERVER  
rather than being identified with the lower self].***

***Identifying with the observer [i.e., Identifying with the OBSERVER  
rather than identifying with the lower self]***

***then becomes  
a first step***  
• ***away from and***  
***a first extension***  
• ***beyond***  
***your familiar self-experience [i.e., familiar self-experience of  
negativity and destructiveness, driven by negative  
intentionality and identification with the lower self].***

**39**

***Let us assume, for example, that  
you have grown accustomed to  
experience yourself as***  
• ***haughty,***  
• ***cold, and***  
• ***contemptuous.***

***Giving up this attitude  
seems like dying.***

***But dying into what?***

***Dying into  
your true self  
where  
your  
real  
• feelings  
and  
your  
real  
• being  
are.***



*If you are willing to  
feel  
your feelings  
regardless of their nature,  
you will  
know  
who you are.*

*If you are  
not willing [i.e., If you are NOT willing to feel your feelings  
regardless of their nature],  
you must remain that*

- hard,*
- stiffened,*
- limited*

*"self," [i.e., a "self" that is NOT the REAL you]*

*Here lies  
your choice [i.e., Your choice to either be the REAL self – undefended, open,  
loving, expanded, feeling everything, or be the FALSE self – defended against  
feeling real feelings, hard, stiff, limited, contracted, negative].*

**40**

*It cannot be claimed  
that  
when you give up  
your negative intentionality  
you will  
instantly  
experience*

- universal bliss –*
- or even*
- earthly bliss.*

*You  
will experience*

*your  
real feelings,  
  
some of them  
quite painful.*

***But the pain [i.e., But the pain of your REAL feelings, some being quite intense,]  
will be so much easier to bear  
than  
the position you now maintain [i.e., than the hardened, defended, negative  
position you now maintain to defend yourself against feeling  
these painful feeling].***

***In its flowing nature  
it [i.e., the undefended pain, even intense pain,]  
will carry you into***

- new and***
- better***

***states,  
like***

***the river of life itself.***

**41**

***The commitment  
must always be  
to the  
truth of the self –  
what it really [i.e., truth of what the real self really]***

- feels***
- and***
- thinks***
- and***
- is.***

***If  
commitment to the self  
is the aim,  
then you cannot fail***

- to realize yourself.***
- You will experience  
new depths of feelings.***
- You will even  
welcome  
the pain  
for it is***

- real***
- and***
- flowing.***

	<p><i>It [i.e., The real but flowing pain]</i> <i>is</i></p> <ul style="list-style-type: none"><li>• <i>moving</i></li></ul> <p><i>and</i> <i>is</i></p> <ul style="list-style-type: none"><li>• <i>totally you.</i></li></ul>
42	<p><i>The first answers</i> <i>you will receive</i> <i>to your questions [i.e., to your questions: 1) Is this lower self negativity and negative intentionality REALLY ALL that I am? 2) Is it true that my reality ceases to exist when I give up my negative intention and will? 3) Is this negative intention and will ALL there is to me?]</i></p> <p><i>may not even come from your</i></p> <ul style="list-style-type: none"><li>• <i>deeper,</i></li><li>• <i>spiritual</i></li></ul> <p><i>self</i> <i>as yet.</i></p> <p><i>You may</i> <i>not</i> <i>experience</i></p> <ul style="list-style-type: none"><li>• <i>magical revelations,</i></li><li>• <i>visions,</i></li></ul> <p><i>and</i> <i>• mystical inspirations.</i></p> <p><i>[Rather,]</i> <i>The first answers</i> <i>may come from</i> <i>your conscious mind.</i></p> <p><i>Your ability [i.e., Your current ability to use your familiar conscious mind both]</i></p> <ul style="list-style-type: none"><li>• <i>to formulate</i> <i>new</i><ul style="list-style-type: none"><li>• <i>possibilities and</i></li><li>• <i>answers</i></li></ul></li></ul> <p><i>and</i> <i>• to use</i> <i>the knowledge of truth</i> <i>that is already integrated into your consciousness</i> <i>will feel</i></p> <ul style="list-style-type: none"><li>• <i>safe and</i></li><li>• <i>very real.</i></li></ul>

*At the same time,  
it [i.e., using your conscious mind BOTH to formulate NEW possibilities and  
answers AND to USE the knowledge of truth that is ALREADY  
integrated into your consciousness]  
will give you a  
new key to  
use  
the equipment at your disposal  
in ways  
other than  
your habitual old groove.*

43

*Such new thoughts [i.e., Such new thoughts from your conscious mind]  
may take into consideration  
that  
trying out a  
positive intentionality  
could be*

- *interesting and*
- *desirable  
for you.*

*You could play at first  
with*

- *forming  
new*
- *thoughts,*
- *weighing  
new*
- *possibilities and*
- *alternatives  
in the way you  
set your thinking apparatus.*

*This [i.e., This practice of using your conscious mind in new ways]  
is an*

- *exciting endeavor*

*and*

- *one that does not  
in principle  
oblige you  
to follow any course of action [i.e., to follow  
any particular course of action].*

*It [i.e., This practice of using your conscious mind in new ways]  
merely means  
giving a new scope  
to  
a very set mind.*

*You can  
always  
exert your right to  
go back where you were,  
you are  
never  
coerced by*

- life or*
- anyone else.*

*It [i.e., Your decision about what to do]  
is  
always  
your  
choice.*

*This knowledge [i.e., This knowledge that you can ALWAYS change your mind]  
will make the  
apparent risk of  
trying out  
a new thought-direction  
seem  
less final.*

*Just investigate  
how it  
feels  
to set a  
positive intentionality  
in motion.*

*As you avail yourself of  
this new freedom,  
you build  
another bridge to  
a greater expansion  
of the self.*

*Little by little  
you can*

- *become calm,*

*and*

- *listen into yourself.*

*You will perceive the*

- *ever present,*
- *ongoing*

*voice of*

- *truth*

*and*

- *God.*

*It [i.e., This process of listening into yourself and perceiving  
the ever present, ongoing voice of truth and of God]*  
*will increase in*

- *intensity and*
- *frequency*

*until you realize  
that  
you  
are everything that exists.*

*There is  
nothing  
you are not, my friends.*

*This may sound  
very far off,  
but it is  
not as far away from you  
as it may now seem.*

**44**

*Can you try to  
take this step [i.e., take this step of using your conscious mind BOTH to formulate  
NEW possibilities and answers AND to USE the knowledge of truth  
that is ALREADY integrated into your consciousness]  
after hearing this lecture?*

*Maybe you can*

- *meditate together,  
as a group, and*
- *help each other  
to take this step.*

***This step [i.e., This step of using your conscious mind BOTH to formulate NEW possibilities and answers AND to USE the knowledge of truth that is ALREADY integrated into your consciousness]***

***needs to be repeated  
many times,  
like the initial commitment to  
finding  
the truth  
inside of you.***

***But every little step***

- liberates more energy***

***and***

- makes the successive steps easier.***

***This process [i.e., This process of using your conscious mind BOTH to formulate NEW possibilities and answers AND to USE the knowledge of truth that is ALREADY integrated into your consciousness]***

***could generate  
tremendous spiritual energy  
through your  
• meditation and  
• commitment.***

**45**

***You who  
make yourselves available to  
new possibilities in  
• conceiving,  
• perceiving, and  
• forming  
new inner attitudes  
will  
experience  
the richness of  
• the universe,  
the richness of  
• its innermost being.***

***• New action  
and***

- new outer experience***

***stream forth from that [i.e., will stream from from that experience of  
the richness of the universe and the richness of its innermost being].***

*[Conversely,]  
You who  
stay confined  
within your  
old possibilities  
must  
stay in an  
unsatisfactory condition  
no matter  
how developed  
you may be  
relative to others.*

*There is  
no standing still.*

*If you  
stand still  
you  
confine yourself.*

*Only when you  
continue to expand  
can you  
truly become  
yourself.*

**46**

*A beautiful golden force  
wants to  
work its way through the clouds.*

*The clouds  
disperse  
more and more.*

*To whatever degree  
you take a step toward  
merely wanting it [i.e., toward merely WANTING that golden force],  
[to that same degree]  
the clouds become thinner.*



*[Conversely]*  
**To whatever degree  
you hide  
behind**

- **negation and**
- **doubt,**

**which are  
the strongest defenses against  
coming out of your hold,**  
*[to that same degree]*

- **the golden**
- **sun and**
- **force**

**cannot  
come through.**

**But it** *[But the golden sun and force]*  
**is**  
*[always]*  
**there.**

**47**

**Do  
not  
believe  
that you have to become  
a different person.**

**You become  
the best  
that you  
already are.**

**When you  
become it [i.e., When you become the BEST that you ALREADY are]**

**you will**

- **recognize it [i.e., you will recognize it since it is, after all, the true you],**

**you will**

- **experience**

**its familiarity [i.e., you will experience its familiarity  
since it is, after all, the true you]**

**and**

**you will**

- **feel**

**how**

- **safe it is,**

**how much**

- **you it is!**

**It is**

**the best of you.**

**You do**

**not**

**betray your reality,**

**you do**

**not**

**become something that you  
need be ashamed of.**

**Try**

**to believe this [i.e., Try to believe that the true you is the positive and best you].**

**Those who are here,**

- **let go a little.**

- **Let the light**

**come into you and**

- **accept that**

**reality**

- **is not all dismal.**

**It [i.e., Reality]**

- **is indeed a**

**beautiful reality.**

*The universe  
is full of love.*

• *Truth  
is love*  
and  
• *love  
is truth.*

*The freedom  
of your own spirit  
will be found  
in*  
• *truth*  
and  
• *love.*

*Be blessed,  
all of you!*

48

\* \* \*

*What followed  
cannot be transcribed.*

*It was  
an extremely moving experience.*

*Strong energy was generated,  
which propelled a few of our friends to take this step.*

*This led to*  
• *deep feelings*  
and  
• *crying,*  
*but we helped each other*  
*with*  
• *affection and*  
• *love*  
*in a*  
• *deep and*  
• *genuine*  
*way.*

***The whole group  
was lifted up  
into a  
• new and  
• freer  
liberated state.***

***Unfortunately  
such experiences cannot be conveyed by words.***

***But at least we want our friends  
who were not present  
to know what is happening.***

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation  
PO Box 6010  
Charlottesville, VA 22906-6010, USA  
Call: 1-800-PATHWORK, or  
Visit: [www.pathwork.org](http://www.pathwork.org)

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

#### Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

#### Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.