

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 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

¶	Content
03	<p data-bbox="391 867 695 936">Greetings, my dearest friends.</p> <p data-bbox="391 978 789 1266">There is a • great, • warm current of • strength and • love gathered here.</p> <p data-bbox="391 1308 1403 1377">This blessing [i.e., <i>This blessing of a great, warm current of strength and love gathered here</i>]</p> <p data-bbox="444 1381 878 1669">is the result of your • efforts, your • growth, your • struggle in the right direction.</p>

by Eva Broch Pierrakos

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	<p><i>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.</i></p>
04	<p><i>With this lecture I shall try to help you a step further toward the goal.</i></p> <p><i>Now, what is the goal?</i></p> <ul style="list-style-type: none">• <i>Spiritual literature</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>religious teachings,</i><ul style="list-style-type: none">• <i>in all cultures</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>in all places,</i> <ul style="list-style-type: none">• <i>in one form or another,</i> <ul style="list-style-type: none">• <i>century after century, always speak about</i><ul style="list-style-type: none">• <i>"the Fall of the Angels,"</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>"the fall from grace."</i> <p><i>What does this mean [i.e., What does this phrase, "the Fall of the Angels," or "the fall from grace," mean]?</i></p>

**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.**

	<p><i>And to return to</i></p> <ul style="list-style-type: none">• <i>God,</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>one's Creator, is again</i>• <i>a state of consciousness.</i>
05	<p><i>After you have reached a certain stage on your path of development, you discover within yourself a</i></p> <ul style="list-style-type: none">• <i>power</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>intelligence other than your usual conscious mind, which feels as though it were a separate being.</i> <p><i>A</i></p> <ul style="list-style-type: none">• <i>different,</i>• <i>vaster kind of being seems to be dwelling within.</i> <p><i>It is as though two brains existed –</i></p> <ul style="list-style-type: none">• <i>the second,</i>• <i>recently discovered, being much wiser in its guidance than</i>• <i>the old one.</i>

	<p><i>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].</i></p>
06	<p><i>Of course, this [i.e., this “two-brains” or “two consciousnesses” experience of yourself] is an illusion, because there are not two separate entities, but at this point [i.e., this point, where you are aware of a “second” consciousness,] you have taken the first step toward your reunification with the Divine.</i></p> <p><i>You are no longer completely separated from it [i.e., no longer completely separated from the Divine, from God].</i></p> <p><i>[Rather,] You are able to be</i></p> <ul style="list-style-type: none"><i>• activated</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• moved</i> <p><i>by it [i.e., activated and moved by the Divine, by God].</i></p> <p><i>It is all one consciousness, though still</i></p> <ul style="list-style-type: none"><i>• separated</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• divided.</i> <p><i>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.”</i></p>

*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 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.*

08

When,
due to increased self-awareness,
• parts of the wall
• begin to crumble
while
• other parts
• still persist,
[then, in this partially crumbled condition of the wall,]
occasional contact with
the inner center
gives the
appearance
that
two
• minds,
two
• beings,
are present.

When *[i.e., When, in this partially crumbled condition of the wall,]*
parts of the inner self come forth,
carrying
infinite possibilities
for
• bliss,
for
• good,
for
• limitless expansion,

they *[i.e., these parts of the inner center that are now manifesting]*
seem to be
totally unconnected with
the familiar personality.

09

***This inner center
is
the divine consciousness.***

***It [i.e., This divine consciousness]
permeates
the entire universe,***

***it [i.e., this divine consciousness]
comprises all.***

***Hence,
the inner center [i.e., the inner center, or the divine consciousness,]
of
• 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.***

***This illusion [i.e., This illusion that matter and consciousness are separate]
is the real meaning of
what religion refers to as***
• *separation from God,*
or
• *the "Fall of the Angels."*

***The state of bliss
that results from
working oneself back to***
• *integration*
and
• *contact
with
the inner center
is
the goal
not only of*
• *this path*
***but, on an unconscious level,
[the goal]
of***
• *every living being.*

10

***The power
contained in the nucleus of your being
is so vast
that
you cannot conceive of it, my friends.***

***Only gradually
can you***
• *test it [i.e., can you test the power in the nucleus of your being]*
and
• *see it at work [i.e., see the power in the nucleus of your being at work] –*
and
• *marvel at it [i.e., marvel at the power in the nucleus of your being at work].*

*You will see it [i.e., You will see the power in the nucleus of your being at work],
first
in smaller ways,
which nevertheless
appear almost
miraculous.*

As you
• *perceive more*
and
• *extend*
your
• *concepts*
and
your
• *vision,*

*you will see it [i.e., see the power in the nucleus of your being]
work
in many wonderful ways.*

*If you
choose
to call this power
into being,*

*you will find it to be
so vast
that you cannot conceive of*

- *having it [i.e., HAVING the power in the nucleus of your being],*
- or*
- *being it [i.e., BEING the power in the nucleus of your being]*
- or*
- *being activated by it [i.e., BEING ACTIVATED BY the power
in the nucleus of your being].*

It is as simple as that.

11	<p><i>At the moment [i.e., At the present moment], most of you are still separated from this power [i.e., separated from this power in the nucleus of your being]</i></p> <p><i>for you do not really believe that you have all you need to</i></p> <ul style="list-style-type: none"><i>• expand,</i> <p><i>to be</i></p> <ul style="list-style-type: none"><i>• in harmony,</i><i>• in the</i><ul style="list-style-type: none"><i>• dynamic,</i><i>• creative</i> <p><i>life process in which you</i></p> <ul style="list-style-type: none"><i>• give</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• receive</i> <p><i>all that you can possibly dream of.</i></p>
12	<p><i>Not being aware of</i></p> <ul style="list-style-type: none"><i>• the life-center</i> <p><i>is directly connected with not being aware of</i></p> <ul style="list-style-type: none"><i>• the negative causes</i> <p><i>that you set in motion.</i></p> <p><i>The pathwork must primarily be concerned with uncovering [i.e., uncovering these negative causes that you set in motion,]</i></p> <p><i>the</i></p> <ul style="list-style-type: none"><i>• images,</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• wrong concepts,</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• destructive</i><ul style="list-style-type: none"><i>• emotions</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• behavior patterns.</i>

	<p><i>To the extent that these [i.e., that these negative causes that you set in motion, these images, wrong concepts, and destructive emotions and behavior patterns] are changed, awareness of the Divine in you will follow.</i></p>
13	<p><i>The negative part of the personality can [i.e., can, like the inner center or divine consciousness in you,] also appear as a</i></p> <ul style="list-style-type: none"><i>• separate,</i><i>• foreign</i> <p><i>consciousness dwelling within.</i></p> <p><i>In the first attempts to bring</i></p> <ul style="list-style-type: none"><i>• hitherto unconscious</i><i>• destructive</i> <p><i>material to the surface [i.e., to the surface, and thereby make it conscious], the individual often feels as though an</i></p> <ul style="list-style-type: none"><i>• indwelling</i><i>• destructive</i> <p><i>entity, over which there is no control, were at work.</i></p> <p><i>You first ascribe negative events to fate, and you fear</i></p> <ul style="list-style-type: none"><i>• the world</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• life.</i>

**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,]
you
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."**

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

it [i.e., as unaware of the divine center]
as you are of [i.e., as you are unaware of]
the destructive processes.

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 UNCONSCIOUS
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.*

*In this process [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].*

15

*Consider
any
• momentary
• undesirable
• mood
or
• 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
that this [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].

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.*

17

***You cannot gain
awareness
of either [i.e., of either the NEGATIVE or the POSITIVE inner processes]
unless you***

- contemplate the***
- cause***

and

- effect***

and

- cultivate it [i.e., cultivate awareness of this heretofore unconscious understanding of cause and effect]***

with

- your conscious ego.***

***As you own up to
the negative aspects in you,
you will be capable of
claiming for yourself
the greatest power there is.***

As you take

- ownership***

and

- responsibility***

for

the destructive in you,

- it [i.e., the heretofore unconscious destructive in you]
no longer rules you,***

and

- you become capable of
taking responsibility for
the best in creation –***

***the divine
in you.***

*When you are
no longer
ruled by
the destructive
because
you*

- *accept it [i.e., because you accept the destructive]
as part of you*

and thus

- *establish self-determination,*

the

- *vastest*
- *universal
force
will*

- *empower*

and

- *activate
you*

*to accomplish
hitherto undreamed-of results.*

*As you
see*

- *how the destructive elements in you work*

and

- *what motivates them,*

*they [i.e., these destructive elements in you]
will cease to frighten you,
for you will be able to
determine their course.*

*At the same time [i.e., At the same time that DESTRUCTIVE elements in you
cease to frighten you]*

*you will
no longer be frightened by
the greatest positive power
dwelling within you.*

*You will be able to
use it [i.e., use the greatest POSITIVE power within you]
by building molds for it
with
your conscious mind.*

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

**Other areas
may still be
walled in
by
lack of awareness.**

**In those areas [i.e., In those areas where you are still walled in by lack of awareness]
you may
still not see**

- **where**

and

- **how**

**you activate
the negative processes,
and therefore [i.e., and therefore, in those areas where you do not see
how YOU activate the NEGATIVE processes,]**

- **you
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**
- **be**
 - **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].**

	<p><i>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].</i></p> <p><i>For such situations this lecture will be helpful.</i></p>
19	<p><i>You will learn to understand</i></p> <ul style="list-style-type: none"><i>• how these laws work [i.e., how these laws of cause and effect work]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• how you can use the powers of your</i><i>• mind</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• will.</i>

	<p><i>As you understand their potency [i.e., the potency of the powers of your conscious MIND and WILL] you will no longer feel a separation between</i></p> <ul style="list-style-type: none"><i>• your conscious</i><i>• intelligence</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• will,</i> <p><i>which form the</i></p> <ul style="list-style-type: none"><i>• active</i><i>• outer</i><i>• mind</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• personality,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• that</i><i>• inner,</i><i>• vast</i> <p><i>divine self, the center of</i></p> <ul style="list-style-type: none"><i>• your inner being,</i> <p><i>which is at the same time the center of</i></p> <ul style="list-style-type: none"><i>• the universe.</i>
20	<p><i>As long as you [i.e., As long as YOU, your conscious self, your personality, your conscious mind and will]</i></p> <p><i>are separated from the center [i.e., separated from that divine self, which is the CENTER of YOUR INNER BEING and at the same time is the CENTER of the UNIVERSE]</i></p> <p><i>you must be</i></p> <ul style="list-style-type: none"><i>• weak</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• lost.</i>

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.*

	<p><i>When the outer personality deliberately makes room for it [i.e., makes room for the inner self], the inner self will spontaneously manifest.</i></p> <p><i>In this process</i></p> <ul style="list-style-type: none"><i>• the outer personality will eventually integrate with</i><i>• the inner nucleus.</i>
21	<p><i>When your outer self tries to accomplish that which the inner being alone is capable of doing, you</i></p> <ul style="list-style-type: none"><i>• cannot succeed.</i> <p><i>You must run into</i></p> <ul style="list-style-type: none"><i>• confusion</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• difficulties,</i> <ul style="list-style-type: none"><i>• fear</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• pain.</i> <p><i>You</i></p> <ul style="list-style-type: none"><i>• inevitably struggle in a most frustrating way.</i> <p><i>In its oblivion to the inner core, the outer self will try as hard as it can to control what it cannot control.</i></p>

***This struggle [i.e., This struggle to control what the outer self cannot control]
causes***

more

- ***tension,***
- ***anxiety,***
- ***sense of failure***

and

- ***fear of defeat.***

[And not only this]

***But the exhaustion
of this futile struggle,
with all its***

- ***senseless***
- ***outer***

pressure,

also induces the personality

to give up

in areas

where it is

most necessary

to persevere.

For purposeful activity

***the exact reverse [i.e., exact reverse of what the personality is
doing in its futile struggle using ONLY the OUTER faculties]
is needed:***

- ***Where the personality***

- ***forces***

and

- ***pushes,***

- ***letting go***

and

- ***giving in***

to the superior force

within the self

is necessary.

- *Where the personality*
 - *gives up in a*
 - *hopeless,*
 - *resigned*

way,
without
formulating thoughts
that can activate
the inner nucleus,

you need to apply

- *effort*

and

- *will.*

Unfortunately,
too often
the line of least resistance prevails
in those thought processes
that indulge
in negativity,

while
the outer will

- *fights,*
- *struggles*

and

- *presses*

for
a desired result
that
cannot come
as long as
the inner faculties
are left out of commission.

This

- *tense*

and

- *anxious*

pushing [i.e., This PUSHING FOR a desired result by the OUTER will]
occurs in a
very subtle,
yet
very real
way.

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 pushing

is also directed

toward

- *the resisting self*

which cannot be

forced

to feel

differently

as long as the personality

ignores

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.

Then [i.e., Then, when you become aware of this imbalance of control,]

you can correct it.

You will become

acutely conscious

of how you

give in to

the most destructive

- *thought patterns*

and

- *emotions.*

[With this increased awareness]
You will see how
in this respect *[i.e., in respect to giving in to the most destructive thought patterns and emotions]*
you choose
the line of least resistance.

Now that your thoughts *[i.e., Now that your most destructive thoughts]*
are no longer hazy *[i.e., are no longer hazy but rather are clearly seen],*
you can

- **evaluate**
their effect,
 - **halt them** *[i.e., halt these destructive thoughts],*
- and** *[instead]*
- **choose a**
constructive pattern of
 - **thinking,**
 - **feeling**
- and**
- **willing.**

In the areas of
your momentary problem
you will formulate
the one constructive wish
to

- **reach inside**

and

- **deliberately**
activate
the vaster divine self
that dwells
deep within you.

23

This *[i.e., Seeing, evaluating and halting these destructive thoughts and choosing instead to deliberately activate the vaster divine self that dwells within you]*
is not difficult to do.

It is, in fact,
a much easier course
than
your present struggle *[i.e., than your present struggle to FORCE the desired result by using your OUTER faculties ALONE].*

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
• *let be –*
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].*

*You will
feel
a oneness
between*

- your outer self*

and

- the center
you call into
manifestation
by a
deliberate
thought process.*

*It will no longer seem
as though*

- a second consciousness existed in you,*

or
as though

- the manifestations
in your outer life
had nothing to do with you.*

*You will be connected
both with*

- the negative causes
you had not seen before*

and [with]

- the positive powers
you never dreamed possible.*

*As a result
you will be filled with
productive thoughts of*

- truth,*
- expansion*

and

- a wider vision.*

*Each situation
will offer many possibilities
for*

- desirable solutions*

and
for

- creative growth.*

*You
cannot
emerge
from any difficulty
if you
trust
the outer mind
exclusively.*

Let
• *the outer mind*
be filled with
• *the inner being.*

Only then
can you find the way out
of each specific problem.

26

*The reestablishment of
the correct balance of control
can best be demonstrated
with the following example.*

Each human being
• *needs*
and
• *wants*
love.

*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.*

*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.*

*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.*

To

- 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
in

- *distortion,*
- *false control,*
you are again
in an
either/or situation.

You are
not
and

- *loving*
- *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].

Hence
the fear must exist
that
to love
means

- **possession** [i.e., possession of the “loved one” by the lover],
- **submission** [i.e., submission of the lover for the sake of the “loved one” or submission of the “loved one” to meet the demands of the lover],

and

- **martyrdom** [i.e., martyrdom of the “loved one” to meet the demands of the lover or martyrdom of the lover for the sake of the “loved one”].

So on the one hand
you
• **yearn for love,**

yet on the other hand
you are
• **afraid of it,**

you fear
• **what loving implies,**
and
you fear
• **not being able to be loved,**
therefore you
resist love.

You rightfully
doubt
your power to
• **own**
and
• **control**
another person
to the extent you believe it necessary [i.e., to the extent you believe it would be necessary for you to feel being loved by the “loved one”].

	<p><i>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]–</i></p> <p><i>and fear of not being able to control – being loved [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] –</i></p> <p><i>lead to the false version of letting go, which is</i></p> <ul style="list-style-type: none"><i>• withdrawal,</i><i>• indifference,</i><i>• non-involvement,</i><i>• non-commitment,</i><i>• numbness of feelings,</i><i>• separateness</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• refusal to love.</i>
28	<p><i>When you are involved in this distortion [i.e., in this distortion of LOVE and LETTING GO] you cannot see that</i></p> <ul style="list-style-type: none"><i>• love</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• freedom</i> <p><i>are one.</i></p> <p><i>You associate love with lack of freedom.</i></p> <p><i>Even if you know better intellectually, emotionally you cannot experience the mutual freedom of true love.</i></p>

29

*The
outer*
• *mind,*
• *intellect*
or
• *will*
cannot
resolve
such a struggle.

[Since the OUTER mind, intellect or will cannot help you resolve such a struggle,]

Activate
the inner center
by expressing that
you want to
give of yourself freely,
without
fear of
being controlled.

Express
your desire to
• *feel*
and
• *experience*
the oneness
of
• *love*
and
• *freedom.*

Request
guidance
to get you to this stage [i.e., this stage of FEELING and EXPERIENCING
the ONENESS of LOVE and FREEDOM]
by establishing
the necessary sense
of
• *integrity*
and
• *self-acceptance.*

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

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.

	<p><i>You [i.e., Your OUTER conscious mind] cannot produce a state of mind that you do not truly comprehend.</i></p> <p><i>[But]</i> <i>Your inner self can help you.</i></p> <p><i>Call upon it [i.e., Call upon your INNER SELF].</i></p>
31	<p><i>Your inner nucleus, with its powers, can solve all your problems.</i></p> <p><i>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.</i></p> <p><i>It [i.e., This in-dwelling consciousness of your inner divine nucleus] is always ready to respond, but it must be specifically contacted.</i></p> <p><i>It [i.e., This in-dwelling consciousness of your inner divine nucleus] will fill you with</i><ul style="list-style-type: none"><i>• new,</i><i>• stimulating,</i><i>• challenging</i><ul style="list-style-type: none"><i>• thoughts,</i><i>• outlooks</i><p><i>and • ideas.</i></p></p>

***It [i.e., This in-dwelling consciousness of your inner divine nucleus]
will lead you
into feelings of
• truth
and
• beauty.***

***Its [i.e., This in-dwelling consciousness's]
guidance
is invaluable.***

***If you
call upon it [i.e., if you 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,***

***it [i.e., this process of your calling upon this in-dwelling consciousness
of your inner divine nucleus]
is not an
inconceivably difficult feat
that you have to master.***

***You can do it [i.e., you can call upon this in-dwelling consciousness
of your inner divine nucleus]
right now,
if you so choose.***

32

All
• *real*
and
• *constructive*
• *actions*
and
• *experiences*
in life
come forth
from
• *this inner center,*
from
• *your innermost self,*
• *your nucleus,*
• *the divine substance*
that is
• *with you*
and
• *in you*
at all times.

It [i.e., the inner center, your innermost self, your nucleus, this divine substance]
cannot respond
unless
your outer mind [i.e., unless your OUTER conscious mind],
which is
separated from the nucleus,
deliberately
establishes contact
with it.

33

The
• *comprehension of this process [i.e., this process of CALLING UPON the inner center, your innermost self, your nucleus, this divine substance]*
and
• *its follow-through [i.e., and acting upon its guidance]*
is the greatest need
for all my friends today.

**No matter how much
we have talked about it [i.e., talked about this PROCESS of calling upon
your divine center and acting upon its guidance],**

you still

- forget it,**
- overlook it,**
- neglect it,**
- fail to act upon it.**

[Rather,]

You give in to

- the negative,**
- the destructive**

so easily!

**You entrust yourself
so readily
to the
outer
mechanics
where
the negative processes
sweep you into a vortex.**

**You have to
rediscover
again
and again
that
you
started
the negative chain reaction
deliberately
at one point.**

**Then it [i.e., Then the negative chain reaction that YOU started deliberately]
got out of hand
until it seemed that
you could
no longer control it.**

***But you can [i.e., But you can control this negative chain reaction
that YOU started deliberately at one point] –***

by the simple formulation

of

the right

• thought

and

• desire.

***This [i.e., This formulating the right thought and desire, calling upon
your inner divine nucleus and acting upon its guidance]***

is the

only

constant effort

you need

to go through life, my friends.

When you

remain separated from

the inner nucleus,

• you are

needlessly exhausted.

• You do not make

that one effort to

deliberately

contact

the inner power [and ask it]

to

• activate you

and

to

• fill you with

what you need most.

**When you do
not**

make the effort [i.e., do NOT make the effort to formulate the right thought and desire, to call upon your inner divine nucleus, and to act upon its guidance, and instead use your OUTER mind and faculties ALONE to manifest your desires],

you use

**a hundred times more energy
than is necessary**

to make this specific choice [i.e., than is necessary to make this choice to call upon your inner divine nucleus, and to act upon its guidance].

The wasted energy [i.e., The wasted energy you expend in using your OUTER mind 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
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
it yet [i.e., NOT yet sufficiently EXPERIENCED your inner core],
even if you
still doubt [i.e., still doubt the 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].**

**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.**

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.*

*In those areas [i.e., In those areas where you use control the way I describe –
using INNER control rather than outer control]*

- *your consciousness
is completely
constructive
in all
of its expressions,*

- *the inner
and
the outer
facets of consciousness
are united.*

- *There is
no division.*

- *You are
in harmony,
and*

- *there is
no trace
of destructive motivation
in the remotest recesses
of your personality.*

What

- *religion
refers to as
• "salvation" –*

and

what

- *psychology
refers to as
• integration,
• mental health
and
• emotional maturity –*

has taken place in these areas.

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.

*Use this key [i.e., Use this key of eliminating the wall that separates
your inner divine nucleus from your outer self]*

wherever

- *you see fit*

and

wherever

- *you feel you have
the greatest need
at any given moment.*

*The more resourceful
you become
in*

formulating your needs

*where you wish for
the inner center
to*

- *guide*

and

- *inspire
you,*

to

- *activate*

and

- *fill*

you

with

- *truth,*

with

- *constructive*

- *outlooks*

and

- *energies,*

*the more perfect
the manifestations of
the center
will become.*

*It [i.e., The divine nucleus or center]
will manifest
in so many different ways
that it will truly
fill you
with*

- *security*

and

- *trust.*

*Trust
in*

- *yourself*

*and
[trust]
in*

- *the life process.*

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*Ask
this*

- *constructive power,*

this

- *nucleus*

of

- *perfection*

and

- *beauty,*

of

- *health*

and

- *wisdom,*

*to give you
the right ideas
for removing
the separating wall [i.e., removing the wall that
separates your divine nucleus from
your outer conscious self].*

***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.

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An even greater force
of
• love
and
• power
is now activated.

*Many of you here
have not only*

- *understood,*

but have

- *gained*
 - *an insight,*
- *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.*

	<p><i>In doing so [i.e., In using this immediately available power inside you where you need it most], you will soon be out of your • crisis or your • painful confusion.</i></p>
41	<p><i>Be blessed, all of you. Be in peace. Be in God!</i></p>

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