Pathwork Lecture 060: The Abyss of Illusion – Freedom and Self-Responsibility

1996 Edition, Original Given March 4, 1960

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

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

For clarity: The **original text** is in **bold and** *italicized*. [My adds of commentary/clarification/interpretation are in brackets, italicized, and <u>not</u> 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-devotional-format/

Gary Vollbracht

\P	Content
03	
	Greetings,
	my dearest friends.
	Blessed be this evening [i.e., Blessed be the time we now spend together with this lecture],
	blessings for
	all of you.
04	
	You all know, my friends,
	that
	• thoughts,
	• feelings,
	• attitudes and
	• convictions
	create
	forms –
	forms that are
	just as
	real
	as your earth matter.

```
The
    • deeper
   and
    • stronger
         a conviction is,
the more
    • lasting
   and
    • substantial
         are these forms.
They [i.e., These forms]
    exist
         in
            • your soul
and they exist
    at the same time
         in
            • the world of the spirit.
If you harbor
    truthful
         • attitudes,
         • opinions
         • convictions
       and
         • emotions,
            • these forms
                will exist
                   in a world of
                        light
           and
            • they will,
                in your own soul,
                   • create
                  and
                   • bring you
                       • happiness,
                        • harmony,
                      and what you may call
                        • luck.
```

```
Soul forms
                  of truth
                       are made of a substance
                          that lasts
                              permanently.
              They [i.e., Soul forms of TRUTH]
                   will
                       never
                          • dissolve,
                       nor can they ever be
                          • destroyed.
05
              [In contrast to TRUTHFUL convictions and emotions,]
                   • Convictions
                 and
                   • emotions
                       of
                          • untruth
                         or
                          • unreality
                              have the
                                  opposite character.
              They [i.e., Convictions and emotions of untruth or unreality]
                   may last
                       a while,
              but their durability
                   is limited to
                       the length of time
                          that these attitudes in the personality
                              prevail.
```

```
[As with truthful convictions and emotions,]
                  The stronger these [i.e., these UNTRUTHFUL and UNREAL]
                       • convictions
                     and
                       • attitudes,
                       • thoughts,
                     and
                       • emotions
                          are,
                  • the greater
                      is their
                          • impact,
                  • the more
                      substantial their
                          • form.
06
              At times I have described
                  the path you are taking
                      by depicting
                          landscapes
                              as you know them
                                 on earth.
              There are
                  • shrubs
                and
                  • thickets,
                  • narrow ledges
                and
                  • cliffs.
```

```
At times [i.e., At times on this path you are taking]
    • the going is
         • rough
      and
         • tedious,
    • the way
         • steep
      and
         • stony.
At other times
    you find yourselves
         on a meadow of
            • rest
          and
            • light
                until
                   you are ready to tackle
                        the next hurdle.
All this is
     not
         merely
            symbolic.
These forms
    truly exist.
They
    are the product of
        your inner
            • attitudes
          and
            • convictions,
            • thoughts
          and
            • emotions.
Many of these [i.e., Many of these attitudes, convictions, thoughts, and emotions]
    create obstacles
         through which
            you have to
                grope
                   your way.
```

```
07
              The
                  more
                       • unconscious
                          such
                              • attitudes.
                              • convictions,
                            and
                              • erroneous conclusions
                                 are,
                  the more
                       • powerful
                          they are.
              This [i.e., This fact that the more UNCONSCIOUS such attitudes, convictions,
                              and erroneous conclusions are, the more POWERFUL they are]
                  is logical,
              for anything
                  that is out in
                       the light of
                          conscious awareness,
                              if wrong,
                                 is open for
                                     correction.
              It [i.e., That which is wrong AND is in the light of conscious awareness]
                   • is
                       laid open
                         for consideration
                  and thereby
                    • made
                       • flexible
                     and
                       • amenable to change.
              In your daily life
                  you may
                       experience happenings
                          that may
                              change
                                 a conscious conviction.
```

```
However,
    if you are
         unaware of a
            • conclusion
            • attitude,
    it [i.e., the conclusion or attitude of which you are not aware]
         • is not
            exposed
       and
         • cannot be

    reconsidered

           and
            • changed:
                        it [i.e., the conclusion or attitude of which you are not aware]
                           is rigid;
                                and
                                   the more rigid a
                                       • form,
                                   the stronger is its
                                       • substance.
If this [i.e., If this rigidity of form created by conclusions or attitudes
                which cannot be changed because you are not aware of them]
    is so
         with a form
            created from
                untruth,
you will easily see
    that it [i.e., that such a rigid form created from untruth of which you are not
                        aware and hence untruth which you cannot yet change]
         must become
            a tremendous obstacle in your life.
```

```
08
              If you could but understand
                   that
                       all
                          • thoughts
                        and
                          • emotions
                              are
                                  actual
                                      • forms
                                      • objects,
                                    and
                                      • things,
              you would
                   better understand
                       why
                          it is so important
                              for you to

    uncover

                                      your unconscious
                                and
                                  • look at
                                      what it contains.
              These forms vary in
                   • substance,
                   • strength,
                 and
                   • shape
                       according to
                          • what they represent,
                          • how strong
                              the convictions are, and
                          • what is linked with them.
              This [i.e., What these forms represent, how strong the convictions are, and
                                             what is linked with them, all of which determine
                                             the substance, strength, and shape of the form]
                  in turn,
                       depends on the
                          • character
                        and
                          • temperament
                              of the person.
```

09 Now I should like to discuss one common soul form which, to some degree, exists in every human being. I will call this [i.e., I will call this common SOUL FORM] the "abyss of illusion." There is an abyss in each one of you. This abyss is • utterly unreal, and yet it seems • very real as long as you have not taken the necessary steps to discover its illusory character.

```
10
                   When you
                       cannot let go of
                          • your self-will,
                                      which may
                                         not necessarily mean
                                             that you [i.e., that you, with your self-will,]
                                                 want something
                                                     • bad
                                                    or
                                                     • harmful,
              or
                  when you
                       cannot accept
                          • the imperfection of this world,
                                      which means
                                         that you
                                             cannot have
                                                 • life
                                              and
                                                 • people
                                                     be according to
                                                        your very own way,
                                                            even though
                                                               yours [i.e., even though your way]
                                                                    may be
                                                                       the right way,
              [then] it
                  seems
                       to you
                          that you have
                              fallen into
                                  an abyss.
              You may never have
                  translated
                       these feelings [i.e., these feelings you have when your will is not complied
                              with or when other people have imperfections you cannot accept]
                          into such terms.
              But,
                  if you
                       analyze your feelings [i.e., your feelings at such times],
                  you will see
                       that this is so [i.e., that it seems to you that you have fallen into an abyss].
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```
There is a
                  strong fear in you
                       that
                          whatever happens
                              contrary to your will
                                  means
                                      danger.
              Needless to say,
                  this [i.e., this fear that what happens contrary to your will means danger]
                       does
                          not apply
                                  • every situation,
                              to your
                                  • entire personality,
                           or
                              to
                                  • every area of your life.
11
              Bv
                 • working in this direction [i.e., this direction of becoming AWARE of your
                              FEELINGS when things do not go according to your will or when
                              you face imperfections in the world and in others]
              and
                 • examining your
                       emotional reactions to
                          certain incidents,
                              you will become aware of
                                  the abyss of illusion
                                      in you.
              I ask you
                  not to take my word for it [i.e., for having the abyss of illusion in YOU].
              Experience
                  the truth
                       of it [i.e., EXPERIENCE the TRUTH that the abyss of illusion is in YOU]!
```

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12
               This abyss [i.e., This abyss of illusion]
                   varies
                        in
                           • depth
                     and
                        in
                           • width.
               Only by
                   becoming aware of
                        its [i.e., the abyss of illusion's]
                           • existence
                 and
                   gradually discovering
                        its [i.e., the abyss of illusion's]
                           • unreality
               will this form
                   dissolve,
                        little by little.
               This [i.e., This becoming aware of the abyss of illusion in you and
                                discovering its unreality, so it can dissolve]
                  can happen
                        only if,
                                at one time or another,
                           you give yourself up to it [i.e., give yourself up to the abyss of illusion].
              In other words,
                   what
                        seems
                           • so hard to yield to,
                   what
                        seems like
                           • a personal threat,
                        is really
                           • no threat at all.
              If someone else
                   • does not accept you,
                   • acts contrary to your expectation,
              this in itself
                   is not
                        a threat.
```

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Neither is it
    a disaster
         if you have to
           accept
                your own inadequacy.
Yet
    you cannot find out
         that this is so [i.e., you cannot find out that it is NOT a DISASTER if YOU
                       accept your own inadequacy, or another does not accept you
                       or acts contrary to your expectation of him or her]
           unless
                you go right through
                   the experience [i.e., unless you go right through the
                       EXPERIENCE of living with your own inadequacy, or
                       the EXPERIENCE of another not accepting you or acting
                       contrary to your expectation of him or her].
Only after

    accepting

         • your own
      or
         • the other's
           inadequacy
                in the areas where heretofore
                   you could hardly do so,
only after
    • giving up
        your own will
           where you hung onto it
                as though your life were at stake,
will you be able to
    truly convince yourself
        that
           nothing adverse happens to you.
```

```
As long as this abyss [i.e., this abyss of illusion, the ILLUSION that it would be a
        DISASTER if you do not get your way or if you or another or life is imperfect]
    exists in your soul,
it seems to you
    that you are
         gravely endangered
            if you
                 • yield
               or
                • let go.
[If you yield your will to that of another or to life,
                or let go of your demands for perfection from yourself, others, or life]
    You
         seem
            to fall down into the abyss.
The abyss
    can only disappear
         if you let yourself
            drop into it.
Then
    and then only
         will you learn
            that you do
                not
                    • crash
                  and
                    • perish,
         but [rather]
            that you
                • float beautifully.
You will then see
    that
         what made you
            tense with
                • fear
               and

    anxiety

                    was as illusory
                        as this abyss.
```

```
13
              So I repeat:
                   the abyss [i.e., this abyss of the ILLUSION that it would be a DISASTER
                               if you do not get your way or if you or another or life is imperfect]
                       cannot disappear
                          by itself.
              It can only
                   vanish from
                       your
                          • soul
                      and
                       your
                          • life
                               once you have
                                  made the plunge into it [i.e., plunge into the EXPERIENCE of
                                      not getting your way in a situation or the EXPERIENCE of
                                      living with your own, or another's or life's imperfection].
              The first time [i.e., The first time you dare to take the plunge into such an experience]
                   it may call for
                       great effort on your part,
              but each time
                  you try it anew
                       it will be easier.
14
              I hope I will
                   not be misunderstood.
              I do not refer to [i.e., By "making the plunge into the abyss
                                      of illusion," I do NOT refer to the experience of
                   giving up something
                       • needlessly,

    merely because

                          it is something
                               that makes you happy.
              I do not even refer to [i.e., I do NOT even refer to the experience of]
                   giving up something you
                       • have
                       • possess.
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Nor do I speak of [i.e., Nor, when I speak of "making the plunge into the abyss
                        of illusion," do I refer to experiencing]
    realistic fears
         that you can face
            constructively.
[When I speak of the experience of "making the plunge into the abyss of illusion,"]
    I refer only
         to [i.e., to plunging into the EXPERIENCE of]
            • the subtle little fears
                in your soul,
         to the [i.e., to plunging into the EXPERIENCE of the]
            • frustration
           and
            anxiety
                • you cannot
                    quite understand
              and
                • for which you often find
                   such poor rationalizations.
When a person
    near you
         • does not agree with you
      or
         • has certain faults,
you may
    feel
         • all tense
       and
         • full of anxiety.
If you
   analyze these feelings [i.e. these feelings of tension and great anxiety],
you will discover
    that it amounts to
         feeling
            endangered
                because
                   your world of Utopia
                        is proven unreal.
```

```
This [i.e., This experience of feeling ENDANGERED
                              because your world of Utopia is proven unreal]
                  is the phantom fear
                       which makes you believe
                          your life
                              is at stake.
              Otherwise
                  you would not be
                       so fearful.
              This [i.e., This experience of feeling ENDANGERED
                              because your world of Utopia is proven unreal]
                  is the abyss
                       into which you should plunge
                          so as
                              to find yourself
                                 • floating
                              instead of
                                 • perishing.
15
              Last time [See Lecture 58 The Desire for Happiness
                                     and the Desire for Unhappiness, given February 5, 1960]
                  I discussed
                       the function of
                          Utopia
                              in the human personality.
              I said that
                  the infant
                       in you
                          desires
                              everything
                                 • the way
                                     it wants it,
                                 • how
                                      it wants it,
                                and
                                 • when
                                     it wants it.
              But it goes further than that.
```

```
This desire [i.e., This desire for Utopia in the infant in you]
    includes
        wanting
           • complete
               freedom
           • without
                responsibility.
You may
    not be aware
        that you desire
           just this.
But I am sure that
     by
        investigating some of
           • your reactions
      and
        asking yourself
           • what they [i.e., asking yourself what your reactions]
                truly mean,
                   when you come to
                       the root,
                          you will undoubtedly find that
                              this childish part of your being
                                 desires
                                     just that [i.e., desires COMPLETE FREEDOM
                                             WITHOUT RESPONSIBILITY].
You want to have a
    benign authority above you
        who steers your life
           in all ways
                as you desire.
You wish
    • complete freedom
        in every way;
you want to make
    • independent
        • decisions
       and
        • choices.
```

```
If these [i.e., If these decisions and choices you make]
    prove
        good,
it is to
    your credit.
However,
    you do
        not
           wish
                to be responsible
                   for
                       anything
                          bad
                              that happens.
         Then [i.e., Then, when bad things happen,]
            you refuse to see
                the connection
                   between
                       • such a happening [i.e., such a BAD happening]
                   and
                       • your own
                          • actions
                         and
                          • attitudes.
You are
    so successful
         in covering up
           these connections [i.e., these CONNECTIONS between BAD happenings
                                             and YOUR OWN actions and attitudes]
                that, after a time,
                   it takes a great deal of effort indeed
                       to bring
                          the connection
                              out into the open.
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```
This is so [i.e., This fact that it takes so much effort to bring out into the open the
                     connection between BAD happenings and your own actions and attitudes is so]
                   because
                       you wish to make
                          this authority
                               responsible for
                                  the negative things
                                      only.
16
              Many of my friends who are
                   well advanced on this path
                       will readily confirm that
                          this part [i.e., this infant part]
                               exists in them.
              In the final analysis
                   this unconscious
                       • thought
                      or
                       • attitude
                          [of this infant part in you]
                               amounts to just that:
                                      you wish
                                         • freedom
                                        without
                                         • self-responsibility.
              Thus you wish for a
                   • pampering,
                   • indulgent
                       god,
                          like a parent
                               who spoils his child.
```

```
If this god [i.e., If this pampering, indulgent god]
                  cannot be found -
                              and of course he cannot -
                       • he [i.e., god]
                          becomes a
                              monster in your eyes
                     and
                       • you turn away from
                          God
                              altogether.
17
              The expectations you have
                  of this god
                       you also
                          project
                              onto
                                  • human beings,
                                      either to
                                         • a specific person
                                         • a group of human beings,
                            or
                              onto a
                                  • philosophy,
                                  · creed,
                                or
                                  • teacher.
              It does not matter
                  • who
                or
                  • what
                       [i.e., It does not matter upon whom or what you make
                                      these projections of expectations you have of "god"].
              At any rate,
                  your understanding the
                       unconscious
                          God-image [See Lecture 52-The God Image, given June 5, 1959]
                              will not be complete
                                  unless you include
                                      this very basic element in it.
```

```
18
              It is of great importance
                  that you find
                       in yourself
                          the part
                               where you desire
                                  • freedom
                                without
                                  • self-responsibility.
              With the method of our work [i.e., the method of our pathwork],
                  it should not be too difficult
                       to find
                          the many areas
                              where you desire
                                 just that [i.e., where you desire freedom
                                                            without self-responsibility].
              This desire [i.e., This desire to have freedom without self-responsibility]
                  can be
                       extreme,
                          although it
                              is often
                                  • hidden
                             and
                              can only be approached
                                  • in an indirect way.
              I cannot show you
                  now
                       how it [i.e., how the SEARCH to find the infant in you that desires to have
                                                            freedom without self-responsibility]
                          should be done
                              because
                                  the approach
                                      varies with each individual.
              I shall be glad, however,
                  to point out the way
                       to each of you
                          if you so desire.
```

```
There cannot be a single exception.
You all
    have just this
         • hope
      and
         • desire
                at least in some way:
                        • freedom
                     without
                        • self-responsibility
                           to the full extent.
You may wish to assume
    self-responsibility
         in
            • some areas
                of your life,
         often in
            • superficial
           and
            • outer
                actions.
But in the
    • last
  and

    deepest

  and
    • most important
         attitude toward
            life
                as a whole
                   you still
                        • refuse
                           self-responsibility,
                   yet you
                        • desire
                           utter freedom.
```

```
19
              If you
                   think this through thoroughly,
              you will surely see
                   that this [i.e., that having utter freedom with no self-responsibility]
                           • impossibility.
                   It [i.e., Having utter freedom with no self-responsibility]
                       is
                           • Utopia!
               You cannot
                   • be free
              and at the same time
                   • have no responsibility.
               To the extent you
                   shift responsibility
                       from
                           yourself
                        onto
                           • others
              you curtail
                   your own freedom.
               You put yourself
                   in slavery [i.e., in slavery to those to whom you have shifted responsibility
                                                     for your life, your safety, and happiness].
              It is as simple as that.
20
               You will observe
                   the same law at work
                        even in
                           the animal world.
              A pet has
                   no freedom
              but [also] it is
                   not responsible for
                        obtaining its own
                           • food and
                           • shelter.
```

```
A wild animal [on the other hand]
    is
         • free,
      or
         • freer,
but it [also] is responsible
    to look out for itself.
This must apply
    much more
         to humanity.
Wherever you look,
    you will see that
         it cannot be otherwise:
            the more
                • freedom,
            the more
                • responsibility.
If you
    do not desire
         • responsibility
            according to the degree of your capacity,
you have to
    forfeit
         • freedom.
In a superficial way
    this applies to
        practically everything
           from your choice of
                • profession
            to your choice of
                • government.
```

```
But the area where humanity
                   has overlooked the basic truth,
                        that
                           • freedom
                               cannot exist
                        without
                           • self-responsibility,
                               is not
                                   outside
                               but
                                   within
                                       • the human soul,
                                 and
                                  in the
                                       • human attitude
                                          toward
                                              life as such.
21
               The infant
                  in you
                        does not
                           • see
                      and
                        does not
                           • want to see
                               that connection [i.e., that connection between freedom
                                                                     and self-responsibility].
              It [i.e., The infant in you]
                   wants
                        • one [i.e. wants utter freedom]
                   without
                        • the other [i.e., without self-responsibility],
              and what it wants
                   does not exist;
              it [i.e., utter freedom without self-responsibility]
                   is
                        • illusion
                     or
                        • Utopia.
```

```
The price
    for illusion [i.e., the price for Utopia, for the illusion of thinking you can have
                                            utter freedom without self-responsibility]
         is extremely high.
The more
    you want to
         evade paying the
            • natural
          and
            • fair
                price -
                        in this case [i.e., in this case, paying the price of taking]
                            • self-responsibility
                         for [i.e. as the natural and fair price for]
                           • freedom –
the heavier
    the toll becomes.
This, too,
    is unalterable law.
The more
    you understand
         about the human soul,
the more
    clearly
         you will observe this.
All diseases
    of the soul
         are based on just that:
                        on evasion of the payment
                           of the rightful price.
There is a
    • strong desire
 and
    • insistence
         on having both ways [i.e., having utter freedom, but with
                                                       no self-responsibility],
            the easy way.
```

```
22
               Ultimately,
                  the price you pay
                        for the evasion [i.e., for the evasion of refusing to pay the price of
                                        assuming self-responsibility in return for utter freedom]
                           is
                                so
                                   • heavy,
                                so
                                   • steep,
                                       my friends.
               You are
                   not aware of it yet [i.e., not yet aware of the ultimate heavy price you pay by
                     refusing to assume self-responsibility for your life in return for utter freedom],
               but you
                   will be [i.e., but you will be aware of this heavy price you pay]
                        if you follow
                           this particular road [i.e., if you follow this pathwork road].
               A part of the price
                   is
                        the constant effort
                           vou waste
                                in trying to
                                   force life
                                        into the mold of
                                           your illusion
                                               in this respect [i.e., into the mold of your illusion
                                                    that you do NOT have to take self-responsibility
                                                   for your life, your safety and happiness, in return
                                                   for your freedom].
               If you could but see
                   all the
                        • inner,
                        • emotional
                           effort [i.e., effort you expend in trying to force life into the mold of your
                                        illusion that you can refuse to take self-responsibility for your
                                        life, your safety and happiness, as the fair and required price
                                       for your freedom],
               you would
                   shudder.
                        because
                           all this strength
                                could be used quite differently.
```

```
• To let go of
                        the illusion [i.e., To let go of the illusion that you can have freedom without
                               assuming self-responsibility for your life, your safety and happiness]
              and
                   • to assume
                       full self-responsibility [i.e. and instead to assume full self-responsibility for
                                              your life, your safety and happiness, as the required
                                              and fair payment for your freedom]
                           seems
                               so hard to you
                                  that
                                       fear of it [i.e., FEAR of assuming self-responsibility
                                                      for your life, your safety and happiness,]
                                          becomes a good part
                                              of the abyss.
               You seem to think
                   that
                       you will fall right in
                           if you
                               really
                                  assume self-responsibility [i.e., self-responsibility for your life].
               Therefore,
                 you
                        constantly
                           strain away from it [i.e., strain away from assuming self-responsibility],
                               stemming against it,
                                  and this [i.e., AND this straining away from and stemming
                                                      against assuming self-responsibility for your
                                                      life, your safety and happiness]
                                       consumes strength.
23
               You can see now that
                   giving up
                       the world of Utopia [i.e., giving up having utter freedom while
                               assuming no self-responsibility for your life, safety, and happiness]
                           appears to you as
                               the abyss.
```

```
• Giving up Utopia [i.e., GIVING UP ON having utter freedom while assuming
                       no self-responsibility for your life, safety, and happiness,]
        seems to you
            the greatest danger
and
    • you stem against it [i.e. you stem against having to assume self-responsibility
           for your life, your safety and happiness as the fair price for your freedom]
         with all the might
            of your spiritual muscles.
You lean away from
    the abyss,
         losing
            valuable strength
                for nothing.
To give up your Utopia [i.e., To GIVE UP your infant's illusory world of having utter
                              freedom while assuming no self-responsibility for your
                               life, your safety and happiness]
    seems
         dire misery.
[If you GIVE UP up the infant's Utopia of utter freedom without assuming
                       self-responsibility for its life, its safety and happiness,]
    The world
         becomes
            • bleak
          and
            hopeless
                with
                   no chance for
                       happiness,
                          because
                               your concept of
                                  happiness
                                      in one part of
                                         your unconscious mind
                                              means
                                                 utter perfection
                                                     in
                                                        all
                                                             ways.
```

```
But all this [i.e. But this belief that HAPPINESS means BOTH utter perfection AND
         living in the Utopian world of having utter freedom without having to
         assume any self-responsibility for your life, your safety and happiness]
     is
         not
            true.
To give up Utopia
    does
         not make for
            a bleak world.
You need not despair over
    • letting go of
         a desire [i.e., letting go of the infant's desire for a Utopian world where
                       you have utter freedom without having to assume any
                       self-responsibility for your life, your safety and happiness]
 and
    • venturing into
         what often seems
           fearsome to you [i.e., venturing into assuming self-responsibility for
                your life, your safety, and happiness, which seems fearsome to you].
```

```
The only way
    you can discover
         the illusion of
            this
                • fear [i.e., this fear of having utter freedom while also having to
                   assume self-responsibility for your life, your safety and happiness],
            this
                • abyss
          and
            its
                • phantom quality [i.e., the phantom quality of the abyss],
                    is first to
                        • visualize,
                        • feel,
                      and
                        • experience
                           its existence in you [i.e., visualize, feel, and experience
                                       in you this FEAR of having utter freedom while
                                       also having to assume self-responsibility for
                                       your life, your safety and happiness]
                                in the various
                                   • manifestations
                                 and
                                   • reactions
                                       of your daily life,
                   and then to
                        • jump into it [i.e., jump into the abyss, embrace this FEAR in
                               you by exercising your freedom and "jumping into it,"
                               thereby assuming self-responsibility for your life, your
                               safety and happiness in your life].
Otherwise it [i.e., Otherwise the abyss of illusion, the PHANTOM FEAR of assuming
                self-responsibility for your life, your safety and happiness]
    cannot
         dissolve.
```

```
24
               There is a
                   very important
                       general misconception
                           about
                               life.
              It [i.e., This general misconception about life]
                   constitutes the
                        main result of
                           the unreasonable desire for
                               • freedom
                             without
                               • self-responsibility.
              It [i.e., This general misconception about life]
                   is the idea [i.e., is the FEAR]
                        that you can come to harm
                           through
                               the arbitrariness of
                                   • the god-of-your-image,
                                  • life,
                                 or
                                   • fate,
                         or
                           through
                               the
                                   • cruelty,
                               the
                                   • ignorance,
                             and
                               the
                                   • selfishness
                                       of others.
               This fear [i.e., This fear that you can come to harm because of the arbitrariness of
                                       the god-of-your-image, of fate, or of life or because of the
                                       cruelty, ignorance, or selfishness of others]
                   is as illusory as
                        the abyss.
```

```
This fear [i.e., This fear that you can come to harm because of the arbitrariness of
                        the god-of-your-image, of fate, or of life or because of the
                        cruelty, ignorance, or selfishness of others]
    can exist
         only
            because
                you
                   deny
                        your self-responsibility.
Therefore [i.e., Therefore, because you deny your self-responsibility],
    others
         must be responsible.
If you did not
    cling tenaciously to
         the Utopia of
            having
                 • freedom
          and
            refusing
                 • self-responsibility,
you could
    easily perceive
         that you are
            indeed
                independent.
You are
    the master of
         your
            • life
           and
            • fate;
you –
         and
            no one else -
    create your own
         • happiness
         • unhappiness.
```

```
Observation of
    the manifold
        • connections
       and
        • chain reactions
           would
               automatically
                   eliminate
                       your fear
                          of
                              • others,
                          of
                              • becoming a victim.
You could
    link up
        all unfavorable incidents
           with
               your own
                   wrong attitudes,
                       no matter
                          how wrong
                              the other people may be.
                                     But
                                        their wrongness
                                            cannot affect you.
This [i.e., This truth that the wrongness of others cannot affect you]
    would become clear to you
        and
           you would then
               lose your fear
                  of being helpless.
You are
    helpless
        because
           vou
               make yourself that way
                  by trying to
                       shift responsibility
                          away from
                              yourself.
```

```
So you see that
                  fear
                       is the heavy price
                           you must pay
                               for insisting on
                                  your Utopia [i.e., your demand for utter freedom without the price
                                                      of assuming self-responsibility for your
                                                      life, your safety and happiness].
25
              In truth,
                   you cannot possibly
                        come to harm
                           by any

    shortcomings

                             or

    wrong actions

                                  of another person,
                                      no matter
                                          how much it may seem that way
                                              at first glance.
               Those who judge [i.e., who blame the harm that comes to them onto another person]
                   only on
                       the surface
                           will
                               not find
                                  either
                                      • truth
                                  or

    reality

                                          [in their initial surface judgments of others].
              Many of you are capable of
                   • judging profoundly
                       in some ways,
                   • going to
                        the roots of things.
```

```
In other ways, however,
    you are conditioned
         to judge
            on the surface.
In this particular respect [i.e., In respect to judging superficially in some ways]
    many of you
         refuse to
            let go of
                judging on the surface
                    because
                        you still hope that
                           the world of Utopia [i.e., in the world of having freedom
                                        without self-responsibility for your life]
                                can actually exist.
Therefore [i.e., Therefore, because you do NOT assume SELF-responsibility
                                          for your life, your safety and happiness],
    you have to
         fear
            • other people,
            • their judgment,
            • their wrongdoings.
In this part of your being [i.e., In this infant part of your being where you REFUSE
                                                      to assume SELF-responsibility],
    you like to consider yourself
         a victim
            for the very reason I stated previously.
This trend [i.e., This trend of considering yourself a victim]
    in itself
         is a sign of
            refusal
                to accept self-responsibility.
```

```
26
              If you are
                  truly
                       • willing
                     and
                       • prepared
                          to accept
                              full self-responsibility,
              the vision of truth
                  will prove to you
                       that
                          harm
                              cannot come to you
                                 through others.
              I can foresee
                  many questions coming up
                       in this connection [i.e., in connection with this statement that harm
                                                           cannot come to you through others].
              But let me assure you
                              my friends,
                  that even
                       a mass disaster,
                              of which
                                 there have been many
                                     in the history of humanity,
                          will miraculously
                              • spare some
                           and
                              • not [spare] others.
              This
                  cannot be explained away
                       either by
                          • coincidence
                       or by
                          • the act of a
                              monstrous god-of-your-image
                                 who
                                      arbitrarily
                                         • favors
                                             a few
                                       and
                                        • punishes
                                             some less fortunate creatures.
```

```
The other
                  imagined god [i.e., The other god-of-your-image]
                       who
                          • rewards you
                              for being a good child
                        and
                          • spares you
                               a difficult fate,
                       while another person
                          • has to be
                               tested
                        and
                          • go through
                               hardships
                                  is also a distortion,
                                      no less monstrous
                                         than the first [i.e., than the first god-of-your-image
                                                                 who is capricious and arbitrary].
27
              God
                   is in you,
                       and
                          that godlike part
                              of the divine in you
                                  regulates things
                                      in such a
                                         wonderful way
                                              that
                                                 all your
                                                     wrong attitudes
                                                        will come to the fore,
                                                             • more strongly
                                                                at some times,
                                                             • less strongly
                                                                at other times
                                                                    of your life.
```

```
The apparent
                  • faults
                and
                  • misdeeds
                       of
                          others
                              will affect
                                 your own
                                     • wrong attitudes
                                   and
                                     • inner errors.
              You cannot
                  be affected
                       by any
                          • wrongdoing
                          • action
                              of other people
              if you do
                  not have
                       within yourself
                          something that responds to it [i.e., something that responds to
                                                    the wrongdoing or action of other people],
                              as one note
                                 resonates to another.
28
              Again,
                  you certainly
                       should
                          not
                              take my word for it.
              All who are on the path
                  are bound to find out
                       the truth
                          if
                              they really want to.
```

```
Investigate
   sincerely
         the everyday
            • occurrences,
            • irritations,
          and
            • annoyances
                 in your life.
Find out
    what
         in yourself
            • responds,
            • corresponds
                 either to
                    • a similar characteristic –
                                although perhaps
                                   on a quite different plane -
                 or to
                    • the exactly
                        opposite extreme
                           of the person
                                who has provoked you.
If you truly
    find
         the corresponding note
             in
                yourself,
you will
    automatically
         cease to
            feel victimized.
Although a part of you
         enjoys
            just that [i.e., enjoys being the victim],
                 • it [i.e., this joy in being a victim]
                    is a doubtful joy.
                 • It [i.e., This joy in being a victim]
                    • weakens you
                  and
                    • is bound to make you fearful.
                 • It [i.e., This joy in being a victim]
                    enchains you utterly.
```

```
By seeing the connection
    between
         • vour
            inner wrong
                • currents
              and
                • attitudes
    and
         • the outer
            unwelcome occurrence,
you will come face to face
    with
        your inadequacy [i.e., with your own inner wrong currents and attitudes],
but this encounter [i.e., but this encounter with
                               your own inner wrong currents and attitudes],
    instead of
         • weakening you
    will make you
         • strong
      and
         • free.
You are so conditioned
    to the habit of
        going through life
            concentrating on
                the apparent wrong
                   of
                        the other person
                           that you
                               feel victimized by it [i.e., that you feel victimized by
                                      the apparent wrong of the other person].
You
    put blame on
         everybody left and right
 and
    never find
         the corresponding note
            in yourself.
This [i.e., Seeing yourself as the innocent victim of others]
    explains how you could be adversely affected [i.e., affected by others].
```

Even those of my friends who have learned to investigate themselves with some degree of honesty often fail to do so [i.e., often fail to investigate themselves in honesty as to their contribution] in the most apparent • everyday **incidents** [i.e., the most apparent everyday disharmonies]. It takes training to condition yourself to follow this road [i.e., to follow this pathwork road of self-responsibility] all the way. When you discover your own contribution, no matter how subtle, as you go through an unwelcome experience, you will cease being afraid of the world. 29 If your fear of • life and • the inadequacy of others is not to some degree eliminated after such findings [i.e., after finding your contribution to such unwelcome disharmonies in your life], vou have not even scratched the surface [i.e., then you have not even scratched the surface of how YOU contribute to unwelcome disharmonies in your life].

```
You may have found
    some contributing factor,
but if it [i.e., but if finding YOUR contributing factor
                               to an undesirable situation in your life]
    did not have
         the desired effect on you [i.e., did not dissolve the fear of
                                              the undesirable situation],
you are still
    dealing with
        subterfuges [i.e., you are still taking actions
                        that are trying to deceive or hide something from youself].
What you find [i.e., What you find regarding YOUR contribution
                               to an undesirable situation in your life]
    must
         increase
            the knowledge in you
                that
                    • you cannot be
                        truly affected by others,
              and
                that
                    • vou are
                        the master of your life.
                           Therefore
                               you need have no fear.
In other words,
    your findings [i.e., your findings regarding YOUR contribution
                               to an undesirable situation in your life]
         must
            make you see
                • the truth
              and
                • the importance
                    of self-responsibility.
In addition,
    self-responsibility
         will cease to be something
            to shy away from.
```

```
30
              If this work [i.e., If this work of finding YOUR contribution
                                              to an undesirable situation in your life]
                   is done
                        in the right way,
              you will not feel
                   guilty about it [i.e., you will not feel guilty about how you have contributed to
                                                                an undesirable situation in your life].
              In the right approach [i.e., In the right approach to finding YOUR contribution
                                                              to an undesirable situation in your life]
                   there is
                        no room for
                           guilt feelings.
               The very nature of
                   a guilt feeling,
                               which stifles
                                  your determined effort
                                       to find out
                                          more
                                               about yourself,
                       seems to say,
                           "I cannot help it.
                           I have to feel guilty
                               for something
                                   I cannot help."
               Therefore,
                   a guilt feeling
                        inevitably
                           contains an element of
                               self-pity.
               Without
                   self-pity
                       there could be
                           no guilt feeling.
```

```
The
                   • true
                and
                   • constructive
                       way of searching
                          within yourself
                              must uncover
                                 many
                                      • errors,
                                 many
                                      • wrong conclusions,
                                 many
                                      • faults
                                     and
                                      • faulty attitudes.
              But
                  you will encounter them [i.e., encounter these errors, wrong conclusions,
                                                                   faults, and faulty attitudes]
                       without a trace
                          of guilt.
              With the
                  proper attitude,
                          • accept your inadequacies
                          • face up to them.
              In the world of
                   Utopia
                       you
                          • do not [i.e., you do NOT accept your imperfections, your
                                                            inadequacies, and face up to them].
31
              This [i.e. This clinging to Utopia and not accepting imperfections
                                                            and facing your inadequacies]
                  is a good part of the reason
                       why you
                          reject
                              self-responsibility.
```

```
By making
    independent decisions,
        vou are
            bound to
                make mistakes.
The child in you,
         clinging to Utopia,
    believes
        you must
            never
                make a mistake.
[To the child in you]
    Making a mistake
         means
           falling into the abyss.
Here again
    you can
         test the validity of your fear [i.e., test the validity of the fear of making
                                                     any mistake in the child in you]
             by jumping in [i.e., jumping into the abyss and risking making mistakes]
                and finding yourself
                   afloat.
You then
    see
         that it is
            no tragedy
                to have made a mistake.
[However]
    The infant [i.e., The infant in you]
         • thinks you
           must perish
                if you do [i.e., if you do make a mistake],
      and therefore
         • thinks that
            independent decisions
                for which one is
                   responsible
                       must
                           not be made.
```

```
It should be noted that
                  this belief [i.e., this belief that you must PERISH if you make a mistake
                                and therefore you should NEVER make INDEPENDENT decisions]
                       may manifest
                          only in a very
                              • hidden
                            and
                              • subtle
                                 way.
32
              Obviously,
                  the illusion
                       that you must
                          never
                              be inadequate
                                 leads to
                                     your rejection of
                                        • self-responsibility,
                                   and
                                     the continued
                                        • wish to be free.
                  • The world of Utopia
              as well as
                  • the fearsome abyss of illusion
                       therefore depend upon
                          whether or not
                              you learn to
                                 accept
                                     your inadequacy,
                        and
                          whether or not
                              you learn to
                                 • free yourself of
                                     the phantom conclusion
                                        that you
                                            cannot err.
```

```
The
                   • guilt
                and
                   • fear
                       of making mistakes
                          is so hard to bear
                               that you set up
                                  all sorts of
                                      • phantom thoughts
                                     and
                                      • soul-forms
                                         that make your life
                                             miserable.
33
              In your
                   intellect
                       you may
                          know
                               all I say here;
                       you may
                          readily admit to
                               a variety of faults
                                  without
                                      the slightest
                                         • guilt
                                       or
                                         • fear.
              In this particular respect [i.e., in respect to this PARTICULAR set of faults]
                  you have
                       freed yourself of
                          • the abyss of illusion [i.e., FREED yourself from the ILLUSION that
                                       "if I have this particular set of faults and make this
                                      particular set of mistakes, I will perish,"]
                         and
                          • the world of Utopia [i.e., in respect to this particular set of faults you
                               have FREED yourself from the world of UTOPIA where you have
                               utter FREEDOM and pleasure BUT with NO self-responsibility].
```

```
But there doubtless
    are areas [i.e. are other areas of your life]
         where you
             do
                not
                   feel
                        in accord with your
                           knowledge [i.e., where you do NOT FEEL in accord with
                                              your intellectual knowledge that if you
                                              make a mistake you will NOT perish].
With these areas [i.e., With these areas where you FEEL you
                                       WILL perish if you make a mistake]
    we
         do
            have to be concerned.
It is quite possible
    that
         you have some faults
            which are
                infinitely graver
                   than others [i.e., infinitely graver than other faults],
    and yet [i.e., and yet in regard to these infinitely graver faults]
         you do
            not
                have this
                   feeling
                        of
                           • shame
                         and
                           • guilt.
You can
    • admit them [i.e. admit these infinitely graver faults]
         to yourself
  and even
    • discuss them
         with others.
Here [i.e., Here, in regard to these infinitely graver faults,]
    vou are
         free.
```

```
Other faults,
        perhaps
            • less severe
           and at times
            • not even really faults,
                but mere
                    attitudes,
                        such as
                           • a certain shame.
                           • a kind of anxiety
                         or
                           • a reaction,
    may give you
         an acute feeling of
            • shame
           or
            • guilt.
                 You
                    • cannot face it [i.e., you cannot face these less severe faults and
                        attitudes such as a certain shame, anxiety, or reaction]
                you [instead]
                    • look away,
                you
                    • struggle to avoid seeing it.
This means
    that in this respect [i.e., in respect to this set of lesser faults and attitudes],
        for one reason or another,
            you
                 • live in
                   your world of Utopia [i.e. you illusory world of utter freedom
                      without self-responsibility, the illusory world of PERFECTION]
               and therefore
                • struggle
                    against
                        the abyss of illusion [i.e., the abyss of illusion that says that if
                           you have these particular lesser faults or attitudes or make
                           these relatively less significant mistakes you will PERISH].
```

```
34
              Your whole life
                  must change
                       in many ways
                           if
                              you discover
                                  the truth
                                      of what I say here.
              It is
                  not sufficient
                       that you
                          • accept these words
                              intellectually;
                 [rather,]
                       you have to
                          • experience them
                              in yourself.
              This [i.e., This work of EXPERIENCING the truth of these words concerning the
                              consequences both of living in the world of utopia (where you have
                              utter freedom WITHOUT self-responsibility, a world of perfection)
                              and abyss of illusion (where you think ANY fault, inadequacy, or
                              mistake will mean that you perish), both being worlds that enslave,
                              and then through this work becoming free of both of these illusions]
                  can only be done
                        by
                          • hard work
                              in the proper direction
                       and
                        by
                          • your utter resolve
                              to find
                                  this particular truth.
              On the other hand,
                  you need
                       not have
                          completely
                              dissolved the abyss
                                 in order to be liberated
                                      to a large degree.
```

```
It is sufficient
                  that you
                       • see
                     and
                       • observe
                          • its existence [i.e., that you see and observe the existence of
                                                                    the abyss of illusion],
                          • its effect on you,
                 and
                   that you
                       • have made
                          some attempts
                               in the right direction.
              It is sufficient
                   to see the connection
                       between
                          • your erroneous attitudes
                       and
                          • outer happenings
                               that heretofore
                                  seemed arbitrary [i.e., heretofore seemed arbitrary rather than
                                                        caused in part by your erroneous attitudes].
              Once you realize
                   how much you
                       fear
                          giving up
                               Utopia
                                  in all its ramifications,
              you will have taken
                   a tremendous step towards
                       • real freedom
                       • true independence.
35
              This [i.e., This step towards real freedom and true independence]
                   will free you
                       of your basic
                          fear of
                               life.
```

```
It [i.e., This step of giving up Utopia by accepting imperfection and
                       taking self-responsibility for your life, this step towards real
                       freedom and true independence]
         will release
            heretofore
                wasted forces
                   [thereby enabling these forces to be used]
                           constructive purposes
and
    it [i.e., and this step]
         will bring forth in you
            a creativity
                you never dreamed possible.
Once you
    realize what I say here,
once
    • it is your own [i.e., once it is your own felt knowledge and EXPERIENCE]
    • not superimposed knowledge,
you will go through life
    with a completely
         new attitude:
            as a
                free being
                   without
                       fear.
You will
    know
         with a deep conviction
            that
                • no word
              and
                · no teaching
                   can ever give you
                        anything better than
                           your own realization
                               that
                                  nothing
                                      can come your way
                                           that is
                                              not
                                                 self-produced.
```

```
You do not have to
    be ashamed of it [i.e., You do NOT have to be ashamed of any fault or
         imperfection you have that is giving rise to hurt to others and unfulfillment].
You can make
    • the out-picturing of it [i.e., the out-picturing of this fault
                                              or imperfection in you]
   and
    • the unfortunate circumstances [i.e., the resulting unfortunate circumstances]
        you may have to go through
            as a consequence [i.e., as a consequence of this fault or imperfection]
                a verv
                   • constructive
                  and
                   • productive
                        medicine for yourself.
This [i.e., This process]
    will serve
         • to liberate you
    rather than
         • to enslave you.
You will realize
    that you have
         nothing to be afraid of.
You are
    not the victim of others;
vou do
    not have to fight
        to make
            others
                perfect,
                   because
                        you now know
                           that
                               their imperfection
```

cannot harm you.

```
36
              Some of you may
                  think it is strange indeed
                      that
                          this basic spiritual truth
                              has been
                                 so obscured
                                     throughout the ages.
              But there is a
                  good reason for that, my friends.
              Humanity
                  in its development
                       is required
                          to reach
                              a certain basic spiritual understanding
                                 before it can
                                     use this knowledge
                                        in the right way.
              For.
                  misunderstood,
                      such knowledge
                          could indeed
                              be very harmful.
              If a man's
                  lower nature
                       remains
                          dominant,
                              he might say
                                 "I can
                                     • kill
                                   and
                                     • plunder
                                   and
                                     • be as selfish as I want.
                                 My wrong actions
                                     cannot harm anyone else."
              And of course
                  that [i.e., that a person's wrong actions cannot harm anyone else]
                       is not true,
                          not in the sense I mean.
```

```
I realize, my friends,
    this
         seems like
            an utter contradiction.
I say here [i.e., I say here in this lecture]
    on the one hand
         that the wrongdoings
            of another person
                cannot harm you.
I say
    on the other hand
         that if you go ahead,
            following
                your lowest instincts,
                   that
                        is
                           harmful to others.
Both [i.e., Both of these statements]
    are
         • true, my friends.
But both [i.e., But also, both of these statements]
    can be
         • untrue,
             if
                you understand them
                   in the
                        wrong sense.
It is extremely difficult
    for me to explain
         how these
            apparent
                paradoxes
                   still hold true.
However,
    I will attempt
         at a future occasion
            to make this clear
                if you still need clarification.
```

```
But I believe
                  any of you
                       who
                          • take this particular approach
                              on your path
                        and
                          • experience
                              the truth of my words
                                 personally
                                      will know
                                         that
                                             • both are true
                                       and
                                         that these two statements
                                             • do not contradict each other at all.
37
              There is just one thing
                  I would like to add.
              First,
                  it may appear
                       that it has nothing to do with
                          the apparent paradox;
                              vet
                                  when you think
                                      more profoundly about it,
                                 you will clearly see
                                      that it has [i.e., that what I shall say now does indeed
                                             have a bearing on this apparent paradox of not
                                             being able to be hurt by another and yet being
                                             able to hurt another].
              I have often said,
                       and many of you have experienced it,
                  that
                       • your subconscious
                    affects
                       • the subconscious of another person.
```

```
This [i.e., This statement that your subconscious
                       affects the subconscious of another person]
    is
         • so true
      and
         • so apparent
            that all you have to do
                is open your eyes
                   to have it
                        constantly confirmed
                           in your life.
You know that
    the human personality
        consists
            of various
                • levels
        or, expressed in a different way,
            of various
                • subtle bodies.
The level on which
    you give out
         will affect
            that particular level
                of the other person.
What comes out of
   your
         • true being,
    your
         • real self,
            will affect
                • the real self
                   of the other person.
```

```
What comes out of
                   any layer of your

    mask self

              will affect
                  the
                       • similar
                      or
                       • corresponding
                          • mask self layer
                          • defense mechanism
                              of the other person.
38
              I will give you some random examples
                  that I am sure many of you
                       have experienced.
              When you are
                   • shy
                 and
                   • reticent,
              it creates
                  in the other person
                       a similar effect,
                          although
                              he or she
                                  may express it
                                      in an entirely different manner.
                   If you are
                       • not genuine
              or
                   if you
                       • act out of a level of pride,
                  the other person
                       will respond
                          automatically
                              in kind.
```

```
If you are
    • spontaneous
  and
    • genuine,
you will find
    such immediate response
        in the other person.
All you have to do
        is observe this.
For that [i.e., For observing this interchange of corresponding layers between
                you and another]
    to happen
        you have to
           observe
                yourself, of course,
                   in order to establish
                       from
                          what layer of your personality
                              you
                                 have acted.
Only then [i.e., Only when you see from which layer
                       of your personality YOU have acted]
    can you take
        the other person's
           • behavior
         and
           • mannerisms
                and
                   compare them
                       with what you gave out.
You will soon
    stop being deceived
         by appearances.
```

```
Your shyness
                  may be
                       • open;
              the other person's shyness
                  may be

    covered

                          under a mask of
                              brashness [i.e., may be hid behind his or her mask of brashness].
              However,
                  you will recognize
                       that they [i.e., that both your shyness and the other person's shyness]
                          come from
                              the same
                                 inner level [i.e., come from the same INNER level even though the
                                   other person's inner shyness is hidden by a mask of brashness].
              This is so important,
                              my friends,
              and it has very much to do with
                  the apparent paradox
                      that
                         you cannot be harmed
                              by other people.
              Yet it would be harmful
                  to go ahead
                       on that assumption [i.e., on that assumption that you cannot be hurt
                                                    by another and neither can you hurt another]
                          and
                              indulge in the lowest instincts.
39
              Now, my friends, if there are any questions,
                      I shall be glad to answer them.
              QUESTION:
              A few times you mentioned
                  • guilt
                 and
                  • shame.
              Could one be ashamed of something
                  without
                      guilt feelings?
```

```
40
              ANSWER:
              Yes, of course [i.e., Yes, of course one could feel shame of something
                                                                    without guilt feelings].
                       This [i.e., This evaluation of shame and guilt]
                          is always a question of terminology.
              There is
                 a healthy kind of
                       shame
                          that is
                               • constructive and
                               • strengthening.
                          You can also call it
                               • repentance.
              If
                 you
                       • recognize
                       that you have
                          unwillingly
                               hurt others
                                  by one of your
                                      wrong tendencies
                 and
                  you
                       • feel
                          truly sorry
                               about it
                  and
                  this
                       • gives you
                          incentive to
                               change,
              it [i.e., this kind of "shame" that results in
                                      repentance and changed behavior on your part]
                 is good.
```

```
[In other words,]
    If shame
         • does not weaken you,
  but
    if it [i.e., but if shame rather]
         • strengthens you,
it [i.e., this kind of "strengthening" shame]
    contains
         no guilt.
If it [i.e., If shame]
    is free
         of
            • self-pity,
         of
            • the flavor of
                 • "Poor me.
                 • I could not help it.
                 • I should be helped.
                 • People are unfair to me,"
                        and so on,
then it [i.e., then, when it is free of self-pity, does not weaken you, does not have the
                        flavor of "Poor me." or, "I could not help it," and so on,
                        this constructive and strengthening kind of shame]
    is a
         healthy kind of
            repentance
                 that has
                    nothing whatever to do with
                        guilt.
So it is indeed possible
    that
         • shame
            can exist
                 without
                    • guilt.
```

```
And it is
                   also possible
                       the other way around,
                          namely
                               that a person
                                  has an
                                      • acute guilt feeling
                                 and
                                  is not necessarily
                                      • ashamed.
41
              QUESTION:
              Many times you stated that our
                  psyche
                       is in some way
                          an electromagnetic field.
              Is it [i.e., Is this electromagnetic field that is related to the psyche],
                  from your point of view,
                       in any way similar to
                          the electromagnetic fields
                               of modern physics?
              Or are they [i.e., Or are these two types of electromagnetic fields simply]
                   different in
                       vibration rate?
42
              ANSWER:
              The
                   • rate of vibration
                 or
                   • frequency
                       [of various types of electromagnetic fields]
                          can be
                               very different.
              It depends on
                   • what
                 or
                   • who
                       it is.
```

```
The frequency rate of vibration
    varies
        between
            • an animal
        and
            • a plant,
        between
            • two animals,
        between
            • two human beings,
      let alone
        between
            • all other things.
Everything
    that has energy -
                and you know that
                   even your material objects
                       are full of energy -
        has
      or
         is
            • an electromagnetic energy field.
The nature
    of these fields
         varies also
            between
                • one object
            and
                • the other.
This [i.e., This variation of energy fields]
    depends on
         • the material of which they are constructed,
    and it even varies
         • between two objects of
            the same material,
                because
                   many, many other factors
                       also play a role.
```

```
But the basic principle is the same, of course.
Energy fields
    exist
         in everything,
           from what is
                apparently a
                   • dead object
            to what is
                obviously a
                   • live organism.
But their [i.e., But the corresponding energy fields']
    • emanation,
    • frequency,
    • rate of vibration,
    • color,
    • tone,
    • scent,
  and
    • all other attributes
         vary
            according to
                a great number of factors
                   that influence
                        this magnetic field.
Many of their manifestations [i.e., Many of the manifestations of these energy fields]
    I could not even describe,
        for
            • you have not yet discovered them
          and therefore
            • they are unnamed
                in the human language.
Some
    you may never even
         discover on this earth plane.
But in principle,
     all
         are
            • energy fields
         and as such [i.e., and as such, all energy fields are]
            • certainly the same.
```

```
43
              QUESTION:
              Could this concept
                  be applied
                      to our
                          tonal system,
                              • within
                            and
                              • beyond
                                 the range of our auditory perception?
              ANSWER:
              Yes, absolutely.
              I can foresee
                  a time on your earth plane -
                                     some of you may still see the beginnings of it -
                       when you will have machines
                          with which to measure
                              a person's
                                 frequency rate of vibration,
                                     in
                                        • tone,
                                     in
                                        • color,
                                    and
                                     in
                                        • certain other manifestations -
                                    also
                                     in
                                        • energy emanation,
                                            if I may call it that.
```

44	
	QUESTION:
	Also [i.e., Also a person's frequency rate of vibration]
	in scent?
	ANSWER:
	That may take longer;
	it would be much harder to establish technically.
	But it may come too, eventually.
	Such a machine [i.e., Such a machine to measure a person's frequency rate of vibration related to scent]
	will prove extremely useful.
45	ON TRUMPON
	QUESTION:
	Could it [i.e., Could such a machine]
	also be used for therapy?
	тегиру:
	ANSWER:
	• Physical
	as well as
	• mental
	therapy.
	It could be used for
	all sorts of other things,
	not to speak of
	the importance of
	proving
	the existence of human beings
	beyond
	the physical level.
	Since we have a question session next time,
	it would be very constructive
	if you presented some questions
	dealing with our subject tonight.

```
46
              I retire
                   with my blessings
                       for each and every one of you, my friends.
                   • The strength
              and
                   • the light
                       I am allowed to bring
                          from my world
                               is flowing now
                                  to each one of you.
              May it [i.e., May this strength and light which is flowing from my world]
                   help you,

    wherever you are

                          on your path,

    whatever

                          your problems are.
              May you
                  feel
                       the love
                          with which we come to you.
              Be blessed.
                   be in God!
```

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