

# Pathwork Lecture 133: Love: Not a Commandment, But Spontaneous Soul Movement of the Inner Self

1996 Edition, Original Given April 30, 1965

This lecture is given in an **expanded poetic format**, what I call a **Devotional Format** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, **devotionally**.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. ***I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to LIVE you.***

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

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03	<p><b><i>Greetings, my dearest friends.</i></b></p> <p><b><i>Blessings for all of you</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>who are here now and</i></b></li> <li>• <b><i>who read these words.</i></b></li> </ul>
04	<p><b><i>It has become apparent through this work of self-realization that unreality breeds disharmony, and where there is disharmony, there is no love.</i></b></p> <p><b><i>The circle closes.</i></b></p> <p><b><i>Where there is no love, there can be no fulfillment.</i></b></p>

by Eva Broch Pierrakos

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05

*All*  
• *religions,*  
• *philosophies, and*  
• *psychologies*  
*agree*  
*that love*  
*is the key*  
*to*  
• *fulfillment,*  
*to*  
• *security,*  
*to*  
• *creative growth.*

*And yet*  
*love*  
*cannot*  
• *be commanded,*  
*nor can it*  
• *be a commandment.*

*It [i.e., Love]*  
*is a*  
• *free,*  
• *spontaneous*  
*soul movement.*

*The more people*  
*try*  
*to love*  
*as if*  
*it were a duty*  
*demanding*  
*by*  
• *conscience and*  
• *obedience,*

*the less*  
*does it [i.e., the less does love]*  
*truly manifest.*

06	<p><i>Where love exists, there must be fulfillment.</i></p> <p><i>Lack of fulfillment is a sure sign that the soul has not yet learned to love.</i></p> <p><i>Although these words may be understood in a general sense, this simple equation [i.e., the equation that says love and fulfillment go together] is often overlooked.</i></p>
07	<p><i>Let us look deeper into the topic of love now.</i></p> <p><i>In this way [i.e., By looking more deeply into the topic of love] we can come a step closer to obtaining the greatest of all keys to the true life – not by following</i></p> <ul style="list-style-type: none"><li><i>• forced,</i></li><li><i>• artificial,</i></li><li><i>• superimposed commands from the intellect,</i></li></ul> <p><i>but the</i></p> <ul style="list-style-type: none"><li><i>• spontaneous</i></li><li><i>• inner activity of the heart.</i></li></ul>
08	<p><i>When love exists, physical health, one of the most vital requisites in human life, must also be present.</i></p>

*Love*  
is  
a purifying force,  
  
and to the degree  
that it [i.e., to the degree that love]  
is lacking,  
all sorts of  
negative emotions  
will  
cause  
ill health,  
  
especially when  
the trouble [i.e., the trouble of having negative emotions]  
remains unrecognized  
for a sufficiently long time.

09

*Where love exists,*  
there must be  
successful  
human relationships  
because  
in love's presence  
there is  
no  
• fear,  
no  
• distrust,  
no  
• illusion.

*Love*  
can flower  
only  
on the substantial soil  
of  
• reality and  
• fearlessness.

*Where one  
perceives reality  
in truth,  
one does not*  
• *trust*  
*or*  
• *distrust*  
*where it is  
inappropriate  
to do so.*

*One  
accepts  
the other  
as he or she  
is,  
and  
adjusts  
one's own feelings  
to what  
the reality  
is.*

*Then  
there is  
no necessity  
for groping in the dark,  
fearfully*  
• *half-trusting,*  
• *half-distrusting,*  
*thrown  
between  
one's  
• needs  
and  
one's  
• fears.*

10	<p><i>• Love and • self-confidence are inevitably interdependent.</i></p> <p><i>Where love is lacking, the psyche must be confused</i></p> <p><i>and, conversely,</i></p> <p><i>where confusion exists, love must be lacking.</i></p>
11	<p><i>When love exists, all conflict must be eliminated.</i></p> <p><i>The personality</i></p> <ul style="list-style-type: none"><li><i>• will find the fine borderline between apparent extremes, and</i></li><li><i>• will recognize the difference between</i><ul style="list-style-type: none"><li><i>• the healthy</i></li></ul><i>and</i><ul style="list-style-type: none"><li><i>• the distorted versions of an attitude.</i></li></ul></li></ul>

*An example would be  
demonstrating  
healthy*

- *assertion*

*without deviating into  
unhealthy*

- *aggressiveness or*
- *hostility.*

*Nor will you be confused  
between*

- *the alternatives of*
- *submissiveness*

*and*

- *domination*

*through self-will.*

*You will  
know  
when*

- *to assert your rights*
- *without hostility*

*against*

- *unjustified demands,*
- *where compliance*

*would be destructive  
for all concerned.*

*You will  
not be driven to*

- *the opposite of compliance,*

*namely*

- *stubborn rebelliousness –*

*[driven to rebelliousness, the opposite of being driven to compliance,]*  
*because*

- *conceding*

*always appears like a*

- *submissive,*
- *humiliating*

*giving in.*

*It is only  
through love  
that this  
precarious balance  
of opposite extremes  
is achieved.*

*This fine balance  
comes  
automatically  
through  
the heart's  
ability to  
love,  
but  
when  
merely intellectual understanding  
tries to find  
the golden mean  
it [i.e., the golden mean]  
remains elusive,  
no matter  
how arduously  
it is sought [i.e., no matter how arduously the golden mean is  
sought through intellectual understanding alone].*

12

*And yet,  
this universal key  
of love  
is so  
very difficult  
for humanity to use.*

*There is  
nothing  
that human beings  
• shy away from more and  
• are more afraid of  
than simply  
allowing themselves  
to love.*



**Loving**

*seems*

*such a*

- *risk,*

*so*

- *dangerous,*

*so*

- *threatening,*

*so*

- *irrevocable.*

**Nothing**

*could be further from  
the truth.*

**But**

*you*

- *build elaborate defenses and*
- *flee.*

**You**

*not only*

*flee*

*from*

- *involvement and*
  - *contact*
- with others, or*

*from facing*

- *faults and*
  - *destructive attitudes*
- in yourself,*

*but primarily you*

*flee*

*from*

- *allowing yourself*
- to love.*

***This prohibition [i.e., This prohibition against allowing yourself to love]  
causes  
all the other ills.***

13

*The prohibition  
against loving  
comes from  
two basic misunderstandings.*

*The first  
is*

- *misinterpretation of reality,  
in other words,*
- *illusion.*

*Illusion  
produces  
confusion  
along with  
a host of  
negative emotions  
such as*

- *fear,*
- *hostility,*
- *separateness,*
- *self-pity,*
- *ambivalence, and*
- *vindictiveness.*

*These [negative] emotions  
make love  
impossible.*

*It is unthinkable  
that  
when  
your  
innermost*

- *concepts,*
- *perceptions, and*
- *value systems*

*are in accordance  
with reality*

*that you  
could be  
afraid of loving.*

*The second misunderstanding [causing  
the prohibition against loving]*

*is*

- *the underestimation  
of the self and*
- *the consequent  
inferiority feelings.*

*This may sound  
almost paradoxical.*

*Superficially viewed,  
it certainly  
seems possible  
to think little of oneself  
without  
impairing one's ability  
to love.*

*And yet, my friends,  
this is not so.*

*For  
in the moment  
you underestimate yourself  
you cannot possibly  
perceive the other person  
as real.*

*By dint of  
your feelings of  
• helpless weakness and  
• inadequacy,  
others  
assume the role of  
giants  
against whom  
you defend yourself.*

*This [i.e., This seeing others as giants against whom  
you defend yourself]*

*may take the form of*

- *rejecting,*
- *resenting, or*
- *despising*  
*them,*

*but not even then*

*does it occur to you*

*to sense*

*the other's*

- *vulnerability and*
- *human needs.*

*The other's*

- *strengths*

*and*

- *weaknesses*

*become*

- *distorted and*
- *discolored.*

*Both [i.e., Both the strengths and weaknesses of the other]*

*come to represent*

*elements*

*hostile to*

*you personally.*

*Therefore*

*your underestimation of yourself*

*forces you*

*into a hostile role,*

*no matter*

*how this is camouflaged*

*by outer submissiveness*

*which, in itself,*

*may appear as*

*lovingness.*

*When you think so little of yourself*

*you do not evaluate*

*the importance of*

*your*

- *actions and*
- *reactions.*

14

*The two interrelated tendencies  
of*

- *underestimation of the self*

*and*

- *misinterpretation of reality*

*create*

- *the barriers to loving*

*and*

- *its [i.e., and loving's] apparent danger.*

*These two tendencies [i.e., the tendencies of*

- *underestimation of the self and*
- *misinterpretation of reality]*

*make*  
*the human heart*

- *so timid and*
- *so reticent.*

*Being overcautious  
about loving  
increases one's*

- *withdrawal and*
- *isolation.*

*Many an individual  
is half-willing,  
but*  
*this half-willingness  
denies love  
rather than  
affirms it.*

*It [i.e., This half-willingness to love]  
makes all sorts of*

- *conditions and*
- *provisions;*

*there are always  
so many  
ifs and buts.*

15	<p><i>Through the lack of love – which is a result of</i></p> <ul style="list-style-type: none"><li>• <i>illusion and</i></li><li>• <i>confusion,</i></li><li>• <i>distorted perception and</i></li><li>• <i>lack of self-evaluation [i.e., underestimating of self] –</i></li></ul> <p>• <i>disturbed interaction and</i> • <i>disharmony</i> <i>follow.</i></p> <p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>disturbed emotions and</i></li><li>• <i>distorted perceptions</i></li></ul> <p><i>form a nucleus, almost like a foreign body, in the soul.</i></p>
16	<p><i>The spiritual being as originally created knows nothing of these disturbances.</i></p> <p><i>Its [i.e., As originally created, the spiritual being's] nature is</i></p> <ul style="list-style-type: none"><li>• <i>love,</i></li><li>• <i>a fearless state</i> <i>of</i><ul style="list-style-type: none"><li>• <i>abundance,</i></li></ul></li><li><i>of</i><ul style="list-style-type: none"><li>• <i>positiveness,</i></li></ul></li><li><i>of</i><ul style="list-style-type: none"><li>• <i>productivity and</i></li><li>• <i>expansion,</i></li></ul></li><li><i>of</i><ul style="list-style-type: none"><li>• <i>meaningful growth</i> <i>both</i><ul style="list-style-type: none"><li>• <i>in and</i></li><li>• <i>with</i></li></ul><i>the universe.</i></li></ul></li></ul>

	<p><b><i>Its [i.e., As originally created, the spiritual being's ] natural state is the wisdom that comes from accurately perceiving reality.</i></b></p> <p><b><i>It is</i></b></p> <ul style="list-style-type: none"><li><b><i>• the nucleus of distorted perceptions,</i></b></li><li><b><i>• this foreign body,</i></b></li></ul> <p><b><i>that prohibits the soul from being in its natural state – the state it is</i></b></p> <ul style="list-style-type: none"><li><b><i>• born with and</i></b></li><li><b><i>• born to express.</i></b></li></ul>
17	<p><b><i>Human beings</i></b></p> <ul style="list-style-type: none"><li><b><i>• struggle and</i></b></li><li><b><i>• fight</i></b></li></ul> <p><b><i>against this foreign body [i.e., fight against this nucleus of distorted perceptions that prevent loving] in wrong ways.</i></b></p> <p><b><i>They</i></b></p> <ul style="list-style-type: none"><li><b><i>• sense its [i.e., the foreign body's] existence and</i></b></li><li><b><i>• want to rid themselves of it [i.e., rid themselves of this foreign body, this nucleus of distorted perceptions that prevent loving],</i></b></li></ul> <p><b><i>but the ways they choose to attempt this [i.e., attempt to rid themselves of this foreign body, this nucleus of distorted perceptions that prevent loving] are often tragically the opposite of what could lead to its successful elimination.</i></b></p>

	<p><i>People struggle [i.e., struggle against this foreign body of distorted perceptions]</i>  <i>by</i></p> <ul style="list-style-type: none"> <li>• <i>denial and</i></li> <li>• <i>flight,</i></li> </ul> <p><i>by</i></p> <ul style="list-style-type: none"> <li>• <i>forcing away and</i></li> <li>• <i>superimposing,</i></li> </ul> <p><i>as you all know.</i></p>
18	<p><i>But,</i>  <i>for many of you,</i>  <i>even having heard these words so often</i>  <i>has still</i>  <i>not</i>  <i>opened the door</i>  <i>to the truth</i>  <i>that sets you free.</i></p> <p><i>Some who follow this path</i>  <i>do not see</i>  <i>that they struggle against</i>  <i>acknowledging</i>  <i>this foreign body [i.e., against acknowledging this foreign body of</i>  <i>distorted perceptions, underestimation of self, confusions,</i>  <i>illusions, and misunderstandings that prevent loving].</i></p> <p><i>They often</i>  <i>find themselves</i>  <i>in an interim state</i>  <i>between</i></p> <ul style="list-style-type: none"> <li>• <i>giving up the armoring</i>  <i>that has covered this foreign body so far,</i></li> </ul> <p><i>and</i></p> <ul style="list-style-type: none"> <li>• <i>not yet being quite able</i>  <i>to muster the courage</i>  <i>to acknowledge</i>  <i>the full significance</i>  <i>that its [i.e., that this foreign body's]</i>  <i>existence</i>  <i>entails.</i></li> </ul>



19

**The fact**  
**that this foreign body** [i.e., this foreign body of distorted perceptions,  
underestimation of self, confusions, illusions, and  
misunderstandings that prevent loving]  
**is denied**  
**causes**  
**more misery**  
**than**  
**the admission of its existence.**

**People feel**  
**that they**  
**have to deny it** [i.e., deny the foreign body's existence that prevent loving]  
**because**  
**they misunderstand**  
**the application**  
**of the teachings**  
**of**

- **truth and**
- **love.**

**Instead of**  
**ridding themselves**  
**of the foreign body,**  
**which can only be done**  
**after**  
**close examination**  
**reveals**

- **its nature and**
- **the reason**

**of its coming into existence,**  
**people still act as though**  
**this foreign body**  
**did not exist.**

**They continue**  
**to superimpose**  
**more foreign matter**  
**on the**  
**original**  
**soul substance.**

20

*Why*  
*is it so difficult for you*  
*to acknowledge*  
*this foreign body [i.e., this foreign body of distorted perceptions,*  
*underestimation of self, confusions, illusions,*  
*and misunderstandings that prevent loving]?*

*Not only*  
*because of your fear*  
*that others*  
*will*

- *find fault with you and*
- *reject you,*

*but also*  
*because of*  
*the underlying basic fear*  
*that the foreign body*  
*may be*  
*your ultimate self.*

*At this stage*  
*you believe*  
*that only*  
*the superimposed veneer*  
*that covers*  
*the foreign body [i.e., the foreign body that prevent loving]*  
*gives you*  
*the feeling*  
*that you have*

- *love,*
- *generosity,*
- *unselfishness, and*
- *kindness.*

*Only*  
*this thin layer*  
*assures you*

- *that you are*  
*nearly as good as*  
*you want to be,*
- *that you are*  
*a decent person.*

*Such faulty awareness  
of your goodness  
does not give you  
a sense of reality,  
because  
you have  
not truly discovered  
that which is  
genuinely*

- good and*
- loving*

*within you.*

*But  
you dare not acknowledge  
the opposite of  
this  
seeming  
goodness,  
so you  
struggle against  
admitting  
that which is  
actually  
foreign  
to your  
real  
nature.*

*However,  
you do not know this.*

*You*

- think,*
- fear, and*
- suspect*

*that*

- the foreign substance [i.e., the foreign substance of distorted perceptions, underestimation of self, confusions, illusions, and misunderstandings that prevent loving]*

*is*

- the ultimate you.*

*This is  
why you struggle.*

21	<p><i>When humans come to that vital part of themselves which responds not out of a</i><ul style="list-style-type: none"><li>• "should,"</li></ul><i>but out of a</i><ul style="list-style-type: none"><li>• natural,</li><li>• unquestioned "I want to,"</li></ul><p><i>the response is free, with an utter rightness that is hard to conceive until the inner live center has been experienced.</i></p><p><i>The foreign substance [i.e., the foreign substance of distorted perceptions, underestimation of self, confusions, illusions, and misunderstandings] covers</i><ul style="list-style-type: none"><li><i>this very experience of</i><ul style="list-style-type: none"><li>• the real self,</li><li>• the live center</li></ul></li></ul><p><i>where a</i><ul style="list-style-type: none"><li>• spontaneous,</li><li>• loving<ul style="list-style-type: none"><li>• intelligence and</li><li>• fulfillment</li></ul></li></ul><p><i>without conflict awaits you.</i></p></p></p></p>
22	<p><i>To sum up, you fear taking the vital step so necessary to liberate yourself from the substance which is <b>NOT</b> compatible with your real nature, because you anticipate that this foreign body is the final answer to who you are.</i></p>

*Many of you*

- *have already advanced in certain areas and*
- *have succeeded to some degree*  
*in stripping off*  
*your superimposed layers of*
  - *pseudo-goodness and*
  - *pseudo-love.*

*However,*

*you have not yet*  
*quite succeeded*  
*in seeing*  
*that*  
*these*

- *pretenses*

*are*

- *pretenses,*

*because you fear*

- *that underneath*  
*the pretense*  
*there is nothing*  
*but the opposite of love and*
- *that there is*  
*no further reality*  
*beyond that.*

*So you cannot*  
*experience*

*the truth of*  
*your*

- *genuine lovingness,*

*your*

- *genuine generous nature,*

*unless*

*you take the seeming risk*  
*of exploring yourself*  
*to discover*

- *whether the foreign substance*  
*causing you*  
*so much misery*  
*is really*  
*the ultimate you, and*
- *whether you can indeed*  
*find the promised land*  
*underneath that layer.*

*Only by  
diligently  
taking stock of  
your  
• non-love  
can you  
spontaneously  
feel your  
• love.*

*Only by  
painstakingly  
acknowledging  
your  
• selfishness  
can you  
truly convince yourself of  
your  
• potential unselfishness.*

23

*This [i.e., This process of coming to experience your genuine love and unselfishness]  
requires  
the courage  
that comes into being  
when you  
reach for it  
in the spirit of  
loving  
the truth  
of encountering yourself  
as you are  
more than anything else.*

	<p><i>When doing a daily review, • examine your reactions of disharmony and • meditate in the following sense:</i></p> <p><i>"If I am in disharmony, somewhere in me there must be a misinterpretation [or a distorted perception, underestimation of self, confusion, illusion, or misunderstanding that prevents me from loving].</i></p> <p><i>I wish to see the truth.</i></p> <p><i>I declare that my will to be in truth is stronger than my resistance [i.e. stronger than my resistance to truth]."</i></p>
24	<p><i>Such a meditation, my friends, will give you the results you wish for.</i></p> <p><i>You will come to the point where you clearly feel the foreign body of misconceptions to be just that [i.e., to be misconceptions].</i></p>

*Many of  
your victories  
over fearful resistance  
are the living proof  
of what it feels like  
to function  
out of your  
vital,  
live center  
which is  
now  
less obstructed  
than ever before.*

25

*Out of your  
solar plexus  
flow  
new*

- *wisdom,*
- *strength,*
- *serenity, and*
- *dynamic vitality.*

  

- *A fearless love  
for all creation,*
- *a security,*
- *an understanding of*
  - *self and*
  - *others,*
- *an ease  
in letting your  
soul-movements  
flow forward  
in the beautiful rhythm  
of the cosmos*

*permeates your soul.*



*At first*  
*you will*  
*experience these qualities*  
*• occasionally and*  
*• faintly,*  
*only to*  
*• lose them again*  
*and*  
*• doubt the reality*  
*of your few moments of bliss.*

*Later*  
*they will*  
*• come more often and*  
*• last longer,*  
*commensurate with*  
*your victories*  
*over your resistance.*

*You will come to*  
*feel*  
*that the disturbed substance in you*  
*is truly*  
*foreign matter.*

*At the beginning*  
*of such a path,*  
*this foreign body [i.e., this foreign body of distorted perceptions,*  
*underestimation of self, confusions, illusions,*  
*and misconceptions that prevent loving]*  
*seems to be*  
*• all there is,*  
*• your natural state*  
*as it were.*

*You are*  
*so deeply involved in it [i.e. so deeply involved*  
*in this foreign body of misconceptions that prevent loving]*  
*that you*  
*cannot conceive of*  
*anything else.*

*But there comes a time  
when,  
having experienced  
the real self  
more and more often,  
the still existing  
nucleus of disturbance [and underestimation of self, confusions,  
illusions, and misconceptions that prevent loving]*

*is clearly defined  
as a*

- malignant growth,*

*rather than  
as a*

- diffuse overall climate  
permeating you completely.*

*This stage is  
significant  
and indicates good progress.*

26

*The struggle  
to turn away from  
facing  
this disturbing nucleus  
of foreign matter [i.e., this foreign matter of distorted perceptions,  
underestimation of self, confusions, illusions,  
and misconceptions that prevent loving],*

*with all its*

- distortions,*
- negative emotions,*
- pains,*
- hurts, and*
- hostilities,*

*takes on  
many forms  
even while you are actually on  
such a path.*

*To counteract  
the danger  
of continual  
• evasion  
and therefore  
of continual  
• misery,  
the assertion of  
the following statement  
will help greatly:*

*"I am afraid  
that  
what I find  
may be  
the ultimate me.*

*Is it  
or  
is it not?*

*I will take the chance of  
finding out,  
for only such clarity  
will bring me peace.*

*My doubt  
allows for the possibility  
that there  
may be  
more in me  
than*

*either*

*• the pretense,*

*or*

*• that part*

*• which is so hard to look at*

*and*

*• which I*

*• try to ignore*

*and*

*• project in so many ways."*

27	<p><i>This [i.e., The assertion of this statement] means</i></p> <ul style="list-style-type: none"><li>• <i>acknowledging your present state [i.e., your present state with its foreign body of distorted perceptions, underestimation of self, confusions, illusions, and misconceptions that prevent loving]</i></li></ul> <p><i>instead of</i></p> <ul style="list-style-type: none"><li>• <i>running away from it.</i></li></ul> <p><i>Through this approach to yourself, you will come much closer</i></p> <ul style="list-style-type: none"><li>• <i>to the next phase</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>to liberation</i></li></ul> <p><i>than by trying to force your present state away through</i></p> <ul style="list-style-type: none"><li>• <i>denial</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>superimposition of feelings</i></li></ul> <p><i>that cannot ever be forced.</i></p>
28	<p><i>The next stage will gradually lead you to a state where you can feel the boundaries of this foreign body [i.e., the boundaries of this foreign body of distorted perceptions, underestimation of self, confusions, illusions and misconceptions that prevent loving], even while occasionally still being immersed in it.</i></p>

*Now [i.e., Now in this next stage]  
you will  
know  
that it [i.e., know that the foreign body, distorted perceptions,  
underestimation of self, confusions, illusions  
and misconceptions that prevent loving]  
is not  
the ultimate reality  
of you  
because  
you will have experienced  
sufficiently often  
the reality  
of your  
real  
inner being.*

*Hence*

- your real self  
will be easier to  
recapture, and*
- you will have  
more
  - strength and*
  - stamina**to transcend  
the momentary immersion  
in your distortions  
which
  - make you so confused and*
  - blur your vision.***

***This strength [to overcome your momentary distortions and misunderstandings]  
is increased  
only through  
repeated victories  
over  
the temptation***

- ***to run away from  
the foreign substance [i.e., temptation to run away from  
distorted perceptions, misunderstandings, and  
underestimation of self that prevent loving],***
- ***to***
  - ***shift and***
  - ***displace***  
***its effects on others,***
- ***to***
  - ***rationalize and***
  - ***concentrate on***  
***that which is not vital***  
***for your victory,***  
***whether or not it be***
    - ***true or***
    - ***false***  
***in itself.***

29

***The acknowledgement  
of the immediate now***

- ***is still***  
***not sufficiently understood and***
- ***is often overlooked***  
***by the majority of my friends.***

***Whenever  
you acknowledge  
the truth  
of each moment,  
you will be  
in peace,  
regardless of  
how much***

- ***disturbance and***
- ***unreality***  
***still exist in you***  
***as conditions to be gradually eliminated.***

*Fully acknowledging  
your condition  
in  
the now  
must  
give you peace.*

*So please*

- *understand and*
- *do not forget:*

*It is  
not*

- *the problem itself,*

*nor*

- *the conflict,*

*nor even*

- *the misconception*

*which create  
turmoil  
in your soul,*

*but it is*

- *your running away from yourself.*

- *Your not being in  
the immediate now,*
- *your*
  - *fighting and*
  - *struggling*  
*against it [i.e., struggling against the immediate now]*  
*in an*  
*unconstructive way,*

*causes  
so much  
soul-hardship.*

30	<p><i>If you remember these words, you will be able to take up the struggle in an increasingly</i></p> <ul style="list-style-type: none"><li><i>• constructive,</i></li><li><i>• successful, and</i></li><li><i>• effective</i></li></ul> <p><i>way.</i></p> <p><i>You will be nearer to loving because</i></p> <ul style="list-style-type: none"><li><i>• reality</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• loving</i></li></ul> <p><i>are much more interconnected than</i></p> <ul style="list-style-type: none"><li><i>• self-righteous trying [i.e., self-righteous trying or pretending to love]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• loving</i></li></ul> <p><i>are.</i></p> <p><i>Now, are there any questions in connection with this topic?</i></p>
31	<p><b>QUESTION:</b></p> <p><i>Lately, I am experiencing something new which is evidently a result of doing the pathwork.</i></p> <p><i>I am no longer so</i></p> <ul style="list-style-type: none"><li><i>• afraid and</i></li><li><i>• frightened,</i></li></ul> <p><i>but still something is bothering me.</i></p> <p><i>Deep inside I know that I am not afraid, and yet on a more superficial level I seem to think that I am.</i></p> <p><i>Is that what you were talking about?</i></p>



32

**ANSWER:**  
*Yes, indeed.*  
*Exactly.*  
*It is part of it.*

*You seem to function*  
*on two levels*  
*simultaneously, as it were.*

*This is*  
*a typical experience*  
*a person goes through*  
*in the course of*

- *transcending*  
*the foreign body and*
- *beginning to sense*  
*another reaction*  
*coming from*  
*the real self.*

33

*The fact that*  
*you had*

- *so often and*
- *consistently*

*acknowledged*  
*your fear*

*made you*  
*lose it [i.e., made you lose your fear]*  
*eventually.*

*You*  
*acknowledged it [i.e. acknowledged the fear]*  
*first without even understanding*  
*why you were afraid, and*

*then*  
*realized that you feared*  
*going from one level to another.*

*When you understood*  
*the true nature of this fear,*  
*it lessened.*

*This is what you now experience.*

34

**QUESTION:**  
*How can I  
now  
completely  
get rid of the fear,  
because sometimes  
I seem to shift the fear  
to something else?*

**ANSWER:**  
*The moment you shift it [i.e., shift the fear]  
onto something else,  
you again  
get away from  
the reality of  
the immediate now  
and therefore  
new attempts have to be made  
to get back to  
the reality  
of your feelings [i.e., here the reality of your fear].*

*Also,  
you often  
substitute fear  
for another emotion,  
so that  
when you are in fear  
you do not have to  
face your  
real  
emotion.*

35

**QUESTION:**  
*My  
hostility?*

**ANSWER:**  
*Yes.*

*It is*  
• *hostility,*  
*it is*  
• *hurt,*  
*and it is at times a kind of*  
• *vindictiveness*  
*turned around*  
*so that*  
*you punish others*  
*with your*  
*state of unhappiness.*

*If you can*  
*acknowledge all that,*  
*your fear*  
*will vanish.*

*And gradually*  
*these emotional attitudes themselves*  
*will disappear,*  
*because*  
*they are faced*  
*in the now.*

*When you get to*  
*the nucleus of*  
*the now,*  
*there are*  
*no more problems.*

36

*Human beings*  
*constantly*  
*move away from*  
*this foreign nucleus [i.e., this foreign nucleus of distorted perceptions,*  
*underestimation of self, confusions, illusions,*  
*and misconceptions that prevent love].*

*When they  
turn about  
and begin to go  
toward the  
true nucleus  
of their innermost selves,  
they  
gradually  
find*

- *peace and*
- *liberation.*

*However,  
this course [i.e., this course of facing the true nucleus of their innermost selves]  
is the  
last line of action  
that anyone wishes to pursue.*

*People*

- *use*

*or even unconsciously*

- *abuse*

*every*

- *truth teaching and*
- *spiritual philosophy*

*in order to avoid  
going where they  
need to go –  
into themselves.*

*They try to find*

- *salvation and*
- *solace*

*through adopting*

- *rules,*
- *theories,*
- *teachings,*
- *knowledge.*

*They have it  
all up in their heads,  
where it  
does not do any good,  
unless  
they use  
the intellectual maturity thus gained  
toward  
moving inward,  
always to a  
deeper level.*

37

*The fulfillment  
which the universe  
has in store for you  
is not*

- *separate*

*and*

- *far away from you,  
my friends.*

*It is [i.e., The fulfillment that the universe has in store for you is]  
not in*

- *the distant future,*

*not in*

- *a state beyond your physical life,*

*not in*

- *attaining something through arduous means.*

*It [i.e., The fulfillment that the universe has in store for you]  
lies  
solely  
in the acknowledgement  
of what you  
really*

- *feel and*
- *think*

*at this moment.*

*It is  
this great simplicity  
that seems  
so hard to comprehend.*

*You go through  
such pathetically unnecessary  
struggle  
in order to  
turn  
in the wrong direction,  
hoping against hope  
to find  
salvation  
without  
meeting yourself  
in the now.*

38

*As I have said many times before,  
even on such a path as this  
whose aim  
is to attain  
selfhood,  
there are  
many snares  
to tempt you away from  
yourselves.*

*You make  
a successful attempt  
to reach  
your inner being,  
but  
suspecting something  
that fills you with  
• dread and  
• anxiety,  
you are  
instantly  
ready to turn away,  
and use  
the old means  
all over again,  
this time  
in a new guise.*

*You ascribe  
your emotional discomfort  
to factors outside of yourself,  
which is, in principle,  
the same escape  
you used  
before going on such a path.*

*But  
as long you do not give up,  
you can  
always  
be helped to*

- change direction and*
- find,*

*again and again,  
the inner movement in you  
which flows naturally.*

*It is  
your soul movement  
of*

- love and*
- truth*

*which leads to  
all fulfillment.*

39

**QUESTION:**  
*My sister has a great compulsion  
to physically run away.*

*And when she gets there,  
she wants to turn around and run back.*

*There is something  
she has a great fear of.*

*Can you*

- find and*
- pinpoint*

*that?*

40

**ANSWER:**

**Yes.**

**It is an**

**• outer symbol**

**of**

**• the inner fear**

**mentioned in this very lecture.**

**There is a great**

**• readiness and**

**• willingness**

**to love [i.e., great readiness and willingness in her to love];**

**the potential**

**is great,**

**but in spite of**

**this fundamental potential,**

**there are**

**afflicted areas**

**which the soul**

**does not dare to face.**

**The existing**

**• misconceptions and**

**• confusions,**

**as always,**

**stop**

**the flow of love.**

**Just because**

**love**

**is such an**

**inborn need for this person,**

**the afflicted area**

**causes**

**even greater**

**self-rejection,**

**increasing**

**the fear of**

**finding these areas,**

**and therefore**

**triggering the flight from the self.**

**This then**

**is symbolized outwardly**

**by running away.**



41	<p><b>QUESTION:</b> <i>In other words, she has to turn inward?</i></p> <p><b>ANSWER:</b> <i>Of course, that [i.e., turning inward] is always absolutely necessary.</i></p>
42	<p><b>QUESTION:</b> <i>Do I run because • I don't love, or because • I am afraid of being rejected?</i></p> <p><b>ANSWER:</b> <i>It is intermingled.</i></p> <p><i>The immediate feeling is fear of rejection.</i></p> <p><i>This started very early in your life.</i></p> <p><i>My friends may have noticed that for the longest time I have shied away from saying anything that might appear as pointing an accusing finger at you.</i></p> <p><i>The implication of "you do not love" should be avoided here.</i></p>

	<p><i>To say this [i.e., to say, “I do not love”]</i></p> <ul style="list-style-type: none"><li>• <i>would be</i> <i>grossly misleading and</i></li><li>• <i>would hinder insight.</i></li></ul> <p><i>But when</i> <i>fear of rejection</i> <i>is analyzed,</i> <i>one always</i> <i>finds that childish fear</i> <i>which precludes love,</i> <i>regardless of</i> <i>how much love</i> <i>may otherwise</i> <i>exist in you.</i></p> <p><i>Please do not take this</i> <i>in a self-moralizing way,</i> <i>and make it more difficult.</i></p> <p><i>Just</i></p> <ul style="list-style-type: none"><li>• <i>at this moment and</i></li><li>• <i>on this level,</i> <i>acknowledge</i> <i>where</i> <i>you are in fear.</i></li></ul>
43	<p><i>Before</i> <i>coming to the level of</i> <i>not loving,</i> <i>other factors</i> <i>have to be recognized.</i></p> <p><i>In the final analysis,</i> <i>it [of course]</i> <i>amounts to</i> <i>not loving,</i></p> <p><i>but</i> <i>it [i.e., this “not loving” condition]</i> <i>is not</i> <i>an overall condition;</i> <i>it [i.e., this “not loving” condition] merely applies to</i> <i>the trouble spots</i> <i>in your psyche.</i></p>

***It [i.e., this “not loving” condition]  
varies, of course,  
depending on how great  
the troubled area is.***

***There are people  
who function***

- healthily,***
- happily, and***
- constructively***

***in many aspects of life  
that correspond to  
soul areas  
which are***  
***entirely free from [i.e., free from the foreign body of]***

- misconception,***
- underestimation of self,***
- illusion,***
- fear, and***
- other destructive conditions.***

***Hence***  
***in these areas***

- love and***
- trust***

***do exist.***

***Only in***  
***isolated spots***  
***does the foreign body***  
***blur the***

- inner,***
- real***

***being [i.e., blur the inner, real being within that does love].***

	<p><i>There are also others in whom almost the entire love capacity is hindered by such grave [i.e., such grave foreign body] • impairments and • distortion that the overall life is • disturbed, • disharmonious, • unfulfilled, and • unhappy.</i></p>
44	<p><i>The more this [latter situation] is the case, the greater is the temptation to run.</i></p> <p><i>And the more you run from yourself, the more this foreign body grows.</i></p>
45	<p><b>QUESTION:</b> <i>As I see it, this love you speak of is expressed in some form or another at all times, not just in relationship between mates and sweethearts.</i></p> <p><i>It is also in the love for work.</i></p>

*What would be  
some of the very highest aspirations  
for the realization of love  
in pure flow?*

*Would they usually  
be expressed by*

- *a creative force or*
- *a creative realization?*

*Would this expression  
usually be expanding from a point  
where one has known*

- *one's environment and*
- *one's experience*

*to a point  
that has been  
unknown before?*

*Would this be true?*

46

*ANSWER:  
Yes, of course.*

*Most decidedly yes.*

*Because  
it is unimaginable  
for human nature  
to comprehend*

- *the free-flowing current  
of the love force, and*
- *what the*
  - *ability,*
  - *versatility,*
  - *scope, and*
  - *variety**of its*
  - *expansion and*
  - *creativity**can be.*

*Let us imagine  
a human being  
who is entirely free.*

*Such a person's  
inner being  
would be  
constantly*

- *manifest,*
- *functioning, and*
- *expressing.*

*The tremendous power  
of the life force  
would flow  
into all directions.*

*Since this being  
would be free,  
there would be*

- *no fear of the unknown,*

*and thus*

- *no blockage of*
  - *the free-flowing energy current or*
  - *the vast possibilities for*
    - *creation and*
    - *expansion.*

47

*Human beings  
are so used to  
holding their forces together,  
afraid of this expansion.*

*They fear it [i.e., They fear that the tremendous power of the life force]  
will pull them apart.*

*In truth  
the expansion*

- *does not pull you apart,*

*it [i.e., the expansion]*

- *unifies you.*

*The great spiritual laws  
always seem contradictory.*

*Letting go  
of the self  
into the harmonious flow*

- *unifies,*

*while*

- *strenuously and*
- *fearfully*

*holding the self together*

- *splits and*
- *disintegrates*

*the psyche.*

*The more  
the universal forces  
flow into  
the many*

- *directions and*
- *possibilities,*

*the more  
do they [i.e., the more do the universal forces]  
in the end  
become  
one.*

48

*This great possibility  
is frightening  
for the soul  
which is used to  
constantly  
holding itself together.*

*The holding together  
happens*

- by
  - *force of will,*
- by
  - *force of mind, and*
- by
  - *superimposing goodness.*

*The natural letting go  
is not  
a self-indulgent  
lack of self-discipline.*

*It is rather  
a state of  
fearing nothing  
in the self  
and therefore  
dispensing with  
all guards.*

*Hence,  
nothing  
opposes  
the cosmic movements  
of the soul forces.*

*Love  
can blossom  
only in this  
natural state  
of fearlessness,  
where you  
allow  
all inner movements  
to perform  
with their  
spontaneous rhythm,*

*even if  
at the beginning  
of their growing out of affliction,  
these movements  
point to  
undesirable aspects  
in the self.*

*To follow  
the natural flow  
brings the soul  
into  
the great unity.*



49

**QUESTION:**  
*Do I understand you correctly  
that aggression  
is sometimes  
a good thing?*

**ANSWER:**  
*Yes,  
there is  
a healthy  
aggression.*

*Healthy anger  
does exist.*

*These are  
byproducts  
of the interim stage  
of human nature.*

*Healthy anger  
must occasionally be expressed  
in a well-integrated life.*

*Healthy anger  
does not  
create  
inner disharmony.*

*It is a great misunderstanding  
to*

- ignore or*
- deny*

*this fact.*

*The denial  
comes  
from*

- the artificial holding together  
of one's inner forces, and*

*from*

- superimposing  
false goodness.*

	<p><i>It is a false belief born of</i></p> <ul style="list-style-type: none"><li><i>• fear and</i></li><li><i>• obedience</i></li></ul> <p><i>that occasional anger never exists in a truly spiritually evolved person.</i></p>
50	<p><i>In the human realm, healthy anger is a necessity.</i></p> <p><i>Without anger, there would be</i></p> <ul style="list-style-type: none"><li><i>• no justice and</i></li><li><i>• no progress.</i></li></ul> <p><i>The destructive forces would take over.</i></p> <p><i>Allowing this takeover [i.e., Allowing this takeover by destructive forces] to happen is</i></p> <ul style="list-style-type: none"><li><i>• weakness, not</i></li><li><i>• love;</i></li><li><i>• fear, not</i></li><li><i>• goodness;</i></li><li><i>• appeasing and</i></li><li><i>• encouraging abuse, not</i></li><li><i>• constructive living.</i></li></ul> <p><i>It [i.e., Allowing destructive forces to take over by holding back healthy anger] destroys harmony rather than furthering it.</i></p> <p><i>It [i.e., Allowing destructive forces to take over by holding back healthy anger] destroys healthy growth.</i></p>

51	<p><i>Anger</i> <i>can be</i> <i>as</i></p> <ul style="list-style-type: none"><li>• <i>healthy and</i></li><li>• <i>necessary</i></li></ul> <p><i>an occasional reaction</i> <i>as</i> <i>love is.</i></p> <p><i>It [i.e., Anger]</i> <i>forms part of love.</i></p> <p><i>It [i.e., Anger], too,</i> <i>comes spontaneously.</i></p> <p><i>It [i.e., Anger], too,</i> <i>cannot be forced.</i></p> <p><i>Trying to</i> <i>• force</i> <i>or</i> <i>• deny</i> <i>any emotion</i></p> <p><i>leads to</i> <i>self-deception</i> <i>which then may take the form of</i> <i>pretending</i> <i>that</i></p> <ul style="list-style-type: none"><li>• <i>unhealthy anger</i></li></ul> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>the healthy version.</i></li></ul>
52	<p><i>The cause</i> <i>cannot determine</i> <i>whether</i> <i>the emotion elicited</i> <i>is</i></p> <ul style="list-style-type: none"><li>• <i>healthy</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>unhealthy</i> <i>anger.</i></li></ul>

*The cause [i.e., The cause for anger]  
may  
entirely justify  
• real,  
• genuine,  
• healthy  
anger  
which is, needless to say,  
constructive in this case.*

*Yet, the anger  
experienced  
may be  
the unhealthy kind  
because of  
the personality's  
• unresolved problems,  
• insecurity,  
• guilts and  
• doubts,  
• uncertainties and  
• contradictions.*

*The issue itself  
may warrant  
justified anger,  
but an individual  
may not be able  
to express that kind [i.e., that health kind of anger].*

53

*To the extent  
that an individual  
is capable of  
• experiencing and  
• expressing  
real love,  
he or she  
is capable of manifesting  
• constructive,  
• healthy  
anger.*

**Both**  
• *real love*  
**and**  
• *real anger*  
**come from**  
**the inner self.**

**Absolutely any**  
**real feeling**  
**is**  
• *healthy and*  
• *constructive*  
**and**  
**further growth**  
• *in the self and*  
• *in others.*

**Real feelings**  
**cannot be**  
• *forced,*  
• *commanded, or*  
• *superimposed.*

**They are [i.e., Real feelings are]**  
**a spontaneous expression,**  
**happening as an**  
• *organic,*  
• *natural*  
**result**  
**of self-confrontation.**

54

**QUESTION:**  
**In that case,**  
**would you permit**  
**physical violence?**

**ANSWER:**  
**No.**  
**Healthy anger**  
**does not necessarily**  
**manifest in**  
**physical violence.**

	<p><i>Expression of negative emotions, even when they are not healthy, need not in the least lead to destructive acts, either</i></p> <ul style="list-style-type: none"><li><i>• physical</i></li><li><i>or</i></li><li><i>• otherwise.</i></li></ul>
55	<p><i>This is one of the most</i></p> <ul style="list-style-type: none"><li><i>• frequent and</i></li><li><i>• hindering</i></li></ul> <p><i>misconceptions in the pathwork.</i></p> <p><i>This is why I have mentioned it again and again ever since the beginning, because no matter how many times I have said it, it is forgotten.</i></p> <p><i>The inner psyche fears that</i></p> <ul style="list-style-type: none"><li><i>• acknowledgement of negative emotions must lead to</i></li><li><i>• acting them out.</i></li></ul> <p><i>This is not so.</i></p>

*On the contrary,  
you are  
free to choose*

- *whether or not,*
- *how and when,*

*to express any emotion  
only when  
you are fully aware.*

*When you are  
not aware of*

- *what you  
really feel and*
- *why,*

*you*

- *are constantly driven, and*
- *suffer from*

*all sorts of compulsions  
you cannot understand.*

*A compulsion  
is the direct result  
of*

- *unacknowledged,*
- *unconscious*
  - *feelings and*
  - *conditions.*

*The more  
you  
know  
yourself,  
the more  
you  
are in control of  
your self.*

*It is not,  
as you say in fear,  
"I cannot look at myself in candor  
because  
then I may  
have to*

- let out  
these undesirable impulses*

*and*

- do harm*
  - to others*

*and therefore ultimately*

- to myself."*

*This vague reaction  
also has to be  
brought to the surface  
in order to*

- dispel it and*
- render it ineffective.*

56

*Please repeat this  
in your daily meditation –  
all of you:*

*"Awareness  
of what I feel,  
no matter how undesirable it may be,  
will make me free.*

*I will have  
the choice of  
my actions  
only to the degree  
of my awareness [i.e., degree of my awareness of what I really feel].*

*If I choose to  
verbally express these feelings  
when there is a good purpose,  
such as with my helper,  
I will do so.*



	<p><b><i>If I feel</i></b> <b><i>that such expression [i.e., such expression of my feelings]</i></b> <b><i>may impair a relationship,</i></b> <b><i>I will not do so [i.e., I will not express my feelings],</i></b> <b><i>but will withhold it [i.e., but I will withhold my expression of my feelings]</i></b> <b><i>• knowingly and</i></b> <b><i>• without self-deception."</i></b></p> <p><b><i>Such meditation</i></b> <b><i>will</i></b> <b><i>• strengthen the knowledge and</i></b> <b><i>• finally penetrate</i></b> <b><i>the more</i></b> <b><i>• hidden and</i></b> <b><i>• resistant</i></b> <b><i>layers of your psyche.</i></b></p>
57	<p><b><i>It is entirely</i></b> <b><i>mistaken</i></b> <b><i>to assume that</i></b> <b><i>• awareness of anger</i></b> <b><i>and even</i></b> <b><i>• verbal expression of it</i></b> <b><i>results</i></b> <b><i>in</i></b> <b><i>• physical violence or</i></b> <b><i>in</i></b> <b><i>• any other form of destruction –</i></b> <b><i>whether the anger</i></b> <b><i>be</i></b> <b><i>• healthy or</i></b> <b><i>• unhealthy.</i></b></p> <p><b><i>Healthy anger,</i></b> <b><i>since it comes from</i></b> <b><i>the real self,</i></b> <b><i>knows</i></b> <b><i>• just what</i></b> <b><i>to do and</i></b> <b><i>• when</i></b> <b><i>to meet</i></b> <b><i>the necessary requirements</i></b> <b><i>of the moment.</i></b></p>

58

**QUESTION:**

*What about people  
who are  
violently persecuted?*

*What should be their attitude?*

**ANSWER:**

*The instinct of self-preservation  
will most certainly  
make them*

- *fight and*
- *defend themselves*  
*against such occurrence,*  
*whether*
  - *by counterattack or*
  - *by flight.*

*The healthier  
the whole personality,  
the more certainly  
does this instinct function  
in choosing*

- *the right defense*
- *at the right time.*

*This again  
is*

- *not*  
*an intellectual consideration,*  
*but, as always,*
  - *a spontaneous manifestation*  
*of*  
*the real self.*

*If necessary,  
such*

- *counterattack and*
- *defense*  
*will also*  
*be physical.*

59

**QUESTION:**

**Regarding**  
*expression of anger,*  
*I find it unbearable.*

**ANSWER:**

**Sometimes**  
*it [i.e., Sometimes expressing anger]*  
*is*  
**• inadvisable;**

**sometimes**  
*it [i.e., sometimes expressing anger]*  
*is*  
**• advisable.**

**This is what I mean:**

**When you are**  
*aware [i.e., are aware and are truly and cleanly feeling your anger]*  
*you have*  
*the choice [i.e., the choice as to whether or not to express your anger],*  
**and when you are**  
*not aware [i.e., when you are not aware of your anger*  
*and are therefore not truly and cleanly feeling your anger],*  
**you do not have**  
*the choice [i.e., when you are not aware of your anger, you do not have*  
*a choice to express it or not – it may show up unconsciously].*

**The more**  
*you are aware of*  
*the possibility*  
*of making a choice,*

**the more**  
*freedom*  
*you gain and*

**the less**  
*you will*  
**• feel or**  
**• think**  
*that*

*restraint [i.e., restraint against expressing your anger]*  
*is due to*  
**• outer demands,**  
**• outer authority.**

*With the awareness  
that you are  
making a free choice [i.e., making a free choice regarding whether  
or not to express your anger],  
rebellion  
against restraint [i.e., rebellion against any restraint to express your anger  
because of an external authority or rule]  
becomes superfluous.*

*There is  
a great difference  
if restraint [i.e., if restraint against expressing your anger]  
is exercised  
because of*

- demands from the outer world [i.e. demands from  
the outer world that you not express anger],*

*or because*

- you choose it [i.e., or because you choose not to express anger]  
with your own free will.*

*Paradoxical as this may seem again,*

- the more  
you choose restraint  
willingly,  
with*
  - alert reasoning and*
  - constructive motivation,*
- the freer  
you become.*

*It is  
not,  
as might be supposed,  
that*

- the less  
self-restraint there is,*
- the freer  
the person.*

60

*The more  
directly  
you are aware  
of what you  
really feel  
and express it,  
if  
you so choose,*

*the less  
you will  
become entangled in*

- *detours and*
- *evasions.*

*Directly  
reaching the core  
of one's*

- *feelings or*
- *reactions,*

*and thereby  
understanding  
their [i.e., understanding the feelings' or reactions']  
true significance,*

*is*

- *the art*

*and*

- *the aim*

*of this pathwork.*

*If your aim  
is  
finished perfection,  
you still  
find yourself  
caught in  
perfectionism,  
which hinders your progress.*

*But [conversely]  
if your aim  
becomes  
to know  
what it is  
you  
really feel  
at this moment,  
then  
you have  
a realistic aim  
leading to*

- instant release,*
- truth,*
- harmony, and*
- dynamic progress.*

61

*Again,  
a seeming contradiction:*

*The more  
you go to the spot of  
whatever  
happens to be true  
now,  
the more  
you grow into  
real  
perfection.*

*The more  
you strain away from  
what you  
now*

- feel and*
- think*

*in an attempt  
to be  
more than you happen to be  
in this instant,*

*the less  
you grow toward your goal  
of gradually achieved perfection.*

	<p><i>These words should also be used in daily meditation because they are a key for all of you.</i></p>
62	<p><b>QUESTION:</b> <i>What about the reverse of what you have just said?</i></p> <p><i>What about the person who is</i></p> <ul style="list-style-type: none"><li><i>• afraid or</i></li><li><i>• too insecure to show righteous anger?</i></li></ul> <p><i>What is happening to love in this situation?</i></p>
63	<p><b>ANSWER:</b> <i>This is a very good question.</i></p> <p><i>Where there is fear of</i></p> <ul style="list-style-type: none"><li><i>• expressing a justified anger, to that degree there must be fear of • loving.</i></li></ul> <p><i>Behind both fears [i.e., Behind both the fear of expressing a justified anger and the fear of loving]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li><i>• confusion,</i></li><li><i>• misconception,</i></li><li><i>• illusion.</i></li></ul>

*It is these  
misinterpreted*

- *hurts and*
- *pains*

*which are  
responsible for  
the foreign nucleus  
I was talking about.*

*This nucleus [i.e., This foreign nucleus of distorted perceptions, underestimation  
of self, confusions, illusions, and misconceptions that prevent love]*

*obstructs  
the manifestations  
of*

- *the real self,*
- *the outflow of*
  - *genuine  
love*

*as opposed to*

- *superimposed  
love,*

*and of*

- *the capacity  
to express*
  - *healthy  
anger*

*as opposed to*

- *twisted,*
- *tortured  
anger.*

*When  
insecurity  
makes a person  
too anxious  
to express*

- *justified  
anger,*

*that individual  
is as yet  
incapable  
of feeling*

- *healthy  
anger.*



	<p><i>When the issue justifies anger, insecurity induces conflicting feelings.</i></p>
64	<p><i>Healthy anger makes you stronger, twisted anger, [makes you] weaker.</i></p> <ul style="list-style-type: none"><li>• <i>Healthy love</i><ul style="list-style-type: none"><li>• <i>is all-embracing and</i></li><li>• <i>enriches you the more you give out of yourself.</i></li></ul></li><li>• <i>Sickly,</i></li><li>• <i>distorted,</i></li><li>• <i>false love</i><ul style="list-style-type: none"><li>• <i>impoverishes and</i></li><li>• <i>breeds conflict between</i><ul style="list-style-type: none"><li>• <i>self-interest</i></li><li>and</li><li>• <i>the interests of others.</i></li></ul></li></ul></li></ul> <p><i>It [i.e., Sickly, distorted, false love]</i><ul style="list-style-type: none"><li>• <i>comes from and</i></li><li>• <i>increases duality;</i></li></ul></p> <p><i>it [i.e., sickly, distorted, false love] is always</i><ul style="list-style-type: none"><li>• <i>the good</i></li></ul>versus<ul style="list-style-type: none"><li>• <i>the bad.</i></li></ul></p>

**Ungenuine  
love**

**is always  
connected with**

- **self-pity,**
- **resentment,**
- **hostility, and**
- **conflict.**

**There is in it [i.e., there is in ungentuine love]  
always  
the feeling of,**

**"I ought to love,  
therefore  
I think I love,  
yet I do not  
want to love  
because then  
I will be taken advantage of.**

**Since I**

- **ought**  
to love

**and**

- **do not**  
want to,

**I**

- **feel guilty and**
- **am bad."**

**When you feel this way  
you cannot express  
healthy anger.**

**It [i.e., Healthy anger]  
is dissipated  
at the source,  
for you doubt  
your right  
to feel anger,  
since  
you do not dare  
to love.**

65

*If you continue*

- *to struggle and*
- *to find*

*the right expression  
of your feelings  
in the now,*

*you must*

*experience*

- *the beauty of the universe,*
- *the truth of being  
which knows no conflict.*

*That truth*

*combines*

- *loving*

*with*

- *receiving one's  
full share  
of happiness,*

*instead of*

*mutually excluding  
either*

- *love*

*or*

- *happiness,  
as seems inevitable  
when love*

*is attempted*

*by*

*outer*

*good will.*

*When, however,  
you use outer good will  
in order to recognize  
that behind your  
trying  
to love  
lies  
a non-love  
born of  
• fear,  
• hurt, and  
• illusion,*

*then  
in the way of  
finding out  
what these illusions are,  
you must finally  
come to  
• real love,  
• your real self,  
• the genuine expression  
of all you  
• feel and  
• are –  
which will be  
• good and  
• right.*

66

*My dearest friends,  
be blessed,  
all of you.*

*Find the way,  
step by step,  
into the realization  
of these words.*

*Be in peace,  
be in God!*

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