

Pathwork Lecture 186: Venture In Mutuality: Healing Force To Change Negative Inner Will

1996 Edition, Original Given November 6, 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> • Greetings, • blessings, • strength and • love <i>are poured forth</i> <i>once again</i> <i>into this gathering</i> <i>which has as its one common purpose</i> <i>inner growth,</i> <i>[inner growth] through which</i> <i>to find</i> <i>the truth</i> <i>of being.</i> </p> <p> <i>It is a</i> • long and • arduous <i>way,</i> <i>but arduous</i> <i>only because</i> <i>the mind is lost</i> <i>in its own maze.</i> </p>

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	<p><i>The state of being lost always</i></p> <ul style="list-style-type: none">• <i>undermines and</i>• <i>creates a split in your will,</i> <i>[your will] which has the power to</i> <ul style="list-style-type: none">• <i>determine and</i>• <i>shape your fate.</i> <p><i>Each one of you has</i></p> <ul style="list-style-type: none">• <i>an outer conscious will</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>an inner unconscious will.</i> <ul style="list-style-type: none">• <i>The second [i.e., the inner unconscious will]</i> <p><i>only too often goes into the exact opposite direction from</i></p> <ul style="list-style-type: none">• <i>the first [i.e., opposite direction from the outer conscious will].</i> <p><i>I discussed this topic in a lecture quite early in our joint undertaking, years ago.</i></p>
04	<p><i>Since then [i.e., since that earlier lecture, years ago], you have developed both as</i></p> <ul style="list-style-type: none">• <i>an entity</i> <p><i>and as</i></p> <ul style="list-style-type: none">• <i>individuals</i> <p><i>to such an extent that many of you, my friends, who are actively engaged in this pathwork today have made contact with</i></p> <ul style="list-style-type: none">• <i>your inner intention, which is so different from</i>• <i>the outer conscious one [i.e., conscious intention].</i>

05

*At the beginning
of one's path,
one is aware
only
of what one
consciously*

- *desires,*
- *wishes,*
- *wants,*
- *wills,*
- *intends,*
- *longs for.*

*The person is convinced
that their
lack of fulfillment*

- *is a result of
ill luck, or*
- *is someone else's fault.*

It takes

- *time and*
- *growth*

*to experience
the truth of life,
[the truth] that there must be
something at work
within
the person
that thwarts fulfillment.*

Even when

- *this hidden [i.e., unconscious]
agenda [that is within the person and thwarts fulfillment]
is glimpsed and*
- *conceptual acceptance [of this situation of inner resistance to fulfillment]
develops,*

*it still seems
impossible to accept
that an actual [i.e., an actual but hidden and unconscious]
inner No
exists
which contradicts
one's conscious desires [i.e., one's conscious outer Yes].*

*So it is
not easy to accept
that,
through your own inner [unconscious] "reasons,"
you yourself
deny
what you [consciously] so ardently strive for.*

*Disconnectedness
from one's inner voice [i.e., from one's inner unconscious voice that says No]
is the primary problem.*

*Any work
concerned with
genuine*

- *self-search and*
- *development*

must unearth

- *this inner negation [i.e., this inner unconscious voice that says No] and*
- *the reasons for it [i.e., the reasons for this inner No].*

06

*The progress in this group
is remarkable
because
so many of you*

- *have actually found
this inner voice and*
- *have discovered
why it says No.*

*Although you may still be
far from
being able to change it [i.e., to change this inner voice from No
to Yes],*

*you are at least
quite conscious of
your self-determining power [i.e., your power to manifest what
happens in your life, here the power of your inner No
to block the fulfillment of your conscious desires].*

	<p>You</p> <ul style="list-style-type: none">• <i>no longer feel victimized and</i>• <i>can set out to investigate the</i><ul style="list-style-type: none">• <i>motivations,</i>• <i>convictions and</i>• <i>assumptions</i> <p><i>that create</i> <i>the split</i> <i>in your will current [i.e., that split the will current in two:</i> <i>a conscious outer Yes and an unconscious inner No].</i></p> <p>It is easy to see that unification will remain out of reach as long as conscious awareness of the split [i.e., the split between a conscious Yes and an unconscious No] is absent.</p>
07	<p>In spite of the fact that awareness of the split in one's will<ul style="list-style-type: none">• <i>offers great relief and</i>• <i>increases psychic energy</i>in the whole system, everybody fights<ul style="list-style-type: none">• <i>this piece of self-knowledge [i.e., fights this self-knowledge of the split</i> <i>between a conscious Yes and an unconscious No]</i>almost more than<ul style="list-style-type: none">• <i>the actual</i><ul style="list-style-type: none">• <i>destructiveness and</i>• <i>evil</i>itself [i.e., fights the split more than the destructive No itself].</p>

Part of the resistance [i.e., *Part of the resistance against self-knowledge of the split between a conscious Yes and an unconscious No*]

is based on

wanting to

deny the split,

[the split] which is the

- ***inner negation*** [i.e., *the inner unconscious and hidden No*]
- ***outer affirmation*** [i.e., *the outer striving conscious Yes*].

In other words

the average human being's predicament

is that he or she

- ***consciously wants***
one thing,
- ***unconsciously wants***
the opposite,

and then

- ***fights to repress awareness of***
this dividedness.

The result is

that you [consciously]

strive

- ***too hard and***
- ***too frantically***

for what you unconsciously

negate

- ***all the harder,***

and you find yourself

in a frenzy of

- ***frustration,***
- ***bitterness and***
- ***tension.***

Alternatively,

you may manage

also

to deny –

on a superimposed surface level –
what you long for.

	<p><i>You dull your • senses, your • feelings, your • longings.</i></p>
08	<p><i>When we started our work together many years ago, these ideas were at best a theory for those who • listened to me then or later • read these words.</i></p> <p><i>Some found the theory acceptable, to others it may have appeared nonsensical.</i></p> <p><i>Even for those who could accept the premises because they sensed the truth of the many layers of human consciousness [and the truth of each layer having its own voice – sometimes a Yes voice and at other times a No], there still was much difference between • believing what I said as a • philosophical statement and • experiencing it [i.e., experiencing what I said about the inner No] as a • personal truth.</i></p>

	<p><i>In the intervening years, and particularly lately, the majority of my friends have indeed contacted the negative inner will [i.e., contacted the inner No].</i></p>
09	<p><i>I want to stress how important it is to realize that</i></p> <ul style="list-style-type: none"><i>• the more frantically you strive for a desired goal,</i><i>• the less you trust in its realization,</i><i>• the more this [i.e., the more this striving for a desired goal while simultaneously lacking trust in the desired goal's realization] is an indication that a firm inner No exists.</i> <p><i>Instead of wasting energy in inner</i></p> <ul style="list-style-type: none"><i>• tension and</i><i>• frenzy to overcome what appears to block you from outside yourself,</i> <p><i>you would be better advised to set out calmly to uncover</i></p> <ul style="list-style-type: none"><i>• your inner negation [i.e., your inner unconscious No]</i> <p><i>of</i></p> <ul style="list-style-type: none"><i>• the frantic outer wish [i.e., your outer conscious Yes].</i>

10

**Many of you
have discovered
such inner negations [i.e., inner No's].**

**This [discovery of such inner negations of the goals for which you strive]
is indeed
a tremendous step.**

Once you
• **stop battling** [against what appears to be blocks to your goals that are
imposed by factors outside of yourself],
once you
• **accept**
your split [i.e., your split between a conscious Yes to your goals and an
inner unconscious No to your goals],
**a great deal
of frustration
is eliminated –
but by no means
all of it** [i.e., by no means is all of your frustration eliminated].

**Many of you
have found yourselves
strangely stuck at this point** [i.e., at this point where you see your split
between a conscious Yes to your goals and an inner unconscious No].

**Contrary to what you may believe
awareness of a**
• **totally irrational,**
• **self-destructive
will to negate
what is desirable**
**does not
automatically
eliminate it** [i.e., does not eliminate the destructive will to negate
what is desirable, i.e., does not eliminate your No].

*Even when you
unearth*

- *mistaken
conclusions,*

- *false and
unjustified
fears*

*which determine the negation [i.e., which determine the inner No],
even then*

*it is often
impossible*

*to give it up [i.e., to give up the negation, the destructive will to negate
what is desirable, the inner No to what you are striving for].*

At this point [however]

- *you do have
more energy and*
- *you must also
be less*

- *blaming and*
- *accusing*

of others [for your not realizing the goals for which you strive].

- *Self-blame and*
- *self-accusation*

may seem to have increased, however,

for what

you heretofore

- *projected onto others*

you now see

- *directed against yourself –*

all the more so [blaming yourself]

since you are

puzzlingly

incapable of

changing

- *the No-current*

into

- *a Yes-current.*

This is where many of you are.

11

*At this point
I have a gift to bring.*

*Yet the gift
is not something
you can
passively
receive;
it [i.e., the gift I bring]
does not come to you
without your participation.*

*It [i.e., The gift I bring]
is made possible
as a result
of your significant progress, and*

*its [i.e., the gift's] execution
will also require
your active engagement.*

*The gift
has built itself
from your progress in*

- awareness and
- acceptance

*of the negation of
your conscious affirmation.*

The

- ever-present,
- ongoing
 - blessedness and
 - richness

*of the universe
can now extend itself
more*

- pointedly and
- potently

*to the
inner place
where you are stuck.*

12

*The gift
is a*

- *living*
- *powerful*

*force
of healing
that can flow through
the instrument
through which I manifest.*

*To be precise,
the healing force
can now flow through
the hands
of this person [i.e., the hands of this person, Eva].*

*This [living, powerful, healing force]
is not
a healing power
on the physical level.*

*Nor does it [i.e., Nor does this living, powerful, healing force]
allow you
merely
to be passively receptive.*

*This venture [into this living, powerful, healing force experience]
must truly
become
mutual.*

*It [i.e., [This living, powerful, healing force]
can work
only
as a mutuality.*

*The last lecture [Pathwork Lecture 185: Mutuality: A Cosmic Principle and Law]
has given you some understanding of
what the laws of mutuality are.*

*Let me explain now
how they [i.e., how the laws of mutuality] can work
specifically
in this venture [i.e., this venture of receiving the gift of this living,
powerful, the healing force of the universe].*

13

*Anyone of you
who*

- *is specifically
aware of negating
what he or she
consciously desires [i.e., aware of the No current],*

and yet

- *feels strangely paralyzed [and unable to dissolve the No current],*

*is eligible
to benefit from
this healing force.*

*The force
is a spiritual healing force
which*

- *comes from
a higher realm of being and*
- *affects
your*
 - *inner,*
 - *spiritual
self,*

where you

- *determine,*
- *will, and*
- *issue
your intentions.*

Usually,

when people speak of

- *a spiritual
healing force*

they mean

- *a physical
healing force*
 - *given to
a passive recipient,*
 - *destined to remove
a physical symptom
of an*
 - *inner,*
 - *spiritual
malfunctioning.*

	<p>But to call this physical healing force [i.e., to call a healing force that removes physical symptoms of an inner spiritual malfunction] spiritual is truly a misnomer,</p> <p>for a spiritual healing force</p> <ul style="list-style-type: none">• must affect the spiritual part of the person [rather than merely removing the physical symptoms of an inner spiritual malfunction] and• requires his or her active contribution in the healing process. <p>Healers who dispense physical healing power tap a powerful universal energy, but it [i.e., but the physical healing power dispensed by such healers] may not necessarily effect spiritual healing in the true sense of the word [i.e., the word “spiritual healing” or, said another way, is not really a spiritual healing].</p>
14	<p>The following steps are indicated for those of you ready to avail yourselves of this gift.</p> <p>Come forth, either</p> <ul style="list-style-type: none">• in the Questions & Answers sessions <p>or</p> <ul style="list-style-type: none">• after a lecture, <p>and sit very close in front of this instrument.</p>

*Your part
of the mutuality
consists in
acknowledging
as exactly as you can*

- *what you consciously wish and*
- *what you – no longer unconsciously –*
 - *strangely and*
 - *irrationally*

deny [i.e., acknowledge what your No current is];

- *what*
your inner being expresses
that opposes the conscious wish [i.e., what the No
expresses].

*Then state further,
very exactly,
that you are unable
to make
the inner will
budge [from its No],*

*even though
your outer being*

- *would like to release*
the locked force in you [i.e., would like to release your Yes],
- *would like to obtain*
from your spiritual self
the necessary inspiration
for whatever awareness
may still be missing,

*and [state further]
that you wish
to make*

- *fluid*

what is now

- *fixed.*

*You may then uncover
that*

- non-fulfillment,
with all its suffering,
appears preferable to*
- the dangers
imagined to be lurking
in an*

- open,*
- flowing
attitude,*

so that

- negation and*
- negativity,*
- evil and*
- destructiveness,
seem protective devices.*

*Whatever
you must know about yourself
in order to
release
negation [i.e., in order to release your No]
will come to you.*

*If it is simply a matter of
letting go of
fixedness,
that
will come.*

*But
you
must clearly state
that you
wish it [i.e., that you wish the letting of fixedness]
to come to you.*

15

- *When you
make these clear-cut statements,*
- *when your
inability
to move the inner will
is expressed,*
- *as your ego-personality
commits to
wanting help,*

you will become

- *calm,*
- *open and*
- *receptive.*

*With this
you have fulfilled
your half of
the mutual venture.*

*Then,
through the instrument's hands,
a
• very strong,
• living
• power and
• force
will penetrate you.*

*It [i.e., this very strong, living power and force]
will not
directly affect
your bodily ailments.*

*Something
more fundamental [i.e., Something more fundamental than affecting
your bodily ailments and symptoms]
will take place,
which can,
if you wish,
also affect
your bodily symptoms.*

***But this [i.e., But this affecting of your bodily symptoms]
will happen
from within yourself
as a secondary result
of the power given you.***

The power given to you

- ***will influence
stagnant soul substance and***
- ***can go to work
within you.***

This is the gift

- ***that all of you who work on this path
have made possible,***
- ***that you have
built yourselves,
as it were.***

***By fulfilling
your part
of the mutuality,***

- ***you commit yourself,***
- ***you open something in you,***
- ***you go "on the record."***

***This
"going on the record,"
if I may use this expression,
is a
very important part of the process.***

16

***I also have a suggestion
for all those
not yet at the point of
clear-cut awareness of
the negation of [i.e., not aware of their inner No to]
their most cherished desires.***

It can be considered

- ***as homework and***
- ***as a most essential help for everybody.***

First
lift out of the vagueness
what
• you long for,
what is
• unfulfilled in your life.

Most people
do not state this [i.e., not state what they long for, what is unfulfilled in their life]
clearly
to themselves.

They deplore a
• certain situation or
• problem
but fail
to state clearly
that they wish to resolve it.

The greater
the problem,
the less clear
is the awareness
that there is a problem.

I suggest that you
ask yourself,
preferably on paper,
so that it cannot elude you:

- "What do I long for?"*
- What do I wish to be different in my life?*
- What would I want different*
 - in myself,*
 - in my personality?*
- How would I like it [i.e., How would I like my personality or my life] to be different?"*

Answer these questions
very clearly
to yourself.

17	<p>Then a second series of questions must be</p> <ul style="list-style-type: none">• raised and• answered <p>in writing.</p> <p>"What do I believe contributes to the absence of the fulfillment?"</p> <p>Do I believe that it [i.e., that what contributes to the absence of the fulfillment] is</p> <ul style="list-style-type: none">• an outside factor <p>or that it [i.e., or that what contributes to the absence of the fulfillment] is</p> <ul style="list-style-type: none">• in me?"
18	<p>The third series of questions will be the following:</p> <p>"Am I at all aware, at this point, that there is a specific fulfillment I</p> <ul style="list-style-type: none">• miss, and• say No to? <p>Am I aware of it [i.e., aware that there is a specific fulfillment I miss and say No to],</p> <p>and if so,</p> <ul style="list-style-type: none">• why [do I say No],• how [do I say No]? <p>How does it [i.e., How does my No] express in my inner being?</p>

*How does this
inner expression [of No to a specific fulfillment]
make me behave
in such a way
that
I make it impossible for
the conscious wish
to fulfill itself?*

On what

- *beliefs,*
- *assumptions and*
- *ideas*

do I base

- *the negation [i.e., do I base the inner No]*

*in contrast to the [beliefs, assumptions and ideas upon which
I base my]*

- *conscious striving [i.e., my outer Yes]?"*

19

*When you answer these questions
as concisely as you can,
you will have wrought
a tremendous change
in your entire personality,
regardless of how*

- *negative,*
- *immature, or*
- *destructive*

the answers may appear to you.

*The benefit of
being aware of yourself
will relieve you from
the tremendous pressure of
the inner division.*

20	<p><i>The final question is:</i></p> <p><i>"To what degree am I willing</i></p> <ul style="list-style-type: none"><i>• to cooperate in this mutual venture,</i><i>• to</i><i>• receive the healing power,</i><i>• take it into me and</i><i>• let it work in me</i> <p><i>until, finally, I release these same</i></p> <ul style="list-style-type: none"><i>• healing,</i><i>• living</i> <p><i>forces</i></p> <p><i>from within my own being?"</i></p>
21	<p><i>Do not feel ashamed of saying,</i></p> <p><i>"No, I am not ready.</i></p> <p><i>I do not want what I want."</i></p> <p><i>But</i></p> <p><i>do explore</i></p> <p><i>the reasons why [you do not want what you want].</i></p> <p><i>At least then [i.e., then when you know why you do not want what you want] you are no longer in the predicament of putting useless pressure on yourself that</i></p> <ul style="list-style-type: none"><i>• short-circuits your energies</i> <p><i>and also</i></p> <ul style="list-style-type: none"><i>• creates the emotional hazard of projecting onto the outside world the non-fulfillment you [actually] impose upon yourself.</i>

	<p><i>This confusion [i.e., This confusion brought about by projecting onto the outside world the non-fulfillment you actually impose upon yourself]</i></p> <p><i>always</i> <i>induces</i></p> <ul style="list-style-type: none">• <i>bitterness,</i>• <i>a sense of injustice</i> <p><i>and, therefore,</i></p> <ul style="list-style-type: none">• <i>resentments!</i> <p><i>You blame the world</i> <i>for withholding from you</i> <i>what you believe</i> <i>you ardently desire.</i></p>
22	<p><i>Another aspect</i> <i>of the problem</i> <i>is unawareness of</i> <i>your actual state,</i> <i>that</i> <i>your whole inner being</i> <i>longs for something</i> <i>desperately.</i></p> <p><i>Therefore</i> <i>a third layer</i> <i>has to be examined.</i></p> <p><i>The top layer [i.e., the first layer]</i> <i>of consciousness</i> <i>is</i></p> <ul style="list-style-type: none">• <i>hazily unconcerned,</i>• <i>unaware of a great need,</i> <p><i>perhaps of a legitimate human fulfillment,</i> <i>that creates</i> <i>on a less conscious level</i> <i>an urgency</i> <i>which, in turn,</i> <i>manifests only indirectly.</i></p>

- *Tension,*
 - *anxiety,*
 - *inability to concentrate,*
 - *absent-mindedness,*
 - *a sense of futility about one's life,*
 - *depression,*
 - *lack of energy,*
- and often*
- *physical difficulties*
- characterize this state.*

*These manifestations
are the consequences
of being unaware of
a deep*

- *longing or*
- *need.*

At times,

- *a legitimate human need*

may be distorted by

- *a so-called neurotic need,*

but

*the deviation [i.e., the deviation or distortion of a legitimate human need
by a so-called neurotic need]*

*is seldom
a total illusion.*

*Such need [i.e., the distorted legitimate human need, or a so-called neurotic need]
always harbors
the germ
of a*

- *real,*
- *legitimate
need.*

*Therefore it [i.e., the distorted legitimate human need, or a so-called neurotic need]
must not be
totally thrown out,
even if it is*

- *childish,*
- *destructive, and*
- *unrealistic*

in its present manifestation.

	<p><i>Additional layers of</i></p> <ul style="list-style-type: none">• <i>vagueness,</i>• <i>lack of awareness,</i> <i>[concerning unfulfilled needs]</i> <i>must also be taken into consideration.</i> <p><i>They [i.e., These additional layers of vagueness and lack of awareness concerning unfulfilled needs]</i></p> <p><i>may even exist in some areas of the personality, with people who are quite aware of their</i></p> <ul style="list-style-type: none">• <i>negativities and</i>• <i>negation</i> <i>[i.e., their inner No's blocking fulfillment of needs]</i> <i>in other areas of their personality.</i>
23	<p><i>So we have two manifestations.</i></p> <ul style="list-style-type: none">• <i>Some people</i><ul style="list-style-type: none">• <i>are very conscious of a lack in their lives and</i>• <i>suffer severely from it.</i>• <i>Others</i><ul style="list-style-type: none">• <i>are not aware of</i><ul style="list-style-type: none">• <i>their longing or</i>• <i>their needs.</i>• <i>With their sensibilities dulled they suffer only indirectly from the unfulfillment.</i> <p><i>This insensibility [about the unfulfillment of their needs in this second manifestation]</i></p> <p><i>is not an advantage.</i></p>

*It [i.e., This insensibility about their unfulfillment of their needs
that occurs in this second category of people – people
who are not aware of their needs]*

*creates
more
• self-alienation,
less
• aliveness,
and it
requires
more work
until the layer
of longing
becomes more conscious.*

*People in this predicament [i.e., in this second category – people
who are not aware of their needs]*

*should
• deeply listen into themselves
and
• ask:*

- "What is it
that I really want?"*
- What is
lacking in my life?*
- Do I really have
the fulfillment
I long for?*
- Is there something
deep inside me
that knows
more is possible
than I allow myself
to experience?"*

24	<p><i>I emphasize again, we are not dealing here with personality types –</i></p> <ul style="list-style-type: none"><i>• one person falling into the former,</i><i>• another into the latter category.</i> <p><i>Each individual will be in</i></p> <ul style="list-style-type: none"><i>• different inner places with respect to</i><i>• different aspects of their being.</i> <p><i>The approach I suggest here can be applied by everyone.</i></p> <p><i>It [i.e., The approach I suggest here] serves to make you more conscious of your longing – and this is good.</i></p>
25	<p><i>With regard to what is</i></p> <ul style="list-style-type: none"><i>• affirmed</i> <p><i>and what is</i></p> <ul style="list-style-type: none"><i>• negated,</i> <p><i>there are also two possibilities:</i></p>

*In some instances
the affirming part of the self
strives for
what is*

- *healthy,*
- *furthering*
 - *pleasure,*
 - *love,*
 - *expansion,*
 - *growth,*
 - *fulfillment;*

*while
the*

- *destructive,*
- *ignorant*
part [of the self]
negates [i.e., says No].

*In other instances,
affirming something
may be totally contrary to
the*

- *unity and*
- *growth,*
- *fulfillment and*
- *health*
of the personality,

so that

*unconscious negation [i.e., an unconscious No]
springs from the*

- *best,*
- *most wise*
aspect of the self.

*Fixed outer values
are never*

*a reliable answer to
which is which [i.e., which is wise, right, and best and which
is destructive and wrong].*

	<p><i>[Because fixed outer values are never a reliable answer for which choice is right and which is wrong in a given situation with a given person,]</i></p> <p>It is therefore necessary to keep evaluation shelved until the personality is aware of</p> <ul style="list-style-type: none">• <i>itself and</i>• <i>its various voices.</i> <p>For example, a certain vocational pursuit may appear completely</p> <ul style="list-style-type: none">• <i>acceptable and</i>• <i>"right,"</i> <p>but it [i.e., but a certain vocational pursuit] may not be "right" for this particular person.</p>
26	<p>Wherever you have</p> <ul style="list-style-type: none">• <i>a conflict or</i>• <i>a problem</i> <p>in your life</p> <ul style="list-style-type: none">• <i>which seems difficult to resolve,</i>• <i>that casts a shadow over your joyousness,</i> <p>this approach can be used.</p> <p>Your lack of clear awareness of your saying No also blocks you from meditation in such areas.</p> <p>This obstruction [i.e., obstruction of your saying No, but not being clear about this], when you confront it, is an invaluable indicator of your dividedness [i.e., your having both a Yes and an unconscious No] and should be heeded.</p>

27

*Those of you
who are ready to receive
this powerful energy
can now come to me.*

The result may be

- *a deeper*
 - *awareness and*
 - *understanding,*
- *new knowledge.*

But it may simply be

- *a new loosening up,*
- *an ability to*
 - *let go of something negative,*
- *a new*
 - *energy and*
 - *flexibility*

within the soul substance.

Or it may be both [i.e., both new knowledge and understanding, as well as a new loosening up, an ability to let go of something negative, and a new energy and flexibility within the soul substance],

one

leading to

the other.

Sometimes

explanations

may also come

- *from me,*

as this force

is poured into you.

At other times,

whatever knowledge

is needed in you

will come

- *from within yourself*
 - *as the force goes to work in you –*

provided you

- *nurture it and*
- *stay open to it.*

*The power [of this force from the universe]
can release
your own power
to be*

- inspired and*
- energized*

by yourself.

*This is
the gift
of a new mutuality*

- that can take place and*
- that can be built later*

*into further
and further
extensions
of this
spiritual force.*

*Everyone
who is truly willing
to receive this help
can receive it.*

28	<p><i>Now, are there any questions?</i></p> <p>QUESTION: <i>Is the path of alternation between</i><ul style="list-style-type: none"><i>• the inner</i><i>and</i><ul style="list-style-type: none"><i>• the outer</i><i>Yes</i> <i>a path of</i><ul style="list-style-type: none"><i>• consciousness</i><i>or a path of</i><ul style="list-style-type: none"><i>• action?</i></p> <p><i>If it [i.e., If the path of alternation between the inner and the outer Yes] is the former [i.e., is a path of consciousness], the only problem is really one's ability to follow it [i.e., to follow what arises in awareness and consciousness].</i></p> <p><i>If it [i.e., If the path of alternation between the inner and the outer Yes] is the latter [i.e., is a path of action], which would require radical changes in one's lifelong commitments, then it could be very disturbing.</i></p>
29	<p>ANSWER: <i>Outer</i><ul style="list-style-type: none"><i>• action or</i><i>• change</i><i>is meaningless unless it arises out of a harmonious desire.</i></p> <p><i>Then [i.e., when outer action or change arises out of a harmonious desire] obstacles will fall by the wayside.</i></p>

	<p><i>First</i></p> <ul style="list-style-type: none">• <i>consciousness,</i>• <i>feeling and</i>• <i>awareness</i> <p><i>must be cultivated.</i></p> <p><i>Then</i></p> <p><i>everything else</i> <i>follows</i></p> <ul style="list-style-type: none">• <i>naturally and</i>• <i>organically.</i> <p><i>The change</i> <i>may</i></p> <p><i>outwardly</i> <i>create disruption,</i></p> <p><i>but if</i></p> <p><i>the inner being</i> <i>is whole,</i></p> <p><i>these disruptions</i> <i>are necessary steps</i> <i>to overcome</i> <i>previous forms,</i> <i>[forms] which are</i> <i>no longer of value</i> <i>in the life</i> <i>of the people concerned.</i></p>
30	<p><i>The process</i> <i>cannot ever</i> <i>be completely generalized, however.</i></p> <p><i>At times,</i> <i>outer changes</i> <i>must be undertaken</i> <i>to preserve the wholeness</i> <i>of the person.</i></p> <p><i>At other times,</i> <i>outer changes</i> <i>occur gradually,</i> <i>as awareness grows.</i></p>

*This [i.e., times when outer changes occur only gradually, as awareness grows]
does not mean
that there is
no activity.*

*[In fact,] The inner activity
may be so intense
that the change
wrought in the personality [inwardly]
is more meaningful
than any
outer change
could be –
for example,
[an outer] change enforced
in order to
cover up
an inner*

- fixedness and*
- resistance*

*[will not result in a
meaningful change in the
inner personality].*

*What is indicated [as right and good]
never lies
in the
outer action.*

What is

- right and*
- good*

*in one case
may be*

- the worst thing*

in another.

*Answering the questions
I have raised [in this lecture for your homework] –
because of*

- the honesty required [in answering them] and*
- the confrontation involved –*

*indicates
a highly active state.*

*The commitment to
the divine power
is not
a passive manifestation.*

*It too [i.e., The commitment to the divine power, too],
implies activity.*

*On the other hand,
if a person
waits
to bring about
outer change
until
he or she
is free from
• fear and
• resistance,
expansion
may never
be possible.*

*Often
the person
must go through these feelings [i.e., feelings of fear and resistance],
regardless of
the unpleasantness,
to fully realize
the truth
of his or her situation.*

*Self-surrender
is never
an indication
of passivity.*

*It [i.e., Self-surrender]
is one of
the most active commitments
a person can undertake.*

31

QUESTION:

*Why is it so hard
to give up
one's neurosis?*

ANSWER:

*The creative soul substance,
when it is*

- *unobstructed,*
- *free and*
- *in harmony with*

*its own creativeness,
is constantly
moving.*

*Living matter
never
stands still.*

It [i.e., Living matter]

- *moves and*
- *moves and*
- *moves.*

*• Misconceptions
and*

- *errors*
breed
 - *negativity.*

*• Negativity
breeds more*

- *error.*

*Soul substance
trapped in*

- *error and*
- *negativity*

is

- *stagnant and*
- *fixed.*

*The difficulty
is making
that fixedness [in the soul substance]
fluid again.*

*There is
no
• particle or
• atom
of
• energy or
• substance
that does
not contain
consciousness.*

*The universe
is permeated
with
energy/consciousness,
but not
as separate entities
existing
side by side.*

*• Energy
is
• consciousness
and
• consciousness
is
• energy.*

*Consciousness
that solidifies into
fixed substance
must
• be made
fluid again,
must
• wake up out of
its own stagnation.*

*• Stagnant,
• fixed
energy/consciousness
needs
its own
loosening up.*

Fluid

- *consciousness and*
- *energy*
can affect
the
 - *stagnant,*
 - *fixed*
parts
only with
the greatest difficulty,
because
true awakening
must happen
within
the dormant part.

Free-flowing

- energy/consciousness*
is therefore
always
repulsed by
the fixed state.

This is what I meant by

- the mind*
being lost
in its own maze.

Stagnant consciousness

- must somehow*
find the way
to let go of
itself.

As long as

- free flow*
is not the
mode,
 - *substance,*
 - *energy and*
 - *consciousness*
trapped into
a fixed nucleus
will remain stationary.

32

*These words
are
not
easy to understand
because
they deal with concepts
the human mind
cannot grasp.*

*You must use
your intuitive faculties
to sense the meaning.*

*Those
who have received inklings of
the true world
where
• all is one,
where
• existing things
are not separated,*

*will
feel
what I mean here.*

*The task
of the
• fluid,
• enlightened
consciousness
can be accomplished
only little by little,
• influencing and
• affecting
the
• stagnant,
• entrapped
energy/consciousness/substance,
which [stagnant, entrapped
energy/consciousness/substance]
is what is called
"neurosis."*

Since
the deadened consciousness
is dead –
which may sound like a redundant statement,
but is not –
it takes
a great deal of

- *patience and*
- *searching*

finally
to influence
it [i.e., to finally influence
the deadened consciousness]

- *with*
 - *the free consciousness,*
- *allowing the*
 - *fluid,*
 - *flowing**energy [of the free consciousness]*
to influence
the stagnant mass.

For if

- *free*
- *enlightened*
 - *consciousness and*
- *fluid*
 - *energy**did not prevail upon*
 - *fixed*
 - *consciousness and*
 - *soul substance,*

it [i.e., the fixed consciousness and fixed soul substance]
would remain
fixed
forever
and ever.

The
free-flowing
consciousness/energy
eventually
prevails.

33	<p><i>(After this, two people availed themselves of the Guide's offer; they came close to Eva and stated their</i></p> <ul style="list-style-type: none"><i>• specific,</i><i>• personal</i><i>• negations and</i><i>• affirmations.</i> <p><i>The forthcoming</i></p> <ul style="list-style-type: none"><i>• energy and</i><i>• power</i> <p><i>was a deep experience for everyone present.</i></p> <p><i>The room was filled with it [i.e., filled with the forthcoming energy and power] and, to a few, radiating energy was visible.</i></p> <p><i>Unfortunately it is not possible to describe the experience in words.)</i></p>
34	<p><i>My dearest, dearest friends:</i></p> <ul style="list-style-type: none"><i>• Love,</i><i>• spiritual power, and</i><i>• wisdom</i> <p><i>are one.</i></p> <p><i>The help that comes from "outside" here [i.e., the help that comes in this process of channeling this force from the universe "outside" through this instrument] is not the kind that will ever make you passive.</i></p>

***It [i.e., the help that comes in this process of
channeling this force from the universe “outside” through this instrument]
will elicit
the same source
within you
that is the fountain
of all life.***

It must be that way.

***It [i.e., the help that comes in this process of
channeling this force from the universe “outside” through this instrument]
will
more
and more
prevail upon
stagnant
• energy and
• consciousness
and make them
light again.***

***The first step [in this process of your receiving this force]
lies in
your active participation
as you walk the path
that leads into
your innermost being.***

***The second step [in this process of your receiving this force],
• stating and
• clarifying
your conflict –
as two of my friends here have done –
must generate
more of
the great universal power
that is in infinite supply –
• outside and
• inside
of you.***

35

*This [i.e., this gift of the force]
is a blessed thing, my friends.*

*It [i.e., this gift of the force]
• arose
out of
your contribution
and
• will continue to grow
out of
your contribution.*

*It [i.e., this force]
is indeed
a living force.*

*It [i.e., this force]
is a reality.*

*As all living things,
its [i.e., this force's]
• continuous life and
• fruitful manifestation
depend entirely on
the degree to which
this enterprise
remains mutual.*

*The mutuality
will express itself
first
between
• your own giving of yourself
in truthfulness
and
• the helping power coming through
• me and
• the hands of the instrument.*

*Later, it [i.e., Later, the mutuality]
will work
between*

- your ego-consciousness*

and

- the source of all life
within yourself,*

*which [both i.e., your ego-consciousness and the source of all life within you]
converge together
onto
the stagnant matter,
to loosen it up
more
and more.*

*Maybe you can visualize
the difference
between*

- stagnant*
 - matter,*
- stagnant*
 - energy and*
 - consciousness*

*that
without change*

- hates
and holds, and*
- holds
and hates,*

and

- fluid*
 - matter,*
 - consciousness and*
 - energy*

*that knows
the truth
of*

- life and*
- love.*

*When you
visualize
those two ways of being [i.e., the stagnant ways of being versus
the fluid ways of being],
it will make it easier for you
to make a*

- deliberate,*
- conscious*

*choice:
to let*

- the latter [i.e., the fluid ways of being]*

influence

- the former [i.e., the static ways of being].*

36

*Love
comes to
every one of you here.*

*Some of this power
comes forth
whenever*

- blessings are expressed,*

whenever

- you are open for them [i.e., open for blessings].*

*These blessings
can*

- reach you*

and

- lighten your burden
by making
your own stagnancy
fluid again.*

*But
when you sit here*

- defensively*

and

- doubtfully,
the blessing force
cannot reach you.*

However,
it [i.e., the blessing force]
is always forthcoming
to some degree,
and
it [i.e., the blessing force]
will come now
stronger
and stronger,
as you
open to it
• more
and more,
• conscious of its reality,
• becoming more receptive to it.

Thus you will
increase
the power
of the blessings.

Be in peace
my loved ones.

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