

Pathwork Lecture 189: Self-Identification Determined through Stages of Consciousness

1996 Edition, Original Given February 12, 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

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03	<p> <ul style="list-style-type: none"> • <i>Greetings and</i> • <i>blessings</i> <p style="text-align: center;"><i>are poured forth unto all of you</i></p> <p style="text-align: center;"><i>in a</i></p> <ul style="list-style-type: none"> • <i>great and</i> • <i>magnificent</i> <p style="text-align: center;"><i>spiritual force</i></p> <p style="text-align: center;"><i>which you can</i></p> <ul style="list-style-type: none"> • <i>partake of</i> <p style="text-align: center;"><i>and</i></p> <ul style="list-style-type: none"> • <i>assimilate</i> <p style="text-align: center;"><i>to whatever degree</i></p> <p style="text-align: center;"><i>you truly open yourself to it</i></p> <p style="text-align: center;"><i>with</i></p> <p style="text-align: center;"><i>your</i></p> <ul style="list-style-type: none"> • <i>heart</i> <p style="text-align: center;"><i>and</i></p> <p style="text-align: center;"><i>your</i></p> <ul style="list-style-type: none"> • <i>mind.</i> </p>

by Eva Broch Pierrakos

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04

*In this lecture I will discuss
consciousness
from a*

- *new and*
- *different*

approach.

*It is perhaps difficult
for human beings
to understand that
consciousness
permeates
the entire*

- *universe*

and

- *creation.*

*It is not simply dependent on
the personality
of an entity.*

*[Rather,]
It [i.e., Consciousness]
permeates
everything that exists.*

*The human mind
is geared to think
of consciousness*

- *as exclusively a byproduct*

of personality,
that it [i.e., to think that consciousness]

- *can exist*

only in human form,
and

- *is associated exclusively with*

the brain.

This is not so.

*Consciousness
does not require
a fixed form.*

	<p><i>Every particle of matter contains consciousness,</i></p> <p><i>but in inanimate matter</i></p> <ul style="list-style-type: none">• <i>consciousness is solidified,</i> <p><i>just as in inanimate objects</i></p> <ul style="list-style-type: none">• <i>energy is petrified.</i> <p>• <i>Consciousness</i> <i>and</i></p> <ul style="list-style-type: none">• <i>energy</i> <p><i>are not the same, but they [i.e., but consciousness and energy] are interdependent aspects of the manifestation of life.</i></p>
05	<p><i>As evolution progresses, this static condition [i.e., this static condition of consciousness and energy]</i></p> <p><i>decreases as</i></p> <ul style="list-style-type: none">• <i>consciousness and</i>• <i>energy</i> <p><i>become increasingly more</i></p> <ul style="list-style-type: none">• <i>vibrant and</i>• <i>mobile.</i> <p>• <i>Consciousness</i> <i>gains in</i></p> <ul style="list-style-type: none">• <i>awareness;</i> <p>• <i>energy</i> <i>gains</i></p> <ul style="list-style-type: none">• <i>greater creative power to</i>• <i>move</i> <p><i>and</i> <i>to</i></p> <ul style="list-style-type: none">• <i>make forms.</i>

06	<p><i>Consciousness has experienced a separation, through processes impossible to convey to the human understanding, so that aspects of consciousness float around in the universe, so to speak.</i></p> <p><i>Every</i> • <i>trait</i> <i>familiar to human understanding,</i> <i>every</i> • <i>attitude</i> <i>known in creation,</i> <i>every</i> • <i>aspect</i> <i>of personality</i></p> <p><i>is just one of many manifestations of consciousness.</i></p> <p><i>Every manifestation [i.e., Every manifestation of consciousness] that is not yet integrated into the whole needs to be</i> • <i>unified</i> <i>and</i> • <i>synthesized</i> <i>into</i> <i>one harmonious whole.</i></p>
07	<p><i>It requires a leap of your imagination to comprehend the concept I am trying to convey here.</i></p>

*Can you imagine for a moment
that many familiar
traits,
which you have always assumed
could only exist
through a
person,*

are not

- *the person per se,*

but are

- *free-floating particles*
of overall consciousness?

*It does not matter
whether*

these traits be

- *good*

or

- *evil,*

such as, for example [i.e., such as, for example, the traits of]

- *love,*
- *perseverance,*
- *sloth,*
- *laziness,*
- *impatience,*
- *kindness,*
- *stubbornness, or*
- *malice.*

*They all [i.e., ALL these traits]
need to be incorporated into
the manifesting personality.*

*Only then [i.e., Only when all of these traits are incorporated into
the manifesting personality]*

can

- *purification,*
- *harmonizing, and*
- *enrichment*

*of the manifesting consciousness
take place,*

*creating the preconditions for
the evolutionary process
of unifying consciousness.*

08

*About unification
it is important to note that*
• *disharmonious*
and
• *destructive*
aspects of consciousness
always
remain separate.

*This can be readily verified
by all individuals
who observe their own inner process.*

[Conversely]
• *Positive traits*
and
• *constructive aspects*
of consciousness
are always
harmonious
parts of the whole,
• *enriching*
and
• *expanding*
the entire unified consciousness.

*I cannot begin to convey
the full reality
of these ideas
because
human language
is much too limited.*

*But I do
not intend
to give you an*
• *impractical*
• *abstract*
lecture.

09

*According to its nature,
each aspect of consciousness
has*

its own

- *characteristics,*

its own

- *vibratory movement*

and

- *frequency rate,*

and

its own

- *emanation of*

- *color,*

- *scent, and*

- *tone.*

*The same is true of its [i.e., is true of each aspect of consciousness's]
many other*

subtle sensory expressions

of which

human beings

with their limited spectrum of senses

know nothing.

There are

infinitely more

- *colors,*

- *tones,*

- *scents,*

and so on,

than you can perceive.

10

*The human being
is a conglomeration of
various
aspects of consciousness.*

*Some [i.e., Some aspects of consciousness in the human being]
are*

- *already purified.*

*Some [i.e., Some aspects of consciousness in the human being]
have*

- *always been pure*

*and
are thus*

- *part of the individual,
forming an
integrated whole.*

*Other aspects of consciousness
are*

- *negative and*
- *destructive*

and thus

- *separate,
like
appendages [i.e., separate, like appendages, and NOT
part of the integrated whole].*

*It is the task of
each human being
in each incarnation
to*

- *synthesize,*
- *unify*

and

- *assimilate*

these various aspects of consciousness.

*If you truly try to comprehend
what I say here,
you may find that
this is
a novel way of explaining
human existence.*

	<p><i>Naturally this [i.e., Naturally this task of synthesizing, unifying, and assimilating these various aspects of consciousness]</i></p> <p><i>not only applies to</i></p> <ul style="list-style-type: none">• <i>the level of human consciousness,</i> <p><i>but also to</i></p> <ul style="list-style-type: none">• <i>higher states of consciousness</i> <i>where the struggle [i.e., where the struggle to synthesize, unify, and assimilate these various aspects of consciousness]</i> <p><i>is no longer as</i></p> <ul style="list-style-type: none">• <i>severe or</i>• <i>painful.</i> <p><i>Increased awareness of higher states of consciousness facilitates the synthesizing process immeasurably.</i></p> <p><i>The human predicament is</i></p> <ul style="list-style-type: none">• <i>the general lack of understanding of what is going on [i.e., lack of understanding of what is going on in this human existence in the human's task of synthesizing, unifying, and assimilating these various aspects of consciousness],</i>• <i>the blindness with which people are involved in the struggle [i.e., the blindness of those involved in this struggle to synthesize, unify, and assimilate these various aspects of consciousness human existence],</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>their deliberate perpetuation of that blindness.</i>
11	<p><i>To the degree that</i></p> <ul style="list-style-type: none">• <i>struggle</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>tension</i> <p><i>exist in a personality,</i> <i>[to that degree]</i></p> <p><i>the various aspects of consciousness will be at odds with one another.</i></p>

***You who are unaware
of the meaning***

***of the struggle [i.e., unaware of the MEANING of the struggle to
synthesize, unify, and assimilate these various aspects of
consciousness in the personality's human existence]***

are trying to identify with

- one or***
 - several***
- of***

***these aspects of consciousness
without knowing***

- what
the true self is,***
 - where it [i.e., where the true self]
is located,***
- or***
- how it [i.e., or how the true self]
can be found
in this maze of discord.***

***You wonder if
you are***

- your best qualities,***

or if

you are

- your over-severe conscience
which annihilates you
for your negative traits.***

Or

are you perhaps the

- destructive demon within you?***

***Which is
your best self?***

Is it [i.e., Is your best self]

- your rage at the demon in you***
- or***
- your total negation of its existence?***

	<p><i>Whether individuals know it or not, this inner</i></p> <ul style="list-style-type: none">• <i>struggle and</i>• <i>search</i> <p><i>[i.e., this inner struggle and search to find your true self] is ongoing,</i></p> <p><i>and</i></p> <p><i>the more conscious the struggle is [i.e., the inner struggle to find your true self is], the better.</i></p> <p><i>Any path of self-development must sooner or later come to terms with these questions – with the deep problem of self-identity.</i></p>
12	<p><i>It is a human distortion to identify with any of the above-mentioned aspects [i.e., aspects of consciousness].</i></p> <p><i>You are neither your</i></p> <ul style="list-style-type: none">• <i>negative traits</i> <p><i>nor your</i></p> <ul style="list-style-type: none">• <i>self-punishing</i>• <i>superimposed conscience,</i> <p><i>nor even your</i></p> <ul style="list-style-type: none">• <i>positive traits.</i> <p><i>Even though you have managed to integrate the latter [i.e., to INTEGRATE your POSITIVE traits] into the fullness of your being, this is not the same as identifying with them [i.e., NOT the same as IDENTIFYING WITH your POSITIVE traits].</i></p>

*It is more accurate to say
that
you are [i.e., you ARE and hence can IDENTIFY WITH]
that part of you
which managed
this integration
by*

- determining,*
- deciding,*
- acting,*
- thinking, and*
- willing,*

*so that you could
absorb into your self
what was previously
an appendage.*

*Each
aspect of consciousness
possesses
a will of its own,
as those of you who do the pathwork know.*

*As long as
you are*

- blindly involved in the struggle [i.e., the struggle of human life]*

and therefore

- submerged in it,*

*each
of these various aspects [i.e., each of these various aspects of consciousness]
will control you
in turn
because
the real self
that could determine
your identification differently [i.e. could identify with
that part of you that managed the integration
of these various aspects of consciousness by
determining, deciding, acting, thinking, and
willing so that you could absorb into your
self those aspects of consciousness that were
previously separate appendages of aspects
of consciousness]
has not yet found its power.*

	<p><i>Your blind involvement [i.e., your blind involvement in the struggle of this human existence in its task to synthesize, unify, and assimilate the various aspects of consciousness when you do not know who your true self is]</i></p> <ul style="list-style-type: none">• <i>enslaves you</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>inactivates your creative energy.</i> <p><i>This missing sense of self [i.e., not knowing who your true self is] leads to despair.</i></p>
13	<p><i>If the personality blindly believes it actually is nothing but its own destructive aspects, it [i.e., the personality] becomes embroiled in a special kind of inner battle.</i></p> <p><i>On the one hand there will be</i></p> <ul style="list-style-type: none">• <i>self-annihilation,</i>• <i>self-punishment,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>violent self-hate as a reaction to perceiving the self as only the negative parts.</i>

*On the other hand,
how can you*

- truly want to give up
these negative traits*

or even

- fully*
- face*

and

- investigate
them*

*when you believe that
they [i.e., believe that these negative traits]
are
the only reality
of the self?*

*You are thrown
back and forth
between the attitudes of,*

- "I must remain as I am,
• unchanged and
• unimproved,
for*
- this is
my only reality
and*
- I do not want
to cease to exist,"*

and,

- "I am
so*
- terrible,
so*
- bad,
so*
- despicable,
that
I have
no right to exist
and therefore
I must
punish myself
out of existence."*

	<p><i>Since this conflict</i> [i.e., this conflict created when you believe you ARE your negative traits and, on the one hand, do not want to cease to exist or to change and, on the other hand, feel yourself to be so despicable that you have to punish yourself out of existence] <i>is too painful to face</i> <i>when it</i> [i.e., when this conflict] <i>is believed to be</i> <i>real,</i> <i>the entire issue</i> [i.e., the entire issue of self-identity – “Who am I?”] <i>is put to sleep.</i></p>
14	<p><i>You then</i> <i>lead a life of</i> <ul style="list-style-type: none">• <i>"as if,"</i><i>or</i> <ul style="list-style-type: none">• <i>pretense,</i><i>which then shifts</i> <i>your sense of identity</i> <i>to your mask.</i></p> <p><i>You struggle against</i> <ul style="list-style-type: none">• <i>exposing the pretense</i> [i.e., exposing the mask for what it is],<i>let alone</i> <ul style="list-style-type: none">• <i>giving up the pretense</i> [i.e., giving up the mask],</p> <p><i>for the only other alternative</i> [i.e., only alternative to your identity other than pretending your mask is the real you] <i>is the painful struggle</i> [i.e., the struggle of finding your true identity] <i>I have just described.</i></p> <p><i>No wonder human beings</i> <i>have so much resistance</i> [i.e., resistance to dropping their mask and finding their real self].</p> <p><i>And yet,</i> <i>what a waste it is</i> [i.e., what a waste this RESISTANCE to dropping the mask and pretense and instead finding the real self is].</p> <p><i>For none of it</i> [i.e., For neither the negative traits nor the mask] <i>is the true reality.</i></p>

	<p><i>There is a real self that equals neither</i></p> <ul style="list-style-type: none"><i>• your negative aspects,</i> <p><i>nor</i></p> <ul style="list-style-type: none"><i>• your adamant self-annihilation [i.e., nor the self that adamantly intends to annihilate you for having negative traits],</i> <p><i>nor</i></p> <ul style="list-style-type: none"><i>• the pretense [i.e., nor the mask] that covers everything up.</i> <p><i>Finding this real self is our main concern.</i></p>
15	<p><i>Before the universal self can fully manifest in you, there is already one aspect of it [i.e. one aspect of the universal self] available right now which you can immediately realize:</i></p> <p><i>your conscious self at its best, as it exists right now.</i></p> <p><i>It [i.e., Your conscious self at its best as it exists right now] is a</i></p> <ul style="list-style-type: none"><i>• limited</i><i>• present</i> <p><i>manifestation of your spiritual being,</i></p> <p><i>but</i></p> <ul style="list-style-type: none"><i>• it [i.e., your conscious self at its best as it exists right now] is truly yourself;</i><i>• it [i.e., your conscious self at its best as it exists right now] is the "I" you need to make order out of all your confusion.</i>

	<p><i>This already manifest consciousness [i.e., your conscious self] exists in many realms of your life, but you take it [i.e., you take your conscious self] for granted.</i></p> <p><i>You have not yet brought it [i.e., not yet brought your conscious self] to bear on this area of conflict [i.e., the inner conflict brought on in facing your negative traits] where you continue to be blindly controlled by</i></p> <ul style="list-style-type: none"><i>• a false self-identity, [i.e., a false identity with your negative traits, with your stern judge of these negative traits, or with your mask self]</i> <p><i>or rather by its consequences [i.e., by the consequences of one of these false identities].</i></p>
16	<p><i>The "I" that is able to make a decision, for instance [i.e., for instance make the decision],</i></p> <ul style="list-style-type: none"><i>• to truly face this conflict [i.e., face this conflict of facing and dealing honestly and courageously with your negative traits]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• to observe its [i.e., to observe this conflict's] various expressions</i> <p><i>is the self with which you may safely identify.</i></p>

To the degree

- ***the personality awakens***

and

- ***self-consciousness is gained,***

[to that degree]

such

- ***decisions***

and

- ***choices of attitude***

[i.e., to that degree decisions and choices of attitude to take on the task of wrestling with negative traits and finding one's true identity]

are possible.

Conversely,

to the degree such

- ***decisions and***

- ***choices of attitude [i.e., decisions and choices of attitude to take on the task of wrestling with negative traits and finding one's true identity]***

are made,

[to that degree]

consciousness

- ***awakens and***

- ***expands.***

The immediately available consciousness

of every living human being

is usually

not fully

put to use

right where

the greatest

- ***sufferings***

and

- ***conflicts***

exist.

The full scope

of its power [i.e., The full scope of the power of one's

immediately available consciousness]

is not

put into the service

of this struggle

about identity.

When the entity

begins to do this systematically [i.e., When the entity begins to put the full scope of the power of its immediately available consciousness into the task of wrestling with negative traits and of finding one's true identity, and begins to do this systematically],

- a major change will take place,***
- and***
- a new stage of development is reached.***

To the extent

your conscious self can use

its already existing

- knowledge of truth,***

its already existing

- power***

to execute good will,

its already existing

- capacity to be***

• positive,

• committed,

• truthful,

• courageous

and

- persevering***

in the struggle

to find your identity,

plus

its already existing

- ability to***

choose

how to deal with the problem [i.e., to choose how to deal with the problem of wrestling with negative traits and of finding one's true identity],

to exactly that degree

- your consciousness***

• expands and

• becomes increasingly more infiltrated

by

- spiritual consciousness.***

17

*Spiritual consciousness
cannot manifest
when your
already existing consciousness
is not
fully put to use
in the conduct of your life.*

*By using
existing consciousness,
new*

- *inspiration,*

new

- *realms*
of
 - *vision and*
 - *understanding*

and of

- *profound wisdom and*
- *experience*
all well up
from your depths.

*But
as long as you
follow the line of least resistance,*

- *giving in to*
blind involvement,
- *giving up on*
finding true self-identity

and

- *settling blindly*
for a would-be existence,

*you remain
stuck in the old rut of*

- *reacting*
from habit

and

- *easily justifying it.*

[As long as you follow the line of least resistance]

- **You indulge in**
 - **compulsive,**
 - **negative,**
 - **hopelessly circular**
thinking,

and

- **your present consciousness**
cannot be fully put to use.

Consequently,

consciousness [i.e., your present already existing consciousness]

- **cannot possibly**
 - **expand,**
 - **nor can it**
 - **transmute and**
 - **synthesize**
the negative aspects
with which
it falsely identifies itself.

[As long as you follow the line of least resistance]

It [i.e., Your present already existing consciousness]
also cannot bring in
deeper aspects of
the spiritual self.

As long as

- **existing values**
are not fully put to use,
- **additional values**
cannot possibly be realized.

This is [i.e., This statement, “As long as existing values are not fully put to use,
additional values cannot possibly be realized” is]

a law of life
that applies to
all levels of being.

This [i.e., This law of life that as long as existing values are not fully put to use,
additional values cannot possibly be realized]

is a very important thing to understand, my friends.

18	<p><i>When you</i></p> <ul style="list-style-type: none">• <i>identify with</i> <ul style="list-style-type: none">• <i>one [aspect]</i> <p><i>or even</i></p> <ul style="list-style-type: none">• <i>a cluster of aspects</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>believe that these aspects are you,</i> <p><i>you become submerged in them.</i></p> <p><i>At the very beginning when I started giving lectures, I used the terms</i></p> <ul style="list-style-type: none">• <i>higher self,</i>• <i>lower self, and</i>• <i>mask self.</i> <p><i>These [i.e., These terms: higher self, lower self, and mask self,] are</i></p> <p><i>very abbreviated terms which comprise, of course, many</i></p> <ul style="list-style-type: none">• <i>subdivisions and</i>• <i>variations.</i> <p><i>As a convenient frame of reference, one may classify certain aspects [i.e., certain aspects of consciousness] as belonging to one or the other of these three basic categories.</i></p>
19	<p><i>The genuine will for good is, needless to say, an expression of the higher self.</i></p>

***But there is also
another will for good
which can easily be confused with
the former [i.e., confused with the genuine will for good
of the higher self],
though it is by no means the same.***

***It [i.e., This other will for good]
is the will to be good
for the sake of
• appearance,
for the sake of
• denying the lower aspects [i.e., denying the lower
aspects of consciousness],
because the
• conscious,
• determining,
• choosing
self
does not take up the challenge
to confront
the negative aspects [i.e., to confront the lower
negative aspects of consciousness].***

***The
• demoniacal,
• destructive
aspects [i.e., The demoniacal, destructive aspects of consciousness]
are obviously
an expression of
the lower self.***

***But the giant guilt
that threatens to
punish
these destructive aspects [i.e., destructive aspects of consciousness]
with total annihilation***

***is
not
an expression of
the higher self,
although
it may easily pose for it [i.e., pose for an
expression of the higher self].***

*It [i.e., the GUILT that threatens to PUNISH one with total annihilation
for having lower-self destructive traits]
is, in fact,
more destructive
than
the destructiveness itself.*

*It [i.e., the GUILT that threatens to PUNISH one with total annihilation
for having lower-self destructive traits]
comes entirely out of the
false self-identification [i.e., false identification with
negative aspects of consciousness – your demon]
mentioned above.*

*If you believe
you
are
your demon,
you seem to have
no other choice
but to annihilate yourself;*

*yet you dread
annihilation
and thus
hold on to the demon.*

*But if you
observe
the demon,
you can begin
to identify with
the part of you which
observes.*

20

*You must
never forget that
no one is
entirely
involved in this struggle [i.e., this struggle concerning identity],
else it would be impossible
to rise out of it.*

	<p><i>There are many aspects of your being</i></p> <ul style="list-style-type: none"><i>• where you do use the power of your creative thinking,</i><i>• where you</i><ul style="list-style-type: none"><i>• expand your mind and thus</i><i>• build productively.</i> <p><i>But we are now focused on those areas where you are not</i></p> <ul style="list-style-type: none"><i>• expanding and</i><i>• productive.</i>
21	<p><i>As long as human beings are unable, or rather unwilling, to recognize their destructive aspects, they must be</i></p> <ul style="list-style-type: none"><i>• lost in them [i.e., lost in these destructive aspects of consciousness and thereby unconsciously identifying with those destructive aspects, believing them to be an integral part of the real self rather than a foreign appendage], and therefore</i><i>• cannot attain proper self-identification.</i> <p><i>Although your desire to hide the destructive aspects is more destructive than whatever it is you hide [i.e., than the destructive aspects you hide], it [i.e., your very DESIRE to HIDE your destructiveness] indicates that [i.e., indicates that in truth, from your higher self, from your spiritual self]</i></p> <p><i>you wish to be free from destructiveness.</i></p>

Thus
the desire to
hide destructiveness
is a
• misplaced,
• misunderstood, and
• misread
message
of the higher self.

It [i.e., Your desire to hide your destructiveness]
is a wrong way of
• applying
and
• interpreting
the longing of
the spiritual self.

Now let us discuss further how
the conscious self [i.e., how your present already existing conscious self]
can be more
• activated and
• utilized,
so that you can
• expand it [i.e., so you can expand your present
already existing consciousness]
and
• make room for
spiritual consciousness
to infiltrate it.

22

*Everyone on the path
who has worked*
• *diligently and*
• *conscientiously*
to
• *shed the mask,*
to
• *give up defenses,*
and
to
• *overcome the resistance to*
exposing
apparently
shameful liabilities,

has experienced
how
acknowledging negative traits
creates
a new freedom.

Why is this so?

The obvious answer is that
the mere fact that you have the
• *courage and*
• *honesty*
to do so
is in itself a
• *relieving*
and
• *liberating*
factor.

But it goes beyond that, my friends.

23

*Through the very act of
acknowledgement [i.e., acknowledgement of negative traits in you],
a subtle
but distinct
shift in identification occurs.*

*Before such acknowledgement,
you*

- were blind to
some or all
of your
destructive aspects*

and

- were therefore
helplessly controlled by them [i.e., helplessly controlled by these
destructive aspects since you did not even see them],
indicating that
you believed them [i.e., you believed unseen destructive aspects]
to be
you.*

*You could not afford
to even acknowledge
these unacceptable aspects,
because you
identified with them.*

*But the moment you
acknowledge*

*the hitherto unacceptable [i.e., the hitherto unacceptable
destructive aspects you observed in yourself],*

- you yourself
cease to
be*

*the unacceptable [i.e., YOU yourself cease to BE these
destructive aspects you observe and acknowledge];*

instead,

- you become identified with
that part of you
which*

- can and
• does*

decide to make

*the acknowledgement [i.e., decide to make the
acknowledgement of these destructive aspects].*

Then

**some other part
takes over
which can**

do something about them [i.e., do something about these
unacceptable destructive parts you observe in yourself],
even if, to begin with,

it [i.e., that other part of you that is observing and
acknowledging unacceptable destructive parts in you]

can merely

- **observe and**

- **grope for**

**some deeper understanding of
the underlying dynamics.**

**You are in a
totally different situation
when you**

- **identify yourself**

with

the ugly traits

than when you

- **identify**

them [i.e., than when you identify the ugly traits].

The moment you

- **identify them** [i.e., see and identify the ugly destructive traits you in yourself],
you cease

- **being identified**

with them [i.e., you cease being identified **WITH** the ugly destructive
traits you now observe in yourself].

This is why

it is so liberating

to acknowledge

the worst in your personality

after having battled

the ever-present resistance

to do so [i.e., after having successfully battled and overcome
your **RESISTANCE** to seeing and acknowledging rather
than hiding and denying the destructive traits in you].

	<p><i>It will become even easier [i.e., easier to acknowledge the worst in your personality] once you can make this clear distinction [i.e., this clear distinction BETWEEN identifying ugly traits in your personality AND identifying WITH the ugly traits in your personality, believing them to be YOU].</i></p>
24	<p><i>The moment you</i></p> <ul style="list-style-type: none">• <i>identify,</i>• <i>observe, and</i>• <i>clearly articulate</i> <p><i>your destructive aspects,</i></p> <p><i>you have found</i></p> <p><i>your real self [i.e., found your REAL SELF, which is that part of you that is identifying, observing, and clearly articulating your destructive aspects,] with which you can safely identify.</i></p> <p><i>This real self</i></p> <p><i>can do many things –</i></p> <p><i>it has</i></p> <ul style="list-style-type: none">• <i>options,</i>• <i>possibilities and</i>• <i>choices –</i> <p><i>the first being</i></p> <p><i>what you are doing now:</i></p> <ul style="list-style-type: none">• <i>identifying,</i>• <i>observing, and</i>• <i>articulating.</i> <p><i>Now you no longer need to persecute yourself so mercilessly with your self-hate.</i></p>

*There seems to be
no way to avoid
hating yourself
as long as
you have neglected
this all-important process of
identifying yourself
with
the real self,
which also
has the power to*

- recognize and*
- adopt*

*new attitudes,
without
devastating self-judgment.*

*It is also possible
to judge
negatively
in a truthful spirit,*

*but there is all the difference in the world
between*

- believing that
what you judge
is the
only
truth
of your being,*

and

- realizing
that the part of you
which can acknowledge
the presence of
destructiveness*
 - has other options**and*
 - is closer to
your ultimate reality.*

25	<p>How different your attitude to yourself must be when you realize that it is the task of human beings to carry negative aspects [i.e., negative aspects of consciousness] with them for the purpose of</p> <ul style="list-style-type: none">• integrating and• synthesizing <p>them.</p> <p>This [i.e., Knowing that your task is to integrate negative aspects of consciousness] allows for</p> <ul style="list-style-type: none">• truthfulness <p>without</p> <ul style="list-style-type: none">• hopelessness. <p>What dignity it lends you when you consider that you undertake this important task [i.e., this important task of carrying negative aspects of consciousness with you for the purpose of integrating and synthesizing them] for the sake of evolution!</p>
26	<p>When you come into this life, you bring negative aspects [i.e., you bring negative aspects of consciousness] with you for the purpose just mentioned [i.e., for the purpose of integrating and synthesizing them].</p> <p>Meaningful laws determine what aspects [i.e., what negative aspects of consciousness] you bring with you.</p> <p>Every human being fulfills an immense task in the universal scale of evolution.</p>

*An entity
who does
not
offer
to fulfill this kind of task*

- *may be
quite*
 - *free,*
 - *purified,*
 - *evolved*
- and*
 - *harmonious,*

- *but is
not
contributing
to evolution
as all of you here do.*

*This task [i.e., This task of bringing negative aspects of consciousness into
this incarnation for the purpose of integration into the whole]
gives you
great dignity,
which is so much more important
than the momentary suffering
that accrues from
not knowing
who you are.*

27

*It is one of these
subtle
apparent contradictions
that exist so frequently
when dealing with
the realms
beyond
duality,
[i.e., realms]
which are much nearer to
ultimate reality.*

It is necessary to

- ***acknowledge***
the ugly aspects [i.e., the ugly aspects of consciousness]
as parts of
you

and

- ***take responsibility for them [i.e., take responsibility for these***
ugly aspects of consciousness that are a part of you]

before

you can truly understand that
you

are

not

these aspects [i.e., that YOU are NOT these ugly aspects
of consciousness, that these ugly aspects are
merely appendages of you].

It is possible

to be responsible for them [i.e., be responsible for these ugly aspects
of consciousness that are appendages of you]

without

believing

that they are your

only

reality.

Only when you

first

take responsibility for them

can you come to

the wonderful realization

that

you

are

not them [i.e., YOU are NOT these ugly aspects
of consciousness that are a part of you],

but [i.e., but rather]

that

you carry something in you

for which you have taken responsibility

for an evolutionary purpose.

Only then can come

the next step,

that of [i.e., the step of]

integration.

28	<p><i>Let me recapitulate the four stages of awareness mentioned thus far:</i></p>
29	<p><i>(1) the half-asleep climate where you</i></p> <ul style="list-style-type: none"><i>• do not know who you are</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• blindly battle against what you hate in yourself – either</i> <ul style="list-style-type: none"><i>• consciously,</i><i>• semiconsciously</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• unconsciously;</i>
30	<p><i>(2) the first state of awakening, when you can</i></p> <ul style="list-style-type: none"><i>• acknowledge,</i><i>• observe, and</i><i>• articulate</i> <p><i>what you do not like [i.e., what you do not like about yourself];</i></p> <p><i>when you can</i></p> <ul style="list-style-type: none"><i>• feel that this [i.e., you can FEEL that what you do not like about yourself] is just an</i> <ul style="list-style-type: none"><i>• aspect of you,</i> <p><i>rather than</i></p> <ul style="list-style-type: none"><i>• the secret ultimate truth about you;</i>

31

**(3) the awareness that
the "I" which**

- **observes,**
- **articulates,**
**can also make
new**

- **decisions and**
- **choices,**

and

**can look for
hitherto undreamed-of**

- **options and**
- **possibilities**

*[i.e., options and possibilities for dealing with ugly traits] –
not by*

- **magic,**

but by

- **trying out**

attitudes that were totally

- **negated and**
- **ignored**

before.

Some examples of

new attitudes *[i.e., new attitudes you can try out for dealing with ugly traits]*
are:

- **setting a positive goal of**
 - **self-acceptance**
without losing a sense of proportion;

- **groping for**
 - **new ways;**

- **learning from**
 - **mistakes and**
 - **failures;**

- **refusing to give up**
when
immediate success
fails to arrive;

- **putting faith into**
unknown potentials
which can manifest
only as these
new modes
are adopted by the consciousness.

32

*The attitude of
adopting the new modes of perception
which your consciousness
is capable of
right now
leads directly to*

*(4) the eventual comprehension of
those previously*

- *negated and*
- *hated*

*aspects [i.e., negated and hated ugly aspects of consciousness],
which means
their*

- *dissolution*
- and*
- *integration.*

*Simultaneously [i.e., Simultaneously with the dissolution and integration of
negated and hated ugly aspects of consciousness that are a part of you],
the ever-expanding consciousness
merges with
more of the
spiritual reality
which can now
unfold
to ever-greater degrees.*

*This [i.e., This four-step process of becoming increasingly aware and accepting of
ugly aspects of consciousness that you brought into this incarnation and
hate about yourself, leading to their eventual comprehension, dissolution
and integration into yourself AND merging with more of the spiritual reality]
is what is meant by
purification.*

To the extent

*you lead your life in such a way [i.e., in such a four-step process],
the overall consciousness
permeating the universe*

becomes

- *less split off into
separate particles*

and

- *more unified.*

33

*When you assimilate
what I have said here,
you will understand
several all-important facts.*

*First of all
you will see
the tremendous overall importance
of recognizing the*

- distorted,*
- demonic*

traits [i.e., the distorted, demonic traits in you].

*You will
take full responsibility for them [i.e., take full responsibility
for the distorted, demonic traits in you]
which will,
seemingly paradoxically,
liberate you from
being identified with them [i.e., liberate you from being
IDENTIFIED WITH the distorted, demonic traits in you].*

You will

- know fully*

who you are

and

- recognize*

that the
*negative aspects [i.e., recognize that the negative aspects of
consciousness in you]*
*are just appendages,
which you can
incorporate into yourself
as you dissolve them.*

Their [i.e., The negative aspect's]

- basic energy*

and

- undistorted nature*

*can become part of
the consciousness
that you manifest.*

34

*Thus, no matter
how undesirable
the reality [i.e., the reality of your negative traits]
may be,
you can*

- *deal with it [i.e., deal with the reality of your negative traits],*
- *accept it [i.e., accept the reality of your negative traits],*
- *explore it [i.e., explore the reality of your negative traits],*

and no longer

- *be frightened by it [i.e., no longer be frightened by
the reality of your negative traits].*

This capacity to

- *observe,*
- *articulate,*
- *evaluate,*

and [i.e., and then]

- *choose*

*the best possible attitudes
for dealing with
what is observed [i.e., dealing with the observed negative traits] –
that
is the true power
of your real self
as it already exists
right now.*

- *Freedom,*
- *discovery, and*
- *knowledge
of self*

*are the first steps
toward realizing
the*

- *greater*
- *universal,*
- *divine*

*consciousness
in you.*

As long as this [i.e., As long as taking these first steps toward realizing the divine consciousness in you – in freedom supporting discovery and knowledge of self by using your currently available consciousness AS IT EXISTS NOW to observe, articulate, evaluate, and then choose the best possible attitudes for dealing with the negative traits you observe in yourself]

is

not

done,

your

innermost spiritual consciousness

remains

- a principle,*
- a theory and*
- a potential*

to be realized

only in the future.

You may believe in it [i.e., you may believe in the reality of your innermost spiritual consciousness]

with your

intellect,

but

you cannot truly ascertain it within you [i.e., you cannot truly ascertain within yourself your innermost spiritual consciousness]

until

you

use

the consciousness

already available to you now,

but which you leave

unused

wherever your so-called problems exist.

As these four stages [i.e., As these four stages of
1) *blindly battling against traits you hate in yourself*
2) *observing and articulating aspects you do not like about yourself*
– but NOT seeing these aspects as the ultimate YOU
3) *this observer “I” making other choices about attitudes toward*
these disliked aspects, groping, learning from mistakes, and
refusing to give up when failures arise
4) *comprehending negated and hated ugly aspects – dissolving*
them and integrating them into the whole AND merging with
more of the spiritual reality]

are

- *recognized and*
- *worked through*

in the way I outlined in this lecture,
your conscious mind [i.e., your conscious mind as it currently exists NOW]
can
expand sufficiently
to let in the
as yet unmanifest

- *wisdom,*
- *truth,*
- *love,*
- *energy,*
- *strength of feeling,*
- *capacity to transcend painful opposites*

that will

- *enrich and*
- *reorient*

your life
toward creating
more

- *joy and*
- *pleasure.*

35

The moment
self-identification
takes place, a

- *deep and*
- *apparently bottomless*

terror of the human soul
disappears.

Often this terror [*i.e., Often this terror of the human soul
as you begin to face these ugly traits in you*]
is
not
experienced
consciously.

Only when you are on
the threshold of these states,
making the change

- **from being**
 - **lost,**
 - **blind, and**
 - **confused about**
 - **what and**
 - **who**
- you are**

- **to**
 - **having the first inklings**
of identification with
your real self,

do you

become aware of

this terror [*i.e., aware of this terror of the human soul when you first move
from blindness and instead choose to face these ugly traits in you*].

This [*i.e., This period of growing from the state of being lost, blind, and confused
about what and who you are to the state of facing the ugly traits in yourself
and having the first inklings of identification with your real self*]

is a

transitional period

which may last

for

- **weeks**

or

for

- **many incarnations.**

You may

- **hide this terror**

from yourself [*i.e., You may hide this terror of the human soul as you face
the ugly traits in yourself and begin to have inklings of your real self*]

or

- **face it.**

To the degree you do the latter [i.e., To the degree you face the terror of the human soul as you begin to face the ugly traits in yourself and begin to have inklings of your real self],

you will come out of it sooner.

When you hide it [i.e., When, in fear, you hide this terror of the human soul],
you have gained

nothing,

for the terror will still

leave its indelible marks on your life.

These

• **hidden fears** [i.e., These hidden fears of facing this terror of the human soul],
are not one iota less

• **painful and**

• **limiting**

than the

• **actual experience**

of the terror [i.e., not less painful than the actual

experience of the terror of the human soul].

In fact the truth

is

just the opposite [i.e., the truth is that the pain of the EXPERIENCE of this terror of the human soul itself is much less than the pain of the hidden FEARS OF FACING this terror of the human soul].

36

The terror [i.e., The terror of the human soul when begins to face these ugly traits] **exists**

only because

you do not know

there is a

real you

beyond

those aspects of you which you hate.

Because of this terror [i.e., Because of this terror of the human soul],

you consistently hesitate

to even identify

what [i.e., hesitate to identify what aspects and traits within yourself]

you hate.

***As long as you
lack the courage
to explore
whether your fear [i.e., whether your fear of facing and dealing with
destructive aspects and traits you hate about yourself]
is justified or not,
you cannot find out
that***

- it [i.e., you cannot find out that your FEAR of facing and dealing with
destructive aspects and traits you hate about yourself]
is not [i.e., is NOT justified],***

***and
that***

- you are
much,
much more
than what you fear you are.***

***The human personality
is often on the brink of
wanting to make this step [i.e., to make this step of exploring whether
this FEAR of facing and dealing with aspects and traits you
hate about yourself is justified or not].***

***But this brink [i.e., But this brink of wanting to make this step of exploring whether
this FEAR of facing and dealing with aspects and traits you
hate about yourself is justified or not]
feels like
a precipice
which brings***

- hesitation***

and

- a prolonged pseudo-existence.***

	<p><i>When this point [i.e., When this point of standing at the precipice of considering whether or not to take this step of exploring the whether or not this FEAR concerning aspects and traits you hate about yourself] is not dealt with,</i> <i>terror</i> <i>remains in the soul;</i></p> <p><i>then</i> <i>the terror [i.e., then this terror that remains in the soul]</i> <i>is</i></p> <ul style="list-style-type: none"><i>• denied and</i><i>• repressed –</i> <p><i>and this</i> <i>repressed</i> <i>terror [i.e., and this repressed and denied terror that remains in the soul when one does NOT take this step of exploring the whether or not this FEAR of facing and dealing with aspects and traits you hate about yourself]</i> <i>has additional</i> <i>adverse effects on the personality,</i> <i>which becomes [i.e., and the personality becomes]</i> <i>more</i> <i>and more alienated</i> <i>from</i> <i>its true nucleus.</i></p>
37	<p><i>When you finally</i> <i>make the full</i></p> <ul style="list-style-type: none"><i>• decision and</i><i>• commitment</i> <p><i>to face your fears [i.e., face your fears of dealing with aspects and traits you hate about yourself],</i></p> <ul style="list-style-type: none"><i>• the terror</i> <i>disappears</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• you realize that</i> <i>you</i> <i>can</i> <i>find out</i> <i>who</i> <i>you truly are.</i>

*[In finding out who you truly are by facing your fears of dealing with
aspects and traits you hate about yourself]*

**You also find that
life is**

- **full,**
 - **rich,**
 - **open,**
- and**
- **infinite.**

**The moment you
experience
yourself
as**

being that part which

- **observes,**

and not that which

- **is being observed,**

**there is no need any more
to**

- **annihilate yourself,**

or

to

- **limit your identity**

to

the

- **fraudulent mask**

or

the

- **hateful demon**

or

the

- **petty,**
- **selfish**

egotist.

*So,
identification with
the real self
removes
the terror of
annihilation –
not just [i.e., removes NOT just terror of]
• death,
but [i.e., removes terror of]
• annihilation,
which is different.*

38

*We shall now return to
your
conscious mind
as it already exists in you
at this moment.*

*It [i.e., Your conscious mind, as it exists at this moment, or your ego]
is now in the state
of being able to
• acknowledge
and
• observe
• the self,
or
• an aspect of the self,
and it [i.e., and your conscious mind, as it exists at this moment, or your ego]
has
many choices.*

*Your
chosen
attitude toward
your
• demonic,
• undeveloped,
• undesirable
traits
is the key to
expanding
your consciousness [i.e., expanding your
consciousness beyond where it is at this moment].*

39

*You hear so much today
about the concept of
expanding consciousness.*

*Often this is believed to be
a magical process
that
suddenly
occurs.*

It is not.

[Rather, in order]

*To attain
true spiritual consciousness
it is necessary
to first pay attention to
the not yet fully utilized material
within you.*

Every minute of

- *depression or*
- *anxiety*

and every

- *hopeless or*
- *otherwise negative
attitude*

*toward a situation [i.e., every hopeless or negative attitude toward
a trying or painful situation]*

contains

various options.

But it requires

*an act of inner will
on your part
to*

- *awaken your dormant forces*

and

- *make them [i.e., make your dormant forces]*

*available to you [i.e., available to you and thereby enable you to
choose a positive option when facing moments of
depression or anxiety or an attitude of hopelessness
when facing a negative or trying situation].*

	<p><i>When the</i></p> <ul style="list-style-type: none">• <i>already available potentials [i.e., potentials of your consciousness as it is now] are being used,</i> <p><i>a much greater power of</i></p> <ul style="list-style-type: none">• <i>spiritual consciousness unfolds</i><ul style="list-style-type: none">• <i>gradually and</i>• <i>organically.</i>
40	<p><i>Often people</i></p> <ul style="list-style-type: none">• <i>go through various spiritual practices</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>wait for a miraculous manifestation of the greater consciousness [i.e. a MIRACULOUS manifestation of the greater consciousness through which they hope to face their problems and make positive choices],</i> <ul style="list-style-type: none">• <i>while their immediate [i.e., their immediate and available]</i><ul style="list-style-type: none">• <i>mind and</i>• <i>thought power</i><p><i>is ensnared in [i.e., is ensnared in rather than used to deal with] the same negative</i></p><ul style="list-style-type: none">• <i>attitudes,</i>• <i>feelings, and</i>• <i>thoughts.</i> <p><i>They [i.e., These people going through spiritual practices and waiting for these practices to result in MIRACULOUS manifestation of a greater consciousness that will eliminate these negative attitudes, feelings, and thoughts,]</i></p> <p><i>must</i></p> <p><i>either</i></p> <ul style="list-style-type: none">• <i>be disappointed</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>experience delusions.</i>

	<p><i>No</i></p> <ul style="list-style-type: none">• <i>exercises,</i>• <i>efforts,</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>hope for grace</i> <i>intervening from</i> <i>outside</i> <i>can bring you</i> <i>genuine</i><ul style="list-style-type: none">• <i>awareness</i><i>and</i> <i>genuine</i><ul style="list-style-type: none">• <i>manifestation</i> <i>of your spiritual self.</i>
41	<p><i>The creative energy</i> <i>that is inherent in</i><ul style="list-style-type: none">• <i>thoughts</i><i>and</i><ul style="list-style-type: none">• <i>thought processes</i><i>is totally underestimated</i> <i>by most human beings.</i></p> <p><i>Hence,</i> <i>your processes for</i><ul style="list-style-type: none">• <i>creating and</i>• <i>re-creating</i><i>life [i.e., your thoughts and thought processes for creating and</i> <i>re-creating life that are currently and</i> <i>immediately available to you]</i> <i>are neglected.</i></p> <p><i>Making use of</i> <i>this creative power [i.e., Making use of this creative power in your</i> <i>currently and immediately available thoughts and thought processes]</i> <i>is a</i><ul style="list-style-type: none">• <i>challenging</i><i>and</i><ul style="list-style-type: none">• <i>fascinating</i> <i>undertaking.</i></p>

*Right now
you can explore the recesses of
your conscious mind
to search
for*

- new,*
- better,*

and

- more creative
ways of
• meeting difficulties,*

for more

- realistic and*
- constructive
ways of
• reacting.*

*You do
not have to
react
the way you do;*

*you have at your disposal
many possibilities
of*

- thinking,*

of

- directing your
• thoughts,
• thought processes,
and
• attitude patterns
to a new goal.*

42	<p><i>To whatever degree</i></p> <ul style="list-style-type: none">• <i>proper self-identification</i> <p><i>has</i></p> <p><i>not</i></p> <p><i>taken place,</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>you find yourself</i> <p><i>still</i></p> <p><i>secretly</i></p> <p><i>identified with</i></p> <p><i>the aspects of you</i></p> <p><i>which you</i></p> <ul style="list-style-type: none">• <i>most hate</i> <p><i>and therefore</i></p> <ul style="list-style-type: none">• <i>resist even observing,</i> <p><i>to that degree</i></p> <p><i>your consciousness</i></p> <p><i>is unable</i></p> <p><i>to avail itself of its</i></p> <ul style="list-style-type: none">• <i>options</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>possibilities.</i>
43	<p><i>When you begin to pose the question to yourself,</i></p> <p><i>"What attitude</i></p> <p><i>do I</i></p> <p><i>choose</i></p> <p><i>toward</i></p> <ul style="list-style-type: none">• <i>what I now observe in me</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>what I do not like?"</i> <p><i>you have made</i></p> <p><i>one of the most significant discoveries</i></p> <p><i>in this present phase</i></p> <p><i>of your evolution.</i></p>

This [i.e., Posing this question to yourself, “What attitude do I CHOOSE toward what I now observe in me and what I do NOT LIKE?”]

***does
not
require
a subliminal breakthrough
of the profounder spiritual self.***

[Rather]

It [i.e., Posing this question to yourself, “What attitude do I CHOOSE toward what I now observe in me and what I do NOT LIKE?”]

***simply means
using
what you
already
have made available to yourself
in the course of
millennia
of evolution.***

44

***What are your choices
as you observe
the destructive
• attitudes and
• intents
within you?***

*You can choose –
which you have done until now,
only
without awareness –*

- *to be totally*
 - *dismayed and*
 - *hopeless,*
thinking
 - *that it is impossible*
to ever be different and
 - *that this is all there is to you,*

or, equally erroneously,

- *[to] imagine that you*
have the power
to make an
 - *immediate*
and
 - *drastic*
change.

*This last attitude [i.e., This attitude of imagining you have the power to make
IMMEDIATE and DRASTIC CHANGE]*

*is no more positive
than*

*the previous one [i.e., the attitude of feeling dismayed and hopeless,
thinking change is impossible and that the
negative is all there is to you].*

*Because it [i.e., Because this attitude of imagining you have the power to make
IMMEDIATE and DRASTIC CHANGE]*

*is based on unreality,
it must lead*

to

- *inevitable disappointment*

and

to

- *an apparently even more justified negativity.*

• *Unrealistic hopelessness*
and

- *unrealistic magical hope*
are the two extremes
which lead to a vicious circle.

45

But
do you not have
other options available?

Isn't it possible,
with your mind as it is now,
to choose
other modalities?

[As another option,]
Say,

"It is
• likely
and
• predictable
that I will
• forget
and
• become involved again in
• the old blindness
and
• its conditioned reflexes.

But this need not deter me.

I will have to
• struggle again
and
• grope to find,
over and over,
my key.

I can
do this,
and
I will
do this
and thereby
gradually
build new
• strength,
• resources and
• energies.

*I will not be deterred
by the fact that
building a beautiful edifice
requires patience.*

*I will not be childish enough
to expect this to be done
at once.*

*I want it and
will use
all my powers to do it,
but
I will be*

- *patient and*
- *realistic.*

*I would like
the spiritual powers
in me
to guide me,
but
if I cannot perceive the guidance yet
because at the beginning of this undertaking*

- *my energies
are too dense and*
- *my consciousness
too dulled,*

I will

- *trust*

and

- *wait*

and

- *persevere.*

*I want to give
my very best
to the venture of living.*

	<p><i>I will try over and over again to</i></p> <ul style="list-style-type: none"><i>• identify,</i><i>• observe,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• articulate</i> <p><i>what I do not like [i.e., what I do not like about myself], without being identified with it [i.e., without being identified with what I do not like about myself].</i></p> <p><i>I will grope for new ways of understanding it all, so that I will eventually grow out of it."</i></p>
46	<p><i>Such an attitude is at your disposal.</i></p> <p><i>It is</i></p> <ul style="list-style-type: none"><i>• not magic.</i> <p><i>It is</i></p> <ul style="list-style-type: none"><i>• an immediately available choice.</i> <p><i>You can start now with the attitude that you would like to</i></p> <ul style="list-style-type: none"><i>• observe and</i><i>• identify,</i> <p><i>rather than</i></p> <ul style="list-style-type: none"><i>• be submerged in</i> <p><i>what you hitherto did not even wish to acknowledge.</i></p>

• *These*
and
• *other*
• *attitudes and*
• *options*
exist
in every possible
• *dilemma*
and
• *difficulty.*

Knowledge
exists in you
which you can
bring to bear upon
what you observe.

If you
use this available knowledge
you
expand
• *the knowledge*
as well as
• *the scope of your*
• *attitudes*
and
• *feelings.*

47

The more
you do this [i.e., the more you use your available knowledge],
the more the
• *infinitely greater and*
• *unlimited*
consciousness
of your
as yet submerged
spiritual self
will integrate itself
into
your conscious mind,
and
you will become it [i.e., you will become your as yet submerged spiritual self].

As I said previously [*See Pathwork Lecture 182 The Process of Meditation (Meditation for Three Voices: Ego, Lower Self, Higher Self)*],
this [*i.e., using your present available knowledge in your state of consciousness as it exists now*]

**happens best
in a threefold dialogue:**

the dialogue of

- **the conscious self** [*i.e., of the ego*]

with

- **the demonic aspects**, [*i.e., the lower self*]

the dialogue of

- **the conscious mind** [*i.e., the ego*]

with

- **the divine self** [*i.e., the higher self*],

and

the dialogue

between

- **the divine self** [*i.e., the higher self*]

and

- **the demonic self** [*i.e., the lower self*].

In all three of these possibilities [*i.e., In all three of these possible dialogues among the ego, the lower self, and the higher self*],

both sides

alternately

- **speak**

and

- **listen,**

as in

every meaningful conversation.

But this threefold dialogue [*i.e., But this threefold dialogue among the ego, the lower self, and the higher self*]

comes only

at a later stage

of your development.

Therefore [i.e., Therefore, because this threefold dialogue among the ego, the lower self, and the higher self comes only at a later stage of your development],

the more you can

- *perceive and*
- *observe*

in this way [i.e., the more you can perceive and observe in this way of practicing this threefold dialogue way of using your current knowledge and current level of consciousness],

*the easier it will become
to make
the next leap:*

*the realization of
your true spiritual identity.*

You will then [i.e., In realizing your true spiritual identity, you will then] truly know

that this

- *incredible,*
- *beautiful,*
- *limitless*

consciousness

is

*the real you,
where*

- *all the power lies*

and

where

- *there is nothing to fear.*

48

*My friends,
this lecture
also requires
diligent attention.*

*Much of the material
cannot be taken in at first
because
it is difficult.*

***It [i.e., Taking in this material]
requires you to***
 • ***concentrate***
 your mind
and
 • ***use***
 your good will,
and also
 • ***contact***
 through
 meditation
 higher realms of
 • ***spiritual reality***
 and
 • ***power***
 to help you
 • ***absorb***
 and
 • ***put to use***
 what I have said.

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