

Pathwork Lecture 215: Psychic Nuclear Points Continued – Process in the Now

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This lecture is given in an **expanded poetic format**, what I call a ***Devotional Format*** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, ***devotionally***.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. ***I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to LIVE you.***

*For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>*

Gary Vollbracht

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03	<p style="text-align: center;"><i>Greetings, all my dearest, dearest friends.</i></p> <p style="text-align: center;"><i>May you all receive</i></p> <ul style="list-style-type: none"> <i>• the blessings,</i> <i>• the strength and</i> <i>• the love</i> <p style="text-align: center;"><i>that are poured forth as a result of your</i></p> <ul style="list-style-type: none"> <i>• combined efforts and</i> <i>• commitments to</i> <p style="text-align: center;"><i>your innermost being.</i></p>
04	<p style="text-align: center;"><i>In this lecture I shall continue the topic I started last time [Lecture 214: Psychic Nuclear Points].</i></p>

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*Once again I ask you
to open
your innermost*

- *sensitivity and*
- *intuitiveness*

*to understand,
at least to some degree,
the deep meaning of this lecture.*

*Bringing your
intellect alone
to it
will not give you
an adequate comprehension of
the depth of the topic.*

*And again, as with the last lecture,
what may first appear as
purely abstract cosmic knowledge
about creative processes
will, when you*

- *pursue it and*
- *follow me all the way,
become*
 - *clearly and*
 - *immediately*

*applicable to
your life
here and now.*

*Your own
inner processes
will become
more comprehensible
when you perceive, to whatever degree,
how these processes
are*

- *directly related to and*
- *part of*

*larger cosmic processes
that continuously exist.*

05	<p><i>I explained to you in the last lecture about</i></p> <ul style="list-style-type: none">• <i>psychic nuclear points and</i>• <i>psychic nuclear spiral configurations.</i> <p><i>I will briefly recapitulate them to make this lecture more comprehensible.</i></p>
06	<p><i>Every smallest particle of creation consists of endless series of psychic nuclear spiral configurations that are intense energy movements, winding up in a climactic point which brings the particular creation into manifestation, on whatever level of reality that may be.</i></p> <p><i>Each of these configurations consists of a series of psychic events of consciousness content.</i></p> <p><i>In other words, these energy movements are not merely mechanical constructs that simply exist separately from mind.</i></p> <p><i>They [i.e., these energy movements] are always expressions of mind –</i></p> <ul style="list-style-type: none">• <i>greater mind or</i>• <i>smaller minds,</i> <p><i>as the case may be.</i></p>

*Each creation
has sequences
of several such configurations
that*

- *intertwine,*
- *interweave,*
- *overlap,*
- *form*
and reform themselves,
- *create*
and fall apart
and recreate themselves
in ever

- *self-renewing,*
- *perpetuating,*
- *extending*
patterns
of interacting spiral configurations.

Each pattern may

- *seem, and*
- *[actually] be,*
a creation within itself,
- *quite different and*
- *purposeful within its more narrow framework.*

*Yet, at the same time,
it is part of a larger scheme
of purposeful patterns of creation.*

07

*Let me give you
a simple example on the
physical level.*

*Let us suppose
you decide to get up from your chair,
to move through this room,
walk down the stairs and
out to the street corner –
for whatever purpose.*

*That total plan
is*

- *one configuration,*
- *one spiral.*

*Arriving at your destination
is the*

- *explosive,*
- *climactic
point
that
brings the plan
into manifestation.*

*This particular creation
has made its appearance
on this level of reality.*

*However,
before this result can come into being,
you have to
take so and so many steps.*

Each step

- *is a plan in itself,*
- *is an intent
to move certain muscles,
because
even though you may
move these muscles
automatically by now,
the intent
still exists.*

- *The intent,*
- *the movement, and*
- *the execution
of the intent
follow a certain plan.*

*The plan,
together with
the execution
in each particle,
creates
many smaller spiral configurations,
complete in themselves.*

*Of course,
the terms*

- "small" or
- "large"

*are not correct
on this level of reality,
but I have to use them
for lack of better words in your language.*

*Each step [of the walk]
is a creation of a*

- spiral form and
- psychic nuclear end point,

complete with

- consciousness content,
- purpose,
- plan and
- execution.

*The total walk
consists of
a "larger" such total form,
consisting of
those "smaller" ones –
the individual steps.*

*But the walk from here to the corner
is not an isolated creation either.*

*It, too, is part of a larger plan,
an intent
of which the walk
is just as much
a partial creation
as the step
is a partial creation of
the walk from here to the corner.*

This [“nested”] formula [of “steps” complete in and of themselves and yet part of a larger “walk” on many levels, and on and on in both directions of ever larger “wholes” and ever smaller complete “components”] is very important for you to understand because it represents the scheme of creation itself.

08

Let us take another example.

Suppose you wish to build a house.

Again the same principle applies.

So many partial creative spiral forms converge into a whole which, in turn, is again only a part of a larger plan.

Therefore, when planning your house, you may first have to work for a number of years to be able to purchase the property and then to hire the architect who

- plans and***
- designs***

the house.

The architect, in turn, must execute his or her own plan and hire a contractor to organize the work with various sub-contractors who must cooperate with one another.

Then laborers and interior decorators get to work until the house is finished.

09

*Each [step in the creative process]
goes through
an infinite number of
a series of
interacting psychic nuclear points,
each
totally formed
in its own perfection,
the whole of which
becomes part of a larger plan,
and so on
and on.*

*Each step
in its smallest particle
is a creation in itself.*

*Each "little" creation
is an explosion of
a psychic spiral formation.*

*The larger creation
consists of
so many smaller ones,
which extend
and extend.*

*For example,
the purpose
of the house itself
is only
an infinitesimal step
of a whole larger series of*

- creative,*
- intertwining*

events.

*You may follow through yourself,
with some imagination,
how the house is,
relatively,
only a small step
in a larger scheme.*

	<p><i>This larger scheme, too, is only an infinitesimal step of a still larger scheme – as one human life is when considered over a whole period of its evolutionary spiral movement.</i></p>
10	<p><i>This is a very important process for you to visualize intuitively.</i></p> <p><i>The examples I gave are very simple.</i></p> <p><i>Yet even in these simple examples, you can perhaps imagine how many psychic nuclear points</i></p> <ul style="list-style-type: none"><i>• are necessary to exist and</i><i>• weave a whole network of larger psychic nuclear points, which in turn</i> <ul style="list-style-type: none"><i>• move,</i><i>• create,</i><i>• explode,</i><i>• fall apart,</i><i>• form together</i> <p><i>in a new meaningful pattern, related to the larger plan.</i></p>

	<p><i>Trying to imagine the unimaginable</i></p> <ul style="list-style-type: none">• <i>meaning and</i>• <i>purposefulness</i> <p><i>behind these plannings may give you an inkling of the Divine Mind at work at all times, in its</i></p> <ul style="list-style-type: none">• <i>benign,</i>• <i>loving</i>• <i>wisdom and</i>• <i>power of creation.</i>
11	<p><i>Understanding these principles even to a small degree will give you another insight, namely that even an insignificant act like walking from here to the street corner is indeed a creation.</i></p> <p><i>It requires the most brilliant creative genius to set in motion</i></p> <ul style="list-style-type: none">• <i>the energy systems,</i>• <i>the muscular</i><ul style="list-style-type: none">• <i>coordination and</i>• <i>control and</i>• <i>the innumerable components necessary to execute such a creative act with all that forms part of it.</i>

*And walking from here to the street corner
is not an isolated creation.*

*You must have
a reason to walk there,
and that reason, again,
is only a small part
of a larger*

- plan or*
- scheme.*

This

- interweaving,*
- forever*
 - accelerating,*
 - enlarging,*
 - self-perpetuating*

*process
of creative patterns,
each in itself
a perfection
within its own fragment,
and this fragment
only a part
of a larger fragment,
and so on
and on,
is a vague sketch
of the creative process itself,
always
at work.*

12

*Imagine
the creation*

- of a planet,*
- of the human anatomy,*
- of a mathematical system,*
- of the literally infinite qualities
contained in the ether.*

*Still [in such imagining],
you may not even
vaguely
perceive
how many
• entire systems
of creation,
• systems
within smaller systems,
are contained in
the creation of
each of these examples.*

*The smallest particle of air
is in itself
a perfect creation
of a
• psychic nuclear spiral point and
• climactic explosion.*

*Each of these particles
is a part of
a larger scheme,
again, as I illustrated with other examples.*

*I only wish to convey
that the
• smallest or
• biggest
creation –
[smallest or biggest] from your point of view –
undergoes
the same serial law
that is the basis of
creation itself.*

This is why I repeat myself.

*It will help you
to perceive this process
when you look at
• your inner makeup,
• your reactions and
• the creations of your mind.*

	<p><i>For the same principle exists of course with</i></p> <ul style="list-style-type: none">• <i>positive and</i>• <i>negative creations.</i>
13	<p><i>Since the universe is filled with Being, there could be no smallest measure where there is non-being.</i></p> <p><i>Each of these nuclear points has</i></p> <ul style="list-style-type: none">• <i>a content and</i>• <i>a meaning.</i> <p><i>It [i.e., each of these nuclear points] is not separate from consciousness.</i></p> <p><i>It [i.e., each of these nuclear points] is</i></p> <ul style="list-style-type: none">• <i>an integral part and</i>• <i>a result of consciousness.</i>

	<p><i>And</i></p> <ul style="list-style-type: none">• <i>when you understand the inner meaning of a nuclear point,</i>• <i>when you perceive a nuclear spiral point, fully comprehending</i><ul style="list-style-type: none">• <i>its</i><ul style="list-style-type: none">• <i>meaning and</i>• <i>purpose,</i>• <i>its</i><ul style="list-style-type: none">• <i>message,</i> <p><i>you will have transcended, to a certain degree, the narrow confinement in which you suffer from seeing the world out of context.</i></p>
14	<p><i>The less you see that these smaller part-creations are only fragmentary particles of a whole, [then] the more you believe that the smaller particle</i></p> <ul style="list-style-type: none">• <i>is all there is and</i>• <i>has no connection with anything else – [you believe this] simply because you cannot perceive more, and thus [because you cannot perceive more] the more fragmented you must be yourself, in your momentary</i><ul style="list-style-type: none">• <i>consciousness or</i>• <i>sense of awareness.</i>

*When I say
momentary,
I mean this awareness [in which you experience yourself as fragmented]
exists only as long as
you reside within
the narrow confines
of human limitations.*

*Conversely,
the more you perceive
that everything that you can experience
is only a*

- smaller part and*
- fragment*

of a

- larger and*
- still larger*

*ongoing plan –
like the one step you make
as part of the whole walk, and
the walk being a fragment
of a larger plan in your mind –*

the more you are

- aware of and*
- connected with*
 - the All-Consciousness,*
 - the Whole.*

*Therefore,
you are nearer to bliss.*

15

*Time itself
is a manifestation of
this fragmentation.*

*For time,
as I often said,
is nothing but
the illusion of
a disconnected view
of reality.*

*In the framework of this particular topic,
time
is a perception
only of*

- the partial steps,*
- the "smaller" creative units
of spiral nuclear points.*

*You do not see
the whole structure
of this particle.*

*This is why you suffer so often
from the feeling
of senselessness.*

*When you are in
this limited state of consciousness,
you are indeed*

- fragmented and*
- oblivious of the larger process.*

16

*Time,
according to
the human state of consciousness,
is experiencing
what is
as a*

- sequence*

*rather than
as a*

- part of a whole.*

*You see things
linearly
rather than*

- *fully,*
- *endlessly*

in

- *width,*
- *depth and*
- *scope,*

in

- *dimensions*

*that the human mind
cannot even perceive
at this point of its development.*

Each moment of

- *time,*
to speak in your terms –

each moment of

- *being,*
to speak in my terms –

is in itself

*a psychic nuclear construct,
containing*

- *meaning and*
- *consciousness,*

containing

- *a purposeful design.*

*Each fragmentary second
is that.*

*If you string along
second
upon second
upon second –
not only*

- *sequentially,*

but in

- *depth and*
- *width –*

you may perceive

- *that there is no time,*
- *that this is*
a point of creation
that
 - *is endless and*
 - *is always there.*

*And that is what we might call
the "now point."*

17

*It is
not entirely impossible,
in your present state of development,
to occasionally
experience
the "now point" –
the sense of it.*

*But this [i.e., this capacity to occasionally experience the "now point"]
requires*

*much higher states of consciousness,
which must be earned.*

*Humankind,
as a whole,
has now just about
left kindergarten.*

When consciousness
• *grows and*
• *matures*
 a little
 and therefore
 perceives life
 not only as
 • *the immediately obvious fragment,*
 but senses that
 • *the fragment*
 is a part of
 a larger fragment,
 and so on
 and on,

then the consciousness
 prepares itself for
 experiencing
 the "now point."

People may have
 only occasional inklings
 of such a perception,
but these will be enough
 to imprint on their minds
 that there is much more to this life
 than what they
 immediately experience in life.

18

Being in
 the "now point"
 means
 being completely in
 the now.

This is what we are going to talk about
 in the second part of this lecture.

*Only when
you are in
the eternal now
are you
truly*

- in bliss,*

truly

- secure,*
- fearless, and*
- absolutely certain –*
not as
 - wishful thinking,**but as*
 - absolute,*
 - realistic,*
 - justified*
inner certainty –
[inner certainty] of
the beautiful meaning of life
 - that is a continuum,*
 - that does not stop*
merely because
certain momentary manifestations
seem to stop.

19

*This sense of eternity
is the true bliss.*

*For when there is
no fear,
there is
complete relaxation.*

*The word
"relaxation"
could be misleading
and I hesitate to use it,
but the human language is limited
and we have to do as best as we can
with the terms available.*

So let me describe what I mean [by "relaxation"].

20

*A completely fearless state,
without*

- *contraction and*
- *tension,*

*is the state
that makes a personality
susceptible to
the ever-existing bliss of the universe.*

*This, however,
is far from
being
a passive state.*

*Lack of tension
does not imply*

- *flaccidity or*
- *motionlessness.*

*[Rather] It [i.e., the lack of tension]
is an ever-moving state
in which
the*

- *pulsatory changes of tension,
in a different sense,
alternate with*
- *openness and*
- *total receptivity.*

*In the ordinary human sense,
the flexing
is associated with*

- *tightening and*
- *defense.*

*In the pure state
the tightening
is a kind of
charging,
so as to give spring
to the creative movement
that follows from it.*

	<p><i>This alternating movement of</i></p> <ul style="list-style-type: none">• <i>charging and</i>• <i>letting go</i> <p><i>is a creative whole which makes the entity participate in the creation.</i></p> <p><i>Both these movements [i.e., both charging and letting go] are relaxed in the sense of being without</i></p> <ul style="list-style-type: none">• <i>fear and</i>• <i>defense.</i> <p><i>They [i.e., both of these movements of charging and letting go] express a state of deep knowing that all is well in the universe.</i></p>
21	<p><i>This state is immensely blissful.</i></p> <p><i>The longing for this bliss deep in the heart of all human beings can never be extinguished.</i></p> <p><i>And when you</i></p> <ul style="list-style-type: none">• <i>fragment your consciousness and</i>• <i>create</i> <p><i>the false reality of the three-dimensional world, inwardly you are still connected</i></p> <ul style="list-style-type: none">• <i>with the greater reality of eternal being and</i>• <i>with the eternal "now point."</i>

**Your manifest consciousness
will constantly
strive for this state [i.e., strive for this greater reality of eternal being,
the eternal “now point” to which you are connected],
whether you know it or not.**

**This striving [for this greater reality of eternal being to which you are connected]
is in itself**

the motivating force

- to grow,
- to search,
- to move,
- to accept the temporary hardships
which are self-created, and
- to walk through them
as through tunnels,
so as to
free the self
from the obstruction.

22

**This [striving for this greater reality of eternal being to which you are connected]
requires,
as you all know,
a motivating force.**

**For you
constantly fluctuate
in a battle
between**

- wanting to
 - move and
 - follow
- the longing,**

or

- resisting movement and
 - giving up
- what your heart knows exists.**

**This is
a tremendously important struggle
that each entity
must go through.**

23

*At one period
in the evolutionary ascent,
the struggle is won.*

*The commitment is made
to movement,
even if
it seems to bring
momentary*

- discomfort or*
- hardship.*

*Of course that [the movement to follow the longing by striving for the greater
reality of eternal being, the eternal “now point” to which you are
connected, that only this movement brings discomfort and hardship]
is an illusion.*

- Discomfort and*
- hardship*
 - exist and*
 - must manifest,*

*whether or not
you decide
to move in the direction
of your own inner destiny.*

*To follow this move [toward your own inner destiny]
is the
only
real way you can*

- understand the hardship*

and therefore

- really dissolve it.*

*Denying the hardship
only appears temporarily
to eliminate it,
so that the hardship
appears [not to be inevitable either way you choose to go but rather]
to be created [only] by
the decision to turn inward
into the direction of
the real self.*

This is also an illusion.

24

*The striving for the bliss
is the motivational force
that tips the scale
of the inner battle
between*

- movement
and stagnation,*

between

- reality
and illusion,*

between

- fulfillment
and despair,
on the side of*

- movement,*
- reality, and*
- fulfillment.*

*It [i.e., bliss that comes from choosing movement, reality, and fulfillment]
must occur
at one stage or another.*

*However, you
also
seek shortcuts.*

*You sometimes
want to fulfill the longing [for bliss]
without paying the price.*

*The price
is the labor*

- of searching,*
- of seeking
and finding,*
- of learning,*
- of growing,*
- of changing,*
- of self-purification,*
- of traversing
all self-created*

- pain and*
- evil.*

25

*Now let us briefly consider
what such shortcuts may be.*

*Several are possible.
Let me list a few.*

*Sexual activity
can be such a shortcut.*

*In sexual experience
the blissful Now
is most often experienced,
although
very rarely
sustained.*

*When sexuality
is an escape
from the*

- problems,*
- difficulties and*
- unpleasant aspects*

*of reality,
then it is sought
as a cheap way
of attaining
a semblance of
universal bliss,
which the heart
knows exists.*

*Of course,
as all cheating,
it cannot work.*

*The bliss [so obtained by shortcuts and cheating]
will, at best,
be a very*

- illusory and*
- short-lived*

one.

*[On the other hand,]
When
the blissful universal state
of the eternal Now
is attained
through
honest growth,
sexual union
will be
but one expression of it [i.e., one expression of the eternal Now],
as the result of
two beings*

- *relating
on the*
- *deepest,*
- *most honest
level,*
- *who fuse*
- *their spirituality,*
- *their emotional selves,*
- *their minds, and*
- *their physical beings.*

*The bliss that results from this [experience of sexual union]
is then
a foretaste of
the "now point,"
or, the "now point"
will be
temporarily
experienced.*

26

*The most blatant false search
for the "now point"
is through drugs.*

Indeed,
the drug experience
• *removes the*
• *physical,*
• *three-dimensional*
boundaries
and thus
• *reveals*
the reality
behind
the great curtain.

But
when this revelation occurs
without earning it
[that is, earning it] by making
the state of consciousness
compatible with
this experience [of the revelation of the reality
behind the great curtain],

then
the price [of using the shortcut of drugs before your consciousness is
capable of experiencing this level of reality behind the great curtain]
is high.

I hardly need to illustrate the point.

The same applies, of course,
to alcohol.

27

Such a shortcut
is always a combination of
two aspects of the personality.

[1.] On the one hand
there is the great urge
to be in a blissful state,
which a part of the personality
• *"remembers" [from a "time" prior to incarnation] and*
• *desires,*

[2.] on the other,
there is a resistance to
doing the work [necessary to be able to experience this bliss].

*Attempting to
compromise
between these two sides
leads to such false ways
of attaining
the "now point."*

*The fall
from the bliss state
is then
all the more*

- *painful and*

the state of

- *ordinary,*
- *physical*

*consciousness
all the more*

- *dark.*

*In Scripture
the Fall of the Angels
is often symbolized
as a one-time happening.*

*But it [i.e., the Fall of the Angels]
is
a reality
outside time
that occurs
whenever
the fragmented state of consciousness
accrues
by violating
some spiritual law.*

*The false search
for the "now point"
is a violation [of a spiritual law]
in that
it wants to gain the result [i.e., the "remembered" blissful state]
without paying the price.*

*The insistence
to be in heaven
without being ready for it
makes the personality plunge into hell.*

28	<p><i>Meditational exercises are another way in which human beings often seek the bliss state.</i></p> <p><i>Offhand it would appear that this is an honest search, for it almost always entails</i></p> <ul style="list-style-type: none"><i>• a lengthy practice of concentration exercises and sometimes even</i><i>• a quite ascetic way of life which is supposed to prepare the personality for the experience [of the bliss state].</i> <p><i>This, too, is ever so often an illusion.</i></p>
29	<ul style="list-style-type: none"><i>• Extended fasting,</i><i>• concentration exercises,</i><i>• chanting and</i><i>• self-hypnotic reiteration of meditational phrases can indeed produce results.</i> <p><i>[In these practices] There can be a temporary experience that reveals the great world behind the curtain.</i></p> <p><i>But if all these practices are substitutions for</i></p> <ul style="list-style-type: none"><i>• self-search,</i><i>• self-purification, and for</i><i>• change</i> <p><i>from the depths of the distortions, they will, in essence, be similar to the more crassly destructive escape routes we mentioned before.</i></p>

30

*If meditational exercises
are mechanical,
the way [of meditational exercises] is
an illusory one.*

*Only when
the "now point"
is a result of
slowly earned development
will the new perceptions [of the reality of the world
behind the curtain]
be truly yours.*

*Otherwise
you will
put a lot of energy
forcefully
into something
that you cannot maintain
with a feeling of ease.*

*It [i.e., that "something" that is really not yet developed and that
hence you cannot artificially maintain with a feeling of ease]
must eventually
split off
from your undeveloped parts,
which you then
push out of consciousness.*

*Thus
a tremendous contradiction occurs.*

*The blissful "now point"
is truly
a result of
unification.*

If

- you do not honestly attain this unification [through hard work] and [instead]*
- you seek shortcuts,
then instead of [truly] unifying [through hard work of purification
and development of undeveloped parts of yourself],
you will become even more split [because the undeveloped parts are
now not only undeveloped but are now also split off and
pushed out of your consciousness].*

*In fact, in such a case
the personality was
less split
when it began
than it will find itself [to be]
after
temporarily*

- *tasting and*
- *savoring*

*the blissful
"now points"
by artificially induced means.*

I include mechanical

- *exercises and*
- *practices*

as such [artificially induced] means.

31

*There is
only one*

- *safe and*
- *secure*

*way
to attain*

- *the blissful "now point,"*
- *the revelation of reality*

in its unlimited dimensions.

*That [one way]
is
by fulfilling the task
for which you have come.*

*Only a path
such as this [pathwork]
can help you do so.*

	<p><i>You must learn to go through your pain: the pain</i></p> <ul style="list-style-type: none"><i>• of your illusion,</i><i>• of your guilt,</i><i>• of your undeveloped side.</i> <p><i>Ultimately this is what it [i.e., what life in this human body on the earth plane] all amounts to.</i></p>
32	<p><i>What is the real nature of your state when you have lost the "now point"?</i></p> <ul style="list-style-type: none"><i>• You are not aware of spiritual reality, • you are cut off from it.</i><i>• You think that the temporary reality you have created – an illusory reality, if I may coin this apparently paradoxical phrase – is reality.</i>
33	<p><i>I now come to the most crucial part of this lecture.</i></p> <p><i>I said before that being in the "now point" is being</i></p> <ul style="list-style-type: none"><i>• aware,</i><i>• intensely aware, of the meaning of this "now point."</i>

*Whenever
you strive away from
the "now point,"
you lose
awareness of
its meaning.*

*You then create
a superimposed
false
reality.*

*This happens
in several ways.*

*In the first place,
not being in
the eternal now,
in terms of time,
is due to
being
either*

- in the past*

or

- in the future –*

not

- in the present,*
- in the infinitesimal present.*

*One can be
in the present
to some degree,
but still
not truly aware of
the "now point."*

Either
you are
in each minute already ahead –
perhaps in

- the next minute,***
- the next hour,***
- the next day, or even***
- some faraway "future,"***
in a wish-dream
of how one day it
 - will be or***
 - should be or***
 - could be***
by magic.

Then you
bypass
the "now point"
that could give you the key
to actually working toward
that cherished future point.

Or
you hang on to something
from the past
that governs you,
often without even [you] knowing it.

34

Your pathwork
brings you in contact
with both [being in the future and being in the past rather than
being in the present, being in the "now point"].

Often
you become aware of
how your past
still influences you
only after
[you have gone through]
much laborious groping.

*This influence [of the past on the present]
makes you
react to
something
that takes place
now
as if
it [i.e., as if that something taking place now in present circumstances]
were still [taking place]
in the past [and in the same circumstances you were in in the past],
and in this distorted vision
you actually believe the event [taking place now]
to be the same as a past one.*

*Not that this belief
is articulate [and conscious].*

*If it were,
you would be nearer to
the "now point."*

*The fact
that you are
convinced [that]
your present reaction
is an appropriate one
to the now
is a measure of
your alienation from
the "now point."*

35

*The degree
of such superimpositions
from the past
to the present
is
much, much stronger
than even you, my friends,
realize,
though you have seen
some examples of this.*

*As you grow further,
you will become
more conscious
of this "time projection."*

*What you often believe
are
free actions,
determined by
the current situations,
are not at all
freely chosen [actions],
but are [actions] determined by*

- events and*
- reactions*

*you had
that*

- may or*
- may not*

*have been appropriate
in the past.*

*In either case,
they [the reactions you had in the past, then appropriate or not appropriate]*

- are
not appropriate
now and*
- lead to*
 - distortion of reality,
thus to*
 - a false creation
that blots out
your connection with
the real now.*

36

*By the same token,
when you view your life objectively,
you will see
how much*

- *your wishes and*
- *your striving into the future*

*determine your experience –
and therefore
your lack of
true depth experience –
now.*

*So you lose
the "now point"
as a result of*

- *the past and*
- *the future*

*that tear at you,
as it were,
from both directions.*

*Crassly speaking,
it is
this lack of awareness
of what really takes place
that creates
the time illusion.*

Or, to put it differently,

- *the false reality,*
- *the lack of self-awareness,*

creates

- *a fragmentation and*
- *a disconnectedness.*

37

However,

- *to be in the "now point,"*
 - *to comprehend its meaning,*
 - *not to live*
 - *in the past or*
 - *in the future,*
- is not something
you can directly determine
in your mind
by an act of will.*

The act of will

*comes into play [in this work],
but it must go toward
establishing self-awareness
in all those mundane aspects
that are
unwelcome
for you to*

- *face and*
- *deal with.*

Only then

will you be in truth.

Only in that way

*can you establish
a sense of reality.*

*And only as a consequence of doing that [i.e., only by being in truth and by
establishing self-awareness and a sense of reality]*

will

*a new sense of timelessness
evolve*

- *spontaneously,*
- *effortlessly,*
- *when you least expect it.*

It will come as a

*byproduct
of your search for
your
truth.*

38

*Only indirectly,
as a result of
self-exploration,
will*

- the past*
- cease to be*
- the present.*

*You will then
trust the future completely
because you will know
that it can only be
an extension of the now.*

*If you are
in full truth
in the now,
you build
a "future" – in your terms –
that can be
wholly trusted.*

*Thus
you don't need to
toy
in a wishful way
with the future
because
you don't need to
escape from
the present.*

*Then
the forever now
takes on a new reality.*

39

*Other ways
in which
you lose
the "now point"
of each fragmentary moment in time in which you exist –*

- in which you*
- breathe,*
- in which you*
- think and*
- will and*
- feel and*
- experience –*

*are very familiar to you
who have spent*

- time and*
- effort*

on this path.

*They are even known by
psychological schools
which attempt to find
the inner self.*

*They
seem
to have little to do with*

- cosmic and*
- creative*

processes.

*In your world, today,
they seem*

- quite humdrum concepts,*
- far removed*

from such topics as we discuss now.

*But they are indeed
very intensely connected with
the processes under discussion.*

These are

- (1) displacement,*
- (2) projection,*
- (3) denial.*

	<p><i>I will give simple examples of each to use for your further self-exploration.</i></p>
40	<p><i>Suppose there is something painful in you that you struggle against – and you all know how much you struggle in that respect.</i></p> <p><i>You then may lose the "now point" through displacement.</i></p> <p><i>Let us take the example when you love a person dearly who</i></p> <ul style="list-style-type: none"><i>• hurts and</i><i>• angers</i> <p><i>you.</i></p> <p><i>You do not wish to offend that person.</i></p> <p><i>If you show your feelings, the consequences may incur the loss of that person whom you</i></p> <ul style="list-style-type: none"><i>• need and</i><i>• are dependent on.</i> <p><i>This would cause a pain you wish to avoid.</i></p> <p><i>Nevertheless that person has done something to you that</i></p> <ul style="list-style-type: none"><i>• pains and</i><i>• angers</i> <p><i>you.</i></p>

*Acknowledging that pain
may also
destroy
a bubble of illusion [you have concerning that person, an illusion that]
you do not wish to give up.*

*Perhaps the illusion
is that
the beloved person
ought to*

- be perfect and*
- never do things to hurt you.*

*The purpose
of your illusion itself
is to
avoid*

- unpleasantness –
in this case, confrontation – and/or*
- risking
the possible loss of the loved one.*

*You hope to
avoid all*

- risks,*
- discomforts and*
- pains*

*by building an illusion
into which
you invest quite a bit of energy
so that you can
maintain its fictional reality.*

*Even so,
the energy
of the*

- pain and*
- anger*

*you experience [with this beloved person]
is very real
and
you need to dispose of it.*

*The illusion
is that
by not acknowledging the*

- *pain and*
- *anger*

they [i.e., the pain and anger] will simply go away.

*The mechanism
by which you try to
"solve" this problem –
often so automatic that it is not even perceived –
is to put your feelings
for this*

- *beloved and*
- *important*

*person
onto
another person,
perhaps on another issue [i.e., on an issue
with this other person that is different
from the one you have with your beloved].*

41

*This other person
may not mean as much to you.*

His or her

- *anger,*
- *rejection and*
- *retaliation*

*may be
less "dangerous" to you.*

*Or
you are so secure
in this person's*

- *love,*
- *tolerance and*
- *understanding*

*that you can
safely
put this load on him or her.*

*In that way,
you have
"solved" the problem
by
finding a necessary outlet for
a tight energy accumulation,
without jeopardizing the relationship
with
the all-important figure in your life.*

*This is what I call
displacement.*

*Quite apart from
guilt about
the dishonesty of
such a shrewd device,
it also creates
a false reality.*

*You begin to live
in a self-created world
that has no bearing on
what reality is.*

*This makes you
completely unaware of
every fractional "now point."*

*You cannot
discern its [i.e., the "now point's"]
• meaning or
• message
until
you are willing
to set it all straight again [and be in truth with
the entire situation concerning your beloved and the other].*

42

Many of you

- *are sufficiently advanced on your path and*
- *have experienced*
any number of times
that when you
fully face
the most
 - *undesirable,*
 - *dishonest and*
 - *petty**infringements of truth*
in you,
you get into
a state of bliss.

You reach it [i.e., you reach a state of bliss]
even before

you necessarily change that [undesirable] part of you,
simply by
dealing honestly with
the issue [i.e., dealing honestly with the undesirable
and dishonest parts of you].

The reason for this [i.e., the reason you reach a state of bliss even before
you change the dishonest and undesirable parts of you]
is that

you are in
the particular "now point"

- *of your untruthfulness,*
- *of your deceitfulness,*
- *of your negativity.*

Displacement
creates

- *chaos and*
- *disorder.*

It creates
a total confusion
about
what really is.

	<p><i>It [i.e., displacement] creates a total disconnectedness from the continuum of your inner existence.</i></p> <p><i>Thus it must create</i></p> <ul style="list-style-type: none"><i>• fear and</i><i>• fragmentation.</i>
43	<p><i>The example I used</i></p> <ul style="list-style-type: none"><i>• is a very frequent one and</i><i>• exists in your lives to a much larger degree than you presently realize.</i> <p><i>Here and there you see some of your displacement, but not nearly to the degree it still goes on in all of you.</i></p> <p><i>You so often shift something</i></p> <ul style="list-style-type: none"><i>• from one person to another,</i><i>• from one situation to another.</i> <p><i>Sometimes you are just</i></p> <ul style="list-style-type: none"><i>• too lazy and</i><i>• too resistant by habit to deal with the real situation.</i> <p><i>Then it comes out in the false one.</i></p>

*There can be no question about
coming into
your forever*

- *changing and*
- *self-renewing and*
- *ongoing*

"now point,"

- *unless you stop that procedure [of automatic displacement],*
- *unless you*

fully make up your mind

- *to see what you are doing and*
- *to what extent you are doing it.*

*The lack of awareness of
how*

*you are doing it [i.e., how you are doing the automatic displacement]
makes the problem much greater.*

*The minute you see
you have the problem of
automatic displacement,
the problem is already diminished.*

44

*Let us now take
projection.*

*You are a little more familiar with that,
but even here
you are often
quite blind to
how you react to others,
precisely because
you do not wish to see
something in yourself.*

*Sometimes
the other person
may indeed have
the undesirable trait [you are projecting onto him or her],
though at other times
this may not even be the case.*

But whether or not it is [i.e., whether or not the other person actually has this undesirable trait you are projecting onto him or her], it matters little.

The important thing to see is that you abuse the energy that you should use toward

- facing,*
- confronting, and*
- dealing with*

an aspect of yourself by becoming

- angry and*
- annoyed*

at the other person instead.

You do this because you wish to maintain an illusion about yourself – namely that you do not have the trait in question.

45

Denial is of course quite self-explanatory.

You

- neither displace*
- nor project*

what you do not wish to experience, but you attempt to simply deny its existence.

All these procedures –

- *being influenced by the past,*
- *striving toward the future,*
- *displacement,*
- *projection, and*
- *denial –*

*are attempts
to get away from
the "now point,"
in the illusion that
something can be avoided
that is in any way
unpleasant.*

You create

*a new reality
by force
that is not founded on
truth.*

In essence

*this means
abusing
the creative faculties.*

What you really accomplish

is the creation of

- *more fragmentation,*
- *a further alienation from
the psychic nuclear "now point"
with all its*
 - *glorious meaning and*
 - *relationship to the whole.*

46

*The love of all your friends
who work in this beautiful venture
is streaming forth to all of you.*

*The blessings
will multiply*

- *in your hearts and*
- *in your deeper minds*

*as you let yourself
feel
these blessings.*

*Be
your innermost God.*

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