

# Pathwork Lecture 126: Contact With the Life Force

1996 Edition, Original Given June 26, 1964

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

¶	<i>Content</i>
03	<p><b><i>Greetings, my dearest, dearest friends.</i></b></p> <p><b><i>Blessings for all of you, • present and • absent.</i></b></p> <p><b><i>Blessed are your further efforts on this path, • now and • in the times to come.</i></b></p>
04	<p><b><i>This past working year [September 1963 (Lecture 117) – June 1964 (this lecture)] was one of the most crucial on your path, for most of my friends • individually, and for this group • as a whole.</i></b></p> <p><b><i>Many of you are keenly aware of this fact.</i></b></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format Posted 10/12/17

	<p><i>So, may the coming weeks [i.e., the coming weeks during the summer break] be for all of you a time of</i></p> <ul style="list-style-type: none"><li><i>• consolidation of past work and</i></li><li><i>• preparation for future work</i></li></ul> <p><i>on your inner path of liberation.</i></p>
05	<p><i>In tonight's lecture I should like to discuss, once again,  the life force.</i></p> <p><i>As you know, each time I discuss a topic we have treated previously, it is done on a</i></p> <ul style="list-style-type: none"><li><i>• deeper level, and</i></li></ul> <p><i>it is possible to give you</i></p> <ul style="list-style-type: none"><li><i>• more material</i></li></ul> <p><i>because you are better able to</i></p> <ul style="list-style-type: none"><li><i>• absorb and</i></li><li><i>• utilize</i></li></ul> <p><i>it. It has a more immediate meaning for you.</i></p> <p><i>What I said about this topic before was then only a beautiful theory to you, but many of you today are able to see that this is not merely</i></p> <ul style="list-style-type: none"><li><i>• a theory or</i></li><li><i>• an abstract philosophical principle:</i></li></ul> <p><i>it is a key to how life can be truly lived.</i></p>

06

*Let us recapitulate  
certain aspects of  
the life force.*

*The life force is  
profoundly intelligent.*

*Its [i.e., The life force's]  
intelligence  
is  
always  
• available,  
always  
• present and  
• ready to be applied  
not only to  
• great,  
• important  
issues;  
this super-intelligence  
"deigns"  
to express itself  
on supposedly  
• unimportant  
issues  
if  
it is called upon.*

*It [i.e., The life force's super-intelligence]  
does not differentiate  
between  
• important  
or  
• unimportant,  
  
• big  
and  
• small  
issues.*

*It [i.e., The life force's super-intelligence]  
pervades everything  
when  
it is allowed to do so.*

***One of its [i.e., One of the life force's super-intelligence's]  
most striking aspects  
is that  
there is no conflict  
contained in it.***

***The limited human mind  
is often confronted with alternatives  
in which  
something is***

- good  
on the one hand***

***but***

- bad  
on the other;***

- favorable  
for one person***

***but***

- unfavorable  
for another.***

***When this [i.e., When this dualistic either-good-or-bad choice  
situation]***

***is the case,  
you are***

- not in truth;***
- you are***
  - separated from***

***that aspect of the life force  
which can give you access to  
the vast intelligence  
which knows of  
no disadvantage***

- in any way***

***or***

- for anyone concerned:***

***it [i.e., the choice coming from the vast  
intelligence of the life force]***

***is***

***deeply right  
from any point of view.***

	<p><i>Its advice [i.e., The advice of the vast intelligence of the life force] leaves in you no trace of</i></p> <ul style="list-style-type: none"><li>• <i>doubt or</i></li><li>• <i>uneasy feelings;</i></li></ul> <p><i>rather, it [i.e., rather, the advice of the vast intelligence of the life force] gives you the peaceful knowledge that all is well, increasing your feeling of security about</i></p> <ul style="list-style-type: none"><li>• <i>yourself and</i></li><li>• <i>life.</i></li></ul>
07	<p><i>This vast intelligence [of the life force] is available for every one of your smallest</i></p> <ul style="list-style-type: none"><li>• <i>cares and</i></li><li>• <i>concerns.</i></li></ul> <p><i>It [i.e., This vast intelligence of the life force] is forever ready to respond if you choose to request its service.</i></p> <p><i>It [i.e., This vast intelligence of the life force] never pushes itself on you, but it is there, ready, at your disposal.</i></p> <p><i>It is up to you to be in contact with it.</i></p>

*All it [i.e., All this vast intelligence of the life force]  
needs  
is*

- *your awareness of  
its existence and*
- *your desire  
to make use of it,  
concisely formulating  
your*
  - *questions and*
  - *aims.*

*When these aims  
are*

- *hazy and*
  - *vague,*
- when you are  
lost  
in a fog of confusion,  
the life force  
cannot penetrate to you.*

*Your effort  
to arrive at*

- *clear formulation and*
  - *exact awareness  
of your*
    - *problems,*
    - *confusions,*
    - *split motivations, and*
    - *limitations*
- is necessary,  
as well as  
your*
  - *reaching out for  
the life force,*
  - *requesting its help.*

*The pathwork  
is specifically  
preparing you for that.*

08

*Even when  
you believe in this principle [i.e., believe in this principle that all this vast  
intelligence of the life force could be available to you],  
you are often  
under the wrong impression  
that you have  
first to*

- reach a certain stage in your development,*
- resolve your conflicts and*
- attain a great deal of spiritual knowledge*

*before  
you can be in contact with  
the life force.*

*You think that*

- the day after tomorrow or*
- next year,*

*it [i.e., this vast intelligence of the life force]  
will descend upon you,  
like a gift from heaven  
you have finally  
earned.*

*This concept  
is completely wrong.*

*You do  
not  
have to be perfect  
to be tuned into  
the life force.*

*It [i.e., Being tuned into the vast intelligence of the life force]  
can happen  
right now,  
provided  
you clear the confusion  
of your present*

- feelings,*
- thoughts, and*
- moods.*

	<p><i>You do not even have to clear up confused concepts; all you need is</i></p> <ul style="list-style-type: none"><li><i>• to realize that you are confused</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• to reach out to the vaster intelligence [of the life force] to help you [in your confusion].</i></li></ul>
09	<p><i>If you live in the now, you are in tune with the life force.</i></p> <p><i>If</i></p> <ul style="list-style-type: none"><li><i>• your now is</i></li><li><i>• confusion, depression, and stagnation, and</i></li><li><i>• you face these feelings fully, formulating their existence without the slightest evasion –</i></li><li><i>• while you also acknowledge that the very presence of such feelings indicates error – and</i></li><li><i>• you simultaneously wish the truth to manifest within,</i></li></ul> <ul style="list-style-type: none"><li><i>• the negative feelings dissolve and</i></li><li><i>• truth begins to enter.</i></li></ul>



10

• *Being in tune with  
the life force*  
*is the same as*  
• *being in contact with  
God,*  
*the same as*  
• *living in  
the now.*

*This [i.e., Being in tune with the life force, being in contact with God,  
and living in the now]*  
*can happen  
only when  
you are in contact with  
yourself.*

*For*  
• *you*  
*and*  
• *the immediate now*  
*are one –*  
*you*  
• *at this moment,*  
*which may be different from*  
*you*  
• *in the next moment.*

*For you are*  
*no*  
• *flat,*  
• *one-dimensional*  
*creature,*  
*but*  
• *dynamic and*  
• *many-dimensional.*

*You consist of*  
*infinite*  
• *possibilities and*  
• *changes*  
*of*  
• *outlook,*  
• *attitudes,*  
• *feelings, and*  
• *thoughts.*

	<p><i>Your tendency to petrify a pleasant outcome because this seems</i></p> <ul style="list-style-type: none"><li><i>• an easy solution,</i></li><li><i>• an insurance against an apparently insecure future,</i></li></ul> <p><i>makes you falsify truth.</i></p> <p><i>It [i.e., Your tendency to petrify a pleasant outcome] makes you hold back.</i></p>
11	<p><i>The more you become aware of all the hidden levels of your being,</i></p> <p><i>[then]</i></p> <p><i>the more you are in</i></p> <ul style="list-style-type: none"><li><i>• contact with and</i></li><li><i>• possession of yourself,</i></li></ul> <p><i>that is, the more you are capable of living in the now, for you no longer need to run away from what is;</i></p> <p><i>consequently, the more you are in contact with the life force.</i></p>

*Being in contact with  
yourself,  
you gain a  
greater understanding of the*

- *inner causes*

*and*

- *outer effects*

*in your*

- *personal life,*

*and you can  
understand this principle [i.e., this principle of cause and effect]  
as applying to*

- *all of life.*

*The better this [i.e., The better this principle of cause and effect]  
is understood,  
the more  
security is gained, and  
the more  
you are in  
real control of  
your fate.*

*You then know  
that you are*

- *safe and*
- *not ever dependent on*  
*something beyond your capacity.*

*The vibrant feeling  
of being wholly alive,  
in stimulating peacefulness,  
fills you  
even while  
you still  
experience  
the negative mood –*

- *anxiety,*
- *depression,*
- *lifelessness,*

*or*

- *whatever it may be [i.e., or whatever  
the negative mood may be].*

12

*It is as though  
two levels of your being  
would begin to meet  
through your  
seeking*

- *the truth*

*of*

- *the now*

*and*

- *requesting*

- *the greater truth*

*of*

- *the life force.*

*Little by little,  
you become more aware of  
the reasons for  
your negative moods [i.e., the reasons for your anxiety, depression,  
lifelessness, or whatever the negative mood may be].*

*You forget  
less and less  
that the*

- *answer*

*and*

- *explanation*

*[i.e., the answer and explanation for your anxiety, depression,  
lifelessness, or whatever the negative mood may be]*  
*exist  
in you.*

*You assert this fact [i.e., You assert that the answers and explanations exist in you],  
requesting*

- *understanding and*
- *help*

*to correct  
false concepts –*

- *not waiting for tomorrow  
when this will be done for you,*
- *but doing it now yourself  
by letting  
the infinite intelligence [of the life force]  
manifest  
in yourself.*

*The slightest trace of guilt  
about  
still not being further developed,  
the self judgment  
that  
you should no longer have negative feelings,  
  
cause you to  
struggle away from  
the now,  
  
which makes contact  
with  
• the self,  
and therefore [contact]  
with  
• God,  
impossible.*

13

*The attitude  
of acknowledging  
that you are  
in illusion  
at this moment  
incorporates  
many  
• qualities and  
• soul movements  
necessary for  
being in tune with  
the life force.*

*It [i.e., This attitude of acknowledging that you are in illusion at this moment]  
indicates  
• humility and  
• proper self-evaluation.*

*It [i.e., This attitude of acknowledging that you are in illusion at this moment] means that you can stop struggling, because you are engaged in fighting illusion – the appropriate kind of fighting – rather than fighting illusion with illusion, which cannot be successful.*

*You must fight illusion with reality, even if your present reality is illusion.*

*The clear acknowledgement of this fact [i.e., of this fact that your present reality is illusion] is then reality; denial of your illusion is further illusion.*

14

*The work of self-confrontation gradually leads to this attitude [i.e., leads to this attitude toward your present reality, this attitude of realizing that your present reality is illusion].*

*If you take the additional step [i.e. the additional step after the step of  
acknowledging that your present reality is illusion]*

*and*

*assert your desire for  
the eternal presence of the life force,  
with its much greater wisdom  
to take over,*

*you can*

*never again*

*be*

- helpless and*
- lost.*

*The vibrant life force*

*will flow through you –*

*not in*

*rare moments,*

*but more*

*and more*

*as a steady companion.*

*It [i.e., The vibrant life force flowing through you as a steady companion]*

*will be your way*

*of*

- living and*
- being.*

*• You*

*and*

*• the life force*

*will be*

*• one*

*and*

*• inseparable.*

15

*The beauty of creation  
is  
that  
• reality  
is  
• happiness.*

*This happiness  
is easy;  
there is  
no struggle  
about it.*

*The tragedy  
of human beings  
is that they  
so arduously  
struggle  
against happiness  
by  
• fearing  
truth  
and  
• holding onto  
misconceptions.*

*• Liberation  
as a result of this path,  
• the shedding of shackles  
which keep you enchained –  
what could these words  
possibly mean?*



	<p><b>• If facing</b></p> <ul style="list-style-type: none"><li><b>• truth and</b></li><li><b>• reality</b></li></ul> <p><b>were more difficult –</b> <b>which obviously</b> <b>you are</b> <b>unconsciously</b> <b>convinced of –</b></p> <p><b>• if it were true, for instance,</b> <b>that</b></p> <ul style="list-style-type: none"><li><b>• self-responsibility and</b></li><li><b>• adulthood</b></li></ul> <p><b>are more painful than</b> <b>the position of</b> <b>the child</b> <b>you so ferociously defend,</b></p> <p><b>then</b></p> <ul style="list-style-type: none"><li><b>• a breakthrough on this path,</b></li><li><b>• a coming into your own,</b></li></ul> <p><b>would</b> <b>never</b> <b>be felt as</b> <b>a joyful liberation.</b></p> <p><b>Instead,</b> <b>it [i.e., Instead, a breakthrough on this path, a coming into your own]</b> <b>would seem like</b> <b>entering prison.</b></p>
16	<p><b>If</b></p> <p><b>one's</b></p> <ul style="list-style-type: none"><li><b>• resistance,</b></li></ul> <p><b>one's</b></p> <ul style="list-style-type: none"><li><b>• no-currents,</b></li></ul> <p><b>existed</b> <b>in order to</b> <b>prevent</b> <b>something disagreeable,</b></p> <p><b>they [i.e., one's resistance and no-currents]</b> <b>would be</b></p> <ul style="list-style-type: none"><li><b>• understandable and</b></li><li><b>• justified.</b></li></ul>

*But the tragedy  
is that one often struggles  
with all one's might  
against  
that which makes life*

- *easier and*
- *happier,*
- *more agreeable and*
- *safe.*

*Yet people*

- *believe*  
*the opposite,*  
*acting as though*  
*the pathwork*  
*expected them*  
*to undertake a venture*  
*in which they might perish,*

*and*

- *can be pried loose of*  
*their resistances*  
*only with the greatest of difficulties.*

*This is  
the sad irony.*

*They [i.e., These people who resist pathwork, thinking that pathwork  
expected them to undertake a venture in which they might perish]  
are so blind  
that*

*what is*

- *their advantage*

*seems like*

- *a disaster,*

*and*  
*what is*

- *their disaster*

*seems like*

- *safety.*

17

**Once more:**

**If**

- *divine truth and*
  - *reality*
- were not*  
*all*
- *good,*
  - *happy, and*
  - *advantageous,*

*many of my friends*

*would not have experienced*

- *liberation and*
- *ease*

*following*

- *a breakthrough,*

*following*

- *the overcoming of resistance.*

***This fact*** [i.e., *This fact that many of my friends HAVE experienced liberation and ease following a breakthrough, following the overcoming of resistance*]  
***is important to contemplate,***  
***because***

***it is the proof***

***that there is***

***nothing to fear***

- *in God's world,*
- *in letting one's own organic development proceed,*
- *in not halting it artificially* [i.e., *not artificially halting one's own organic development process*].

***Most of you***

***have made enough progress***

***to know that***

- *what you leave behind is*  
*unnecessary hardship,*

***and***

- *the growth you move toward,*
- *the new way of life you adopt,*  
*is much easier*  
*than what you*  
*so tightly hold on to.*

18

*Whenever you are*

- *aware of resistance and*
- *can pinpoint*  
*your exact*
  - *misconceptions and*
  - *confusions,*

*you have*  
*already won,*  
*because then*  
*you*

- *have the tools, and*

  
*you*

- *can safely trust them to work –*  
*you know that from past experience.*

*Once you*  
*know*  
*you are confused,*  
*you can*  
*meet*  
*the confusion.*

*This [i.e., Knowing and meeting your confusion]*  
*is living*  
*in the now.*

*But*  
*when*  
*the confusion*  
*is*  
*not conscious,*  
*when*

- *it [i.e., when the confusion]*  
*can be denied and*
- *unpleasant feelings*  
*ascribed to other factors*  
*having nothing to do with you,*

  
*you*

- *do not even know*  
*this [i.e., this confusion]*  
*is illusion and*
- *can do nothing*  
*to eliminate it [i.e., can do nothing to eliminate the confusion].*

***It is then*** [i.e., *It is when the confusion is not conscious and is denied and when unpleasant feelings are ascribed to other factors having nothing to do with you*]

***that you***

- ***fight against the***
  - ***happier,***
  - ***easier,***
  - ***fuller***  
***life and***
- ***hold onto***  
***unnecessary hardship.***

***People's***

***unconscious***

***conclusions***

***claim that it is***

***to their***

- ***disadvantage***

***to grow***

***and***

***to their***

- ***advantage***

***to remain static.***

***This fundamental misunderstanding***

***about life*** [i.e., *This misunderstanding about life that it is to their*

*disadvantage to grow and to their advantage to remain static*]

***causes***

***untold pain.***

***Without***

***this senseless falsity*** [i.e., *Without this falsity that it is to their disadvantage to*

*grow and to their advantage to remain static*]

***so much suffering***

***would be avoided.***

***Men and women***

***would be***

***vibrantly alive***

***in the immediate now.***

	<p><b><i>Whenever this is so</i></b> [i.e., <i>Whenever the misunderstanding that it is to men's and women's disadvantage to grow and to their advantage to remain static is corrected and they realize that the opposite is true and as a result of seeing this truth men and women become vibrantly alive in the immediate now</i>],</p> <p><b><i>there is</i></b></p> <ul style="list-style-type: none"><li>• <i>peace</i></li></ul> <p><b><i>and, at the same time,</i></b></p> <ul style="list-style-type: none"><li>• <i>vibrancy;</i></li></ul> <p><b><i>there is</i></b></p> <ul style="list-style-type: none"><li>• <i>stimulation</i></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li>• <i>serenity.</i></li></ul>
19	<p><b><i>As I have mentioned in the past,</i></b> <b><i>the struggle against</i></b> <b><i>truth</i></b> <b><i>results in</i></b> <b><i>split concepts.</i></b></p> <p><b><i>Human beings</i></b> <b><i>often conceive of life as being</i></b></p> <ul style="list-style-type: none"><li>• <i>stimulating,</i></li></ul> <p><b><i>but they feel they</i></b> <b><i>must pay for this stimulation by</i></b></p> <ul style="list-style-type: none"><li>• <i>giving up their peace of mind.</i></li></ul> <p><b><i>If they want</i></b></p> <ul style="list-style-type: none"><li>• <i>peace and</i></li><li>• <i>serenity,</i></li></ul> <p><b><i>they feel they must</i></b> <b><i>sacrifice</i></b> <b><i>their</i></b></p> <ul style="list-style-type: none"><li>• <i>dynamic,</i></li><li>• <i>stimulating</i></li></ul> <p><b><i>life,</i></b></p> <p><b><i>they must</i></b></p> <ul style="list-style-type: none"><li>• <i>stagnate and</i></li><li>• <i>be secluded.</i></li></ul>

*These false alternatives [i.e., These false alternatives of EITHER finding peace by living a stagnate and secluded life OR living a stimulating life] lead to a false choice, for whatever is chosen is based on wrong assumptions.*

*The conviction of having to make do without an aspect of life that every individual is meant to enjoy – either*

- peace*

*or*

- vibrancy and*
- interest –*

*will bring an unnecessary deprivation of either*

- the one*

*or*

- the other*

*aspect of the life force [i.e., either deprivation of peace or deprivation of vibrancy and interest].*

*In this conviction, people condition themselves so that whenever they are*

- stimulated*

*they will register*

- anxiety,*

*and*  
*whenever they are*

- in peace*

*they will be*

- bored.*

*The moment you are aware*

- *of being in error,*
  - *that it*
    - *does not have to be that way [i.e., EITHER peace OR stimulation]*
- and*
- *is that way*
    - only because of*
    - your wrong convictions,*

*you*

*fully face*

- *the now,*
- *your own now.*

*And then*

*you may find*

*further aspects*  
*responsible for*  
*the wrong conclusion*  
*that*  
*cut you off from*  
*the life force.*

*As you*

- *realize that*
  - the life force*
  - combines*
  - two apparent incompatibilities [i.e., combines peace*  
*and stimulation]*

*and*

- *begin to reach out*
  - for the possibility of*
  - enjoying*
  - both favorable aspects [i.e., the possibility of enjoying BOTH*  
*peace AND stimulation and vibrancy simultaneously],*

*you will*

*experience*

*the truth*

*that everything good is possible*

*if you*

- *allow yourself to*
  - experience it [i.e., allow yourself to experience the truth*  
*that everything good is possible]*

*and*

- *remove*

*your false limitations [i.e., false limitations of EITHER/OR].*



20

*So many  
similar  
misunderstandings exist  
which prevent human beings  
from the*

- blissful,*
- enlivening,*
- peaceful*

*experience  
of the life force,  
apart from  
one's personal*

- images and*
- misconceptions.*

*So often  
the great spiritual truths,  
in particular,  
seem  
contradictory.*

*If you  
formulate  
such confusions,  
you have  
already  
overcome them  
because  
you have brought forth  
your  
desire  
to find clarity  
by acknowledging  
your present confusion.*

*Clarification*

- is on the way and*
- will soon*

*fill your being.*

*But only too often  
one is unaware of such*

- dormant,*
- smoldering,*
- festering*

- confusions and*
- apparent contradictions.*

21

*Let us now discuss  
some of these  
apparent contradictions  
which prevent you  
from*

- *being in contact with  
the life force*

*and, therefore, [keep you]  
from*

- *happiness.*

*A deep misunderstanding for many  
comes from the fact  
that  
all truth teachings  
postulate  
that  
free will  
is responsible for  
one's fate.*

*Divers*

- *religions and*
  - *philosophies*
- may word this fact differently,  
but it all amounts to  
the same thing [i.e., all religions and philosophies postulate in  
one way or another that free will is responsible for one's fate].*
- *Psychology*  
*also talks about the necessity of*
    - *self-government and*
    - *self-responsibility.*

*At the same time [i.e., While religions, philosophies and psychology postulate that free will and self-responsibility are responsible for one's fate],*

- *spiritual teachings [by contrast] postulate that human beings, with their*
    - *small selves,*
  - *with their*
    - *little minds,*
- cannot succeed without calling on the vaster intelligence for*
- *guidance and*
  - *enlightenment.*

*This [i.e., That free will and self responsibility are responsible for one's fate as postulated by religions, philosophies, and psychology on the one hand, while, on the other hand, the position that human beings cannot succeed without calling on the vaster intelligence for guidance and enlightenment as postulated by spiritual teachings]*

*seems like a contradiction, but only as long as underlying problem areas remain*

- *unrecognized*

*and therefore*

- *unchanged.*

22

*As long as  
you struggle against  
standing on your own feet,  
you will*

- cling to an authority  
outside yourself and*
- rely on  
an externalized God  
to take the place of  
a benign parent,  
rejecting the need for  
self-responsibility.*

*Concomitantly,  
as long as  
you need  
such an authority,  
you must*

- be disappointed and*
- rebel against it [i.e., you must rebel against such an authority, against  
such an externalized God].*

*In this rebellion,*

- you often  
reject  
the idea  
that a vaster intelligence than your own  
can guide you.*

- You fear  
giving up*
  - the small self will and*
  - its selfishness,  
not entrusting yourself  
to the vast power at your disposal.*

- These inner*
  - deviations,*
  - ignorances and*
  - misconceptions,*
- the insistence on  
a childish way of life  
create  
the contradictions.*

23

***The moment***

***you give up resisting*** [i.e., give up 1) resisting the fact that there is an available intelligence greater than your own, 2) resisting giving up the small self will, and 3) resisting self-responsibility by giving up a childish way of life],  
**two apparent contradictions**  
**unify**  
**into one whole truth:**

***By***

***• shouldering self-responsibility,***

***by***

***• realizing that***

***you alone***

***are the creator of your fate***

***by***

***• understanding the***

***• causes***

***and***

***• effects***

***of your life,***

***you***

***actively seek enlightenment***

***through the greater intelligence***

***that exists within yourself.***

***You put the little mind aside –***

***• not blindly,***

***• but***

***in order to***

***let the bigger mind manifest.***

*This does  
not mean  
absolving yourself from  
self-responsibility,  
rather,  
you are responsible for  
opening the door,  
not to*

- *an outer deity –  
for another person, as it were –  
who is supposed to  
take  
the burden of adulthood  
away from you,*

*but to*

- *the vaster self,  
which forms  
an integral part of  
your psychic personality.*

*This self [i.e., This vaster self which forms  
an integral part of your psychic personality]  
is kept from manifesting  
as long as  
confusion exists,  
but when  
awareness dawns,  
the vaster self  
begins to fill the consciousness  
with*

- *its truth and*
- *its power*

*until*

- *the integration is complete and*
- *there are no longer  
different levels  
of functioning.*

*Then*

- *mature self-responsibility*

*and*

- *entrusting oneself to God,  
asking for His help,*

*become one and the same.*

24

*Without awareness  
it seems as though  
one should  
not  
want to govern oneself  
in order to [i.e., in order to avoid self-responsibility and just]  
let God govern one's life.*

*In awareness,  
however,  
• self-government and  
• accountability for one's  
• actions,  
• thoughts, and  
• feelings  
are seen as  
prerequisites for  
the greater intelligence  
to manifest.*

*The little self will  
• stands in the way of  
mature self-responsibility,  
and often  
• must be given up  
so that  
the person can assume  
proper self-government.*

*It is the same way  
with  
• God's will  
and  
• self-government.*

*Self-government  
does not mean  
self will.*

	<p><i>When the</i></p> <ul style="list-style-type: none"><li>• <i>greedy,</i></li><li>• <i>childish</i></li></ul> <p><i>self will</i> <i>is given up,</i></p> <ul style="list-style-type: none"><li>• <i>self-government</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>entrusting oneself</i> <i>to cosmic intelligence</i></li></ul> <p><i>become</i></p> <ul style="list-style-type: none"><li>• <i>interdependent</i></li></ul> <p><i>instead of</i></p> <ul style="list-style-type: none"><li>• <i>mutually exclusive.</i></li></ul> <ul style="list-style-type: none"><li>• <i>Self-responsibility</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>self-government</i> <i>do not mean</i> <i>arrogant overestimation</i> <i>of the little self.</i></li></ul> <p><i>In fact,</i> <i>gradually</i> <i>the larger self</i> <i>takes over altogether.</i></p> <p><i>This [i.e., The larger self taking over altogether]</i> <i>is the integration we speak of</i> <i>on this path.</i></p>
25	<p><i>If</i></p> <p><i>God</i> <i>is looked for</i> <i>as a substitute for</i> <i>mature</i></p> <ul style="list-style-type: none"><li>• <i>self-responsibility and</i></li><li>• <i>accountability,</i></li></ul> <p><i>true</i> <i>contact with</i> <i>the life force</i> <i>cannot possibly exist.</i></p>



*When you want  
an outer authority  
to substitute for  
you,  
then  
all your faculties  
are paralyzed.*

*It is  
the smaller mind  
with its  
immediate outer will  
that must take  
the first step  
in order to*

- open  
the inner will and*
- contact  
the larger mind.*

*It is  
the outer will  
that provides  
the initial momentum  
to*

- open the door to,  
and then*
- become part of,  
the vast limitless power  
that  
gradually  
enables you  
to truly master life,  
as these  
split concepts  
begin to mend  
through  
your widened understanding.*

26

*Spiritual teachings  
postulate*

- *that you are supposed to be  
happy,*
- and
- *that it is God's will  
for human beings  
to live in joy.*

*At the same time,  
on a path such as this one  
is taught that God  
must*

*not  
be sought  
in order*

- *to strengthen one's childish desire for  
magic,*
- *to encourage the equally childish greed  
for everything one wants  
when one wants it, or*
- *to indulge in  
the wishful thinking  
of the child  
incapable of giving up  
the desire for utopia.*

*Why do we then  
take such pains  
to grow out of this childish state  
when,*

*in the same breath,  
you are told  
that God wants  
your happiness?*

*Is this not  
another contradiction?*

*The greedy child  
wants happiness, too.*

*The great power of the life force  
is supposed to  
make  
all things possible.*

*Is this unlimited power [i.e., Is this great unlimited power of the life force that is  
supposed to make ALL things possible]  
not in contradiction to  
the aim of this path  
which reiterates  
the necessity  
to give up  
the desire for magic?*

*Whether or not  
you have made such confusions conscious,  
they often exist,  
and it is important  
to draw them to the surface.*

27

*So let us consider  
why  
one must*

- be free of  
the childish desire for  
magic*

*and*

- be able to  
accept  
the self-produced misery  
instead of  
cringing from it [i.e., instead of cringing from the  
self-produced misery].*

*And let us examine  
why  
it is equally true  
that a human being  
has  
every*

- right and*
- possibility  
for happiness.*

*You see, my friends,  
the desire for  
magic  
represents  
the wish to avoid the consequences  
of one's actions;  
such desire [for magic]  
• denies  
• self-responsibility,  
• liberation, and  
• true mastery  
over one's fate,  
and therefore [such desire for magic]  
• precludes  
the bliss  
of being in the life force.*

*You greedily  
demand  
happiness  
in order to  
• have your way and  
• avoid  
the imagined annihilation of  
your cherished  
• images and  
• misconceptions.*

*Now, these fears [i.e., these fears of the annihilation of your  
cherished images and misconceptions]  
are founded on  
false ideas,  
and one  
must find out for oneself  
that these ideas are false.*

*One must learn  
finally  
that one  
does not perish  
even if  
the most feared event happens.*

*Misery  
is  
never  
caused  
by  
• the feared event itself,  
only  
by  
• one's attitude [i.e., misery is caused only by  
one's attitude toward the feared event].*

*As long as  
one is tied to  
the wrong idea  
that  
an outer event –  
be it  
• rejection,  
• criticism, or  
• loss –  
can  
cause  
suffering,  
one is in  
illusion.*

*This seeming contradiction  
will split  
a concept.*

	<p><i>When one realizes that</i></p> <ul style="list-style-type: none"><li>• <i>the fears</i> <i>are unfounded, and</i></li><li>• <i>the threat</i> <i>is not</i><ul style="list-style-type: none"><li>• <i>the event itself</i> <i>but [the threat is instead]</i></li><li>• <i>the attitude to the event,</i></li></ul></li></ul> <p><i>one learns to</i></p> <ul style="list-style-type: none"><li>• <i>let go of</i> <i>tight currents and</i></li><li>• <i>give up</i><ul style="list-style-type: none"><li>• <i>one's self will and</i></li><li>• <i>the compulsion</i> <i>to obtain gratification,</i></li></ul></li></ul> <p><i>while [i.e., while at the same time]</i></p> <ul style="list-style-type: none"><li>• <i>being fully aware of</i> <i>the right to be happy</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>calmly</i> <i>striving toward fulfillment</i> <i>on all levels of life.</i></li></ul>
28	<p><i>Before we go on, are there any questions at this point?</i></p> <p><b>QUESTION:</b> <i>If something terrible happens,</i> <i>let's say</i> <i>the death of a dear person,</i> <i>how can</i> <i>unhappiness</i> <i>not</i> <i>be there?</i></p>
29	<p><b>ANSWER:</b> <i>Here lies</i> <i>such an important</i> <i>misunderstanding.</i></p>

*Just because  
you feel you  
ought  
not  
to be unhappy,  
you struggle  
away  
from  
• the now,  
therefore  
from  
• yourself,  
and therefore  
from  
• contact with  
the life force.*

*Your attitude is  
• either that of a  
• greedy,  
• self-willed  
child  
who  
demands  
the fulfillment  
of all its desires,  
while fearing  
the opposite [i.e., while fearing the unfulfillment  
of any of its desires],  
• or you harbor  
the false idea  
that  
a spiritually evolved person  
should be  
so developed  
that he or she is  
never  
• unhappy,  
never  
• puzzled or  
• upset.*

**Often,**  
**you carry in yourself**  
**a combination of**  
**these two aspects** [i.e., a combination of having the attitude of the greedy child demanding all of its desires be fulfilled AND having the idea that spiritually mature persons should be so developed that they are never unhappy, puzzled, or upset],  
**for**  
**the misunderstood spirituality** [i.e., that mature spirituality means no pain ever] **is a product of the**  

- **greedy,**
- **fearful,**
- **weak,**
- **dependent**

**child.**

**The less**  
**the person is willing to**  

- **lose, or**
- **give up**

**if need be,**  

- **the weaker**

**he or she becomes, and**  

- **[the] more dependent** [he or she becomes]

**on circumstances outside one's control.**

**This kind of person**  
**becomes**  
**more insistent**  
**on some outer event**  
**to prevent**  
**the catastrophe**  
**which,**  
**as he mistakenly believes,**  
**will overtake him.**

**Therefore,**  
**the struggle against**  
**what is now**  
**produces greater misery**  
**than**  
**the event itself** [i.e., greater misery than the event itself, the event that is happening in the now].



30

*If none of these  
unhealthy aspects [i.e., If none of these unhealthy aspects of the greedy, fearful,  
weak, dependent child who is unwilling to give up or lose anything]  
existed,  
one would*

- *live through  
the pain and*
- *grow out of  
it [i.e., grow out of the pain].*

*The more  
one learns to do this [learns to live through and grow out of the pain]  
at the moment [i.e., at the very moment that the pain occurs],  
the sooner*

- *the apparent opposites  
coalesce*

*and*

- *the full experience  
of the painful moment  
will become  
bliss.*

*One then  
reaches beyond  
the illusion of  
opposites.*

*If you quietly acknowledge,*

*"I am  
now  
unhappy,  
but at the same time I know that  
in this unhappiness  
I am  
somehow  
not quite in truth,"*

*you enter into  
peace.*

*Yes, you  
are  
unhappy  
at the moment  
because of a*

- loss or*
- disturbance.*

*Nevertheless,  
peace comes into you  
when you*

- fully acknowledge  
your feelings [i.e., fully acknowledge your unhappiness and pain  
due to loss or disturbance in the moment]*

*and*

- assert the fact that  
some of these feelings [i.e., some of these feelings of unhappiness  
and pain due to loss or disturbance in the moment]  
are an outcome of  
illusion,  
although  
you are not yet able  
to change  
the illusion.*

31

*Your desire  
to change  
from*

- illusion*

*to*

- truth,  
while acknowledging  
all your negative feelings [i.e., while acknowledging  
all your unhappiness and pain] –  
the outcome of your illusion –*

*will make you  
stop*

- running and*
- struggling against  
what is.*

*Gradually,  
a new understanding  
will arise  
from  
the deepest recesses of your soul  
that becomes  
accessible  
through your desire  
to tap*

- divine truth,*
- the life force in you.*

*As more*

- peace and*
- vital new insight*

*fill you,*

- unhappiness*

*and*

- happiness*

*become*  
*one.*

*Because*  
*you cease*  
*struggling against*  
*the now,*  
*you*  
*are in*  
*the now.*

*You*  
*gradually*  
*experience*  
*that*  
*it is*

- your attitude*

*to an event*  
*that causes*

- happiness*

*or*

- unhappiness,*

*never*

- the event itself.*

	<p><i>This discovery [i.e., This discovery that it is your attitude toward an event that causes happiness or unhappiness, never the event itself]</i></p> <ul style="list-style-type: none"><li>• <i>liberates and</i></li><li>• <i>induces</i><ul style="list-style-type: none"><li>• <i>strength and</i></li><li>• <i>security.</i></li></ul></li></ul> <p><i>It [i.e., This discovery that it is your attitude toward an event that causes happiness or unhappiness, never the event itself]</i> <i>puts you into contact with</i> <i>the life force.</i></p>
32	<p><i>A</i></p> <ul style="list-style-type: none"><li>• <i>fundamental and</i></li><li>• <i>very frequent</i></li></ul> <p><i>misconception in the human psyche</i> <i>says that</i> <i>unhappiness</i> <i>is a</i> <i>virtue.</i></p> <p><i>To correct this,</i> <i>I advise this meditation:</i></p> <p><i>"My</i><ul style="list-style-type: none"><li>• <i>happiness</i></li></ul><i>cannot possibly detract from</i> <i>another person's.</i></p> <p><i>However, my</i><ul style="list-style-type: none"><li>• <i>unhappiness</i></li></ul><i>adds to</i> <i>theirs."</i></p> <p><i>This meditation</i> <i>will help you to develop a</i><ul style="list-style-type: none"><li>• <i>strong,</i></li><li>• <i>full</i></li></ul><i>yes-current</i> <i>for your happiness.</i></p>

*It is often  
so difficult for humans  
to understand  
that when they believe themselves  
to be confronted with  
alternatives*

*where*

- one thing seems  
good*
- and*
- another  
bad,*

*or where they see*

- one person  
benefiting*
- and*
- another  
being damaged,*

*that is not so.*

*Whenever  
you are caught  
in such a predicament,  
you may be sure  
that you are entangled in  
a wrong concept.*

33

*Whenever  
you are in  
truth,  
my friends,  
there is  
no such thing as  
a decision that is*  
• *good*  
*on the one hand*  
*and*  
• *bad*  
*on the other.*

*It [i.e., A decision made when you are in truth]  
must be  
good*  
• *all around,*  
• *for everyone concerned.*

*That [i.e., The fact that a decision made when you are in truth must be good  
all around and for everyone concerned]  
is  
the rightness of  
divine truth,*

*that [i.e., the fact that a decision made when you are in truth must be good  
all around and for everyone concerned]  
is the*  
• *wonder and*  
• *beauty*  
*of it [i.e., the wonder and beauty of divine truth].*

**When you**

- **truly comprehend this** [i.e., *When you truly comprehend the fact that a decision made when you are in truth must be good all around and for everyone concerned*]

**and**

- **are confronted with decisions**

**but**

- **cannot see**  
**how to arrive at**  
**this rightness** [i.e., *how to arrive at this rightness where a decision is good all around and for everyone concerned*],

**you may then**

**request this truth,**

**putting**

- **your small mind**  
**aside**

**and**

**allowing**

- **the larger intelligence**  
**to enter.**

**Open yourself**

**to it** [i.e., *Open yourself to the larger intelligence*].

**Admit clearly:**

**"As long as I believe**  
**that any decision**  
**must result in**

- **disadvantage or**
- **harm**

**to any of the parties,**

**I know**

**I am in distortion.**

*I wish to*  
• *be in possession of*  
*the divine truth,*  
*where decisions are*  
• *right and*  
• *harmonious*  
*for all,*

*and*  
• *be able to*  
*feel this*  
*deeply.*

*I cannot see it yet,*  
*therefore*  
*I am in*  
*untruth."*

*In this way,*  
*you*

• *know and*  
• *fully face*  
*the now,*

*you*  
*do not run from it [i.e., you do not run from the now]*

*while at the same time*

*you are*  
*calmly*  
*wishing to be enlightened.*

*The combination of*  
• *facing the now*  
*without*  
*struggling against*  
*yourself*

*and*  
• *desiring*  
*the greater truth*

*will make it possible*  
*for the life force*  
*to fill you*  
*with*  
• *vision,*  
• *wisdom, and*  
• *strength.*



34

*Does anyone here  
have an idea  
why  
it is really  
no contradiction  
that*

- it is your birthright to be happy,*

*while*

- you must be able to  
accept  
an unhappy now,  
relinquishing*
- self will and  
• greed?*

**COMMENT:**

*Often  
we don't know  
what is good for us.*

*What one wants  
with one's  
little mind  
may not be  
what one  
would really want  
if one were  
more developed.*

**ANSWER:**

*Yes,  
that is true.*

*Any other ideas?*

35

**COMMENT:**

*I think we often  
can't get the fulfillment  
right now.*

*We are  
impatient  
and want it  
immediately.*

**ANSWER:**

*I think  
the now [i.e., getting fulfillment immediately, right now]  
has nothing to do with it.*

*The desires of  
• the smaller  
and  
• the larger  
self  
may  
be different,*

*but often  
they both [i.e., often what the smaller self desires  
and what the larger self desires]*

*are the same  
and what  
the smaller self desires  
is not necessarily  
wrong.*

*The question is  
the how [i.e., The question is how the smaller self desires what it desires].*

*The little self  
is under the illusion  
that it  
must perish  
if its will  
is not fulfilled.*

*This [i.e., This little-self's illusion that it must perish if its will is not fulfilled]  
creates*  
• *fear,*  
*as well as*  
• *additional negative emotions.*

*It is*  
*these negative*  
• *emotions and*  
• *attitudes*  
*that make*  
*the expression of the little self*  
*wrong,*  
*not*  
*the nature of the wish*  
*itself.*

*[Conversely]*  
*If*  
*the real self*  
*issues a wish,*  
*it expresses itself*  
*without fear*  
*because*  
*non-fulfillment*  
*will not seem to annihilate it.*

*Consequently,*  
*further negative emotions*  
*will not be created.*

36

*In addition,*  
*I would like to say this:*  
  
*the*  
*apparent*  
*contradiction*  
*is*  
*that man has to be able to*  
*give up*  
*what he wants to*  
*gain.*

***In this  
giving up [i.e., In this giving up what he wants to gain]  
lies  
the necessary  
soul movement  
for being in contact with  
the life force.***

***The soul movement  
is of crucial importance.***

***In it [i.e., In the soul movement]  
lies the truth  
that  
neither  
• an event  
nor  
• the fulfillment of a particular wish  
can bring  
happiness.***

***In the  
relaxed giving up  
lie  
all the emotions  
which are  
a byproduct of  
truth.***

***In a  
disharmonious  
soul movement  
contact with  
the life force  
is impossible.***

***Soul movements  
are always  
a result of  
attitudes.***

*Sometimes*  
*one needs merely to concentrate on*  
*one's attitudes,*  
*and*  
*harmonious soul movements*  
*automatically follow.*

*At other times,*  
*it is useful to*  
*• observe*  
*the soul movements themselves*  
*and*  
*• approach them*  
*simultaneously*  
*from two directions.*

*All*  
*• false ideas*  
*create*  
*disharmonious emotions,*  
*which create*  
*• tense,*  
*• harsh,*  
*• rigid*  
*soul movements.*

*[Conversely,]*  
*• Truthful concepts*  
*create*  
*• relaxed,*  
*• warm,*  
*• positive*  
*feelings*  
*and*  
*• flexible,*  
*• harmonious,*  
*• rhythmic,*  
*• organic*  
*soul movements.*

*For example,  
the fear  
that non-fulfillment of a wish  
is  
annihilation,  
creates  
a must [i.e., "I must not have non-fulfillment of a wish  
since that would mean annihilation"].*

*Whenever there is  
a must,  
it is contrary to the*

- slow,*
- harmonious*

*waves of*

- the life stream, or*
- life force.*

37

*My dearest friends,  
when you now look back  
on*

- the work of this path,*

*on*

- the lectures and*

*on*

- your development,*

*you will see  
that it was all  
painstakingly  
built up  
to lead to this point:*

*the mending  
of split concepts  
through  
the proper soul movements.*

*This [i.e., This mending of split concepts through the proper soul movements],  
in turn,  
enables you  
to be in possession of  
the immeasurable*

- wisdom,*
- energy, and*
- peace*

*of the life force.*

38

*To be in harmony  
when  
outside circumstances work according to your wishes  
is  
not really harmony  
because  
you are dependent on  
these circumstances  
beyond your control.*

*Even if  
life works well for you  
now,  
you must be in*

- deep,*
- possibly unrecognized,*

*fear  
that it may not always be that way.*

*But  
when you realize  
that you*

- have the resources  
to live  
in*
- dignity and*
- self-respect and*
- are  
not wholly dependent on  
any event outside yourself,*

*then  
you are  
truly in harmony.*

**Then** [i.e., When you realize that you have the resources to live in dignity and self-respect and are not wholly dependent on any event outside yourself]  
**you**  
**have come into your own.**

**Then** [i.e., When you realize that you have the resources to live in dignity and self-respect and are not wholly dependent on any event outside yourself]  
**you**

- **make use of**  
**your birthright and**
- **begin to control**  
**your fate.**

**Then** [i.e., When you realize that you have the resources to live in dignity and self-respect and are not wholly dependent on any event outside yourself]  
**the available abundance**

- **will be open to you,**
- **will give you**  
**all the many fulfillments**  
**you cannot even dream of,**  
**surpassing**  
**even the greediest self will**  
**of the childish self.**

39

**This is**  
**why**

- **pride,**
- **fear,**
- **self will,**
- **greed,**
- **childish dependency, and**
- **refusal to stand on one's own feet**

**produce soul movements**  
**which must**  
**run counter to**  
**one's self-interest.**



	<p><b><i>The conditions produced by these soul movements</i></b> [i.e., conditions produced by soul movements that have themselves been produced by pride, fear, self will, greed, childish dependency, and refusal to stand on one's own feet]</p> <p><b><i>increase the fear of unfulfillment because you then believe it is</i></b></p> <ul style="list-style-type: none"><li><b><i>• the outer event</i></b></li></ul> <p><b><i>and not</i></b></p> <ul style="list-style-type: none"><li><b><i>• your attitude</i></b> [i.e., and not your attitude toward the outer event]</li></ul> <p><b><i>that produces the misery.</i></b></p>
40	<p><b><i>Being in contact with the life force is possible even</i></b></p> <p><b><i>while you are still in illusion, provided you</i></b></p> <ul style="list-style-type: none"><li><b><i>• are aware of it</i></b> [i.e., provided you are aware that you are still in illusion],</li></ul> <p><b><i>and provided you</i></b></p> <ul style="list-style-type: none"><li><b><i>• assert this fact</i></b> [i.e., provided you assert that you are aware that you are still in illusion]</li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• express your desire for contact with the life force.</i></b></li></ul> <p><b><i>Then</i></b></p> <ul style="list-style-type: none"><li><b><i>• you will be helped to</i></b></li><li><b><i>• eliminate obstructions and</i></b></li><li><b><i>• taste the</i></b><ul style="list-style-type: none"><li><b><i>• vibrant,</i></b></li><li><b><i>• dynamic</i></b></li></ul></li></ul> <p><b><i>life force.</i></b></p>

• *Every cell of your*  
• *physical and*  
• *emotional*  
*organism*  
*will be filled with this*  
• *stimulating*  
*and*  
• *peaceful*  
*experience.*

*You will taste*  
*real security,*  
• *looking forward to*  
*every*  
*moment,*  
• *knowing*  
*joy*  
*through*  
*fearlessness.*

*You*  
*don't have to wait for*  
*perfection*  
*in order to experience this,*  
*if*  
*you can approach the*  
• *imperfect,*  
• *limited*  
*self*  
*in the truth*  
*of the moment.*

*In this way*  
*you eliminate*  
*your imperfections*  
*much more effectively*  
*than by*  
*struggling against them.*

41	<p><b><i>Working this out</i></b> [i.e., <i>Rather than struggling against your imperfections, approaching the imperfect limited self in the truth of the moment, requesting and receiving help, wisdom, and guidance from the life force and thereby effectively eliminating your imperfections</i>]</p> <p><b><i>in a more</i></b></p> <ul style="list-style-type: none"><li><b><i>• personal,</i></b></li><li><b><i>• specific</i></b></li></ul> <p><b><i>way,</i></b></p> <p><b><i>is the program to follow on the path now.</i></b></p> <p><b><i>Once again,</i></b> <b><i>merely hearing the words</i></b> <b><i>will not be enough.</i></b></p> <p><b><i>With the help</i></b> <b><i>of your personal sessions</i></b> [i.e., <i>your personal sessions with your helper</i>] <b><i>you will</i></b> <b><i>all</i></b> <b><i>learn,</i></b> <b><i>step by step,</i></b> <b><i>to come into</i></b> <b><i>full possession</i></b> <b><i>of the meaning of these words,</i></b> <b><i>feeling</i></b> <b><i>the vibrant truth of</i></b> <b><i>the contact</i></b> <b><i>with</i></b></p> <ul style="list-style-type: none"><li><b><i>• the life force,</i></b></li><li><b><i>with</i></b></li><li><b><i>• your real self,</i></b></li><li><b><i>with</i></b></li><li><b><i>• God.</i></b></li></ul>
42	<p><b><i>Most of you</i></b> <b><i>are now ready</i></b> <b><i>to learn the technique</i></b> <b><i>of fully living in the now.</i></b></p> <p><b><i>In order to do so</i></b> [i.e., <i>in order to live fully in the now</i>], <b><i>it is necessary to be aware of</i></b> <b><i>the many levels</i></b> <b><i>of emotional reactions.</i></b></p>

*As long as  
so many  
• unconscious or  
• half-conscious  
reactions  
remain hidden,  
you are  
oblivious to  
• the depths and  
• the realities  
of your being.*

*All you experience  
as real  
are  
the most  
• shallow,  
• superficial,  
• material  
outer levels,  
because  
you are  
so unaware of  
what you  
really  
• feel and  
• think  
that you  
cannot  
live  
in the now.*

	<p><b><i>But</i></b></p> <ul style="list-style-type: none"><li>• <i>sufficient progress</i> <i>has been made in the group,</i></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li>• <i>sufficient awareness</i> <i>gained,</i> <i>so that</i><ul style="list-style-type: none"><li>• <i>the now</i> <i>can be</i><ul style="list-style-type: none"><li>• <i>looked for and</i> <i>seen,</i></li></ul></li><li>• <i>the soul movements</i> <i>can be</i> <i>adjusted,</i></li></ul></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li>• <i>contact with</i> <i>the life force</i> <i>becomes possible.</i></li></ul>
43	<p><i>Now, are there any questions?</i></p> <p><b><i>QUESTION:</i></b> <i>If you want something</i> <i>very badly,</i> <i>but there is</i></p> <ul style="list-style-type: none"><li>• <i>fear,</i></li><li>• <i>pride, and</i></li><li>• <i>self will,</i></li></ul> <p><i>then is that [i.e., then is that condition of having fear, pride and self will]</i> <i>a counter-current</i> <i>and you</i> <i>can't get it [i.e., and hence you can't get that something</i> <i>you want very badly]?</i></p>

44

**ANSWER:**

*I would put it this way:*

*Whenever*

- *a no-current exists,*  
*there must be*
- *a false concept,*  
*otherwise*  
*there could not be*  
*a no-current.*

*Simultaneously [i.e., While simultaneously creating a no-current],*

- *the false concept*  
*creates*
- *fear,*
- *pride,*
- *self will, etc.*

*Instead of*

*pushing against*  
*a no-current,*  
*assert*

- *its [i.e., assert the no-current's] presence,*  
*assert the fact that*
- *it [i.e., assert that the no-current] is based on false ideas,*  
*assert*
- *your wish*  
*to be helped*

*in understanding the aspects*  
*that led to this state,*  
*without*

*frantically*

*pushing against it [i.e., without frantically*  
*pushing against this state].*

*This is*

*living in the now;*

*it is*

*the only effective approach to inner*

- *disturbance and*
- *disharmony,*

*putting you immediately in touch*  
*with*

- *your real self,*  
*with*
- *the life force.*

45

**QUESTION:**  
*How should we  
think of  
God?*

**ANSWER:**  
*Do not  
think of God  
as a person  
in human form.*

*Think of  
a tremendous power,  
continuously  
creating life  
in a purposeful way.*

*Look around  
and open your eyes.*

*In all branches of science  
you find aspects of  
the universal*

- *intelligence and*
- *power.*

*In all manifestations of nature  
you find it [i.e., you find aspects of the universal intelligence and power].*

*In the very complex*

- *physical,*
- *mental,*
- *emotional*

*organism of the human creature  
lies*

*the proof  
of this*

- *intelligence and*
- *power.*

*God is  
not  
a disciplinarian;*

*God is  
beyond  
• good or  
• evil.*

*People often  
cannot  
conceive of God,  
because  
they can think of God  
only  
in human terms.*

*Human beings,  
before they can come to  
a wider understanding,  
have first  
to give up  
their concept of God  
as a  
small disciplinarian  
whom they  
• want  
and  
• fear  
and  
who should act  
as a substitute for  
a parent.*

*They want such a God  
because  
they are too afraid of  
tackling life  
by themselves.*



46

*As I have pointed out  
again  
and again,  
before  
the true God-experience  
can occur,  
you all must*

- learn to stand on your own feet,*
- and perhaps*
  - shelve your search [for God] for a while.*

*Do  
not  
declare*

*"there is a God"*

*due to*

- false guilt and*
- the misunderstanding  
of human relations,*

*if you are not certain [i.e., do not declare, "there is a  
God" if you are not certain that there is a God].*

*Neither declare*

*"there is not," [i.e., "there is no God,"]*

*because*

*your outlook is blurred*

*by your*

- hopelessness and*
- confusion*

*about*

- life*

*and about*

- yourself.*

*At such a time [i.e., at a time when your outlook is blurred by your confusion  
about life and about yourself],  
it is healthy to say,*

*"I do not yet know," [i.e., "I do not yet know if there is a God,"]*

*without*  
*• guilt*  
*and*  
*without*  
*• defiance.*

*And as you  
find*

*• yourself –  
and this [i.e., and finding yourself]  
is always how the path must start –*

*as you  
find*

*• your  
• real,  
• true  
self,*

*the rest [i.e., the rest, including finding the truth about the existence of God,]  
is given to you.*

*It [i.e., The rest, including finding the truth about the existence of God,]  
comes by itself.*

*It [i.e., The rest, including finding the truth about the existence of God,]  
is*

*a natural understanding  
that comes  
when you learn  
what you need to know  
about yourself  
in order to  
live successfully.*

*Finding God  
cannot be done  
by discussing theories  
on an intellectual level.*

**Keep the problem [i.e., the problem of God]  
shelved,  
my friends,  
keep yourselves  
open,  
but  
find  
yourselves  
first.**

**This [i.e., Finding yourselves]  
is all that matters.**

**For then [i.e., For when you find yourselves]  
you will come into  
the truth  
from  
• inside,  
from  
• your personal experience,  
rather than  
accepting [i.e., rather than accepting from outer authority]  
• postulates or  
• enigmas  
out of  
• fear,  
• obedience,  
• wishful thinking, or  
• the desire for  
• dependency  
and  
• reward,  
[i.e., dependency on and reward from God or other  
outer authority]  
through rejection of  
self-responsibility.**

**In fact,  
• the wishful thinking  
has to go,  
• the childish  
greed be given up.**

*All attitudes  
which make you  
cling to  
a false  
• God-  
image  
need to be changed  
before  
a true  
• God-  
experience  
is possible.*

*Every desire for  
escape [i.e., Every desire for escape from self-responsibility, a prerequisite  
for a true God-experience]  
must disappear first.*

*Then  
the experience [i.e., the true God-experience]  
is built on a rock.*

47

*And so,  
my dearest friends,  
I bless  
each and every one of you.*

*Rejoice  
in the knowledge  
that  
the reality of yourself  
brings you into  
a harmonious relationship  
with life.*

*This [i.e., This knowledge that the reality of yourself brings you into  
a harmonious relationship with life]*

*becomes  
more  
and more*  
• *a proven fact  
in your everyday lives,  
not merely*  
• *a hope  
in some vague future.*

*Go on  
in the search of  
facing yourself  
in utter truthfulness.*

*For,  
when you do that [i.e., For when you go on in the search of  
facing yourself in utter truthfulness],  
everything else  
is given to you.*

*Be blessed,  
all of you,  
be in  
peace,  
be in  
God!*

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](http://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.