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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<table>
<thead>
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<th>03</th>
<th>Content</th>
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| • Greetings and   
  • blessings for every one of you here. |
| Welcome to   
  • new and   
  • old friends searching for their inner path. |

<table>
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<th>04</th>
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<td>I will speak tonight about the human capacity to create, an astoundingly underestimated potentiality.</td>
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Your creative ability
is infinitely greater than
• you
and your
• scientists,
• psychologists or
• philosophers
realize.

With the exception of
a very few enlightened ones,
most people
do not know of their
dormant capacity
to
• create
and
• recreate
their lives.

Some
may believe in it [i.e., Some may believe in their capacity to create and recreate their lives]
in theory,
but few
have truly
experienced it [i.e., but only FEW have truly EXPERIENCED their capacity to create and recreate their lives].

When you adopt
• a human body and
• the ego state
in this three-dimensional world [i.e., in this world of the three dimensions of TIME, DISTANCE, and MOVEMENT],
you automatically
close off the
memory of
other states of consciousness.
These forgotten states [i.e., These forgotten states of consciousness] are much
  • less confined,
  much
  • freer,
  much
  • more aware.

In them [i.e., In these forgotten states of consciousness before your incarnation] you were completely capable of molding your life, to a degree that the human consciousness cannot possibly comprehend.

The power of thoughts, feelings and attitudes is enormous.

This power exists just as much now, in your present state [i.e., in your present human state], but you do not see it.

You do not know that you have molded what you experience in this moment in such a precise way that there can be no mistake concerning it [i.e., concerning the FACT that YOU have molded what you EXPERIENCE in this moment].
As I have often said, the sum total of all your
• conscious,
• semi-conscious,
• unconscious,
• explicit and implicit
• thoughts,
• beliefs,
• assumptions,
• intentions,
• feelings,
• emotions and
• will directions – conflicting as they may be – creates
• your present experience
and
• the way your life unfolds for you.

Your present life expresses your inner state exactly, like a faultless mathematical equation.

Thus you can use your life as a map into your inner regions.

This [i.e., This fact that you can use your LIFE as a MAP into your INNER REGIONS] is, after all, part of the method of the pathwork.
Many of you have verified that
• hidden,
• feared,
• guilt-producing and
• denied
  • thoughts and
  • feelings
are more powerful in their negative creation than
  anything you deal with on the conscious level.

• Fear and
• guilt
  are potent creative agents.

They [i.e., Fear and guilt] contain
  a great deal of energy.

On the positive level,
• enthusiasm,
• joy,
• vitality,
• interestedness,
• stimulation
  are also potent energy agents.
A path such as this [i.e., such as this pathwork] must therefore be intensely concerned with exploring what you • believe, • feel, • assume and • intend on layers of your personality that are not immediately accessible.

Your unconscious motives often create what you do not wish to experience at all because you do not know • what you bargain for and • what side-effects are attached to your • unwise wishes, • false assumptions and • negative intents.
Also, you
• ignore
  the potency
  of such psychic material [i.e., the potency of your unwise wishes,
  false assumptions, and negative intents]

and
• do not see
  how infallibly
  it [i.e., how infallibly such psychic material – your unwise wishes,
  false assumptions, and negative intents]

  translates itself
  into the creation
  of
  • matter,
  of
  • events and
  • circumstances, and
  of
  • life experiences.

When humans
  adopt
  the limited
  ego state,
they do so
  for very specific purposes.

You
• manifest and
• express
  yourself
  in this limited state
  for the purpose of
  • purification and
  • unification.
It would not be possible to do such work [i.e., to do the work of purification and unification] as quickly and as effectively if you were in full possession of your entire consciousness and your faculties, my friends.

For your ego personality, as it expresses itself now, is but an isolated aspect, or several isolated aspects, of your total personality.

A much larger, fuller and more purified part of your total personality, or real self, does not manifest overtly.

As I have often mentioned, personality consists of aspects of consciousness.
The manifestation of certain aspects [i.e., The manifestation of certain aspects of consciousness, including certain UNPURIFIED aspects of consciousness] in an isolated form – [i.e., in an isolated form] which consists of
- the three-dimensional reality [i.e. the reality of TIME, DISTANCE, AND MOVEMENT]
  and
- the ego – affords possibilities of
  a focused awareness that is lacking when
  these unpurified aspects [i.e., when these unpurified aspects of consciousness] are submerged in the largely purified personality.

Your purified spirit can easily overlook
- small
- but significant distortions that nevertheless [i.e., that, even though they are submerged in the largely purified personality, nevertheless] act as hindrances to further developments surpassing the scope of human consciousness.

Such developments [i.e., Such further developments surpassing and beyond the limits and scope of HUMAN consciousness] proceed in spheres of reality that you [i.e., that you, in your current limited human consciousness,] cannot comprehend now.
It is, however, possible [i.e., It is, however, even in a limited state of human consciousness, possible]
to
• activate the capacities of the larger self,
to
• focus on it [i.e., to focus on the larger self]
and
• be receptive to its [i.e., be receptive to the larger self’s]
ever-present inner voice.

Similarly, it is possible [i.e., Similarly, it is possible, even in a limited state of human consciousness,]
to
• focus on and
• be receptive to negative aspects of your personality that
  • lie deeply buried
  and
  that
  • need to be purified on your evolutionary road.

This path [i.e., Pathwork] teaches you to
• contact all these hidden layers and
  • deal with them appropriately.

In other words, some parts of you are more developed and others [i.e., other parts of you are] less [i.e., less developed].
The latter [i.e., Those aspects of you that are LESS developed] are
• not manifest,

but they [i.e., but those aspects of you that are LESS developed] are
• still you.

The
• manifest,
• more developed part
  has the means to
  • explore,
  • bring out and
  • unify itself with
  the other parts [i.e., explore, bring out, and unify itself with those parts of you that are less manifest and less developed.]
  which you cannot yet see.

When you undertake this exploration [i.e., this exploration of those parts of you that are less manifest and less developed] as your main task in life,
• all restlessness disappears and
• a deep sense of
  • meaning and
  • fulfillment
  comes into your soul.

Slowly but surely
• life's frustrations begin to disappear and
• rich fulfillment begins to take their place.
For only when you focus your attention on the reason for coming into this plane in the first place [i.e., this reason being: the exploration, development, and unification of those parts of you that are less manifest and less developed] can you find your place in life.

Conversely, there are the many who arbitrarily make a split between what they call "living" and their spiritual development. They do not want to give too much to the latter [i.e., to their spiritual development] because they foolishly fear that this shortchanges the former [i.e., shortchanges "living"].

The more they concentrate on outer material living without bringing it into a cohesive, meaningful connection with wider and deeper considerations, the more restless and depressed they become.
Whatever
divine
• laws and
• attributes
exist in the universe,
the moment they [i.e., the moment these divine laws and attributes]
express themselves
• in the isolated ego state,
• disconnected from
deeper inner reality,
they [i.e., these divine laws and attributes]
become
• distorted and
• destructive.

Let me give you an example.

A small child
believes that it is
omnipotent.

Psychology
designates
this very obvious expression of the infant's claim to omnipotence
as
• immaturity and
• destructive egocentricity.

It is that,
but
it is also
much more.
The feeling of omnipotence is a memory of:
- another state,
- a state of consciousness in which, indeed,
  - thoughts become
  - things and
  - events
  the moment they [i.e., the moment the thoughts]
  are formed.

- Time and
  - distance are part of the
    - three-dimensional
    - illusory state of consciousness,
      so they [i.e., so time and distance] do not exist in a realm of
      much more expanded consciousness.

The consciousness of the infant is still partially tuned in on the state of its total personality.

However, as the memory is translated into the
- confined and
- limited ego state,
  it [i.e., its total personality] comes out jumbled.
Since the ego state is a concentration of the less purified state – in combination with already purified aspects which come to the aid of the personality in the task of this life – the power to create takes on a • distorted, • undesirable form.

The ego always lives in the illusion that • it is not only separate from others, but that • others are essentially antagonistic to its well-being.

Everything the ego does is always either • against or • in competition or • in comparison with others.

This [i.e., This fact that everything the ego does is always either against, in competition with, or in comparison with others] is what creates its [i.e., is what creates the ego’s] • destructiveness and • egocentricity.
The ego makes power a dangerous weapon, as you all well know.

You experience power as something you
• fear in others and
• feel guilty about in yourself.

Power is thus always exclusive of
• love and
• joy,
for it [i.e., for power] is an intensely separating expression.

But when you conciliate [i.e., reconcile and make compatible]
• your ego split with
• the real, total self and thus discover the unitive principle,
you discover that
• your interest is never in opposition to
• the interests of others, although
  on a superficial level it may first appear that way.

You also discover that
• power and
• love need not be opposites.
[When you discover that your interest is never in opposition to the interests of others and that power and love need not be opposites]

You can then begin to use your innate power to
• create and
• recreate your life.

You may now understand better why knowledge of your power to create is dangerous as long as
• you have not purified the distorted aspect that has found expression in this
  • body and in this
  • life,

and as long as
• you have not discovered the
  • eternal
  • inner realities, which are much more real than what you consider
    • outer reality.
The infant's frustration when its thoughts and wishes do not instantly become fact is obvious.

The immediacy of cause and effect – cause being the thought or wish, effect being the experience – is a constant "given" in the state of consciousness that goes beyond the ego.

One of the tasks of most humans as isolated ego aspects is to learn trustful patience, flowing with the stream, unwillful receptivity.
Memory of the power to create must be temporarily cut off so that you can learn what you came here to learn.

Through the very learning of this lesson [i.e., Through learning these lessons:
1) YOUR interest is never in opposition to the interests of others,
2) power and love need not be opposites and
3) trustful patience, flowing with the stream, and unwillful receptivity]
the deeper connections establish themselves again spontaneously.

However, it does not seem to be rediscovered memory.

Instead, connecting
* thoughts,
* wishes,
* intents,
* feelings and
* attitudes
with
* experience
seems to be a new discovery that establishes awareness of the power to create.

Then [i.e., Then, when awareness of the power to create is “discovered,”]
there is no longer the danger of using power against others.
The illusion that
- self-interest
must be against
- the interest of others
is pierced.

I hardly need to mention that not only
- actual infants make
  - egocentric and
  - antagonistic
  claims to omnipotence.
- Undeveloped,
- immature and
- destructive people do too [i.e. Undeveloped, immature, and destructive people also make egocentric and antagonistic claims to omnipotence],
  and
  they often
  act them out.

Evil does not exist as a reality in itself.

Evil is always a distortion of divine truth.

Every destructive,
- negative attitude
can easily be explored to find its root manifestation [i.e., to find the destructive, negative attitude’s original divine undistorted root manifestation].
It can then be seen that only

   in its [i.e., only in the attitude’s or trait’s]
   • ego manifestation,

   in its [i.e., in the attitude’s or trait’s]
   • separateness,
      is such an attitude [i.e., is such an attitude or trait]
         • destructive or
         • evil.

The very same basic trait has an
en entirely different
• effect and
• meaning
   if it manifests
      in the depths of
         • unified consciousness –
      in the
         • larger,
         • wider
      reality
         of the inner planes.

This is why the [i.e., Because it would use it’s full creative power
   to create destructiveness and evil is why the]

   • isolated,
   • incarnated
   aspect
      of the total personality,
      manifesting in
         • a body and
         • an ego,
         must
         temporarily
         forget
         • its full capacity and
         • its experience
            in a state
               that can only be
               wholesome
               when
                  the whole self
                  is involved.
Wherever there are
• misconceptions,
• ignorance,
• false ideas, and
• withheld emotional matter –
  • spite,
  • stubbornness,
  • rigidity,
  • inertia –

stagnant energy
exists
that must
create
  • disturbance and
  • negative experiences.

It [i.e., This stagnant energy]
is
very potent energy.

Only when you
release it [i.e., Only when you release this potent stagnant energy]
  • directly and
  • honestly
  can you
  transform
  this energy.

You, my friends,
who follow this path
have often
experienced
the tremendous energy
that permeates you

when you
release
the stagnant matter
of
pent-up negative feelings.
When you
  • physically,
  • emotionally and
  • conceptually
    express
    • rage,
    • hate and
    • fury,
you make
new connections
about yourself
that give you a
new understanding of
  • your role in life and
  • why you are
    where you are.

This very released energy
is also
  highly potent creative stuff.

The time has come
when you can
convert
  • negative
    • energy and
    • consciousness
into
  • positive
    • manifestation.

To some extent
you have actually begun to do so,
but
  you are not yet
  sufficiently aware of
    the power
    of the energy
    as it is released.
If, at the moment
the negative energy
• is leaving your system and
• begins to flow,
you can
• reconvert it and
• direct it
into a
positive channel,
you can indeed
bring
new creation
into your life.

This practice [i.e., This practice of reconverting and directing negative energy into a positive channel the moment the negative energy is leaving your system and is beginning to flow]
will make you understand
how much creative power you have.

These words
will not be enough
to convey
the truth
to you
in a real way
unless
you have overcome
certain attitudes of separateness.

Otherwise [i.e., Otherwise, if you have NOT overcome certain attitudes of separateness],
this knowledge [i.e., this knowledge about how much creative power you have]
would be
dangerous
for
• you
and
for
• others.
But
totally
committing to
the path
into your own
inner regions
with all its
apparent
hardship
of
• self-revelation and
• self-confrontation

will make you
increasingly aware of
the spiritual reality
of
your own state of
eternal being
that cannot die.

[In totally committing to the path into your own inner regions
with all its apparent hardship of self-revelation and self-confrontation,]
You will also become aware of
the power of
your
• thoughts,
your
• intent,
your
• feelings.

You will learn to
be careful
what thoughts you think
without
either
• repressing
or
• suppressing
• undesirable and
• destructive thoughts.

This [i.e., Repressing or suppressing undesirable and destructive thoughts]
does not help.
You will learn to
• deal with such material [i.e., to deal with such undesirable and destructive thoughts],
to
• challenge its accuracy [i.e., to challenge the accuracy of such undesirable and destructive thoughts]
and
• be open for other alternatives.

Learn to understand
• what it is in you that makes you want to think that way [i.e., that makes you WANT to think undesirable and destructive thoughts]
and
• what price you pay [i.e., what price you pay for thinking such undesirable and destructive thoughts].

Begin to see creation as the relationship between the
• causes and
• effects that you have always seen as unrelated.

As this growing process proceeds, re-creation takes place.
It [i.e., This recreation that takes place as the growing process proceeds] is not a reward for good behavior.

It [i.e., This recreation that takes place as the growing process proceeds] is a simple act, instituted by the self

• that is now in a much increased state of awareness,

• that now knows
  • what it is doing and
  • why.

Many of my friends on the path have begun to experience this process [i.e., to EXPERIENCE this growing process of creating and recreating] as an ever-increasing living reality that can be absolutely trusted.

It [i.e., This growing process of creating and recreating] is unfailing in its lawful process.

But

• recreating or
• creating
must
never be
a willful act.
It [i.e., This growing process of creating and recreating] must never be used while bypassing anything within your psyche.

There are
• metaphysical and
• spiritual orientations which know of this creative thought power, but overlook the danger of skipping steps within the psyche.

They [i.e., People who have metaphysical and spiritual orientations and who know of this creative thought power, but who overlook the danger of skipping steps within the psyche] become hypnotized, as it were, by a truth they have discovered – the truth of self-creation.

And they [i.e., And such people who have metaphysical and spiritual orientations and who know of this creative thought power, but who overlook the danger of skipping steps within the psyche] can
• create and
• recreate wherever the psyche is relatively free from obstruction.

But where the psyche is stuck, self-creation is blocked.
**Stagnant energy** [i.e., Stagnant energy that blocks the self-creation process] becomes even more potent, creating a conflict that tears the soul apart.

The soul does not develop harmoniously when the personality
• works on that which is already free and
• neglects that which needs attention.

In that state [i.e., In that state where the personality works on that which is already free and neglects that which needs attention] the use of power – even if it is not overtly expressed against anyone – becomes so dangerous that it may sooner or later lead to a personal crisis.

Such crises would be avoided if the personality would focus on the undeveloped part.
This [i.e., Because it focuses on undeveloped parts of the personality] is the reason why this specific path [i.e., pathwork] requires a lot more • courage and • honesty than most other orientations in practice today.

But it [i.e., But pathwork] is a • safe and • truly unifying path that leaves nothing limping behind.

It [i.e., Pathwork] creates real harmony of the soul, precisely because • the process is slow and • there are no • quick, • magic results.

For a long time, the focus must be on the dark areas.

That [i.e., Focusing on the dark areas] is for your own protection, my friends, because in this way you avoid a splitting off process that would defeat the task for which you have come into this life.
You have come [i.e., You have come into this human life] to fulfill your task by concentrating on those very aspects you feel least inclined to deal with.

That [i.e., To concentrate on dealing with those very aspects you feel least inclined to deal with] is the very reason you squeezed yourself into this
• narrow,
• uncomfortable,
• confining and often
• painful state
  in which you temporarily dwell.

Only
  aspects of you are here, to be sure, but that which identifies with these narrow aspects must suffer when
  the total reason for being in the human ego state is not yet conscious.

You need to know
• why you came and
• what it is you have to do here.

What is the weakness you have to bring out?
What is
the ugliness
you do not want to see?

These [i.e., The WEAKNESS you have not yet brought out and
the UGLINESS you do not want to see]
are the
obstructions
that keep you from creating freely.

Even now,
you could
• create
  infinitely more than you do,
and
• do it [i.e., and do such creating]
  • consciously,
  • wisely,
  • beautifully and
  • satisfyingly,
    although
      not to the same degree
      as when you are
      free from
      the ego-body state.

That is,
you do
constantly
create,
whether you know it or not.

The trouble is
that you do not know
what creations you produce
unwittingly.

You create
with every
• breath you take,
with every
• thought you think,
with every
• attitude you display.
These [i.e., Breathing breaths, thinking thoughts, and displaying attitudes] are powerful agents, my friends, and you need to know what you are doing and how you create.

Your disconnection from the creative seeds you plant and their results causes unnecessary pain and frustration.

Often you see the result only much later, without the slightest awareness of what in you has produced it.

The awareness [i.e., the awareness of what in you produced a particular result] can be recaptured if you so desire.
Focusing constructively – which is very different from doing it [i.e., different from focusing] in a maudlin way [i.e., in a sloppy or silly way] – on the undeveloped aspects in you means that you fulfill the task for which you came into this particular world.

It [i.e., Focusing constructively on the undeveloped aspects in you] means that you unify yourself so that you can
  * actualize your potent creative power and
  * use it [i.e., and use your potent creative power]
    * consciously and
    * deliberately in your life now.

The creative process and the specific techniques to learn are given to you slowly.

I have shown you some techniques of meditation.

When you meditate, you create.
In this
  • concentrated,
  • relaxed
  [meditative] state,
  • energy
  and
  • consciousness
  focus in such a way
  that
  powerful creative seeds
  are released.

But
  • meditative and
  • other creating techniques
  must be a
  secondary
  preoccupation
  for the reasons just mentioned [i.e. because of your
  DISCONNECTION BOTH from the creative seeds you plant
  in meditative and other creating techniques AND from their
  results, thereby causing unnecessary pain and frustration].

However,
  when a certain foundation of
  inner
  • self-purification and
  • self-awareness
  exists,
  these techniques [i.e., these meditative and other
  creating techniques]
  can be expanded.

It will then be safe [i.e., safe to use these meditative and other creating techniques],
  from the point of view
  of this spiritual path.

Your being
  will then
  truly be grounded
  in
  • reality and
  in
  • a unifying process,
  so that you will not ignore any aspect
  you have come to fulfill.
The organic process
of
• learning creative meditation,
• recreating life experience,
  will come as an
    • intuitive,
    • spontaneous
      expansion
      of your consciousness.

Just as you will
intuitively
understand
cosmic reality
from
• experience
  rather than
• theory,

so will you [i.e., so will you INTUITIVELY, from EXPERIENCE rather than theory,]
learn to avail yourself
of your
innate
• powers and
• resources.

There is an
inner mechanism
that is extremely important for you to understand
that I would like to elucidate for a minute.

My friends,
working on this path
you must have experienced quite frequently
that your helper may suggest
• a specific meditation and
• commitment in meditation
to a positive self-expression
that you deeply desire
because you miss it.
Yet

as you pursue that self-expression,
you experience

an inexplicable resistance
to follow through.

• Something in you
  seems to stop you

or

• you forget to do it on your own.

It simply does not occur to you.

Perhaps

your thoughts

have

no

• energy,
• conviction or
• clarity.

They [i.e., Your thoughts]

are diffuse

and you feel that they have

little effect.

At times

you may even

consciously

experience an outright

resistance
to meditate for

the very thing you most desire.

What is this block?
Let us suppose you are
• lonely.

Let us suppose you long for a
• full and
• fruitful partnership –
  an abundance
  of
  • joy,
  of
  • exchange,
  of
  • sharing,
  of
  • mutuality
    on every level.

You do have the birthright to experience
• this and
• other fulfillments,

for the universe's abundance is there for everyone.

No one is excluded.
Nevertheless,

it may hardly even occur to you
to actively sow the seed
in meditation –

which means creating it [i.e., creating and sowing the seed
for the experience you long for in your meditation] –

by a
• clear,
• definite

thought in that direction [i.e., thought in the direction of
the experience you long for],

by a
• commitment
to
• wanting it,
to
• experiencing it,
to
• realizing and
• bringing
  this experience
  into actuality.

You may be
perfectly aware of
the principle of
such meditative practice,
nevertheless
you desist from employing it.
What is even more significant is that when, upon suggestion, you do formulate the creative thought pattern, you find a
• strange and
• inexplicable reluctance in you.

It is as though a wall in you prevented you from the
• clear,
• concise
• commitment to what you most ardently yearn for.

Have you ever thought about the meaning of this resistance?

You want something desperately.

You intrinsically believe it [i.e., believe that what you desperately want] could exist for you.

Your mind accepts the principles of creation.
Yet you will find your mind strangely paralyzed when it comes to:

- truly letting go of your thoughts [i.e., to letting go of your distracting thoughts in meditation],

- sending your thoughts into the fertile soil of:
  - the creative substance,
  - or what I call
    - the soul substance, where
      - any seed
        will grow to fruition.

The reason for this reluctance is very simple.

It is the same
- self-protective,
- finely calibrated mechanism
  that knows that
  something in you
  is not yet ready for this experience.

You yourself have put obstructions in the way.

Perhaps there is an unwillingness to:

- give and
- accept reality on your level.
Perhaps there is a concealed negative attitude toward the other sex you are not prepared to resolve.

Whatever the obstruction is,

• confront it [i.e., confront the negative INNER hidden attitude or obstruction making you unready for this EXPERIENCE for which you desperately long],

• explore it [i.e., explore the negative INNER hidden attitude or obstruction making you unready for this EXPERIENCE for which you desperately long],

• understand and dissolve it [i.e., understand and dissolve the negative INNER hidden attitude or obstruction making you unready for this EXPERIENCE for which you desperately long].

If you do not [i.e., If you do not understand and dissolve the negative INNER hidden attitude or obstruction making you unready for this EXPERIENCE for which you desperately long],

and you still create with a strongly focused

• mind and

• will,

the superimposed outer will must have its effects accordingly.

A "willpower construction" [i.e., An OUTER “willpower construction” conflicts with the inner

• denial [i.e., INNER denial of what you desperately long for] and

• obstruction [i.e., INNER obstruction to what you desperately long for].
The inability to
• meditate and
• create
    is
• meaningful and
• should be heeded,
    for it [i.e., for the inability to meditate and create]
will reveal
    the nature of the obstruction
    so that
    you can eliminate it.

Otherwise
you create
    willfully
on an
    ego
    level,
which cannot satisfy
your
• heart and
• soul.

The ego mind
has the power
to create.

It does so continually [i.e., The ego mind creates continually]..

But if it [i.e., But if the ego mind] creates
    separately from
the inner being,
the results
    must be disappointing.

• Willpower,
• the outer will,
    can indeed
be effective
    up to a certain degree.
It [i.e., The OUTER will] creates
  • matter,  
  • sub-matter and  
  • experience,  
    but
    not to your blessing.

It [i.e., The OUTER will] creates
  with a willfulness  
  that lacks  
    • wisdom,  
    • understanding,  
    • vision and  
    • depth.

It [i.e., The OUTER will] lacks
  inner  
    • connectedness and  
    • wholeness,  
    so that  
    what it [i.e., so that what the OUTER will]
    constructs  
      is often  
      more painful than desirable.

In the example we have chosen [i.e., In this example where you are lonely and long for a full and fruitful partnership where there is an abundance of joy, exchange, sharing, and mutuality on every level]
this [i.e., this creating that the OUTER will does]
would manifest
  in creating a partnership  
  in which those areas  
    in the self  
      that have been neglected  
        would  
          • color and  
          • affect  
            the relationship,  
            poisoning it  
              as if from underground.
When you find your inner voice resisting the creative thought process, this should be a sign that there are steps to take in self-exploration.

You must shift the focus of creation to exploring the meaning of your reluctance to create what you long for.

Find out what stands in the way.

Instead of [i.e., Instead of focusing on creating]
• the desired experience,
you must create the
• awareness and
• comprehension of your obstruction to it [i.e., you obstruction to the desired experience].

This will then eventually dissolve the reluctance, so that you find yourself wholly free to plant new creative thought material into the rich soil of your soul substance.
You cannot create anything that does not already exist in the universe, my friends.

Everything exists within you already.

All the • answers, all the • knowledge, all the • power to • create, to • feel, to • enjoy, to • experience – all worlds exist within.

For the • true universe is inside, while the • exterior world is but a reflection [i.e., is but a reflection of the TRUE universe inside] like a mirror image.

Everything you ever need to know about • yourself and • your life exists within.
You can actualize this knowledge [i.e., this knowledge that exists within, this knowledge of everything you ever need to know about yourself and your life] if you learn to
  • focus,
  to
  • want it [i.e., if you learn to WANT this knowledge that exists within],
  to
  • aim for it [i.e., if you learn to AIM FOR this knowledge that exists within],
  to
  • commit to it [i.e., if you learn to COMMIT TO this knowledge that exists within],
  to
  • create it [i.e., if you learn to CREATE this knowledge that exists within].

Some of the answers exist on more superficial levels, in the so-called • subconscious.

Some are on • much deeper levels.

All is accessible if you undertake the exploration.

Therefore • creation and • recreation are primarily a focusing.
If you create from the
• ego level,
it will be a
• tense,
• anxiety-producing focusing.

If you want to create from your
• inner being,
it must be a
• relaxed focusing.

It [i.e., Creating by focusing from your INNER being] will be relaxed precisely because you do not skip any steps.

[In creating by focusing from your inner being] You listen into your inner self, and if you detect obstructions, you will
• heed and then
• deal with them.

Thus you create the condition in you to comprehend your obstructions.
This [i.e., Creating the condition in you to comprehend your obstructions]
is one aspect of the
• creating and
• re-creating
  process.

It [i.e., Creating the condition in you to comprehend your obstructions]
is a very important aspect
that can be used
  not only by those who are
    • already on the path
  but even by those who are
    • just entering such a path.

All of you
can
• listen into yourself and
• ask
  your innermost being
    • where to go,
    • in which direction to focus.

But
  learning
    how to listen
      • is an art in itself
    and often
      • comes only later on the path.

It [i.e., Listening into yourself]
requires some degree of
  self-knowledge.

This [i.e., This self-knowledge]
is
  not easy to summon up for the novice,
but it is possible,
  at least temporarily,
to
 • lay aside self-will
  and
 • open up
    to whatever
      the inner voice sends forth.
It [i.e., This self-knowledge needed in order to listen clearly into yourself] requires, for example, awareness of your
  • wishful thinking,
  • stake in wanting a certain answer and not another,
  • fear of getting a different answer [i.e., an answer different from the one you hoped for].

All these
  • attitudes and
  • feelings
[i.e., All these attitudes and feelings of wishful thinking, your stake in wanting a certain answer, and your fear of getting an answer other than the one you had hoped for]

may be
  • subtle and
  • well concealed or
  • rationalized,
so that some degree of self-discernment is necessary
  for the voice to be truly free.

You will
  trust the voice
  only to the degree
  you have freed yourself.

Each time you
  • consciously and
  • deliberately
lay aside your self-will,
you will become
  • stronger and
  • freer.
State
• how your self-will manifests,
• what you
  • want and
  • don't want
  to hear.

Then
express
your trust
in the divine voice.

Then
your faith
will stand on a
• firm,
• realistic
  foundation.

To the degree
you are aware of
wanting
• one answer
and not
• another,
you will avoid
• confusion and
• diffusion.

Otherwise [i.e., If you are NOT aware of wanting one answer and not another] you delude yourself
into believing you receive
• divinely inspired answers
which are nothing more than
• your ego's wishful thinking.
Only when you have attained a state in which you can be very clearly aware of:

- the personal stake of the ego
- wanting a certain thing
  - in one way
  - not in another
  - can your own inner answers begin to be reliable.

But if you are already aware of your stake and inclination to distort rather than be impartial to the answer you wish to get, in that awareness itself you create a new channel of truth into your inner reality.

You may then perceive a deep, deep inner voice that speaks truth.
Then [i.e., When you are able to perceive a deep, deep inner voice that speaks truth] the focusing will be

- meaningful,
- relaxed, and yet
- concise enough to create
  - new
  - thought forms
and therefore
- new,
- desirable
- experiences.

A second important aspect about re-creation is the time element that you, on the ego level, have to deal with.

Impatience is another distortion from a fuller state of consciousness, [a state of consciousness] in which creation is immediate.

[When in a fuller state of consciousness] The thought produces the form the moment it is uttered.
Impatience  
is the memory of  
this experience [i.e., is the memory of this experience from a fuller state of  
consciousness in which the thought produces the  
form the moment it is uttered],  
[but, now in the limited consciousness of the ego, this experience]  
without  
the connectedness with  
the inner being,  

so that the lesson  
the ego has to learn [i.e., patience]  
is not comprehended.  

Only on the  
ego level  
is everything separate:  
• effect  
  from  
  • cause,  
• soul  
  from  
  • soul,  
• form and  
• experience  
  from  
  • thought,  
• inner  
  from  
  • outer.  

Life itself  
appears to you a  
• static,  
• "objective"  
• fixed  
thing  
into which  
you are put.
It [i.e., Life itself] seems totally separated and disconnected from your inner processes.

These [i.e., These illusions that life itself is a static, “objective,” fixed thing and that life experiences are separate and disconnected from your inner processes] are the same illusions as your concept and experience of time, distance, and movement.

They [i.e., These ILLUSIONS that life itself is a static, “objective,” fixed thing, that life experiences are separate and disconnected from your inner processes and your ILLUSORY concepts about and experiences of time, distance, and movement] are all byproducts of the limited, separated ego state.

Everything you experience seems to exist only in those seemingly objective terms of the ego.
The more you focus
in that direction [i.e., The more you FOCUS in the direction of experiencing life
ONLY in the seemingly objective terms of the ego],
the more it will
seem that way to you [i.e., the more it will seem to you that EVERYTHING
you experience in life does IN FACT exist ONLY in those seemingly objective terms of the ego].

In reality,
your life
is merely a
• subjective expression of
  yourself,
not a
• fixed,
• objective,
• immovable
  reality.

Once you
learn
to be more focused into the
• inner
  reality,
you will
perceive much more
this
• other,
• fuller
  reality,
in which the
separated aspects
move together
in a
• wonderful and
• meaningful
  web
  of
• interaction and
• wholeness.
Part of the creating process is
• the patience to let things be,
• learning to trust life to express back to you what you put into it.

That [i.e., That part of the creating process requiring patience and trust] requires waiting for the seed to grow.

Do you wait in
• doubt?

Do you wait with
• impatience?

Do you wait in
• fear?

Do you wait in
• tension?

Or do you wait in
• quiet trust?

Or is your trust perhaps
• a gullibility and
• an expression of wishful thinking, so that you cannot possibly trust your trusting?
Do you want
whatever it is
so badly
that you create a
forcing current
which
prohibits fulfillment
because
its [i.e., because the forcing current’s]
• tension and
its [i.e., and because the forcing current’s]
• emotional mind-content
defeat
creation?

If the waiting
is truly
relaxed,
• you will have
  no doubts about
  the fulfillment.

• You
  know
  that the seed will grow
  into a
  wonderful flower.

The recreating process
unfolds
forevermore
when
• the ego personality
  unites with
• the other aspects of self [i.e., unites with the aspects of the
  heretofore hidden inner self]
  that had previously
  not manifested
  on the surface.
The more this happens [i.e., The more the ego personality unites with the aspects of the heretofore hidden inner self that had previously not yet manifested on the surface],

the more joyfully you will create.

It may sound confusing when I say that you have to learn not to cringe away from pain, and then say that it is your birthright to be in a state of joy.

It may sound like a contradiction when I say you have to be willing to give up — at least for the moment, and in the right spirit — what you wish to create and that you must have faith in being able to create.

But these [i.e., But both these statements: 1) you must not cringe away from PAIN AND it is your birthright to be in a state of JOY, and 2) you have to GIVE UP what you wish to create AND you must have FAITH in being able to create what you wish] are contradictions only on the most superficial ego level where the duality of either/or reigns supreme.
In reality these [i.e., In reality, both these statements:
1) you must not cringe away from PAIN
   AND it is your birthright to be in a state of JOY, and
2) you have to GIVE UP what you wish to create
   AND you must have FAITH in being able to create what you wish]

are
mutually interdependent principles
that must
unite
in harmony.

As you
cramp yourself
into any desire
that is
too strong,
you
close the doors
to
• joy and
• relaxed inner creation.

Cramp
always
indicates
• negation,
• doubt,
• a negativity
  that you must
  • unearth
  and
  • specifically deal with.
In the delusion of the ego, you perceive life as your enemy, foreign and antagonistic to you, while you are its [i.e., while YOU are life’s] victim.

In that delusion you cannot create.

So you will see, my friends, that your realization on this path of how you create your suffering will inevitably free you to create your happiness.

Let me close by saying that you are a great deal more than you can possibly believe now.
If you walk in the direction
of
• finding
  your real self,
of
• identifying with
  it [i.e., identifying with your real self]
  through the
  layers of darkness,
you
must
  discover
  the unending beauty
  of the universe.

With every breath you take
you fill yourself
with
  its [i.e., with the universe’s]
  potent
• love and
• wisdom.

There is
nothing
that
• surrounds and
• permeates
  you
that does
not
express
  the magnitude
  of a
• divine and
• benign
  creation.
The more aware you become of it [i.e. The more aware you become of the MAGNITUDE of a divine and benign creation],

the more
• joy and
• gratefulness
must
spread
in your heart.

The unending beauty of the universe can be experienced as
• reality
rather than
• theory

only
when you work your way through your dark areas.

Be blessed, every one of you.

Feel the love that is extended to you from a realm in which you have many friends who have guided you here.

Be in peace.
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