

# Pathwork Lecture 180: The Spiritual Significance of Human Relationship

1996 Edition, Original Given March 13, 1970

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><b><i>Greetings, my dearest, dearest friends.</i></b></p> <p><b><i>Blessings for every one of you.</i></b></p> <p><b><i>Blessed be</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>your very life,</i></b></li> <li>• <b><i>your every breath,</i></b></li> <li>• <b><i>your thoughts and</i></b></li> <li>• <b><i>your feelings.</i></b></li> </ul>
04	<p><b><i>This lecture deals with</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>relationships and</i></b></li> <li>• <b><i>their tremendous significance</i></b></li> </ul> <p><b><i>from the spiritual point of view – that of</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>individual growth and</i></b></li> <li>• <b><i>unification.</i></b></li> </ul>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Version posted 10/19/14; Revised 3/4/18

*First, I would like to point out that  
on the human level of manifestation  
individual units of consciousness  
do exist,*

*which*

*sometimes*

*• harmonize,*

*but very often*

*• conflict*

*with one another,*

*creating*

*• friction and*

*• crisis.*

*Yet*

*beyond this [i.e., this human] level of manifestation*

*there are*

*no other*

*fragmented*

*units of consciousness.*

*Above*

*the human level [i.e., Above the human level of manifestation where  
fragmented units of consciousness exist]*

*there is*

*only one*

*consciousness [i.e., only one consciousness rather than  
fragmented units of consciousness],*

*through which*

*every single created entity*

*is expressed*

*differently.*

*When one*

*comes into one's own,*

*one*

*experiences*

*this truth [i.e., this truth that there is only one consciousness through  
which every single created entity is expressed differently],*

*without, however,*

*losing*

*a sense of individuality.*

***This*** [i.e., *That on the level of manifestation in human life, within the human entity individual units of consciousness exist that sometimes harmonize but very often conflict with one another and create friction and crisis*]

***can be***

***felt***

***very distinctly***

***when you deal with***

***your own***

***inner***

***disharmonies, my friends.***

***For there*** [i.e., *For there in your inner disharmonies*],  
***too,***

***exactly the same principle applies.***

05

***In your present state,***  
***a part of your innermost being***  
***is***

***• developed***

***and***

***governs***

***your***

***• thinking,***

***• feeling,***

***• willing, and***

***• acting.***

***There are***

***other parts*** [i.e., *There are other parts of your innermost being*],  
***still in a***

***• lower state of development,***

***which also***

***• govern and***

***• influence***

***your***

***• thinking,***

***• feeling,***

***• willing and***

***• acting.***

**Thus** [i.e., Because you have parts of your personality that are developed and other parts of your personality that are undeveloped, each part trying to influence and govern your thinking, feeling, willing and acting]

**you find yourself**  
**divided,**

**and this** [i.e., and this division between developed and undeveloped parts of your personality]

**always creates**

- **tension,**
- **pain,**
- **anxiety,**

**as well as**

- **inner**

**and**

- **outer**

**difficulties.**

**Some aspects of your personality**  
**are in**

- **truth;**

**others,**  
**in**

- **error and**
- **distortion.**

**The resulting confusion**  
**causes**  
**grave disturbances.**

**What you usually do** [i.e., do in the face of this confusion and these disturbances]  
**is**

- **push one side** [i.e., push one side or part of your personality]  
**out of the way**

**and**

- **identify with the other** [i.e., identify with the other part or side  
of your personality].

**Yet this denial of**

**a part of you** [i.e., this denial of that part of your personality that you push away]  
**cannot bring**  
**unification.**

**On the contrary,**

**it** [i.e., this denial of that part of your personality that you push away]  
**widens the split.**

**What must be done  
is to bring out the**  
• **deviating,**  
• **conflicting**  
**side [i.e., side of the personality that is still undeveloped]**  
**and face it –**  
**face**  
**the entire ambivalence [i.e., face the entire ambivalence of  
being pulled in one direction by the developed side of  
the personality and in the opposite direction by the  
undeveloped side of the personality].**

**Only then [i.e., Only when you face this ambivalence of being pulled in conflicting  
directions by the various developed and undeveloped sides of your personality]**  
**do you find**  
**the ultimate reality**  
**of your**  
**unified self.**

**As you know,**  
• **unification and**  
• **peace**  
**emerge**  
**to the degree you**  
• **recognize,**  
• **accept, and**  
• **understand**  
**the nature of**  
**the inner conflict [i.e., the inner conflict between the  
developed and undeveloped sides of your personality].**

06

**Exactly the same law [i.e., the same law that applies to the inner conflict between the  
various developed and undeveloped sides of your personality]**  
**applies to the**  
• **unity or**  
• **dissension**  
**between**  
**outwardly**  
• **separate and**  
• **different**  
**entities.**

*They [i.e., These outwardly separate and different entities],  
too, are  
one,  
beyond  
the level of  
appearance.*

*The dissension [i.e., The dissension among entities]  
is caused*

*not by*

- *actual differences  
among  
units  
of consciousness,*

*but, just as in the individual, by*

• *differences*

*in the development [i.e., differences in the development of the  
personality aspects of the individual entities]*

*of*

*the manifesting  
universal consciousness.*

07

*Even though  
the principle of unification  
is exactly the same  
[both]*

• *within*

*and*

• *among  
individuals,*

*it [i.e., the principle of unification]*

*cannot be applied to*

• *another human being*

*unless it has first been applied to*

• *one's inner self.*

***If***

- ***the divergent parts  
of your self***

***are not approached***

***according to this truth [i.e., the truth that you need to accept rather  
than deny the undeveloped parts of yourself],***

***and***

- ***your ambivalence [i.e., your ambivalence of being pulled in conflicting directions  
by the various developed and undeveloped sides of your personality]***

***is not***

- ***faced,***
- ***accepted, and***
- ***understood,***

***the process of unification***

***cannot be put into practice with  
another person.***

***This is a***

***very important fact,  
which explains***

***the great emphasis of this pathwork  
on first***

***approaching  
the self.***

***Only then [i.e., Only when you have faced, accepted and understood your  
ambivalence in regard to the diverse parts within your self]***

***can relationship [i.e., can relationship between or among persons]  
be cultivated in a***

- ***meaningful and***
  - ***effective***
- way.***

08

*I shall now try to outline  
some elements of*

*• dissension*

*and*

*• unification*

*between*

*human beings*

*in relationship*

*and*

*show how these [i.e., how these elements of dissension and unification between  
human beings in relationship]*

*parallel*

*the individual process.*

*Before doing so I should like to say that*

*relationship*

*represents*

*the greatest challenge*

*for the individual,*

*for it is*

*only*

*in relationship to others*

*that unresolved problems*

*still existing*

*within the individual psyche*

*are*

*• affected and*

*• activated.*

*This [i.e., Because unresolved problems still existing within the individual psyche  
are affected and activated only in relationship to others]*

*is why*

*many individuals*

*withdraw from*

*interaction with others.*



	<p><i>The illusion can sometimes be maintained that the problems arise from the other person [i.e., The illusion that the problems are those of the other person rather than one's own problems] when one feels disturbance</i></p> <ul style="list-style-type: none"><li>• <i>only in his or her presence [i.e., in the other's presence],</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>not when by oneself.</i></li></ul>
09	<p><i>Being alone elicits the inner call for contact, and</i></p> <ul style="list-style-type: none"><li>• <i>the less contact is cultivated,</i></li><li>• <i>the more acute the longing becomes.</i></li></ul> <p><i>This then [i.e., This more acute longing for contact, then], is a different kind of pain – the pain of</i></p> <ul style="list-style-type: none"><li>• <i>loneliness</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>frustration.</i></li></ul> <p><i>But contact [with another] makes it difficult to maintain the illusion for too long that the inner self is</i></p> <ul style="list-style-type: none"><li>• <i>faultless and</i></li><li>• <i>harmonious [i.e., harmonious within itself].</i></li></ul>

*It requires  
mental aberration  
to claim for too long  
that  
problems in relationship  
are caused*

- *only by*
- *others*

*and*

- *not by*
- *oneself.*

*This [i.e., This fact that one experiences pain of loneliness when alone and at the same time the fact that problems in relationship are at least partially caused by one's inner state when one is with another]*  
*is why*  
*relationships*  
*are simultaneously*

- *a fulfillment,*
- *a challenge, and*
- *a gauge to one's inner state.*

*The friction that arises  
out of relating with others  
can be  
a sharp instrument  
of*

- *purification*
- and
- *self-recognition*

*if*  
*one is inclined to use it.*

10

*By*

- *withdrawing*  
*from this challenge [i.e., By withdrawing from this challenge of  
connecting with and relating to others]*

*and*

- *sacrificing*  
*the fulfillment of intimate contact,  
many inner problems  
are never called into play.*

*The illusion of*  
• *inner peace and*  
• *unity*  
*that comes from*  
*avoidance of*  
*relating*  
*has even led to concepts*  
*that*  
*spiritual growth*  
*is being furthered*  
*by isolation.*

*Nothing*  
*could be farther from the truth.*

*This statement [i.e., This statement that spiritual growth is furthered when one connects with and relates to others]*

*must not be confused with*  
*the notion that*  
*intervals of seclusion*  
*are*  
*necessary*  
*for*  
• *inner concentration and*  
• *self-confrontation,*  
*however.*

*But these periods [i.e., these periods of seclusion]*  
*should always alternate*  
*with contact –*  
*and*  
• *the more intimate*  
*such contact is,*  
• *the more it expresses*  
*spiritual maturity.*

11

• *Contact*  
*and*  
• *lack of contact*  
*with others*  
*can be observed in*  
*various stages.*

*There are  
many degrees  
of contact  
between  
the crass extremes of  
total*

- outer and*
- inner*

*isolation,  
at one end,*

*and  
the*

- deepest,*
- most intimate*

*relatedness  
at the other,  
such as*

*capacity*

- to*
- love and*
- accept*

*others,*

- to deal with*

*the mutually arising problems,*

- to find balance*

*between*

- self-assertion*

*and*

- giving in,*

- to*
- give and*
- receive*

*and*

- to be acutely aware of*

*the interacting levels.*

	<p><i>There are those</i></p> <ul style="list-style-type: none"><li>• <i>who have obtained a certain superficial ability to relate</i></li></ul> <p><i>but</i></p> <ul style="list-style-type: none"><li>• <i>who still withdraw from a more</i><ul style="list-style-type: none"><li>• <i>meaningful,</i></li><li>• <i>open,</i></li><li>• <i>unmasked mutual revealing.</i></li></ul></li></ul> <p><i>I might say that</i> <i>the average present-day human being fluctuates somewhere between the two extremes [i.e., between the extremes of inner and outer isolation on one end and, on the other end, the deepest, most intimate relatedness].</i></p>
12	<p><i>It is also possible to measure one's personal sense of fulfillment by the</i></p> <ul style="list-style-type: none"><li>• <i>depth of</i><ul style="list-style-type: none"><li>• <i>relatedness and</i></li><li>• <i>intimate contact,</i></li></ul></li></ul> <p><i>by the</i></p> <ul style="list-style-type: none"><li>• <i>strength of the feelings one permits oneself to experience,</i></li></ul> <p><i>and</i></p> <p><i>by the</i></p> <ul style="list-style-type: none"><li>• <i>willingness to</i><ul style="list-style-type: none"><li>• <i>give and</i></li><li>• <i>receive.</i></li></ul></li></ul>

***Frustration  
indicates***

- ***an absence of contact,***

***which, in turn, is  
a precise indicator***

- ***that the self  
withdraws from  
the challenge of relationship,***

***thereby***

- ***sacrificing  
personal  
• fulfillment,  
• pleasure,  
• love, and  
• joy.***

***When you want to  
share***

***only***

***on the basis of  
receiving***

***according to your own terms,***

***and you are  
in fact***

***secretly***

***unwilling to share,***

***your longings***

***must remain unfulfilled.***

***People would be well advised***

***to consider their unfulfilled longings***

***from this point of view [i.e., the point of view that one's longings are  
unfulfilled because one is in fact unwilling to share],***

***rather than***

***indulging in the usual assumption***

***that one is [i.e., rather than indulging in the usual assumption***

***that one's longings are unfulfilled because one is]***

- ***unlucky and***
- ***unfairly put upon by life.***

13

**One's**

- **contentment and**
- **fulfillment**

**in relationship**

**is a much neglected yardstick**

**for one's own**

**development** [i.e., neglected yardstick for one's own

**personal spiritual and psychological development] .**

**Relationship with others**

**is**

- **a mirror of**  
**one's own state**

**and thus**

- **a direct help**  
**to one's**  
**self-purification.**

**Conversely,**

**only by**

**thorough**

- **self-honesty and**
- **self-facing**

**can**

- **relationships**  
**be sustained,**

**can**

- **feelings**  
**expand**

**and**

- **contact** [i.e., contact between human beings]

**blossom**

**in long-term relationships.**

**So you can see, my friends, that**

**relationships**

**represent**

**a tremendously important aspect of**  
**human growth.**

14

*The*

- *power and*
  - *significance*
- of relationship*  
*often pose*  
*severe problems*  
*for those who are still in*  
*the throes*  
*of their own*  
*inner conflicts [i.e., of their own inner dividedness].*

*The unfulfilled longing [i.e., The unfulfilled longing for connection with others]*  
*becomes*  
*unbearably painful*  
*when*  
*isolation*  
*is chosen [i.e., chosen as a lifestyle]*  
*due to the*  
*difficulty of*  
*contact [i.e., due to the difficulty of contact with others].*

*This [difficulty of contact with others]*  
*can be resolved*  
*only when*  
*you*  
*seriously settle down*  
*to seek the*  
*cause for*  
*this conflict [i.e., this conflict with others]*  
*within*  
*your self,*  
*without using the defense of*  
*annihilating*

- *guilt and*
- *self-blame,*

*which of course*  
*eliminates any possibility*  
*of really getting at*  
*the core of the conflict*  
*[i.e. the core of the*  
*conflict with others].*



• *This search [i.e., This search within yourself for the cause of your conflict with others], together with*

- *the inner willingness to change,*

*must be cultivated*

*in order to escape the painful dilemma in which both available alternatives –*

- *isolation [from others, on the one hand] and*
- *contact [with others, on the other hand] – are unbearable.*

15

*Fear of pleasure is, to a large degree, connected with the problem of*

- *dealing with others*

*and of*

- *facing up to one's own stubborn blindness about the self.*

*It is also important to remember that withdrawal can be*

- *very subtle and may be*
- *outwardly unnoticeable, manifesting only in a*
- *certain guardedness and*
- *distorted self-protection.*

**Outer**  
**good fellowship**  
**does not necessarily imply a**  
**• capacity and**  
**• willingness**  
**for**  
**inner**  
**closeness.**

**For many,**  
**[this inner] closeness**  
**is too taxing.**

**On the surface**  
**this [i.e., this difficulty in inner closeness]**  
**seems related to**  
**how difficult**  
**others**  
**are,**  
**but actually**  
**the difficulty [i.e., the difficulty in inner closeness]**  
**lies in**  
**the self,**  
**regardless of**  
**how imperfect**  
**others**  
**may also be.**

16

**When people**  
**whose spiritual development**  
**is on different levels**  
**are involved with one another,**  
**it is**  
**always**  
**the more highly developed person**  
**who is responsible for the relationship.**

*Specifically, that person [i.e., that more developed person]  
is responsible for  
searching  
the depths  
of the interaction  
which creates  
any*

- friction and*
- disharmony*

*between the parties.*

17

*The less developed person  
is not as capable  
of such a search,  
being still in a state of*

- blaming*

*the other  
and*

- depending on*

*the other's  
doing "right"  
in order to avoid*

- unpleasantness or*
- frustration.*

*Also,  
the less developed person  
is always caught up in  
the fundamental error of  
duality.*

*From this [dualistic] perspective  
any friction  
is seen in terms of*

*"only one of us is right."*

	<p><i>[From this dualistic perspective that “only one of us is right”]</i></p> <p><b>A problem in the other automatically seems to whitewash this person [i.e., seems to absolve such a person from any blame for problems in the relationship and make the other person totally at fault for any problem in the relationship], although in reality his or her own negative involvement may be infinitely more weighty than the other person's.</b></p>
18	<p><b>The spiritually more developed person is capable of</b></p> <ul style="list-style-type: none"><li>• realistic,</li><li>• non-dualistic perception.</li></ul> <p><b>That person [i.e., That spiritually more developed person] may see that either one of you may have a deep problem, but that [i.e., but also sees that the fact that there is a deep problem of one person] does not eliminate the importance of the possibly much lesser problem of the other one.</b></p> <p><b>The more developed one will always be</b></p> <ul style="list-style-type: none"><li>• willing and</li><li>• able to search for his or her own involvement whenever he or she is negatively affected [i.e., negatively affected by his or her interaction with the other], no matter how blatantly at fault the other one may be.</li></ul>

	<p><i>A person of</i></p> <ul style="list-style-type: none"><li>• <i>spiritual and</i></li><li>• <i>emotional</i></li><li>• <i>immaturity and</i></li><li>• <i>crudeness</i></li></ul> <p><i>will always</i> <i>put the bulk of the blame</i> <i>on the other.</i></p> <p><i>All this applies to</i> <i>any kind of relationship:</i></p> <ul style="list-style-type: none"><li>• <i>mates,</i></li><li>• <i>parents and children,</i></li><li>• <i>friendships, or</i></li><li>• <i>business contacts.</i></li></ul>
19	<p><i>The tendency</i> <i>to make yourself</i> <i>emotionally dependent on others,</i> <i>the overcoming of which</i> <i>is such an important aspect</i> <i>of the growth process,</i></p> <p><i>largely comes from</i> <i>wanting to</i></p> <ul style="list-style-type: none"><li>• <i>absolve yourself from</i> <i>blame</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>extract yourself from</i> <i>difficulty</i> <i>when</i></li><li>• <i>establishing and</i></li><li>• <i>maintaining</i> <i>a relationship.</i></li></ul> <p><i>It seems so much easier</i> <i>to shift most of this burden [i.e., most of this burden of establishing</i> <i>and maintaining a relationship]</i> <i>to others.</i></p> <p><i>But what a price to pay!</i></p>

***Doing this [i.e., Shifting the burden of establishing and maintaining a relationship onto others]***

- ***renders you  
helpless indeed***
- and***
- ***brings about***
  - ***isolation,***
- or***
- ***unending***
  - ***pain and***
  - ***friction***
- with others.***

***It is only when  
you  
begin  
truly  
to assume self-responsibility***

- ***by looking at  
your own problem  
in the relationship***

***and***

- ***by a willingness  
to change***

***that***

- ***freedom  
is established***

***and***

- ***relationships  
become***
  - ***fruitful and***
  - ***joyous.***

20

***If***  
***the more highly developed person***  
***refuses to***  
***undertake the appropriate***  
***spiritual duty***  
***to***  

- assume responsibility***  
***for the relationship and***
- look for***  
***the core of dissension within [i.e., within himself***  
***or herself],***

  
***he or she [i.e., the more highly developed person]***  
***will never really understand***  

- the mutual***  
***interaction,***
- how one problem***  
***affects the other.***

  
***The relationship***  
***must then***  
***deteriorate,***  
***leaving both parties***  

- confused and***
- less able to cope with***
  - the self and***
  - others.***

  
***On the other hand,***  
***if the spiritually developed person***  
***accepts this responsibility [i.e., accepts this responsibility for establishing***  
***and maintaining the relationship],***  
***he or she***  
***will also help the other [i.e., help the other less-developed person]***  
***in a subtle way.***

	<p><i>If he or she [i.e., If the spiritually more developed person] can</i></p> <ul style="list-style-type: none"><li>• <i>desist from the temptation to constantly belabor the obvious sour points of the other</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>look within,</i></li></ul> <p><i>he or she [i.e., the spiritually more developed person] will</i></p> <ul style="list-style-type: none"><li>• <i>raise his or her own development considerably</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>spread</i></li><li>• <i>peace and</i></li><li>• <i>joy.</i></li></ul> <p><i>The poison of friction will soon be eliminated.</i></p> <p><i>It will also become possible to find</i></p> <ul style="list-style-type: none"><li><i>other partners for a truly mutual growth process.</i></li></ul>
21	<p><i>When two equals relate, both carry the full responsibility for the relationship.</i></p> <p><i>This is indeed</i></p> <ul style="list-style-type: none"><li>• <i>a beautiful venture,</i></li><li>• <i>a deeply satisfying state of mutuality.</i></li></ul>



*The slightest flaw  
in a mood  
will be recognized  
for its inner meaning  
and thus  
the growth process  
is kept up.*

*Both  
will recognize  
their co-creation  
of this momentary flaw –  
whether it be*

- an actual friction or*
- a momentary deadness of feelings.*

*The  
inner  
reality  
of the interaction  
will become  
increasingly more significant.*

*This [i.e. This degree of mutuality that is possible between  
two equally developed partners]  
will largely prevent  
injury  
to the relationship.*

22

*Let me emphasize here that  
when I speak of  
being responsible for  
the less developed person,  
I do not mean  
that another human being  
can ever carry the burden  
for the actual difficulties  
of others.*

*This can never be.*

***What I mean [i.e., What I mean about the more developed person being responsible for the less developed person in a relationship]***  
***is that***  
***difficulties of interaction in a relationship***  
***are usually not explored in depth***  
***by the individual***  
***whose spiritual development***  
***is more primitive.***

***He or she [i.e., The one whose spiritual development is more primitive]***

- will render***  
***others***  
***responsible for his or her***
  - unhappiness and***
  - disharmony******in a given interaction***

***and***

- is not***
  - able,***
- or***
  - willing,******to see the whole issue.***

***Thus***

***that person [i.e., Thus that one whose spiritual development is more primitive]***  
***is not in a position***  
***to eliminate the disharmony.***

***Only those***

***who assume responsibility***  
***for finding the***

- inner disturbance and***
- mutual effect***

***can do so [i.e., can eliminate a disharmony in a relationship].***

***Hence***

***the spiritually more primitive person***  
***always***  
***depends on***  
***the spiritually more evolved one.***

23

*A relationship  
between individuals  
in which*

- *the destructiveness  
of the less developed one  
makes*
- *growth,*
- *harmony, and*
- *good feelings  
impossible,*

*or  
in which*

- *the contact  
is overwhelmingly negative,*

*should be severed.*

*As a rule,  
the more highly developed person  
should assume the initiative [i.e., the initiative in severing the relationship].*

*If he or she [i.e., If the more highly developed person]  
does not [i.e., does not take the initiative in severing the relationship],*

*this indicates  
some unrecognized*

- *weakness [i.e., some unrecognized weakness  
in the more highly developed person]*

*and*

- *fear [i.e., some unrecognized fear in the more highly developed person]  
that needs to be faced [i.e., faced by this more developed person].*

***If a relationship  
is dissolved on this ground;***

***namely, [i.e., on the ground]  
that it is  
more***

- destructive and***
  - pain-producing***
- than***
- constructive and***
  - harmonious,***

***it should be done  
when the***

- inner problems and***
  - mutual interactions***
- are fully recognized  
by the one who takes the initiative  
to dissolve an old tie.***

***This [i.e., This full recognition of one's inner problems and  
mutual interactions before severing a relationship]***

***will prevent him or her from  
forming***

***a new relationship  
with similar  
underlying***

- currents***
- interactions.***

***It [i.e., this full recognition of one's inner problems and  
mutual interactions before severing a relationship]***

***also means that  
the decision to sever the connection  
has been made***

***because of***

- growth,***
- rather than as a result of***
- spite,***
  - fear, or***
  - escape.***

24

*To explore*

- *the underlying interaction*
- and*
- *the various effects of a relationship where both people's difficulties are*
- *laid bare and*
  - *accepted,*
- is by no means easy.*

*But*

- nothing can be more*
- *beautiful*
- and*
- *rewarding.*

*Anyone who comes into the state of enlightenment where this is possible will no longer fear any kind of interaction.*

- *Difficulties and*
  - *fears*
- arise*
- to the exact degree that you*
- *still project on others your own problems in relating*
- and*
- *still render others responsible for anything that goes against your liking.*

*This [i.e., This projecting on others your own problems in relating and this rendering others responsible for anything that goes against your liking] can take many subtle forms.*

*You may constantly concentrate on the faults of others, because at first glance such concentration [i.e. such concentration on the faults of others] appears justified to you.*

*You may subtly*

- *overemphasize one side of an interaction,*

*or*

- *exclude another.*

*Such distortions indicate*

- *projection [i.e., indicate projection on the other of your own problems in relating]*

*and*

- *denial of self-responsibility for the difficulties in relating.*

*This denial [i.e., This denial of projection and self-responsibility for the difficulties in relating] fosters dependency on the perfection of the other party, which in turn creates*

- *fear and*
- *hostility*

*for feeling let down when the other does not measure up to the perfect standard.*

25

*My dear friends,  
no matter what wrong  
the other person does,  
if  
you are disturbed,  
there must be something  
in you  
that you overlook.*

*When I say  
disturbed [i.e., When I say you are “disturbed”],  
I mean this in a particular sense.*

*I do not speak of  
clear-cut anger  
that*

- expresses itself guiltlessly*

*and*

- does not leave a trace of  
inner*
  - confusion and*
  - pain.*

*[Rather, when I say you are “disturbed”]  
I mean  
the kind of disturbance that*

- comes out of  
conflict*

*and*

- breeds  
further conflict.*

*In spite of my having warned you repeatedly  
about overlooking  
your own part in the conflict,  
it is most difficult  
for people to*

- look within*

*and*

- find the  
source of the disturbance  
in themselves.*

	<p><i>Even you, my friends, who are sincerely searching for</i></p> <ul style="list-style-type: none"><li><i>• liberation and</i></li><li><i>• unification</i></li></ul> <p><i>within yourselves,</i></p> <p><i>are still involved in deep projection in this area [i.e., in this area of intimate relations].</i></p>
26	<p><i>A favorite tendency among people is to say,</i></p> <p><i>"You are doing it to me."</i></p> <p><i>The game of making others guilty is so pervasive that it constantly passes unnoticed.</i></p> <ul style="list-style-type: none"><li><i>• One human being blames the other,</i></li><li><i>• one country blames the other,</i></li><li><i>• one group blames the other.</i></li></ul> <p><i>This is a constant process at humanity's present level of development.</i></p> <p><i>It is indeed one of the most</i></p> <ul style="list-style-type: none"><li><i>• harmful</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• illusory</i></li></ul> <p><i>processes imaginable.</i></p>



27

*Perhaps  
only a few of you  
can begin to see  
how you are doing this [i.e., how you are blaming others for problems],  
and  
when you see it,  
you stop it  
only occasionally.*

*Begin to question yourself  
and cease  
placing the guilt  
on others,  
which is always  
a hidden form of  
hostility  
that whitewashes the self [i.e., that exonerates the self].*

*One derives pleasure  
from doing this [i.e., derives pleasure from shifting blame and guilt from  
oneself to the other],*

*although*

- *the pain that ensues*

*and*

- *the insoluble conflicts that follow  
are infinitely disproportionate to  
the*
- *puny,*
- *momentary  
pleasure.*

*Those who play this game [i.e., play this guilt-shifting game]  
truly harm*

- *themselves and*
- *others,*

*and I strongly recommend  
that you begin to be aware of  
your blind involvement  
in this guilt-shifting game.*

28

***But how about  
the "victim" [i.e., the "victim" in this blame-shifting, guilt-shifting game]?***

***How is that person to cope [i.e., to cope when you blame and  
make him or her guilty]?***

***As a victim,  
your first problem is that  
you are not even aware  
of what is happening.***

***Most of the time,  
the victimization  
happens in a***

- subtle,***
- emotional, and***
- unarticulated***

***fashion.***

***The***

- silent,***
- covert,***
- indirect***

***blame  
is being launched [against you]  
without a spoken word.***

***It [i.e., The blame against you]  
is expressed  
indirectly  
in many ways.***

***Now, obviously,  
the first necessity is***

- concise,***
- articulate***

***awareness,  
for otherwise  
you [i.e., you, as "victim"]  
will  
unconsciously  
respond in equally***

- destructive,***
- falsely self-defensive***

***ways.***

*Then [i.e., Then, in this unconscious “blaming and victim” game,]  
neither person  
really knows  
the intricate levels of*

- *action,*
- *reaction and*
- *interaction*

*until the threads  
become so enmeshed  
that it seems impossible  
to disentangle them.*

*Many a relationship  
has faltered  
due to such  
unconscious  
interaction.*

29

*The launching of blame  
spreads*

- *poison,*
- *fear, and*
- *at least as much guilt*

*as one tries to project [i.e., tries to project on others].*

*The recipients  
of this*

- *blame and*
- *guilt*

*may react in many different ways,  
according to their own*

- *problems and*
- *unresolved conflicts.*

*As long as*

- *the reaction*

*is blind*

*and*

- *the projection of guilt*

*[is] unconscious,*

*the counter-reaction  
must also be*

- *neurotic*
- *destructive.*

	<p><b>Only</b> <b>conscious perception</b> <b>can prohibit this.</b></p> <p><b>Only then</b> [i.e., Only with conscious perception of all that is going on] <b>will you be able to</b> <b>refuse a burden</b> [i.e., refuse a burden of blame and guilt] <b>that is being placed on you.</b></p> <p><b>Only then</b> [i.e., Only with conscious perception of all that is going on] <b>can you</b></p> <ul style="list-style-type: none"><li>• <b>articulate and</b></li><li>• <b>pinpoint</b></li></ul> <p><b>it</b> [i.e., can you articulate and pinpoint the burden of blame and guilt that is being placed on you].</p>
30	<p><b>In a relationship</b> <b>that is about to blossom,</b> <b>one must be</b> <b>on the lookout for</b> <b>this pitfall</b> [i.e., this pitfall of the blame-and-guilt-shifting game], <b>which is all the more difficult to detect</b> <b>because</b> <b>guilt projection</b> <b>is so widespread.</b></p> <p><b>Also,</b> <b>the recipients</b> [i.e., the recipients of blame and guilt projected on them by others] <b>should look for it</b> [i.e., should look for blame and guilt projection] <b>in themselves</b> <b>as well as in the other.</b></p> <p><b>And I</b> <b>do not mean here</b> <b>a straightforward confrontation</b> <b>about something</b> <b>the other person did wrong.</b></p> <p>[Rather] <b>I mean</b> <b>the subtle blame</b> [i.e., your subtle blame on the other] <b>for personal unhappiness</b> [i.e., for your personal unhappiness].</p> <p style="text-align: center;"><b>This is what must be challenged.</b></p>

31

*The only way  
you can avoid  
becoming a victim of*  

- *blame and*
- *guilt*

*projection  
is to avoid  
doing it yourself [i.e., is to avoid blame and  
guilt projection yourself].*

*To the degree  
you indulge yourself  
in this subtly negative attitude –  
and you may do it  
in a different way  
than the one who does it  
to you –*

*you*  

- *will be unaware of  
it being done to you*

*and*  

- *will therefore  
become victimized by it.*

*The mere awareness [i.e., Your mere awareness that  
the other is projecting blame and guilt on you]  
will make all the difference –  
whether or not  
you*  

- *verbally express your perception*

*and*  

- *confront the other person.*

*Only to the degree  
that you  
undefensively*  

- *explore and*
- *accept*

*your own problematic*  

- *reactions and*
- *distortions,*
- *negativities and*
- *destructiveness,*

*can you defuse  
someone else's  
guilt projection.*

**Only then** [i.e., Only when you undefensively explore and accept your own problematic reactions and distortions, negativities and destructiveness] will you not be drawn into a maze of

- falseness and
- confusion

in which

- uncertainty,
- defensiveness, and
- weakness

may make you either

- retreat

or

- become overaggressive.

**Only then** [i.e., Only when you undefensively explore and accept your own problematic reactions and distortions, negativities and destructiveness] will you no longer confuse

- self-assertion with
- hostility,

or

- flexible compromise with
- unhealthy submission.

32

**These are the aspects which determine the ability to cope with relationships.**

**The more profoundly**

- understood and
- lived

**these new attitudes are,**

**the more**

- intimate,
- fulfilling, and
- beautiful

**human interaction will become.**

33

*How can you*  
• *assert your rights*  
*and*  
• *reach into the universe for*  
• *fulfillment and*  
• *pleasure?*

*How can you*  
• *love*  
*without fear*  
*unless*  
*you approach*  
*relating to others*  
*the way I have outlined above?*

*Unless*  
*by learning to do this [i.e., Unless, by learning to relate to others*  
*the way I have outlined above, and thereby]*  
*you purify yourself,*

*there must always be*  
*a threat*  
*when it comes to*  
*intimacy:*

*[namely, the threat]*  
*that one or both*  
*will resort to*  
*using the whip of*  
*loading guilt*  
*upon each other.*

• *Loving,*  
• *sharing,*  
*and*  
• *profound and*  
• *satisfying*  
• *closeness to others*  
*could be*  
*a purely positive power*  
*without any threat*

*if these snares were*  
• *looked at,*  
• *discovered, and*  
• *dissolved.*

	<p><i>It is of utmost importance that you look for them [i.e., that you look for these snares of the way you project blame and guilt on others in your relating] in yourselves, my friends.</i></p>
34	<p><i>The most</i></p> <ul style="list-style-type: none"><li>• <i>challenging,</i></li><li>• <i>beautiful,</i></li><li>• <i>spiritually important and</i></li><li>• <i>growth-producing</i></li></ul> <p><i>kind of relationship is the one between man and woman.</i></p> <ul style="list-style-type: none"><li>• <i>The power that brings two people together in</i><ul style="list-style-type: none"><li>• <i>love and</i></li><li>• <i>attraction, and</i></li></ul></li><li>• <i>the pleasure involved are a small aspect of cosmic reality.</i></li></ul> <p><i>It is as though each created entity</i></p> <ul style="list-style-type: none"><li>• <i>knew unconsciously about the bliss of this state</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>sought to realize it in the most potent way open to humanity: in</i><ul style="list-style-type: none"><li>• <i>love and</i></li><li>• <i>sexuality between</i><ul style="list-style-type: none"><li>• <i>man</i></li><li><i>and</i></li><li>• <i>woman.</i></li></ul></li></ul></li></ul>



*The power  
that draws them together  
is  
the purest spiritual energy,  
leading to  
an inkling of  
the purest spiritual state.*

35

*However,  
when a man and a woman  
stay together  
in a more*

- enduring and*
- committed*

*relationship,*

*• maintaining*  
*and*  
*• even increasing*  
*bliss*  
*depends entirely*  
*on how the two*  
*relate to one another.*

*Are they aware of  
the direct relationship  
between*

- enduring pleasure*

*and*

- inner growth?*

*Do they use  
the inevitable difficulties  
in the relationship  
as yardsticks  
for their own  
inner  
difficulties?*

*Do they  
communicate  
in the*

- *deepest,*
- *most truthful,*
- *self-revealing*  
*way,*
  - *sharing their inner problems,*
  - *helping each other,*  
*rather than*
    - *placing mutual guilt*  
*on each other*

*and*

- *whitewashing [i.e., exonerating and absolving]  
themselves?*

*The answers to these questions  
will determine  
whether the relationship*

- *falters,*
- *dissolves,*
- *stagnates –*  
*or*
  - *blossoms.*

36

*When you look at the world around you,  
you will undoubtedly see that  
very few human beings*

- *grow and*
- *reveal themselves*  
*in such an open way.*

*Equally few  
realize that  
growing*

- *together*

*and*

- *through each other*

*determines  
the solidity  
of*

- *feelings,*

*of*

- *pleasure,*

*of*

- *enduring*
  - *love and*
  - *respect.*

*It is therefore not surprising  
that  
long-lasting relationships  
are almost invariably  
more or less  
dead  
in feelings.*

37

*Difficulties  
that arise  
in a relationship  
are  
always  
signals for  
something unattended to.*

*They [i.e., Difficulties in a relationship]  
are  
a loud message  
for those who can hear it.*

***The sooner  
it [i.e., The sooner the loud message from difficulties in a relationship]  
is heeded,  
the more  
spiritual energy  
will be released,  
so that  
the state of bliss  
can expand  
along with  
the inner being  
of both partners.***

***There is a  
mechanism  
in a relationship  
between a man and a woman  
that can be likened to  
a very finely calibrated instrument  
that shows the  
• finest and  
• most subtle  
aspects  
of  
• the relationship  
and  
• the individual state  
of the two people involved.***

***This [i.e., This mechanism in a relationship that reveals so much about not only the  
relationship but also about the individual state of the two people involved]  
is not sufficiently recognized  
by even the most  
• aware and  
• sophisticated  
people  
who are otherwise familiar with  
• spiritual and  
• psychological  
truth.***

- *Every day and*
- *every hour*  
*one's inner*
  - *state and*
  - *feelings**are a testimony to*  
*one's state of growth.*

*To the degree they [i.e., to the degree one's inner state and inner feelings]*  
*are heeded,*

*the*

- *interaction,*

*the*

- *feelings*

*the*

- *freedom of flow*

- *within [i.e., within each partner]*

*and*

- *toward each other*

*will blossom.*

38

*The*

- *perfectly mature*

*and*

- *spiritually valid*  
*relationship*

*must always be*

*deeply connected*

*with*

*personal growth.*

*The moment*

*a relationship*

*is experienced as*

*irrelevant to*

*inner growth,*

*[i.e., the relationship] left on its own, as it were,*

*it [i.e., the relationship]*

*will falter.*

*Sooner or later*

*it*

*must [i.e., the relationship must falter].*

*And that [i.e., And the relationship being experienced as irrelevant to inner growth and therefore faltering]  
is the fate  
of the majority of  
human relationships –  
especially  
the intimate one  
between two mates.*

*Relationships  
are not recognized as  
a mirror for  
inner growth,  
so they [i.e., so relationships]  
gradually wear out.*

*The first steam  
evaporates  
and nothing remains.*

*Either*

- *overt*
- *friction and*
- *dissension*

*or*

- *stagnation and*
  - *boredom*
- will wreck  
what was once  
so promising.*

39

*Only when  
both [i.e., Only when both partners individually]  
grow to their  
• ultimate,  
• inherent  
potential  
can  
the relationship  
become  
more and more  
• dynamic and  
• alive.*

***This work [i.e., This spiritual and psychological development work]  
has to be done***

- ***individually***
- and
- ***mutually.***

***When relationship***

***is approached in that way [i.e., When relationship is approached in a way  
where both partners are committed to doing their spiritual and  
psychological work both individually and mutually],***

- ***it [i.e., the relationship]***

***will be built on***

- ***rock,***

***not***

- ***sand.***

- ***No fear***

***will ever find room***

***under such circumstances.***

- ***Feelings***

***will expand, and***

- ***security***

***about***

- ***the self and***

- ***each other***

***will grow.***

- ***At any given moment,***

***each partner***

***will serve as***

***a mirror***

- ***to the inner state***

***of the other***

***and therefore [i.e., and therefore as a mirror]***

- ***to the relationship.***

40

**Whenever there is**  
• **friction or**  
• **deadness,**  
**something**  
**must be stuck,**  
**something**  
**that**  
**ought to be seen.**

*[Whenever something in a relationship is stuck, leading to friction or deadness]*  
**Some interaction**  
**between the two people**  
**remains unclear.**

**If this** *[i.e., If the interaction between the two people that has been unclear, as evidenced by something in the relationship being stuck, leading to friction or deadness]*

**is**

- **understood and**
  - **properly handled,**  
**not only**
    - **will growth proceed**  
**at maximum speed,**
  - but** *[also]*
    - **happiness,**
    - **bliss,**
    - **the feeling of**
      - **meaningful living and**
      - **deep profound experience, and**
      - **ecstasy**
- will grow into**  
**forever**
  - **deeper and**
  - **more beautiful**  
**dimensions.**



41

*Conversely,  
fear of intimacy  
implies*

- *rigidity and*
- *the denial*

*of one's own share  
in the relationship's difficulties.*

*Anyone*

- *who ignores these principles, or*
- *who pays only lip service to them,  
is emotionally  
not ready to assume the responsibility  
for his or her  
inner suffering –  
either*

- *within a relationship*
- or*
- *in its absence.*

*This state [i.e., This state of not being ready emotionally  
to assume responsibility for one's own inner suffering]  
also brings about  
fear of one's feelings.*

*You are still at that  
primitive juncture  
where you shift guilt on others.*

- *Fear and*
- *uncertainty  
will make it  
impossible,  
under such conditions,  
to find*

- *bliss and*
- *closeness –  
fearless closeness.*

42

*So you see, my friends,  
it is of  
the greatest importance  
to recognize  
that*

- bliss and*
- beauty,*

*which are  
eternal spiritual realities,  
are available  
to all those  
who seek the key*

- to the problems of human interaction,  
as well as [i.e., as well as those who seek the key]*
- to loneliness,  
within their own hearts.*

- True growth  
is as much a*

- spiritual reality  
as are*

- profound fulfillment,*
- vibrant aliveness,*

*and*

- blissful,*
- joyous  
relating.*

*When you are  
inwardly ready  
to relate to  
another human being  
in such a fashion [i.e., in a fashion such as I describe above],  
you will find  
the appropriate partner  
with whom  
this manner of sharing  
is possible.*

*It*  
*will no longer*  
*• frighten you,*  
*will no longer*  
*• beset you with*  
*• conscious or*  
*• unconscious*  
*fears*  
*when you use*  
*this all-important key [i.e., the key described above,*  
*the key to the problems of human interaction as well*  
*as the key to loneliness with one's own heart].*

*You cannot*  
*ever*  
*feel*  
*• helpless or*  
*• victimized*  
*when*  
*the significant transition has taken place in your life*  
*and*  
*you no longer render others*  
*responsible for*  
*what you*  
*• experience*  
*or*  
*• fail to experience.*

*Thus*  
*• growth [i.e., spiritual and psychological growth and personal development]*  
*and*  
*• fulfilled,*  
*• beautiful*  
*living*  
*become one and the same.*

43

*May you all*  
*carry with you*  
*• this new material*  
*and*  
*• an inner energy*  
*awakened by*  
*your goodwill.*

*May these words  
be the beginning  
of  
a new inner modality*

- *to meet life,*
- *to finally decide,*

- *"I want to risk  
my good feelings.*
- *I want to seek  
the cause  
in*

- *me,*

*rather than in*

- *the other person,*

*so that  
I become  
free  
to love."*

*This kind of meditation  
will indeed  
bear fruit.*

*If you carry away*

- *a germ,*
- *a particle,*

*of this lecture,  
it [i.e., this time together in this lecture]  
has truly been fruitful.*

*Be blessed,  
all of you,  
my dearest friends,  
so that you become  
the gods  
that you potentially are.*

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