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

<table>
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<tr>
<td>Greetings!</td>
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<tr>
<td>♦ Blessings and ♦ help ♦ Love and ♦ strength ♦ The divine kernel are given to you. are pouring forth. is in every one of you.</td>
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The aim of living is • to realize this [i.e., to realize the divine kernel in you], • to know who you really are, • to remember [who you really are].

Once you know your true self, which is divine heritage, you will no longer • fear or • suffer.
The pathwork in which I guide you helps, by its various approaches, to eliminate the obstacles to finding out who you are.

These are mere words for most human beings; only after you have overcome certain obstacles can you occasionally experience your true identity.

In tonight's lecture I should like to discuss one of the experiences you may have when you begin to glimpse your true identity.

I want to prepare you to understand the meaning of this experience so that you do not reject its magnificence by trying to fit it into the mold of the usual human experience – that would
• destroy it and
• make its reoccurrence more difficult.

The purpose of this lecture is also to help you
• attain your true identity sooner and to
• eliminate the purely mental obstacles.
I wish to discuss
a very specific feeling,
a feeling that is
rarely recognized
because it
transcends
the usual
human being's
experience of feelings.

Within the spectrum
of human emotion
there is none
• higher and
• closer to divine reality
than love.

The feeling
I wish to discuss
is beyond love.

Since it [i.e., since this feeling beyond love] is a generally
very rare human experience,
except to the few people who reach
full self-realization,
it has no name.

I have spoken about
many manifestations
that accompany
self-realization.

I have spoken about
how the channel opens
to receive
increasing
• wisdom and
• intelligence
of such magnitude
that all problems
can be resolved.
The solutions come forth
   in an all-inclusive way.

   No loose ends remain.

I have discussed
   how you find
   within yourself
   a new creative power
   that can supply you with
   • any fulfillment,
   • any self-expression,
   • any joy
   you wish.

   They [i.e., fulfillment, self-expression, joy] are all
   • close at hand,
   • ready to be realized.

I have discussed
   the beauty of the universe
   that you automatically discover:
   a universe
   • in which
     • all is well and
     • nothing needs to be feared,
   • in which you will find
     • a sense
       • of wholeness and
       • of eternal life,
     • the power of
       • healing and
       • emotional fulfillment
       on the deepest possible level.
But I have never discussed one particular feeling, though it is implicit in everything else I said— for in your true being all is one: your experiences are no longer • separated and • fragmented, just as you are no longer an entity separate from God.

As your outer, hitherto split-off little intellect will become one with the greater intelligence that dwells within, so will all experiences be one and merely have different facets.

In your present state of development, you can • think one thing, • feel another, • will something else, and even • act in yet another way.
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This terrible fragmentation is the most • painful and • confusing state imaginable.

Its cure lies wholly in your innermost self where you will find the eternal presence of God.

The feeling I am describing might be called, for lack of a better name, the cosmic feeling.

This cosmic feeling is not merely • a theoretical understanding, or • a feeling about the • cosmos or • creation.

[Rather] It is a • physical, • mental, • emotional, and • spiritual experience. It [i.e., this cosmic feeling] encompasses the entire person.

I shall try to describe this experience as best I can within the limitations of human language. Then I shall explain the prerequisites for attaining this cosmic feeling, the four keys which make it possible.
The cosmic feeling
is an
experience
in which
• feeling
and
• thinking
are no longer split.

It [i.e., the cosmic feeling] is
• feeling
and
• thinking
in one.

This is hard to imagine when one has never had such an experience.

But some of you have occasionally experienced the oneness of
• feeling
and
• thinking.

It [i.e., the oneness of feeling and thinking, or cosmic feeling] is an experience
• of bliss,
• of the comprehension of
  • life and
  • its mysteries;
• of all-encompassing love;
• of the knowledge that
  • all is well and
  • there is nothing to fear.
The total absence of fear is something that is very hard for the average person to imagine, partly because you are so unaware of your fears and partly because you are so used to living with them [i.e., living with your fears] that it does not occur to you that life could be otherwise.

When you know that there is no death, no real suffering other than the temporary manifestation of your errors, illusions, and intentional negativities – which could end whenever you so desire – and no real passing of time since time, too, is a production of illusion, then you cannot fear.

Fearless love and joy is a feeling-experience that transcends your little, personal self. It [i.e., this feeling-experience beyond your little, personal self] includes everything – and you feel the oneness of all in the universe.
Your failure to distinguish between what is real and what is false creates apparently endless confusion and pain.

While you believe in illusions, you usually reverse the true order of the universe: you think that what is real is nonexistent.

But knowing what is real and what is illusion is part of the experience of the cosmic feeling.

This experience [of the cosmic feeling] lends an immense security, a knowledge of being truly safe, which in turn releases much energy that is felt as bliss in every part of your being.
• Relaxation and
  • excitement
• peace and
  • pleasure
  you then
  experience
  as interconnected aspects,
  rather than
  [as] mutually exclusive opposites
  as you do ordinarily.

This
  oneness
  contains
  every particle of you –
  • body,
  • soul,
  • spirit.

Needless to say that
  in this state [of being in the cosmic feeling]
  no
  • worry or
  • anxiety
  can possibly exist.

Nor does the
  tight pulling within
  • drive you and
  • torment you and
  • make you restless.
Restlessness

is an expression of
the inner urge
to seek
the path of truth
toward
full self-realization,

but

before you have found it [i.e., before you have found the path of truth],
the [inner urge and] drive
• can be painful and
• can
temporarily
make you
search in the wrong direction,
leading you
even further away from
what your innermost self seeks.

The [tight] pull [within]
may be
• subtle or
• strongly noticeable.

It [i.e., the tight pull within]
has its function,
but it uses energy
that will later
be available for
the blissful knowing-feeling
of the presence of God within.

The
immediacy
of this
incredibly powerful
presence [of God within]
is at first shocking.

The good feeling
is shocking.

It is as if
an electric shock
went through you.
Therefore [i.e., because of the shocking nature of the presence of God within], the ego must grow sufficiently
• strong and
• healthy
to bear the high vibrations when the inner presence of God emanates into the outer person.

This presence [of God within] is then experienced as your eternal
• reality and
• state – your true identity.

The moment you find yourself in this state, you will know in a most profound way
• that you have always known what you now rediscover,
• that you have always been what you now experience yourself to be –
• that none of this is really new.

You had only temporarily cut yourself off from this state of
• feeling and
• knowing,
of
• experiencing life as it really is.
The experience [of God within, of the cosmic feeling] becomes possible the moment you can bear the immediacy of
• your divine kernel's presence,
• its consciousness,
• its energy,
• its sparkling reality,
• its all-permeating wisdom,
• its all-inclusive love,
• its creative power that is yours to use as you see fit.

This description [of the experience of the cosmic feeling] is, of course, extremely limited, for the words cannot convey the experience.

To gain an inkling of the reality of these words, pray, in this very moment, to be able to perceive a taste of it.

Open your inner faculties, my friends.

Observe in yourself how much you fear this experience even while you long for it, and how you consequently close yourself to it.
Then [in seeing how you fear and close yourself to
this experience of God within, of the cosmic feeling],

at least,
you will
know
that something
does
wait for you;
you will not
fall into the trap
of an ego trick
and sit in doubting judgment,
flattering yourself
that the doubting attitude
is intelligent
because it is not gullible.

To distinguish
between
• what is
  • real
and
• what is
  • fakery or
  • escape or
  • illusion,
you must
• be open and
• evaluate
  with your
    • feelings and
    • intuitive faculties, as well as
  with your
    • discriminating mind.

If
fear
governs you,
the discriminating mind
is being
• used and
• perverted.
If the feelings are open in honesty, the discriminating mind will be the servant it is supposed to be, not the master.

If you cannot honestly admit that you are still too afraid of this [cosmic] feeling, that is all right.

You can calmly go to work on the obstacles, without self-deluding tactics that remove you further from the real goal that will be reached one day in • time and • space.

Now I shall discuss the four • keys or • prerequisites for becoming strong enough to bear • the power that you are, and • the wisdom embedded in you, and • the love hidden inside you, ready to flow out.
• Everyone of you, without exception –
• every living thing in the universe,
  • organic or
  • inorganic –
    is permeated with this
    • power and
    • intelligence;
  all that varies
  is the degree to which
    • the power and
    • the intelligence
      become manifest.

---

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The four keys are aspects of the pathwork.

But they [i.e., the four keys or aspects] must also be seen in the context of the cosmic feeling.

They [i.e., the four prerequisites for bearing the cosmic feeling] are the following:

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[一号] 1 [of the 4 prerequisites or keys for bearing the cosmic feeling].

True understanding of cause and effect in your life.

Understanding cause and effect in your life is essential
  • for self-realization,
  • for the realization of your divine identity.
It [i.e., understanding cause and effect] is even essential for a lesser state:
- for mere good health,
- for being centered within and reasonably integrated,
- for meaningful functioning and [for] satisfying experiences.

The moment you can see the level in you where your concepts, intentions, and attitudes create your life circumstances, you have your key to create a different and more desirable life.

But when you are disconnected from the creating power in you, when you create unconsciously, you are powerless, that is, ignorant of your own power, and you get involved in a chain reaction of error and distortion.
You are then in a state
where you
constantly
make others –
• people,
• circumstances,
• life as a whole –
responsible
for your misery.

This brings
further chain reactions.

This inner state [where you make others responsible for your misery] –
whether you are conscious of it or not –
makes you
• blame,
• accuse, and
• feel victimized.

In turn
you
feel justified to
• hate,
• resent, and
• take revenge.

Another byproduct
of your disconnection [from the creating power in you]
is your growing
feeling of
• helplessness and
• powerlessness:
• dependency on others,
  with its
  inevitable resentments
  arising from
  unfulfilled expectations;
• fear
  and the consequent defenses
  that cut you off further
  from
  the source of life in you.
And all the while
you go on
willfully ignoring
how you create
this miserable state
yourself,
because
it suits you better
• to blame others and
• to wait
for a salvation
that will never come.

It [i.e., salvation]
can only come
when you
realize
your beautiful birthright
to create.

Just as you
• create negatively,
so can you
• create positively.

Just as you
• create
willfully
from the little ego,
following the dictates of
• vanity,
• greed,
• laziness, and
• dishonesty,
so can you
• create
by letting God
express in you and
• create
• honestly and
• beautifully.
While you are involved
  in the subtle inner game
  of disassociating yourself from
  the causes
  you set in motion by
  this or that
    • attitude and
    • will direction,

it is impossible
  to use your
  creative powers
  to produce a life of
    • meaning and
    • fulfillment.

So you
  wait –
    in vain –
      for some other power
        to take over.

This [disassociating from causes you have set in motion and
  waiting for another power to take over]
  makes your life
    • miserable and
    • hopeless.

You then
  busily
    deny
      your sense of
        • hopelessness and
        • futility,
  and thus you go on
    ignoring
      that there is indeed
        a way out [of your miserable and hopeless life],
          but in exactly the opposite direction
            from the one
              you have chosen [i.e. your heretofore chosen way of
                  ignoring the causes you yourself
                    have set in motion].
You are fortunate
that the progress of your pathwork
has brought many of you
in contact with
the level
of your negative creation.

You begin to see more clearly
which
• attitudes,
• expressions, and
• intentionalities
have produced
manifestations in your life
that you
• deplore and
• have complained about

• while
passively waiting
for some miracle to happen from outside –
• or in the face of which
you have
• given up and
• adjusted to unnecessary
  • deprivation and
  • frustration.

There is still
much work to be done
by each of you
in searching out
your negative self-creation.

There are still
many areas of your lives
you
• gloss over and
• fail to give the scrutiny
  so essential
  for this discovery [i.e., discovery of your negative self-creations
  and their causes you yourself have put in motion].
Uncover
your vague sense of futility
which makes you fear
that your life
is slipping through your fingers
without your having realized
• its [i.e., life’s] essence,
• its beauty,
• the creative joyousness
  that is here for you to enjoy.

Missing out on it [i.e., missing out on life’s beauty and
the creative joyousness that’s here for you]
makes you
very unhappy.

For anyone who is involved in the pathwork,
this state [of unhappiness for missing out on life’s beauty and joy]
is less acute;

but
there are always some
who come to this work
with only
a minor part of themselves [brought for healing]
and [who]
have no real intention
to open up
all the way.

In that case,
the despair remains.

It is therefore
foolish
• to indulge your resistances in the pathwork and
• to act as if
not overcoming them [i.e., not overcoming your resistances]
would not really matter –
as if your resistances
were based on
• some valid reasons
  peculiarly suited
to your "individuality," or
• whatever other explanations
  you may concoct.
Do not delude yourself
    that you can attain results
    without challenging your resistances.

Understand that
    • you can never connect with
      your creative level,
    • you can never be
      truly secure,
      unless you are aware of
      cause and effect.

Once again, my friends,
begin
    by asking yourselves:
    in what respect
    are you
    • unhappy and
    • unfulfilled?

And then
    proceed,
    with the aid of your helper,
    to investigate
    your hidden attitude toward
    the specific unhappiness.

I do not mean
    the conscious [positive] intent [in this area of
    unhappiness and unfulfillment],

I truly mean
    the hidden [and hence unconscious]
    negative intentionality
    • to get [in this specific area
      of unhappiness and unfulfillment]
      more than you are willing
      • to give [in this area].

All of this must be explored.
At first
   this is painful.

You cling to
   the illusion
   that you are
   an innocent victim.

   But
   what unhappiness you buy
   with this illusion!

And once you
   overcome your dishonesty,
   you will fully
   • see and
   • understand
   • the negative creation
     you have produced and
   • how your
     • mental attitudes and
     • hidden feelings
     have created
     the present conditions.

   These attitudes
   are all the more powerful
   when they are
   • hidden and
   • unrecognized.

I advise you
   not to let
   overwhelming guilt
   dissuade you from this course.

   Recognize
   it [i.e., recognize overwhelming guilt]
   as yet another ego trick.
By such devastating guilt, you prevent yourself from lifting yourself up, from going through the one and only act that can truly remedy the situation, and from recognizing your beauty through the very exposure of your ugliness.

Neither aggrandize the guilt, so that it keeps you cowering in repression and misery, nor belittle it.

Allow yourself to feel the pain of your guilt, so that you fully see its whole impact, what you do to others and yourself, and how so.

This awareness [of the pain of your guilt and its whole impact] will motivate you to change your negative creating into a positive one [i.e., into a positive creating].
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*When you can*

truly connect with
your creative level,
- you will find
  such relief;
- you will find
  the world opening up.

*It will dawn on you*

that if you can create
  - unconsciously,
    - inadvertently, and
    - erroneously
  such tangible
    - events and
    - states of mind,
you can also create
  - consciously,
    - deliberately, and
    - intentionally
  the circumstances and
  the state of mind
  that you desire.

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*For example,*

if you now feel
that you cannot bear
  - happiness and
  - pleasure –
    if the current [required for pleasure and happiness] is too
    - strong and
    - disquieting –
you can
create this capacity [for happiness and pleasure] in yourself
  - by stating the
    - desire and
    - intent,
  - by being willing to give up your
    - dishonesty and
    - negative intentionality, and
  - by wanting to give honestly
    the best that is in you.
How else [other than by creating this capacity for pleasure] can you find the endless wealth that is in you?

By holding back
• your inner giving,
• your openness, and
• your commitment to life you increase
  • your sense of inner poverty,
  • your belief that you are empty and
    • have nothing to give.

The one who feels empty gives nothing.

You can feel
• rich and
• full
  only when you wish to give.

The moment you do this [i.e., the moment you wish to give]
• you create positively, and
• you will gradually see your creations grow.
They [i.e., your positive creations] may
• sometimes take a
  few years to
  fully manifest,
• sometimes less.

They [i.e., your positive creations]
are never completed.

Positive creations
can be
endlessly
enlarged.

By truly seeing
the cause and effect of your
negative
creation and
its manifestations,
you become a creator.

You realize
your birthright
of divinity.

Understanding
cause and effect
in your life
is an incredibly important prerequisite
• for becoming whole,
• for being in reality,
• for true self-responsibility,
• for opening up
  a channel
to your divinity.
This divinity
is nothing
  • supernatural or
  • mystical,
    my friends.
It [i.e., this divinity]
is nothing that comes
  • miraculously or
  • magically
    from far away.

Your divinity
is your power to create
  • by your thinking,
  • by expanding your vision,
  • by impressing your intents
    into yourself, and
  • by requesting
    the power of God
    within you
    to unite with
    your consciousness.

[#] 2 [of the 4 prerequisites or keys for bearing the cosmic feeling].

Learning the ability
  • to feel all your feelings and
  • to handle the feeling experience.

It [i.e., feeling all your feelings]
requires a bit of
  • growing and
  • groping
  before the personality
    can accept all feelings,
    • experiencing and
    • handling them
      constructively.

I have said much about how to do this,
so now I will discuss this topic
  only as it relates to
  the cosmic feeling.
If humankind goes through the depths of
• unhappy,
• painful feelings,
it is because it [i.e., humankind]
• has created them and
• can only grow beyond them by
going through them.

Many of you have already experienced the truth that by fully
• accepting and
• feeling your pain,
you become commensurately capable of sustaining pleasure.

By
• humbly and
• honestly
• admitting your hate and
• expressing it constructively, that is,
• assuming responsibility for it,
your capacity to love grows commensurately.
By willingly experiencing your fear, you grow • fearless and • secure.

This is so because the apparently opposite feelings are one and the same energy current, appearing in different • frequencies and • degrees of condensation.

The vibration changes as you discover the oneness of the opposites.

The more you avoid a feeling, the less can you experience its other side.

The cosmic feeling is of the highest frequency of energy.

If any feeling within the ordinary human spectrum is still apparently unmanageable, cosmic feeling is much too strong to bear.
As long as you shy away from a feeling,
  • it [i.e., that feeling you resist] remains a wall,
  • it remains your enemy,
    and you must remain frightened of your own feelings.

By that dynamic [of resisting a feeling] you create
  the twice-removed alienation process that is so
  • disconcerting and
    • painful:
      • fear of your fear;
      • pain about your pain;
      • hate for your hate.

Your inner split [between what you feel and what you refuse to feel] widens
  until you start
groping your way back [i.e., way back to feeling all your feelings].

There is no feeling in existence, no matter what it is, that cannot be
  • fully experienced and
    • dealt with in a
      • constructive,
      • beautiful way.
If you air out your most negative feelings –
• hate,
• cruelty,
• anger, and
• rage,
and their byproducts of
• envy,
• jealousy,
• greed,
• dishonesty,
and so on –
their
• clean and
• honest
expression
is beautiful.

It [i.e., their clean and honest expression] is beautiful because
• you no longer pretend;
• you risk being truthful and thus become beautiful as you expose the ugliness.

This [exposed ugliness] cannot ever be harmful if you do not then use this stage of your self-work to stay stuck – you know that anything can be • misused and • put into the service of the life-negating ego tricks.
If you have the
* courage and
* trust in the universe
to truly expose
  a negative part of your consciousness –
  without pride because you overcame
  the shame [of your ugliness by revealing it] – and
if you ask for
  inner guidance
  to help you in this endeavor,
you will experience
  the powerful energy
  contained in
  the previously hidden [negative] feelings.

This energy [from your previously hidden negative feelings]
is absolutely essential
  • for creating your life,
  • for expanding your
    • life and
    • consciousness,
  • for feeling
    • joy and
    • pleasure.

• Tiredness,
• listlessness,
• lack of energy
can be explained by many outer factors,
but in the last analysis
  they are always a product
  • of running away from feeling
  and thus
  • of repressing your vital energy.
There is no pain
   that, if you meet it
   • constructively and
   • without
     • false ideas and
     • projections,
will not prove
to be a tunnel
   through which you go
compactly quickly,
releasing
   • beautiful energy,
   • love, and
   • power.

There is no
• hate
  so ugly, or
• negative intentionality
  so awful,
  that expressing it honestly –
    rather than
      acting it out against others –
        will not
          • yield powerful energy and
          • add to the beauty
            of
              • your love and
              • your environment.

• No hate,
• no pain,
• no fear
  is ever permanent,
  but
    • love,
    • pleasure,
    • security,
    • peace, and
    • bliss
      are permanent conditions.
• Hate,
• pain,
• fear

are but
• frozen energy,
• distorted consciousness.

Every time
you feel reluctant
to go
• into a pain or
• into your rage,
it is only
• dishonesty
  that makes you reluctant –
• the wish to appear different
  from the way you really are.

• When you
  overcome your
  imagined
  need to pretend,
• when you
  can be
  who you are,
  there is
  no feeling
  that cannot be
  a source of
  creative energy.

Being honest
includes
challenging
your
• conscious or
• unconscious
assumption
that
if you go into pain,
you will
• become lost in it and
• perish.
By exposing what you fear to expose, you learn to deal with it [i.e., you learn to deal with what heretofore you feared to expose].

Many of you already see that releasing the • stagnant, • sick energy of • hidden, • distorted feelings transforms it [i.e., transforms the stagnant sick energy] into a powerful agent for • joy and • creativity.

The whole spectrum of feelings must be thoroughly experienced: as I said, only when you • allow and • deal with negative feelings can you • accept and • sustain good feelings.
By the same token,  
only when you can  
• accept and  
• sustain  
ordinary good feelings  
can your ability to  
sustain  
the cosmic feeling  
grow.

It is important  
to understand  
this evolutionary process  
of your feeling nature [i.e., first allowing and dealing with negative  
feelings, secondly accepting and sustaining positive feelings,  
and thirdly, sustaining the cosmic feeling];  
it [i.e., this three-stage evolutionary process of your feeling nature]  
will explain  
why  
you are so often incapable  
of holding on to good feelings.

You see yourself  
contract again,  
right after  
you have  
opened up  
and experienced  
• pleasure,  
• love,  
• the goodness of life.

You know  
that this [three-stage evolutionary process and] principle exists,  
but you still  
do not use it enough  
for the gauge that it is;  
[when you contract after opening up] it points to  
• unrecognized,  
• unaccepted,  
• unexpressed  
negative feelings.
And [similarly]

if occasionally

a glimmer of the cosmic feeling

comes

and [then] quickly slips away,

it is a sign

that your love capacity

is not as developed

as it

• can and
• will
  be.

The

strongest human love experience

is only a

• lukewarm,
• mild
  shadow
  of the
  cosmic feeling
  that encompasses everything.

[#{3 [of the 4 prerequisites or keys for bearing the cosmic feeling].

Developing positive intentionality.

You must develop

positive intentionality

• not
  superficially,
• not
  just to comply with some rules,

but [rather] from

the core

of your real being,

where you

want

• truth and
• love
  • for their own sakes
  rather than
  • for what you wish to gain.
It [i.e., positive intentionality] must exist on that deep level where you keep discovering the • dishonesty and • negative intentions toward life, which are the true causes of your unhappiness.

The moment you can • risk looking at your negative intentions and • begin to really work with them on this deep level, your positive intentionality will express itself strongly.

Then there will be love – • love for the universe, • love for yourself, • love for others, • love for creation.

Your love lacks totality to the degree that negative intentionality festers in your psyche.

And you cannot have cosmic feeling unless you have love.
The commitment to make a fair exchange with life must be made
• over and over
• day in and day out,
• searching for
• deeper
• hidden recesses
where negative intentionality may still exist

and then reversing it [i.e., reversing negative intentionality] in a
• deliberate,
• creative act
of expressing positive intentionality.

How can you gauge where hidden negative intentionality exists?

You can gauge it easily by simply asking,
• "Where am I still unhappy?"
• Where am I anxious?
• Where do I have problems
  • with myself,
  • with life,
  • with others?"
No matter how easy it may be to ascribe the cause [for your unhappiness, anxiety and problems] to others – which may also be true – there is nevertheless something in you that you do not see.

Your own unhappiness is your gauge, and you can use it every day.

Nothing could be more reliable.

In your daily review each night, ask yourself, "Is my life as
* fulfilled, as
* joyful, as
* rich and
* meaningful
  as I long for it to be?"

Then you have your answer, and you can explore yourself further by asking,
  • "What do I contribute to this situation?"
  • How do I create it?"

Of course you cannot do this alone, but you have a helper.
Even if your life is • fulfilled and • happy, and you see it become • increasingly richer – and the continued pathwork will bring about such a change without fail – you can still ask yourself, "Which are the areas in my life where I still do not feel the joy that I know otherwise to exist?"

That [i.e., seeing areas in your life where you do not feel joy you know is possible] is your clue to look • inside of you, • in your heart of hearts.

What do you really intend in this innermost place [i.e., in your heart of hearts] toward a certain aspect of your life [where you do not yet feel full joy]? It is really very simple to do this [i.e., very simple to see what you really intend in those aspects of your life where you do not yet feel joy], my friends, and once you focus in this way, you will see it [i.e., will see your negative intentionality in these aspects of life where you do not yet feel joy] as simple as a diagram you can draw with the simplest stroke.

It is truly no mystery.
Connecting with your divine nucleus.

The other three approaches [or keys] [for bearing the cosmic feeling] are surely prerequisites to this [fourth approach or key]. [The previous three approaches or keys are:
  1. True understanding of cause and effect in your life.
  2. Learning the ability to feel all your feelings and to handle the feeling experience.
  3. Developing positive intentionality.]

The fourth approach [or key – i.e., connecting with your divine nucleus – ] cannot truly be used successfully unless the other three [approaches or keys] have been put into practice.

The fourth key is meditational.

• Listen into yourself,
• become calm and receptive,
• quiet the busy, loud mind.

Start with the premise that there is a deep nucleus of
  • knowing,
  • feeling,
  • power, and
  • presence within you.
Focus on it [i.e., focus on your deep nucleus of knowing, feeling, power and presence]

lightly,
without the feeling that
"I must experience it now."

Calmly wait.

Learn to become inwardly relaxed.

See your own inner
• rushing,
• driving,
• grasping.

Observe it [i.e., observe your inner rushing, driving, grasping], until you can stop it.

It may at first be a [deep feeling of] pain, but take the opportunity to feel the pain without resistance.

Learn the great art of tuning in.

Ask your innermost Godself for help in this.

Persevere.

Give
• your attention and
• your goodwill to the practice.

One day the channel will open.

Contemplate the possibility that there are faculties within you that you have not yet experienced.
There is

• an inner ear
  with which you will eventually hear;
• an inner eye
  with which you will see;
• an inner power
  with which you will perceive.

These [inner] faculties
are not yet in use,
but they can be
awakened.

• As you
  put to rest
  • your thoughts and
  • your doubts,
    which are a trick of the ego, and
• as you
  increase your capacity to
  • see through
    the ego’s tricks and
  • be attentive to
    your inner movements,
    again and again
    asking for inner guidance,
you will
  • awaken and
  • develop
    a new inner faculty.

It may appear
in different realms
for different people.

With one,
  the inner ear
will suddenly open
  and you will
  hear God in you.

You will know
  it is not imagination –
  nothing could be more real.
With another,  
the inner eye  
will begin to see –  
perhaps  
• symbolic forms or  
• pictures.

It may see  
on an inner level,  
where seeing  
is knowing.

It may see  
the light  
• of truth and  
• of love.

That seeing  
will become understanding,  
for understanding  
must always follow  
to integrate  
• the experience  
with  
• the conscious ego personality.

Still another  
may discover an ability  
to express  
the inner knowing  
in thoughts:

"It"  
• thinks in you,  
• instructs you, or perhaps  
• writes through you.
There are many different ways in which
• new knowing,
• new seeing,
• new hearing,
• new experiencing
come from
  the divine kernel within.

The integration of this
• new faculty
  into the personality
  is the expansion
  I talked about in the last lecture [i.e., Lecture 199 – The Meaning of the Ego and Its Transcendence].

Everyone can be helped by this lecture to understand where he or she is on the path, regardless of whether each person can actually put everything to use at this point.

That [putting everything in this lecture to use in your life] may come only later.

To close, I would like to say once again that
• the power,
• the strength,
• the love, and
• the help
  invested in this group venture are so wonderful.
The power
grows steadily through
• your
  • progress and
  • liberation and
• the faith you gain
  through what you
  • experience and
  • see
  around you.

You can gain so much
by letting your heart
feel
the power
at these gatherings.

Do not allow
the ego tricks
to cut you off
from your
• heart and
• feelings.

If you recognize
your own
• doubting,
• negating
  ego
  in the tricks it produces, and
if you then
doubt
your doubts,
you can
open your hearts,
my friends.

You will then [i.e., with open hearts you will]
know
I say the truth.
As I withdraw from this instrument, 
try again 
to use 
the powerful energy here.

There are so many different ways to use it.

- Perhaps there are people here 
  - who do not love each other, 
  - who have had 
    - friction or 
    - misunderstandings 
      with one another.

  Maybe they can use this powerful energy 
to come into the middle of the circle 
and honestly confront each other.

- Another way may be 
  for one person who wants help 
  to have the whole group 
  give its energy 
  to find the necessary clue 
  in him or her.

Ask 
in the meditation that follows, 
with which you 
generate more of this beautiful energy, 
for inspiration.

- Use the energy 
to move you 
  where God 
  in you 
  directs you.

  Surrender to 
  the divine 
  - power and 
  - guidance.

Ask God 
in you 
  - whether you should come forward, and 
  - how [you should come forward].
If you truly surrender to God's will and guidance, wonderful things will happen.

Allow them [i.e. allow the wonderful things] to happen.

Enrich yourself and do not shy away from the risk and from the momentary resistance [to surrendering to God’s will and guidance].

Do not cut yourself off from it [i.e., do not cut yourself off from God’s will and guidance].

Be blessed, my dear ones!

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