Pathwork Lecture 233: The Power of the Word

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/

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<table>
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<th>Content</th>
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<tbody>
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<td></td>
<td>Greetings, my very beloved friends here.</td>
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<td></td>
<td>• Blessings and</td>
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<td></td>
<td>• love and</td>
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<td>• envelop you and</td>
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<td>• penetrate your very core.</td>
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<td>With joy do I resume my communication with you.</td>
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<td>I say resume, although this communication has never really been broken.</td>
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by Eva Broch Pierrakos
Edited by Judith and John Saly; Devotional Version Posted 5/22/14; Rev 2/8/20
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.
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.
You see the fruits of this [i.e., the fruits of the higher self and its becoming constantly predominant]
in your
  • personal life
to an ever-growing degree,
and
you see the fruits [i.e., the fruits of the higher self and its becoming constantly predominant]
in the
  • growth
and
  • expansion
in
  • depth
and
  • width
of
  • the community as a whole.

I want you to be very aware of the fact that
  the higher purpose
  of this movement [i.e., of this pathwork movement] goes far beyond your present life.

It [i.e., The higher purpose of this pathwork movement] is preparation for important changes in evolution and you are instruments,
  • all of you,
  • each in your own way.
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].
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.
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.
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,
  • right
    to stretch your whole being
    into rich fulfillment
and
of your
  • unity
    with all other life.

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.

---

**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.
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.
In tonight's lecture
I will speak
very precisely about

• 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,

• how you can change
  from a
  • negative
to a
  • positive
  • self-perpetuating motion
  and
  • creation,

• how you can
  create an
  • involuntary movement
  through the
  • voluntary system.

I promised to speak about

the power of the word.

This will be the topic now.
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**What is the word?**

The word is
• the creative agent.

The word is
• a psychic nuclear point
  that
  creates
  • movement
  and
  • a systematic chain reaction,
    one link
    • logically and
    • inexorably
      following
      another,
      until
      • the word

  has become
  • deed,
  • fact,
  and
  • finished creation.

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**The word creates**

an energy pattern
of

additional psychic nuclear points,
each
• link,
  each
• point
  being a word too,
  a secondary creative agent.

• Each word is
  a blueprint
  essential for
  building the structure.
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.
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.
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.
There are many words bringing into manifestation the diverse aspects of creation – in the
• planetary system,
in the
• mass consciousness,
and in the
• individual consciousness.

How can you apply this truth to yourself in a practical way in your everyday life?

Perhaps you will glean from the work on your path that every situation you experience is the product of a word you have spoken, and are perhaps still speaking constantly within,
in one
• way or another,
on one
• level of awareness or another.
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.

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.
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., crystalize 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.
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.
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.

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.
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.
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.

Even questions can be words of truth.

"Is this assertion of my value
• a defense
or
• a real expression?"

"Underneath my
• superiority
and
• arrogance,
do I
• falter
and
• doubt
my intrinsic value?"

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,
then
the word of truth can be expressed,
perhaps again by an initial question:

"Is it true
that this or that lower-self aspect makes me
• undeserving,
• unlovable,
• bad,
• valueless?
Or is there something else in me

- that would justify my
  - appreciating
    and
  - loving
    myself;

- that deserves
  - esteem
    and
  - fulfillment?"

Such questions are also often words of truth.

Begin to see the words you speak to yourself about yourself behind the smoke screen.

On those deepest levels you malign yourself by speaking negative words about yourself.

Those words [i.e., Those negative words about yourself] need to be crystallized.

They [i.e., Those negative words about yourself] may exist only in a
- vague,
- hazy,
- unarticulated way.
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
- 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.

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.
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<th>To</th>
<th>feel and recognize the power and energy of the word is immensely important and vastly underestimated.</th>
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You believe it does not matter what you think, what you say. This is not so.

You can say a word with a loud voice or silently, and the silent word is not necessarily less powerful than the uttered word.
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.
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.
By

• observing and
• identifying
  them [i.e., By observing and identifying the underground noises of these lightly uttered words],

you will gain

a better understanding of

• how
  you create your life

and

• what
  your creative process is.

See the powerful words you speak
behind

• that curtain,
• that fog of separation
  [i.e., 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].

There are

many powerful words
you speak,

with hidden thoughts
that are unclear
to your

• observing consciousness,

to

• 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.
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.
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.
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 a truth,
• 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”].

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.

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.

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.

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.

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.
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.
This [i.e., Your life]
   is the
   absolute proof
   of what words
   are spoken within.

There can be no mistake about that.

So
   • look at
     the life situations
     that make you
     feel
     less than happy;

   • acknowledge
     the involuntary process
     that carries you
     in that continuing pattern.

And then
   • search within you
     for the word
     you say
     that creates
     the unhappiness.

What is
   specifically
   the word
   in a particular situation?

My friends,
   it will not be so difficult
   for you to
   unearth this now.
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.

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].
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.
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.
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.
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.

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.

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.
But in your words deep inside of you they [i.e., giving and receiving] seem opposites, and thus you create conflict.

My friends, pay attention to your words.

Observe the shallow ones.

Observe the words of • untruth, and consider • in what way they are untruth.

And then have the courage to speak the word of • truth.

Visualization cannot exist without a word of truth being spoken.

This [i.e., That visualization cannot exist without a word of truth being spoken] must become very clear to you, so that you can • challenge and • give up more false words.
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.
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.
You marvel more
and more
at what is happening [i.e., what is happening in your beautiful venture, the Center]
as a strength
from within
• takes over
and
• stretches beyond
  your limited
  • vision
  and
  • consciousness.

You marvel at it [i.e., You marvel at what is happening in your beautiful venture, the creation of the Center]
and
you are right to do so.

Know that this [i.e., Know that this beautiful venture, the creation of the Center] is
• the result
and
• the creation
  of the many words
  of
  • truth,
  • strength,
  • giving,
  • commitment,
  • faith,
  • goodwill
and
• action –
in short, [i.e., in short, the result and the creation] of the
  initial word
  that set all this in motion –
  that many of you have spoken.
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.

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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