

Pathwork Lecture 184: The Meaning of Evil And Its Transcendence

1996 Edition, Original Given September 11, 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

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03	<p><i>Greetings, blessings to all my</i></p> <ul style="list-style-type: none"><i>• old and</i><i>• new</i> <p><i>friends here.</i></p> <p><i>And welcome</i></p> <ul style="list-style-type: none"><i>• to all those who have already made progress in their attempt to find the truth of their innermost being, and</i><i>• to all those who have not yet taken active steps [i.e., not yet taken active steps to find the truth of their innermost being].</i>

by Eva Broch Pierrakos

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*Your being here
signifies a*
 • *conscious and*
 • *unconscious*
 search
 for
 the real meaning of your lives.

*Although this lecture
is a sequel to the one I gave before the summer recess [see Lecture 183: The
Spiritual Meaning of Crisis given on June 5, 1970],
it also constitutes
a new beginning.*

*It should be
as meaningful to*
 • *work back from it [i.e., to work back from this lecture to earlier lectures]*
as it is to
 • *go forward.*

04

*Human beings
are continually
confronted with
the deep problem
of how to handle
the destructive forces
residing within*
 • *themselves and*
 • *others.*

*This problem [i.e., This problem of how to handle destructive forces]
seems unending,
for ever since
the beginning of human existence,*
 • *theories and*
 • *philosophies*
 have been built around it.

**Your search [i.e., Your search to find the truth of your innermost being]
has always been concerned,**
• **directly or**
• **indirectly,**
**with this great issue [i.e., this great issue of how to handle destructive
forces within yourself and within others].**

**All suffering
really comes
exclusively
from
one's own**
• **destructiveness,**
• **negativity, or**
• **evil –**
whatever name you give it.

**The great difficulty you are up against
is that
you are trying to solve this problem [i.e., this problem of suffering from
one's own destructiveness, negativity, or evil]
within
the system of duality.**

**[In the system of duality]
You conceive of
two opposite forces:**
• **a constructive one**
opposed to
• **a destructive one:**

• **good**
opposed to
• **evil.**

**The moment
you become involved in
duality
you are unable
to solve the problem [i.e., you are unable to solve the problem of suffering,
suffering that is brought on by your own
destructiveness, negativity, or evil].**

[In the system of duality where you see constructive forces as “good” and destructive forces as “evil” and “unacceptable”]

You begin to

- *negate,*
- *deny,*
- *evade,*
- *repress*

whatever

is destructive in you.

Consequently,

you are

- *partly*
unaware of
your destructiveness

and

- *totally incapable of*
seeing how it [i.e., how your destructiveness]
manifests [i.e., how it manifests and how it causes
destruction and suffering].

In other words,

[by denying and being unaware of your destructiveness]

you are forced to

act out

the destructiveness

indirectly –

with very damaging results.

Thus

your guilt

compounds

because

the evil

you hoped to eliminate

only increases

when it

is

- *repressed and*
- *acted out*
indirectly.

05

*In this
dualistic approach
you become
split
within yourself,
for you
reject
a whole part of yourself [i.e., you reject any part of yourself that you judge
to be bad, evil, or destructive, or even any part that you judge as less
than perfect and that does not fit your idealized self image,
but nevertheless a part of yourself]
that is
the source of*

- *essential,*
- *potent*
- *creative*

*energy
without which
you can
never be
a full human being.*

*Your
sense of awareness [i.e., Your sense of awareness of all parts of yourself]
dims
as you repress
the undesirable part of yourself.*

*The less aware
you are [of all parts of yourself, including the undesirable parts of yourself],
the weaker
you become,
and therefore*

- *more confused and*
- *less able to solve*
 - *this [i.e., this particular problem of suffering or unfulfillment], or*
 - *any other*

problem.

06

*The pathwork
is, of course,
primarily
concerned with
facing
these undesirable parts
in order to
remove
the self-imposed blindness [i.e., to remove your self-
imposed blindness to any part of yourself you judge to
be evil or not up to your idealized self-image].*

*You will find
again
and again
that
such confrontation [of these undesirable and undeveloped
parts of yourself],
rather than
bringing the devastation
you fear,
• wakes up
vital energy [i.e., wakes up the vital energy contained in
these undesirable and undeveloped parts of yourself]
and
• makes
you
a more integrated person.*

*The problem
that still remains
for all of you, however,
is
how to cope with
the undesirable [and undeveloped] material
that begins to manifest [as you begin to want and dare to
become aware of and to confront these
undesirable and undeveloped parts of yourself].*

07

Meditation [See Pathwork Lecture 182: *The Process of Meditation (Meditation for Three Voices: Ego, Lower Self, Higher Self)*]

***is most important,
for***

***without the greater mind [i.e., the universal or higher self],
the little mind [i.e., the conscious ego]
is unable
to bring change.***

***But it is also necessary [i.e., it is also necessary for your conscious ego]
to have***

clear

- concepts and***
- outlines.***

***Your mental concepts
must be more***

- accurate,***
- aligned with truth,***

otherwise

- false ideas, or***
- even vagueness,
will create a block.***

If, for example,

you conceive of

***the greater intelligence within you
as having power
to make the destructive force
disappear,***

your

- meditation***

and

- request for help
will remain
unanswered.***

Any

- vague and***
- hazily misconceived
process
will set up a stumbling block.***

08

**Most religions
take a
dualistic approach
to the great question of evil,
seeing it [i.e., seeing evil]
as a
force
opposed to
good.**

**The dualistic approach [which is used by most religions when dealing with the
question of evil]**

reinforces

- **your fear of yourself [i.e., fear of the forces in you that are a part of you
and that are opposed to good]**

and

- **your guilt [i.e., your guilt for having forces in you that are opposed good];**

therefore, it [i.e., the dualistic approach to evil taken by most religions]

only increases

**the chasm [i.e., the chasm between what you see as “good” and “evil”]
within your soul.**

The energies [within you]

of

- **fear and**
- **guilt**

are used

**to force yourself
to be good.**

The

- **blindness,**
- **compulsion, and**

the

- **artificial concept of life
that accompany**

**this forcing [i.e., the artificial concept of life that accompany this forcing
energy within you to be good, manifesting as feelings of fear and guilt]**

create

self-perpetuating patterns,

with

many

negative ramifications.

09

On the other hand [i.e., On the hand opposite to that of religion's dualistic approach to evil],

*there are also
philosophies
which postulate
that evil*

- *just does not exist;*

it [i.e., evil]

- *is an illusion.*

• *This philosophy [i.e., this philosophy that evil is an illusion and does not exist] is as true as*

- *its religious opposite,
which recognizes*
 - *the danger of evil,*
 - *its life-defeating power, and*
 - *the*
 - *unhappiness and*
 - *suffering**it brings.*

*The postulate
that evil
is an illusion
is true*

in the sense that

- *there is*
 - innately*
 - only one*
 - great creative power.*

- *There is union,
for all is one
in the consciousness
of those
who have transcended
duality.*

10

*As is so often true,
both
of these opposing teachings [i.e., both the teaching that evil is a force that is
opposed to good and the opposite teaching that evil
is an illusion and does not exist]
express great truths,*

*but
the exclusiveness [i.e., the exclusiveness of making one teaching exclusively true
and its opposite exclusively untrue]*

with which they are

- *conceived and*
- *perpetuated*

*ultimately
renders their truth
untrue.*

*The denial of evil
as a reality
leads to*

- *wishful thinking,*
- *further blindness, and*
- *the denial of the self;*

*it [i.e., the denial of the existence of evil]
decreases
rather than
increases
awareness.*

*[With the denial of the existence of evil]
A false picture of reality
is created –
the reality of
the present state of humankind [a state where
evil still obviously exists].*

11

I recapitulate.

***To deny evil
on humanity's present plane of consciousness
is
as unrealistic
as to believe that
two separate forces exist:
one
• good
and
one
• evil.***

Such a belief [i.e., Such a belief that two separate forces exist at the highest level of consciousness in the universe, that is, the belief that at the level of ultimate reality there are two forces, one good and one evil]

***implies that [because, in this belief, evil is part of ultimate reality in the universe]
the evil force
must be
• destroyed or
• whisked away,***

***as if
anything
could be made to disappear in the universe!***

***You must
struggle
between these two alternatives [i.e., between the alternative that evil is real
in the universe, a force that is opposed to the good and must be
destroyed, and the opposite alternative that evil is an illusion and does
not ultimately exist in the universe]
to find the answers.***

***This lecture
is an attempt to help you.***

12

Both views of evil [i.e., Both the view that evil exists and must be opposed, resisted, or destroyed and the view that evil is an illusion and does not exist]

**lead to
repression;**

yet acknowledging evil [i.e., yet acknowledging that evil exists and must be opposed, resisted, or destroyed]

**also leads to
the possibility of
further destructiveness.**

[How can acknowledging the existence of evil lead to further destructiveness?]

It [i.e., acknowledging the existence of evil that must therefore be opposed, resisted, or destroyed]

might lead to

- **justifying and**
- **condoning**

truly undesirable things,

such as [the undesirable behavior of]

self-righteous acting out [in destructive actions of opposing, resisting, and destroying what one judges to be evil].

In such a case [i.e., in the case of self-righteous acting out with the destructive intent to oppose, resist, and destroy evil]

it is the guilt [for acting out in opposition and destruction]

that would be repressed [since destructive acting out in this case would be viewed as a self-righteous act against the evil of another or the self and not seen as evil],

creating

further

- **splitting and**
- **duality.**

Let us now try to

find a way to

deal with this problem

that can avoid

either one

of these pitfalls [i.e., the pitfalls of exclusivity – that EITHER evil exists and must be opposed OR evil does not exist].

Let us

try to reconcile

these two general approaches

to evil.

13	<p><i>You have all experienced how</i></p> <ul style="list-style-type: none"><i>• threatened,</i><i>• anxious, and</i><i>• uncomfortable</i> <p><i>you feel</i></p> <p><i>when you are confronted with some of your undesirable</i></p> <ul style="list-style-type: none"><i>• attitudes,</i><i>• traits, and</i><i>• characteristics.</i> <p><i>This [negative] reaction [when you are confronted with your undesirable traits] must be understood in a much deeper way.</i></p> <p><i>Too much is</i></p> <ul style="list-style-type: none"><i>• taken for granted and</i><i>• glossed over</i> <p><i>by</i></p> <ul style="list-style-type: none"><i>• simply giving the reaction a name</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• then letting it go at that.</i>
14	<p><i>The meaning of such</i></p> <ul style="list-style-type: none"><i>• fearful,</i><i>• uncomfortable,</i><i>• anxious</i> <p><i>reaction [when you are confronted with your undesirable traits]</i></p> <p><i>is plainly an expression that says,</i></p> <p><i>"Such and such [Such and such undesirable traits] should not exist in me."</i></p>

*All the defenses
you have so painstakingly erected
serve to protect you
not only from*

- the evil of others,*

but primarily from

- your own [evil].*

*If you examine
the cause
each time you feel anxious,
you will always find
that,*
*in the last analysis,
you are apprehensive of*

- your own evil,*

*regardless of
how threatening*

- another person or*
- an outside event*

appears.

*If you then translate this anxiety
into
clear-cut words,
thus
verbalizing
your inner thought
that certain*

- attitudes or*
- feelings*

"should not exist in me,"
*you can then
confront
your attitude toward evil
in a much better way.*

*For
the evil itself
is not
half as damaging
as your attitude to it.*

We shall come back to this later.

15	<p>From now on, instead of habitually evading [i.e., instead of evading reactions of fear, anxiety, discomfort, and disharmony when confronted with your undesirable traits, characteristics and attitudes], [evading] which breeds</p> <ul style="list-style-type: none">• emotional illness,• problems, and• suffering, <p>catch</p> <ul style="list-style-type: none">• your fear [when you are confronted with your undesirable traits] <p>and</p> <ul style="list-style-type: none">• the thought behind the fear: <p>"I should not be that way [i.e., I should not have that particular undesirable trait, characteristic, or attitude]."</p> <p>If this fear [i.e., If this reaction of fear when confronted with your undesirable traits] is ignored, the problem [or suffering or emotional illness caused by ignoring this fear] becomes worse.</p>
16	<p>Our aim on this path is precisely the</p> <ul style="list-style-type: none">• knowing and• acceptance of the evil. <p>The word "acceptance" has been used a great deal for lack of a better one [i.e., for lack of a better word],</p> <p>but</p> <ul style="list-style-type: none">• the meaning often gets lost behind• the word, <p>so we must pay more attention to how this acceptance comes about.</p>

For
only when
acceptance
occurs
in the right way
can evil
be
• incorporated [i.e., integrated into your being and personality]
and
• re-formed
in the truest sense of the word.

*[When you have accepted, integrated into your being, and re-formed
the evil or the worst in you]*

You can then
transform
a force
that has gone awry.

Most human beings
totally
• forget or
• ignore
the fact that
• what is worst in them
is essentially
• highly desirable creative power and
• universal
• flow and
• energy.

Only when
you truly realize this, my friends,
will you learn
to cope
with
every aspect of yourself.

17

*Almost all human beings,
with very, very few exceptions,
cope with
only a small part of themselves.*

They

- *accept,*
- *know, and*
- *only want to know,
a relatively small part
of their total personality.*

*This limitation
is, of course,
a terrible loss [to them].*

*[Their] Not being aware of
that within
which is undesirable
in its present manifestation*

*shuts them off
from what is [i.e. shuts them off from those other parts of the personality that are]
already*

- *clear,*
- *liberated,*
- *purified,*
- *good.*

*It [i.e., This limitation of accepting and knowing only a
small part of their total personality]*

*also prevents most individuals
from*

- *loving and*
- *respecting
themselves*

*because
they have
no real perception of
their divine heritage.*

	<p><i>Their</i></p> <ul style="list-style-type: none">• <i>actual,</i>• <i>already manifest</i> <p><i>goodness</i> <i>seems</i></p> <ul style="list-style-type: none">• <i>unreal,</i>• <i>even fake,</i> <p><i>because</i> <i>they refuse to tackle</i> <i>the destructive elements in themselves.</i></p> <p><i>But what is</i> <i>even more</i></p> <ul style="list-style-type: none">• <i>important and</i>• <i>fundamental</i> <p><i>is that</i> <i>shutting off</i> <i>this undesirable part</i> <i>causes it [i.e., causes this undesirable part of the personality]</i> <i>to remain</i></p> <ul style="list-style-type: none">• <i>stagnant and</i>• <i>paralyzed</i> <p><i>so that it [i.e., so that this undesirable</i> <i>part of the personality]</i> <i>cannot change.</i></p>
18	<p><i>The price of</i></p> <ul style="list-style-type: none">• <i>recognizing and</i>• <i>accepting</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>destructive,</i>• <i>evil</i> <p><i>aspect of the self</i> <i>seems high,</i></p> <p><i>but it</i> <i>really is not [i.e., but the price of recognizing and accepting</i> <i>the destructive, evil aspect of the self really is not high].</i></p> <p><i>By contrast,</i> <i>the price of denying it [i.e., the price of denying the destructive,</i> <i>evil aspect of the self]</i> <i>is enormous.</i></p>

*Your groping
may seem at times
so confusing
until
you find a way*

- *to accept
your destructive*
 - *impulses and*
 - *desires*

without condoning them;

- *to understand them [i.e., to understand your destructive
impulses and desires]*

*without
identifying
with them.*

*You must learn
to evaluate
such [destructive]*

- *impulses and*
- *desires*

realistically,

*without
falling into the trap
of*

- *projection,*
- *self-justification,*
- *self-righteous exoneration*

*while blaming others
on the one hand,*

*or, on the other,
of*

- *self-indulgence,*
- *denial,*
- *repression and*
- *evasion.*

	<p><i>Such understanding [i.e., Proper understanding of how to identify and handle your negative and destructive impulses and desires]</i></p> <p><i>requires</i></p> <ul style="list-style-type: none">• <i>continual inspiration from the higher forces within</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>deliberate requests for help in</i><ul style="list-style-type: none">• <i>awakening and</i>• <i>maintaining awareness</i><ul style="list-style-type: none">• <i>of these destructive aspects and</i>• <i>of the proper method to handle them.</i>
19	<p><i>Whenever you are in</i></p> <ul style="list-style-type: none">• <i>an unpleasant mood,</i>• <i>a threatening situation,</i>• <i>confusion and</i>• <i>darkness,</i> <p><i>you can be sure that regardless of the outer circumstances, the problem [i.e., the problem causing the unpleasant mood, threatening situation, confusion, and darkness]</i></p> <p><i>arises from</i></p> <ul style="list-style-type: none">• <i>denial and</i>• <i>fear</i><ul style="list-style-type: none"><i>of your own destructive attitudes, and</i>• <i>your ignorance about how to handle them [i.e., ignorance about how to handle your own destructive attitudes].</i>

	<p><i>Admitting this [i.e., Admitting both your denial and fear of your own destructive attitudes, and your ignorance about how to handle your destructive attitudes]</i></p> <ul style="list-style-type: none">• <i>brings immediate relief and</i>• <i>deactivates these negative powers [i.e., deactivates the power of these destructive attitudes] almost instantly.</i> <p><i>Learn by what steps you can incorporate this power [i.e., incorporate this negative power contained in your destructive attitudes] rather than shut it off [i.e., rather than shut this negative power off by fearing and denying its existence in you].</i></p>
20	<p><i>The first step must be applying the theory that</i></p> <ul style="list-style-type: none">• <i>destructiveness,</i>• <i>evil,</i> <p><i>is not a</i></p> <ul style="list-style-type: none">• <i>final</i>• <i>separate force.</i>

You must think about this [i.e., You must think about this theory that destructiveness or evil is not a final separate force]

not merely in

- ***general,***
- ***philosophical terms.***

Rather,

you must take

the specific aspects of yourself that make you feel

- ***guilty and***
- ***afraid,***

and apply this knowledge [i.e., apply this knowledge that destructiveness or evil is not a final separate force]

to all that is

most distasteful in

- ***yourself and***
- ***others.***

No matter

how ugly

some of those [distasteful] manifestations are –

whether it be

- ***cruelty,***
- ***spite,***
- ***arrogance,***
- ***contempt,***
- ***selfishness,***
- ***indifference,***
- ***greed,***
- ***cheating, or***

something else –

you can bring yourself to realize

that every one of these [negative, destructive, and evil] traits

is an energy current,

originally

- ***good and***
- ***beautiful and***
- ***life-affirming.***

21

*By searching in this direction,
you will come to*

- *understand*

and

- *experience*

*how this or that
specific hostile impulse
was
originally
a good force.*

*When you understand that,
you will have made
a substantial inroad
toward*

- *transforming the hostility*

and

- *freeing the energy [i.e., freeing the energy that has been manifesting
in the form of hostility, energy]*

that has

- *either been channeled
in a truly*
 - *undesirable,*
 - *destructive*
- *or become*
 - *frozen and*
 - *stagnant.*

*You must articulate clearly
the insight
that these ugly traits,
whatever they may be,
are a power
that can be used
any way you wish.*

*This [destructive, evil] power –
the same energy
that may now manifest as*

- *hostility,*
- *envy,*
- *hatred,*
- *rage,*
- *bitterness,*
- *self-pity, or*
- *blame –*

*can become
a creative power
to build*

- *happiness,*
- *pleasure,*
- *love,*
- *expansion,*

for

- *yourself and*
- *others around you.*

22

*The list of negative traits
could be extended,
but that is unnecessary,
for they are only variations on the same theme.*

*You all
know these things in yourself,
or at least you have begun to know them.*

*Still,
after all this time,
it is not yet possible
for any of you
to truly understand
that*

- *what you dislike most in yourself*

is essentially a

- *highly desirable,*
- *creative*

power.

***You dislike it [i.e., You dislike what is in essence a desirable, creative power in you]
because
it is
not desirable
in the form
it manifests
at the moment.***

***In other words,
you have to learn
to acknowledge
that***

- the way the power manifests
is undesirable,***

but

- the energy current
behind this manifestation
is desirable in itself,
for it is made of
the life-stuff itself.***

***It [i.e., the power behind this undesirable manifestation]
contains***

- consciousness and***
- creative energy.***

***It [i.e., the power behind this undesirable manifestation]
contains***

***every possibility
to***

- manifest and***
- express
life,***

to

- create
new life.***

***It [i.e., the power behind this undesirable manifestation]
contains***

***all the best of life,
as you experience it –
and much more.***

*So, too,
the best of life
that has revealed itself to you
contains the possibility of
the very worst.*

*If you can envisage
the possibilities
of all life manifestations,
because life is
a continuous*

- flowing,*
- moving,*
- ongoing*

*process,
you can
never become
fixated
on finalities,
[finalities] which create*

- error,*
- confusion,*
- duality.*

23

*You will see that
by denying the evil in you,
you do greater harm
to*

- the whole of your personality,*

to

- your manifest spirituality,*

than you realize.

*For by denying it [i.e., by denying the evil in you],
you inactivate
an essential part of your*

- energies and*
- creative forces,*

*so they [i.e., so an essential part of your energies and creative forces]
stagnate.*

*From stagnation [i.e., From stagnation of an essential part of your
energies and creative forces],
putrefaction [i.e., putrefaction of an essential part of your
energies and creative forces]
follows.*

*Matter
putrefies
when it*

- stagnates,*

when it

- can no longer move.*

*The same is true of
consciousness:*

*it [i.e., consciousness]
putrefies
when it stagnates.*

*Life
is a
continuously flowing process.*

*When it [i.e., When life]
stands still,
death
temporarily
manifests.*

*Since life
is eternal,*

*the death
can be
only
temporary.*

*This [i.e., This principle that life is eternal
but stands still temporarily when death temporarily manifests]*

applies

not only

to

• *human beings,*

to

• *entities,*

but also

to

• *matter and*

• *energy.*

As long as

the energy flow

is arrested,

death

takes place

and lasts

until the energy flow

is released again.

This is

• *the manifestation*

and yet

• *another meaning*

of death

on this plane of consciousness.

24

The principle

also applies to

an object:

when it [i.e., when an object]

• *rots or*

• *disintegrates,*

the energy within it

has been arrested.

This arrested energy must,

at some point,

start flowing again –

perhaps long after this particular manifestation.

25	<p><i>Matter</i> <i>is always a</i></p> <ul style="list-style-type: none">• <i>condensation and</i>• <i>manifestation</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>consciousness</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>energy.</i> <p>• <i>The way</i> <i>the energy</i></p> <ul style="list-style-type: none">• <i>flows –</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>does not flow –</i> <p><i>and</i></p> <p>• <i>the form</i> <i>it [i.e., the form the energy]</i> <i>takes</i> <i>when it condenses</i> <i>depends on</i> <i>the attitude of</i> <i>consciousness</i></p> <ul style="list-style-type: none">• <i>"behind,"</i> <p><i>or, rather, [the attitude of consciousness]</i></p> <ul style="list-style-type: none">• <i>intrinsic to</i> <i>a particular aspect</i> <i>of creation.</i>
26	<p><i>By the same token,</i> <i>destructiveness</i> <i>is another</i> <i>erroneous form</i> <i>of consciousness.</i></p>

*It [i.e., destructiveness]
must lead,
either*

- directly
through
acting out and [thereby]
giving it [i.e., giving destructiveness]
direct expression,*

or

- indirectly,
through
• denial [i.e., through denial that destructiveness
is even there],
that is [through]
• stagnation,*

*to a negation
of life.*

*This [i.e., This resulting negation of life]
is why
some supposedly negative emotions
are actually
desirable.*

*For instance,
anger
can*

- further life and
• be directed against
the negation of life.*

*Denial of anger
turns into*

- hostility,
• cruelty,
• spite,
• self-hate,
• guilt,
• confusion
between blame of
• others
and blame of
• self,*

*and [denial of anger when anger can further life and be directed against denial of life]
is thus
a destructive energy current.*

27

Death

will become

- **superfluous,**

will be

- **overcome,**

when

energy

is

- **no longer stagnant,**

when

it [i.e., when energy]

is

- **allowed to move.**

This [i.e., This movement of energy]

can happen

on the level of mind

first,

when evil

is understood to be

intrinsically

a divine energy flow,

momentarily distorted

due to

specific

wrong

- **ideas,**

- **concepts and**

- **perceptions.**

Thus it [i.e., Thus evil]

is

no longer

- **rejected**

in its essence

but [rather, evil is]

- **assimilated.**

This [i.e., This assimilation of evil rather than rejecting it]

is precisely

what you find

most difficult to do.

*In fact,
you find it [i.e., you find this assimilation of evil rather than rejecting it]
so difficult
that you tend to forget
even those aspects in you
that are already*

- *free of*
- *distortion,*
- *evil, and*
- *destructiveness,*

that are really

- *liberated and*
- *clear,*

that are

- *good and*
- *beautiful and*
- *divine.*

28

All your

- *striving and*
- *goodwill*

is beautiful.

Even your

- *pangs of conscience,*

*notwithstanding
the misplaced guilt,
spring from the*

- *best and*
- *most beautiful*

manifestations of consciousness.

You will

- *deny,*
- *ignore,*
- *fail to experience*

this best in you

as long as you

- *deny,*
- *ignore,*
- *fail to experience*

the evil in you.

	<p><i>You distort your concept of yourself when you deny any part of yourself, no matter how ugly it may be in its present form.</i></p>
29	<p><i>The essential key to totally integrating the evil is understanding</i></p> <ul style="list-style-type: none">• <i>its original nature and</i>• <i>the indwelling possibility that it may manifest again in its original form.</i> <p><i>This [i.e., This total integration of the evil in you] must be the aim, my friends.</i></p> <p><i>As long as you try to become good by</i></p> <ul style="list-style-type: none">• <i>denying evil,</i> <p><i>by</i></p> <ul style="list-style-type: none">• <i>forcing yourself to be</i><ul style="list-style-type: none">• <i>what you cannot yet be, and</i>• <i>what you can in fact never be,</i> <p><i>you remain in a painful state of</i></p> <ul style="list-style-type: none">• <i>inner split,</i>• <i>partial self-denial, and</i>• <i>paralysis of vital forces within you.</i>

I say
"[forcing yourself to be] what you can never be,"
because
if your expectation is
to

- *destroy or*
- *magically whisk away*
a vital part of yourself and

not to

- *accept*
the intrinsic desirability
of all the creative energy
contained
in even your
most destructive aspects

you cannot
become whole.

Cultivate
this altered attitude [i.e., this altered attitude of accepting and
assimilating the evil in you].

30

The new attitude of acceptance [i.e., The new attitude of acceptance of the evil
within your human personality]
does
not
mean

- *condoning,*
- *excusing, or*
- *rationalizing*
your undesirable aspects.

Quite the contrary [i.e., *Quite the contrary to condoning, excusing, or rationalizing your undesirable aspects*]:

it [i.e., *this new attitude of acceptance of your undesirable aspects*]

means

- ***fully acknowledging them*** [i.e., *fully acknowledging your undesirable aspects*],
- ***giving honest expression to them,***

without

- ***finding excuses or***
- ***blaming others,***

but not

- ***feeling hopeless and***
- ***self-rejecting***

about them [i.e., *not feeling hopeless or self-rejecting about your undesirable evil aspects*]

either.

This [i.e., *This new attitude of acceptance of your undesirable aspects in this positive, healing, and constructive way*]

seems like

a tall order,

but it is

certainly possible

to acquire this [new, accepting, and constructive] ***attitude***

if you

- ***make a sincere effort and***
- ***truly pray that***
guidance be given to you
for this very purpose.

31

When you
no longer
negate your
ugliness,
you will
no longer have to
negate your
beauty.

*There is
so much
beauty
in
every one of you
that is already free.*

*You actually
manifest
beauty
that you
totally*

- negate,*
- ignore,*
- fail to*
 - perceive and*
 - experience!*

*And
I do not mean
only*

- potential,*
- as yet to be developed*

beauty;

*I mean beauty
that is
really present.*

32

You can

- think of this [i.e., You can think of all the beauty you already manifest but that you totally negate, ignore, and fail to perceive and experience]*

and

- pray for*
awareness [i.e., pray for awareness of the beauty you already manifest but fail to perceive],

as you [i.e., in the same way and at the same time you]

- pray for*
awareness
of the ugliness.

When you can perceive
• *both* [i.e., *both your beauty AND your ugliness*],
• *not just one,*
exclusive of the other,
you will have made
a substantial step
toward
a realistic perception
of
• *life and*
of
• *yourself*
that will enable you
to integrate
what
now
tears you asunder.

33

By keeping
both
• *your*
• *beauty*
and
• *your*
• *ugliness*
in mind
at all times,
you will
also see
both sides
in
• *others.*

You tend to

- **completely**
 - **reject and**
 - **negate**
- people**
whose destructiveness
you perceive, and
- **react to**
 - **them**
- exactly as you do [i.e., exactly as you react]**
toward
yourself [when you perceive your own destructiveness].

Or you

- emotionally**
react to their
- **goodness and**
 - **inner beauty,**

while

- unrealistically**
overlooking
their ugly side.

You cannot yet grasp
the presence of

duality [i.e., the presence of beauty and good AND the presence of
ugliness and evil]

in

- **yourself,**

and therefore

neither can you see

it [i.e., neither can you see duality, that is, the presence of
beauty and good AND the presence of ugliness and evil]

in

- **others.**

This [i.e., This not being able to see duality in yourself or in others]
creates

continual

- **conflicts and**
- **strife.**

	<p><i>Only by accepting the duality [in yourself and in others] can you truly transcend it [i.e., can you truly transcend duality, that is, truly transcend the presence of beauty and good AND the presence of ugliness and evil both in yourself and in others].</i></p>
34	<p><i>No</i></p> <ul style="list-style-type: none"><i>• expansion of consciousness,</i> <p><i>no</i></p> <ul style="list-style-type: none"><i>• integration and</i><i>• transcendence</i> <p><i>is possible</i></p> <p><i>when</i></p> <ul style="list-style-type: none"><i>• consciousness</i> <p><i>is dimmed,</i></p> <p><i>when</i></p> <ul style="list-style-type: none"><i>• awareness</i> <p><i>is blocked.</i></p> <p><i>Awareness of the evil must be blocked off</i></p> <ul style="list-style-type: none"><i>• when it [i.e., when evil] is viewed as if it were totally unacceptable,</i><i>• when you fail to realize that evil is only a distortion of a divine creative power current.</i>

	<ul style="list-style-type: none">• <i>Such distortion</i> [i.e., <i>Such distortion of a divine creative power current into a particular evil</i>] <p><i>and</i></p> <ul style="list-style-type: none">• <i>lack of awareness</i> [i.e., <i>lack of awareness that this resulting particular evil is in fact merely a distortion of a divine creative power current</i>] <p><i>cause you to</i></p> <ul style="list-style-type: none">• <i>deny and</i>• <i>paralyze</i> <p><i>the creative process itself.</i></p>
35	<p><i>Every once in a while</i> <i>I refer back</i> <i>to the main sources of</i></p> <ul style="list-style-type: none">• <i>distortion and</i>• <i>destructiveness:</i> <ul style="list-style-type: none">• <i>self-will,</i>• <i>pride, and</i>• <i>fear.</i> <p><i>Offhand,</i> <i>it may appear</i> <i>odd</i> <i>to claim</i> <i>that these three traits</i> <i>are more responsible for evil</i> <i>than the evil traits themselves,</i> <i>including</i> [the evil traits of]</p> <ul style="list-style-type: none">• <i>spite,</i>• <i>cruelty,</i>• <i>envy,</i>• <i>hostility, and</i>• <i>selfishness.</i> <p><i>How can</i></p> <ul style="list-style-type: none">• <i>pride,</i>• <i>self-will or</i>• <i>fear</i> <p><i>be more destructive than, say,</i></p> <ul style="list-style-type: none">• <i>hate?</i> <p><i>The answer to such questions</i> <i>is really simple.</i></p>

The overtly destructive attitudes [i.e., destructive attitudes such as hate, spite, cruelty, envy, hostility, or selfishness]

*are
never
the real evil.*

*If you
truly acknowledge them [i.e., If you truly acknowledge
these overtly destructive attitudes],
you remain
in the flow.*

- *The greatest hatred,*
 - *the most spiteful vindictiveness,*
 - *the worst impulses of cruelty,*
- if*
- *honestly and squarely*
 - *admitted,*
- neither*
- *acted out irresponsibly*
- nor*
- *repressed and*
 - *denied,*
- but*
- *fully accepted,*

*will never
become harmful.*

*To the degree they
are*

- *seen,*
- *faced, and*
- *admitted,*

such feelings [i.e., evil and destructive feelings such as the greatest hatred, the most spiteful vindictiveness, and the worst impulses of cruelty]

- *will diminish*
in intensity and
- *must*
sooner or later
convert into
 - *flowing,*
 - *life-giving*
energy.

- **Hate**
 will turn into
 - *love,*
- **cruelty**
 into healthy
 - *aggression and*
 - *self-assertion,*
- **stagnation**
 into
 - *joy and*
 - *pleasure.*

This [i.e., This transformation of evil into good, destructive energies into creative and constructive energies, hate into love, cruelty into healthy aggression, and stagnation into joy and pleasure]

is

inevitable.

36

What I say
is no mere theory.

Many of you
have experienced
this conversion of emotions
whenever you
chanced to hit upon
the right blend
of self-acceptance.

But
you have to grope for
this realization [i.e., for this realization of a conversion of
evil and destructive emotions to good and constructive emotions]
again
and again

until
it [i.e., until this realization of a conversion of
evil and destructive emotions to good and constructive emotions]

- *becomes*
 second nature and
- *is no longer forgotten.*

	<p><i>When you</i></p> <ul style="list-style-type: none">• <i>blindly and</i>• <i>self-righteously</i> <p><i>act out destructiveness,</i></p> <p><i>you</i></p> <p><i>do</i></p> <p><i>express evil.</i></p> <p><i>By denying its [i.e., By denying evil's]</i></p> <p><i>existence,</i></p> <p><i>you</i></p> <p><i>stagnate</i></p> <p><i>vital creative energy,</i></p> <p><i>which putrefies in you.</i></p> <p><i>By squarely recognizing</i></p> <p><i>the evil,</i></p> <p><i>you</i></p> <p><i>neither</i></p> <ul style="list-style-type: none">• <i>act it out,</i> <p><i>nor</i></p> <ul style="list-style-type: none">• <i>deny it.</i> <p><i>This [i.e., This squarely recognizing evil and neither acting it out nor denying it]</i></p> <p><i>releases</i></p> <p><i>your creative energy flow.</i></p>
37	<ul style="list-style-type: none">• <i>Pride,</i>• <i>self-will, and</i>• <i>fear</i> <p><i>are</i></p> <ul style="list-style-type: none">• <i>all</i> <p><i>forms of denial</i></p> <p><i>and are therefore</i></p> <ul style="list-style-type: none">• <i>more dangerous</i> <p><i>than the evils</i></p> <p><i>they deny.</i></p>

***My friends on the path
have experienced***

how true this is [i.e., experienced how one's creative energy flows when one squarely recognizes and faces evil and neither acts the evil out nor denies the evil because of pride, self-will and fear]:

***To the degree
evil***

is

***properly
faced,***

- self-acceptance,***
 - self-liking,***
 - new energy and***
 - deeper***
 - love and***
 - pleasure***
- ensue.***

But

- pride,***
- self-will, and***
- fear***

make

this healing attitude [i.e., this healing attitude of properly facing evil] impossible.

Self-will

is so bent upon

its own insistence

that it is unwilling

to accept

present reality.

It [i.e., Self-will]

wishes to be

already

in a higher state of consciousness;

it [i.e., self-will]

wants to be

better than

it is

now.

*But it [i.e., But self-will]
fails
because
it is impossible to grow out of
something
one is too self-willed
to admit.*

*Self-will
creates
rigidity
and rigidity
is contrary to
the flow of life.*

Self-will says,

*"I do not accept reality
as it is now;
it [i.e., reality]
must be
my way,
and
I insist
that it is [i.e., I insist that reality is my way]."*

*This [rigid] attitude [created by one's self-will]
makes admission of the
momentary [i.e., admission of the current, temporary]
truth
impossible.*

38

Pride says,

*"I do not want to have
such ugly traits
in me."*

*Truth, however,
requires
both*

- *flexibility*

and

- *humility.*

*It [i.e., Truth]
also requires*

- *courage.*

*Fear
assumes that*

- *acceptance and*
- *acknowledgement
of the ugliness
will make
this ugliness
overwhelming.*

*So fear
also
denies
the
justified
faith
in the benign order of Creation.*

*If truthful admission
of what truly exists
would mean*

- *doom,*
- *annihilation,*
- *danger,*
- *chaos,*

*the logical sequence of this assumption [i.e., the logical follow-on conclusion of this
assumption that truthful admission of what truly exists would
mean doom, annihilation, danger, and chaos]*

*would then be
that the world
is built on*

- *deceit,*
- *pretense,*
- *negation.*

Even though such thoughts [i.e., thoughts and assumptions that truthful admission of what truly exists would mean doom, annihilation, danger, and chaos] are hardly ever actually articulated, for they are senseless, many individuals unwittingly build their lives on these assumptions.

Their attitudes express this underlying life-orientation [i.e., this underlying life-orientation that says that truthful admission of what truly exists would mean doom, annihilation, danger, and chaos].

39

To give up self-will does not diminish the free spirit of self-expression.

Neither does it diminish your genuine dignity when you give up the pride that hides the evil.

Evil does not

- *overwhelm and*
- *take you over*

when you choose to abandon the fear of it.

	<p>Quite the contrary is true <i>on all these counts [i.e., the truth is quite the contrary to these assumptions on all these counts: assumptions that giving up self-will, pride, and fear results in loss of the free spirit of self-expression, in loss of your genuine dignity, and in evil taking you over].</i></p>
40	<p>It is never a destructive impulse itself that presents the real <ul style="list-style-type: none">• damage and• harm,<p>but always the attitude toward it [i.e., it is always the attitude toward an arising destructive impulse that presents the real damage and harm].</p><p>This is why people who <ul style="list-style-type: none">• incorporate and• accept<p>their negative aspects find to their immense surprise the contrary of their apprehensive expectation: [i.e., instead of the diminishing of their self-respect and self-liking that they expect and that makes them apprehensive,] their <ul style="list-style-type: none">• self-respect and• self-liking<p>will [actually] increase.</p></p></p></p>
41	<p>So this is, my friends, what you have to learn.</p>

*A lot of ground
must still be covered
by every one of you,
even though
the words
sound all too familiar.*

*So far
you are nowhere near
actually putting these words into effect.*

*The more
you do [i.e., the more you actually put these words into effect],
the more*

- *joy*
will increase in your life,

the more

- *instrumental*
you
will become
in shaping your fate –

not through

- *ego control*

but through

- *your real capacity*
to create

with the life-energy
at your disposal.

*The key
is learning
to encounter the destructive force
so that*

you can
transform it [i.e., so that you can transform the destructive force]
back to

its original nature,

*thus incorporating it [i.e., incorporating the original
nature and energy of this now-transformed
destructive force in you]*

into

your whole being.

42	<p><i>Are there any questions?</i></p> <p>QUESTION: <i>As this lecture says, there are things in me that I feel are</i></p> <ul style="list-style-type: none"><i>• wrong,</i><i>• evil.</i> <p><i>Yet</i></p> <ul style="list-style-type: none"><i>• I enjoy them [i.e., I enjoy acting out these things in me that I feel are wrong and evil];</i><i>• they [i.e., these things in me that I feel are wrong and evil] feel pleasurable [i.e., feel pleasurable to me when I act them out].</i> <p><i>But [when I act out these things that I feel are wrong and evil] I feel guilty.</i></p> <p><i>For instance, I overspend money.</i></p> <p><i>I negate that aspect of myself completely.</i></p> <p><i>Can you help me?</i></p>
43	<p>ANSWER: <i>This is a good example.</i></p> <p><i>I hope to hear many more personal problems like this, so I can help you specifically with them [i.e., help you with your specific personal problems].</i></p>

44

*Now, what you describe
is so typical.*

*You negate
everything
about your destructive impulse [i.e., you deny that this instinct
to overspend exists in you and you do not allow
yourself ever to act on any impulse to overspend money].*

*You are thus confronted with
an insoluble predicament:*

- *either you
give up
all pleasure
connected with*
 - *overspending and*
 - *irresponsibility**in order to
become*
 - *decent,*
 - *mature,*
 - *realistic,*
 - *self-responsible and*
 - *safe,*

- *or you
take pleasure
from the negative trait [by acting out the negative trait of
overspending and being irresponsible]*
*but at
the tremendous cost of*
 - *guilt,*
 - *self-deprivation,*
 - *insecurity, and*
 - *fear of
not being able
to run your own life.*

45

*Once you see
that behind the compulsion to*

- overspend and*
- be irresponsible*

*is a
legitimate yearning
for*

- pleasure,*
- expansion and*
- new experience,*

*this predicament
will cease to exist.*

*In other words,
you must incorporate
the essence
of this wish
without
acting out
the destructiveness of it.*

*You will then have
much less difficulty
putting the wish into effect
in a realistic way
that will
not defeat you
in the end.*

*You are
now [i.e., You are now, before you take the new approach of incorporating
the essence of this wish without acting out the destructiveness of it,]
stuck in battling with
one of these typical
either/or problems.*

*How can you
really want
to give up irresponsibility [and therefore really want to become responsible]
if responsibility
implies*

- *living on a
narrow margin
of pleasure, and*
- *confining
your self-expression?*

*Since you do not
really want
to give up the irresponsibility,
you feel guilty [i.e., you feel guilty for not truly wanting to be
responsible – thinking you should want to be
responsible if you were truly a “good” person].*

*Thus
you reject
that vital part of you
which*

- *rightfully wishes to experience
the pleasure of creation
at its fullest,*

but

- *does not yet know how
without*
- *exploiting others and*
- *being parasitic.*

*If, however,
you can*

- *fully accept
the beautiful force
striving for
full pleasure
underneath
the irresponsibility and*

*• value it as such [i.e., value this force as it beautifully strives for pleasure],
you will also find
how to give it expression
without*

- *infringing on others,
without*
- *violating your own laws of balance.*

	<p><i>[As you value this beautiful force in you as it slowly but surely strives to bring you pleasure]</i></p> <p>You will not have to pay the needless cost of</p> <ul style="list-style-type: none">• worry,• anxiety,• guilt, and• inability to manage well. <p>You only pay that [i.e., You ONLY pay that cost of worry, anxiety, guilt, and inability to manage well]</p> <p>when you <i>[forcefully and irresponsibly overspend to pursue pleasure and thereby]</i> sacrifice peace of mind for a short-lived [but immediate] pleasure.</p>
46	<p>The pleasure will be</p> <ul style="list-style-type: none">• deeper,• more lasting, and• totally free of guilt <p>when you combine</p> <ul style="list-style-type: none">• its [i.e., the pleasure's] rightfulness <p>with</p> <ul style="list-style-type: none">• self-discipline.

*If you can
reconcile
with
you will
express
the inner knowledge
that says,*

- *"I want to
enjoy life.*
- *There is
unlimited abundance in the universe
for every contingency.*
- *There is
no limit
to what is possible.*
- *There are
marvelous things
to be experienced.*
- *There are
many beautiful
means
of self-expression.*
- *I can*
 - *realize them [i.e., I can realize these many marvelous
things in the universe that can be experienced]*
- and*
 - *bring them [i.e., bring these many marvelous things]
into my life
if I can find
another,
not self-destructive
way [or means] to*
 - *express and*
 - *obtain
them.*

	<ul style="list-style-type: none">• <i>The very need for</i><ul style="list-style-type: none">• <i>self-responsibility and</i>• <i>self-discipline</i><i>in their most profound sense</i> <i>will make</i> <i>increasing</i><ul style="list-style-type: none">• <i>joy and</i>• <i>self-expression</i><i>possible.</i> • <i>Without these traits [i.e., Without these traits of self-responsibility and self-discipline in their most profound sense],</i> <i>I must remain</i><ul style="list-style-type: none">• <i>deprived and</i>• <i>in conflict."</i> • <i>The discipline [i.e., the self-discipline in its most profound sense]</i> <i>will be much easier to acquire,</i> • <i>the willingness to do so [i.e., the willingness to acquire the self-discipline]</i> <i>will grow,</i> <p><i>when</i> <i>you know that</i> <i>you have</i> <i>a perfect right</i> <i>to use it [i.e., a perfect right to use self-discipline]</i> <i>for the purpose of</i> <i>increasing</i><ul style="list-style-type: none">• <i>pleasure and</i>• <i>self-expression.</i></p>
47	<p><i>My dearest friends,</i> <i>I have given you new material</i> <i>that requires</i> <i>a great deal of attention.</i></p> <p><i>Bring it [i.e., Bring this material]</i> <i>to bear on</i> <i>your own</i> <i>specific</i> <i>situation.</i></p>

*Open up
your innermost being
to applying this material.*

*Do not apply it [i.e., Do not apply this material]
only*

- *theoretically,*
- *in general terms,*

but see

really

where you

deny what is in you

out of

- *fear and*
- *guilt,*

thereby

paralyzing

the best in you.

48

*To those of you here
who*

- *are discouraged and*
- *feel hopeless about yourselves,*

*I can say only,
you are in*

- *illusion and*
- *error*

when you feel that way.

	<p><i>Realize this [i.e., Realize that you are in illusion and error when you feel discouraged and hopeless]</i></p> <p><i>and ask for the truth,</i> <i>which is</i></p> <ul style="list-style-type: none">• <i>that there is</i> <i>no reason for hopelessness, and</i>• <i>difficult periods</i> <i>need only to be</i><ul style="list-style-type: none">• <i>understood and</i>• <i>worked through</i> <i>to make them [i.e., to make difficult periods in your life]</i> <i>steppingstones for</i><ul style="list-style-type: none">• <i>opening your lives further and</i>• <i>bringing more</i><ul style="list-style-type: none">• <i>light and</i>• <i>self-expression</i> <i>into them.</i>
49	<p><i>Receive the</i></p> <ul style="list-style-type: none">• <i>love and</i>• <i>blessings,</i> <i>my dearest friends,</i> <i>be in peace.</i>

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