Pathwork Lecture 137: Balance of Inner and Outer Control

1996 Edition, Original Given October 29, 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 <u>not</u> <i>bolded.*] To learn more of my Devotional Format and see the lectures I have done in this way, go to <u>https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/</u> *Gary Vollbracht*

Content
Greetings,
my dearest friends.
There is a
• great,
• warm
current of
• strength
and
• love
gathered here.
<i>This blessing</i> [i.e., <i>This blessing of a great, warm current of strength and love gathered here</i>]
is the result of
your
• efforts,
your
• growth,
your
• struggle
in the right direction.
8

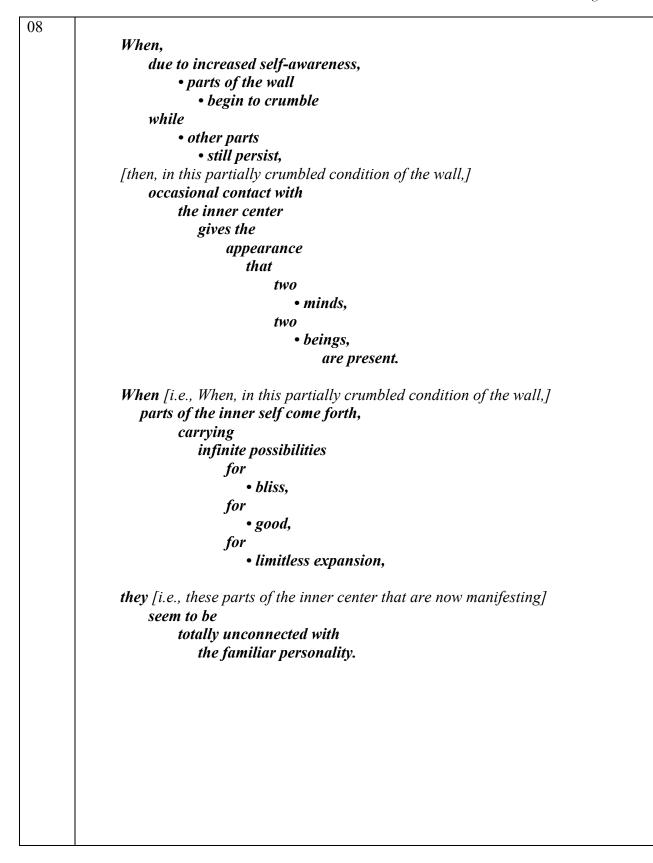
	Every one of you here has contributed to it [i.e., has contributed to this blessing of a great, warm current of strength and love gathered here] – as also have some of my friends who are not present tonight.
04	With this lecture
	I shall try to help you
	a step further
	toward the goal.
	Now,
	what is the goal?
	• Spiritual literature
	and
	 religious teachings, in all cultures
	• in an cunures and
	• in all places,
	• in one form
	or another,
	• century
	after century,
	always speak about
	• "the Fall of the Angels," or
	or • "the fall from grace."
	What does this mean [i.e., What does this phrase, "the Fall of the Angels," or "the fall from grace," mean] ?

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Humankind
    usually interprets
         "the Fall"
            in a literal way,
                • as an event in
                   • time
                 and
                   • space,
                • as something that happened
                   • once upon a time
                       • in a certain place.
        [With this literal view, it is perceived that]
            Through their actions,
                some individuals
                   • were displaced
                       from one spot to another –
                  or
                   • sent down
                       to another geographical sphere.
This, of course, is a
    gross misunderstanding,
        for
            • what is meant by the story [i.e., for what is meant by
                                                     the story of "The Fall"],
          and
            • what seems so hard
                for people to understand,
                   is nothing more and nothing less
                       than
                          a change in one's state of mind
                               [or change in one's state of consciousness].
To be separated
    from God
        is
            a state of
                • mind,
          or
            a state of
                • consciousness.
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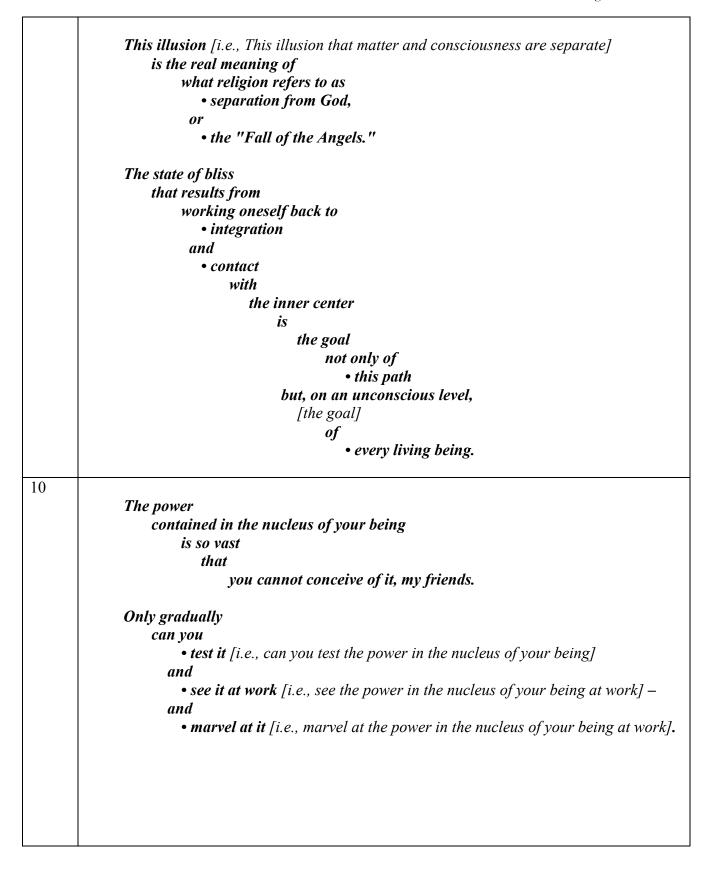
	And to return
	to
	• God,
	to
	• one's Creator,
	is again
	• a state of
	consciousness.
05	
	After you have reached
	a certain stage
	on your path of development,
	you discover
	within yourself a
	• power
	and
	• intelligence
	other than
	your usual conscious mind,
	which feels as though
	it were
	a separate being.
	\boldsymbol{A}
	• different,
	• vaster
	kind of being
	seems to be dwelling within.
	It is as though
	two brains
	existed –
	• the second,
	 recently discovered,
	being much wiser
	in its guidance
	than
	• the old one.

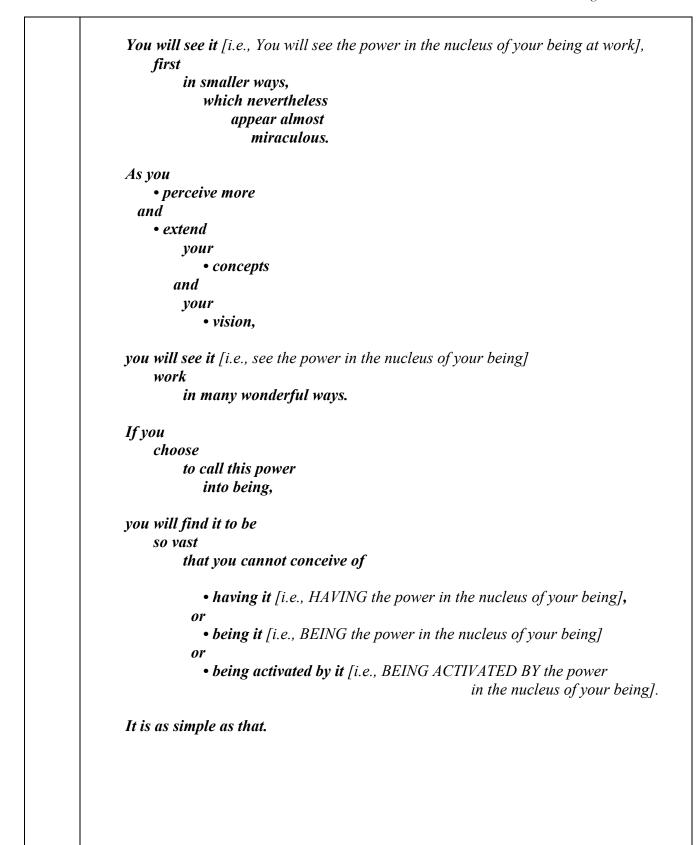
	It [i.e., This recently discovered "second brain" or "second being"] makes you experience yourself in a much more satisfying way [i.e., more satisfying way than did the "first brain" or usual or "former" consciousness].
06	
	Of course, this [i.e., this "two-brains" or "two consciousnesses" experience of yourself] is an illusion, because there are not
	two separate entities,
	<i>but at this point</i> [i.e., this point, where you are aware of a "second" consciousness,] you have taken the first step toward
	your
	reunification with the Divine.
	You are no longer completely separated from it [i.e., no longer completely separated from the Divine, from God].
	[Rather,] You are able to be • activated and • moved
	by it [i.e., activated and moved by the Divine, by God]. It is all one consciousness, though still • separated or • divided.
	This separation [i.e., This SEPARATION or division of the ONE consciousness] constitutes what in religion is referred to as the "Fall of the Angels."

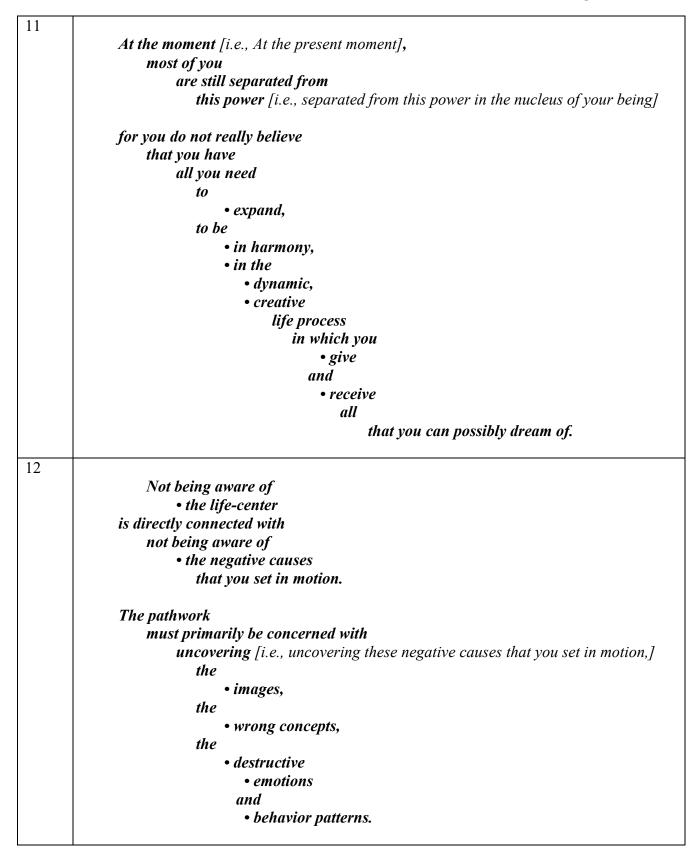
	In psychology, a different terminology [i.e., a terminology different from the term,
	"reunification with the Divine"
	is used to describe the identical process.
	Integration [i.e., "Integration," the term used in psychology] means
	nothing other than reunification with the Divine.
	Psychology also acknowledges that the
	 integrated, healthy
	person
	functions from the center of his or her being.
07	The conquestion from
	The separation from the center
	is the wall of
	not knowing that this inner center of
	• wisdom,
	• love
	and
	• power exists.
	You therefore [i.e., Because you do not even know this inner center of WISDOM, LOVE, and POWER exists in you, you therefore]
	do not seek contact with it [i.e., contact with this inner center], hence
	more
	• confusion,
	• error and
	• ignorance
	arise.
	The less aware
	you are of this inner center,
	the greater your separation from it will be.



09	
	This inner center
	is
	the divine consciousness.
	It [i.e., This divine consciousness]
	permeates
	the entire universe,
	<i>it</i> [i.e., this divine consciousness] <i>comprises all.</i>
	Hence,
	<i>the inner center</i> [<i>i.e.</i> , <i>the inner center</i> , <i>or the divine consciousness</i> ,] <i>of</i>
	• each human being
	is one with
	the inner center [i.e., the inner center, or the divine consciousness] of
	• every other human being.
	All [i.e., All human beings]
	are filled with
	the living unity
	that knows
	no
	• conflict
	and
	no
	• limitation.
	The creative power
	at work in
	any
	life process
	is all one and the same.
	The separation of
	• matter
	and
	• consciousness
	is
	illusion.







13 The negative part of the personality can [i.e., can, like the inner center or divine consciousness in you,] also appear as a • separate, • foreign consciousness dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
can [i.e., can, like the inner center or divine consciousness in you,] also appear as a • separate, • foreign consciousness dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
also appear as a • separate, • foreign consciousness dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
• foreign consciousness dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
consciousness dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
dwelling within. In the first attempts to bring • hitherto unconscious • destructive	
In the first attempts to bring • hitherto unconscious • destructive	
to bring • hitherto unconscious • destructive	
 hitherto unconscious destructive 	
• destructive	
material	
to the surface [i.e., to the surface, and thereby make it conscious],	
the individual	
often feels as though	
an 	
• indwelling • destructive	
entity,	
over which there is no control,	
were at work.	
You first	
ascribe negative events	
to fate,	
and	
you fear	
• the world	
and	
• life.	

```
Then, when you
    uncover [i.e., when you uncover and make conscious]
        your unconscious [i.e., your hitherto unconscious]]
            destructiveness,
you begin to fear [i.e., you begin to fear not only the world and life but also to fear]
    your own unconscious,
         over which [i.e., over which, as with your fate in life,]
           vou
                seem to have
                   no control.
Here, too, [i.e., Here, too, with your now conscious destructiveness, and as with
                                      your divine center or divine consciousness,]
  you feel as though
        two separate entities
            were involved:
                • your familiar conscious self,
                   with its
                        • aims
                     and
                        • thoughts,
              and
                • the newly discovered unconscious,
                   with its
                        entirely opposite [i.e., with, entirely opposite to your
                                 CONSCIOUS self's positive aims and thoughts, its]
                           negative
                               • aims
                             and
                               • thoughts.
As you proceed in the work
    you gradually eliminate
        the separating factors [i.e., the factors separating your conscious
                       and unconscious selves].
You begin to
         • own up to
      and
         • feel responsible for
            this indwelling "entity."
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	You
	• connect with it [i.e., connect with this indwelling "entity"] and
	• can identify with it [i.e., identify with this indwelling "entity"].
	Hence you can take responsibility for it [i.e., take responsibility for this indwelling "entity"] and
	• become one with it [i.e., become one with this indwelling "entity"].
	Its workings [i.e., This indwelling "entity's" negative workings] are no longer separated from your conscious will.
	Thus your ego integrates with a part of yourself [i.e., the part of yourself that is negative and destructive,] that has led you into blind alleys.
	But now the wiser ego can determine the way.
	The struggle between
	• the educated ego and • the indwelling destructive element
	ceases as soon as
	the outer ego is able to recognize its oneness with
	the destructive element.
14	The process is identical
	when you meet the divine center.
	You are at first as unaware of
	<i>it</i> [i.e., as unaware of the divine center] <i>as you are of</i> [i.e., as you are unaware of] <i>the destructive processes.</i>

```
As the mind
    • questions
        its previous perception
 and
    • begins to visualize
        new possibilities,
what was
    • buried [i.e., what was buried and UNCONSCIOUS]
        comes to
            • the fore [i.e., comes to the fore and hence becomes CONSCIOUS].
This process [i.e., This process by which what was buried and UNCONCSIOUS
                                     comes to the fore and becomes CONSCIOUS]
    applies to
        • the destructive
      as well as to
        • the most
            • constructive
          and
            • creative
                elements
                   in you.
The manifestations of both [i.e., The manifestations of BOTH these heretofore
                              unconscious divine aspects AND these heretofore
                              unconscious destructive aspects]
    at first
        seem
           disconnected from
                the self.
Only when you accept
    that they [i.e., that both these divine aspects and destructive aspects],
        too,
            are
               part of the self
can the self
    • own up to them
  and
    • integrate them.
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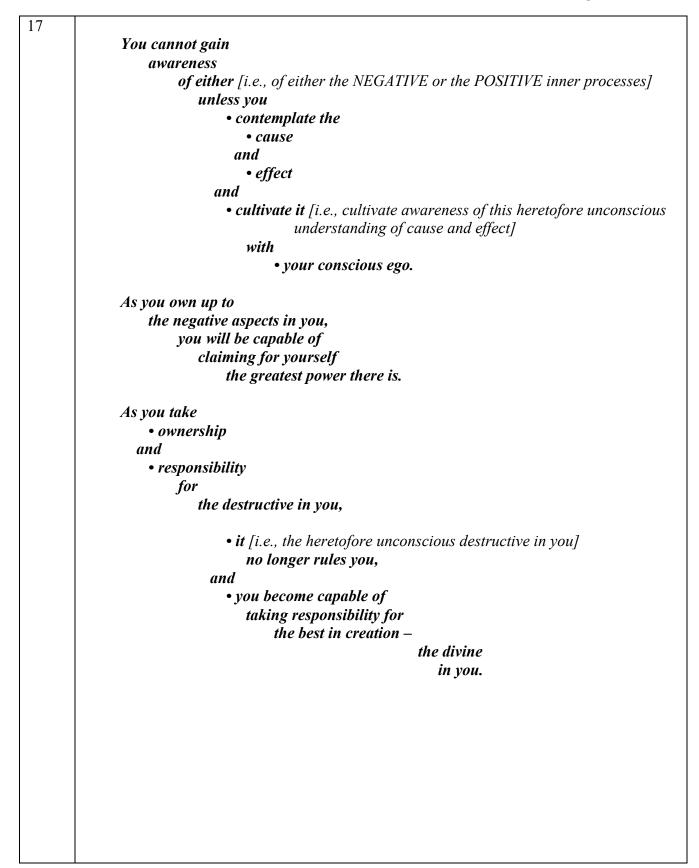
	<i>In this process</i> [i.e., In this process of owning-up to and integrating both these divine aspects and destructive aspects] • the negative
	• dissolves,
	and
	• the Divine
	• activates
	and
	• moves
	the conscious ego
	more
	and more,
	until
	the ego
	becomes
	one with it [i.e., the ego becomes integrated
	one with the Divine].
	one with the Divinej.
15	
	Consider
	any
	• momentary
	• undesirable
	• mood
	or iteration
	• situation
	you seem
	unable
	to change.
	Somewhere
	in you
	there must be a point
	where
	you
	have
	deliberately
	produced
	the undesirable element,
	otherwise
	you would not be in
	this situation [i.e., you would not be in this
	undesirable situation].

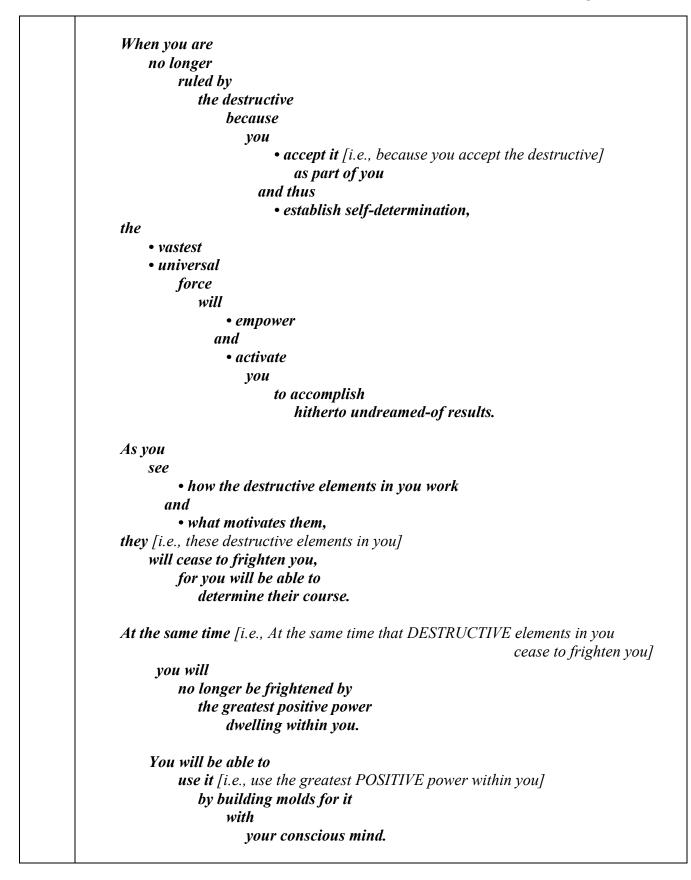
As long as you
ignore the
connection
between your
• wanting
the result you now suffer from
and
• experiencing
this result,
you must be
• frantic
and
• frightened.
You do your best
not
to admit
<i>that this</i> [i.e., that this situation you now suffer from]
is
a self-induced process, however;
you prefer [instead]
to attribute it [i.e., attribute this situation you now suffer from]
to unkind fate.
You struggle
against seeing
your own involvement.
But once you [i.e., But once you stop struggling against seeing your own involvement
in CAUSING this suffering and instead]
want
to see the connection [i.e., WANT to see the connection between your
involvement in CAUSING this suffering and experiencing this suffering],
you will see it.
Then [i.e., Then, when you see the connection between
your painful situation and how YOU are CAUSING it]
you will be
free,
even while
you are still
imperfect.

```
Where you have
    made this recognition [i.e., this recognition that YOU have somehow
                                      CAUSED and brought this suffering about]
you will no longer feel
    • helpless
  and
    • controlled
        by powers you cannot understand.
If [i.e., If, on the other hand,]
    you
         • ignore your part
            in creating your present predicament
      and
        • deny that you
            continue
                to activate it,
you truly
    defeat yourself.
You must recognize this fact [i.e., this fact that YOU have had a part in creating
                                                            your painful situation]
    and thus
         eliminate
            your ignorance [i.e., eliminate your ignorance in thinking that
                       you did NOT have a part in creating your painful situation].
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16 The moment you consider that • whatever you experience is a result of • some cause you have set in motion, the moment you say "I must somehow have produced it, I want to see where and how" and then • let go and • let your • positive • inner powers produce the answers, you must inevitably come into possession of this knowledge [i.e., this knowledge of how YOU have somehow brought this painful situation about]. *In that moment* [i.e., In that moment when you accept your being the cause and understand how you have somehow brought this painful situation about], you will experience the first inkling of • peace and of a state of • fearlessness, because you are, within yourself, contemplating your own • cause and • effect.

I have discussed this in different contexts before. I repeat it because a number of my friends need it badly. The truth is easily forgotten when it has not become second nature in the process of growing. It is also necessary to outline again the parallel between the • negative and • positive inner processes. The more aware you are of both [i.e., of both the positive AND negative] possibilities within, the more you can • integrate and • *identify* with both [i.e., both the positive AND negative possibilities within yourself], so that • the negative • dissolves and • the positive • takes over.

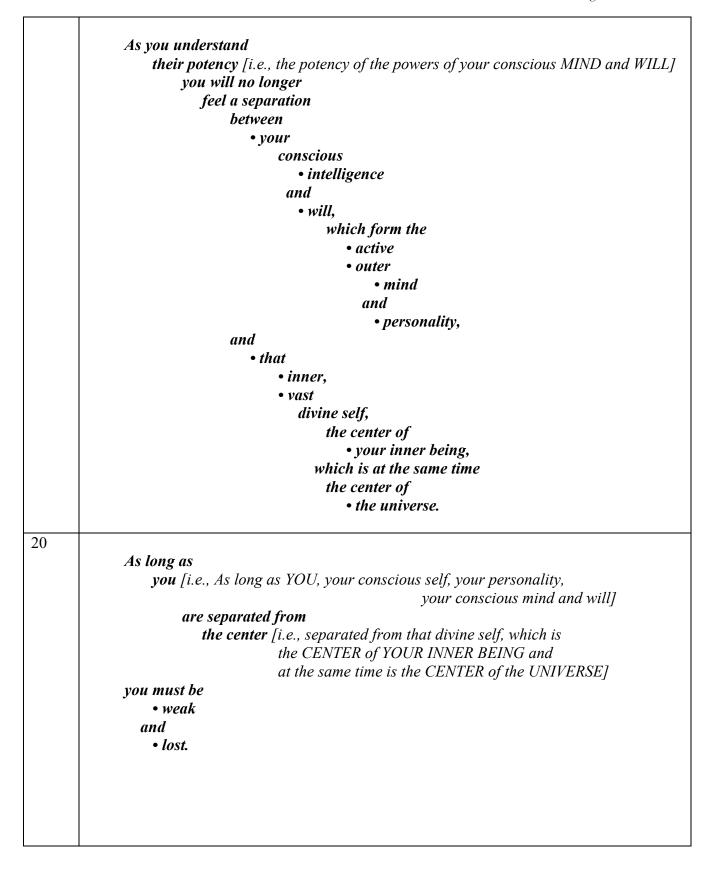




	As long as
	you fear
	• the destructive
	in you,
	you must
	also fear • the divine
	in you.
	You will
	cease to fear
	the destructive
	only
	if and when
	you are willing
	to face it squarely.
18	
10	Becoming integrated with
	your divine center
	does
	not happen
	all at once.
	As you know,
	these processes [i.e., these processes of DISSOLVING the destructive aspects
	in you and INTEGRATING WITH your divine center]
	are gradual.
	In some areas you
	may already be
	• quite free
	and
	may have
	• established
	a direct contact with
	the center of the inner self,
	which brings
	the most favorable consequences
	in • inner
	and
	• outer
	life experience.
	ije experience.

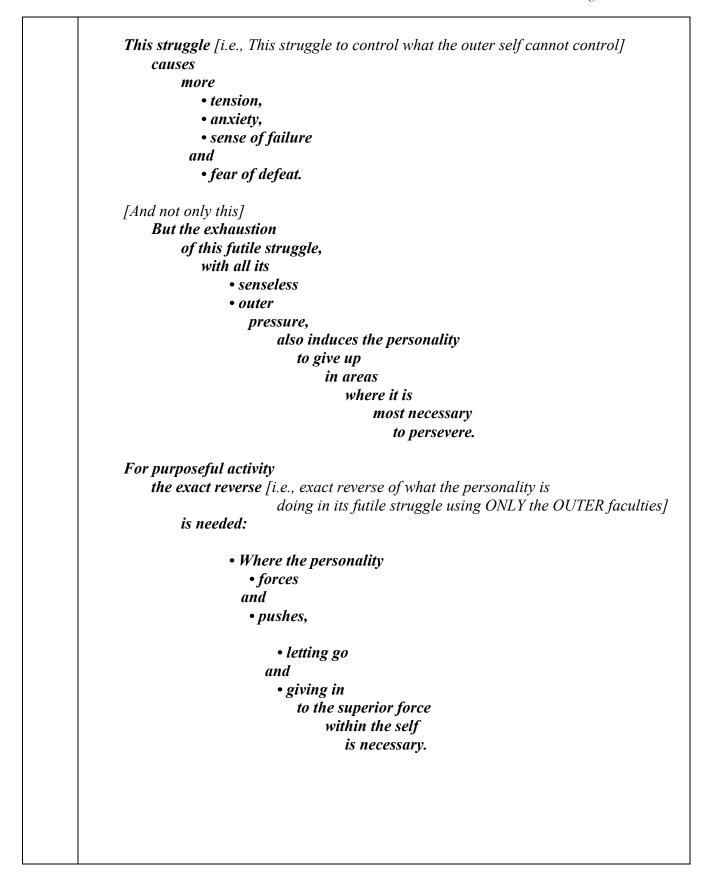
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Other areas
    may still be
         walled in
            bv
                lack of awareness.
In those areas [i.e., In those areas where you are still walled in by lack of awareness]
    vou may
        still not see
            • where
          and
            • how
                vou activate
                   the negative processes,
  and therefore [i.e., and therefore, in those areas where you do not see
                                       how YOU activate the NEGATIVE processes,]
    • vou
        cannot
            deliberately
                activate
                   the positive ones [i.e., the positive processes].
Your will [i.e., Your WILL to deliberately activate the POSITIVE processes in those
              areas where you do not see how you activate the NEGATIVE processes]
    is
         • blocked
      and
        • paralyzed.
You may be perfectly able to
    • communicate with
        your inner nucleus and
    • he
         • guided and
         • moved
           by it [i.e., guided and moved by your inner nucleus]
                in wonderful ways
                   in all areas
                       where you have gained freedom
                          through awareness,
but in areas of
    unawareness [i.e., unawareness of how you activate the NEGATIVE processes]
        you are incapacitated
           from doing so [i.e., from being guided and moved by your inner nucleus].
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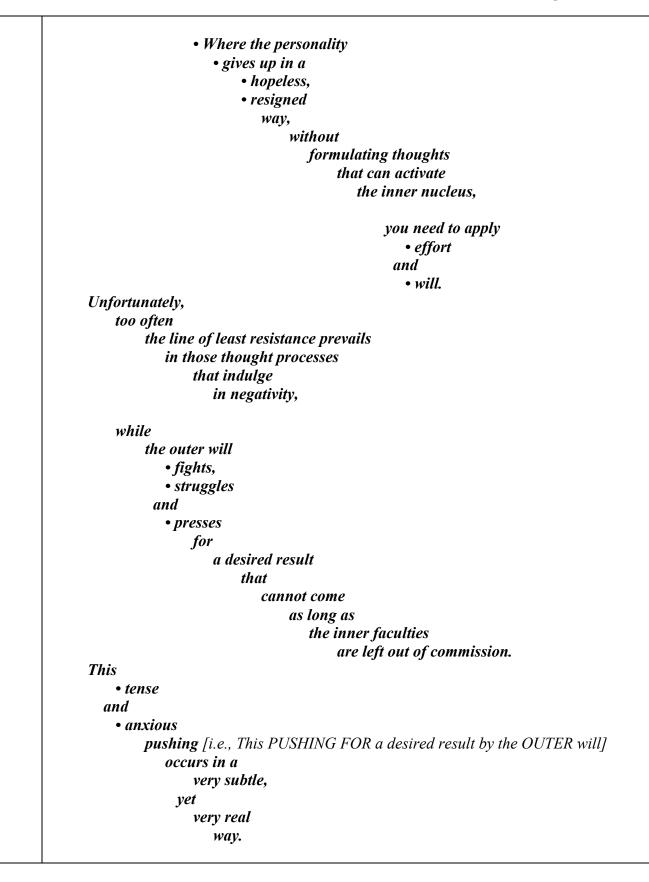
	Hence, in these areas [i.e., these areas of unawareness of
	how you activate the NEGATIVE processes]
	you are separated
	from knowing
	what destructive elements are at work
	as well as
	from the power
	that can help you
	grow out of
	this disconnection [i.e., grow out of this disconnection from
	knowing what destructive elements are at work].
	For such situations
	this lecture will be helpful.
	inis icciare wai be neipjai.
19	
- /	You will learn to understand
	• how these laws work [i.e., how these laws of cause and effect work]
	and
	• how you can
	use
	the powers of your
	• mind
	and
	• <i>will</i> .
	77 666.



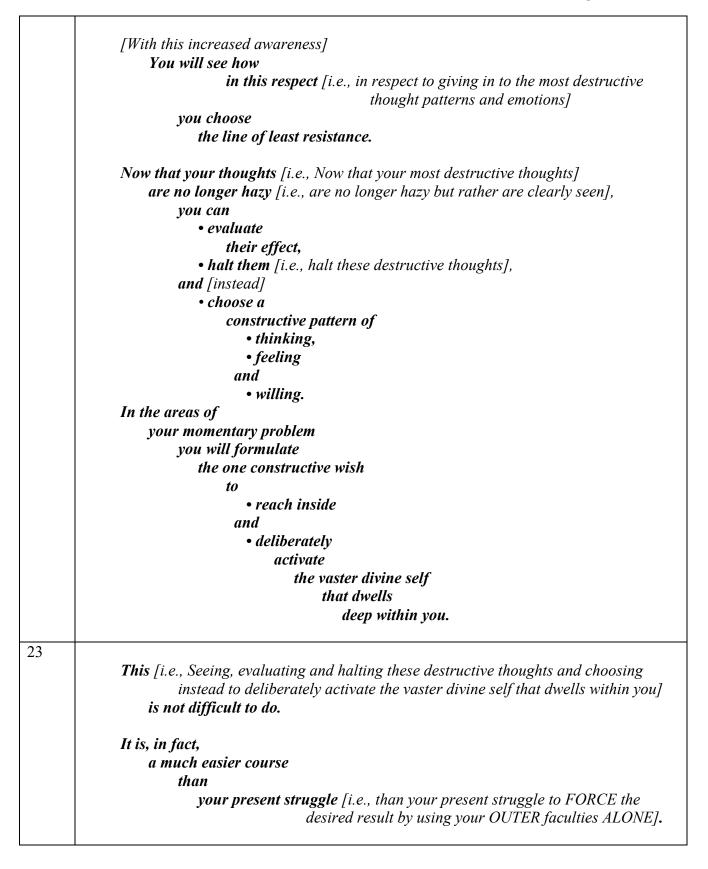
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Your separated
    • brain
  and
    • personality
        cannot do
           what can be accomplished
               solely
                   in cooperation with
                       the inner center [i.e., in cooperation with that divine self,
                              which is the CENTER of YOUR INNER BEING and at
                              the same time is the CENTER of the UNIVERSE].
The outer personality levels
    serve one purpose:
                • to reach
                   the inner being,
                • to know
                   the power
                       of the inner being,
                • to conceive of
                   • the beauty
                 and
                   • the possibilities
                       of the inner being,
                • to establish a
                   deliberate contact with
                       the inner center.
The outer self
    has to
        allow itself
           to be
                • guided,
                • moved
              and
                • filled
                   with what comes forth
                       from the inner self.
```

	When the outer personality deliberately makes room for it [i.e., makes room for the inner self], the inner self will spontaneously manifest.
	In this process
	• the outer personality
	will eventually
	integrate with
	• the inner nucleus.
21	
	When
	your outer self
	tries to accomplish
	that which
	the inner being alone
	is capable of doing,
	you
	• cannot succeed.
	You must run into
	• confusion
	and
	• difficulties,
	• fear
	and
	• pain.
	You
	• inevitably struggle
	in a most frustrating way.
	In its oblivion
	to the inner core,
	the outer self
	will try as hard as it can
	to control
	what it cannot control.





	It [i.e., this tense and anxious pushing by the personality, by the OUTER faculties,]
	is directed
	toward
	• others
	who, one insists,
	have to behave
	in a certain way
	to enable
	• the self
	to accomplish its goal.
	The nucling
	The pushing is also directed
	toward
	• the resisting self
	which cannot be
	forced
	to feel
	differently
	as long as the personality
	ignores
	5
	that definite "reasons" exist
	for its [i.e., for the resisting self's]
	resistance.
22	
	As you progress on your path,
	you will observe
	this imbalance of control [i.e., this imbalance BETWEEN control by the
	OUTER will alone AND NOT wanting help by the INNER faculties]
	within your personality.
	wanin your personality.
	Then [i.e. Then when you become aways of this imbalance of control]
	<i>Then</i> [i.e., <i>Then, when you become aware of this imbalance of control,</i>]
	you can correct it.
	You will become
	acutely conscious
	of how you
	give in to
	the most destructive
	• thought patterns
	and
	• emotions.
	• emouons.

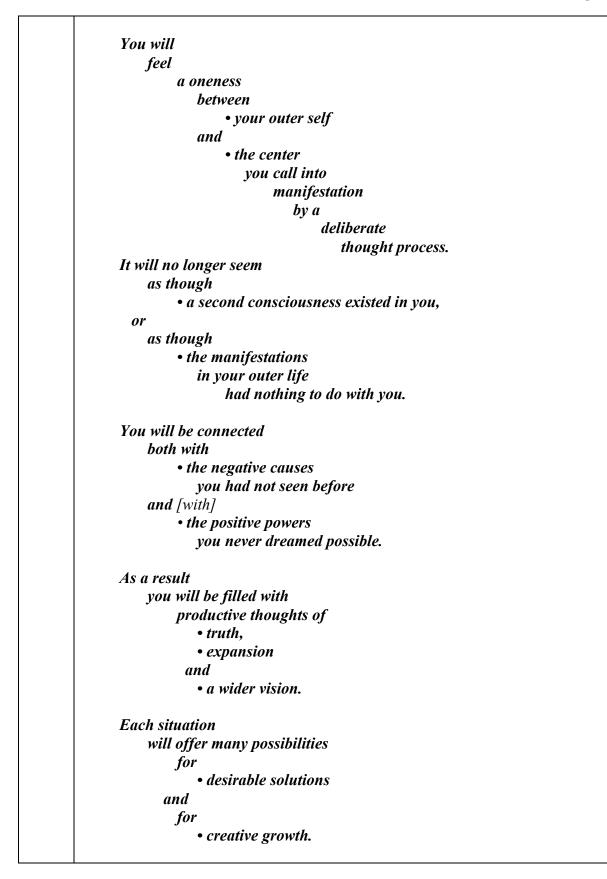


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If only you would say,
         "I, with my outer being,
            cannot solve this problem.
         But I know that I must be in
            • confusion
          and
            • untruth
                because I am
                   driven to
                        • think,
                        • feel
                      and
                        • act
                           in a way that produces
                               • hopelessness,
                               • fear,
                               • frustration,
                               • feelings of doubt.
        I will now
            deliberately
                • contact
              and
                • activate
                   the most constructive center
                        of my innermost being
             and
                • let it [i.e., let the center of my innermost being]
                   move me
                        into the
                           • thoughts
                         and
                           • realizations
                               I need to have right now,
                        into
                           • actions
                         and
                           • feelings
                               that are
                                  • good
                                and
                                  • productive
                                       in this moment."
```

	And then,
	• let go
	and
	• <i>let be</i> –
	and
	• let it [i.e., let your innermost being] move you!
	• Let it [i.e., Let your innermost being] think through you!
	• Let it [i.e., Let your innermost being] feel through you!
	This is all you have to do.
	In this way,
	you activate
	that
	• most potent
	• live
	center.
	It [i.e., That most potent live center] will guide you
	step by step.
24	
	The process I have just described
	is obviously
	not
	• one-time
	and
	• final,
	though at the beginning
	you may feel that way.

You may • pull yourself together and • follow this advice and, indeed, • experience the most favorable result. But then you may assume that • this is it and • no further steps are needed. Of course this does not suffice, because you are still at the beginning of the process of integration, which cannot exist without conscious effort. You must work for integration by the same process of • conceiving, • formulating and • activating the proper • thoughts and • will, of • calling forth the inner center. And you must repeat the process.

25 Each juncture presents different roadblocks to • recognize and • eliminate. Each time • difficulties and negative moods appear, you must • halt the negativity that seems so easy to give in to and • fight to contact the inner being. This is not so hard. *It really is rather easy. Each time you do it* [i.e., you halt the negativity and fight to contact the inner being], you remove another brick from that separating wall [i.e., that wall that stands between your outer self and your divine center, your inner self]. More understanding, more • life must result, so that eventually you will feel this greater power moving you as your *power* [i.e., YOUR power and NOT a separate power].



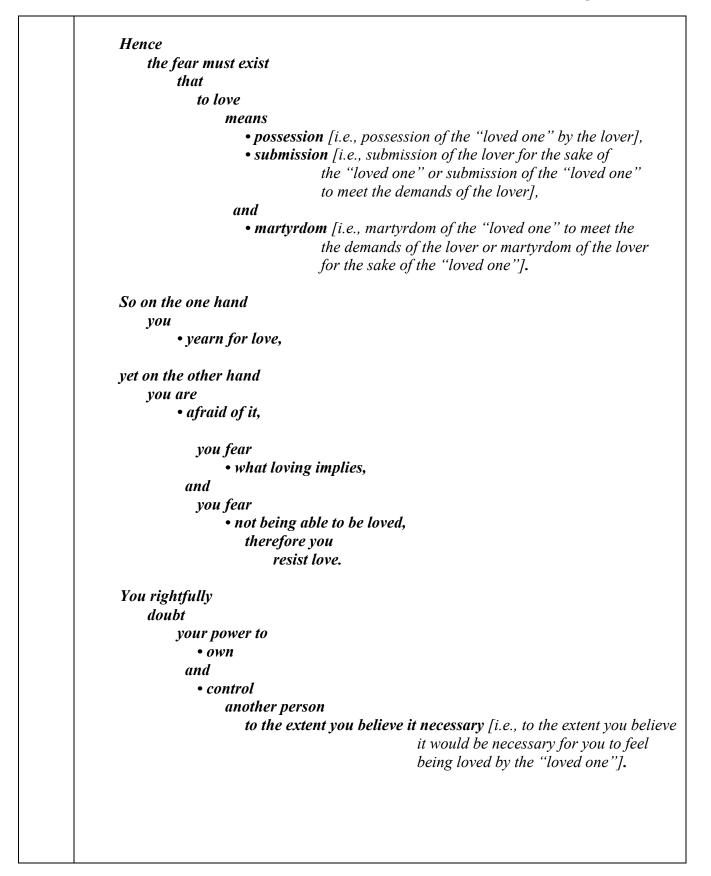
	Уои
	cannot
	emerge
	from any difficulty
	if you
	trust
	the outer mind
	exclusively.
	Let
	• the outer mind
	be filled with
	• the inner being.
	Orale there
	Only then
	can you find the way out
	of each specific problem.
26	
_ 0	The reestablishment of
	the correct balance of control
	can best be demonstrated
	with the following example.
	Each human being
	• needs
	and
	• wants
	love.
	177
	When a
	proper
	balance of control
	exists in this respect [i.e., in this example, in respect to love],
	you give of yourself
	• freely
	and
	• fearlessly.
	<i>jeureesey</i> .

```
At the same time [i.e., At the same time as you give of yourself freely and fearlessly],
    you
        free
            the loved one.
                You do not
                   • force,
                you do not
                   • need to possess,
                you do not
                   • need to own,
              and
                you do not
                   • need to exert a tight
                        • control
                      and
                        • pressure
                           [i.e., you do not need to exert a tight control
                                              and pressure over the "loved one"].
You
   therefore
         cannot be
            • owned
           or
            • controlled
                [by the "loved one"]
                   either.
Hence,
    you need not
        fear
            to
                • love
           and
            to
                • be loved.
```

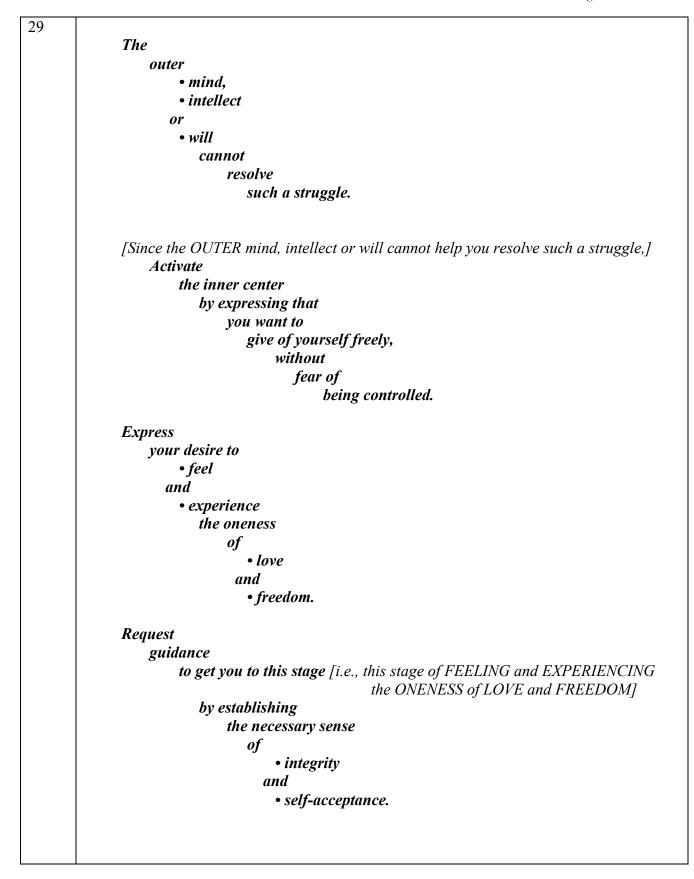
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You must realize,
    in this frame of mind,
         that
            • love
                is the greatest freedom,
         that
            • it [i.e., that love]
                must come to you,
                   if you let it,
          and
            • you do not have to
                • fight
               or
                • push
                   for it.
You can let
    others
         be free
            because
                you know
                   you receive
                       what is yours.
And love
    is yours
         because
           you do not
                • block it,
                • fear
               or
                • resist
                   it.
Love
    is
         a floating continuum
            that can
                never be taken away from you,
                   as long as
                       you
                          do not take it away from
                               yourself.
```

```
There is no end to it [i.e., no end to love],
    as long as
         you
            do not end it.
It [i.e., Love]
    is
         • utterly safe,
            there is
                 no
                    • danger
               and
                 no
                    • conflict
                         attached to it.
    То
         • give of yourself,
    to
         • love
and
    to
         • contribute,
            does not therefore
                 imply
                    a loss of control.
You are
    in the true sense of the word
         "self-determining."
Control,
    in the best sense,
         is
            yours,
                 without
                    • tightness
                   or
                    • fear.
```

27 In • distortion, in • false control, you are again in an either/or situation. You are not loving and • letting free. [Rather] You envisage either the false version of • love or the false version of • letting free. To love in a distorted way is • martyrdom, • self-effacing submission, • self-destruction [all] for the sake of the "loved one." To be loved, in the distorted version, is to • possess and • control the "loved one" *completely* [*i.e.*, *in distortion, the "loved one" must meet the* lover's demands so that the lover feels he or she is BEING *LOVED by the "loved one" – hence the lover dare NOT* let the "loved one" be FREE but rather must possess and control the "loved one" – a distortion of BEING LOVED].



	Fear of
	being controlled –
	to love [i.e., fear to love because in your distortion of love you believe you would have to alter who you are and instead submit to and be controlled by the "loved one's" needs and desires]–
	and
	fear of not being able to control –
	<i>being loved</i> [i.e., fear of being loved because you believe that to be loved you would have to control the "loved one" to make the "loved one" give you your distorted idea of love] –
	lead to
	the false version of
	letting go,
	which is
	• withdrawal,
	• indifference,
	• non-involvement,
	• non-commitment,
	• numbness of feelings,
	• separateness
	and
	• refusal to love.
28	
	When you are involved
	<i>in this distortion</i> [<i>i.e.</i> , <i>in this distortion of LOVE and LETTING GO</i>]
	you cannot see that
	• love
	and
	• freedom
	are one.
	You associate love
	with
	lack of freedom.
	Even if you know better
	intellectually,
	emotionally
	you cannot
	experience
	the mutual freedom of
	true love.
	<i>u u u v v</i> .

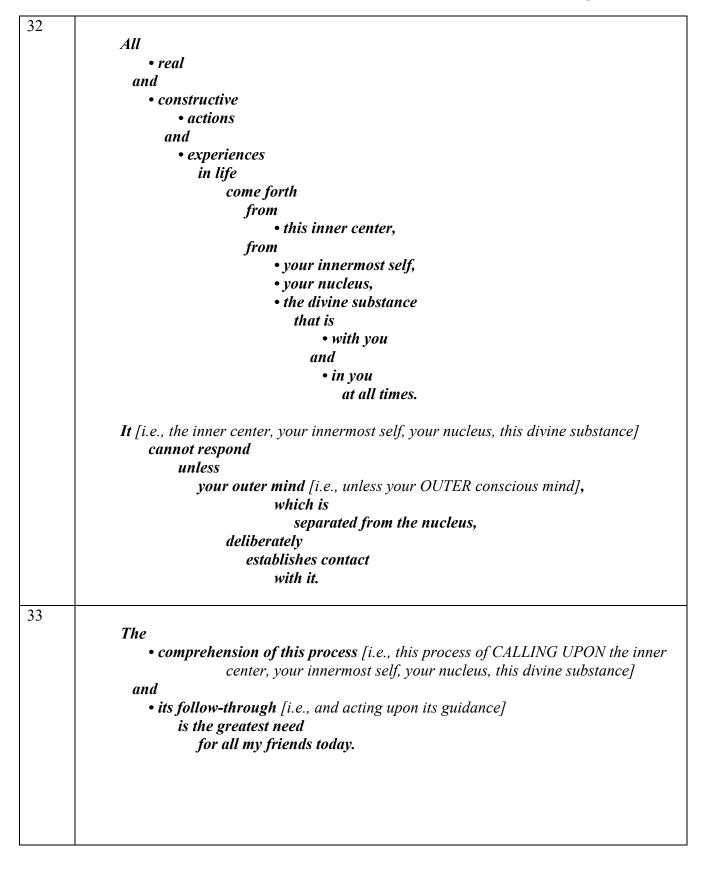


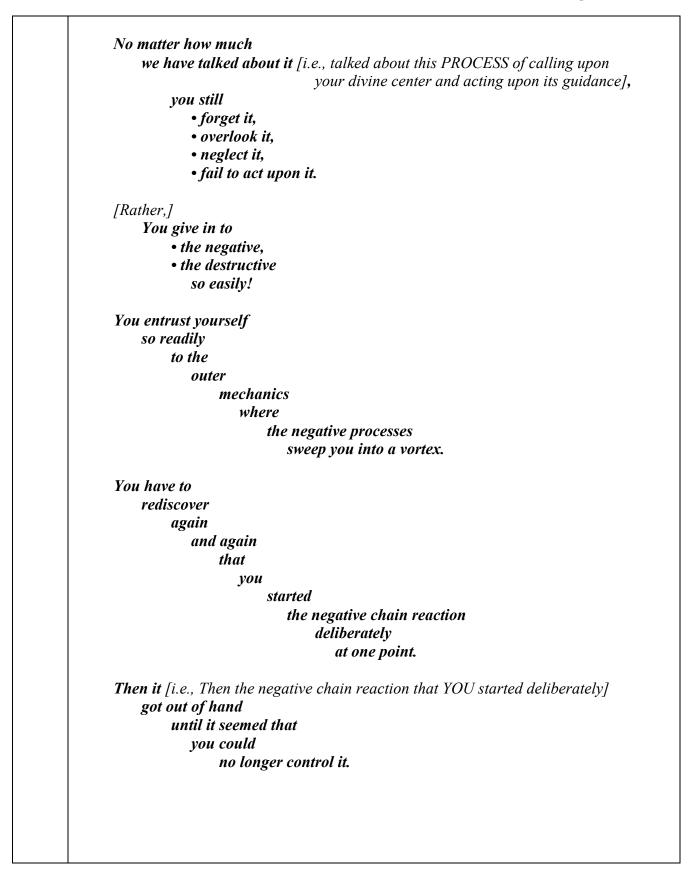
	You will discover that
	the more
	• you love,
	the more
	• freedom
	and La L
	• selfhood
	you have.
	If you
	• express
	<i>this possibility</i> [i.e., express this possibility that the more you love,
	the more freedom and selfhood you will have]
	as a formulated thought,
	and then
	• activate
	the inner powers
	to help you
	<i>experience it [i.e., EXPERIENCE that the more you love,</i>
	the more freedom and selfhood you actually have],
	you must emerge
	from out of
	whatever problem [i.e., emerge from out of whatever problem you have
	related to LOVING or to BEING LOVED]
	you may find yourself in
	at the moment.
30	
	Your
	• loneliness,
	your
	• fears
	and
	• conflicts
	come down to this:
	You do not do
	the only purposeful thing, [namely,]
	to
	activate
	the divine nucleus
	within yourself.

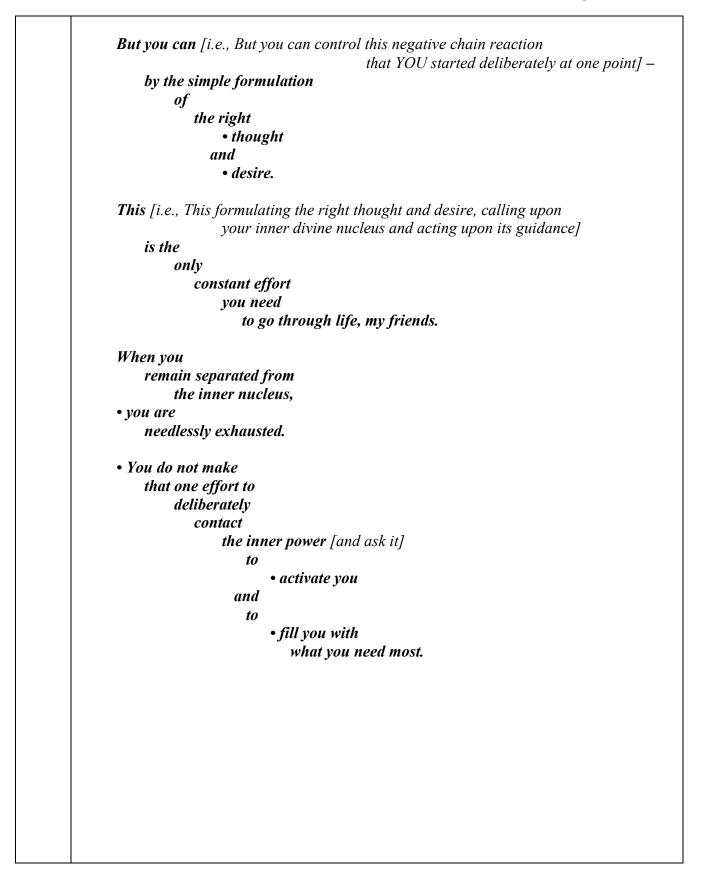
It [i.e., The divine nucleus within yourself] is the only • real, • relaxed and • productive control. For this inner center can indeed solve all problems, if only you let it. *And you let it* [i.e., And you let this inner center solve all problems] only when you call upon it. It is the inner being, right in you, that • knows and • understands the process of • love without danger, of • giving • love and • freedom, and therefore [the process] of • receiving love and • remaining free. Your outer self does not understand this.

	You [i.e., Your OUTER conscious mind] cannot produce a state of mind that you do not truly comprehend.
	[But] Your inner self can help you.
	Call upon it [i.e., Call upon your INNER SELF].
31	Your inner nucleus, with its powers, can solve all
	your problems. Whatever your misconceptions are, this in-dwelling consciousness [i.e., this in-dwelling consciousness of
	your inner divine nucleus] can change them [i.e., can change your misconceptions] into truthful states of mind.
	It [i.e., This in-dwelling consciousness of your inner divine nucleus] is always ready to respond, but it must be
	specifically contacted.
	It [i.e., This in-dwelling consciousness of your inner divine nucleus] will fill you with
	 new, stimulating, challenging thoughts, outlooks
	and • ideas.

• beauty.	
Its [i.e., This in-dwelling guidance is invaluable.	consciousness 's]
If you call upon it [i.e., if yo	ou call upon this in-dwelling consciousness of your inner divine nucleus for guidance],
it must respond, for this is the law.	
This [i.e., This process of	your calling upon this in-dwelling consciousness of your inner divine nucleus and its responding
is no magic,	
<i>it</i> [i.e., this process of you	r calling upon this in-dwelling consciousness of your inner divine nucle
is not an inconceivably di that you have	ifficult feat
You can do it [i.e., you co	an call upon this in-dwelling consciousness of your inner divine nucle
right now, if you so choose.	
if you so choose.	







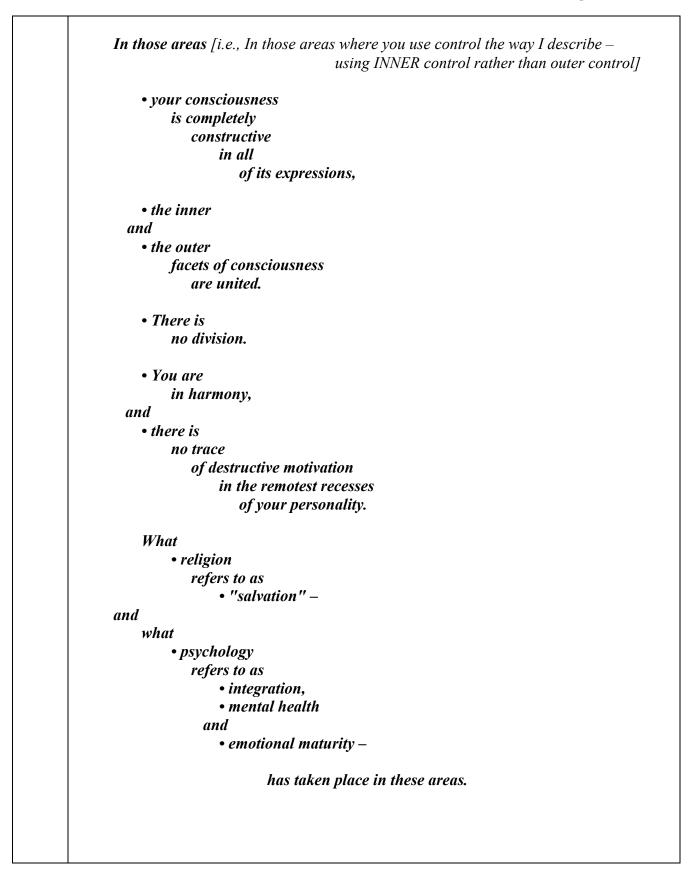
make the effort [i.e., do NOT make the effort to formulate the right th and desire, to call upon your inner divine nucleus, and	When you do not	
you use a hundred times more energy than is necessary to make this specific choice [i.e., than is necessary to make this ch call upon your inner divine nucleus, and to act upon its gu The wasted energy [i.e., The wasted energy you expend in using your OUTER and faculties ALONE to manifest your desires], produces • failure and • disappointment when you give in to the line of least resistance exactly in the area where you need to persevere. You make a tremendous effort to escape the negativity you have • produced and • chosen to submit to		and desire, to call upon your inner divine nucleus, and upon its guidance, and instead use your OUTER mind a
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tremendous effort to escape the negativity you have • produced and • chosen to submit to		where you heed to persevere.
to escape the negativity you have • produced and • chosen to submit to	You make a	
the negativity you have • produced and • chosen to submit to	tremendous effor	t
you have • produced and • chosen to submit to	to escape	
have • produced and • chosen to submit to	the negati	ivity
• produced and • chosen to submit to	•	
and • chosen to submit to	ha	
• chosen to submit to		
in the first place.		
		in the first place.

34 • When you • reverse this process and • use your energy to halt destructive processes, • when you • deliberately *contact* the powers within, your inner wisdom will activate you. This is a spontaneous process that comes quite effortlessly. But first you must • pull your thoughts together. You must • want to entrust the self to the divine power within. You must • make that effort. You must • clearly formulate the desire to emerge from any negative • inner or • outer situation. As you do this, reach for the inner power to lead the way, step by step.

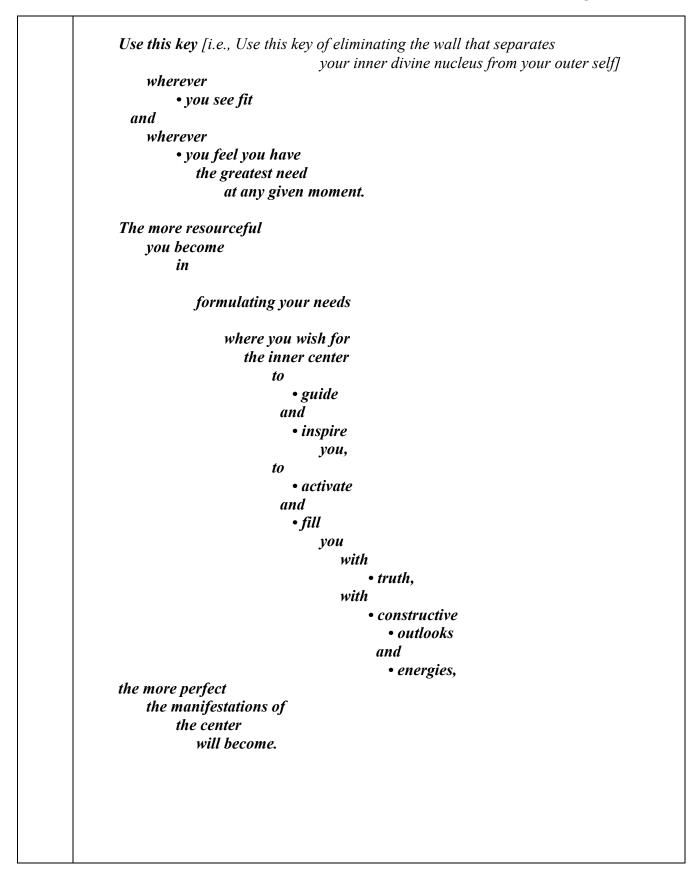
35	
	Do not
	doubt
	the existence
	of your inner core, my friends.
	Even if some of you
	have
	not
	sufficiently experienced
	<i>it yet</i> [i.e., NOT yet sufficiently EXPERIENCED your inner core],
	even if you
	<i>still doubt</i> [i.e., still doubt the existence of your inner core],
	sin uouoi [i.e., sin uouoi me existence of your inner core];
	follow this process anyway [i.e., follow this process of formulating the right thought
	and desire, of calling upon your inner divine nucleus,
	and of acting upon its guidance].
	and of acting upon its guidance.
	You can
	always
	express a
	clearly formulated desire
	for a constructive result.
	Even while
	you doubt
	the existence of
	the immediately accessible
	greater
	• wisdom
	and
	• power
	within yourself,
	honestly test it [i.e., HONESTLY TEST whether or not
	this greater wisdom and power within yourself exist]
	by allowing it
	to manifest
	"if it exists."
	If you merely
	argue against it [i.e., merely argue against the existence of this
	inner wisdom and power],
	you are
	not honest
	in your doubt.

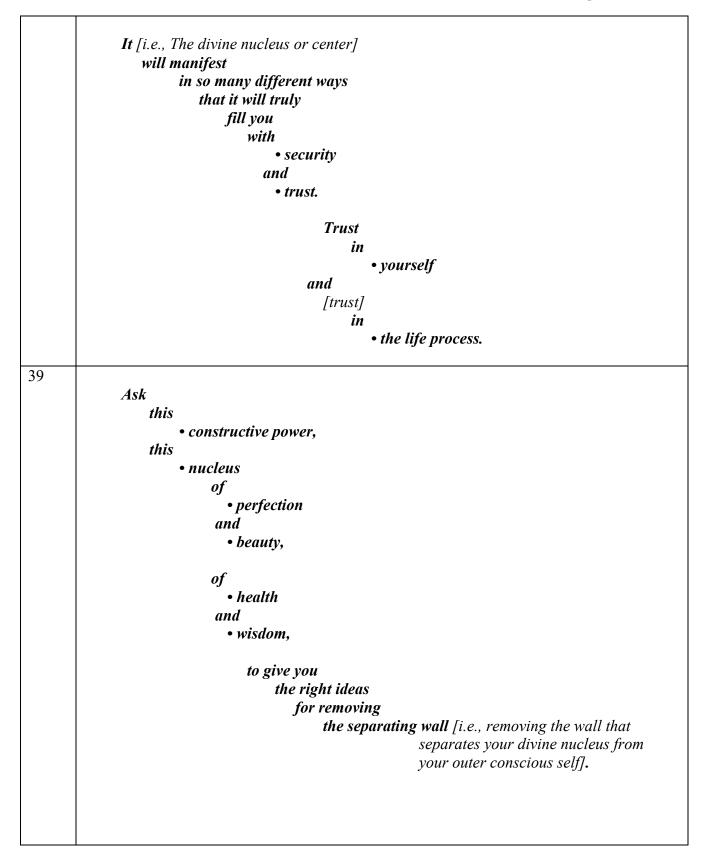
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You have nothing to lose [i.e., nothing to lose in honestly testing whether or not this
                                          inner wisdom and power exist within you],
    for you have
        amply experienced
            that
                relying
                   solely
                       on your outer faculties
                          was how you got into
                               the undesirable situation
                                 you find yourself in.
[Your]
    Outer pressure –
                • tension
              and
                • forcing currents -
        have not accomplished anything.
So try it this way now [i.e., try this NEW way now].
Entrust yourself
    to the inner powers,
        which you
            do not have to
                • pressure
               or
                • direct,
                   after
                       you formulate
                          the thoughts
                               of constructive will.
You will see it work.
```

36 My friends, I have given you a key that could get you across a major threshold, if you only use it. Use control the way • I describe, instead of the way • you did before. You may find areas where you already do that. You will see that in those areas [i.e., in those areas where you use control the way I describe – using INNER control rather than outer control] your life is • most successful. Things go • smoothly and • effortlessly. In fact, [i.e., In fact, in those areas where you use control the way I describe – using INNER control rather than outer control] you no longer have to make an effort with your outer mind • to formulate constructive desire and • to contact the inner being, for you have already • established unity. You have already • come home.



r	
37	
	At the same time [i.e., At the same time that in some areas you are experiencing the
	integration with your divine center and hence are in harmony with life],
	other areas of your personality
	are still in
	the dark regions of
	• conflict,
	• error,
	• separation,
	• doubt,
	• ignorance
	and
	• destructiveness.
	There [i.e., There, in these areas of your personality where you are still in the dark
	regions of conflict, error, separation doubt, ignorance and destructiveness],
	if you use
	the key I give you [i.e., the key I give you in this lecture – using control the
	way I describe – using INNER control rather than outer control],
	you can
	accelerate
	the process of development.
38	
	False control [i.e., using OUTER control ALONE]
	strengthens the
	wall of separation [i.e., the wall that separates your inner divine
	nucleus from your outer self].
	Eliminate this wall
	by contacting
	• deeper
	and
	• vaster
	faculties
	to activate you,
	even while
	the wall
	is still present.
	Make this [i.e., Make eliminating the wall that separates your inner divine
	nucleus from your outer self]
	your main concern, my friends.

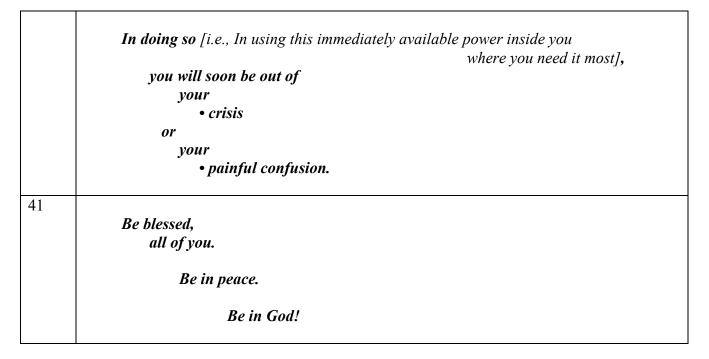




Request it [i.e., *Request your divine nucleus or center*] to inspire you with the most effective meditation at any given moment, so that even your outer mind, which must take the first step to establish the contact with the inner center, will be filled with the • power and • wisdom of your core. Thus the interaction [i.e., the interaction BETWEEN your outer mind *AND your inner divine core*] *will work both ways [i.e., both ways: Way 1) the wisdom and power of your* inner center inspiring your outer mind with the most effective meditation AND Way 2) your outer mind initiating contact with your inner divine core]. The more you *cultivate this process [i.e., this process of eliminating the wall that separates* your inner divine nucleus from your outer self], • the safer you will feel, and • the more you will realize that no problem is without a solution. Salvation, my friends, lies exclusively in reuniting • outer mind with • inner nucleus.

	Salvation
	is so near,
	with all its
	• truth
	and
	• light
	and
	• relief
	and
	• happiness,
	but it just never occurs to you
	that it [i.e., that salvation]
	is within reach.
	Go into
	the deep center of yourself
	and
	the answers
	will come forth.
	,
	• Enlightenment
	will follow
	and
	• crises will
	inevitably
	disappear.
	usuppeur.
40	
	An even greater force
	of
	• love
	and
	• power
	is now activated.
	is now activated.

```
Many of you here
    have not only
         • understood,
    but have
         • gained
            • an insight,
           or
            • a glimpse,
            • a hope
           and
            • a light.
This light shows
    that you are
         not dependent on
            any outer power
                that has to be
                   • coerced,
                   • submitted to
                  or
                   • cajoled.
You have
    an immediately available
        power
            inside you.
It [i.e., This immediately available power inside you]
    is so
         • secure
       and
         • wonderful.
Some of you here
    • have perceived it [i.e., perceived this immediately available power inside you]
  and
    • are on the verge of
         using it
            where you need it most.
```



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