

Pathwork Lecture 075: The Great Transition in Human Development from Isolation to Union

1996 Edition, Original Given December 9, 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 not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

¶	Content
03	<p style="text-align: center;"><i>Greetings, my dearest friends.</i></p> <p style="text-align: center;"><i>Blessings for all of you.</i></p> <p style="text-align: center;"><i>Blessed is this hour [i.e., Blessed is this time we now spend together in this lecture].</i></p>
04	<p style="text-align: center;"><i>At the very beginning of this path you learned to recognize your</i></p> <ul style="list-style-type: none"> <i>• faults,</i> <p style="text-align: center;"><i>your</i></p> <ul style="list-style-type: none"> <i>• weaknesses and</i> <p style="text-align: center;"><i>your</i></p> <ul style="list-style-type: none"> <i>• shortcomings</i> <p style="text-align: center;"><i>on the most</i></p> <ul style="list-style-type: none"> <i>• superficial and</i> <i>• obvious</i> <p style="text-align: center;"><i>level.</i></p>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Version Revised – Posted 9/2/15

	<p><i>This [initial] recognition [of your faults, weaknesses and shortcomings] was not easy, because you were</i></p> <ul style="list-style-type: none">• <i>untrained and</i>• <i>unused to any kind of</i>• <i>self-observation and</i>• <i>self-honesty.</i>
05	<p><i>From that stage onward [however,] you learned to</i></p> <ul style="list-style-type: none">• <i>explore deeper levels and</i>• <i>find the greater subtleties of your nature.</i> <p><i>Much ground has been covered since those early stages of finding your faults.</i></p> <p><i>You may remember my telling you at one point, when we discussed human shortcomings, that</i></p> <p><i>all faults stem from three basic ones:</i></p> <ul style="list-style-type: none">• <i>self-will,</i>• <i>pride, and</i>• <i>fear.</i> <p><i>No matter which fault you take, examining it profoundly, you will always find that in the last analysis it [i.e., the fault under consideration] comes from one of these [three basic faults].</i></p>

06

*The second major phase of this path
dealt with
your*

- *complexes, your*
- *images,*
- *misconceptions, and your*
- *unconscious*
 - *confusions and*
 - *conflicts.*

*I stressed
the necessity of
doing this work
of self-search
without*

- *judging yourself,*
- without*
- *moralizing, and*
- without*
- *evaluating*
 - *the right and*
 - *the wrong,*
 - *the good and*
 - *the bad*
- from an*

ethical standpoint.

Rather,

I told you to

evaluate these findings [from your self-search with curiosity]

as to

how correct [or incorrect]

your thinking was

when you created your

- *images and*
- *misconceptions.*

There are good reasons

for such a recommendation [to do your self-search without judgment],

because

*destructive guilt [that comes from judging an aspect of yourself
as wrong or bad]*

is in itself such a heavy burden

that it generates

too much resistance

to finding yourself.

	<p><i>If you approach your inner findings in a spirit of guilt-producing moralizing [i.e., judging something in you as “bad” or “wrong”] before you have reached a sufficiently deep level that transcends superficial awareness, it makes your work harder than it already is.</i></p>
07	<p><i>Now comes a third major phase on this path.</i></p> <p><i>For those of you who have already gained an overall understanding about your inner problems, it will become necessary to now [combine work in phases one – finding faults – and two – finding complexes and images and] evaluate your hidden</i></p> <ul style="list-style-type: none"><i>• images and</i><i>• complexes</i> <p><i>[from your work in phase two] with a focus on your</i></p> <ul style="list-style-type: none"><i>• faults</i> <p><i>[from your work in phase one] that are embedded in them [i.e., with a focus on your faults that are embedded in your images and complexes].</i></p>

	<p>You may rediscover <i>[embedded in your complexes, conflicts, and images]</i></p> <ul style="list-style-type: none">• the very same faults you had found <i>[in phase one] at the very beginning of your work and</i> which you thought <i>you had overcome, or perhaps</i>• variations of them <i>[i.e., variations of the faults</i> <i>found in phase one],</i> deeply hidden within your innermost conflicts.
08	<p>When you recognize your</p> <ul style="list-style-type: none">• misconceptions and• wrong conclusions as compared with<ul style="list-style-type: none">• reality and• fact, and <p>when you also understand</p> <ul style="list-style-type: none">• where they <i>[i.e. where misconceptions and wrong conclusions]</i> come from and• why, <p>you can <i>[then]</i> see what damage the unconscious faulty thinking causes</p> <ul style="list-style-type: none">• you and• others around you.

When you can

- **see and**
- **thoroughly understand**

all that [i.e., see and understand where misconceptions come from
and what damage this faulty thinking causes you and others]

without a feeling of

- **guilt and**
- **depression,**

but rather in a spirit of

- **joy,**
- **release and**
- **victory –**

which gives you

- **strength and**
- **understanding**

about

- **your own life and**
- **life in general –**

then the time has come [in this
phase three of the work]

for a

new

evaluation

[, now] **from an**

- **ethical and**
- **spiritual**

viewpoint.

[In this phase three of the work]

Look inward

to determine where you are

- **selfish and**
- **proud,**
- **fearful and**
- **withdrawn.**

Search

deep within

your inner conflicts [images, etc. from the second phase of your work]

for these traits [of selfishness, pride, fear, and withdrawal],

even if

on other levels of your personality

they [i.e., these traits of selfishness, pride, fear, and withdrawal]

may not show.

	<p><i>This [third phase of the work where you connect conflicts, images, misconceptions, and confusions with your faults of selfishness, pride, fear, and withdrawal, and see the damage these cause you and others]</i></p> <p><i>is a</i></p> <p><i>very important step forward,</i></p> <p><i>my friends.</i></p>
09	<p><i>There are</i></p> <p><i>two</i></p> <p><i>basic currents</i></p> <p><i>in the universe.</i></p> <p><i>One</i></p> <p><i>is the</i></p> <p><i>love-force,</i></p> <p><i>which</i></p> <ul style="list-style-type: none"><i>• gives out,</i><i>• communicates, and</i><i>• rises above</i> <p><i>the little ego,</i></p> <p><i>which considers itself</i></p> <ul style="list-style-type: none"><i>• the center</i> <p><i>of all things,</i></p> <p><i>yet is only</i></p> <ul style="list-style-type: none"><i>• a part of</i> <p><i>a stupendous whole.</i></p> <p><i>Your real self</i></p> <p><i>never considers</i></p> <p><i>you</i></p> <p><i>as the ultimate end.</i></p> <p><i>When you reach</i></p> <p><i>the height of your potential,</i></p> <p><i>you no longer experience life</i></p> <p><i>within the confines</i></p> <p><i>of your</i></p> <ul style="list-style-type: none"><i>• restricting,</i><i>• separating</i> <p><i>barriers of</i></p> <ul style="list-style-type: none"><i>• false beliefs and</i><i>• misconceptions.</i>

*Then [when you reach
the height of your potential]*

- *you*
 - *find union*
with
all
people.

- *You*
 - *feel,*
 - *experience, and*
 - *think*
in an
entirely different way.

- *You*
 - *become*
a different person,
while yet remaining
essentially
the same individual.

10

*The second basic force [in the universe]
is the*

- *inverted,*
- *egocentric*
principle
by which
most human beings
still live.

*In that state
you*

- *suffer and*
- *"enjoy" life*
alone [i.e., in isolation].

[In that state of isolation]

No matter

**how many dear ones
may be around you,
• loving and
• sharing with
you,**

you

experience

your life

as essentially

- unique,**
- separate and**
- peculiarly your own,**
- unshakable and**
- untransmittable.**

You

**are the only one
who experiences
this particular
• pain or
• joy
in quite this way.**

You may not ever

**think so [i.e., you may never think that you are unique and separate from others
in these experiences of pain and joy]**

consciously.

In fact,

your

outer

knowledge

may [even]

contradict

this inner state

of experiencing life

*[as it is really going on inside of you – i.e., experiencing yourself as
unique, separate, and peculiarly your own, unshakable].*

Yet, in your real [inner] feelings,

this is how

**you experience life [i.e., as being unique, separate, and unshakable]
as long as**

**you are still in the state of
self-centered separateness.**

11

*The transition
from*
 • *self-centered
 isolation*
to
 • *the state of
 union with all*
*is the
most essential step
on the evolutionary path
of an individual spirit entity.*

*At some time,
in one life or another,
the transition
has to come.*

*When exactly
this will occur
varies
with each individual.*

*But on this path
the time must come,
sooner or later,
and let us hope
that you will swing over*
 • *from one state [i.e. from the state of
 “self-centered isolation”]*
 • *to the other [i.e., to the state of
 “union with all”]*
*while you are still in
this particular incarnation.*

12

Words

*will not convey to you
what this change
really means.*

*You have heard them [i.e., heard the words]
many times*

from many

- *philosophies and*
- *teachings.*

*You may even
be capable of
discussing
the subject
quite intelligently.*

*In isolated moments
you may even have
experienced
what I am describing.*

But then

- *the experience
vanishes, and*
- *you are back
in the old state
of isolation.*

*It takes
a lot more work
to make the transition [to
the state of “union with all”]
permanent,*

*and
the most essential prerequisite
for permanence
is*

- *finding and*
- *solving
your hidden conflicts.*

13

*Moreover,
it is of
vital importance
that you understand
that
the ultimate aim
of your spiritual path*

*is to make
the transition
from
one state
into
another.*

*In order to do so,
you must become
fully aware
that you still live
in the*

- old,*
- undesirable*

state [of self-centered isolation].

- As long as you
have illusions
about that [i.e., as long as you hold illusions and think that you do not
live in the old undesirable state of self-centered isolation], or*
- as long as you*
 - are confused and*
 - do not even know**that there are
two distinctly different states,*

*you will have
a much harder time [making this pivotal transition from
the old state of self-centered isolation to the new state of union with all].*

14

*When you
first glimpse
the new state of being [i.e., first glimpse of “union with all”],
you will
experience
a liberation
from the confining wall
of
isolating self-centeredness.*

*You will
feel
a deep purpose
in
• life,
• your life,
• all life!*

*You will
understand
the purpose
of
all your experiences,
both
the good
and
the bad,
and will
evaluate them
from a
completely new
point of view.*

*You will
deeply experience
• union
with all beings
and
• the importance
of
• their purpose
as well as
• your own [purpose].*

	<p><i>A new</i> • <i>joy and</i> • <i>security</i> <i>will</i> <i>penetrate you</i> <i>such as</i> <i>you have never known.</i></p> <p><i>The new security</i> <i>will not be accompanied</i> <i>by</i> <i>the delusion</i> <i>that</i> <i>no more suffering</i> <i>will come to you, and</i> <i>you also</i> <i>will not cringe</i> <i>from such suffering [when it occurs].</i></p> <p><i>You will</i> <i>know</i> <i>that it [i.e. that such suffering]</i> <i>cannot [ultimately]</i> <i>harm you.</i></p>
15	<p><i>A common</i> <i>first experience</i> <i>in the new state [of “union with all”]</i> <i>is the</i> <i>feeling</i> <i>that whatever</i> <i>you</i> <i>experience at the moment</i> • <i>is also felt</i> <i>by millions of other people.</i></p> <p><i>It [i.e., whatever you experience at the moment]</i> • <i>was felt</i> <i>by millions in the past and</i> • <i>will be felt</i> <i>by millions in the future.</i></p>

*Ever since
the world of matter began,
all these feelings –*

- good or*
- bad,*
- positive or*
- negative,*
- joyful or*
- painful –*

*have existed
and
people [throughout all time]
have experienced them.*

*That you
seem
to produce
a feeling
does not mean
that you
have actually done so.*

*What you
do
produce [instead of a feeling]
is
the condition
of tuning into
the particular*

- force or*
- principle*

*of an
already existing
emotion.*

*This distinction [between your “producing” and your “tuning into”
the force or principle of an already existing emotion]
may appear like
hairsplitting,
but
it is not.*

*To perceive life
from
the new outlook [of being in a state of “union with all”]
is an essentially
different
experience [from the experience of life from
the old outlook of being in a state of “self-centered isolation”].*

*As long as
you harbor
the illusion
that
you
are producing
the respective*

- emotion or*
- life-experience,*

you are still

- unique,*
- alone, and*
- separate.*

*When [on the other hand]
you begin to
feel
that you are
tuning into
what already exists,
you*

- automatically
become
a part of the whole and*
- can no longer be
the separate individual
you have felt yourself to be.*

16

*I do not expect
that these words
will
immediately
produce this new state in you.*

*But
your work on the path
progresses steadily, and
if you
train
your inner perception
by*

- meditating and*
- trying to
feel
these words,*

*you may
accelerate
the transition.*

*Recognizing
your commonality
with all others*

- will widen your horizon considerably;*

it [i.e., recognizing your commonality with all others]

- will give you
a new outlook
on your passing sorrows, and*

it [i.e., recognizing your commonality with all others]

- will help you
to make constructive use
of any
negative finding
within yourself.*

It [i.e., recognizing your commonality with all others]

- will also heighten
your creative abilities.*

17

**Humanity's
fundamental longing
is to
actually participate in
the new state of being [i.e., the new state of “union with all”]
that follows the transition [from the old state of
“self-centered isolation”].**

**You may
• obstruct it [i.e., obstruct the state of “union with all”] and
• fear it [i.e., fear the state of “union with all”]
in your ignorance,
but
the longing [for participating in the state of “union with all”]
always remains.**

**For
in the state
that is
natural
for all of God's creatures –
the state of union –
there is
no aloneness
any more.**

**In your
present state,
you are still
essentially alone.**

**The best
you can occasionally achieve
is the realization that
others
• go through similar experiences and
• feel the same way.**

**But that is
not at all
what
the new state
really is.**

18	<p><i>In the new state [of “union with all”] you will know deeply that all</i></p> <ul style="list-style-type: none">• <i>things,</i>• <i>feelings,</i>• <i>emotions,</i>• <i>thoughts and</i>• <i>experiences</i> <p><i>already exist</i></p> <p><i>and that you share in any of the existing currents because of self-produced conditions.</i></p> <p><i>These</i></p> <ul style="list-style-type: none">• <i>forces and</i>• <i>principles</i> <p><i>work</i></p> <ul style="list-style-type: none">• <i>all around and</i>• <i>within</i> <p><i>you.</i></p> <p><i>It is up to you which one will affect you.</i></p>
19	<p><i>Visualize all emotional experiences, from</i></p> <ul style="list-style-type: none">• <i>the lowest</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>the highest,</i> <p><i>as</i></p> <ul style="list-style-type: none">• <i>streams or</i>• <i>currents.</i>

*According to
your*

- *personal frame of mind,*
- *state of emotion,*
- *general development,*
- *character tendencies, as well as*
- *passing moods or*
- *outer happenings,*

*you tune into
one of these currents [or streams of emotional experiences],
while [at the same time]
you may
simultaneously
be
partly
tuned into
• another,
• conflicting
one [i.e., partly tuned into a different conflicting
current or stream of emotional experiences].*

*With this [new] approach,
a drastic change
is bound to occur
in your entire
• inner and
• outer
outlook.*

*From a
• separate,
• self-centered
being [i.e., the old state of being]
you are
bound to become,
little by little,
the being
you actually are [namely, the new state of being,
the being in union with all other beings].*

20

*You imagine
with your limited thinking capacity [in your old state of being]
that
only as a
unique individual
do you have*

- dignity and*
- a chance for happiness.*

*You also feel –
often unconsciously –
that
if you are
but a cog in a wheel,
you do not count.*

*You are still under
the illusion
that
you are
but one
out of billions,
and therefore
your
happiness
is not important.*

*Another illusion
misinterprets
the right
to individuality;
it [i.e., this illusion misinterpreting the right to individuality]
claims that
you are
a separate being
and therefore essentially*

- separate,*
- alone and*
- unique.*

*At best,
you believe
that others
may be
in a similar plight.*

*This is
an illusion,
but
it does exist
in most of you
in some measure.*

*As long as
this misunderstanding [regarding the right to individuality]
is within you,
you are
unconsciously
fighting an
• unnecessary and
• tragic
battle.*

*[In this misunderstanding of individuality]
You think
you have to be
opposed to
giving up
your individual right
to be
• happy and
• important.*

*If the inner error, [namely, the error in which you think]
that you are
fighting
for
your
• individuality and
• happiness
when in fact
you [actually] struggle [and fight]
to
preserve your separateness [i.e., to preserve your separateness in the
old state rather than to preserve your individuality and
happiness which requires the transition to the new state],
were cleared up
it would make the fight [to transition into the new state of “union with all”]
easier.*

21

*The truth –
and you will
experience it one day –
is this:*

*In the new state [i.e., In the state of “union with all”]
you will see that*

- being
no more
and
no less
than
a part of a whole, and*
- sharing with so many others
something that already exists,
makes you
a happier person.*

*You have
the right
to happiness, and
you have
more
rather than
less*

- dignity and*
 - individuality*
- because of this fact [i.e., because of the fact that
you have a right to happiness].*

*Your dignity
will increase
to the extent
that
your
pride of separateness
decreases.*

The
• *fullness and*
• *richness*
 of life
 will increase
to the extent
 that
 you leave
 your
 [old] state of separateness
 in which
 you assume
 that
 • *in order to*
 have more for yourself
 • *you have to*
 take away from others.

That is
• *the error and*
• *the conflict.*

In the old state,
 that is the way it works out.

In the new state
 this is not true.

The importance
 of your welfare [and happiness]
 is infinitely greater
 just because
 you are
 a part of a whole.

	<p><i>The moment you gain even a momentary glimpse of the truth, you will never be again torn by the old conflict that either you can have a happiness that is selfish, or, if you choose to refrain from this "selfishness," your happiness is unimportant [and will not be attained, because of the belief that happiness requires being selfish].</i></p>
22	<p><i>This inherent misunderstanding causes a deep guilt in the human soul because you don't know what to do with your desire to be happy [since you believe that happiness requires selfishness and selfishness leads to guilt].</i></p> <p><i>The conflict [of believing you have two equally unsatisfactory choices: choosing to be happy but selfish and hence guilty, or choosing to be unselfish but then having to live with unhappiness] will vanish the moment you train your outlook to take in the new approach.</i></p>

*The instant
you have experienced
that
first glimmer of understanding
you will recognize
how steeped in separateness
you were.*

*The moment
the insight comes
you will truly see
that
the old state
of separateness
• was, and
• still is,
your world.*

*Then
your
conscious
desire
to leave
the old world behind
will increase.*

23

*When I say
self-centeredness
I do
not
use the word
in a
• moralizing,
• blaming,
• admonishing
way,
but [rather]
• philosophically.*

	<p><i>It [i.e., the word self-centeredness I use] indicates</i></p> <ul style="list-style-type: none">• <i>one basic state of being</i> <p><i>as opposed to</i></p> <ul style="list-style-type: none">• <i>an entirely different state of being,</i> <p><i>[and]</i></p> <ul style="list-style-type: none">• <i>one world, or</i>• <i>one soul principle,</i> <p><i>as against</i></p> <ul style="list-style-type: none">• <i>another.</i>
24	<p><i>As you gradually make this transition [from “self-centered isolation” to “union with all”],</i></p> <ul style="list-style-type: none">• <i>your values are bound to change.</i>• <i>Your purpose,</i>• <i>your aim, and</i>• <i>your concept of life are bound to change.</i> <p><i>This change will not be the superficial adoption of new [outer] opinions, but a very</i></p> <ul style="list-style-type: none">• <i>natural,</i>• <i>gradual,</i>• <i>organic,</i>• <i>inner growth.</i> <p><i>The change comes slowly; it is an</i></p> <ul style="list-style-type: none">• <i>inner change</i> <p><i>rather than an</i></p> <ul style="list-style-type: none">• <i>outer [change].</i>

	<p><i>Your outer opinions do not even have to undergo a drastic revision.</i></p> <p><i>They may essentially remain the same, but you will</i></p> <ul style="list-style-type: none"><i>• experience and</i><i>• feel</i> <p><i>them differently.</i></p>
25	<p><i>People are so afraid of change.</i></p> <p><i>But you have nothing to fear.</i></p> <p><i>Much of</i></p> <ul style="list-style-type: none"><i>• your life and</i><i>• your opinions</i> <p><i>may remain the same while you change.</i></p> <p><i>This sounds like a paradox, my friends, but it is not.</i></p>

*To remain
the same
and yet
to change
is possible
in a*

- *good,*
- *constructive, and*
- *natural*

*way
because
the call of your life
is to
grow
to the maximum.*

*However,
it is also possible
to*

- *change*

and

- *remain the same*
in some
 - *wrong and*
 - *destructive*

ways.

*Truly,
you have
nothing to fear
in approaching
this great transition,
for
what is*

- *valuable and*
- *valid,*

what is

- *essentially you,*

*will remain
the same,
only
enriched.*

	<p><i>Only what was not essentially you will gradually fall off, like an old outworn cloak.</i></p> <p><i>Creative forces will flow out of you of which you are still completely unaware.</i></p>
26	<p><i>The direction of your innermost currents will be reversed when you attain the new state of oneness [with all].</i></p> <p><i>In your present state of [self-centered] isolation, many creative forces, such as</i></p> <ul style="list-style-type: none"><i>• love or</i><i>• talents,</i> <p><i>try to stream out of you, but due to your basic inner state of self-centered separateness they are turned back.</i></p>

	<p><i>[In your present state of self-centered isolation,]</i> After the initial effort of <ul style="list-style-type: none">• streaming out,• reaching the cosmos, and• teaching others,they <i>[i.e., the many creative forces, such as love or talents]</i> are <ul style="list-style-type: none">• withdrawn,• held back, and• made inactive. Your innermost nature <i>[naturally]</i> rebels against such great frustration <i>[of your streaming out being withdrawn]</i> because it <i>[i.e., this withdrawing, holding back]</i> is against <ul style="list-style-type: none">• nature,against <ul style="list-style-type: none">• creation, andagainst <ul style="list-style-type: none">• harmony.</p>
27	<p>This basic rebellion of your inner nature <i>[against your withdrawing]</i> causes many conflicts that can never be solved entirely by <i>[merely]</i> recognizing your <ul style="list-style-type: none">• images and• conflicts,which were created by childhood conditions.</p>

*While
the dissolution of childhood conflicts
is essential
to bring about
the new state of being,
it is important
to recognize
that dissolving childhood conflicts
is
not
an end in itself.*

*If your aim
is to stop short [i.e., short of your ultimate potential, i.e., to stop]
at*

- resolving
childhood conflicts and*
- straightening out
psychological deviations,*

*you are
bound to
fail
in fulfilling yourself.*

*You may not
even succeed
in really
resolving these conflicts
if their resolution
is not
a means
toward
the greater aim:
the transition
from*

- the self-centered state of isolation*

into

- the state of union with all.*

	<p><i>This [transition from the self-centered state of isolation into the state of union with all]</i></p> <p><i>includes</i> <i>the recognition of</i> <i>yourself</i> <i>as</i> <i>an integral part of creation</i> <i>which strives</i></p> <ul style="list-style-type: none"><i>• endlessly and</i><i>• ceaselessly</i> <p><i>toward</i> <i>a greater fulfillment.</i></p>
28	<p><i>Only when you take</i> <i>the greater aim</i> <i>of</i> <i>union with all</i> <i>as your</i> <i>personal goal</i></p> <p><i>will you</i> <i>be capable of</i> <i>utterly</i> <i>fulfilling yourself.</i></p> <p><i>You will</i> <i>develop</i> <i>all</i> <i>your capacities,</i> <i>and then</i> <i>the great stream</i> <i>of</i> <i>• life,</i> <i>of</i> <i>• health, and</i> <i>of</i> <i>• strength</i> <i>will flow through you.</i></p>

[However]

*When your
ultimate outlook on life
is*

- distorted or*
- not clearly formulated,*

your

- creative and*
- health-giving*

forces

cannot be regenerated

by

the great cosmic stream.

[Then]

*The cosmic forces
are constantly*

- blocked and*
- halted*

by your

- ignorance,*
- confusion,*
- lack of awareness, or*
- the wrong perspective*

on

the real meaning of life.

[However]

*With the proper outlook,
you are*

bound to

- approach*
- and finally*

- make*

the transition.

*In the new state [of union with all],
your own creative forces
will naturally
flow
out of you,
allowing
the cosmic forces
to constantly
flow
into you,
• renewing and
• regenerating
your entire being.*

*Your
outgoing forces
will touch other beings
who are attuned
to them [i.e., who are attuned to
your outgoing forces],
• wherever and
• whoever
they [i.e., the other beings]
are.*

29

*I know that this topic
is difficult
to understand.*

*It is abstract
and not easily
put into practice.*

*It needs
all
your
• inner senses,
your
• intuitive nature, as well as
your
• sincere desire
to really understand the
deeper meaning
of these words.*

- *Through*
 - *study and*
 - *meditation,*
 - *through trying to*
 - *feel and*
 - *use*
 - your own*
 - inner findings*
 - *with the help*
 - of this overview,*
- you will*
come to the point
where these words
will be a revelation to you.

Then
a new door will open
through which
you will gladly enter.

You will then
recognize
how long
you have
battled
to step across
this threshold.

The cultivation
of this new approach to life
will eventually
reveal to you
an understanding
not only of

- *yourself and*
- *others,*

but also about

- *your purpose*
in the universe and
- *your function*
in it [i.e., in the universe].

*Nothing else
can give you
the real security
you still
are searching for.*

All great

- *teachers and*
- *sages*

*have spoken,
in various ways,
about
this great transition [from “self-centered isolation”
to “union with all”].*

You who are on this path should

- *think about it [i.e., think about
the state of “union with all”],*
- *envision it, [i.e., envision
the state of “union with all”] and*
- *know that its time
is bound to come.*

30

*How the human soul
struggles
against
this,
the ultimate fate
of every being!*

*How afraid
it [i.e., the human soul] is
to leave
a state of*

- *unhappiness*

*for
a state of*

- *happiness and*
- *security!*

*How foolish of you
to fear,
 deep within your hearts,
that
 in
 • leaving
 the old world and
 • attaining
 the new
you have to
leave
 something precious
 behind.*

*Try to find that
 • unreasonable,
 • irrational
 • fear and
 • resistance.*

*It is right there
in you.*

*All you have to do
is look at it.*

*You do not
have to reach very
 • far or
 • deep
 to find the fear.*

*The basic resistance
to transition
is expressed
in innumerable
little ways
in your
everyday life.*

*Find it [i.e., find your resistance to transition],
and
you will have found
a valuable key.*

*First it is necessary
that you become aware of
how you are struggling
to maintain
the isolated life,
in which, at best,
you want to share your life
with [only] a few
chosen individuals.*

*[Start there, and]
If you can give
some manner
of love
to those few,
you are already a step beyond many
who cannot even do this.*

31

*I hope my words
will not be misunderstood
to mean
that you should undertake
a drastic change
in your
outer
life.*

*The transition [from “self-centered isolation”
to “union with all”]
is
much more subtle than that.*

**Once you begin
to recognize
the symptoms
of your**

- **old,**
- **self-centered,**
- **isolated**

**way of life,
you are bound to see
how every impulse
related to
this [old, self-centered, isolated] outlook**

- **creates**
 - **fear and**
 - **insecurity and**
- **is**
 - **futile and**
 - **senseless.**

[By contrast,]
**The new state [of “union with all”]
is one of**

- **continuous joy and**
- **deep inner security.**

[However]
**I do not mean
that difficulties
cannot come your way any more.**

**I have said that many times before and
I do not ever
want to be misunderstood
on that subject.**

**No one
should contemplate [and take on]
• **this path [of pathwork] and**
• **the development taking place on it**
with the idea that
if you proceed properly
your difficulties will cease.**

*That expectation [that on the “right” spiritual path
all difficulties will cease]*

is, of course,

- *utterly unrealistic and*
- *wrong*

as long as

*you are incarnated
as a human being.*

However –

as I said before –

that which

you

*need [as a human being]
to go through*

will not

frighten you anymore.

[Rather]

- *It [i.e., a difficult problem you meet]
will*

make sense to you, and

- *you will go through it
courageously,*

growing

- *with and*

- *from*

it.

You will

- *accept it [i.e., accept
the inevitable difficulties of life]*

as [a natural]

part of life [on this earth],

instead of

- *shrinking away from it.*

32

*So you see,
my dear friends,
what humanity [in its unconsciousness]
is actually
struggling
to maintain
is a state of
isolating darkness [which is its “old” state].*

*It is
a senseless struggle
from which
you reap [only]
unhappiness,
and this alone [i.e., the fact that you
reap only unhappiness]
proves
that
the direction [you have taken]
• is [utterly] wrong and
• must be
changed.*

*The results
of changing
your
inner
direction [to a new one that embraces the
“new” state of “union with all”]
are
• freedom and
• joy,
• purpose and
• security.*

*It appears to you
as though
what you are giving up
is something
• valuable,
but once you decide
to let it go
you will see
that you have given up
• nothing.*

33

*The first tentative steps
in the transition
from*

- *one*
 - *state or*
 - *world*

into

- *another*

are

- *self-knowledge and*
- *the understanding
of your
unconscious*
 - *problems,*
 - *concepts, and*
 - *attitudes.*

- *Self-knowledge and*
- *self-acceptance*

are

the prerequisites [to making this transition].

*Everything else
arises from that.*

*You also have to realize
that there is
a further goal
beyond*

*the mere dissolution of
your inner problems*

*[namely, the further goal of making
the transition to the state of “union with all”].*

*Or, to put it differently,
you cannot
truly*

solve these problems

unless

you envisage

this great basic transition

*[from the state of “self-centered isolation”
to the state of “union with all”].*

34	<p><i>If you can occasionally feel what I have tried to convey to you tonight, it [i.e., this occasional feeling] may help you to open a little window from which you can glean a new perception.</i></p>
35	<p><i>Now, are there any questions?</i></p> <p>QUESTION: <i>You were speaking about tuning in.</i></p> <p><i>How does one tune in</i></p> <ul style="list-style-type: none">• <i>from one state</i>• <i>to another?</i> <p><i>What is the technique?</i></p>
36	<p>ANSWER: <i>It becomes</i></p> <ul style="list-style-type: none">• <i>an automatic process</i>• <i>when you pursue this work of self-search</i>• <i>while also [simultaneously] envisaging the ultimate aim [i.e., of making the transition to the state of “union with all”].</i>

- *Once you have reached
a deeper understanding
of
your innermost*
 - *problems and*
 - *deviations,*
- *as you
begin
to solve them,
your*
 - *concepts,*
 - *outlook and*
 - *values*
 - begin to change,*
 - *subtly and*
 - *slowly,*
 - but surely.*
- With*
 - a higher degree
of awareness
the "tuning in"
takes place
automatically.*
- You cannot
tune in
simply by
forcing yourself to*
 - *feel or*
 - *think*
 - something* [*you think you should feel or should think
when in the state of "union with all"*],
- but [on the other hand]
you can help it [i.e., help the process of "tuning in"] along
by trying to*
 - *feel and*
 - *perceive*
 - in a*
 - *natural and*
 - *relaxed*
 - way,*
 - *without expecting
immediate results,*
 - *rather than anticipating
a drastic change.*

37	<p><i>There is no magic formula.</i></p> <p><i>[But]</i> <i>You can accelerate the automatic growth process by</i> <i>• cultivating certain thoughts,</i> <i>by</i> <i>• obtaining spiritual nourishment, and</i> <i>by</i> <i>• using this lecture as additional material.</i></p> <p><i>All [three] of these [practices] together are bound to bring a different vibration; [and with this different inner vibration] you will [automatically, naturally, and without force] tune into a different • force or • current.</i></p>
38	<p><i>As yet [in your current state of “self-centered isolation”], the vibrations emanating from you, with all their • disturbances and • contradictory feelings, tune into negative currents, which are just as much part of your world as the positive.</i></p>

You
automatically
tune into
that which
corresponds to
your own vibration,
which [in turn]
is the sum total of
your

- *personality,*
- *character, and*

your

- *general outlook on life.*

Your

- *health*

or

- *lack of it,*

your

- *constructive and*
- *creative*

abilities
or

- *lack of them,*

your

- *sense of*
 - *being alive and*
 - *fulfilling a purpose*

or

- *the lack of it*

causes,
in the aggregate,
your
personal vibration.

That [personal] vibration,
in turn,
determines
the

- *forces or*
- *currents*

you
tune into.

39	<p><i>Did you expect a particular formula?</i></p> <p><i>That I cannot give.</i></p>
40	<p>QUESTION: <i>In other words, it is a state of</i></p> <ul style="list-style-type: none"><i>• mind and</i><i>• emotion.</i> <p><i>According to my emotional state, I will attract certain currents.</i></p> <p><i>Now suppose my state of mind is such that I attract negative forces.</i></p> <p><i>My question is:</i></p> <p><i>How do I go about gradually changing these currents?</i></p> <p><i>Because if I start to</i></p> <ul style="list-style-type: none"><i>• think and</i><i>• visualize</i> <p><i>that there are</i></p> <ul style="list-style-type: none"><i>• positive and</i><i>• negative</i> <p><i>currents, it makes me think that I have to be careful not to tune into these negative forces.</i></p>

*If I find myself
in that state of mind
[where I have to be careful NOT to tune into negative forces],
how do I
switch
in order to
contact
the positive?*

41

ANSWER:
*What I spoke about tonight
should not change
your approach to
your Pathwork
in the slightest.*

*You seem to feel that
you*

- *are in
greater danger and*
- *more exposed
to forces
beyond your control
[simply] because
you
now consider [and are more aware]
that these [negative] forces
already exist [in the universe],*
- *while [earlier]
the idea that
you produced
negative emotions
yourself
gave you a feeling of
greater protection.*

*This [assessment you seem to have made]
is all wrong.*

*The fact
that
you
produce the
condition
that makes you
tune into
already existent forces
does
not
make you
more helpless.*

*On the contrary,
that knowledge,
if rightly understood,
will give you
greater*

- strength and*
- insight*

*to become
one with
the positive
currents.*

*Your very reaction
is proof
of the*

- basic human struggle and*
- unfounded fear*

*of leaving
the ["old"] state of separateness.*

*It is exactly
what I was trying to convey:
you erroneously feel
that you are*

- safer*

*in your [old state of self-centered] isolation
and [conversely]*

- become more*
- exposed and*
- vulnerable*

as part of a whole.

*You feel
that you are
the victim
of*
• *other people's influence
on you and*
of
• *factors existing
beyond your control.*

*You will have
this wrong impression
as long as
your
inner self-responsibility
is not
fully established.*

*When that [i.e., when your fully-established
sense of inner self-responsibility]
comes about
you will
automatically
see that
the truth
is not at all
the way you see it now.*

42

*Your
immediate
approach to the problem
needs to be
always the same.*

*First,
understand
the basis of
your fears.*

When you
• *go deeply enough, and*
• *don't shy away from*
following through,
you are
bound to see
that
you are in error.

All
fears,
with the exception of
the healthy instinct of
self-preservation,
are based
on
• *illusion and*
• *misconception.*

When you
understand
the basis
of your fears
[and see that this basis of your fears is
not one of truth but rather
one of illusion and misconception],
you will be able to
give them up
naturally.

You will then
have
the transcendent insight
that
your fear
is
• *unnecessary,*
• *futile,*
• *illusory, and*
• *completely senseless.*

***In that realization [that your fear is illusory
and completely senseless]
you will again,
not abruptly
but little by little,
cease
being afraid.***

***Thus [without this illusory and senseless fear]
you will [automatically]
tune into
a different current.***

Your

- awareness and***
- understanding***
of the negative

is
the essential part.

All

- fears and***
- other negative emotions***

are the result of

- confused and***
- faulty***
thinking,
which can be
 - conscious or***
 - unconscious.***

***By deeply analyzing
such negative emotions,
you are
finally
bound to***

- reevaluate***
 - your thinking,***
 - your concepts,***

and thereby

- straighten out***
the existing confusion.

43

*Often
the greatest difficulty
is that
people
are not even aware of
being afraid.*

*When you
know
that you are afraid
it is
so much better.*

*So the first step
is to be aware
that
you have fears.*

*The second step
is to pin down
exactly*

- *what it is
you are afraid of,*
- *why, and*
- *where the fear comes from.*

*This is
hard work,
I admit.*

It needs

- *patience and*
- *perseverance.*

It needs

- *the absolute will to find out.*

Then you will encounter

- *the original fear and*
- *its underlying misconception.*

*At that moment
the fear
begins to vanish.*

*That
is the only way.*

[Conversely]
**Harboring the fear
that you
might
tune into
the wrong current
is the
most unproductive approach imaginable.**

**Thinking you
must guard yourself
against it [i.e., guard yourself against the wrong current]
by forceful measures
avails you nothing.**

**You cannot
protect yourself
by isolating yourself
even more.**

**The only way
to master your fear
is the willingness
to go through it.**

**It means
acceptance of**

- life as a whole,**
- including**
the necessary [negative] manifestations
[that are] due to
one's
remaining imperfections.

**This is
the only healthy approach.**

44	<p>QUESTION: <i>I was talking about the transition time.</i></p> <p><i>It takes a long time to find out where that fear is.</i></p> <p><i>[And] In the transition time one [continually and] automatically attracts negative currents.</i></p> <p><i>[Since I do not want to attract negative currents,] I am looking for help during this [transition] time, because, as you said, it [i.e., attaining the new state of “union with all”] does not come overnight.</i></p> <p><i>So how do I go about it [i.e., how do I go through life without attracting negative currents during this transition time?]</i></p>
45	<p>ANSWER: <i>Do you mean that the inwardly existing fear of leaving the old state [per se] will attract to you new negative currents?</i></p> <p><i>You are mistaken in believing that the transition state [per se] produces new fears.</i></p>

The same old fears
*have existed all along [prior to you entering the transition
to the “new” state of “union with all”].*

You merely
become
more conscious of them
now [as you go through this transition].

This battle [against making this transition]
has been going on
since time began.

As long as
you have not [yet] made [i.e., completed]
the transition [to the state of “union with all”],
you fight against it [i.e. fight against the transition]
because
you are unconsciously
afraid of it [i.e., afraid of the transition to the state of “union with all”].

This fear [of making the transition to the “new” state of “union with all”]
may manifest in
many outer symptoms,
yet deep down
it is the basic fear
of leaving
the old state [of “self-centered isolation”].

46

Human beings
always fear
that
because they are
more conscious of
a negative condition,
they are [consequently]
more endangered
by it.

*[In fact,]
It is just the opposite.*

*The more
you are
conscious of
• this or
• any other
fear,
the less
negative
will be the effect
it has on you.*

*At any rate,
you cannot
impress yourself enough
with
the truth
that you are
never
a helpless prey
to the influence of others,
nor are
others [a helpless prey]
to you.*

47

QUESTION:
*May I attempt an additional answer
to both these questions
which ask for
specific instruction
on how to
tune in?*

*I don't feel
that this lecture was about
giving instructions
other than
to
proceed with
the general psychological work,
to
study and
think about
it [i.e., study and think about
the general psychological work].*

*It is rather
a projection [ahead into the future]
of what is
bound to happen
by itself
as a result of this work [we call "Pathwork"].*

*It is not a matter of
tuning into*

- *a fearful mood or*
- *a joyful mood.*

*There is
no such thing [per se].*

*It [i.e., the work we do in Pathwork]
is gradual work
and if
one has fear
for a while,
there is
just no help
for the time being,
other than
the work we are doing anyway.*

*If we do the [Pathwork] work right
over a period of time,
then slowly
the fear
will begin to change
by itself.*

48

ANSWER:
That is right.

***Thinking about it [i.e., thinking about what I have said tonight]
may help
create new perspectives.***

***It [i.e. this “thinking about what I have said tonight”]
may help
gain new understanding
from a different angle
so as
to better assimilate
the findings
you make
on this path [called Pathwork].***

***That is all it [i.e., thinking about what I have said tonight]
can do.***

***That is all
any
of these lectures
can do.***

49

QUESTION:
***I would like to ask a question about
fear of success.***

ANSWER:
***Any such question
can only be answered very generally.***

***Anyone with a [specific] problem like that
would have to
work it out
in his or her
personal work
because
there are***

- many variations,***
- many possible factors.***

50

*Broadly speaking,
fear of success
indicates
a fear of
not being adequate
to the success.*

*You all know that
the child in you
wants something
handed to it*

- on a silver platter,*
- without the necessary*
 - responsibility,*
 - work,*
 - decision, and*
 - cost.*

*When
mature,
you accept
all
these conditions [i.e., you accept the
necessary responsibility, work, and cost],
but
if
the child in you
does not [accept all these conditions for success],
then
fear of success
may be the result.*

*Therefore,
an additional fear
is created.*

*It is the fear of
losing
any possible success
that may be gained.*

*The deeper knowledge
of your soul
transmits to you
that
you can only
rightfully keep
what you
earn
with a mature attitude.*

*If this mature attitude
is lacking in any way,
deep down
you know
that success
will be fleeting.*

*Therefore
you try to avoid the*

- shame and*
- exposure, the*
- failure and*
- grief*

*by sabotaging
the success
at the outset
with your fear.*

51

*So what creates
fear of success
usually is:*

- (1) feelings of inadequacy;*
- (2) lack of self-responsibility,
even if only on a subtle inner level;*
- (3) guilt:
the feeling of "I do not really deserve it."*

*This too
is connected with
what I discussed here.*

*If one is
unwilling
to assume
mature responsibility,
then one
naturally
feels guilty
[even] for
desiring
the goal.*

*If [on the other hand]
a person*

- accepts full adult
self-responsibility,*
- is willing
to pay the price for anything, and*
- is capable of
making a mature decision,*

*there will be
no such guilt.*

52

*Whenever
such a problem [i.e., whenever fear of success]
exists,
one is bound to
find the elements
discussed here.*

*You may find them
in particular personal variations,
but basically
the aspects covered here
are bound to be present
in some form
if one goes deep enough.*

53	<p><i>On a yet deeper spiritual level, however, another element enters.</i></p> <p><i>This is very closely connected with</i></p> <ul style="list-style-type: none"><i>• the psychological causes I just discussed</i> <p><i>and with</i></p> <ul style="list-style-type: none"><i>• tonight's subject.</i>
54	<p><i>You may remember that in a previous talk I explained the fear of happiness that exists to some degree in every human being.</i></p> <p><i>Fear of happiness is closely connected with</i></p> <ul style="list-style-type: none"><i>• the new state [of "union with all"] I discussed tonight,</i><i>• the state in which you are</i><ul style="list-style-type: none"><i>• a part of a whole, instead of</i><i>• an end in yourself [in a state of "self-centered isolation"].</i> <p><i>The</i></p> <ul style="list-style-type: none"><i>• blind and</i><i>• ignorant</i> <p><i>human ego is struggling against the unknown new state of pure happiness.</i></p>

	<p><i>[However,] Any real happiness must in some way be connected with the new state of being [i.e., the state of “union with all”] which will [automatically] be yours after the transition.</i></p>
55	<p><i>Any success that is more than just superficial, but that is not experienced in the spirit of your</i></p> <ul style="list-style-type: none"><i>• being a part of the whole</i><i>and</i><i>• sharing the common aim of bringing the entire universe to unity</i> <p><i>will be</i></p> <ul style="list-style-type: none"><i>• shallow,</i><i>• unsatisfactory, and</i><i>• temporary.</i> <p><i>It [i.e., such a success]</i></p> <ul style="list-style-type: none"><i>• will not be rewarding and</i><i>• is bound to be frightening in some way.</i>

True
• *satisfaction*
and
• *safety,*
 which should be
 the byproduct
 of real success,
are incompatible with
 the separate state
 even though
 this separate state
 may not show
 this incompatibility
 with
 • *satisfaction and*
 • *safety*
 clearly.

It [i.e., the separate state's incompatibility
 with satisfaction and safety]
is a
 • *subtle,*
 • *unpronounced, and*
 • *unconscious*
 factor.

The incompatibility creates
 the fear of success [when in a separate state of
 "self-centered isolation"].

56

I shall now retire
 with special blessings
 for this season [i.e., the Christmas season].

Of course, in our world
 we do not
 • *have or*
 • *know*
 "seasons."

*But you,
in your world,
have chosen
this particular time of the year
to celebrate the birth
of one
who has come
to demonstrate,
in the best possible way,
the transition
I have talked about.*

*He has demonstrated it [i.e., Christ has demonstrated this transition
from a separate state of "self-centered isolation"
to the state of "union with all"]
in symbols.*

*For life itself
is a symbol,
much more so
than your dreams.*

*So with the
special blessing
of Christ
who*

- was
love, and*
- is
love, and*

who

- will always be
love,*

*I leave you
with*

- strength and*
- our love, and*

with

- our wishes
that you may continue
to struggle on this one path,
this path of*
 - finding yourselves and*
 - developing yourselves to become
the person you are meant to be.*

***For there is
nothing
more
• worthwhile and
• purposeful
that you could possibly do,
as long as
you are truly honest with yourself.***

***Self-honesty is
the first step
toward love.***

***So
• be blessed,
my dearest ones,
• be in peace,
• be in God!***

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