

Pathwork Lecture 178: The Universal Principle of Growth Dynamics

1996 Edition, Original Given December 5, 1969

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> • Greetings and • blessings for every individual who <ul style="list-style-type: none"> • searches and • struggles for inner unity. </p> <p> Everyone here is motivated by this inner urge [i.e., inner urge for inner unity], which is a pull of the life force. </p>

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04

*The life force
contains
the urge
that motivates people
to go in certain directions.*

*They may be
unaware*

- *of the deep meaning
of this inner urge,*

or even

- *that it [i.e., or even that this inner urge]
exists.*

Many people

- *experience
a vague inner drive*

but

- *do not know its
meaning.*

*Everyone can
consciously
experience
this urgency [i.e., can experience this urgency that motivates people
to go in certain directions, can experience the inner urge
of the life force that motivates people toward inner unity]
at one time or another.*

*Those
who find their way
toward
a committed path such as this,
in which
they try to*

- *resolve their
deepest problems and*
- *realize their
dormant potentials,*

*have made
the urge [i.e., the urge toward inner unity]
quite conscious.*

	<p><i>Others</i> <i>are still grappling with</i> <i>the vagueness of the urge</i> <i>without</i> <i>really knowing</i> <i>what their</i> <i>inner unrest</i> <i>signifies.</i></p> <p><i>Those</i> <i>who</i> <i>steadily disregard</i> <i>the clamoring of their inner voice [i.e., the inner voice urging them</i> <i>toward inner unity]</i> <i>may confront</i> <i>deep crises in their lives.</i></p> <p><i>Many crises</i> <i>can be properly understood</i> <i>only when</i> <i>this deep urge [i.e., only when this deep inner urge motivating them</i> <i>toward inner unity]</i> <i>is recognized.</i></p>
05	<p><i>Tonight's lecture</i> <i>• is a sequel to</i> <i>all the lectures I gave this year [i.e., that I gave in 1969 – Lectures 169</i> <i>(given in January 1969) through 177</i> <i>(given in November) – 9 lectures in all]</i></p> <p><i>and</i> <i>• can be fully understood</i> <i>only in that context.</i></p> <p><i>It [i.e., Tonight's lecture]</i> <i>will deal with the topic of</i> <i>• dynamic growth,</i> <i>• the spontaneous unification</i> <i>inherent in the process of growth.</i></p>

*All life
is to some degree
a growth process,
either*

- *quite deliberate and*
- *committed*

or

- *haphazard and*
- *unconscious,*
- *obstructed by
blind opposing forces
that pull
toward a state
of stagnation.*

06

*First let us clarify
the real meaning of
growth.*

*Usually people do not think
profoundly enough
when they speak of*

- *growth,*
- *life,*
- *death,*
- *love and*
- *pleasure.*

*Growth
is not merely
an organism
becoming bigger.*

*It [i.e., Growth]
is an
expansion,

but
in a particular sense.*

*It [i.e., Growth]
implies
mastering something
that one was
unable
to master before.*

*[In growth]
You convert
obstruction –
whether
• inside the self
or
• in your surroundings –
into
a part
of the realm
of the self.*

07

*When you
do not
master
an obstruction,
a disunity
is present,
either
• within the self
or
• between
• the self
and
• the outside world.*

*Growth
unifies
that disunity.*

Growth
always
implies
• bridging a
chasm,
• resolving a
• real or
• apparent
contradiction.

**This [i.e., This statement that growth always implies bridging a chasm or
resolving a real or apparent contradiction]**
applies to
all levels of being.

When an infant
learns [i.e., While an infant is learning]
to walk,
it experiences
a disunity
between
• its physical powers,
• the laws of gravity,
and
• the world around it.

Once the child
learns
to walk
**the disunity [i.e., the disunity among the infant's physical powers, the laws of gravity,
and the world around it]**
disappears.

What was
**a disparity [i.e., the disparity of the infant's physical powers, the laws of gravity,
and the world around the infant]**
becomes
an extended field of operation [for the infant].

Its [i.e., The infant's]
realm
has been increased;
it now possesses
a piece of the world
it has not possessed before.

	<p>Growth brings</p> <ul style="list-style-type: none">• expansion,• increased capabilities,• more<ul style="list-style-type: none">• power and• unity <p>where there was</p> <ul style="list-style-type: none">• limitation and• disunity. <p>Not learning to walk creates</p> <ul style="list-style-type: none">• unhappiness,• weakness,• pain and• limitation, <p>which are all overcome when the ability to walk is acquired.</p>
08	<p>Each phase of a human being's life signifies venturing into a territory that has not been mastered before.</p> <p>The same applies to an entity's overall evolution from<ul style="list-style-type: none">• one incarnationto<ul style="list-style-type: none">• anotherand later on to<ul style="list-style-type: none">• further stages of<ul style="list-style-type: none">• being and• creating.</p>

	<p>At first the inability [i.e., the inability to master life in a new territory the entity finds itself to be in]</p> <p>is</p> <ul style="list-style-type: none">• taken for granted and• not even recognized <p>as a problem.</p> <p>Then it [i.e., Then the inability to master life in a new territory the entity finds itself in] is recognized as an obstacle that could be overcome.</p> <p>Finally the entity</p> <ul style="list-style-type: none">• confronts the block [i.e., confronts the block to mastering life in the new territory the entity finds itself in] <p>and</p> <ul style="list-style-type: none">• makes an effort to overcome it [i.e., makes an effort to overcome the block to mastering life in the new territory the entity finds itself in]. <p>This [i.e., This process: becoming aware, then confronting and overcoming blocks] is the only way to master new faculties.</p>
09	<p>Psychological conflicts follow the same pattern.</p> <p>Before a particular [psychological] difficulty has been recognized you experience</p> <ul style="list-style-type: none">• an unconscious helplessness <p>and</p> <ul style="list-style-type: none">• a sense of limitation. <p>Then you become aware of the problem [i.e., become aware of the psychological difficulty behind helplessness you experience in the new territory you find yourself in].</p>

*When you
decide to
do something about it [i.e., to do something about the psychological difficulty
you have discovered in the new territory you are in]*

*you begin a path
of*

- *struggle,*

of

- *searching,*

of

- *testing your faculties.*

*Eventually
you attain
a new unity
that expands
your power over life.*

*You
convert
territory
that was*

- *alien and*
- *inaccessible*

*into
familiar ground
on which
you feel
at ease with*

- *yourself and*
- *life.*

*You gain
a new*

- *security and*
- *peace.*

*This
is
growth.*

10

*All growth
must
combine the*

- *voluntary and*
- *involuntary*

functions.

*Growth
cannot proceed
harmoniously
if the emphasis [i.e., the emphasis on the voluntary AND
involuntary functions]
is not balanced.*

*The result [i.e., The resulting growth when voluntary
AND involuntary functions are combined]
appears
effortlessly,
a manifestation of*

- *involuntary faculties*

responding to

- *voluntary ones.*

*The voluntary faculties
require
effort.*

*You must
persist,*

- *groping*

and

- *searching*

for new approaches.

*This calls
for*

- *self-testing,*

for removing

- *defenses and*
- *vanity,*

for

- *courage and*
- *truthfulness*

with the self.

11	<p><i>You cannot discover a new dimension of life without birth pains, for each new unification is a spiritual rebirth.</i></p> <p><i>Being reborn is always a rediscovery of the self</i></p> <ul style="list-style-type: none">• <i>in a new form,</i>• <i>with more faculties</i><ul style="list-style-type: none">• <i>revealed and</i>• <i>activated.</i>
12	<p><i>The actual unification happens involuntarily, as if it [i.e., as if the actual unification] had nothing to do with the previous [voluntary] efforts.</i></p> <p><i>This [i.e., This actual unification, this rebirth] can be so deceptive that people believe</i></p> <ul style="list-style-type: none">• <i>it would have happened anyway,</i>• <i>without all the effort.</i> <p><i>Conversely, when the result [i.e., Conversely, when the result of unification or rebirth] is expected as a direct manifestation of your work, the expectation becomes</i></p> <ul style="list-style-type: none">• <i>frustrating and</i>• <i>discouraging.</i>

*It is important, my friends,
to be aware of
these two sides [i.e., aware of both the voluntary and the involuntary sides]
of the growth process.*

The balance of
• *conscious effort*
and
• *relaxation*
applies to
• *the smallest details*
as well as to
• *the most significant aspects*
of your spiritual development.

*It [i.e., The balance of conscious effort and relaxation, the voluntary effort and
involuntary arisings]*
applies to
• *meditation,*
which must
combine
the two sides [i.e., must combine conscious effort and relaxation],
as well as to
• *the acquisition*
of any new skill.

You need to create
a right attitude
toward the
• *voluntary*
and
• *involuntary*
functions,
balancing
• *poised effort and*
• *discipline*
with
• *relaxation.*

	<p><i>Each</i></p> <ul style="list-style-type: none">• <i>step of growth,</i> <p><i>each</i></p> <ul style="list-style-type: none">• <i>victory over</i><ul style="list-style-type: none">• <i>conflict,</i>• <i>confusion,</i>• <i>ignorance and</i>• <i>helplessness,</i> <p><i>represent</i></p> <p><i>a new</i></p> <ul style="list-style-type: none">• <i>skill and</i>• <i>mastery over life,</i> <p><i>a new</i></p> <ul style="list-style-type: none">• <i>unification –</i> <p><i>first of all</i></p> <ul style="list-style-type: none">• <i>within</i> <p><i>the person,</i></p> <p><i>and consequently</i></p> <ul style="list-style-type: none">• <i>between</i> <ul style="list-style-type: none">• <i>the person</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>life.</i>
13	<p><i>I have spoken frequently</i></p> <p><i>about</i></p> <ul style="list-style-type: none">• <i>the dualistic state</i> <p><i>of your consciousness,</i></p> <p><i>as opposed to</i></p> <ul style="list-style-type: none">• <i>the oneness</i> <p><i>of ultimate reality.</i></p> <p><i>All of life</i></p> <p><i>is a progression</i></p> <p><i>to attain</i></p> <p><i>further unity.</i></p> <p><i>Each step</i></p> <p><i>toward</i></p> <p><i>unity</i></p> <p><i>creates</i></p> <ul style="list-style-type: none">• <i>a new safety zone,</i>• <i>a new home base, so to speak.</i>

*As growth continues,
you discover
further disunities
within you.*

*Again
you venture forth
into
new territory,
struggling
to unify
the discovered disunity.*

*And so it goes on
until
total unity
is found.*

14

*It may
appear
safer to*

- remain in the old disunity*

than to

- venture forth
into
a new unity
because of
the effort
that is necessary [i.e., the effort that is necessary
to move into the new unity].*

*If the effort [i.e., If the effort that is necessary to move into the new unity]
is perceived as something
that you should not have to make,
it [i.e., the effort that is necessary to move into the new unity]
seems*

- malignant and*
- undesirable.*

	<p><i>[Conversely,]</i> <i>If you perceive it [i.e., If you perceive the effort that is necessary to move into the new unity]</i></p> <p><i>as</i> <i>a movement</i> <i>that is part of life,</i> <i>you will find it [i.e., you will find the effort that is necessary to move into the new unity]</i></p> <ul style="list-style-type: none"><i>• challenging</i> <p><i>and</i> <ul style="list-style-type: none"><i>• pleasurable.</i></p> <p><i>Within this attitude [i.e., Within this attitude that holds that the effort that is necessary to move into the new unity is a movement that is a natural part of life and that the effort is both challenging yet pleasurable]</i></p> <p><i>you will find</i> <i>the right</i><ul style="list-style-type: none"><i>• distribution of</i><ul style="list-style-type: none"><i>• effort</i><p><i>and</i><ul style="list-style-type: none"><i>• effortlessness,</i><p><i>the right</i><ul style="list-style-type: none"><i>• balance of</i><ul style="list-style-type: none"><i>• voluntary</i><p><i>and</i><ul style="list-style-type: none"><i>• involuntary</i><p><i>faculties.</i></p></p></p></p></p>
15	<p><i>When</i> <i>the involuntary faculties</i> <i>finally manifest,</i> <i>the new skill</i> <i>becomes an</i><ul style="list-style-type: none"><i>• effortless,</i><i>• natural</i><p><i>part of you.</i></p></p>

	<p><i>On the physical level you experience</i></p> <ul style="list-style-type: none">• <i>the voluntary hard labor</i> <p><i>giving way to</i></p> <ul style="list-style-type: none">• <i>naturalness</i> <p><i>when</i> <i>the skill</i> <i>suddenly</i> <i>becomes second nature.</i></p>
16	<p><i>On the mental level, when you first deal with a specific negativity, you cannot change it simply by wanting to.</i></p> <p><i>Instead [i.e., Instead of just “wanting to” change a specific negativity] you must use your will to grope for a deeper understanding of the problem [i.e., a deeper understanding of the problem, the problem being: the specific negativity],</i></p> <ul style="list-style-type: none">• <i>seeing</i><ul style="list-style-type: none">• <i>its [i.e., seeing the specific negativity’s]</i>• <i>origin [i.e., seeing its origin or what is causing the specific negativity]</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>its [i.e., seeing the specific negativity’s]</i>• <i>effects,</i> <ul style="list-style-type: none">• <i>facing</i> <i>the results [i.e., facing the destructive results of the specific negativity’s effects]</i> <p><i>and [i.e. and because you see the destructive results of the specific negativity’s effects]</i></p> <ul style="list-style-type: none">• <i>really wanting</i> <i>to change [i.e., change what is causing the negativity].</i> <p><i>All this is volitional.</i></p>

Then
suddenly
you become aware of a
• new
• constructive,
• positive
way of reaction.

This [i.e., *This sudden awareness of a new, constructive, positive way instead of the old, destructive, negative way of reacting to the situation giving rise to the specific negativity*]
is
spontaneous unification.

When it [i.e., *When this awareness of a new, constructive, positive way of reacting to a situation that previously caused negative reactions*]
occurs
you no longer need to put
laborious effort
into the new way [i.e., *the new way of reacting per se is in fact effortless*].

17

While you are torn
by the apparent futility
of equally undesirable alternatives
which make life itself futile,
you are in a state
of
• utter disunity,
of
• duality.

Your assumption
that there is
no way out
is a denial
of the growth process

[i.e., *the growth process*]
that life
always
is.

Your willingness

to find a solution [i.e., a solution to the problem created by duality – the problem of being torn by the apparent futility of equally undesirable alternatives to reacting to the situation giving rise to a specific negativity, the problem of feeling helpless in this negative situation]

is

a commitment to

• find

a new mastery

over

present

• helplessness and

• constriction,

a commitment to

• life itself.

The first step

is always

the most difficult.

You do not even know

what your

specific disunity

is [i.e., what your specific disunity creating your present

***helplessness and constriction is*].**

Actually,

there are many [i.e., many disunities].

It is crucial

to consolidate

your voluntary faculties

to

• identify and

• confront

the specific disunity

of the moment.

**The
inner
commitment
toward overcoming that [specific] disunity
is then the task
of the volitional faculties.**

**Only after this step [i.e., Only after the volitional faculties make the inner commitment
toward overcoming the specific disunity that is giving rise to the
problem of being torn by the apparent futility of equally undesirable
alternatives in reacting to the situation giving rise to a specific
negativity, the problem of feeling helpless in this negative situation],
does an
alternative process [i.e., an alternative process for resolving the negativity]
develop.**

*[Being the source of this alternative process
for resolving the negative situation you face]*

**The
involuntary
yields**

- **recognitions,**
- **inspiration,**
- **guidance and**
- **revelation**

**until
the puzzle fits together.**

**In this alternation [i.e., In this alternation between the voluntary
and involuntary functions]**

**every new insight
requires
new commitment
to search
until
the next organic step
reveals itself.**

So it goes on.

**This is a description of
the path
of
dynamic growth.**

18

*Use your
voluntary faculties
to make room in your mind
for a*

- *particular unity*

where there is now

- *disunity.*

Affirm
that the

- *unity*

which still eludes you
can
be attained,
and that

- *you*

will
attain it [i.e., use your voluntary faculties to affirm that you
will attain the unity which still eludes you].

What you invest [i.e., What effort you invest with your voluntary faculties in order
both to make room in your mind for a particular unity and to
affirm both that unity can be attained and that you will attain it]
will determine the outcome.

Humans often

- *desire a change*

but

- *avoid*

taking some of the more difficult steps
out of a reluctance
to face
apparent
unpleasantness.

The self
does not wish to expose
its

- *vanity,*

its cherished

- *prejudices and*
- *illusions.*

	<p><i>Yet</i> <i>your total personality</i> <i>must</i></p> <ul style="list-style-type: none">• <i>cooperate and</i>• <i>invest in</i> <p><i>stirring up</i> <i>your areas of</i> <i>stagnation</i> <i>if</i> <i>spontaneous unification</i> <i>is to occur.</i></p> <p><i>Where</i></p> <ul style="list-style-type: none">• <i>emotional,</i>• <i>psychological and</i>• <i>spiritual</i> <p><i>growth</i> <i>is concerned,</i> <i>the investment</i> <i>of the</i></p> <ul style="list-style-type: none">• <i>mind and</i>• <i>will,</i> <p><i>of the</i></p> <ul style="list-style-type: none">• <i>emotions and</i>• <i>attitudes</i> <p><i>corresponds to</i> <i>sustained practice</i> <i>in building</i> <i>new</i></p> <ul style="list-style-type: none">• <i>physical or</i>• <i>mental</i> <p><i>skills.</i></p>
19	<p><i>The first appearance of</i></p> <ul style="list-style-type: none">• <i>effortless,</i>• <i>spontaneous</i> <p><i>unification</i> <i>will be</i> <i>incomplete.</i></p>

*It [i.e., The first appearance of effortless, spontaneous unification]
will disappear
because
the unification
is not yet
total.*

*More
voluntary effort
must follow suit,
new material
must be unearthed,
until the*

- second,*
- third or*
- fourth*

*manifestation
of this specific unification
spontaneously
reappears.*

*Very gradually
you incorporate
the new skill
into your personality.*

*The acquisition of
a new mastery
always means
overcoming
an imaginary rift
that you
experience
as a painful chasm.*

*You must
always
bridge an
illusory
duality
to reach
your*

- natural and*
- real*

state.

• *Disunity*
is
always
• *painful.*

• *Pleasure*
always
depends on
• *unity.*

Expansion into life
is a
constant forward movement
that turns an
• *alien and*
• *apparently hostile*
world
into your home.

It is
exceedingly important
to understand all this, my friends.

20

To recapitulate,
• *effortless and*
• *spontaneous*
unification
is the result of
• *effort and*
• *struggle.*

It [i.e., Effortless and spontaneous unification]
requires a
• *poised and*
• *relaxed*
forward movement
into life.

The effort [i.e., *The effort required to attain
the state of effortless and spontaneous unification*]

must be

- **disciplined and**
- **relaxed**

rather than

- **tense and**
- **rigid.**

**When you feel that
relaxed effort
is impossible,
search for
unconscious reluctance
to move forward.**

- **Relaxed
movement
is
pleasurable in itself,**

while

- **rigid,**
- **reluctant
movement
is
painful.**

Rather than

- **denying
the hidden reluctance** [i.e., *the hidden reluctance to move forward into life*],
- **focus on it** [i.e., *focus on the hidden reluctance to move forward into life*].

- **Relaxed and**
- **determined
movement into life
is**

- **pleasurable in itself,
however** [relaxed and determined movement into life is also]
- **difficult and**
- **challenging.**

*Each completed unification
brings
further pleasure.*

*Further pleasure
leads to
more unification.*

*This benign circle
is
the stream of life.*

*Unification
brings
pleasure
when it [i.e., when unification]
is no longer
considered something
that should already be over with.*

*Ultimately
• you
and
• the whole cosmos
will be
one.*

21

*• Constriction and
• stagnation
connote
that you are
content with
a very limited state.*

*Therefore,
• dynamic growth
is also
• mastery over misconceptions.*

*Misconceptions
always
lead to
more disunity.*

*They [i.e., Misconceptions]
stem from
an erroneous attempt
to find unity.*

*Neurosis
is in itself
an erroneous attempt
to find*

- *health and*
- *well-being.*

*It [i.e., Neurosis]
makes, in its own blind way,
peace
with something*

- *traumatic and*
- *painful.*

*On your path
you have found
misconceptions
that equate*

- *love*
 - with*
 - *pain and*
 - *danger,*
 - *pleasure*
 - with*
 - *humiliation and*
 - *shame,*
 - *self-assertion*
 - with*
 - *unacceptable aggression.*

These [i.e., “Unifications” such as equating love with pain and danger; equating pleasure with humiliation and shame; and equating self-assertion with unacceptable aggression]

*are typical examples of
false unifications
that must first be
disunited
in order to
find*

- *harmony,*
- *fullness and*
- *real unification.*

*As a result of
such misconceptions [i.e., As a result of misconceptions such as false unifications of equating love with pain and danger; equating pleasure with humiliation and shame; and equating self-assertion with unacceptable aggression],
all forward movement
appears
dangerous.*

The

- *stagnating,*
- *restricting,*
- *limiting*

*life
in which one
dares not venture forth [i.e., dares not venture forth into life]
seems
to give safety.*

22

*Every one of my friends
who is already involved in this pathwork
has*

- *gone through and*
- *confronted*

such

- *hidden and*
- *irrational*

feelings.

If you really question them [i.e., If you really question your feelings and beliefs that only a stagnating, restricting limiting life in which you dare not venture forth into life is the only life that seems to give you safety]

- ***with an open mind and***
- ***in a very simple fashion***

you will find that
resistance to growth
is
fear.

Your insistence
on remaining as you are
sacrifices

- ***happiness,***
- ***pleasure,***
- ***wholeness,***
- ***love and***
- ***expansion,***

yet it [i.e., yet remaining as you are]
appears
to make you safe.

Seeking
• a tiny point of security
within
• a narrow circumference
is an abdication of
your universal destiny.

It [i.e., Seeking a tiny point of security within a narrow circumference]
denies
pleasure,
wasting
the most valuable
spiritual power
you possess.

Once you
choose this power
freely,
growth
becomes

- ***adventure and***
- ***joy.***

23

*Many people
increase their*

- *physical and*
- *mental*

skills.

*This [i.e., Increasing physical and mental skills]
is also*
*a valuable movement toward life
that represents
mastery over
disunity.*

*The steps leading to
this new mastery
are essentially
the same as*
the ones you use to

- *discover and*
- *enlarge*

*the
inner
universe.*

One deals with

- *outer*

and often

- *mechanical*

aspects of living
*while the other [i.e., while steps you use to discover and enlarge your inner universe]
represents*
one's innermost self.

When

- *the outer*

serves as
a mere substitute for

- *the inner enlargement of life,*

it is still
preferable to
total stagnation.

	<p><i>Human beings go through several stages in their overall evolution.</i></p> <p><i>When they are more primitive, they must deal with the outer levels.</i></p> <p><i>Later their task lies in the unification of the inner world.</i></p>
24	<ul style="list-style-type: none">• <i>Real spiritual</i><ul style="list-style-type: none">• <i>growth and</i>• <i>mastery</i><i>on the inner level,</i>• <i>spontaneous unification of</i><ul style="list-style-type: none">• <i>emotional,</i>• <i>psychological,</i><i>and therefore [spontaneous unification of]</i><ul style="list-style-type: none">• <i>spiritual</i><i>riffs,</i> <p><i>hold</i> <i>the inner</i><ul style="list-style-type: none">• <i>balance and</i>• <i>harmony</i><i>out of which grow</i> <i>intuitive</i><ul style="list-style-type: none">• <i>guidance and</i>• <i>knowledge</i><i>toward</i> <i>true</i> <i>outer</i> <i>unifications.</i></p>

	<p>• Physical and • mental skills <i>have their value, but they miss the mark as a substitute for inner growth.</i></p> <p>When inner growth <i>is the center of one's being, everything else falls into place without the pendulum swinging from one extreme to the other.</i></p> <p>Inessential goals fall away.</p>
25	<p>Ignoring cosmic truth always creates disunity.</p> <p>It is every single entity's destiny to bridge ignorance by struggling toward these unifications <i>[i.e., struggling toward emotional, psychological, and spiritual inner unifications].</i></p>

	<p><i>The most difficult challenges are on the most hidden emotional levels, since emotions</i></p> <ul style="list-style-type: none"><i>• cannot be directly willed and</i><i>• are never quite conscious.</i> <p><i>You must identify the disunity before the work of unification can begin.</i></p>
26	<p><i>Trust in the involuntary functions can be gained only slowly, but it [i.e., but trust in the involuntary functions] is essential.</i></p> <p><i>Give yourself the opportunity to experience it [i.e., the opportunity to experience trust in the involuntary functions].</i></p> <p><i>All your effort will be wasted if you do not allow the involuntary functions to manifest.</i></p> <p><i>Make room for them [i.e., Make room for the involuntary functions] in your consciousness and pay attention to them [i.e., pay attention to the involuntary functions] in a</i></p> <ul style="list-style-type: none"><i>• relaxed and</i><i>• trusting</i> <p><i>way.</i></p> <p><i>This is a vital part of the growth process.</i></p>

27

*Once you realize
that the result of your efforts
will be*

- *unexpected and*
- *spontaneous*

rather than

- *direct,*

then
harmony
between the

- *voluntary*

and

- *involuntary*

faculties
will establish itself.

*By harmony [i.e., By harmony between the voluntary and involuntary faculties]
I do not mean that
the effort [i.e., the effort of the voluntary and involuntary faculties]
is equal in measure.*

Months of
groping with
the voluntary processes
of

- *mind and*
- *will*

may
spontaneously
bring forth
an inner feeling
that springs up
in the fraction of a moment
when you least expect it.

*It [i.e., The inner feeling that arises spontaneously]
does not last long
but its*

- *depth and*
- *intensity and*
- *significance*

are so profound
that you cannot measure them
in terms of
your volitional efforts.

	<p><i>Harmony</i> <i>between the</i> <ul style="list-style-type: none">• <i>voluntary</i><i>and</i> <ul style="list-style-type: none">• <i>involuntary</i><i>faculties</i> <i>exists primarily</i> <i>in making room</i> <i>for</i> <i>both</i> [<i>i.e., for BOTH voluntary and involuntary faculties</i>] <i>in your attitude.</i></p> <p><i>Wait</i> <i>with an</i> <i>inner readiness.</i></p> <p><i>It requires</i> <i>your intuitive groping</i> <i>to</i> <ul style="list-style-type: none">• <i>combine and</i>• <i>alternate</i><i>these two functions</i> [<i>i.e., to combine and alternate the voluntary and involuntary functions</i>].</p>
28	<p><i>The final step</i> <i>in giving up negativity,</i> <i>as I have suggested,</i> <i>is to</i> <i>want</i> <i>to</i> <ul style="list-style-type: none">• <i>have</i><ul style="list-style-type: none">• <i>the positive attitude</i><i>as opposed to</i>• <i>the negative one,</i><i>to</i> <ul style="list-style-type: none">• <i>give up your</i><ul style="list-style-type: none">• <i>fear of and</i>• <i>resistance to</i><ul style="list-style-type: none">• <i>pleasure, and</i>• <i>give up the</i><ul style="list-style-type: none">• <i>roles and</i>• <i>pretenses</i><i>that stand in the way.</i></p>

***The wanting
must
be affirmed in***
• *calm trust and*
• *firm conviction.*

• *The voluntary
must make room for*
• *the involuntary
until
the spontaneous unification occurs.*

You will
• *let*
it [i.e., You will let the spontaneous unification]
happen,
• *wanting it [i.e., wanting the spontaneous unification]*
in a
• *relaxed and*
• *determined*
way.

This
is the marriage of
• *the voluntary*
and
• *the involuntary,*

• *the active*
and
• *the passive*
principles.

29	<p><i>If you see growth in this light you will eliminate a lot of</i></p> <ul style="list-style-type: none"><i>• fear and</i><i>• hopelessness and</i><i>• wasteful effort.</i> <p><i>You will become more patient with the time it takes [i.e., more patient with the time that growth takes].</i></p>
30	<p><i>The sequence of the lectures I have given this year [i.e., in 1969 – Lectures 169 through this lecture, 178]</i></p> <p><i>began with</i></p> <ul style="list-style-type: none"><i>• the creative process itself,</i> <p><i>with</i></p> <ul style="list-style-type: none"><i>• every human's creation of</i><ul style="list-style-type: none"><i>• positive or</i><i>• negative</i> <p><i>life circumstances through</i></p> <ul style="list-style-type: none"><i>• beliefs,</i><i>• thoughts,</i><i>• feelings and</i><i>• will.</i> <p><i>I have shown that</i></p> <ul style="list-style-type: none"><i>• living</i> <p><i>inevitably means</i></p> <ul style="list-style-type: none"><i>• creating.</i>

The person

- *who ventures forth into life
in the spirit of
overcoming disunity*

*creates
an altogether different life*

than one

- *who is content
within narrow confines.*

I also discussed

*how
negativity
creates
misery*

and yet

*how
fascination with
the creative process
makes it seem difficult
to abandon
negativity.*

Yet the creation of

- *negativity and*
- *a narrowly confined life*

leads to

- *disunity*
- rather than*
- *unity,*

- *pain*
- rather than*
- *pleasure.*

31

*Unification
depends on
your inner commitment
to create an*

- expanded,*
- unified*

life of

- bliss and*
- pleasure*

rather than one of

- narrowness,*
- disunity and*
- pain.*

*Pleasure
is possible
only in a*

- unified,*
- expanded,*
- ever-enlarging*

state.

The

- voluntary*

and

- involuntary*

*functions
seem
separate
only when
you
split them
in your consciousness.*

	<p><i>In your</i> • <i>present state of awareness</i></p> <p><i>in your</i> • <i>limited human frame,</i></p> <p><i>you seem to be dealing with</i> <i>two entirely different</i> • <i>faculties and</i> <i>two entirely different</i> • <i>"brains":</i></p> <ul style="list-style-type: none">• <i>the inner</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the outer,</i> <ul style="list-style-type: none">• <i>the conscious</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the unconscious,</i> <ul style="list-style-type: none">• <i>the directly available</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the indirectly available.</i> <p><i>By taking down</i> <i>your self-imposed fences</i> <i>you make</i> <i>more</i> <i>and more of the universe</i> <i>your own,</i> <i>thereby [i.e., by making more of the universe your own you are]</i> <i>fulfilling</i> <i>your destiny.</i></p>
32	<p><i>You can create</i> • <i>spontaneous unification</i> <i>out of</i> • <i>disunity.</i></p> <p><i>Out of</i> • <i>a highly differentiated disunity,</i> <i>you can work toward</i> • <i>an undifferentiated unity.</i></p>

*It is
a sin
against life
to
not
grow.*

*You
are an expression of
the divine.*

*You
are
God.*

*It is
your
• birthright
and
your
• destiny*

*• to fulfill yourself
by making
• more and
• greater
unifications,*

*• to expand
your spiritual skills
so that
you can
• do away with
disunity and
• create
bliss
by spreading
unity.*

33

*As your life
expands,
you become*

- *the master*

where you are now

- *weak and*
- *dependent.*

You become

- *blissful*

where you are now in

- *pain,*
- *truthful*

where you are now in

- *error.*

*Commit yourself
to*

- *pleasure,*
- *growth,*
- *unification and*
- *expansion,*

to that which is

- *truth,*

to that which is

- *love.*

*Commit yourself
to your choice
over
and over again.*

*Be the God
you truly are.*

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