

Pathwork Lecture 233: The Power of the Word

1996 Edition, Original Given September 24, 1975

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

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

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

Gary Vollbracht

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03	<p><i>Greetings, my very beloved friends here.</i></p> <ul style="list-style-type: none">• <i>Blessings</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>love</i> <ul style="list-style-type: none">• <i>envelop you</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>penetrate your very core.</i> <p><i>With joy do I resume my communication with you.</i></p> <p><i>I say resume, although this communication has never really been broken.</i></p>

by Eva Broch Pierrakos

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04

*Most of you can
feel clearly
that you are
deeply
involved in
a magnificent process –
the process of
the spirit
penetrating
that which has
alienated itself
from the spirit.*

*As I have explained before,
the alienated part [i.e., the part that has alienated itself from the spirit]
• is on its own
and
• creates
its own
momentum.*

*It [i.e., The part of the personality that has alienated itself from the spirit
and therefore is on its own and creates its own momentum]
becomes involved in
this momentum,
• creating
and
• recreating
its own patterns.*

*Translated into human terms, this means that
negative creation [i.e., means that NEGATIVE creation, negative because it is
creation by the part of the personality that has alienated itself
from the spirit and that creates and recreates its own patterns,]
seems
to be
the stronger aspect in people's lives.*

**They [i.e., The people involved in this negative creation]
appear to be**

- **caught in it [i.e., caught in negative creating],**
- **unable to reverse this pattern [i.e., unable to reverse
this pattern of negative creating].**

They [i.e., The people involved in this negative creation]

- **seem
to be its victim [i.e., the VICTIM of this pattern of negative creating]**

and

- **do not realize how
they [i.e., how they themselves]
directly
created
this movement [i.e., this movement of negative creating]
that carries them.**

**On this path [i.e., On this pathwork path],
with the work you have done,**

**you begin to realize that
it is indeed possible to**

- **come out of
the negative pattern of your creation,**

and

- **reverse
the momentum that takes hold of you**

**as if it [i.e., as if the negative pattern or momentum
that takes hold of you]**

**had an
independent life of its own
that has
nothing to do with
you.**

05

In the creation

of

• the pathwork,

of

• your Center,

you

• experience

and

• witness

*that this movement [i.e., this movement of the pathwork and
of the Center you are building]*

is part of a

grand scheme

transcending the

• volitional,

• conscious

aspect of your being.

You are now engaged in a

positive momentum

that is

the stronger aspect,

notwithstanding

the continuing presence

of lower-self aspects.

The higher self

is becoming

constantly

predominant.

This [i.e., This higher self, becoming constantly predominant,]

is

not

superimposed

in a wishful denial of

the lower self.

[Rather]

It [i.e., The higher self and its becoming constantly predominant]

is the result of

a genuine transformation,

well grounded in

reality.

	<p><i>You see the fruits of this [i.e., the fruits of the higher self and its becoming constantly predominant]</i></p> <p><i>in your</i></p> <ul style="list-style-type: none"><i>• personal life</i> <p><i>to an ever-growing degree,</i></p> <p><i>and</i></p> <p><i>you see the fruits [i.e., the fruits of the higher self and its becoming constantly predominant]</i></p> <p><i>in the</i></p> <ul style="list-style-type: none"><i>• growth</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• expansion</i> <p><i>in</i></p> <ul style="list-style-type: none"><i>• depth</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• width</i> <p><i>of</i></p> <ul style="list-style-type: none"><i>• the community as a whole.</i>
06	<p><i>I want you to be very aware of the fact that</i></p> <p><i>the higher purpose of this movement [i.e., of this pathwork movement] goes far beyond your present life.</i></p> <p><i>It [i.e., The higher purpose of this pathwork movement] is preparation for important changes in evolution</i></p> <p><i>and you are instruments,</i></p> <ul style="list-style-type: none"><i>• all of you,</i><i>• each in your own way.</i>

*Each of you
needs to realize
the importance of your task
from
an inner place
that is*

not

- *ego-involved,*

not

- *steeped in*
 - *vanity or*
 - *pride.*

*And that [i.e., And realizing the importance of your task as an instrument for
important changes in evolution, and doing so without pride]
is possible
right now.*

*If you
choose,
you can know
the happiness
of being an instrument
fulfilling a task*

without

- *pride and*
- *vanity*

*for a
higher cause
of the deepest significance.*

*By doing this [i.e., by knowing the happiness of fulfilling a task as an instrument for
important changes in evolution, and doing so without pride]
right now,*

*you can
further contribute to*

- *the energy*

and

- *the consciousness*

*that create this movement [i.e., that create this
pathwork movement].*

07

*The movement of consciousness
is the opposite
of how human beings
imagine it.*

*The truth is
that the*

- *dualistic,*
- *cut-off*

*life
is
not
"raised,"
as it is often said,
into higher realms of being.*

*This [i.e., This view that in the movement of consciousness the dualist, cut-off life
is "raised" into higher realms of being]*

*is a
reversed view,
reflecting a consciousness
still locked into*

- *space*
- and*
- *time*

*-bound
terms.*

*It would be more accurate to say
that*

- *higher realms*
 - *come*
- "down"*
- and*
- *penetrate*
 - *the lower realms,*

*thus causing in them [i.e., thus causing in the lower realms]
a transformation.*

08

According to the concept that
• *lower realms*
raise themselves up into
• *higher ones,*
the earth sphere
would remain
at its present level of development,
while
its inhabitants
would rise up.

This is only partially true.

In the actual
evolutionary movement,
the earth [i.e., the earth itself]
is increasingly
penetrated by
the energies
of higher consciousness,
• *transforming*
and
• *spiritualizing*
the
• *earlier*
• *cruder*
• *energies*
and
• *consciousness.*

This [i.e., This task of penetrating the earth plane with the energies of higher consciousness, thereby transforming and spiritualizing the earlier, cruder energies and consciousness of the earth plane]

is the task
in which
you
are deeply involved,

first with
• *your own personality,*

then in conjunction with
• *higher planes for others.*

09

*In the process
of your individual path
you
experience
how*

- *what*
- *is*
- *clear and*
- *truthful*
in you

and

- *encompasses limitless spans*
of
- *being,*
of
- *generosity,*
of
- *love,*

*infiltrates into
the realms of
the lower self
with its little faithless concerns.*

*The mass consciousness
works similarly
in those of its aspects
which are*

*not too resistant
to embrace*

the movement

*of the Christ consciousness
which is sweeping through
the inner levels of reality
from realms*

that might be designated as

- *"higher,"*
- *more evolved*
and
- *purified.*

As this happens [i.e., As this task that you are involved in, this task of penetrating the earth plane with the energies of higher consciousness, thereby transforming and spiritualizing the earlier, cruder energies and consciousness of the earth plane AND as the Christ consciousness sweeps through the inner levels of reality in those aspects of the mass consciousness that are not too resistant to embrace it],

petty feelings of

- *egotism and*
- *jealousy*

make way for

a deep knowledge

of your own

- *value,*

of your

- *right*

to stretch your whole being

into rich fulfillment

and

of your

- *unity*

with all other life.

10

*Let this awareness [i.e., this awareness of your own value and your unity with all]
fill*

your

- *soul,*

your

- *mind,*

your

- *heart,*

and

your

- *body –*

your whole being.

Let yourself know that

- *you*

are divine beauty

and so is

- *the next human being,*

so are

- *all human beings.*

*You are all
one
and you
need not
fight for
what is yours.*

*Simply
claim
what you were
always
meant to experience.*

*However,
your inner self
will let you do this fully [i.e., will let you fully claim
what you were always meant to experience]*

*only
when you*

- purify yourself,*

when you

- become deeply honest,*

when you

- have the*
 - courage*

and

- integrity*

to

- expose*

all
your lower-self aspects

and

- consider their effects [i.e., consider the EFFECTS of
all your lower-self aspects].*

Let this process [i.e., Let this process of purifying yourself, becoming deeply honest, and courageously exposing ALL your lower-self aspects as well as considering their effect, a process enabling you to FULLY CLAIM what you were always meant to EXPERIENCE]

*motivate you
for the great task
of
self-transformation,
which is not only*

- possible,*

but is

- the natural movement
of your soul
that your*
 - fear*
 - and*
 - ignorance*

try to stop.

11

*Let the
light of*

- truth*

and

- love*

fill your

- day,*

fill your

- actions,*

fill your

- attitudes toward yourself.*

Let the

- *involuntary*
- *constructive*

forces

of the Christ consciousness

- *take over*

and

- *carry you*

to

create and

again create,

making your life

the glory that is yours

to

- *behold*

and

to

- *experience.*

*As you expand into it [i.e., As you expand into the Christ consciousness, and the
glory that is yours as a result]*

more

and more,

you can

only

stand in awe.

The

- *expansion*

and

- *transformation*

[of your life and lives of others]

that you witness

is only a beginning.

Much more is yet to come.

Your own development

will make you capable of

sustaining

the highest energies of

- *joy*

and

- *fulfillment.*

12

*What you
already experience
in your*
• *lives*
and
in your
• *community*
is a result of
• *combined constructive input;*

• *honest*
• *investment and*
• *commitment;*

• *thoughts,*
• *intentions*
and
• *actions*
of the highest nature.

In turn
these [i.e., these combined constructive inputs; honest investments and
commitments; thoughts, intentions, and actions of the highest nature]
eliminate the walls
between
• *your human consciousness*
and
• *entities of high development,*
whose
• *force and*
• *sphere of influence*
merge with
your
• *love,*
• *truth,*
• *goodwill*
and
• *giving to the universe.*

The result [i.e., The result of this process of the MERGING of your love, truth,
goodwill and giving to the universe WITH the force and
sphere of influence of entities of high development]
is a
mutuality of the highest order,
that also creates the momentum that carries you.

13	<p><i>In tonight's lecture I will speak very precisely about</i></p> <ul style="list-style-type: none">• <i>how such a process [i.e., how this process of the MERGING of your love, truth, goodwill and giving to the universe WITH the force and sphere of influence of entities of high development] can be initiated in an even more conscious way,</i>• <i>how you can change from a</i><ul style="list-style-type: none">• <i>negative</i><i>to a</i><ul style="list-style-type: none">• <i>positive</i><ul style="list-style-type: none">• <i>self-perpetuating motion</i>• <i>and</i>• <i>creation,</i>• <i>how you can create an</i><ul style="list-style-type: none">• <i>involuntary movement</i><i>through the</i><ul style="list-style-type: none">• <i>voluntary system.</i>
14	<p><i>I promised to speak about the power of the word. This will be the topic now.</i></p>

15	<p><i>What is the word?</i></p> <p><i>The word is</i></p> <ul style="list-style-type: none">• <i>the creative agent.</i> <p><i>The word is</i></p> <ul style="list-style-type: none">• <i>a psychic nuclear point</i> <i>that</i> <i>creates</i><ul style="list-style-type: none">• <i>movement</i><i>and</i><ul style="list-style-type: none">• <i>a systematic chain reaction,</i> <i>one link</i><ul style="list-style-type: none">• <i>logically and</i>• <i>inexorably</i> <i>following</i> <i>another,</i> <i>until</i><ul style="list-style-type: none">• <i>the word</i> <p><i>has become</i></p> <ul style="list-style-type: none">• <i>deed,</i>• <i>fact,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>finished creation.</i>
16	<p><i>The word</i> <i>creates</i> <i>an energy pattern</i> <i>of</i> <i>additional psychic nuclear points,</i> <i>each</i><ul style="list-style-type: none">• <i>link,</i><i>each</i><ul style="list-style-type: none">• <i>point</i> <i>being a word too,</i> <i>a secondary creative agent.</i></p> <ul style="list-style-type: none">• <i>Each word is</i> <i>a blueprint</i> <i>essential for</i> <i>building the structure.</i>

*The word is
both
• expression
and
• creation.*

It is [i.e., The word is]

- *plan,*
- *knowledge,*
- *opinion,*
- *consciousness.*

The word is

- *feeling,*
 - *attitude,*
- and*
- *intentionality.*

*The word
carries immense energy powers
of its own kind,
differing from
other energies.*

*The word is
what is behind
all creation.*

*Creation cannot exist
without
a word
• spoken,
• known,
• held,
• believed in
and
• committed to,

in each area of
specific creation.*

17

*The word is
a conglomerate of
• all of these,
and
• more.*

*The word
that is spoken
reveals
the will
that motivates
this particular utterance.*

*It [i.e., The WILL revealed by the word that is spoken]
can be
• the divine will
or
• the will of the
• cut-off,
• ignorant
and
• destructive
particle of consciousness.*

*Be it conscious
or not,
the word
is the sum total of
your beliefs
in any given area
where you
speak the word.*

*It [i.e., The word]
is the sun
that creates the planets.*

*It [i.e., The word]
is
• energizing force*

*and it [i.e., and the word]
is
• design.*

18

*So much is contained in
the word.*

*It is significant that
Scripture
starts with the postulate
that
in the beginning*

- *was,*
- *or actually*
- *is,*

the Word.

*The word
is eternal.*

*It [i.e., The word]
always
will be.*

*God spoke
the word
and
from that word*

- *all creation,*

including

- *your personality,*

came into being.

*It [i.e., The word]
is the blueprint
behind
all you can*

- *see,*
- *experience,*

and

- *feel.*

	<p><i>There are many words bringing into manifestation the diverse aspects of creation – in the</i><ul style="list-style-type: none"><i>• planetary system,</i><i>in the</i><ul style="list-style-type: none"><i>• mass</i><i>consciousness,</i> <i>and</i> <i>in the</i><ul style="list-style-type: none"><i>• individual</i><i>consciousness.</i></p>
19	<p><i>How can you apply this truth to yourself in a practical way in your everyday life?</i></p> <p><i>Perhaps you will glean from the work on your path that every situation you experience is the product of a word you</i><ul style="list-style-type: none"><i>• have spoken,</i><i>and are perhaps</i><ul style="list-style-type: none"><i>• still speaking constantly</i> <i>within,</i> <i>in one</i><ul style="list-style-type: none"><i>• way</i><i>or another,</i> <i>on one</i><ul style="list-style-type: none"><i>• level of awareness</i><i>or another.</i></p>

*Our goal
on the path
is to make
all these words you speak,
• day in and day out,
• every hour
and
• every minute,
conscious,
so that you can
understand
your creation.*

20

*Most of the time
you –
all of humanity –
are
extremely "busy"
blocking out
the words you speak.*

*You produce
noise
in your inner system
so that you
do not hear
your own words.*

*You can
now
• contemplate
and
• enter into
a new phase on your path
to make yourselves
very conscious of
• the words you speak,
and
• what
and
• how
they create.*

21

*The word
can also be divided
within itself.*

*When you speak
opposite words
that
on different levels of awareness
cancel each other out,*

you
• *become confused*

and

you
• *create accordingly [i.e., you create according to the opposite words on
various levels, and you create according to this confusion].*

If you

*create fog
so as*

- *not to know
the words you speak,*
- *to overshadow them [i.e., overshadow the words you speak]
with other words,*

*it is necessary to
crystallize*

*the word
most responsible for
the negative creation in your life.*

*Do this [i.e., crystallize the words responsible for the creations in your life]
with*

- both the*
- *positive*
- and*
- *negative*
- creations.*

In a sense

*you have already done it,
but not in such a clear way.*

*Now you are more ready
to handle*

*the sharp tool
that the spoken word can be.*

22

*The knowledge of
the power of the word
has been postulated*

- *throughout the ages*

and
is professed

- *in various corners of the earth.*

*But it [i.e., But this powerful word]
is often applied
on top of*

- *the confusing fog*

and

- *the negative words,
without first sifting out the*
 - *obstacles and*
 - *counter-currents.*

*I spoke of this
a long time ago
but only fleetingly,
because*
*everyone had so much work to do
before I could come back to this topic [i.e., back to this topic
of the power of the word]*
in a meaningful way.

The timing here is crucial.

23

When you speak words of

- *truth*

and

- *creative beauty*

but

the underlying material [i.e., but material alive at levels of consciousness

beneath the levels of consciousness that speak truth and creative beauty]

is not [i.e., is not FIRST]

made compatible with

the levels of consciousness

that speak these words [i.e., speak these words of truth

and creative beauty],

you create

at best

- *a short-circuit,*

at worst

- *a split*

and

- *a division*

in consciousness.

This is why it is preferable

for a while

to honestly

- *admit*

and

- *expose*

the word

of

your

- *negative intentionality*

and

your

- *lower-self motives.*

Such an admission [i.e., Such an admission of your negative intentionality

and lower-self motives]

implies attitudes of

- *truthfulness,*

- *humility,*

- *courage,*

- *faith –*

and

- *many other higher-self qualities.*

But
speaking words that reveal
principles of
divine nature
when
the lower self
is
• hidden
and
• denied
implies attitudes of
• wishful thinking,
• pride,
• lack of faith,
• fear of exposing what is not perfect,
• shirking the process
of
• becoming,
• growing,
• developing,
of
• transforming
in a realistic way.

So you see, my friends,
it is a matter of
subtle awareness
[as to] when the word of
• divine,
• limitless
abundance
can be spoken
in truth.

24

Let us concentrate now on
specific words
that reach
very deep levels
of your being.

I mean here
the word you speak
about
your own value.

*There is a direct linkage
between
• the power of the word
and
• self-value.*

*How can you
speak
the word of
faith in your own
• unfoldment
and
• fulfillment
if you secretly believe
that
• you have
• no value
and therefore
• no right
to
experience
bliss?*

*How can you even
challenge
the assumption of
your worthlessness
that you
all
carry
inside your hearts
to some degree
if
you are terrified that
worthlessness
is the ultimate truth
of your being?*

*[With these secret negative beliefs that worthlessness is
the ultimate truth of your being]*

**Then you can only
continue to**

- **block this "knowledge"** [i.e., block this false "knowledge" that worthlessness is the ultimate truth of your being]

and

- **defend against it** [i.e., defend against this "knowledge" that you are WORTHLESS ever being revealed to yourself or others].

As you know,

it is precisely

those defensive maneuvers [i.e., defensive maneuvers against revealing the "knowledge" of your WORTHLESSNESS]

that reinforce

your belief in

your unacceptability,

because

all defenses

are

- **negative,**
- **destructive,**

and

create

- **guilt.**

So even when you

try to tell yourself –

belligerently –

that you

do deserve

- **fulfillment,**
- **peace of mind,**
- **pleasure**

and

- **abundance,**

underneath

you will fear

- **not being able
ever**

to attain all this [i.e., you will fear NOT being able EVER to attain all this fulfillment, peace of mind, pleasure and abundance],

- **not really**

deserving it [i.e., you will fear NOT really DESERVING all this

fulfillment, peace of mind, pleasure and abundance].

*You fear that
if you did acquire
these desirable assets,
it would only be
by "stealing,"
and
you would be punished [i.e., punished for "stealing"].*

*So as you
speak the word*

- *for*
what
you
 - *long for,*
- what
every human being
 - *longs for*

and

- *should indeed experience,*

*you simultaneously
speak the word*

- *against it [i.e., against what you long for]
on another level.*

*The same duality [i.e., This duality that at various levels of consciousness you speak
sometimes FOR and at other times AGAINST what you long for]
applies to
everything in life.*

*While you are
in this state of*

- *division*

and

- *self-denial,*

you must

- *feel*
 - *pessimistic and*
 - *fearful*

about the world
and

- *see it [i.e., and must see the world]*
 - *only in fragments,*
 - *out of context,*

*reaffirming
your fearful visions.*

25

*Thus
the process of the pathwork
is essential
to establish the
one-pointed word.*

*Only through the
• honesty
and
• courage
of
• self-exposure
and
• purification
will you gain
sufficient
initial
self-esteem
to expose
your devastating belief
in your
valuelessness.*

*Only when you
pierce through
the superficial substitute maneuvers
of
false
self-value,
making room for
facing your
painful belief
in being
valueless,*

*can you begin to
• see
this assumption [i.e., this assumption that you are valueless]
and
• cast doubt
on your self-doubt.*

	<p><i>In that way [i.e., By seeing this ASSUMPTION that you are VALUELESS and by this CASTING DOUBT on your SELF-DOUBT, a self-doubt that is caused by believing you are valueless] you can constantly pronounce words of truth.</i></p>
26	<p><i>Even questions can be words of truth.</i></p> <p><i>"Is this assertion of my value</i> <i>• a defense</i> <i>or</i> <i>• a real expression?"</i></p> <p><i>"Underneath my</i> <i>• superiority</i> <i>and</i> <i>• arrogance,</i> <i>do I</i> <i>• falter</i> <i>and</i> <i>• doubt</i> <i>my intrinsic value?"</i></p> <p><i>And when answers to these questions show that these negative beliefs about the self [i.e., show that these negative beliefs about myself – beliefs that I falter and DOUBT my intrinsic VALUE –] are indeed there,</i></p> <p><i>then the word of truth can be expressed, perhaps again by an initial question:</i></p> <p><i>"Is it true that this or that lower-self aspect makes me</i> <i>• undeserving,</i> <i>• unlovable,</i> <i>• bad,</i> <i>• valueless?"</i></p>

	<p style="text-align: center;"><i>Or is there something else in me</i></p> <ul style="list-style-type: none">• <i>that would justify my</i><ul style="list-style-type: none">• <i>appreciating</i><i>and</i>• <i>loving</i><ul style="list-style-type: none"><i>myself,</i>• <i>that deserves</i><ul style="list-style-type: none">• <i>esteem</i><i>and</i>• <i>fulfillment?"</i> <p style="text-align: center;"><i>Such questions are also often words of truth.</i></p>
27	<p style="text-align: center;"><i>Begin to see the words you speak to yourself about yourself behind the smoke screen.</i></p> <p style="text-align: center;"><i>On those deepest levels you malign yourself by speaking negative words about yourself.</i></p> <p style="text-align: center;"><i>Those words [i.e., Those negative words about yourself] need to be crystallized.</i></p> <p style="text-align: center;"><i>They [i.e., Those negative words about yourself] may exist only in a</i><ul style="list-style-type: none">• <i>vague,</i>• <i>hazy,</i>• <i>unarticulated</i><p style="text-align: center;"><i>way.</i></p></p>

*The power of the word
is no less
when it is
inarticulate.*

*There
always is
an immense power in it [i.e., an immense power in the word]
because it [i.e., because the word,
even when the word is vague, hazy, and inarticulate,]
is full of energy.*

*Humankind
at this stage of development
is becoming
increasingly aware of*

- *energy*

and

- *its importance [i.e., and energy's importance].*

*But you are
not sufficiently aware
yet
that*

- *the thought*

and

- *the word itself*

*are energy –
energy
of a different kind.*

28

*Every level of the personality
is an expression of
a different kind of energy.*

- *The mental level,*
 - *feelings,*
 - *will,*
 - *the physical level*
- and*
 - *the level of spirit*

are different energy types.

	<p><i>To</i></p> <ul style="list-style-type: none">• <i>feel</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>recognize</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>power</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>energy</i> <p><i>of the word</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <i>immensely important</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>vastly underestimated.</i>
29	<p><i>You believe</i></p> <p><i>it does not matter</i></p> <p><i>what you</i></p> <ul style="list-style-type: none">• <i>think,</i> <p><i>what you</i></p> <ul style="list-style-type: none">• <i>say.</i> <p><i>This is not so.</i></p> <p><i>You can</i></p> <p><i>say a word with a</i></p> <ul style="list-style-type: none">• <i>loud voice</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>silently,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the silent word</i> <p><i>is not necessarily</i></p> <p><i>less powerful than</i></p> <ul style="list-style-type: none">• <i>the uttered word.</i>

**Many words
are spoken with**
• **the vocal cords**
that have
much less energy
than
• **the internal words,**
for they [i.e., for words spoken aloud with the vocal cords]
are
not
rooted
in strong beliefs.

[Rather]
They [i.e., words spoken aloud with the vocal cords]
are
lightly said,
without
• **feeling**
or
• **conviction,**
[but rather are said aloud merely in order]
to fill the void within.

The power of these words [i.e., The POWER of these words that are said lightly
with the vocal cords, without feeling or conviction]
is an indirect one [i.e., is an indirect power]
because
they [i.e., because these words that are said lightly
with the vocal cords, without feeling or conviction]
create fog
that separates

• **the consciousness**
from
• **the words spoken within**
that
do have the power,
either
• **constructively**
or
• **destructively.**

30

*So the
lightly uttered words,
without
• impact,
without
• depth
or
• roots,*

*whether they [i.e., whether such lightly uttered words]
are*

• spoken

or

are

• the pitter-patter of thoughts,

*have nevertheless
a serious effect on
the creative process
that each human being,
• wittingly
or
• unwittingly,
sets in motion.*

- Listen to
their underground noises [i.e., Listen to the underground noises
of these lightly uttered words],*
- see
their meaning*
- take enough distance from them
so that you can
• hear
and
• evaluate
them.*

	<p>By</p> <ul style="list-style-type: none">• observing and• identifying <p>them [i.e., <i>By observing and identifying the underground noises of these lightly uttered words</i>],</p> <p>you will gain a better understanding of</p> <ul style="list-style-type: none">• how you create your life <p>and</p> <ul style="list-style-type: none">• what your creative process is. <p>See the powerful words you speak behind</p> <ul style="list-style-type: none">• that curtain,• that fog of separation <p>[i.e., <i>behind that curtain or fog created by words that are said lightly with the vocal cords, without feeling or conviction, words that nevertheless separate your consciousness from the powerful words you speak within that have such great power to create</i>].</p>
31	<p>There are many powerful words you speak, with hidden thoughts that are unclear to your</p> <ul style="list-style-type: none">• observing consciousness, <p>to</p> <ul style="list-style-type: none">• the awareness that would permit you to utilize the hidden material.

You need to
• *observe*
and thereby
• *dissolve*
the fog of
the superficial word
that
• *is merely meaningless noise*
and
• *has no substance*
in your consciousness,
either in
• *feeling*
or in
• *belief.*

When you have
thus
clarified your vision of
the power of the word,
you can
• *listen to your words*
and
• *contemplate their meaning*
and
• *be aware of their consequences.*

Then perhaps
you can
feel
the energy current
in each word you speak
• *silently*
or
• *aloud.*

You must

- *clearly enunciate*

and then

- *examine*
the

- *feelings,*
- *convictions,*

and

- *ideas*

for

their

- *truth*

and

their

- *effect on*

your

- *life,*

your

- *behavior,*

your

- *receptivity,*

so that you can develop

an unhampered perception of
reality –

- *your own*

and

- *others'*

and

- *life's.*

32

*When the words
are contrary to
divine
unalterable
• truth
and
• beauty,
their [i.e., these contrary-to-divine-truth-and-beauty word's]
energies
will take you into a
• self-perpetuating,
• involuntary
pattern
that seems to make life
• dangerous,
• alien,
• something to be defended against.*

*In this pattern
you feel like
a helpless pawn.*

*But when you
discover
• the power of the word
and
choose
• different words,
words according to
the truth of creation,
you create
a pattern in which
the involuntary process
carries you
in
• benign love,
in
• ever-expanding
• joy
and
• abundance.*

33

*When you do
not
have
• joy
and
• abundance –
• outwardly
and
• inwardly –
you must be
speaking a word
that
denies this possibility for you.*

*If you
do not believe in
the possibility of
• joy
and
• abundance
for yourself
because you secretly –
often without conscious awareness –
feel
undeserving,*

*you often
deny
that this possibility [i.e., deny that this possibility of joy and abundance]
even exists
in creation.*

*That defensive palliative [i.e., The defensive palliative denying even
the possibility that joy and abundance exist in creation]
seems perhaps
less painful
than
admitting
that you feel
• too evil
and
• undeserving
to have
fulfillment.*

*But the
conscious awareness
may be at first
merely
a general sense of
• pessimism,
• nihilism
and
• vague fears,
along with
a total disconnectedness from
the inner process
of self-creation.*

*The feeling
of helplessness
is overwhelming
at this stage.*

*Only when you begin
to clearly pursue
the chain of
• cause
and
• effect
between your
• words
and your
• experience
will you gain
a deep security
in which
you become part of
the creative life process.*

34

**People who cling to
nihilistic philosophies
invariably
hide the process**

***I just described [i.e., hide and deny the truth of this process that
changing your words changes your life experiences].***

***This kind of world view [i.e., This nihilistic kind of world view]
cushions them
against
the painful belief
that they themselves
are***

unworthy of
• love
and
• joy
and
• fulfillment.

***All of you, my friends,
carry such a word [i.e., carry a word of your unworthiness of
love, joy, and fulfillment]***

***in you,
some***
• more,
some
• less,
some
• in one way,
some
• in another.

***Find that word in you [i.e., Find in you that word expressing your
UNWORTHINESS of love, joy, and fulfillment].***

***Find the word
with which you consistently say,***

• "I will
not love,
• love
is dangerous,
• it [i.e., love]
will hurt me."

*It [i.e., That word in you, which expresses your unworthiness and says,
“I will not love, love is dangerous, love will hurt me,”]
is another word
of untruth
that creates its pattern*

- that makes it seem*
- in which you cannot experience the fulfillment your soul longs for.*

*You are then caught in an involuntary process that indeed manifests that word [i.e., manifests in reality that word which says,
“I will not love, love is dangerous, love will hurt me”].*

35

The manifestation of the process in your life, the involuntary life you create for yourself, while you believe you have no say in it,
is the

- direct*

and

- indirect*

result of those words you speak –

- sometimes loudly, without knowing*
 - what you say*
- and*
 - why you are saying it,*
- sometimes silently, without being at all aware that you say such a word –*
yet not necessarily unconsciously.

[I say, "Not necessarily unconsciously,"]
**For when you begin to observe
the ongoing dialogue within,
you will often see
that your words are there
on a quite
conscious
level,
but
you do not take notice of them.**

**At other times
the words you speak
are really
not
on a conscious level
and
need to be dredged up.**

**But there are
always
• hints
and
• clues
you can follow
that make their existence
quite obvious,
if only
you
choose
to make the connections.**

36

**In your busyness
[i.e., In your staying busy in order]
not to
• hear
and
• understand
your words,
you
do not take responsibility for
the words you speak.**

I purposely say
• *"words"*
rather than
• *"thoughts,"*
for
thoughts
are only the outcome
of the underlying factors
creating
the word.

The word
is
the energy explosion.

The word
is
that which immediately creates.

The thought
is
the content [i.e., the content of the word],
the word
is
its [i.e. is the thought's]
• *inception,*
its [i.e. is the thought's]
• *expression,*
its [i.e. is the thought's]
• *realization*
in its first stage.

A thought
without
the word
would be impossible,

it [i.e., a thought without the word]
• *would be meaningless,*

it [i.e., a thought without the word]
• *could not exist.*

*So the thought
is the underlying
• consciousness factor
of
• the energetic process.*

*The spoken word
is the finished product
of the thought behind it.*

*I repeat:
this finished product of the thought –
the word –
is not necessarily
• conscious
or
• articulate
or
• vocal.*

37

*So my friends,
• take care with
your words.*

*• Make room for
clarity
in them [i.e., for clarity in your words].*

*• Take responsibility
for the words you speak
within.*

*• Your words
are
your life creation.*

*• Question the words you speak,
see whether they come from
a thought of
• truth
or
a thought of
• untruth.*

*A thought
can be*

- *revised,*

*it [i.e., a thought]
can be*

- *rejected,*

*it i.e., a thought]
can be*

- *debated.*

*The word
is already
the finished product of
the thought
and is therefore
the beginning of
the creation.*

*It [i.e., The word]
is that which
clinches
the thought, as it were.*

38

*So differentiate
between*

- *the word*

and

- *the thought.*

*For example,
if you think
you are unworthy of
the best life has to offer,
you can question
that thought.*

But if you
speak that word [i.e., if you speak that word expressing
the thought that “you are unworthy”]
within you,

it [i.e., the word]
is already
a creation
that is

- **taken for granted,**
- **never challenged,**
- **never debated**

and therefore

- **uncorrected.**

And in that way
it [i.e., the word spoken inwardly to yourself declaring you to be unworthy]
is given
constant power
that is
not

- **visible**

or

- **noticeable**

to you.

It [i.e., The word spoken inwardly to yourself
expressing your thought that you are unworthy]
is an undercurrent
on which

- **the boat of your life,**
- **the vehicle of this incarnation,**

constantly

- **swings**

and

- **rocks.**

It is as though
you
are carried by
that current [i.e., that current declaring you to be unworthy],
and indeed
you are [i.e., and indeed you then ARE unworthy].

***But you are no longer
consciously
connected with
the current [i.e., the current declaring you to be unworthy].***

***You do
not know
that
you
created the current [i.e., that YOU created the current
declaring you to be unworthy]
through
• the thoughts
that create
• the words you speak –
the
• unchallenged,
• unquestioned
thoughts
you utter
within
your own mind.***

39

***So realize that
where the creation is
• undesirable
and
• limiting,
you must
• look for
and
• challenge
the word
responsible for this state.***

***You must
begin to say
different words.***

40

*My dearest friends,
it is also important for you to understand
that*

- the word
that is superficially spoken,
while*
- the opposite word
persists underneath,
will only create
a short circuit.*

*So if you say
on only a
superficial level of your mind,

"Yes, I am worthy"

this will not work.*

*You
constantly
pay lip service to
many truths
in your*

- mind*

*and
in your*

- thoughts,
saying the words,*

*but you
do not challenge
the words
that are
opposite [i.e., OPPOSITE to the many truths in your mind and
thoughts, even saying the words of these many truths].*

*The only way you can know, at first,
that you speak
such opposite words at all
is by*

- the results*

and

- the manifestations
in your life.*

	<p><i>This [i.e., Your life] is the absolute proof of what words are spoken within.</i></p> <p><i>There can be no mistake about that.</i></p>
41	<p><i>So</i></p> <ul style="list-style-type: none"><i>• look at the life situations that make you feel less than happy;</i><i>• acknowledge the involuntary process that carries you in that continuing pattern.</i> <p><i>And then</i></p> <ul style="list-style-type: none"><i>• search within you for the word you say that creates the unhappiness.</i> <p><i>What is specifically the word in a particular situation?</i></p>
42	<p><i>My friends, it will not be so difficult for you to unearth this now.</i></p>

*At the beginning of your path,
before
your present awareness,*

*you would have been convinced
that the*

- superficial,*
- positive*
 - word*

was all there was

and

*you would have used the fact
that the
opposite*

*• experiences
exist nevertheless
as proof*

*• that life is
• unfair*

and

• untrustworthy

and

*• that your own
inner processes*

*have no bearing on it [i.e., no bearing
on your life's opposite experiences].*

*You would have only
convinced yourself
further
that people
are victims
of life.*

*Now, however,
you have gone deeply enough
to know
not only*

- your lower self*

and

- its negative intentionality,*

but also

- your unfortunate
hate for yourself*

and

- [your] lack of faith*
 - in*
 - your higher self,*
 - in*
 - deserving fulfillment,*
 - in*
 - your rights to*
 - expand*

and

- stretch*
 - your consciousness*
 - into*
 - more alternatives*
 - for fulfillment.*

*Knowing all that,
you will be able to
find the words
you still speak
in various areas of your life.*

43

*In connection with this
I would like to say a few words about*

- receiving*

and

- giving.*

*You do know by now –
for*

- *we have often discussed this*

and

- *you are beginning to see it increasingly –*

that

- *giving*

and

- *receiving*

are one.

*But, again,
this knowledge
is often merely*

- *mental*

and

- *superficial*

and not yet

- *experiential.*

- *Emotionally*

and

- *experientially*

*there still is quite a division [i.e., quite a division in you between
giving and receiving].*

*But you
are becoming
increasingly aware of
the oneness [i.e., the oneness of giving and receiving],
even within
the division [i.e., even within the division of giving and receiving].*

44

Let me be more explicit.

*When you speak
the word of
self-devaluation
into
your inner being,*

you must become

- *fearful,*

you

- *avoid moving out,*

you

- *prevent your heart
from flowing to the next heart.*

*In this miserable state,
you believe
that all you need
to be helped out of this state
is to
be loved.*

*But when love
is given to you,
no matter how you long for it,
you cannot accept it.*

You find

- *ways*

and

- *means*

*to prevent
taking it [i.e., to prevent taking love given by the other].*

*Here,
even in your divided consciousness [i.e., dividing giving and receiving],
you find
the unchangeable unity:*

as you

- *do not give,*

you

- *cannot receive.*

45

*Taking in love directly
depends on
your awareness
of having
earned the right
to do so [i.e., of having earned the RIGHT to take in LOVE],
of being*

- *worthy of it [i.e., of being WORTHY to take in LOVE],,*

*for if you are
not aware of
your worthiness,
receiving love*

- *threatens
a worse punishment*

and

- *exposes you to
the pain
of your real feeling –
which is the sense of
worthlessness.*

*And
giving your love
is equally dependent
on that [i.e., dependent on your awareness of your worthiness],
for you can
give love
only when you can
feel
you deserve the pleasure
of doing so [i.e., feel you deserve
the pleasure of giving love].*

*You can
receive love
only when
you feel
you deserve it,
which [in turn]
cannot happen
if you do not wish
to love.*

46

*No one else
can give you
• the worth
and
• the love
that you
first need to extend
to yourself.*

*The fallacy of the thought
that
if you
• were loved
you could then also
• love,
no longer has any room
in your consciousness.*

*It [i.e., The thought that if you were loved by others then you could love others]
simply does not work.*

*It [i.e., The WORD that you speak to yourself that says
if you were loved by others then you could love others]
is a
• false word
you speak to yourself
on some level.*

*As you
• try it out [i.e. As you try out the word that you speak to yourself that says
if you were loved by others then you could love others]
and
• observe it objectively,
you will see
there is no truth to it.*

47

*You are
often
given to,
but you
reject
what is given [i.e., you reject what is given to you, and that is given]
in sincere love
from
• others
and
• God,
from
• life itself.*

*The word
you speak
by thusly
rejecting
what is given to you
creates
the false unity of
neither being able to
• love
nor to
• receive it [i.e., nor being able to receive love].*

*Only when
you speak
different words,
• deep inside,
• with
all the
• feelings
and
all the
• conviction,
as a result of
• penetrating
those deeper levels
and
• transforming
• the false words
into
• one
• clear-cut
• strong
creative movement
of the word,*

*will
• loving
and
• being loved
become
• a oneness,
and not
• an impossible division.*

48

*In a similar way,
when new people
• enter this path
and
• come into the
• purifying and
• strong energetic
environment of the Center,
they will
not be able
to take in the love.*

*And yet
they must
first take in
what*

- *the pathwork*

and

- *the Center*

*have to offer
in order to move on.*

*As they
take in
the love,
so do they
give it out [i.e., so do they give out the love].*

*Even in
only taking love
there is the act of
giving it out.*

*Not being willing
to accept
what is given
is a crass form of
ungivingness.*

• *Taking
is already*

- *a giving,
if it [i.e., if taking love]
comes from*
 - *sincerity*

rather than from the
 - *cheating,*
 - *grabbing,*
 - *acquisitive*

little lower self.

*If you have something
to give another
and it is*

- *not wanted,*
- *not taken,*

*it
hurts.*

*But when
the other takes it,
this person
gives to
you.*

49

*You must see constantly
that*

- in*
 - *the taking*
 - is*
 - *the giving*

and

- in*
 - *the giving*
 - is*
 - *the taking,*
 - *the receiving.*

*Even when
the process alternates [i.e., alternates between giving and receiving],
you will find yourself
in one stage
more*

- *receiving*

and

- less*
 - *able to give,*

or

- *giving*
 - through*
 - *your sincere receiving.*

That is all right.

Receive in
• *truth*
and
• *beauty,*
and
you shall become stronger
in
the other kind of giving too –
where you give
actively
from your resources.

Speak
• *the appropriate word*
to yourself,
• *the word*
that will create
the greater power to
• *give*
and
• *receive,*
each [i.e., each giving and receiving]
in
• *truth,*
• *wisdom,*
• *beauty,*
and
• *divine will.*

It [i.e., The giving and receiving]
will become an
endless flow.

• **Giving**
and
• **receiving**
will no longer be
• **differentiated,**
for they are indeed
• **undifferentiated.**

	<p><i>But in your words deep inside of you they [i.e., giving and receiving] seem opposites, and thus you create conflict.</i></p>
50	<p><i>My friends, pay attention to your words.</i></p> <p><i>Observe the shallow ones.</i></p> <p><i>Observe the words of</i> • <i>untruth,</i> <i>and consider</i> • <i>in what way</i> <i>they are</i> <i>untruth.</i></p> <p><i>And then have the courage to speak the word of</i> • <i>truth.</i></p> <p><i>Visualization cannot exist without a word of truth being spoken.</i></p> <p><i>This [i.e., That visualization cannot exist without a word of truth being spoken] must become very clear to you, so that you can</i> • <i>challenge</i> <i>and</i> • <i>give up</i> <i>more false words.</i></p>

51

*It seems to take
a lot of courage
to say
the word of truth.*

*For example,
[it seems to take a lot of courage to say,]*

- *"I*
 - *can*
- and*
- *will*
 - give the best.*

- *I will*
 - let God*
 - give*
 - through me*
 - in*
 - *sincerity,*
 - in*
 - *strength,*
 - in*
 - *truth,*
 - in*
 - *wisdom,*
 - in*
 - *beauty."*

*Why does it seem to take courage
to speak these words, my friends?*

*[It seems to take courage to speak these words, “I can and will give my best. I will let God give through me in sincerity, strength, truth, wisdom, and beauty”]
For several reasons.*

*First, your lack of belief
that these words*

- *are actually a
creation,*

and

- *will create accordingly,
requires*

*bridging the gap
from*

- *not knowing [i.e., bridging the gap from NOT KNOWING
that these words actually do create
according to what is spoken]*

to

- *experiencing [i.e., to EXPERIENCING that these words
actually DO create according to what is spoken].*

*This gap [i.e., This gap between NOT KNOWING and EXPERIENCING]
can be bridged*

only by

- *faith*

and that [i.e., and faith],

in turn,

is a question of

- *commitment.*

*It [i.e., Faith]
is extending yourself into*

- *unknown,*
- *unexplored*
- *new*
 - *alternatives and*
 - *vistas –*

*and that is always
a matter of*

- *courage,*

a matter of

- *commitment*

to believing in

this possibility,

even if

you have

not yet

experienced

its truth.

*The courage to
strongly pronounce*

*these words [i.e., the words, “I can and will give my best. I will let God
give through me in sincerity, strength, truth, wisdom, and beauty.”]*

is a

- *necessary step*

and

- *prerequisite.*

*Faith
is always comprised of*

- *courage*

and

- *strength.*

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For another reason [i.e., For another reason as to why it seems to take courage to speak these words, "I can and will give my best. I will let God give through me in sincerity, strength, truth, wisdom, and beauty"],

it is

*courageous
to speak
the truth
because*

- *the false safety measures
into which
so much*

- *false faith
was invested,
often for a long time,
need to be
relinquished.*

*Unless this is done [i.e., Unless the FALSE SAFETY MEASURES,
into which so much false faith was invested, are RELINQUISHED],*

- *the true word
cannot be spoken,*

therefore

- *the creation
cannot be forthcoming.*

The

- *positive,*
- *involuntary
process*

*that is like a
gently rolling sea
with an*

- *immense
and*

- *benign
energy*

*cannot be set in motion
unless*

*you speak
the truth.*

*You are experiencing this now
in your beautiful venture,
the Center.*

	<p><i>You marvel more and more at what is happening [i.e., what is happening in your beautiful venture, the Center]</i></p> <p><i>as a strength from within</i></p> <ul style="list-style-type: none">• <i>takes over</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>stretches beyond your limited</i>• <i>vision</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>consciousness.</i> <p><i>You marvel at it [i.e., You marvel at what is happening in your beautiful venture, the creation of the Center]</i></p> <p><i>and you are right to do so.</i></p>
53	<p><i>Know that this [i.e., Know that this beautiful venture, the creation of the Center]</i> <i>is</i></p> <ul style="list-style-type: none">• <i>the result</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the creation</i> <p><i>of the many words of</i></p> <ul style="list-style-type: none">• <i>truth,</i>• <i>strength,</i>• <i>giving,</i>• <i>commitment,</i>• <i>faith,</i>• <i>goodwill</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>action –</i> <p><i>in short, [i.e., in short, the result and the creation]</i> <i>of the initial word that set all this in motion – that many of you have spoken.</i></p>

*Even though
words of*
• *untruth*
are still spoken
in those same consciousnesses,
the words of
• *truth*
that are also spoken
have created
a stronger power.

*And that power [i.e., that power created by the words of TRUTH that are spoken]
in turn*
has made it possible
for divine
• *spirits*
and
• *entities*
and
• *guidance*
to come forth
in ever stronger measure,
in conjunction with
your own
inner divinity.

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I am sure you all know
that in this first lecture of the year
you have received
a new tool
• *that can now be used*
meaningfully
and
• *that could*
not have been used
this way
in the past.

- *Use it [i.e., Use this new tool, the power of the word,
that you have received in this lecture],*
 - *try it,*
 - *experiment with it*
- and see
the beauty of life
opening up more
and more.*
- The love of
all of us in our world
constantly
flows to you.*
- Receive it.*
- You are blessed.*
- Be in God!*

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