

# Pathwork Lecture 183: The Spiritual Meaning of Crisis

1996 Edition, Original Given June 5, 1970

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, 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 -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

*For clarity: The original text is in bold, italicized, and mostly underlined. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]*

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

*Blessings on your journey, Gary*

¶	Content
03	<p><b>Greetings and blessings to every one of my friends.</b></p> <p><b>What is the</b></p> <ul style="list-style-type: none"><li>• <b>real,</b></li><li>• <b>spiritual</b></li></ul> <p><b>meaning of crisis?</b></p> <p><b>Crisis</b> <b>is an attempt of nature to effect change through the cosmic lawfulness of the universe.</b></p> <p><b>If change [i.e. If change in a personality] is obstructed by the ego, the part of the consciousness that directs the will, crisis [in the personality] will occur to make structural change [in the personality] possible.</b></p>

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Edited by Judith and John Saly; Devotional Format Posted 8/29/16

04

*Without  
such structural change in the entity,  
no balance  
can be attained [in the entity].*

*Every crisis  
ultimately  
means  
such a readjustment [i.e., readjustment of the entity's structure for life],*

*whether it [i.e., whether crisis]  
appears in the form of*

- pain,*
- difficulties,*
- upheaval,*
- uncertainty, or*
- merely the insecurity that comes from  
starting out on unaccustomed ways of living  
after giving up  
a familiar one [i.e., after giving up a familiar way of living].*

*Crisis  
in any form  
attempts to break down*

- old structures  
based on*
  - false conclusions*

*and therefore on*

- negativity.*

*Crisis  
shakes loose*

- ingrained,*
- frozen*

*habits  
so that  
new growth  
becomes possible.*

	<p><i>It [i.e., Crisis]</i></p> <ul style="list-style-type: none"><li>• <i>tears down and</i></li><li>• <i>breaks up,</i></li></ul> <p><i>which is</i> <i>momentarily</i> <i>painful,</i> <i>but transformation</i> <i>is unthinkable</i> <i>without it [i.e., without crisis to tear down and break up old structures</i> <i>that stand in the way of an entity's transformation and development].</i></p>
05	<p><i>The more</i> <i>painful</i> <i>a crisis is,</i> <i>the more</i> <i>the will-directing part of consciousness</i> <i>must attempt</i> <i>to obstruct the change.</i></p> <p><i>Crisis</i> <i>is necessary</i> <i>because</i> <i>human negativity</i> <i>is a stagnant mass</i> <i>that needs to be shaken up</i> <i>in order to be let go of.</i></p> <p><i>Change</i> <i>is an integral characteristic</i> <i>of life;</i></p> <p><i>where there is life</i> <i>there is</i> <i>unending</i> <i>change.</i></p>

	<p><i>Only those who still live in</i><ul style="list-style-type: none"><li>• <i>fear and</i></li><li>• <i>negativity,</i></li></ul><i>who</i><ul style="list-style-type: none"><li>• <i>resist change,</i></li></ul><i>perceive change as something that ought to be resisted.</i></p> <p><i>They resist life itself, and suffering closes in on them more tightly.</i></p> <p><i>This happens in</i><ul style="list-style-type: none"><li>• <i>people's overall development</i></li></ul><i>as well as in</i><ul style="list-style-type: none"><li>• <i>specific instances.</i></li></ul></p>
06	<p><i>Human beings can be</i><ul style="list-style-type: none"><li>• <i>free and</i></li><li>• <i>healthy</i></li></ul><i>in areas where they do not resist change.</i></p> <p><i>There [i.e., There in areas where they do not resist change] they are in harmony with the universal movement.</i></p> <p><i>They constantly</i><ul style="list-style-type: none"><li>• <i>grow and</i></li><li>• <i>experience life</i></li></ul><i>as deeply satisfying.</i></p>

***Yet these same individuals [i.e., these same individuals who are experiencing  
a satisfying life in areas where they do not resist change]***

***react  
entirely differently  
in areas where they have blocks.***

***[Where they have blocks and resist change]***

***They  
fearfully cling  
to unchanging conditions***

- inside and***
- outside***

***themselves.***

***Where they  
don't resist [change],  
their lives will be  
relatively free from crises;***

***in the areas  
where they do resist change,  
crises  
are unavoidable.***

07

***The function of  
human growth  
is to free  
one's inherent potentials,  
which are truly infinite.***

***However,  
where negative attitudes stagnate,  
realizing these potentials  
is impossible.***

	<p><i>Only crisis can tear down a structure that is built on premises which contradict the laws of cosmic</i></p> <ul style="list-style-type: none"><li>• <i>truth,</i></li><li>• <i>love, and</i></li><li>• <i>bliss.</i></li></ul> <p><i>Crisis shakes up the frozen state, which is always negative [and built on premises which contradict the laws of cosmic truth, love, and bliss].</i></p>
08	<p><i>On the path to</i></p> <ul style="list-style-type: none"><li>• <i>emotional and</i></li><li>• <i>spiritual</i></li></ul> <p><i>fulfillment you need to work intensively in order to free yourself from your negativities.</i></p> <p><i>What are they [i.e., What are your negativities]?</i></p> <ul style="list-style-type: none"><li>• <i>The misconceptions;</i></li><li>• <i>the destructive</i><ul style="list-style-type: none"><li>• <i>emotions,</i></li><li>• <i>attitudes and</i></li><li>• <i>behavior patterns</i></li></ul><i>that arise from them [i.e., that arise from the misconceptions];</i></li><li>• <i>the pretenses and</i></li><li>• <i>the defenses.</i></li></ul>

	<p><i>But none of these [i.e., But none of these negativities such as misconceptions; destructive emotions, attitudes, and behavior patterns; and pretenses and defenses]</i></p> <p><i>would present too much difficulty in themselves if it were not for the self-perpetuating force that compounds each negative aspect in an ever-increasing momentum within the human psyche.</i></p>
09	<p><i>All</i></p> <ul style="list-style-type: none"><li><i>• thoughts and</i></li><li><i>• feelings</i></li></ul> <p><i>are energy currents.</i></p> <p><i>Energy</i></p> <p><i>is a force that increases with its own momentum, always based on the nature of the consciousness that</i></p> <ul style="list-style-type: none"><li><i>• nourishes and</i></li><li><i>• directs</i></li></ul> <p><i>the energy current in question.</i></p>

*Hence,  
if the underlying*

- *concepts and*
- *feelings*

*accord with*

- *truth and*

*and are therefore*

- *positive,*

*the self-perpetuating momentum  
of the energy current  
will increase  
ad infinitum  
the*

- *expressions and*
- *attitudes*

*implicit in  
the underlying thoughts.*

*[Conversely]*  
*If the underlying*

- *concepts and*
- *feelings*

*are founded on*

- *error*

*and are therefore*

- *negative,*

*the self-perpetuating momentum  
of the energy current  
will compound,  
though  
not  
ad infinitum.*



10

*For example,  
you know that  
misconceptions  
create behavior patterns  
that  
inevitably  
seem to  
prove  
the correctness  
of the assumption,  
so that the*

- destructive,*
- defensive*

*behavior  
will become  
more firmly entrenched  
in the soul substance.*

*All of you  
on the path  
have battled  
such inner entanglements.*

*The same principle  
applies to  
feelings.*

*For example,  
fear  
could easily be overcome  
if*

- it [i.e., if fear]*  
*were challenged*

*and*

- its [i.e., if fear's]*  
*underlying*
  - misunderstanding and*
  - mishandling*  
*exposed.*

*Many times*

- *manifest emotions*

*are not*

- *direct primary emotions:*

- *fear*

*may disguise [and cover over the underlying]*

- *rage;*

- *depression*

*may disguise [and cover over the underlying]*

- *fear.*

*The problem is that*

*fear*

*creates*

*more fear*

*of*

- *facing and*

*of*

- *transcending*

*itself [i.e., creates fear of facing and transcending fear].*

*Then one*

*fears*

*this fear*

*of fear*

*and so on.*

*The fear*

*compounds.*

11

*Let us take depression.*

*If  
the underlying causes  
of the original feeling  
of depression  
are not courageously exposed,  
you become  
depressed  
about  
being depressed.*

*You may then feel that  
you should be able to*

- face your  
depression*

*rather than*

- being depressed about it,*

*but*  
*you are*

- not really willing –*

*and therefore*

- not able –*

*and that*  
*depresses you*  
*even more.*

*This becomes  
a vicious circle.*

12

*The first*

- depression –*

*or*

- fear,*

*or*

- another emotion –*

*is the first crisis  
that is  
not heeded  
nor is its [i.e., nor is the first depression's]  
true meaning  
understood.*

*It [i.e., the first depression]  
is evaded,  
so that  
depression  
about being depressed  
will be set off  
in the self-perpetuating  
vicious circle.*

*The consciousness of the person  
becomes  
more  
and more*

- removed from  
the original feeling*

*and therefore*

- removed from  
itself [i.e., the consciousness of the person becomes removed  
from the consciousness of the person],*

*making it more difficult  
to find  
the original feeling.*

*The increased  
negative momentum  
finally  
leads to a breakdown  
of the negative self-perpetuation.*

13

*Contrary to*

- truth,*
- love, and*
- beauty,*

*which are  
infinite  
divine attributes,*

- distortion and*
- negativity*

*are  
never  
infinite.*

*They [i.e., distortion and negativity]  
come to an end  
when the pressure bursts.*

*This [i.e., This ending of distortion and negativity when the pressure bursts]  
is  
a painful crisis,  
and people usually resist it  
with all their might.*

*But imagine if*

- the universe  
were created differently*

*and*

- negative  
self-perpetuation  
continued ad infinitum.*

*It could mean  
eternal hell.*

14

*The  
negative  
self-perpetuating principle  
is most obvious  
in the case of*

- frustration and*
- anger.*

*Many people can see relatively easily  
that*

- the frustration itself*

*is less difficult to bear  
than*

- their frustration  
at being frustrated.*

*The same is true of  
anger at oneself  
for being angry*

*or*

*being impatient with  
one's impatience,*

- *wishing that one  
could react differently*

*and*

- *not being able to do so  
because  
the underlying causes  
are not*

- *exposed and*
- *faced up to.*

*Thus*

*the "crises" of emotions  
such as*

- *anger,*
- *frustration,*
- *impatience, and*
- *depression*

*are not recognized  
for what they are.*

*This makes*

*the negative self-perpetuation  
stronger  
and stronger,*

*until*

*the inflamed boil  
bursts.*

*Then [i.e., when the inflamed  
boil of self-perpetuating negative emotions bursts]*

*we have  
an obvious crisis.*

15

*Crisis  
can mean,  
if one's consciousness  
so chooses,  
the end of  
continually swelling negative self-perpetuation.*

*When eruption comes,  
the choices of*

- *recognizing  
the meaning [of the eruption or crisis and going through it]*
- or
- *continuing  
to escape [the eruption or crisis rather than going through it]*

*become more clearly defined.*

*Even if*

- *this  
eruption  
does not lead to*
  - *recognition and*
  - *an inner change of direction,*
- a
- *final  
crisis  
is bound to come  
where the entity  
can no longer  
take refuge from  
its message.*

*The personality  
must see  
eventually  
that all*

- *eruptions,*
- *breakdowns,*
- *crises,*

*mean to  
tear down  
the old structure  
so as to re-erect a*

- *new and*
- *better functioning*

*one.*

16

*The "dark night" of the mystics  
is such a time of  
the breakdown  
of old structures.*

*Most human beings  
still  
fail to understand  
the meaning of crisis.*

*They continually  
look  
in the wrong direction.*

*If nothing would break down,  
the negativity  
would continue.*

*Yet it is possible  
after  
a certain amount of awakening  
has taken place in the consciousness  
that the person  
does not allow  
the negativity  
to become  
too firmly entrenched.*

*Thus  
the negativity  
is prevented from starting  
the self-perpetuating cycle.*

*It [i.e., the negativity]  
is confronted  
right at the start.*



17

**Crisis**  
**can be avoided**  
**by looking at the inner truth**  
**when the first inklings of**  
**• disturbance and**  
**• negativity**  
**manifest**  
**on the surface.**

**But**  
**a tremendous amount**  
**of honesty**  
**is required**  
**to challenge**  
**one's**  
**tightly cherished convictions [which are not in truth].**

**Such challenge [and confrontation with truth of one's tightly cherished convictions**  
**when the first inklings of disturbance and negativity manifest on the surface]**  
**cuts out**  
**the negative self-perpetuation,**  
**the motor force**  
**that compounds the**  
**• destructive,**  
**• erroneous**  
**psychic matter**  
**until it [i.e., until the destructive, erroneous**  
**psychic matter]**  
**finds a breaking point.**

**It [i.e., such challenge of one's tightly cherished convictions compared to inner truth**  
**when the first inklings of disturbance and negativity manifest on the surface]**  
**avoids**  
**the many vicious circles**  
**• within the human psyche**  
**and**  
**• in relationships**  
**that are**  
**• painful**  
**and**  
**• problematic.**

18

*If*

- *difficulties,*
  - *upheavals, and*
  - *pain*
- in the*
- *individual's life,*
- as well as in the*
- *life of humanity as a whole,*
- were viewed*  
*from this point of view,*

- *the real meaning of crisis*  
*would be understood*

*and*

- *much pain*  
*could be avoided.*

*I say to you now:*

*Do not wait*  
*for crisis to come*  
*in an eruption*  
*as the*

- *natural,*
  - *balance-establishing*
- event*

*that takes place*  
*as inexorably as*

*a thunderstorm must take place*  
*when*

- *certain atmospheric conditions*  
*have to be altered and*
- *clarity in the atmosphere*  
*is to be re-established.*

*This [i.e., a thunderstorm taking place when conditions have to be altered*  
*in the atmosphere and clarity has to be re-established]*  
*is exactly what happens*  
*within the human consciousness.*

*Growth is indeed possible  
without  
intense painful "dark nights,"  
if  
honesty with the self  
becomes  
predominant  
in the personality.*

*• True inner looking  
and  
• deep concern with the inner being  
as well as  
• giving up  
pet  
• attitudes and  
• ideas  
must be cultivated.*

*Then [i.e., Then with honesty with the self, true inner looking and deep concern  
with the inner being and with giving up pet attitudes and ideas]  
the  
• painful,  
• disruptive  
crisis  
can be avoided,  
because  
no inflamed boil will form.*

19

*The process of  
death itself  
is such a crisis.*

*I have discussed  
various deeper meanings of death.*

*This [i.e., This boil that forms when inner issues are not found and faced]  
is yet another [i.e., yet another deeper meaning of death].*

*Superficial death –  
 and it [i.e., death]  
 is nothing else but that [i.e., nothing else but superficial] –  
 could be avoided  
 if  
 crisis were*

- *not allowed to swell  
 to an eruptive boil,*
- *but dissolved  
 voluntarily  
 with the  
 available  
 consciousness.*

*Superficial death  
 of the human body  
 takes place  
 because  
 the consciousness says,*

- *"I cannot go on any longer,"*
- or*
- *"I am at my wit's end."*

*Any  
 crisis  
 contains this thought [i.e., this thought that I cannot go on any longer].*

*Consciousness  
 always  
 expresses to itself,*

*"I can no longer deal with the situation."*

*If the situation is  
 specific,  
 [then] a  
 specific  
 crisis  
 occurs in life.*

*If it [i.e., If the situation] is a question of  
 one's present incarnation as a whole,  
 then  
 physical death  
 will occur.*

*In the latter case [i.e., when death occurs],  
the eruption  
takes the form of  
the spirit's breaking out of the body,  
until  
it finds  
new life circumstances  
in which to deal with  
the same  
inner  
distortions  
all over again.*

*Since*

- *eruption,*
- *breakdown, and*
- *crisis*

*always aim at*

- *discontinuing old ways of operating and*
- *creating new ones,*

*the process of*

- *death and*
- *rebirth*

*signifies*  
*the identical principle [i.e., the process of discontinuing old ways of  
operating and creating new ways of operating].*

20

*People tend to  
oppose  
going on to  
other ways of*

- *operating and*
- *reacting,*

*however.*

*This obstruction [i.e., this obstruction to life and development by  
opposing going on to new ways of operating and reacting]  
is so unnecessary.*

***It is actually***

***this opposition [i.e., this opposition to going on to new ways of operating and reacting in various problematic situations]***

***that creates the***

- ***tension and***
- ***strain of crisis,***

***not the giving up***

***of the old structure itself [i.e., it is not the giving up of the old structure that creates the tension and strain of crisis, but rather it is the opposition to taking on new new ways of operating and reacting in various problematic situations].***

***When***

***necessary***

***change***

***is not accepted***

***willingly,***

***you***

***automatically***

***put yourself into***

***a state of crisis.***

***The intensity***

***of the crisis***

***indicates***

- ***the intensity of***

***the opposition [to new ways of operating and reacting in life],***

***as well as***

- ***the urgency of***

***the need for change.***

***The greater***

- ***the need***

***for change,***

***and***

***the greater***

- ***the obstruction***

***to change,***

***the more***

- ***painful***

***the crisis is going to be.***

	<p><i>The more</i></p> <ul style="list-style-type: none"><li>• <i>openness and</i></li><li>• <i>willingness</i></li></ul> <p><i>there is,</i> <i>on any level,</i> <i>to change,</i></p> <p><i>and</i></p> <p><i>the less</i></p> <ul style="list-style-type: none"><li>• <i>necessary the change is</i></li></ul> <p><i>at any given moment of</i> <i>the evolutionary path of an individual,</i></p> <p><i>the less</i></p> <ul style="list-style-type: none"><li>• <i>severe and</i></li><li>• <i>painful</i></li></ul> <p><i>the crisis is going to be.</i></p>
21	<p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>severity and</i></li><li>• <i>pain</i></li></ul> <p><i>of a crisis</i> <i>is</i> <i>by no means</i> <i>determined by</i> <i>the objective event.</i></p> <p><i>I think most of you, my friends,</i> <i>can readily verify this.</i></p>

***Most of you  
have gone through  
severe changes  
outwardly.***

***You have***  
***• lost a loved one,***  
***you may have***  
***• coped with the most***  
***• drastic changes and***  
***• objectively traumatic events –***  
***• wars,***  
***• revolution,***  
***• loss of***  
***• fortune and***  
***• home,***  
***• illness.***

***Yet you may  
inwardly  
have been  
much less***  
***• agitated and***  
***• in pain***  
***[in these situation of objectively severe traumatic events –  
wars, revolution, loss of fortune and home, and illness]***

***than in situations [which are much less traumatic outwardly, that is,  
which are  
outwardly  
incommensurate with  
the [severe] agitation  
of your  
inner  
feelings [i.e., your inner feelings, which are quite  
painful and severe when compared with  
the much less severe outer situation].***

***Thus we can say that  
an outer crisis  
may leave you  
inwardly  
in greater peace  
than an inner one [i.e., leave you inwardly  
in greater peace than an inner crisis might].***



• **The objectively  
more traumatic [outer] event  
hurts [inwardly] sometimes  
less than**

• **the objectively  
less traumatic one [i.e., less traumatic outer event].**

**In the former instance [i.e., In the case where the objectively  
more traumatic outer event hurts less inwardly]**

**the necessary change [i.e., the change that is necessary  
for your development]**

**takes place on  
an outer level,  
which**

**your inner being**

- **accepts more,**
- **adjusts to better, and**
- **finds a new way of dealing with.**

**In the latter instance [i.e., In the case where the objectively less traumatic  
outer event hurts more inwardly than the outer event warrants],  
the need for**

**inner change [i.e., the need for the inner change that is necessary  
for your development]**

**meets with  
greater resistance.**

**Your  
subjective interpretation  
of the event  
makes the crisis  
disproportionately painful.**

**Sometimes  
one tries to find  
rational explanations for  
such a peculiar emotional intensity –  
explanations which can be called  
rationalizations.**

	<p><i>Sometimes both</i></p> <ul style="list-style-type: none"><li>• <i>inner</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>outer</i><ul style="list-style-type: none"><li>• <i>changes and</i></li><li>• <i>crises</i></li></ul></li></ul> <p><i>meet the same inner attitude.</i></p>
22	<ul style="list-style-type: none"><li>• <i>When the process of the crisis is</i><ul style="list-style-type: none"><li>• <i>accepted and no longer</i></li><li>• <i>obstructed,</i></li></ul></li><li>• <i>when one</i><ul style="list-style-type: none"><li>• <i>goes with it [i.e., goes with the process of the crisis], instead of</i></li><li>• <i>fighting it [i.e., instead of fighting the process of the crisis], relief will come comparatively quickly.</i></li></ul></li></ul> <p><i>Once</i></p> <ul style="list-style-type: none"><li>• <i>the pus runs out of the boil and</i></li><li>• <i>the attitudes are adjusted,</i></li></ul> <ul style="list-style-type: none"><li>• <i>self-revelation brings</i><ul style="list-style-type: none"><li>• <i>peace;</i></li></ul></li><li>• <i>understanding brings new</i><ul style="list-style-type: none"><li>• <i>energy and</i></li><li>• <i>aliveness.</i></li></ul></li></ul> <p><i>The healing process is at work, even while the boil erupts.</i></p>

23

- *The negation  
of this process [i.e., The negation of this process of the crisis],*

- *the inner attitude that says,*

*"I should not have to go through this [crisis].*

*Do I have to?*

*This and that and the other  
is wrong  
with others.*

*If it were not [i.e., If this and that and the other were not wrong  
with others],*

*I would  
not  
have to go through this now,"*

*prolongs  
the agony.*

*This [resisting and denying] attitude*

*seeks to*

*avoid*

*the necessary*

*eruption of the boil,*

*[the boil] which consists of*

*a painful entanglement*

*of ever-increasing*

*negative energy*

*whose momentum*

*makes it*

*more*

*and more difficult*

*to alter the course.*

	<ul style="list-style-type: none"><li>• <i>The ongoing negative cycle</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>its [i.e., the ongoing negative cycle's]</i><ul style="list-style-type: none"><li>• <i>futile,</i></li><li>• <i>automatic</i></li></ul></li></ul> <p><i>repetition</i> <i>that</i> <i>the consciousness</i> <i>is unable to stop</i></p> <p><i>generates</i> <i>hopelessness.</i></p> <ul style="list-style-type: none"><li>• <i>The repetition</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the hopelessness</i></li></ul> <p><i>could stop</i> <i>only</i> <i>by no longer</i> <i>avoiding</i> <i>the necessary change.</i></p>
24	<p><i>Every</i><ul style="list-style-type: none"><li>• <i>negative experience,</i></li></ul><i>every</i><ul style="list-style-type: none"><li>• <i>pain,</i></li></ul></p> <p><i>is the result of</i> <i>a wrong idea.</i></p> <p><i>A critical aspect of this work [i.e., of this pathwork]</i> <i>is the articulation of</i> <i>these [wrong] ideas.</i></p> <p><i>And yet,</i> <i>how often</i> <i>all of you</i> <i>still miss</i> <i>the necessary recognition [i.e., recognition of these wrong ideas]</i> <i>by not keeping</i> <i>these incontrovertible facts [that wrong ideas cause pain]</i> <i>in mind</i> <i>when you meet with</i> <i>an unhappy situation?</i></p>

25

*Once you*

- *take on*  
*the habit of*  
*first questioning*  
*your hidden*
  - *wrong assumptions and*
  - *destructive reactions**when*  
*anything*  
*unwelcome*  
*comes your way,*

*and*

- *fully open to*
  - *truth and*
  - *change,**your life*  
*will alter*  
*drastically.*

- *Pain*  
*will become*  
*proportionately*  
*less frequent, and*
- *joy*  
*will become*  
*more*  
*and more*  
*the natural state.*

- *Crisis*  
*becomes*
  - *superfluous;**therefore,*
  - *death*  
*eventually becomes*
    - *superfluous.*

*This [i.e., That death eventually becomes superfluous]  
may sound like  
an extreme statement  
especially to those  
who are still awed by  
the mystery of death –  
which is also  
that [i.e., is also the mystery] of life –  
but it [i.e., but the statement that death eventually becomes superfluous]  
is nevertheless  
true.*

*The rhythm of  
growth  
can then [i.e., can, when death eventually becomes superfluous,]  
proceed smoothly,  
without the  
• leaps and  
• bounds  
of breaking up  
negative structures  
in the soul substance.*

26

*We have discussed  
the negative aspects of  
self-perpetuation.*

*Of course, it [i.e., self-perpetuation]  
exists primarily  
on the positive side.*

*Let us look at  
love.*

*The more  
you love,  
the more  
you can produce  
genuine  
love feelings  
without impoverishing  
• yourself and  
• others.*

*[In genuine love,]*

**You realize  
that you do not  
take away anything  
from anyone  
by giving out [i.e., by giving out genuine love].**

**On the contrary [i.e., Contrary to taking anything  
away from anyone],  
more [i.e., more genuine love]  
will come to  
• you and  
• others  
from it [i.e., from your giving out genuine love].**

**You will find  
• new ways,  
• deeper ways,  
• more variations of  
experiencing love  
in  
• giving and  
• receiving  
it [i.e., in giving and receiving love],  
• being in tune with  
this universal feeling [of love].**

**The ability to  
• experience and  
• express  
love  
will grow  
in an  
• ever-increasing,  
• self-perpetuating,  
motion.**

27

**So it is  
with every other  
constructive  
• feeling and  
• attitude.**

**The more**

- **meaningful,**
- **constructive,**
- **fulfilled, and**
- **joyous**

**your life is,**  
**the more**  
**of these attributes [i.e., the more of these meaningful, constructive,**  
**fulfilled, and joyous attributes]**

**it [i.e., your life]**  
**must generate.**

**It is an**

- **ongoing,**
- **never-ending**

**process**  
**of steady**

- **expansion and**
- **self-expression.**

**The [positive self-perpetuating] principle**  
**is exactly the same as**  
**that of**  
**the negative self-perpetuation.**

**The only difference**  
**is that**  
**the positive process**  
**is**  
**infinite.**

28

**Once you**

- **establish the contact with**  
**your innate**
- **wisdom,**
- **beauty, and**
- **joyousness**

**and**

- **allow them to unfold,**

**they [i.e., your innate wisdom, beauty, and joyousness]**  
**will increase**  
**themselves.**



*The self-perpetuation  
takes over  
once these energies  
are*

- *released and*
- *admitted to consciousness.*

*The  
initial  
actualization of these powers  
requires effort,  
but once the process is flowing,  
it is  
effortless.*

*The more  
you bring forth  
of the universal qualities,  
the more [of the universal qualities]  
there will be  
to bring forth.*

29

*Your own potentials  
to experience*

- *beauty,*
- *joy,*
- *pleasure,*
- *love,*
- *wisdom, and*
- *creative expression,*

*my dearest friends,  
are  
indeed  
infinite.*

*Again  
the words  
have been*

- *said,*
- *heard,*
- *registered.*

*But  
how deeply  
do you  
know  
that this is a reality?*

*How deeply  
do you believe  
in your  
innermost potential  
to be  
• self-creating,  
to be  
• in bliss,  
to live  
• the infinite life?*

*How much  
do you believe in  
your resources  
to solve all your problems?*

*How much  
do you trust in  
the possibilities  
that are not yet manifest?*

*How much  
do you believe  
it is real  
that new vistas of yourself  
can be discovered?*

*How much  
do you truly believe  
that you can  
unfold qualities  
of*

- peace,*

*coupled with*

- excitement,*

*of*

- serenity*

*coupled with*

- adventure,*

*through which  
life becomes  
a string of beauty  
even though  
initial difficulties  
are still to be overcome?*

*How much  
do you really believe in  
all this,  
my friends?*

30

*Ask yourself  
this question [i.e., Ask yourself how much you really believe in all this].*

*To the extent  
you pay  
only lip-service  
to this belief [i.e., to this belief that you can unfold all magnificent traits],  
you will  
still feel*

- hopeless,*
- depressed,*
- fearful or*
- anxious,*
- entangled in  
apparently  
insoluble conflicts  
with*
  - yourself and*
  - others.*

*This [i.e., Your feeling hopeless, depressed, fearful, or anxious – entangled  
in apparently insoluble conflicts with yourself and with others]  
is a sign  
that you  
do not yet believe in  
your own  
infinitely expanding  
potential.*

*If you do not  
truly believe this [i.e., If you do not truly believe in your own  
infinitely expanding potential],  
my dearest ones,  
it is because  
there is something in you  
that you  
desperately  
hold on to.*

*You do not wish to expose it [i.e., You do not wish to expose that something in you  
that you desperately hold on to]  
because  
you do not wish to  
• give it up or  
• change.*

31

*This applies  
to  
• every single one of you here,  
and of course  
to  
• everyone else in the world.*

*For who has  
not  
the "dark nights"  
to put up with?*

*Some have  
many little "dark nights"  
coming and going,  
or  
their "dark night"  
is gray.*

*They may not be  
in a great crisis  
at any given moment,  
but life*

- is gray and*
- fluctuates comparatively little.*

*But then there are those  
who have already  
worked their way out of this grayness.*

*They no longer  
want to content themselves  
with comparative safety from crisis.*

*They are willing,  
deep within themselves,  
to chance  
temporary upheaval  
for the sake of  
reaching  
a more desirable steady state.*

*They want to realize  
their potential  
for deeper*

- joy and*
- self-expression.*

*Then [i.e., in their attempt to realize their potential for deeper  
joy and self-expression]*

*the "dark nights"  
will become*

*more circumscribed,  
experienced  
either as*

- fluctuating periods of*
  - upheaval*
  - and*
  - joy,*
- or, in some lives,*
- bunched up*
- in stronger episodes.*

- Utter darkness,*
- loss,*
- pain, and*
- confusion*

*alternate with*

- heights of golden light,  
carrying justified hope  
for an*

- eventual*
- uninterrupted  
state of bliss.*

32

*No matter how any one of you  
experiences crises,  
there is always  
a message in them [i.e., a message in these crises]  
for you to discover  
about your own life.*

*It is up to  
you  
not to  
project your experiences [of crises] outwardly,  
on others,  
which is always  
the most dangerous temptation.*

*Or, for that matter,  
to project them [i.e., to project your experiences of crises]  
into yourself  
in a self-devastating way,  
which avoids the issue  
just as much as  
when you project it  
onto others.*

*The attitude*

*"I am so bad,  
I am nothing"*

*is always dishonest.*

*This dishonesty  
has to be exposed,  
so that  
the crisis  
can become  
meaningful,  
whether it be*

- small*
- or*
- great.*

33

*If you learn  
eventually  
to*

- take the smallest shadow  
of your everyday life*

*and*

- explore its  
deepest meaning,*

*you will handle  
the little crises  
in a way that makes  
the swelling of the boil  
impossible.*

*Hence  
no painful eruption  
is needed  
to destroy  
rotten structures.*

*This [i.e., Taking the smallest shadow of your everyday life and exploring  
its deepest meaning]*  
*will reveal  
the stark reality to you  
that  
universal life  
untampered  
is golden joyousness  
of ever-increasing beauty.*

34

*Every  
smallest shadow  
is a crisis,  
for it [i.e., for every smallest shadow]  
need not be there.*

*It [i.e., Every smallest shadow]  
is only there  
because of your turning away from  
the issue  
that creates crisis.*



*So take those  
smallest shadows  
of your everyday life  
and ask yourself  
what they mean.*

*What do you  
not wish to*

- see

*and  
not wish to*

- change?

*If you face this [i.e., If you face what you do not wish to see and change],  
and truly  
wish to*

- face the real issue and
- make the necessary change,

*the crisis  
will have fulfilled its function.*

*You will discover  
new dimensions  
of the issue  
that will make the sun rise,*

*and the dark night  
will turn out to be*

- the educator,
- the therapist

*that  
life  
always is  
once you try to understand it.*

35

*Your capacity  
to cope with  
the negativity of others  
grows  
only to the extent  
that you can do  
what I explain in this lecture.*

*How often  
do you sense  
negative feelings  
from others  
but  
cannot handle them  
because  
you are*

- *anxious,*
- *uncertain, and*
- *not clear about  
the nature of  
your*

- *involvement and*
- *interaction  
with them?*

*At other times,  
you may  
not even sense  
the actual  
presence of hostility  
in others.*

*Their [i.e., the others']*

- *subtlety and*
- *indirectness*

- *confuses you,*
- *makes you  
feel guilty about  
your instinctive responses [to them],*

*but  
you are even  
less able  
to handle the situation [i.e., the negative situation involving them].*

*This frequent occurrence  
is entirely due  
to  
your*

- *blindness to yourself and*

*your*

- *resistance to change.*

*When you project  
all your old negative experiences  
onto others,  
it is  
impossible for you  
to have adequate awareness  
of what actually goes on  
in the other person,  
and therefore  
you cannot deal with it [i.e., you cannot deal with what  
actually goes on in the other person].*

*Many of you  
have begun to experience  
the magnificent change  
when you handle your life in this respect  
as you*

- grow in your capacity  
to look honestly  
at what disturbs you  
within yourself*

*and as you*

- become willing  
to change.*

*Almost inadvertently,  
and as if it had nothing to do with your efforts,  
a new gift  
arises in you:*

*You see the negativity  
in others  
in a way*

- that leaves you free,*
- that permits you  
to confront them,*
- that is effective.*

*It [i.e., this new way in which you see negativity in others]  
has no adverse effect  
on you.*

*It [i.e., this new way in which you see negativity in others]  
must,  
in the long run,  
also be beneficial  
for others,  
whenever they  
want it [i.e., whenever they want this new way that you  
see negativity in them]  
to be [beneficial to them].*

36

*When you  
resist change,  
fear  
grows  
because  
your innermost being  
knows that*

- crisis,*
- eruption,*
- breakdown,*

*are*

- inevitable*

*and are*

- steadily drawing nearer.*

*Yet  
you resist  
doing  
what could avoid the crisis.*

*What I say here  
is the story of  
human life.*

*This is where  
human nature  
is caught.*

*[When you resist making the change needed to avoid the crisis]*

**The lesson  
must then be repeated  
until  
the illusory fear of change  
is exposed  
as an error.**

**If crisis  
can be understood  
the way I show you here, and  
if you  
really meditate  
to**

- understand  
your own crisis and**
- to**
- give up  
what you hold on to, and**
- challenge  
the limitations  
you place  
on the particular issue,**

**life  
will open up  
almost at once.**

37

*Are there any questions  
before I continue with the rest of this lecture?*

**QUESTION:**  
*I have a relationship  
similar to what you described.*

*I cannot cope with  
this person's  
angry rebellion.*

***I know I have this trait [i.e., this trait of angry rebellion]  
in myself,  
but I still  
react to it [i.e., I still react to this trait of angry rebellion in others]  
negatively.***

***I do not***  

- *communicate and*
- *open up;*

***I do not***  

- *let go.*

***Instead,  
I suppress it [i.e., I suppress this trait of angry rebellion in myself].***

***Can you suggest  
what my  
positive response [i.e., what my positive response to this trait  
of angry rebellion in others]  
should be?***

38

***ANSWER:  
First of all,  
I recommend the assertion,***

***"Here I am in***  

- *stress and*
- *pain.*

***I am in a situation  
that gives me anxiety  
that I wish  
would not exist.***

***What is  
the meaning of it [i.e., What is the meaning of this stress, pain, and  
anxiety that this situation gives me, a pain and  
anxiety that I wish would not exist]  
for me?"***

**Open up  
anew.**

**Do not use  
the knowledge  
you have  
already gained  
about yourself  
as the answer [i.e., here, do not use the knowledge  
that you have this trait of angry rebellion].**

**It [i.e., The knowledge you have already gained about yourself that you  
have this trait of angry rebellion]  
may even be correct,  
but  
previous recognition  
can subtly  
serve as a barrier.**

**You will truly  
have to be willing,  
deep inside,  
to let go.**

**To see  
and  
to let it be.**

39

**Here I come to the  
further aspect  
of this lecture,  
which will also be an answer to you.**

**You must realize that  
change  
cannot be executed  
only  
by the ego.**

**The**

- **willing,**
- **conscious**

**self  
alone**

**is incapable of doing it [i.e., is incapable of executing the  
needed change in the self].**

**The difficulty**

**of changing, and**

**the resistance to it [i.e., the resistance to changing],**

**come**

**to a large extent**

**from having forgotten**

**that you cannot do it [i.e., you cannot effect inner change and  
transformation]**

**without**

**divine help.**

**Thus you go from**

**one wrong extreme**

**to the other.**

**One extreme**

**is that you think**

**you [alone and on your own]**

**are the one**

**who must accomplish**

**inner transformation.**

**Since you**

**know**

**deep inside**

- **that you cannot do this [i.e., that you cannot accomplish inner  
transformation on your own],**

- **that you just do not have the equipment to do it [i.e., that you just do  
not have the equipment to accomplish inner  
transformation on your own],**

**you give up.**



	<p><i>You feel it is hopeless to make yourself change [and inwardly transform], so you</i></p> <ul style="list-style-type: none"><li><i>• do not even really try,</i></li><li><i>• nor do you express the concisely formulated desire to do so [i.e., desire to change].</i></li></ul>
40	<p><i>You are right to believe that the capacity to change is missing when you consider yourself exclusively as the</i></p> <ul style="list-style-type: none"><li><i>• conscious,</i></li><li><i>• willing, ego-self.</i></li></ul> <p><i>Resistance [to change and inner transformation] is partly an expression of avoiding the frustration of wanting something [i.e., here wanting to accomplish change and inner transformation on your own, without help] that</i></p> <ul style="list-style-type: none"><li><i>• cannot be done and</i></li><li><i>• must prove a disappointment.</i></li></ul> <p><i>This extreme reaction [i.e., the extreme reaction of not even wanting change and inner transformation because you know it cannot be accomplished on your own and wanting it would therefore prove a disappointment] takes place in the innermost layer of the human psyche.</i></p>

*So does the opposite extreme [i.e., The opposite extreme also takes place in the innermost layer of the human psyche],*

*[this opposite extreme] in which*

*you profess*

*the belief in*

- *higher power, or*
- *God,*

*who is supposed to do it all*

*for you [i.e., God is supposed to accomplish this inner change and transformation for you without your participation in the process].*

*You remain*

*in an*

*absolutely passive state,*

*waiting for it [i.e., waiting for the inner change and transformation to happen to you through God alone].*

*Again,*

*the conscious self*

*does not try*

*where it should [try].*

- *False hope [i.e., False hope that God will accomplish your inner change and transformation for you without your participation]*

*and*

- *false resignation [i.e., false resignation that inner change and transformation will never happen since you have to accomplish it on your own and cannot]*

*are only*

*two sides*

*of the same coin:*

*absolute passivity.*

**But** [on the opposite side from this absolute passivity of the conscious ego,]  
**the pushing ego,**  
**attempting**  
**to go beyond**  
**its own capacity,**  
**must**  
**inevitably**  
**end**

**in the same passive state of**  
**either**

- **falsely waiting** [i.e., waiting for inner change and transformation to come from the pushing ego's intense efforts, which it won't]

**or**

- **falsely giving up hope** [i.e., giving up hope that its own efforts will ever bring inner change and transformation and therefore giving up effort and hope].

**The pushing**

- **exhausts**  
**the self and**
- **renders it** [i.e., renders the self]  
**passive.**

**These attitudes** [i.e., These two attitudes of either passively waiting on God for one's inner transformation or aggressively striving to accomplish one's inner transformation on one's own]

**may exist**

- **simultaneously**
- or**
- **alternately.**

41

***The way to go about  
making a positive change  
is to  
want it [i.e., you must WANT the positive change];***

***you must be  
willing***

- to be in truth***

***and***

- to change.***

***And you have to  
pray to  
the innermost divine  
functioning within your soul  
to make the change  
possible.***

***Then [i.e., When you 1) truly WANT the positive change, 2) are willing to be in truth  
and willing to change, and 3) have prayed to the innermost divine  
functioning within your soul to make the change possible]***

***you  
wait for the change to take place,  
in a***

- trusting,***
- confident, and***
- patient***

***way.***

***This [i.e., This four-point process of  
1) truly wanting the positive change,  
2) willingness both to be in truth and to change,  
3) praying to the innermost divine functioning within  
your soul to make the change possible, and  
4) waiting in a trusting, confident, and patient way]***

***is the  
absolute prerequisite  
for change.***

	<p><i>When it does not even occur to you to</i></p> <ul style="list-style-type: none"><li>• <i>assume this prayerful attitude</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>say,</i></li></ul> <ul style="list-style-type: none"><li>• <i>"I want to change [and transform], but my ego cannot do it.</i></li></ul> <ul style="list-style-type: none"><li>• <i>God will do it through [but not for] me.</i></li></ul> <ul style="list-style-type: none"><li>• <i>I will make myself a</i><ul style="list-style-type: none"><li>• <i>willing,</i></li><li>• <i>receptive channel for this [change and transformation] to happen,"</i></li></ul></li></ul> <p><i>you are basically</i></p> <ul style="list-style-type: none"><li>• <i>unwilling to change</i></li></ul> <p><i>and/or are</i></p> <ul style="list-style-type: none"><li>• <i>doubtful about the reality of the higher forces within you.</i></li></ul>
42	<p><i>This</i></p> <ul style="list-style-type: none"><li>• <i>confident,</i></li><li>• <i>patient waiting,</i></li></ul> <p><i>this</i></p> <ul style="list-style-type: none"><li>• <i>assurance and</i></li><li>• <i>trust that help will come when you are utterly willing to look at the truth,</i></li></ul> <p><i>can be acquired.</i></p>

*It [i.e., This confident, patient waiting, and this assurance and trust that help will come when you are utterly willing to look at the truth]*

*is not  
a childish attitude  
that wants  
an authority  
to do it for you.*

*Quite the contrary.*

*This approach  
conciliates*

- the attitudes  
of adult self-responsibility  
that*

*takes action*

*by*

- facing the self;*

*by*

- wanting  
• truth and  
• change;*

*by*

- the willingness  
to expose  
hidden shame;*

*and*

- the receptive attitude  
in which  
the ego  
knows its own limitations.*

*In this*

*receptive attitude [in which the ego knows and accepts its own limitations]*

- you let God  
into your soul  
from deep  
within yourself.*

- You open up  
for it [i.e., You open up for change and transformation]  
to happen.*

43

*When this [receptive] attitude  
is adopted,  
change becomes  
a living reality  
for anyone and everyone.*

*When*  

- *trust and*
- *faith*

*are lacking  
that  
the divine  
can actualize itself  
through you,*

*it is because  
you have not given yourself  
the opportunity  
to experience  
the stark reality  
of these processes.*

*You have  
denied yourself  
this experience [i.e., the experience of these processes].*

*And since  
you have never experienced it [i.e., never experienced the stark  
reality of these processes],  
how can you  
trust it [i.e., how can you trust  
the reality of these processes]?*

*Also, since you have  
this or that  
little back door,  
which  
you wish to keep in reserve,  
so that  
you  
still do not need to  
enter into life*

- fully and*
- committedly,*

*you cannot  
experience  
the marvel  
of the reality  
of the Universal Spirit  
within yourself.*

*Since you  
are not honest  
with life,  
you cannot  
really  
believe in  
the power  
of the Universal Intelligence*

- dwelling in you  
at all times,*
- which goes to work  
the instant  
you make room for it.*

*Total commitment  
to it [i.e., Total commitment to the Universal Intelligence dwelling in you]  
is necessary,  
without reservation.*

*This commitment  
is the absolute prerequisite  
for your discovery  
of its [i.e., of the Universal Intelligence's]  
reality  
within you.*



*Even if  
you do not know*

- *what the outcome will be,*
- *whether or not  
God's way  
will be agreeable to you,*

*the commitment  
must be made.*

*Not knowing  
the total answer  
right now  
is part of it [i.e., is part of this commitment to the Universal Intelligence].*

*All such considerations [i.e., All considerations of such facts as: you do not know  
what the outcome will be, you do not know whether or not God's way  
will be agreeable to you, or you do not know the total answer right now]*

*avoid*

- *full commitment*

*and*

- *keep you  
holding on to the*
  - *old,*
  - *distorted,*
  - *cheating  
way of life,*
- while still wanting  
to reach for  
the*

- *new,*
- *liberated,*
- *free  
way*

*in which*

*you are*

- *whole,*

*instead of*

- *inwardly divided*

*and*

- *racked by the pain  
of this [inner] division.*

***But***  
***you cannot have it***  
***both ways.***

***Your commitment***  
***to the Ultimate Creator***  
***must become***

- total,***
- applied to***  
***the most***  
***seemingly***  
***insignificant aspect***  
***of daily***
  - living and***
  - being.***

***You must be***  
***totally***  
***committed to***

- the truth,***

***because then***  
***you are also***  
***committed to***

- the Universal Spirit.***

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***If you thus***  
***commit yourself [i.e. commit yourself to truth and to the Universal Spirit],***  
***you will***

- let go of the***
  - old***
  - accustomed***  
***shore and***
- float***  
***momentarily***  
***in what seems***  
***uncertainty.***

***But you will***  
***not mind this [i.e., you will not mind floating in what seems uncertainty].***

*[As you let go of the old accustomed shore and float in uncertainty, remaining committed to truth and to the Universal Spirit]*

**You will feel  
safer than ever before,  
when you were  
holding on  
to**

- the old shore,**

**to**

- the false structure  
that must be torn down.**

**You will soon  
know  
that there is  
nothing to fear.**

**This courage [i.e., This courage to let go of the old shore and the false structure]  
has to be summoned,  
only to find  
that this [way of living – committed to truth and to the Universal Spirit]  
is really the**

- safest and**
- most secure  
way possible  
to live:  
to**

- expand and**

**to**

- vibrate  
in life.**

**It actually  
requires  
no courage at all [to live this new way – committed to truth and to  
the Universal Spirit].**

**Then [i.e., Then when you let go of the old shore and the false structure and instead  
live committed to truth and to the Universal Spirit],  
and only then,  
will the "dark nights"  
turn into  
instruments of light.**

46	<p><b>QUESTION:</b> <i>This lecture is very close to where I am.</i></p> <p><i>I have just begun to discover the meaning of crisis.</i></p> <p><i>I feel I</i></p> <p><i>either</i></p> <ul style="list-style-type: none"><li>• <i>have to take refuge somewhere</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>I have to ride through the storm, which I feel I am doing now.</i></li></ul>
47	<p><b>ANSWER:</b> <i>This recognition is very good.</i></p> <p><i>It touches upon the age-old alternatives of</i></p> <ul style="list-style-type: none"><li>• <i>taking refuge</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>driving through.</i></li></ul> <p><i>It is perhaps the most important question on the evolutionary path of each entity.</i></p>

*You remain  
in the cycle  
of*  
• *death*  
*and rebirth,*  
*of*  
• *pain*  
*and struggle,*  
*of*  
• *conflict*  
*and strife –*  
• *physically*  
*as well as*  
• *spiritually*  
*and*  
• *psychologically –*

*precisely because  
you cling to the illusion  
that*  
• *going through [the crisis or storm]  
can be avoided*  
*and*  
• *taking refuge [from the crisis or storm]  
will do some good.*

*Actually,  
taking refuge [from the crisis or storm]  
does not do any good;  
on the contrary,  
it [i.e., taking refuge from the crisis or storm]  
increases  
the critical tension [in the crisis or storm].*

*The momentary relief [of taking refuge from the crisis or storm rather than  
going through the crisis or storm]  
is illusion  
of the most serious nature.*

*It is so [i.e., It is so that taking refuge rather than going through the crisis  
or storm is illusion of the most serious nature]*

*because*

*the crisis*

*inevitably comes later on,*

*but by then*

*[the crisis] is no longer connected with its source*

*and therefore it [i.e., the crisis]*

*hurts more.*

*When you make up your mind, however,  
saying,*

*"I will*

*not take refuge [i.e., I will not take refuge from the crisis or storm],*

*I will go through it [i.e., I will go through the crisis or storm],"*

*the resources*

*within the human soul*

*will become*

*almost instantly*

*available.*

*These resources [within the human soul]*

*remain obscure*

*to those*

*who still tend to*

*take refuge [from the crisis or storm].*

*They [i.e., those who still tend to take refuge from the crisis or storm]*

*then*

*• feel weak and*

*• do not believe in*

*their own capacities*

*to actualize*

*the infinite powers*

*of the Universal Spirit.*

	<p><b>They</b> [i.e., those who still tend to take refuge from the crisis or storm] <b>do not know</b></p> <ul style="list-style-type: none"><li>• <b>their potential,</b></li><li>• <b>the strength</b> [i.e., the strength and power of the Universal Spirit within] <b>that will arise,</b></li><li>• <b>the inspiration</b> <b>that will come.</b></li></ul> <p><b>Only when you decide to</b></p> <ul style="list-style-type: none"><li>• <b>go through</b> [the crisis or storm] <b>and</b></li><li>• <b>ask for help</b> [from the Universal Spirit within] <b>in meditation</b></li></ul> <p><b>do these resources</b> [i.e., do these resources of the Universal Spirit within] <b>become available.</b></p> <p><b>Then</b> [i.e., Then when these resources of the Universal Spirit within become available]</p> <p><b>you will sense</b></p> <p><b>an awakened trust</b></p> <p><b>that the conscious ego</b></p> <p><b>is not alone.</b></p> <p><b>It</b> [i.e., The conscious ego] <b>is not</b></p> <p><b>the only faculty available</b></p> <p><b>to deal with the issue</b> [i.e., the issue of the crisis or storm].</p>
48	<p><b>I emphasize again</b></p> <p><b>that a person</b></p> <ul style="list-style-type: none"><li>• <b>may be oriented this way</b> [i.e., oriented to go through the storm or crisis and ask for help from the Universal Spirit within rather than take refuge from the storm or crisis]</li></ul> <p><b>in some areas,</b></p> <ul style="list-style-type: none"><li>• <b>while remaining</b></li><li>• <b>closed and</b></li><li>• <b>unwilling</b> [to go through the crisis rather than seek refuge from it] <b>in other areas.</b></li></ul> <p><b>You will</b></p> <p><b>experience</b></p> <ul style="list-style-type: none"><li>• <b>life and</b></li><li>• <b>yourself</b> <b>accordingly.</b></li></ul>

*It is important  
that you simply  
want  
to do the best you can.*

*It is  
not important  
whether or not  
you make "mistakes,"  
whatever they may mean.*

*The struggle itself  
is*

- *what counts and*
- *what must  
bring conciliation.*

*The consequent*

- *blessing,*
- *strength, and*
- *growing wholeness of the personality  
cannot be put into words.*

*You  
want  
"ideal solutions,"  
so you  
always  
agonize on the threshold  
of this total commitment.*

*But what are  
ideal solutions?*

*They [i.e., ideal solutions]  
mean  
nothing  
if they are not based on  
the growing wholeness of a person,  
which comes to pass  
through the process described here.*



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*I bless you  
and ask you*

- *to open up*
  - *your innermost being,*
  - *your whole soul,*
  - *all your psychic forces,*
- *to let go of*
  - the cramp*
    - that denies*
      - *truth and*
      - *change,*
  - therefore [that denies]*
    - *self-expression and*
    - *light.*

*Open up  
in this way,  
to let*  
*the blessed power [of the Universal Spirit]  
constantly  
present within you  
permeate  
your whole being.*

*This power [of the Universal Spirit within]  
is strongly activated  
in such gatherings,*

- *when you come together,*
- *when you*
  - *receive help and*
  - *open up to one another*

*for yet another channel of help [i.e., the channel of help  
from one another].*

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*A blessing comes forth  
that will meet with  
the inner power of which I have spoken [i.e., the power of the Universal  
Spirit within of which I have spoken],  
thus  
doubly  
strengthening you.*

***Continue your growth,  
in the spirit of this lecture,  
so that***  
***• your wholeness,  
• your connectedness with the universe,  
will***  
***• grow and  
• give you  
more of the joy  
that is  
inherently  
your birthright.***

***Be blessed,  
  
be in peace.***

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