

Pathwork Lecture 118: Duality Through Illusion – Transference

1996 Edition, Original Given October 18, 1963

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 data-bbox="375 898 678 968"><i>Greetings, my dearest friends.</i></p> <p data-bbox="492 1010 662 1079"><i>God bless all of you.</i></p> <p data-bbox="586 1121 1390 1190"><i>Blessed be this hour [i.e., blessed be this time we now spend together].</i></p> <p data-bbox="375 1266 1036 1703"><i>So long as human beings are negatively involved with life, they must remain in the earth-life cycles because this particular sphere offers the conditions that are compatible with their negative involvement.</i></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Version Posted 3/12/15

	<p><i>Only after having overcome negative involvements will</i></p> <ul style="list-style-type: none"><i>• the cycle of births into this sphere cease and</i><i>• human development continue in other spheres, offering</i><ul style="list-style-type: none"><i>• new conditions, compatible with</i><i>• the new state.</i>
04	<p><i>What does negative involvement mean?</i></p> <p><i>It means, primarily,</i></p> <ul style="list-style-type: none"><i>• confused notions of reality,</i><i>• confused concepts.</i> <p><i>Where</i></p> <ul style="list-style-type: none"><i>• confusion, and therefore</i><i>• illusion, prevails there must, of necessity, be</i><ul style="list-style-type: none"><i>• conflict –</i><i>• split concepts – which divides the psyche.</i>

- **Split and**
- **conflict**
[in the psyche] is the consequence of
 - **illusion or**
 - **misunderstanding.**

*As people gain
inner*

*unity
by*

- **perceiving and**
- **experiencing
true reality,**
 - **the split [in the psyche due to its confusions and illusions]
mends and**
 - **negative involvement
ceases.**

05

*This idea [that through inner unity (by the psyche perceiving true reality rather than
being confused by illusions) the inner split in the
psyche mends and its negative involvement ceases]
has been expressed
in many different ways
throughout the ages.*

*If it [i.e., if this idea]
is fully understood,
no possible doubt can arise
about reincarnation
which,
for many people,
is but*

- **a vague belief,**
- **a theory.**

*Everyone who has
profoundly
experienced
the reincarnational aspect of creation
recognizes
that it [i.e., that the reincarnational aspect of creation]
cannot be any other way.*

[The reincarnational aspect of creation cannot be any other way,]

***For as long as a person
has not dealt with
the flaws in himself
that
separate him
from
• truth and
• reality,
he or she has to [continue to] live
within conditions
that manifest
the illusory state.***

***That [illusory] state
produces
• the conditions and
• the environment
which, in turn,
offer the only possible means
to
• learn,
• recognize, and
• overcome
the illusions.***

***Therefore
this earth life
expresses
• the general state of humanity as well as
• the split [in the human psyche] produced
by a confusion about reality.***

06

***Many manifestations of your earth life
symbolize
duality
because so many things
appear as
pairs of opposites.***

*In philosophical thinking,
humankind itself is paired –*

- *man
and woman,*
- *night
and day,*
- *life
and death.*

*These are but a few examples of
how life on earth
presents itself
in two-way splits.*

*Humankind thus
expresses a twofold split
that manifests in many other ways,
though this phenomenon
is not truly understood.*

*The two-way split
does not apply to the*

- *animal,*
- *plant, or*
- *mineral
kingdoms,
which*
 - *are still in a lower state and*
 - *find themselves in a
more than twofold split.*

07

*Meditation on
abstractions
cannot
bring forth
a profound understanding of this split.*

*[By] Doing the work on this path [i.e., this pathwork], however,
you will discover
little by little
your*

- personal*
- unconscious*

*misconceptions,
making abundantly clear
how they create
the various conflicts
that force you to choose
between two alternatives.*

*Of course,
both alternatives*

- are unsatisfactory and*
- create a state of hopelessness,
simply because
they both
lead to an unsatisfactory conclusion.*

08

*Any one of my friends
who has made sufficient progress in this respect
can bring examples [of how unconscious misconceptions create conflicts
that force you to choose between two unsatisfactory alternatives].*

*These [personal examples] will offer
the greatest possible enlightenment.*

*The personal examples
may then be extended,
so that
what I say in this lecture
will become
a personal
experience
of truth.*

*This is the only way
to understand fully
the state of duality.*

*Meditation on abstractions
can never accomplish that.*

09	<p><i>When you are in a dualistic confusion [-- seeing two opposite alternatives leading to equally unsatisfactory conclusions about choices in life], you are negatively involved</i></p> <ul style="list-style-type: none">• <i>with life and</i>• <i>with others.</i> <p><i>The primary negative involvement occurs within yourself, in your misunderstanding</i></p> <ul style="list-style-type: none">• <i>of concepts,</i>• <i>of aspects of reality.</i> <p><i>Unresolved [dualistic] confusions remain in the psyche and are bound to recur in each lifetime.</i></p> <p><i>Life conditions then are bound to bring the [dualistic] confusions to the fore, unless the personality persists in</i></p> <ul style="list-style-type: none">• <i>disregarding them and</i>• <i>evading the issues.</i> <p><i>This [disregarding of dualistic confusions and evading issues involved], unfortunately, happens only too frequently.</i></p>
10	<p><i>The most</i></p> <ul style="list-style-type: none">• <i>intense and</i>• <i>dramatic</i> <p><i>karmic relationships are those between</i></p> <ul style="list-style-type: none">• <i>parents and</i>• <i>children.</i>

The unresolved

- *confusions,*
- *conflicts*

and the subsequent

- *basic split*

must be challenged

most dramatically

in this relationship [between parents and children].

The double relationship

from

- *the child*

to both

- *father*

and

- *mother*

is another symbol

of the splits

that mark this earth sphere.

To the degree that

the child's psyche

is

- *free and*

- *healthy,*

the relationship with

a set of parents

manifests as

an asset.

But when

the negative involvement [in the child's psyche]

is still strong,

the parents

represent

the two sides

of the

inner

[dualistic] split.

11	<p><i>If you examine</i></p> <ul style="list-style-type: none">• <i>your main</i><ul style="list-style-type: none">• <i>problems and</i>• <i>conflicts, the</i>• <i>images, the</i>• <i>defense mechanisms,</i>• <i>pseudo-solutions and</i>• <i>wrong conclusions</i> <p><i>you have found so far,</i> <i>they will</i> <i>eventually</i> <i>reveal</i> <i>a basic inner [dualistic] attitude</i> <i>by which</i> <i>you are governed.</i></p> <p><i>This basic attitude [by which you are governed in all of life]</i> <i>is always</i> <i>split in half [i.e., split into two dualistic halves],</i> <i>which means that</i> <i>the fundamental attitude</i> <i>that underlies</i> <i>your negative involvement [within yourself, with others, and with life]</i> <i>fluctuates between</i> <i>two ways of reacting [to situations and to other persons].</i></p>
12	<p><i>Such deep recognition [of this fundamental split-in-half inner attitude</i> <i>that underlies your negative involvement in life]</i> <i>can be found</i> <i>only</i> <i>by those who work</i> <i>intensely</i> <i>on a path of</i> <i>self-confrontation.</i></p> <p><i>It [i.e., such deep recognition of this fundamental split-in-half inner attitude]</i> <i>goes beyond</i> <i>isolated scraps</i> <i>of recognition</i> <i>of specific</i><ul style="list-style-type: none">• <i>images or</i>• <i>misconceptions.</i></p>

*They all [i.e., all the isolated scraps of recognition of
specific images or misconceptions]
must form
one nucleus,
manifesting
your personal
two-way [dualistic] split.*

Full
• realization and
• recognition
*of this basic split [i.e., realization and recognition of this fundamental
inner attitude that is split into two dualistic
attitudes that govern your life]*
indicates
considerable
• progress and
• self-awareness.

*When this [full] realization [of this fundamental inner attitude that is split into
two fundamental attitudes that govern your life]
begins to take shape,
you will come to see
that these
two fundamental attitudes,
constituting your split,
represent
your basic attitude
to your parents.*

*One distorted attitude
exists
because of*
• influence exerted upon you
by one parent
and
• your emotional response to it [i.e. to the influence of that parent].

An entirely different
• influence by and
• emotional response to
the other parent
produces
*the [other distorted attitude, the attitude of the]
other side of your conflict.*

13

*You could not resolve this twofold split
before you entered this life.*

*Your parents,
or rather*

- *certain aspects of their personalities*
 - and
 - *your response to them [i.e., your response to those
certain aspects of your parents],*
- personify
the unmended split
within your psyche.*

Hence,

*your parents
are not responsible for your problems,
and yet
their faulty behavior
toward you
has to be*

- *faced and*
- *understood,*

even though

*it will seem to you for a while
that they [i.e., that your parents]
induced
your particular way of reacting.*

*And this is true [i.e., your parents did induce your particular way of reacting],
but only because
you already came into this lifetime
with your duality,
born out of illusion.*

14

- *When you perceive how
you
represent
your parents
within your psyche,*
 - *when you sense
the subtle interaction
between*
 - *identification,*
 - *rebellion, and*
 - *various other reactions to them,*
- you must come to
experience
the basic twofold split
that governs your life.*

*This [twofold split that governs your life]
will persist
until you*

- *resolve and*
- *mend*

*it
through*

- *insight and*
- *understanding.*

*At this point [i.e., at that point where you resolve and mend the basic
twofold split that governs your life]
theories cease to matter.*

*[For example,] It is
not necessary
to believe in
reincarnation.*

*[Rather,] The important thing
is the discovery
that your parents*

- *express and*
- *personify*

for you

- *your duality,*
- *your illusory way of life.*

15	<p><i>When this [i.e., when the discovery that your parents personify your duality] is truly understood, the dividing mark between</i></p> <ul style="list-style-type: none"><i>• modern psychology</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• spiritual,</i><i>• metaphysical or</i><i>• philosophical ideas</i> <p><i>vanishes.</i></p> <p><i>The</i></p> <ul style="list-style-type: none"><i>• so-called spiritual,</i> <p><i>and until that moment,</i></p> <ul style="list-style-type: none"><i>• theoretical concepts</i> <p><i>become</i></p> <p><i>just as much</i></p> <p><i>a personal experience</i></p> <p><i>as any psychological discovery.</i></p>
16	<p><i>The "illusory way of life,"</i></p> <p><i>for lack of a better term,</i></p> <p><i>may describe as accurately as possible</i></p> <p><i>within the limitations of human language</i></p> <p><i>how</i></p> <p><i>this very distinct inner way of life [i.e., the way of life by which the inner duality set up in your psyche by certain aspects of your parents, aspects to which you react]</i></p> <p><i>governs you</i></p> <p><i>as a consequence</i></p> <p><i>of the negative involvement</i></p> <p><i>you re-experience</i></p> <p><i>with your parents [when you have negative involvement with others].</i></p>

*When I say
"way of life,"*

- *I do not mean*
 - *outer conduct,*
 - *certain characteristics*
that are typical for you,
although they, too,
may be connected with
the twofold split.
- *What I mean is*
 - *the automatic response,*
 - *the stereotyped reaction*
that you repeat throughout life,
 - *reacting to others*
as you once did to your parents,
without your being at all aware of it.

*These repetitive responses [to others that you repeat throughout life]
always
apply to your basic split.*

*Where your soul
is healthy,
you are free
of the blind compulsion
to relive the past.*

17

*We have often discussed
this automatism,
but none of you, my friends,
are as yet
completely aware of it.*

*As your awareness grows,
liberation becomes imminent.*

*This can happen
only
when you glimpse
your personal twofold split,
symbolized
in your attitudes to both parents.*

18

*The child,
starting a new life cycle,
contains its*

- *personal*
- *unresolved*

conflicts.

*Its duality
is due to*

- *illusion and*
- *misconceptions.*

*At the same time,
its psyche
is very impressionable.*

*Everything
it experiences
has a*

- *much fresher and*
- *more intense*

impact.

Impressions

- *go deeper and*
- *remain more firmly rooted –*
but always
according to
 - *the inherent health,**or*
 - *lack of it,**which determines*
how
 - *impressions and*
 - *experiences**are assimilated.*

19

The
• *freshness and*
• *impressionability*
of the child's psyche
causes
early experience
to have
a more extensive effect
than
a similar experience
would have
for an adult.

This can be
observed constantly
with children.

Children, for example,
have
a keener sense
• *of smell,*
• *of taste.*

They are
more curious about
the most simple
manifestations of life.

This
strong impact of life
on the child's soul
can be
clearly observed.

How much more, then,
must
negative experience,
resulting from
previously unresolved conflicts,
impress the psyche!

	<p><i>But it cannot be too strongly emphasized that negative</i></p> <ul style="list-style-type: none"><i>• experiences and</i><i>• involvements</i> <p><i>occur</i></p> <p><i>only to the degree that the psyche is still in a state</i></p> <ul style="list-style-type: none"><i>• of duality,</i><i>• of illusory conceptual conflict</i> <p><i>when the entity is born.</i></p>
20	<p><i>This, my friends, is not the same as what I said about images.</i></p> <p><i>The principle is the same, of course, but I am applying it [i.e., applying the principle] now on a much deeper level.</i></p> <p><i>Here</i></p> <p><i>I do not refer</i></p> <ul style="list-style-type: none"><i>• to a particular image you may have, or</i><i>• even to your most important one.</i> <p><i>I refer [rather] to the underlying basic conflict that is responsible for your</i></p> <ul style="list-style-type: none"><i>• being a human entity and</i><i>• living in this particular sphere of the universe.</i>

*This conflict
is not
inaccessibly hidden
once you realize
how your attitude
to both parents*

- *governs
your basic life situations and*
- *expresses
your basic personality difficulties.*

*When you discover
how you*

- *relive
your*
- *father and
mother
within yourself and*
- *continue to
respond to them [as they relive in your psyche],
you experience*
- *your basic split,*
- *your very own brand of duality –
for duality is not always the same –
and, consequently,
your comprehension of
your personal limitations
grows.*

*As they [i.e., as your personal limitations]
are truly perceived,
the limitations
instantly lessen.*

- *Your range
widens,*
- *your freedom
increases,*
- *your vision
extends,*
- *your security
grows – and*
- *your inner harmony
is established.*

*This [i.e., this fact that your inner harmony is established]
is so
because
• split
and
• harmony
are incompatible,
and therefore
as the split
mends
through
• comprehension and
• realization,
your inner harmony
must
automatically
increase.*

21

*All this
can hardly be understood
if one is not
• active and
• rather advanced
on a path of self-discovery [such as this pathwork].*

*But even those
who are [active and advanced on a path of self discovery such as pathwork]
may need
considerable help
to reach
such deep levels of
self-awareness.*

*The discussion on this lecture
may offer an opportunity
for such additional help.*

	<p><i>[In such discussions on this lecture,]</i> To clarify</p> <ul style="list-style-type: none">• <i>confusions and</i>• <i>difficulties,</i> <i>bring examples of</i><ul style="list-style-type: none">• <i>the split concepts and</i>• <i>subsequent conflicts</i> <p><i>that you may have found in yourself.</i></p> <p><i>As you understand them [i.e., the split concepts and subsequent conflicts] better,</i> <i>you may also see</i> <i>how they [i.e., how the split concepts and subsequent conflicts]</i> <i>correspond to</i> <i>your attitude</i> <i>toward each parent.</i></p> <p><i>When you present</i> <i>practical examples,</i> <i>I can show</i> <i>how to go on from there</i> <i>in this particular phase of the pathwork.</i></p>
22	<ul style="list-style-type: none">• <i>Once you have comprehended</i> <i>this facet of your soul [i.e., have comprehended your soul's split dualistic</i> <i>concepts and subsequent conflicts]</i> <i>more</i><ul style="list-style-type: none">• <i>profoundly and</i>• <i>personally,</i>• <i>once it [i.e., once this facet – your soul's split dualistic concepts and</i> <i>subsequent conflicts –]</i><ul style="list-style-type: none">• <i>becomes</i> <i>your true experience and</i>• <i>is no longer</i><ul style="list-style-type: none">• <i>a theory or</i>• <i>a philosophical postulate,</i> <p><i>you will also understand</i> <i>something that we have often discussed</i> <i>but that you have recognized</i> <i>only to a minor degree so far.</i></p>

	<p><i>[Namely,]</i> You will perceive the repetitiveness of your reactions, how you respond<ul style="list-style-type: none"><i>• in later situations,</i><i>• to other people,</i>in a way almost identical to the way you once responded to your parents.</p>
23	<p>First it is important to understand intellectually that your parents represent your personal split, each parent representing one side of it.</p> <p>This [i.e., the fact that your parents represent your personal dualistic split] is the nature of the karmic link,<ul style="list-style-type: none"><i>• the reason and</i><i>• the necessity of choice.</i></p> <p>You had to respond to them the way you did, not only<ul style="list-style-type: none"><i>• because they were what they were,</i><i>but ultimately</i><i>• because of your duality [that you were born with in this incarnation].</i></p> <p>Your brother or sister may have different reactions to them because they have a different kind of split [i.e., a different duality].</p>

*As you
had to
respond
to your parents
according to your split,
so you
have to
react
to other people,
later in life,
in a similar way,
even if
the situation
resembles
the original [situation with your parents]
only slightly.*

*So, in the last analysis,
your repetitive patterns
are
not
caused by
the faulty ways
of your parents,
but are
the manifestation
of your duality [that you brought into this incarnation],
which this particular set of parents
could*

- best represent*
- and therefore*
- bring out in you.*

*It is very important
to understand
how the unbroken line
of the original [dualistic] split
with which you were born,
continues
from
your parents
to
the*

- later,*
- constant*

reenactments [with others later in life].

24

*Needless to say,
none of this is obvious
before you*

- *have made sufficient inroads and*
- *have cultivated self-awareness.*

*Then [i.e., with self-awareness] it becomes
abundantly obvious.*

*As long as
your awareness
of this chain
is*

- *incomplete or*
- *missing,
you are
not in control*
- *of yourself and*
- *of life.*

*I mean here
healthy control,
not
the erroneous kinds [of control]
that
the ego personality
seeks
when*

- *true awareness
is lacking and*
- *you therefore feel*
- *weak and*
- *helpless.*

False control

- *is damaging and*
- *leads farther away
from health.*

*Only when you arrive
at this awareness [of this process of how the unbroken line of your original split
you brought in continues from your parents to current situations]
will you begin to live
on the firm ground of*

- *peace and*
- *reality.*

25	<p><i>Now let us discuss the process of repetition [with others later in life], which is vastly</i></p> <ul style="list-style-type: none"><i>• underrated,</i><i>• overlooked, and</i><i>• misunderstood.</i> <p><i>At best, your understanding of it [i.e., your understanding of this process of repetition] is not profound enough.</i></p>
26	<p><i>Modern psychology has discovered a small aspect of this phenomenon, which it calls transference.</i></p> <p><i>You may infer from this lecture that the truth goes</i></p> <ul style="list-style-type: none"><i>• farther and</i><i>• deeper</i> <p><i>than what is currently understood by this term [i.e., by the term “transference”].</i></p> <p><i>What you call transference happens constantly</i></p> <ul style="list-style-type: none"><i>• in a person's life,</i><i>• in all his or her</i> <p><i>intense relationships.</i></p> <p><i>The original traumatic relationship to both parents</i></p> <ul style="list-style-type: none"><i>• is repeated</i> <p><i>throughout a person's life, and</i></p> <ul style="list-style-type: none"><i>• reflects</i> <p><i>the degree of the intensity of that experience [i.e., the intensity of that original traumatic relationship with both parents].</i></p>

*Any negative involvement
with another person
will express this [original] conflict [with one's parents].*

*If there were
no conflict [with one's parents],
there would be
no negative involvement [with others].*

*Since the [negative] involvement [with others]
expresses conflict,
it [i.e., the negative involvement with others]
must manifest
both sides of the [psyche's internal dualistic] split,
and therefore relates to
both parents.*

*If [in a situation involving two people]
only one person
is negatively involved,
then*

- that individual's duality
is acted out, and*
- his or her parental relationship
re-experienced.*

*If [in a situation involving two or more people]
both, or more, persons
are negatively involved,
they will
all
become entangled
in their first powerful experiences in this life,*

- reenacting
their duality
with their parents, and in their confusion*
- constantly
engendering each other's misconceptions and
fortifying the split.*

*This process
is difficult to describe
in theoretical terms,
but
one who attains a deep understanding
will have no difficulty
seeing the truth.*

I suggest you bring

- *personal,*
- *real*

*examples,
for they lend themselves very well
to the*

- *perception and*
- *amplification*

of my point.

27

*Let us now try to
gain a little more understanding, at least in theory,
as to what this
continual process of
transferring does –*

- *from*
the [psyche's original incoming] inner [dualistic] split,
 - *to the parents,*
 - *to other people, and*
 - *to life situations.*

*If the psyche
is geared to
the first response to the parents,
you are
unable
to perceive what really is.*

*You apply blindly [your first response to your parents]
to others
what may have no application [to others] at all.*

You

- *react and*
 - *respond*
- to*
- *illusion*
- and not to*
- *the reality of the situation.*

*The trouble is
that you*

*force the other person
into the very reaction
that would not have been forthcoming [from the other person]
had you relinquished
the false premise
that you would encounter it [i.e., the false premise
that you would indeed encounter the very reaction
you have now unconsciously “forced” the other
person to have to you, even though you perhaps
consciously wanted the person to respond otherwise].*

28

Take this simple example:

*if you are convinced of
being rejected,
the rejection
will finally become a reality,
because then
your own behavior
must be
rejecting [and evoke rejecting behavior
from the other].*

This example has often been

- *found and*
 - *discussed,*
- but this particular process
applies to any number of
other facets*
- *of life and*
 - *of the personality.*

Consequently,
your false belief
in your misconception [*in this example – the misconception that that you will always be rejected*]
is strengthened
and you thereby
widen the [dualistic] split [*of either being totally rejected or being totally accepted*].

You must
re-experience
the same sequence [*-- seeing how you evoke the behavior you falsely expect from others because it is the behavior you experienced with one or both parents*],
again and again,
until you begin to

- **see the real nature of this process and**
- **understand its workings.**

You cannot
live
in reality
before you have
pierced
your particular unreality.

29

Being geared to
the original experience [*with your parents*],
you are convinced
that what is happening to you today [*with others or in other situations*]
is real.

Though initially
it [*i.e., though what you are experiencing initially today and what you are convinced is real*]
is not [real],
it becomes so [*i.e., your initial unreal experience becomes real over time*]
only because of your reaction,
which is based on a false premise [*i.e., based on the false premise that what you experienced with your parents you will experience with everyone*].

*Therefore
your reactions
are not responsive*

- *to the real person,*
- *to the real situation,*

but

- *to imagined*
 - *persons and*
 - *situations:*
 - *your parents.*

*You do not
live
in reality;
you do not
respond
according to reality
but [rather you] send your responses forth*

- *into thin air, as it were,*

and not at all

- *to the [real] person in front of you.*

*What comes out of you
is directed to*

- *what you think exists*

and not to

- *what really exists.*

*Thus
you cannot reach
the real other.*

*If the other person –
and most of the time
this is indeed so –
reacts in a
similar way,
all*

- *relationships and*
- *interactions*

*between human beings
must constantly
bypass each other.*

	<p><i>Outflowing currents</i></p> <ul style="list-style-type: none">• <i>crisscross,</i>• <i>miss one another,</i> <p><i>and this in part is the reason</i></p> <ul style="list-style-type: none">• <i>for the prevalent loneliness of so many people,</i>• <i>for their difficulty in communicating.</i>
30	<p><i>Humans believe that they react to one another, but usually this</i></p> <ul style="list-style-type: none">• <i>does not happen at all, or</i>• <i>[happens] only on a very limited scale.</i> <p><i>The stream of your consciousness, supposed to be directed to, let us say, person A, never reaches A.</i></p> <p><i>Although you believe it does [reach A], it is actually directed to the parental situation.</i></p> <p><i>Not being applicable to A, A often may feel this as an injustice.</i></p> <p><i>He or she may feel</i></p> <ul style="list-style-type: none">• <i>excluded or</i>• <i>rejected.</i>

*If A happens to be
comparatively liberated
from his own blind prison,
his response [to you]
will not add fuel to the fire [of the conflict between you and him]
because,
perceiving reality much better [than you do],
he will know it [i.e., he will know that your behavior
toward him]
does not apply to him [but rather to someone else, in
all likelihood to your parents].*

*He will not react [to you]
as he is supposed to react [i.e., he will not react to you as your parents
would have and as you think he should],
and this may indeed help [bring harmony to the situation between you].*

31

Only when one

- has recognized one's own duality and*
- stops transferring
from one's parents
onto others
will one be capable of
withstanding the onslaught
of misdirected responses.*

*The person then [i.e., then when he recognizes his own duality and stops
transferring to others he]
refuses
to represent
one side
of the other person's duality,
because he is aware of
his own [duality].*

*Unnecessary pain [in this person's involvement with others]
is thus avoided
and help is given [to others involved with this person]
in the most subtle way.*

*The negative involvement [of others]
ceases to provoke a response [in such a person].*

*This [lack of response in such a person to the negative involvement of others]
must finally
bring the [other] one
who misdirected his stream of consciousness [toward such a person]
to the recognition
that*

- *the original situation*

and

- *the new situation*

are not identical.

*Even if this [recognition] happens [in the other one]
on an unconscious level,
it is helpful [to the other one],
but then [since this recognition is unconscious, the other] one
is dependent on
the*

- *health and*
- *liberation*

*of others
who [like the healthy person in this example]
do not respond to [the other] one's unreality.*

It is certainly better

- *to begin with
the self,*
- *to find one's own split,*
- *to see the transference
from*

- *parents*

to

- *others with whom one is now involved*

*and
gradually
recognize
that the emotional climate
in which one lives [, since it is based on transference
from parents to others,]
is not applicable
to the real situation [with others now].*

32

Observing

- *the earth sphere and*
- *humanity*

*from our vantage point,
it is indeed
sad*

*that people
so rarely*

- *react to and*
- *perceive*

reality.

The resulting

- *confusion and*
- *chaos*

*brings so much
needless suffering [to human interactions and relationships].*

If [in your interactions with others]

you would start reacting to

- *the real person and*
- *the real situation,*

a lot of pain would be avoided.

Pain

*is the result of
illusion,
the illusion
being the consequence of
the [dualistic] split
that informs
the person's basic way of life,
first lived out
in the parental relationship.*

33

*Some of you
have an inkling
of what I am talking about here,
but only in a nebulous way.*

*The more aware
you become of*

- *re-experiencing
your old way of life,*
- *the basic split
represented by your parents,*

the more you will

- *live in reality and*
- *free yourself of
the repetitive chain of illusion.*

*Once you cease
reenacting
the old drama
of your duality,
you will respond
spontaneously
to the situation,
which will no longer appear
as it had previously.*

34

- *Psychotherapists and*
- *psychiatrists*

*have understood this phenomenon
in their relationship with their patients.*

But

*only segments of this human predicament
are comprehended
within the framework of
the evolutionary process
that determines the laws of reincarnation.*

*I want to help you
understand this phenomenon
on a*

- *deeper and*
- *broader
basis.*

*This [deeper understanding of the evolutionary process that
determines the laws of reincarnation]*

can happen

only when

*you become aware of it [i.e., aware of the basic split represented by
your parents that causes re-experiencing
your old way of life in current situations]*

within yourself.

Then [when you are aware of this basic split in your psyche]

you will see

- *the damage [caused by this dualistic split in your psyche],*
- *the misunderstanding [that causes you to re-experience the pains of your
old way of life with your parents, but now in your current situations].*

*Your eyes will begin to open to
the real situation.*

The more conscious

you become

of

- *your blind automatism,*
- *your stereotyped responses,*

the more

they [i.e., the more your blind, automatic, stereotyped responses]

will diminish

by the very act of consciousness.

You will see

how you

never fully

reacted to

- *your husband or wife,*
- *your child or friend*

as

- *their own selves*

but rather as

- *extensions of a previous experience of yours.*

35

*This so-called transference
from parents*

- *to others*

also applies

[from parents]

- *to your children.*

For

if this flawed way of life

is not given up,

no relationship

is uninfluenced by it –

certainly

no relationship of any

- *importance and*
- *intensity.*

You are

caught in this trap

until you become aware of it.

*This [awareness of this trap of transference and dualistic thinking] is
the freedom [from this trap]*

that the pathwork

is meant to bring you.

Freedom

can come

only through

self-awareness.

Lack of awareness

- *imprisons you and*

- *makes life*

not worth living

because

you are constantly caught

between

two unsatisfactory [dualistic] alternatives.

	<p><i>You react forever to</i></p> <ul style="list-style-type: none">• <i>your father and</i>• <i>your mother</i> <p><i>in the way of life that you had adopted to deal with them [originally as a child], and [now as an adult] you keep responding</i></p> <ul style="list-style-type: none">• <i>to them and</i>• <i>to life</i> <p><i>as a consequence of their impact on you.</i></p>
36	<p><i>Response to one parent may be</i></p> <ul style="list-style-type: none">• <i>reaction to, and</i>• <i>correction of,</i> <p><i>an unwanted situation with the other parent – a compensation.</i></p> <p><i>The two sets of attitudes [toward your two parents] together form</i></p> <ul style="list-style-type: none">• <i>your basic split,</i>• <i>your way of life,</i> <p><i>[a way of life] which is, at the same time, a result of this [basic dualistic split in your psyche].</i></p> <p><i>A new experience of life's manifold manifestations is possible only after you have broken the repetitive chain from</i></p> <ul style="list-style-type: none">• <i>the inner duality</i>• <i>to the parents and so on</i>• <i>to others.</i>

	<p><i>Then [i.e., when this repetitive chain is broken] life becomes vibrant in</i></p> <ul style="list-style-type: none">• joy,• peace and• meaningfulness, <p><i>in</i></p> <ul style="list-style-type: none">• newness and• richness.
37	<p><i>This subject is of the greatest possible importance.</i></p> <p><i>I do hope that many of you, my friends, who are active on this path will in the coming working season gain at the very least</i></p> <ul style="list-style-type: none">• a vague glimpse into the condition I have explained in this lecture <p><i>or, better [yet],</i></p> <ul style="list-style-type: none">• a deep understanding of it. <p><i>This is the direction where the guidance leads you if you are willing to follow it.</i></p>
38	<p><i>A few years ago I gave a lecture on duality. Now you are ready for a deeper level of understanding.</i></p> <p><i>I have approached this topic [here in this lecture] from yet a different angle, according to your present state of development.</i></p> <p><i>I venture to say that it will take considerable time before you can truly apply this lecture to yourself.</i></p>

39	<p><i>Are there any questions on this subject?</i></p> <p>QUESTION: <i>Is not the influence of brothers and sisters almost as strong as the one exerted by parents?</i></p>
40	<p>ANSWER: <i>It [i.e., the influence of brothers and sisters] is only a result of the relationship to the parents.</i></p> <p><i>Even if a relationship to a sibling is outwardly</i><ul style="list-style-type: none">• <i>more problematic and</i>• <i>negatively involved,</i><i>it is secondary.</i></p> <p><i>If the matter is profoundly explored, it must be found that the sibling relationship is always directly related to the parental situation.</i></p> <p><i>The parents</i><ul style="list-style-type: none">• <i>express,</i>• <i>symbolize or</i>• <i>manifest</i><ul style="list-style-type: none">• <i>your own basic split,</i>• <i>your way of dealing with this split.</i></p> <p><i>All other relationships are geared to this inner conflict.</i></p>

41	<p><i>I have given you a lot of material, my friends.</i></p> <p><i>It will take considerable time to assimilate – at least months, if you truly wish to gain even an inkling of how these words apply personally to you.</i></p> <p><i>It might be years before you truly reach this knowledge.</i></p> <p><i>But when you do, the inner experience of this truth will be beyond your possible anticipation.</i></p> <p><i>It [i.e., the inner experience of this truth] will release you</i></p> <ul style="list-style-type: none">• <i>from a straightjacket,</i>• <i>from a hopeless choice</i> <p><i>between two dismal alternatives – [i.e., it will release you from the prison of] your previous basic way of life.</i></p> <p><i>You will enter into a new freedom.</i></p>
42	<p><i>May</i></p> <ul style="list-style-type: none">• <i>the strength and</i>• <i>the blessing</i> <p><i>given unto you, my dear ones, fill you</i></p> <ul style="list-style-type: none">• <i>with an energy,</i>• <i>with an impact,</i> <p><i>that makes it possible for you to</i></p> <ul style="list-style-type: none">• <i>reach and</i>• <i>confront</i> <p><i>these depths of your being.</i></p>

*May you
summon the courage
to overcome
the fear
that produces resistance.*

*Only then [i.e., only when you have summoned the courage]
will you convince yourself
how*

- useless,*
- unreasonable,*
- unfounded*

was the illusion

- that reality
is to be feared and*
- that it is better
to cling to the illusion.*

*How false
these unrecognized reasoning processes are!*

*What a pity
that you persist in
poisoning your life
with this falsity.*

43

*A few of my friends
are very near to recognitions
in this respect.*

*Some have already begun to understand
this basic conflict.*

*But not one of you
is aware of
how
you repeat the original situation [with your parents]
with others.*

*This awareness
has to be more fully cultivated.*

	<p><i>You have to</i></p> <ul style="list-style-type: none">• <i>understand</i><ul style="list-style-type: none">• <i>better and</i>• <i>more deeply</i>• <i>recognize it</i><ul style="list-style-type: none">• <i>more clearly.</i> <p><i>May the blessing here extended</i> <i>help you in this direction.</i></p> <ul style="list-style-type: none">• <i>No endeavor and</i>• <i>no blessing</i> <i>could be</i><ul style="list-style-type: none">• <i>more useful,</i>• <i>more important,</i>• <i>more vital,</i>• <i>more rewarding, and</i>• <i>none</i> <i>can bring you</i><ul style="list-style-type: none">• <i>more to life –</i> <i>in the true sense of the word.</i>
44	<p><i>Be blessed,</i> <i>all of you,</i> <i>in this most meaningful work you undertake.</i></p> <p><i>Be in peace,</i> <i>my dearest ones.</i></p> <p><i>Be in God!</i></p>

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.