

Pathwork Lecture 197: Energy and Consciousness in Distortion: Evil

1996 Edition, Original Given January 14, 1972

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/>

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¶	Content
03	<p style="margin-left: 40px;">Greetings, all my friends here.</p> <p style="margin-left: 40px;">Divine</p> <ul style="list-style-type: none"> • blessings and divine • force <p style="margin-left: 80px;">pour forth from</p> <ul style="list-style-type: none"> • the world of spirit • toward and • into • you, <p style="margin-left: 60px;">and from</p> <ul style="list-style-type: none"> • the deepest well within you to infuse • your personality.

However,
this force [i.e., *this divine force from the world of spirit and
from the deepest well within you*]
must
not be used
to avoid
what you do
not
want to

- **see and**
- **know.**

[Rather]
It [i.e., *This divine force*]
should be used
to increase
your honesty with yourself.

For only then [i.e., *only when you are honest with yourself*]
can
love grow
genuinely.

And only then [i.e., *only when your love grows genuinely*]
can you be
secure

- **within yourself**

and

- **in the world.**

04

This lecture continues
the sequence of previous lectures,
particularly of the last two.
[Lecture 195: *Identification and Intentionality: Identification
with the Spiritual Self to Overcome Negative Intentionality*]
[Lecture 196: *Commitment: Cause and Effect*]

*As you know,
lectures come in sequences,
which then apparently
stop
and
switch to a new emphasis.*

*And yet
all these
• topics and
• sequences
form
one whole,
an ongoing
• chain or
• spiral,
as all
• universal movements
are
• spiral movements
if
they are
in harmony
with creation.*

05

*In tonight's lecture
I would like to deal again,
from a different angle,
with the concept of
evil.*

*There are
many levels
on which
each part of creation
can be discussed
from many angles.*

*Tonight's approach [to the topic of evil]
is geared to the sequence
of the last two lectures.*

06

Some philosophies

claim that

- *there is no evil,*

that

- *evil is an illusion.*

Others [i.e., Other philosophies]

claim that

- *evil is a fact*
observable by anyone
who faces reality.

Some religious philosophies

contend that

- *evil*
stems from
 - *one principal source,*
 - *a specific entity*
called
the devil –

just as

- *good*
stems from
 - *a personified God.*

- *Good*

and

- *evil*

stem from

two figures [i.e., evil from the devil and good
from a personified God],

according to this view.

Still other philosophies

say that

- *the forces of*
 - *good*
- and*
- *evil*

exist

as

- *principles,*

as

- *energy,*

as

- *attitudes.*

07	<p><i>As I so often do, I wish to discuss evil first in its</i></p> <ul style="list-style-type: none">• <i>cosmic,</i>• <i>spiritual and</i>• <i>philosophical context</i> <p><i>and then on the</i></p> <ul style="list-style-type: none">• <i>personal level, so that you can use it in your own path of development.</i> <p><i>Any philosophy that is not put into practical use remains a</i></p> <ul style="list-style-type: none">• <i>shallow</i>• <i>intellectual abstraction that fails to permeate the other [less-intellectual] levels of the human personality.</i>
08	<p><i>The various concepts [that I present here] of</i></p> <ul style="list-style-type: none">• <i>what evil is and</i>• <i>where it comes from</i> <p><i>are all true, provided they do not exclude the apparently opposite approach.</i></p>

*If you say
that
evil
does not exist
• at all,
• on any level of being,
this would be
wrong.*

*But if you state
that
in ultimate reality
there is
no evil,
that is
true.*

*Any one
of these [several] postulates
is
incorrect
when seen as
the only truth.*

*This [i.e., Saying that “evil does not exist on any level of being” is “wrong,”
and yet at the same time saying that “in ultimate reality there is no evil”]
may seem paradoxical,
as is so often the case.*

*But when we consider the question
from a
• more profound and
• broader
vantage point,
what appear as
opposites
suddenly
• reconcile and
• complement
each other.*

09

*I shall explain presently
how
these apparent opposites
are
all
true.*

*Let me first repeat
that
the universe
consists of
• consciousness
and
• energy.*

*In the
unified state,
• consciousness
and
• energy
are
one.*

*In the
dis-unified state,
they [i.e., consciousness and energy]
are
not necessarily
one.*

*Energy
can be
an impersonal force
that does
not
seem to
• contain or
• express
consciousness.*

*It [i.e., Energy]
seems
a mechanical force
that consciousness
can direct
but that is in itself
alien*

- to determination,
- to self-knowledge –

*in short,
[alien]*

- to everything
that distinguishes
consciousness.

*Think, for example,
of*

- electricity and
- atomic energy.

Even the

- energy of mind
seems often
quite disconnected from
the source
of its [i.e., disconnected from the source of energy of mind's]
consciousness.

*Perhaps you can
feel
what I mean,
to a certain extent.*

*For instance,
many of you
have experienced
that
the power
of your*

- thoughts,*
- attitudes and*
- feelings*

*does
not have
an immediate effect in your life.*

*It [i.e., the power of your thoughts, attitudes and feelings]
has
an indirect effect,
which at first
seems
so disconnected from
its [i.e., from the indirect effect's]
source [or cause – which is the
power of your thoughts, attitudes, and feelings]
that comprehending
the link
between*

- cause [i.e., the cause or source of the indirect
effect – the cause that here is the power of
your thoughts, attitudes and feelings]*

and

- effect [which here seems to be only an indirect
effect that you are experiencing]*

*requires
focused*

- attention and*
- awareness.*

	<p>Only when your consciousness expands [so that you become aware of what is happening here and can relate the effect you are experiencing to its cause]</p> <p>can you sense the oneness of</p> <ul style="list-style-type: none">• this tremendous mind power [i.e., mind power – the power of your thoughts, attitudes and feelings] <p>and</p> <ul style="list-style-type: none">• the energy it sets in motion [i.e., energy set in motion by the mind power, an energy that produces the effect you are experiencing, a connection you could not see at a lesser state of awareness]. <p>This oneness [of mind power and the energy the mind power sets in motion resulting in the effect that you are experiencing, a cause and effect you could not perceive earlier in a contracted state of consciousness]</p> <p>works in both</p> <ul style="list-style-type: none">• a constructive <p>and</p> <ul style="list-style-type: none">• a destructive way. <p>The principle is the same [i.e., the principle of cause and effect works in both the constructive and destructive ways].</p>
10	<p>The</p> <ul style="list-style-type: none">• separated,• dualistic <p>human mind creates the illusion that</p> <ul style="list-style-type: none">• energy <p>and</p> <ul style="list-style-type: none">• consciousness <p>are two different manifestations.</p>

*The same split perception
exists in human beings
regarding*

- *life and*
- *self,*
- *God and*
- *humanity,*
- *cause and*
- *effect,*
- and many other*
- *concepts or*
- *phenomena.*

*There are people on this earth plane
who experience*

- *the universe,*
- *the cosmos,*
- as a*
- *purely energetic phenomenon.*

*There are others
who experience*

- *the universe,*
- *the cosmos,*
- primarily as*
- *supreme consciousness.*

*They are
both right, of course.*

*And
they are
both wrong
when they claim
that their view
is the only truth.*

*Both [i.e., both energy and consciousness]
are one.*

*Since
thought
is*

- *movement and*
- *energy,*

*it is impossible
to separate*

- *consciousness*

from

- *energy*

in their

- *essence,*

although

- *manifestations*

*there might be an
apparent
disconnection.*

11

*How can
all the different*

- *philosophies and*
- *perceptions*

*of life
be true*
*when they
appear
to be
opposites?*

Let us look into this more closely.

*It is quite true
that in
the ultimate reality
of
the unified state
there is
no evil.*

[In this unified state]

- *Thought*
is
 - *pure and*
 - *truthful;*
- *feelings*
are
 - *loving and*
 - *blissful;*
- *the*
 - *direction or*
 - *intentionality*
of
the will
is utterly
 - *positive and*
 - *constructive.*

*Therefore [in this unified state]
there is
no evil.*

	<p>But</p> <ul style="list-style-type: none">• the same consciousness [i.e., this same consciousness that is in a unified state where thought is pure and truthful, where feelings are loving and blissful, and where the direction of the will is positive and constructive] can change its mind, as it were, <ul style="list-style-type: none">• into an<ul style="list-style-type: none">• untruthful and• limited<ul style="list-style-type: none">• thought process, accompanied by feelings of<ul style="list-style-type: none">• hate,• fear, and• cruelty:• into<ul style="list-style-type: none">• negative<ul style="list-style-type: none">• will direction and• intent. <p>In that moment</p> <ul style="list-style-type: none">• the same consciousness [i.e., this same consciousness that was unified], or an aspect of this consciousness, turns<ul style="list-style-type: none">• into<ul style="list-style-type: none">• its own distorted version. <p>If this happens,</p> <ul style="list-style-type: none">• the energy also<ul style="list-style-type: none">• alters its manifestations.
12	<p>Thus</p> <p>the manifestation of evil is not something intrinsically different from pure<ul style="list-style-type: none">• consciousnessand<ul style="list-style-type: none">• energy.</p>

	<p><i>It [i.e., This consciousness/energy]</i> <i>has only changed</i> <i>• direction or</i> <i>• focus.</i></p> <p><i>Hence</i> <i>it is as accurate to state</i> <i>that</i> <i>in essence</i> <i>there is no evil</i> <i>as it is to state</i> <i>that</i> <i>on the level of the human manifestation</i> <i>there is [evil].</i></p>
13	<p><i>Each individual</i> <i>must</i> <i>accept</i> <i>the reality of evil</i> <i>on this plane of development [i.e., on this earth plane of</i> <i>human manifestation and development],</i></p> <p><i>in order</i> <i>• to learn to cope with it [i.e., to learn to cope with evil]</i> <i>and thus</i> <i>• to truly overcome it [i.e., to truly overcome evil].</i></p> <p><i>Evil</i> <i>must be</i> <i>• faced and</i> <i>• overcome</i> <i>primarily within the self.</i></p> <p><i>Only then [i.e., Only when evil is faced and overcome within the self]</i> <i>can the evil</i> <i>that is outside of the self</i> <i>be dealt with.</i></p> <p><i>The attempt to</i> <i>reverse this process [i.e. The attempt to deal with evil outside the self before</i> <i>dealing with evil within the self]</i> <i>will fail,</i> <i>for everything must start</i> <i>from the inner center –</i> <i>and the center is the self.</i></p>

14

*Neither of these
two extremes [i.e., the extremes of all good or all evil]
exists in the human consciousness.*

*In the present development
of human consciousness,
both*

- *the pure*
and
 - *the distorted,*
- *good*
and
 - *evil,*
- *God*
and
 - *the devil,*
exist.

*It is the task
of
every human being,
on the long road of evolution,
lifetime
upon lifetime –
and it indeed
takes
thousands
of lifetimes,
not hundreds –*

- *to purify
the soul*

and

- *to overcome
evil.*

15

*Let us look for a moment at
what evil means,
from the point of view
both of*

- *energy*

and of

- *consciousness.*

When

- *energy*
is twisted,
- *it produces*
a destructive manifestation.

- *Its [i.e., energy's]*
frequency
 - *slows down**and*
 - *becomes commensurate*
with
the distortion of
the consciousness
which determines
the state
by
 - *choosing*
the will direction
*of the thought process**and*
 - *instituting*
the negative
attitude pattern.

The slower
the [energy] movement,
the more
the distortion of consciousness
has advanced,
and the more
we can speak of
a manifestation of evil.

16

*Another characteristic of
distorted energy flow
in its evil aberration
is
condensation.*

*Condensed energy
is the*

- *dualistic,*
- *dis-unified
state.*

*The more
highly developed
a being is,*

- *the purer is
its [i.e., the purer is the being's]
• energy,*

- *the faster
its [i.e., the faster is the being's]
• frequency and*

- *the more radiant
its [i.e., the more radiant is the being's]
• matter.*

[Conversely]

The more

- *distorted and*
- *destructive
a being is,*

the more

- *condensed
is the form
in which
the consciousness manifests.*

Matter,
as you
know it [i.e., Matter as you know, experience, and understand matter],
is
an advanced state
of condensation.

The consciousness
involved in
this state [i.e., The consciousness in the state where energy manifests as
matter – where energy is in this advanced state of condensation]
must
find its way back
to an increased frequency
of its [i.e., of consciousness's]
energy movement
by purifying
its [i.e., by purifying consciousness's]
• **thought and**
• **attitude**
patterns.

17

[After looking at what evil means from the point of view of energy, we
now explore evil from the point of view of consciousness.]
What does
evil mean
as a phenomenon of
consciousness?

Religion
has of course
talked amply about this [i.e., Religion has talked amply about what
evil means as a phenomenon of consciousness]

in terms like

- *hate,*
- *fear,*
- *selfishness,*
- *duplicity,*
- *spite,*
- *cheating life*
by not paying the price,
- *wanting more*
than one is willing to give, and
- *other destructive attitudes.*

This is so obvious
that it hardly needs further elaboration.

But let us look at
the phenomenon of evil
on a more subtle level.

18

Jesus Christ said:

"Do not resist evil."

This saying
has been misunderstood
in many ways.

[For example,]
It has been interpreted
too literally
to mean

- *that you should*
allow others to exploit you and
- *that you should*
not assert
 - *your human rights*
 - and*
 - *your human dignity.*

	<p><i>This interpretation [i.e., This overly literal interpretation of “Do not resist evil”] has preached</i></p> <ul style="list-style-type: none">• <i>meekness and</i>• <i>masochism</i> <p><i>that are</i></p> <p><i>not in keeping with</i> <i>divine truth.</i></p> <p><i>On the contrary,</i> <i>they [i.e., meekness and masochism]</i> <i>help to</i></p> <ul style="list-style-type: none">• <i>perpetuate evil</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>allow the perpetrator</i> <i>to inflict evil</i> <i>on his or her environment.</i>
19	<p><i>Any truth</i> <i>can be interpreted</i> <i>in</i></p> <ul style="list-style-type: none">• <i>different,</i>• <i>yet correct,</i> <p><i>ways.</i></p> <p><i>Since tonight we are discussing</i> <i>evil</i> <i>as a manifestation 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>I shall interpret</i> <i>“Do not resist evil”</i> <i>from this angle [i.e., from the angle of consciousness and energy].</i></p> <p><i>“Do not</i> <i>resist</i> <i>evil”</i> <i>points to the fact</i> <i>that</i> <i>resistance itself</i></p> <ul style="list-style-type: none">• <i>is,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>breeds,</i> <i>evil.</i>

20

*Unobstructed energy
flows*

- *smoothly and*
- *harmoniously,*
like a
gentle river.

*When
resistance
stops
the movement
of the energy current,*

its [i.e., the energy current's]
• *movement slows*

and its [i.e., and the energy current's]
• *form condenses,*

clogging up the channels.

Resistance
• *tightens*
and thus
• *coarsens*
the energy.

It [i.e., Resistance]
holds back
what should move.

21

*The consciousness
[that is] responsible for
the energy
thickening
must exist
accordingly.*

*This statement
is not quite correct,
but
human language
is incapable of expressing*

the essential oneness of

- *consciousness*

and

- *energy,*

*so we must compromise
and speak*

as though

- *consciousness*

were "responsible" for

- *the energy flow.*

*Anyhow,
from your vantage point
this expression
will be quite adequate.*

The distorted

- *thoughts,*
- *intentionality,*
- *feelings, and*
- *attitudes*

resist

what is [i.e., resist]:

- *truth,*
- *life,*
- *God –*
- *any aspect of the goodness
of the universe.*

Because it [i.e., *Because this state where the consciousness consists of distorted thoughts, intentionality, feelings, and attitudes*]

resists
trusting
the life process,

this consciousness [i.e., *this consciousness that consists of distorted thoughts, intentionality, feelings, and attitudes*]

generates
• **ill will or**
• **negative intentionality.**

No evil attitude
can manifest
unless

resistance

to good [*including resistance to truth, to life, to God,*
to any aspect of the goodness of the universe]
is also taking place.

Conversely,
wherever life flows
without resistance,

it [i.e., *life*]
must be
• **harmonious,**
• **blissful, and**
• **creative.**

22

The very manifestation of
matter

as you know it [i.e., *as you know and understand matter*],
which is
a highly dis-unified state,

is
the result of
resistance.

Matter

is

- **thickened,**
- **coarsened,**
- **slowed-down**
energy.

Existence

in matter

- **blinds**
true vision

and

- **is therefore**
unavoidably
painful.

• **Resistance,**

• **matter**

• **blindness,**

spells

- **dualism,**
- **separation,**
- **evil, and**
- **suffering –**

these [i.e., dualism, separation, evil, and suffering]
are one and the same.

Resistance

stems the flow,
closing up;

it [i.e., resistance]

prevents

the movement

of

- **the universal energy –**

of

- **love,**

of

- **truth,**

of

- **the ever ongoing**
movement of life
unfolding as
divine manifestation.

Resistance
is always
obstructing
some
• valuable,
• beautiful
aspect of creation.

Resistance
is therefore
a manifestation of evil.

23

When you go deeply enough into yourself,
you will
relatively easily perceive
your own resistance.

Others
always
can see it [i.e., Others can always see the resistance]
in you
unless
they are
extremely
• blind,
• undeveloped, or
• insist on
not seeing it.

They may have a stake in
• agreeing with you or
• keeping an idealized image of you.

But if this [i.e., But if having a stake in agreeing with you or
keeping an idealized image of you]
is not the case,
they are aware of your resistance.

	<p><i>You, too, can be aware of it [i.e., can be aware of the resistance in you] if you wish to be.</i></p> <p><i>[When you are aware of the resistance in you] You will then see what this resistance [in you] means.</i></p>
24	<p><i>The word "resistance" is used again and again in psychological terminology.</i></p> <p><i>Usually people even forget the real meaning [i.e., the real meaning of "resistance"].</i></p> <p><i>The word [resistance] is thrown around, and people lose contact with its [i.e., resistance's] dynamic reality.</i></p> <p><i>Words become meaningless when they are used</i><ul style="list-style-type: none"><i>• blindly and</i><i>• unfeelingly.</i></p> <p><i>This is why I</i><ul style="list-style-type: none"><i>• deliberately and</i><i>• frequently</i> <i>change terminology –</i><ul style="list-style-type: none"><i>• to give</i> <i>new impact</i> <i>to your understanding</i><p><i>and</i><ul style="list-style-type: none"><i>• prevent</i> <i>blind usage.</i></p></p>

	<p><i>But I use this word [“resistance”] in this context [i.e., this context of our topic of evil] because this is precisely the word used by Jesus.</i></p>
25	<p><i>The word "evil" suffers a similar fate [to that of “resistance”].</i></p> <p><i>Religion has thrown it [i.e., thrown the word “evil”] at humankind in such a</i></p> <ul style="list-style-type: none"><i>• mechanical,</i><i>• distorted, and</i><i>• often meaningless</i> <p><i>way that many individuals have become practically allergic to hearing this expression [i.e., the expression “evil”].</i></p> <p><i>This is why I have shied away from using this word [i.e., this word “evil”] and have mentioned it only occasionally.</i></p> <p><i>But once in a while it is good to return to basic</i></p> <ul style="list-style-type: none"><i>• concepts and</i><i>• expressions,</i> <p><i>to lend</i></p> <ul style="list-style-type: none"><i>• impact and</i><i>• new energy</i> <p><i>to your understanding.</i></p>

26

When you
• *face*
and
• *accept*
your
deeply ingrained
negative intentionality,

you can link it [i.e., you can link your negative intentionality]
with your
resistance.

Resistance
always says
in one way or another,

"I do not want to know the truth
about this or that."

This destructive attitude [i.e., this destructive attitude of resisting by
not wanting to know the truth about this or that]
must create
an evil force
because
it [i.e., this destructive attitude of resisting by
not wanting to know the truth about this or that]
obstructs
the ongoing movement
of truth.

27

*In our approach
to self-development,
we find
again and again
that
the basic evil triad
is*

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

which are always interconnected.

*All other manifestations of evil
arise from this triad [i.e., this triad of pride, self-will, and fear].*

*Furthermore,
each of these three attitudes [i.e., each of these three attitudes
of pride, self-will, and fear]*

- *is a result of
resistance*
- and*
- *breeds
more*
 - *resistance,*
- or*
- *evil.*

Self-will says,

*"I resist any other way
but my way,"*

*and "my way"
is so often*

- *anti-life,*
- *anti-God.*

*Self-will
resists*

- *truth,*
 - *love,*
 - *union –*
- even if
it [i.e., even if self-will]
appears*

to want it [i.e., appears to want truth, love, and union].

	<p><i>The moment the tightness of self-will exists,</i></p> <p><i>divine aspects [such as truth, love, and union] are hindered from manifestation.</i></p>
28	<p><i>Pride is resistance to the oneness between entities.</i></p> <p><i>It [i.e., Pride]</i></p> <ul style="list-style-type: none"><i>• separates itself from others and</i><i>• elevates itself – and thus resists</i><ul style="list-style-type: none"><i>• the truth</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• love</i> <p><i>that are creative manifestations of life.</i></p> <p><i>Pride is the opposite of</i></p> <ul style="list-style-type: none"><i>• humility,</i> <p><i>not of</i></p> <ul style="list-style-type: none"><i>• humiliation.</i> <p><i>The person who resists humility must be humiliated because</i></p> <p><i>the resistance [to the truth and to love] must always finally come to a breaking point [resulting in humiliation].</i></p>

	<p><i>The refusal</i></p> <ul style="list-style-type: none">• <i>to expose</i> <i>the truth and</i>• <i>to admit</i> <i>what exists</i> <p><i>is due to</i> <i>pride.</i></p> <p><i>This pride</i> <i>causes</i> <i>resistance</i> <i>as much as it [i.e., as much as pride]</i> <i>results from</i> <i>resistance.</i></p>
29	<p><i>Similarly,</i> <i>resistance</i> <i>breeds</i> <i>fear,</i> <i>and</i> <i>fear</i> <i>breeds</i> <i>resistance.</i></p> <ul style="list-style-type: none">• <i>The tightened state</i> <i>of resistance and</i>• <i>the slowing</i> <i>of the energy movement</i> <p><i>darken</i></p> <ul style="list-style-type: none">• <i>the vision and</i>• <i>the scope of experience.</i> <p><i>[When vision and the scope of experience are darkened]</i> <i>Life is perceived</i> <i>as frightening.</i></p> <p><i>The more</i></p> <ul style="list-style-type: none">• <i>resistance [i.e., The more resistance to truth and to what is],</i> <p><i>the more</i></p> <ul style="list-style-type: none">• <i>fear –</i> <i>and vice versa.</i>

*Resistance to
truth
arises from
the fear
that
truth
can be harmful,
and in turn,
resistance to
truth
compounds
this fear [i.e., resistance to truth compounds this fear that
truth can be harmful].*

*The hiding [from truth]
becomes
forever
more difficult
and exposure [to truth]
[becomes]
forever
more threatening.*

*Fear of truth –
hence
resistance [to truth] –
negates
the benign quality of
• the universe;*

*it [i.e., fear of and resistance to truth]
negates
the truth of
• the self,
with all its
• thoughts,
• feelings, and
• intents.*

*This self-negation,
rooted in resistance [to truth]
• is,
and
• creates,
evil.*

30

*When you want to
avoid
your*

- *feelings*

*and
your*

- *hidden*
 - *thoughts and*
 - *intentions,*

*you create
resistance [to the truth of your self with all of its feelings, thoughts,
and intentions].*

*Resistance is,
in one way or another,
always
connected with
the thought,*

"I do not want to be hurt" –

*whether this hurt
is*

- *actual*

or

- *imagined.*

*The resistance [to the truth of your self with all of its feelings, thoughts,
and intentions]*

*may be linked
to*

- *self-will*
that says, "I must not be hurt";

to

- *pride*
*that says, "I will never admit that
I can be hurt";*

or
to

- *fear*
*that says, "If I am hurt
I must perish."*

*The resistance [to the truth about the self and about the benign nature
of the universe]*

*expresses
distrust of
the universe.*

*In reality,
hurt
must pass,
for it [i.e., for hurt]
is no more
an ultimate state
than evil is.*

*The more
pain is experienced
in its full intensity,
the faster
it [i.e., the faster pain] dissolves into
its [i.e., pain's]
original state –
[which is]
• flowing,
• moving
energy,*

*which creates
• joy and
• bliss.*

31

*Whether resistance [to the truth about the self and the universe]
comes from*

- self-will,
- pride, or
- fear,

*whether it [i.e., whether resistance to the truth about the self and the universe]
is*

- ignorance and
- negation of what is,

does not matter.

Resistance [to the truth, irrespective of where the resistance comes from]
obstructs

- God,
- the flow of life.

It [i.e., resistance to the truth]
creates walls
that separate
you
from

- truth and
- love –

from

- your inner unity.

A person
on the evolutionary path [such as the one you are on],
who

- searches and
- gropes –

incarnation
after incarnation –
fulfilling
his or her task,

is in
a conflicted
inner state,
as you know.

A great deal
in a human being like you [who is on an evolutionary path]
is already

- free and
- developed.

But
there also exist in you

- distortion,
- blindness,
- ill will,
- resistance,
- evil.

32

*The human being
who is in a state of
partial
inner freedom –*

*• truth,
• love, and
• light
on the one hand,*

and

*• self-will,
• pride, and
• fear
on the other –*

must

find the way out of

*this conflict [i.e., this conflict between truth, love, and light
on the one hand and self-will, pride,
and fear on the other hand].*

*One part of the personality
resists*

*the truth
that these negative
• feelings and
• attitudes
are there*

and

*resists
giving them up,*

*while the other part [of the personality]
strives for*

*• development and
• self-purification.*

*This dualistic state
must cause crisis.*

*I have previously
devoted an entire lecture
to this topic [See Lecture 183- The Spiritual Meaning of Crisis].*

*Let me repeat
that
such a crisis
is
unavoidable.*

*When two opposite
• movements and
• strivings
exist in a person,
a breaking point
must be reached,
which manifests as
a crisis in the person's life.*

One movement says,

*"Yes,
I want to
• admit what is evil,*

*I want to
• confront myself and
• dispense with the pretenses,
which are after all nothing but lies.*

*I want to
• expand myself and
• bring forth
the best in me,
so that
I can
• contribute and
• give
to life,
as I wish to
• receive
from it [i.e., as I wish to receive from life].*

I want to

- *give up the*
 - *childish,*
 - *cheating*
- position*

from which

I grab

at life

- *angrily and*

- *resentfully*

while

refusing

to give

anything

to it [i.e., give anything to life]

except my

- *demands and*

- *resentments.*

I want to

- *stop all that [i.e., stop all that childish and cheating behavior of grabbing everything from life while giving nothing to life]*

and

- *ride*

trustfully

with life.

I want to

- *honor God*

by accepting life

on its own terms."

33

*The other side
persists in saying,*

"No.

*• I want it
my way.*

*• I may even
want to*

• develop and

• become

• decent and

• honest,

but not

at the price

of

• looking at,

• exposing or

• admitting

anything

that is

too

self-incriminatory."

The resulting crisis [between these two opposite sides – the “Yes I want to develop and grow AND I am willing to pay the price of self-facing and inner change required for my purification” versus the opposite side that also wants to develop and grow but says “No, I won’t pay the price of honest self-facing and inner change that is required for my development”]

must

break down

the faulty

inner

structure.

34

Where

- **the destructive orientation** [i.e., the destructive orientation where one is unwilling to pay the price of self-facing and inner change required for purification, growth, and development]

is considerably weaker than

- **the constructive one** [i.e., the constructive orientation where one is willing to pay the price of self-facing and inner change required for purification, growth, and development],

the crisis

**is relatively minor,
for**

the faulty aspects [i.e., the faulty aspects of the destructive orientation in which one is unwilling to face the self and make necessary inner changes required for purification, growth, and development]

can be extricated [from the inner structure]

without

tearing down

the entire psychic edifice.

By the same token,

if the movement

toward

- **growth and**
- **truth** [i.e., if the constructive orientation is present where one is willing to face the self and make the necessary inner changes required for purification and development]

is considerably

weaker than the

- **stagnant,**
- **resistive,**
- **evil**

one [i.e., if the constructive orientation is weaker than the destructive orientation where one is unwilling to face the self and make the necessary inner changes required for purification and development],

major crisis

may again

be avoided

for awhile;

[however,]

the personality

may stagnate

for long periods [i.e., may be stuck in saying “No” to paying the price required by development to face the self and make changes].

	<p><i>But when the movement toward good [i.e., when that part of the personality that is willing to face the self and make the necessary inner changes required for purification, growth and development – i.e., the good] is sufficiently strong, and yet the resistance [i.e., and yet that part of the personality that is unwilling to face the self and make the necessary inner changes required for purification, growth and development] continues to block the movement of the whole personality which [then] becomes</i></p> <ul style="list-style-type: none"><i>• confused,</i><i>• blind and</i><i>• caught in</i> <p><i>destructively acting out, something must give.</i></p>
35	<p><i>Suppose you build a house.</i></p> <p><i>Some of the building material is</i></p> <ul style="list-style-type: none"><i>• solid,</i><i>• beautiful, and</i><i>• of excellent quality.</i> <p><i>Some is</i></p> <ul style="list-style-type: none"><i>• defective,</i><i>• a cheap imitation, and</i><i>• rotten.</i> <p><i>When these two incompatible types of material become inextricably mixed, the structure cannot stand.</i></p>

*If the rotten material
can be extricated
without
tearing down the entire building,
then
profound shake-up
of the inhabitants' present life
can be avoided.*

*So it is
with a personality –
and such extrication
depends entirely
on the
conscious
determination
of the person in question.*

*If the personality
is
too entangled
because
it [i.e., because the personality]
• has been
resisting for too long
and
• still lacks
sufficient impetus of
goodwill,
there is
only one way out.*

*The structure
must be destroyed,
so that
it can be rebuilt
in a pure form.*

36

Such a process [i.e., Such a process of destroying the structure and rebuilding it in a pure form]

*calls forth
an energy movement
that is almost impossible to describe.*

*Resisting evil
means*

not
• facing
and
• accepting
the evil in you.

This resistance [to facing and accepting the evil in you]

creates
a tremendous accumulation of energy,
which
finally
comes to
an explosion.

*The deeper meaning
of the ensuing destruction
is truly marvelous.*

It [i.e., The eventual explosion caused by your resistance to facing and accepting the evil in you]

destroys
the very evil
that has created it [i.e., destroys the very evil that has created the resistance to facing and accepting that very evil].

Unfortunately
it is impossible
to convey the configuration
that takes place.

*Much in the person's life
may go to pieces.*

***The energy movement
of the soul substance [i.e., The energy movement or the explosion of the soul
substance caused by personality's resistance to facing
and accepting the evil in you]***

***tears down
the rotten structure,
even if this means that
temporarily
all seems to go to pieces.***

***However,
what is of true value
will***

- automatically and***
- organically***

***rebuild
itself.***

37

***Imagine
a form
composed of
intense opposite movements
that***

- swirl and***
- rush,***
- explode and***
- implode and***
- destroy themselves.***

Soul substance

- is torn apart***

and

- rebuilds itself***

simultaneously.

***Creation
is taking place.***

***Every crisis
is an integral part
of creation.***

*Therefore [i.e., Because every crisis is an integral part of creation],
wise ones*
• *embrace and*
• *accept*
crises,
which remove
more and more resistance.

Do not resist evil in you.

By that
I mean,
give up
• *the appearance,*
• *the pretense*
that
evil
does not exist
in you.

*Give in [i.e., Give in to rather than resist the fact that evil does exist in you],
go with the movement of life.*

38

The process of
destruction/creation
is a magnificent sight
for spirit eyes.

The blind entity
may suffer
temporarily,
but
how good it is [i.e., how good the process of destruction/creation is].

*The process [i.e., the process of destruction/creation]
is awesome
in its
benign violence.*

- *New movements
come forth,*
- *old movements
change*
 - *direction,*
 - *color,*
 - *hue,*
 - *sound.*

If you

- *go deeply
into yourself and*
- *intuitively
feel into
the meaning
of your crisis,*

*you may gain a glimmer
of the creative process.*

*It [i.e. The creative process]
is apparently
simultaneously
both*

- *creative*

and

- *destructive,*

*as far as
defective soul material
is concerned.*

39

The

- *eternal,*
 - *ultimate,*
 - *essentially benign*
- nature of creation*
is most eloquently demonstrated
in the fact
that
evil
must
finally

destroy itself [because resistance to facing and accepting the evil in you leads to a building up of energy that eventually, in a crisis, explodes in the soul, thereby destroying the evil in you that has been resisted].

It [i.e., evil in you that you resist facing, accepting, and dealing with]
can build up
only for so long,
but
eventually
the breakdown
must occur.

You will all agree
that
the destruction of destructiveness
is a

- *constructive,*
- *creative*

phenomenon.

Thus, in the long run,
every
destruction
is

- *constructive*

and

- *serves creation.*

Always.

*But in an individual's life,
this truth [i.e., this truth that every destruction is constructive
and serves creation]
is not always obvious.*

*The further
you are on the path,
the more
you will see this truth.*

*It will be helpful
if you can meditate
to truly
experience
this phenomenon [i.e., this phenomenon that every destruction is
constructive and serves creation],*

*because
then you will
aid the process
by your
conscious determination
to relinquish
resisting
the evil in you,
which you
mistakenly
believe
comes to you
from outside –
when it can never do that [i.e., evil
can never come to you
from outside].*

40

*You can
diminish the violence
of the
constructive destruction*

- *if your commitment
to truth
takes on a new impetus*

and

- *if you
unearth
your
• negative intentionality*

and

- *change it
into a
• positive intentionality.*

*When you
express
negative intentionality
in concise words,
you can
create
a new movement.*

*It is up to
you.*

*But even before you do so [i.e., before you create a new movement and change your
negative intentionality into a positive intentionality],*

*by your
very admission
of your
deliberate
ill will,*

you will be

- *more in truth and*
- *less inclined
to act out
the evil,
which you sometimes
even do
self-righteously.*

[By your very admission of your deliberate ill will]

**You will
know
who you are.**

**And strangely enough,
the more
you
own up to
your evil,
the more
honorable
you become,**

**and
the more
you will**

- **know that [i.e., the more you will know that you are honorable]**

and

- **appreciate yourself.**

41

**It is the same
with pain:
the more
you accept it,
the less
you will feel it.**

**Resistance to pain
often makes it
unbearable.**

**The more you
accept
your hate,
the less you
hate.**

**The more you
accept
your ugliness,
the more
beautiful you become.**

*The more you
accept
your weakness,
the stronger
you are.*

*The more you
admit
your hurt,
the more
dignity
you have,
regardless of
the distorted views of others.*

*These are
inexorable laws.*

*This
is the path
we tread.*

42

*A lot of
wonderful things
are happening in this work.*

*But
there also must be
a lot of cleaning up,
for which
a great deal of
vigilance
is needed.*

*I want to say that
your venture
is very blessed.*

43	<p><i>Now, my friends, continue in your wonderful endeavor to be in truth.</i></p> <p><i>If your sincerity [about being in truth] is doubted, you must know in your heart where you are – and that [i.e., knowing where you truly are in your heart] is all that matters</i></p> <p><i>That is all that matters!</i></p>
44	<p><i>Be blessed.</i></p> <p><i>Be who you truly are – God!</i></p>

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