

Pathwork Lecture 201: Demagnetizing Negative Force Fields – Pain of Guilt

1996 Edition, Original Given May 19, 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/>

Gary Vollbracht

¶	Content
03	<p><i>My dearest friends,</i></p> <ul style="list-style-type: none"> • <i>greetings and</i> • <i>blessings</i> <p><i>for everyone of you here.</i></p> <p><i>The beginning of tonight's lecture will be a</i></p> <p><i>brief recapitulation of certain facets of spiritual laws which I have discussed in the past, particularly in the lectures on "images"</i></p> <p><i>[See especially Lectures</i> <i>38 – Images;</i> <i>39 – Image Finding;</i> <i>40 – More on Image-Finding: A Summary;</i> <i>41 – Images: The Damage They Do].</i></p> <p><i>We shall now</i></p> <ul style="list-style-type: none"> • <i>explore the material more deeply</i> <p><i>and</i></p> <ul style="list-style-type: none"> • <i>let it expand further.</i>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format Posted 11/11/18

04

The fusion of
• *consciousness*
and
• *energy*
is of such a
tremendous power
that this fusion [i.e., that this fusion of consciousness and energy]
creates
an electromagnetic energy field, as it were.

This force field
contains
every conceivable
• *seed or*
• *possibility*
of creation.

Every conceivable
• *attitude or*
• *concept*
about life
creates
such a field.

Once a force field
is activated,
it sets [i.e., this force field sets]
• *events,*
• *patterns,*
• *behaviors,*
• *reactions, and*
• *states of*
• *body and*
• *soul*
into its specific mold [i.e., into the force field's specific mold].

The magnetism of this field
is so strong
that ensuing
actions and events
are inexorably set in motion,
and
these actions and events
continue to perpetuate
the power
of this specific force field.

05

*The force field
of a specific attitude to life
is also ruled by
laws of attraction –*

- *like*
- attracting*
- *like.*

*Thus
you
who have created various force fields
as a result of your*

- *attitudes,*
- *ideas,*
- *concepts, and*
- *approaches to life,*

- *attract*
- or*

- *repulse*
- *events,*
- *people,*
- *happenings, and*
- *actions*

of

- *others*

and also

of

- *yourself.*

*You set up
continuous chains of*

- *action*

and

- *reaction*

of which

you often lose track:

*when an event occurs in your life,
you no longer know
by what*

- *specific belief*
- and*

- *consequent action*

you

have created it.

06	<p><i>This [i.e., This fact that your beliefs and ideas create the events and experience in your life]</i></p> <p><i>applies, of course, to both</i></p> <ul style="list-style-type: none"><i>• real</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• false</i> <p><i>ideas</i></p> <p><i>and to consequent experience which is either</i></p> <ul style="list-style-type: none"><i>• productive and</i><i>• blissful</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• destructive and</i><i>• painful.</i> <p><i>It is an important aspect of this pathwork to first</i></p> <ul style="list-style-type: none"><i>• understand this principle [i.e., understand that your beliefs and ideas create the events and experience in your life],</i> <p><i>and then to see</i></p> <ul style="list-style-type: none"><i>• where and</i><i>• how</i> <p><i>this applies to your personal life.</i></p>
07	<p><i>My friends on the path have discovered various force fields of distorted ideas which we call "images."</i></p>

*You have
experienced within you
how
what you now know to be
a misconception about life
has governed your
• actions and
• reactions
and
has consequently
• brought corresponding events to pass.*

*You now see quite clearly
that these events
are hardly
what they at first seemed to be,
mere coincidence.*

*They [i.e., These events that occur in your life are NOT mere coincidence, but rather]
occur by immutable law:
the law of
self-creation.*

08

*You have experienced
in the further course of this path
the depths
of the negative emotions
connected with
these false ideas.*

*You have also uncovered
the negative intentionality
that you had instituted
as a result [i.e., as a result of these false ideas and resulting
negative emotions].*

*Yet you find yourself stymied
in giving up
the whole nucleus
of the
• image, or
• force field.*

*Although you
know
the ideas
are false,
you cannot help
reacting as if
they were true.*

*For example,
you believe
no woman is trustworthy
because
you felt your mother rejected you.*

*You now
know
that this equation [i.e., this equation that says “because
you felt your mother rejected you,
therefore no woman is trustworthy”]
is grossly false,
yet you are
compelled
to react to
all women
as if they were your unloving mother.*

*You do
not want to give up
your negative intentionality
regarding
• her,
and
• your feelings of
• hate,
• blame, and
• resentment.*

*You do
not wish to open your heart
to love
any woman.*

Regardless of your

- **outer,**
- **conscious**
belief,

inwardly

you now discover

**that this [i.e., that refusing to open your heart to any woman]
is how you react.**

You seem

- **caught or**
- **trapped**

in this image,

although you

know

that it is

- **unfair,**
- **unreasonable,**
- **unintelligent,**

and

that it causes

- **you and**
- **others**
 - **pain and**
 - **frustration,**
 - **unfulfillment, and**
 - **perpetual**
 - **guilt and**
 - **longing.**

09

It is

**extremely difficult
to change**

**these force fields [i.e., to change these force fields connected with the
image that makes one refuse to open one's heart, here to a woman],**

but it is

certainly

possible [i.e., it is certainly possible to change these force fields].

*No one
who is
not*

- *deeply involved in and*
- *committed to*

*a path such as this,
in which
deepest self-confrontation
on all levels
takes place,
can possibly do this [i.e., can possibly change these strong force fields
connected with the image that, in this example,
makes one refuse to open one's heart to a woman].*

*To begin with,
one is not even aware of the
beliefs one holds,
which then create
force fields
with all their ensuing chain reactions.*

To

- *discover particular images,*

to

- *experience*

- *fully and*
- *without defense*

*all the feelings involved in them [i.e., to experience all the
feelings involved in the images],*

to

- *take responsibility for the
negative intentionality,*

*are all actions
that indicate*

- *significant progress and*
- *deeply meaningful work*

on the path of purification.

These steps [i.e., These steps of 1) discovering particular images, 2) experiencing all the feelings involved with them, and 3) taking responsibility for the negative intentionality associated with the images],

- *are necessary pre-requisites*

but

- *do not
by themselves
change the creative power
of the force fields:*

*something more is needed,
as many of you are discovering.*

*I would say that
many of you on the path
have now arrived at such a juncture,
at least in a part of your personality:*

you

- *see,*
- *know,*
- *understand, and*
- *fully experience*
 - *pain,*
 - *fear and*
 - *anger;*

you

- *assume responsibility for
your*
 - *intentions and*
 - *negative will.*

*Yet something
in you
holds you where you are,
although you know quite well
at what price.*

*This lecture
is supposed to help you move ahead
from here.*

10	<p><i>For those who</i></p> <ul style="list-style-type: none">• <i>are at the beginning of the path, or</i> <p><i>for those who</i></p> <ul style="list-style-type: none">• <i>still defend against</i> <p><i>fully assuming responsibility for their lives</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>are therefore blocked,</i> <p><i>the existing image</i> <i>can be deduced</i> <i>infallibly</i> <i>by looking at</i> <i>the life manifestation.</i></p> <p><i>Life</i> <i>reveals</i></p> <p><i>what one's underlying</i></p> <ul style="list-style-type: none">• <i>beliefs and</i>• <i>attitudes</i> <p><i>must be.</i></p> <p><i>It cannot be otherwise.</i></p>
11	<p><i>The magnetic power of the force field</i> <i>is</i></p> <ul style="list-style-type: none">• <i>self-indoctrinating and</i>• <i>self-perpetuating;</i> <p><i>it [i.e., the magnetic power of the force field]</i> <i>is like</i></p> <p><i>a deeply imprinted motor mechanism,</i> <i>set in motion</i> <i>with great energy.</i></p> <p><i>Thus</i></p> <p><i>a stronger energy is required</i> <i>to</i></p> <ul style="list-style-type: none">• <i>deactivate this motor force</i> <p><i>and</i> <i>to</i></p> <ul style="list-style-type: none">• <i>change</i><ul style="list-style-type: none">• <i>a negative force field</i><i>into</i><ul style="list-style-type: none">• <i>a positive one.</i>

	<p><i>To put it differently,</i></p> <ul style="list-style-type: none">• <i>the image has to be dissolved</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the creative energy that was locked up in this image is to be utilized from now on in ways that are compatible with divine law.</i>
12	<p><i>Now let us directly go into the main topic of this lecture.</i></p> <p><i>How do you change</i></p> <ul style="list-style-type: none">• <i>a negative force field</i> <p><i>into</i></p> <ul style="list-style-type: none">• <i>a positive one?</i> <p><i>How do you</i></p> <ul style="list-style-type: none">• <i>dissolve an image?</i> <p><i>How do you</i></p> <ul style="list-style-type: none">• <i>recreate realistic concepts</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>imprint them so deeply into your soul system that</i> <p><i>positive</i></p> <ul style="list-style-type: none">• <i>will,</i>• <i>feeling, and</i>• <i>action</i> <p><i>ensue?</i></p> <p><i>In other words,</i></p> <p><i>how do you</i></p> <ul style="list-style-type: none">• <i>demagnetize</i> <p><i>a negative force field?</i></p>
13	<p><i>Different approaches are necessary for</i></p> <ul style="list-style-type: none">• <i>voluntary</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>involuntary intentionality.</i>

*Of course,
as you proceed with your purification,
all*

- *involuntary attitudes*
- *eventually become*
- *voluntary,*

but

- *at certain stages,*

and

- *in certain areas*

this is not yet so.

For instance,

*you may be perfectly aware of having
a strong defense against
feeling
a specific pain;*

you know

by many proofs

that this pain must be in you,

but

*you cannot feel it [i.e., cannot FEEL the pain],
although you want to.*

By the same token,

a negative intentionality

may be quite conscious,

or it

may manifest indirectly

and you are not yet conscious of it as such.

Needless to say that

in the latter case [i.e. in the case where you are not conscious of a

negative intentionality because it manifests indirectly]

the approach must be different.

14	<p><i>In instances of both</i></p> <ul style="list-style-type: none">• <i>voluntary</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>involuntary</i> <p><i>intentionality it is essential for the conscious mind to</i></p> <ul style="list-style-type: none">• <i>express its positive intent</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>formulate it concisely [i.e., and for the conscious mind to formulate its positive intent concisely].</i> <p><i>But this [i.e., But expressing positive intent concisely] must not be done</i></p> <ul style="list-style-type: none">• <i>in self-delusion and</i>• <i>by superimposing</i><ul style="list-style-type: none">• <i>positive intent over</i><ul style="list-style-type: none">• <i>unconscious</i>• <i>irrational</i><ul style="list-style-type: none">• <i>resistance and</i>• <i>defiance.</i> <p><i>The two voices [i.e. The two voices of both positive and negative intent] must be brought face to face, and the conscious personality shall make the final decision.</i></p>
15	<p><i>We have discussed various false reasons for one's insistence on remaining in a state of</i></p> <ul style="list-style-type: none">• <i>falsehood and</i>• <i>pain.</i> <p><i>Primarily it is a question of identification.</i></p>

*As long as you identify
only with
the negative aspect of your ego self,
giving up something
that is
the primary motivating force
of this ego
seems like
self-annihilation,
and you cannot give up
what seems to be
intrinsically
you.*

*You therefore need to
systematically
establish identification with
your
real self.*

*Unless you do this,
you will lack the volition
to give up
what*

*destroys [i.e., lack the will to give up the negative aspect of your ego
self with which you currently identify,
the part of you that actually destroys]*

- happiness and*
- joy.*

16

*The first steps toward
this new identification with your
real self,
apart from simple
• prayer and
• meditation,
are to reach into
new modalities
with your mind.*

*If you
now hate,
say with your
conscious mind,*

*"I also have in me
the possibility to love.*

I
• want this new state
and
• wish to utilize
all
my hidden
• energies and
• creative forces."

Or,
if you believe you can function
only in a
• non-feeling,
• isolated,
• spiteful
state,
although you would want your state
to be different,
• declare the inherent possibilities within you
and
• say,

"There are
inner
• powers and
• energies
I wish to mobilize.

	<p><i>The same me that is now locked into</i></p> <ul style="list-style-type: none">• <i>spite and</i>• <i>withholding</i> <p><i>contains</i></p> <ul style="list-style-type: none">• <i>other,</i>• <i>more</i>• <i>natural and</i>• <i>beautiful</i> <p><i>ways of being.</i></p> <p><i>I want to manifest this new state as my own inherent state."</i></p>
17	<p><i>At the same time,</i></p> <ul style="list-style-type: none">• <i>alternately</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>simultaneously,</i> <p><i>the demagnetization process takes place by going deeply into your innermost stillness.</i></p> <p><i>I have talked about this [i.e., about this process of going deeply into your innermost stillness]</i></p> <p><i>at intervals since the very beginning when this channel was established.</i></p> <p><i>I have given exercises for learning</i></p> <ul style="list-style-type: none">• <i>concentration and</i>• <i>ways to still the mind</i> <p><i>[see Lecture 71: Reality and Illusion – Concentration Exercises, originally given October 14, 1960].</i></p>

*Yet many of my friends find themselves
apparently
incapable of
even attempting to do this [i.e. even attempting exercises for learning
concentration and ways to go deeply into your innermost stillness].*

*I might say
that with increasing progress
you will develop the
self-discipline
to give yourself time for these practices
every day.*

*Even only a
few minutes
pursued regularly
will pay tremendous dividends,
my friends.*

*If you do this [i.e., If you do this exercise of concentration and stilling the mind]
seriously,
just
• becoming still and
• expressing your intent
to
hear
the will of God,
to
feel
the presence of God within you,*

*it [i.e., hearing the will of God and feeling the presence of God within you]
will happen.*

*You can also go back to
the various lectures I have given about these specific exercises
and use them
for a few minutes each day.*

	<p><i>Whether you do</i></p> <ul style="list-style-type: none">• <i>these specific exercises [i.e., Whether you do these specific exercises I have given you]</i> <p><i>or use</i></p> <ul style="list-style-type: none">• <i>others perhaps more to your liking,</i> <p><i>the only way</i> <i>to demagnetize</i> <i>a negative force field</i> <i>is to establish contact with</i> <i>your</i></p> <ul style="list-style-type: none">• <i>divine reality,</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>cosmic eternal self.</i> <p><i>You must</i></p> <ul style="list-style-type: none">• <i>become very still</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>turn into your inner stillness</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>wait for its manifestations [i.e., wait for your divine reality's manifestation].</i>
18	<p><i>Here you have right away</i> <i>a contradiction</i> <i>that seems</i> <i>apparently</i> <i>insurmountable.</i></p> <p><i>As long as a</i></p> <ul style="list-style-type: none">• <i>deliberate negativity or</i>• <i>negative intentionality</i> <p><i>exists in you,</i></p> <p><i>your</i> <i>resistance</i> <i>to commune with</i> <i>your</i></p> <ul style="list-style-type: none">• <i>eternal,</i>• <i>spiritual</i> <p><i>self</i> <i>will be too great.</i></p>

*And yet,
as long as
you do not call on
the help of
your
spiritual reality,
you must find yourself
incapable of
giving up
your
negative intentionality.*

19

Let us take for example the

- *common and*
- *pervasive*

*attitude
of wishing to punish your parents.*

*You do realize
that
this spiteful self-destructiveness
has absolutely no benefit for you,
yet you feel
you cannot even
want
to give it up.*

*Since you
cannot
want to give it up [i.e., CANNOT EVEN WANT to give up your attitude
of wishing to punish your parents],
you do
not feel clean enough
to let God
manifest in you.*

Neither can you

- *listen to*

*the creative spirit
and*

- *attune yourself to*

its presence.

*Then [i.e., Then since you do not FEEL clean enough to let God manifest in you
and cannot listen to the creative spirit and attune yourself to its presence]
you cannot
know
the eternal being
you really are.*

20

*The only way
to come out of this
self-contradiction
that keeps you magnetically immobilized,
in spite of
your knowing what you are doing with your life,
is to begin to use
thought processes
in a new way.*

Let us take the same example:

*"I want to punish my parents
by my own
• misery and
• spite and
• non-giving,"*

or,

*"I do not want to love
• my parents,
so I cannot love
• anybody else
because
I want everyone
to become better parents for me
than those I really had."*

*Once you are aware of
this attitude –
and a good part of the pathwork consists of
becoming aware of such things –
then you can see yourself
• hooked and
• trapped
there.*

21

*The freeing
new thought process
might be
to begin with,*

"I do not want to stay in this position.

*There are powers within me
that make it possible for me*

to

• change

and

• feel

• good and

• secure

about the change.

*I do deserve it [i.e., I do deserve to change and
to feel good about the change].*

*This change
is my birthright
which I claim.*

*I can subsist
on
good feelings.*

I can
• sustain and
• endure
them [i.e., I can sustain and endure the good feelings],
just as I can

• endure

• pain or

• disappointment.

*I now decide
to no longer believe in
the fallacy
that I can bear
neither*
• painful
nor
• good
feelings.

*If there are any areas within me
where I still*

- battle and
- defend
against

*either the
• painful
or the*

- loving
feelings

which are the

- giving
and the
• receiving
of love,

the power in me

*can make me conscious of them [i.e., conscious of where I still
battle and defend against either painful or loving feelings].*

*It [i.e., This power in me]
can*

- help me
lift myself out of
the groove
that has been set
by the negative force field

and

- bring
a new force field
into being.

*I pray for
the*

- power,

the

- belief,

the

- faith, and

the

- volition

to be totally committed to living my life in a

- good,
• deeply feeling and
• honest
way."

22

*Even if
some part of you
still resists
while you say these words, my friends,
if your
innermost will
pronounces these words*

- *strongly and*
- *decisively,*

without

- *covering up*

or

- *denying*

the negative will,

but

- *meeting*

*it [i.e., but meeting the negative will]
head on,*

*a new power
will be created
by the force
of the intent [i.e., by the force of the intent to
change from negative to positive will]
within your thought.*

*Only too often
you wait
for change to take place
without
your deciding for [i.e., your deciding in favor of having]
a new thought process
about the issue in question.*

*It is
the thought
that must change [i.e., that must change from “deciding against” to
“deciding in favor of” having a new
thought process about the issue in question]
first.*

*In thought
lies the intent [i.e., In thought lies the intent to change from “deciding against”
to “deciding in favor of” having a NEW thought
process about the issue in question].*

This intent [i.e., This intent to change from “deciding against” to “deciding in favor of” having a new thought process about the issue in question] can then seep deeper and deeper into the still resisting layers of your consciousness.

In that way [i.e., By this intention to change from negative to positive will and intent seeping deeper and deeper into the still resisting layers of your consciousness] the process [i.e., the process of changing from negative intention to positive intention]

takes place on
• the outermost
and
• the innermost
levels:

on the
• outermost,
by the

• volitional thoughts

you issue forth [i.e., by issuing forth the volitional thought that you intend to change from NEGATIVE to POSITIVE will and intent];

on the
• innermost,
by the

• divine power

you mobilize

when you meditate

for this specific help.

In this way [i.e., On the outermost level, by issuing forth THE VOLITIONAL THOUGHTS expressing your desire to change from negative to positive intention, and, on the innermost level, by mobilizing THE DIVINE POWER as you MEDITATE for help to change from negative to positive intention]

you

- cannot fail
to inactivate
the power of the***
 - old***
 - negative
force field,***

and

- create
a new force field
that will bring you into
ever increasing***
 - fulfillment,***
 - meaningful life,***
 - joy,***
 - peace, and***
 - love.***

23

***The lack of understanding
that exists in human beings
about***

the power of

- thought***

and

the power of

- feeling,***

and

***how these two together [i.e., and how the
power of thought and power of feeling together]***

create

- magnetic fields
which in turn
create***

- life experience,***

is very regrettable.

The next decades

will bring a change in this [i.e., will bring understanding about these matters].

*You always have to begin
where the*

- *thoughts*

and

- *feelings*

*are accessible,
and that is
in your
conscious*

- *mind,*

*in your
conscious*

- *thinking,*
- *willing, and*
- *doing.*

*If this were not so [i.e., If thoughts and feelings were not accessible in your
conscious mind – in your conscious thinking, willing, and doing],
it would be
impossible
to ever solve
any problem.*

And it has been proven –

- *on this path,*

as well as

- *elsewhere –*

that often

- *the most severely disturbed individuals*
completely
reverse their
 - *painful*
lives
into
 - *happy,*
 - *healthy,*
 - *unified,*
 - *fulfilled*
lives,

while

- *individuals with much less disturbance*
stay put.

The reason for this [i.e., The reason that individuals that suffer a great deal of disturbance and pain are healed while individuals with much less disturbance and pain are not healed]

is that

the former [i.e., the individuals with a great deal of disturbance and pain] are more motivated to act on behalf of change and therefore succeed.

24

If you had to rely on mysterious processes you could not activate, you would indeed be left to a haphazard fate.

But this is not the case.

- *The immediate thought process is always available*
- and*
- *your habit of thinking can be changed quite easily to begin with.*
-
- *A thought inevitably brings a
 - *new feeling,*
 - *new attitude.**

	<p>• But you always have to begin where it [i.e., where the change process] is accessible,</p> <p>and</p> <p>• you have to leap with your thought over the barrier of the • "I cannot" into the realm of • "It is possible."</p> <p>You can say,</p> <p>"These potentials exist in me and I claim them.</p> <p>I want to make them [i.e., I WANT to make these potentials that exist in me] available."</p>
25	<p>More and more of you have recently begun to establish contact with your divinity.</p> <p>You have begun to experience who you really are.</p> <p>But still your hesitancy to avail yourself of this new power often keeps you unnecessarily away from the beauty of your inner reality.</p>

*To reach it [i.e., To reach the beauty of your inner reality]
requires
more
and more investment,*

but

- *could there be anything
more wonderful?*

- *Could there be anything
more worthwhile?*

*This [i.e., Reaching the beauty of your inner reality]
is the very aim of this path;*

*you will
no longer be needy
because
you will know that
everything
exists
within you
to fulfill
every one of your needs.*

*And instead of
looking for
where the needs
can never be fulfilled,
namely*

- *outwardly,
from*
- *parents or*
- *parent substitutes,*

you will look

- *inwardly*

*where you can
never
be disappointed.*

26

***For that [i.e., For looking inwardly where you can never be disappointed]
you must come with
a clean heart.***

***It is necessary to
give up
the***

• dishonesty,

the

• hiding,

the

• projecting, and

the

• game playing

***• that exist on
subtle levels***

in your consciousness and

***• which you often manage to
deny,***

even now,

after you have

temporarily

admitted them

into your consciousness.

***It is certainly
not only possible***

***to do this [i.e., not only possible to give up the dishonesty, the hiding,
the projecting, and the game playing that exist on
subtle levels in your conscious mind],***

***but eventually
everyone's
fate to do so.***

***To be free from
these dishonesties
is the***

• natural,

• universal

law,

and really the

***• easiest way [i.e., the easiest way for reaching the beauty
of your inner reality].***

*This [i.e. Being free from these dishonesties and reaching the beauty
of your inner reality where you can never be disappointed]
is inexorably your fate.*

To hold on to

what is most

- *difficult and*
- *contorting and*
- *hurtful*

for your soul

is senseless,

because

one day

you must become your

- *whole,*
- *real,*
- *joyous*

self:

not

- *this little ego,*

but

- *the ultimate Creator*

of whom you are a manifestation.

27

*If you listen into
your deepest stillness,
calling upon
the Creator within you,
the stillness
in you
will answer.*

*This [i.e., The stillness answering you if you listen into your deepest stillness,
calling upon the Creator within you]*

is inevitable

if

you

really want

to know

peace.

***If you
do not
want to know
• peace,
• joy,
and
• all conceivable fulfillment,
then you have your clue:***

***you wish to
hold on to
something dishonest
that you are loath to give up.***

***Look at it [i.e., Look at that something dishonest that you hold on to
and are loath to give up],
look at it squarely.***

***When you
see it,
you can confront yourself about
why
you want to hold on to it [i.e., confront yourself about WHY you want to
hold on to that something dishonest and are loath to give up].***

***Then you can
make that leap
in your thought process [i.e., that leap from the thought, “I want to
hold onto this.” to the thought, “I am willing to let this go.”].***

28

*Here I come to
the second part of this topic.*

*One of the important obstacles
to*

wanting to

- *establish the channel with your real being*

and

wanting to

- *give up dishonesty*

is

your guilt

for pain you

- *have inflicted, or*
- *are still inflicting.*

*I touched upon this subject before,
but the time has come
to go into it more carefully.*

29

*Over these last years
you have learned to*

open up to

the pain

you have endured,

pain

that has been inflicted upon you,

first, by

- *your parents*

when you were a child,

and later by

- *others.*

*You have learned to
no longer defend quite so much
against such pain,
and more
and more
you can*

- *feel and*
- *experience*

*it fully
and thus [i.e., and by feeling and experiencing this pain inflicted
upon you by others and feeling this pain fully]
free yourself [i.e., free yourself from the pain from others].*

*However,
your entire psychological movement
has turned away from
the other aspect of pain:*

*feeling the pain of
your guilt
for having inflicted pain on others.*

*This [i.e., This psychological movement's turning away from encouraging
people to feel the pain of their guilt for having inflicted pain on others]
is so
for partially good reasons.*

*Every truth
can be distorted.*

*In the days of
pre-psychology,
religion
had indoctrinated man
with a*

- *distorted,*
- *debilitating guilt feeling:*
 - *false guilts,*
 - *fear of a punishing God,*
 - *a guilt that did not make it possible
for human beings to live*

in

- *dignity and*

in

- *the knowledge of who they ultimately are.*

	<p><i>In order to straighten out such distortions, the pendulum must always temporarily swing to the opposite extreme, until the right balance of truth is found.</i></p>
30	<p><i>I make a clear distinction between</i></p> <ul style="list-style-type: none">• <i>remorse</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>guilt:</i> <p><i>remorse is the deeply felt pain of your wrongdoing, yet without losing sight of your divinity.</i></p> <p><i>You become a</i></p> <ul style="list-style-type: none">• <i>better,</i>• <i>stronger</i> <p><i>person when the pain of remorse is fully savored.</i></p> <p><i>Guilt [i.e., Guilt, on the other hand,]</i></p> <ul style="list-style-type: none">• <i>crushes the self</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>denies its [i.e., denies the self's] intrinsic divinity.</i> <p><i>The current trend, as a result of the pendulum having swung away from the opposite extreme [i.e., away from the extreme where guilt crushes the self and denies the self's intrinsic divinity], makes all guilt appear neurotic.</i></p>

	<p><i>In fact, there is a difference between</i></p> <ul style="list-style-type: none"><i>• neurotic false guilt</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• real guilt</i> <p><i>and one can hide the other [i.e., neurotic false guilt, for example, can hide real guilt].</i></p> <p><i>I have spoken of this before.</i></p>
31	<p><i>If you cannot bear pain that others inflict upon you, then</i></p> <p><i>you cannot experience in a constructive way the pain of your own guilt either.</i></p> <p><i>The guilt of your own distortions must be fully</i></p> <ul style="list-style-type: none"><i>• faced,</i><i>• felt, and</i><i>• understood</i> <p><i>in all its</i></p> <ul style="list-style-type: none"><i>• ramifications and</i><i>• chain reactions.</i>

Otherwise [i.e., *Otherwise, if you do not fully face, feel, and understand in all its ramifications and chain reactions your REAL GUILT for inflicting pain on others because of your own distortions*]

you can never

be clear with yourself

and unless you do so [i.e., *unless you thusly deal with your REAL GUILT and thereby become clear with yourself*],

you cannot

- **be whole.**

You cannot

- **look at yourself with**

• **love and**

• **respect,**

which means that

you cannot be

who you really are [i.e., *you cannot be who you*

really are in your divinity].

Do this [i.e., *Do this “looking at” yourself and your real guilt*]

in a very

- **realistic and**

- **well-proportioned**

manner,

without

- **exaggeration,**

- **hiding, or**

- **dramatization.**

It is possible

to recognize

the chains

you are forging

with

- **your negative attitudes and**

- **the hurts you inflict with them** [i.e., *the hurts you inflict on others with your negative attitudes*],

either

- **directly**

or

- **indirectly.**

The hurts of
• *omission*
are no less hurtful than those of
• *commission.*

Have you not been
deeply hurt
by what was missing in your life
as a child?

Was it
your parents'
inability
to give more
• *warmth,*
• *good feelings, and*
• *closeness?*

Well,
you are inflicting the same on others [i.e., you are inflicting the same pain on
others by NOT giving them the healthy warmth, good feelings,
and closeness they need and deserve from you, and thereby]
by your
vindictive
• *imitation and*
• *perpetuation*
of the very attitude
that hurt you most.

32

If you are
crushed by
the pain of your guilt,
this is only because
you have
decided
to opt for this reaction, my friends.

*Whenever you so wish,
you can*

- *question
the necessity of
being crushed*

and

- *listen to
your inner stillness
for the possibility of
a new reaction.*

*Yes, you will
feel
the pain of
guilt,
and
so you should.*

*But
as with the pain
others have given you,

if you can
fully accept it [i.e., fully accept the pain of your guilt],
it [i.e., the pain of your guilt]
ceases to be pain.*

When you

- *fully feel
the pain*

and

- *are motivated
with your whole heart
to give up
the negative pattern [i.e., the pattern that inflicts pain on others],*

*the pain of guilt
will make way
for*

- *a wonderful new energy:*

for

- *light,*
- *hope,*
- *love, and*
- *beauty.*

33

*Violations of spiritual law
can only be corrected
when you learn to
feel*

*the hurts
you*

- *have inflicted*
- and
- *still inflict*

*[and when you learn to feel these hurts
you inflicted and still inflict on others]*

without

- *feeling*
- *annihilated or*
- *worthless,*

without

- *crumbling*
- under a load of guilt.*

Feel

the pain

of your

- *withholding,*

of your

- *spite,*

of your

- *maligning*

whether

- *in your mind*

or

- *in actuality.*

*When you hold on to
any kind of
negative intentionality,
you cannot help*

- *depriving and*
- *hurting*
- *others,*

*just as these attitudes [i.e., just as these attitudes of negative intentionality in you]
must inevitably hurt*

- *you.*

*For there is no conceivable difference
between*

- *yourself*

and

- *others.*

Whatever you do to

- *others,*

you do to

- *yourself,*

and

vice versa.

*I have said this many times before,
but in
your mind
you still make a distinction [i.e., a distinction between
yourself and others],*

*so much so,
that you go on being*

- *spiteful and*
- *hating.*

34

*Now, my friends,
let yourself
feel
the pain
of
inflicting pain [i.e., of inflicting pain on others]:*

*feel it
without
• crumbling,
without
• exaggerating,
without
• doubting your
divine heritage.*

*If you can do this,
you have found
the all-important key
that will make you
want
to open up to
your divinity
with all its
• joy
and
with its
• eternal reality
of love.*

*If you
• cannot bear the pain
of your guilt and
• look away from it,
then
you cannot
feel deserving,
and hence
you must
block
the contact with God in you.*

So this [i.e., So fully feeling and bearing the pain of your guilt for inflicting pain on others, without feeling unworthy of your divinity, of God within] is one of the most important keys you need.

35

Facing
• *the guilt for the pain
you inflict on others*
is really not very different from
facing
• *the pain
you have received [i.e., the pain you have received
and endured that was inflicted upon you by others].*

In both instances
you can
• *exaggerate it*
and
• *make yourself
incapacitated for life,*
or
you can
• *decide not to feel it at all.*

Or
you can
• *allow the feeling,
and say:*

"Yes,
• *others
have made mistakes.*
• *I
have made mistakes.*

They were
• *blind and*
• *groping,
and so was I.*

They were
• *in darkness and*
I was
• *in darkness.*

*This is regrettable,
but this is what we are all here for.*

*I now lift my head
in the dignity of
who I am.*

*I know
the greater power within me
will help me to
feel*

the pain I have

- *given [i.e., to FEEL the pain I have
inflicted upon others]*

and

the pain I have

- *received [i.e., to FEEL the pain
inflicted upon me by others] ."*

*This attitude [i.e., This attitude of feeling and accepting BOTH the pain others
inflict upon one AND the pain one inflicts on others as regrettable but
inevitable mistakes made by humans in their existence on earth]*

can now be

- *cultivated and*
 - *pursued,*
- my friends.*

You

do have the

- *courage;*

you

do have the

- *greatness; and*

you

do have the

- *possibility
within yourself
to*

- *feel this [i.e., to FEEL both the pain you have endured
and the pain you have inflicted upon others]*

and

- *become*

- *stronger and*

- *better,*

not

- *weaker and*

- *worse,*

as you fear.

36

***It is absolutely necessary
that you***

- ***trace***
all the connecting links
between
 - ***cause***
- and***
 - ***effect,***

and

- ***be totally aware of***
pain
 - ***received*** [i.e., aware of pain inflicted upon you by others]
- and***
pain
 - ***given*** [i.e., aware of pain you have inflicted upon others].

See how

- ***one*** [i.e., See how, say, for example, the pain you endure
that is inflicted upon you by others,]
leads to
 - ***the other*** [i.e., here, leads to the pain you inflict upon others and
that is endured by others],
back and forth,
in an
endless chain reaction.

It is in

your power,
any time you wish,
to break this chain.

When you decide to
go into this area of your being
to look at it,
express your intent
to avail yourself of
all divine help in you.

Call upon this help [i.e., Call upon this divine help that is within you].

Become so still
that you can listen.

Feel it [i.e., Feel this divine help within you]
and know its presence.

37

***The apparent paradox
is that***

- ***the more you hide from
the pain of your guilt*** [i.e. *the more you hide from the pain of your
guilt for the pain you have inflicted upon others*],
- ***the more ruthlessly
you punish yourself*** [i.e., *the more ruthlessly you will need to punish
yourself for the hidden pain you have inflicted upon others*].

***Conversely,
it is true that***

- ***the more you
face and
feel
that pain*** [i.e. *the more you face and feel the pain of your
guilt for the pain you have inflicted upon others*],
- ***the less
you will
need
to punish yourself*** [i.e., *the less you will need to punish
yourself for having inflicted pain upon others*].

***The negative attitude of
hiding from yourself
what you are***

- ***doing and
really feeling
creates a
negative force field
that perpetuates itself
in the following way:***

***punishing yourself for
your unfaced guilt,***

***you must stay in
the very attitude
that accumulates
more
and more guilt.***

***You are truly caught in
one of the most tragic of vicious circles:***

***because
you imagine
that you cannot face
the pain
of your guilt [i.e., because you imagine you cannot face the
pain of your guilt for having inflicted pain upon others],
you cut yourself off
from
your
• heart,
your
• center of being, and
from
your
• innermost life.***

***You feel forever
undeserving of
joy.***

***If you are
undeserving of joy
your needs
must remain
eternally unfulfilled.***

***If you
feel
• undeserving and
• unfulfilled
you go on
punishing the world
for this painful frustration.***

*You dare not
turn to the
wondrous magnificence of
your inner presence
to help you out of this trap
because doing so
would
instantly
fill you with*

- light and*
- joy.*

*You feel that
because you have
given pain [i.e., You feel that because you have inflicted pain
upon others]
you do not
deserve
such an experience [i.e., do not deserve an experience
of being instantly filled with light and joy].*

*But how can you
break
the negative pattern
unless
you avail yourself of
the power of God within you?*

*And you cannot
experience
God within you
without also
experiencing*

- joy,*
- peace, and*
- light.*

*How are you
ever
going to break the vicious circle
unless you use
this key [i.e., use this key of fully feeling and bearing the pain
of your guilt for inflicting pain on others without
feeling unworthy of your divinity, of God within]?*

38

**Go into your
inner stillness
right now.**

Declare

- **that you wish to
feel the pain
that is held in you,
as it was**
 - **given [i.e. feel the pain of your guilt for the pain that you
inflicted upon others]**

and

as it was

- **received [i.e. feel the pain you endured that was inflicted
upon you by others],**

and [i.e., and also declare]

- **that you wish to
be
the beautiful person
you really are.**

Feel

both

- **the pain of your guilt [i.e., FEEL both the pain of your guilt
for the pain that you inflict upon others]**

and

- **the beauty of your real self [i.e., AND also FEEL the beauty of
your real self].**

**Thus [i.e., by feeling BOTH the pain of your guilt AND the beauty of your real self]
you**

- **alter
the course you have set in motion**

and

- **create
a new force field
because
you demagnetize
the old one.**

**This is the way now,
my friends.**

As you do this,

*as you
feel*

- *the pain of the guilt [i.e., as you FEEL the pain of the guilt
for the pain you have inflicted upon others]*

and

- *the pain of what has been done to you [i.e., and as you FEEL
the pain that has been inflicted upon you by others],*

*it will become
one and the same pain.*

You will then

forgive

- *yourself [i.e., forgive yourself for the pain you have inflicted upon others]*

as you

forgive

- *others [i.e., as you forgive others for having inflicted pain upon you],
as it was said*

in one of the greatest prayers [i.e., in the Lord's Prayer].

Then

you will be free:

free to

- *let go*

and

- *let God*

manifest

through you

more

and more

in your everyday life.

Be infused

with

- *inspiration*

and

- *wisdom,*

with

- *joy*

and

- *peace.*

39

*These
are not mere words, my friends.*

*They are
the unshakable reality
that can be verified
by anyone
who wishes to go on this path
all the way.*

*These are
not
• promises
or
• abstract
• philosophies or
• principles.*

*These are
concrete
actions
to be put into everyday living.*

*You
• will then
no longer depend on others,
but
• will
be
your
• real self,
your
• divine self.*

*You will therefore have
• true
relationships,
not
• dependent
relationships.*

*This is your
ultimate fate.*

*It is up to
you
how soon you make it come true.*

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.