

# Pathwork Lecture 218: The Evolutionary Process

1996 Edition, Original Given February 6, 1974

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><b>Greetings,</b> <b>my very dearest friends.</b></p> <p><b>Blessings</b> <b>for all of you here.</b></p> <p>• <b>Happiness</b> <b>and</b> • <b>love</b> <b>follow truth –</b> <b>the commitment to truth,</b> <b>whatever it may be [i.e., whatever the truth may be].</b></p> <p><b>Deep in your heart</b> <b>is the seed for</b> <b>all these potentials:</b></p> <ul style="list-style-type: none"><li>• <b>truth,</b></li><li>• <b>love,</b></li><li>• <b>happiness,</b></li><li>• <b>wisdom and</b></li><li>• <b>peace.</b></li></ul>

Original by Eva Broch Pierrakos

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***You possess  
these***

- ***attributes [i.e., You possess truth, love, happiness, wisdom, and peace],***
- these***
- ***states of being,***  
***in ample***
    - ***quantity and***
    - ***quality.***

***It is up to  
you***

***to realize them [i.e., It is up to YOU to REALIZE these states of being],***  
***which you do by***

***first***

- ***conceiving of***  
***these potentialities [i.e., these potentialities of truth, love,***  
***happiness, wisdom, and peace],***  
***deep inside of***  
***your innermost being.***

***You then conceive of***

- ***spreading out***  
***these slumbering potentials [i.e., spreading out these***  
***slumbering potentialities of truth, love,***  
***happiness, wisdom, and peace],***

***to***

- ***awaken [them] and***
- ***spread them outward,***  
***so that***

***they grow***  
***from within you***

***into***

***the outer regions***  
***of your life.***

04

***The topic of tonight's lecture is  
the process of  
the evolutionary journey,  
for it [i.e., for life's evolutionary process]  
is a journey.***

***You begin to notice  
this process [i.e., notice this evolutionary process]  
increasingly  
as you grow,  
through your efforts on your path,  
as an organic reality  
that communicates itself  
to you.***

***It [i.e., This evolutionary process of the journey that communicates itself to you]  
has  
its own  
• laws,  
its own  
• sequences,  
its own  
• rhythm,  
its own  
• supreme wisdom,  
and  
its own  
• inner meaning.***

***At the beginning of your path  
you sense it [i.e., you sense this evolutionary process of your journey]  
only  
• vaguely and  
• occasionally,  
but  
as you  
• progress,  
as you  
• become more anchored in truth inside of you,  
you see this process [i.e., you see this evolutionary process]  
unfolding as an  
• alive,  
• organismic  
event.***

05

*The mistake you make  
is in believing  
that  
this*

- *organismic event,*

*this*

- *process [i.e., this evolutionary process],*

*is a result of*

*your decision*

*to follow*

- *such a path [i.e., such a path as pathwork],*

- *a path in which you*

  - *find yourself and*

  - *develop.*

*But that [i.e., But that this path (pathwork) in which you find yourself and develop  
is a result of YOUR decision to follow such a path]  
is a misconception.*

*The process [i.e., The organic evolutionary process of your journey]  
exists  
always.*

*The only difference is that  
when you are*

- *not on a path [i.e., not on a path such as Pathwork, a path]*

*that activates*

*awareness of*

*your inner reality,*

*when you are*

- *still in*

  - *blindness and*

  - *ignorance*

*about*

  - *yourself*

*and therefore commensurately*

*about*

  - *the universe,*

*you must also be*

*totally*

*unaware*

*that this process [i.e., totally unaware that*

*this organic evolutionary process]*

*is going on in you.*

*So, first of all,  
it is extremely important  
that  
you understand the difference, my friends.*

*The process [i.e., The evolutionary process]  
is not  
something that happens  
only  
after  
you enter  
a developmental path [i.e., a developmental path  
such as pathwork].*

*• Entering  
and  
• progressing on  
such a path [i.e., such a developmental path as pathwork]  
enables you  
to focus your awareness  
on something  
• that has  
always existed,  
• but that  
you have not noticed,  
and [i.e., and by entering and progressing on such a path as pathwork]  
you will be able to  
follow the process [i.e., follow the inner organic evolutionary process]  
by  
• involving the  
ego personality  
rather than  
• letting it [i.e., rather than letting the conscious ego personality]  
stay behind [i.e., stay behind the evolutionary process  
that is going on in and around you].*

06

*This [i.e., INVOLVING the EGO personality in the organic evolutionary process]  
is another aspect of  
awakening consciousness,  
and in that sense  
this lecture  
is also a sequel of the preceding one [see  
Lecture 217: The Phenomenon of Consciousness].*

**Consciousness**  
**does not happen suddenly.**

**It [i.e., Ego consciousness]**  
**is rather**  
**a process of awakening**  
**to something**  
**that has**  
**always**  
**been there.**

**Awakening consciousness [i.e., Awakening ego consciousness]**  
**suddenly**

**perceives**

- **psychic events,**
- **inner**

**as well as**

- **outer**

**events,**

- **states of being**

**in**

- **the self**

**and**

**in**

- **others,**

- **connections**

**and**

- **interrelationships**

**between**

- **people**

**and**

- **things,**

**between**

- **individual**

**and**

- **cosmic**

**consciousness.**

**Why has it [i.e., Why has consciousness, or why have all these psychic**  
**events, states of being, connections and interrelationships]**  
**always been there?**

**Because**  
**time** [i.e., time, that spreads things out and separates them from one another]  
**is but**  
**the illusion**  
**of the limited mind.**

**The limitation of**  
**that mind**  
**is also responsible for**  
**not perceiving**  
**what is there.**

**As the mind becomes**  
**less limited,**  
**it becomes capable of**  
**perceiving**  
**what is there.**

**It will make all the difference for you, my friends,**  
**not to confuse this** [i.e., not to confuse this fact that as the mind becomes  
less limited it becomes capable of perceiving more of what is there]  
**with the**  
**"sequence of events,"**

**for**  
**this new perception** [i.e., for this new perception of what is there]  
**will activate**  
**an aspect**  
**of your consciousness**  
**that is still slumbering:**  
[namely,]  
**your power to perceive**  
**in reality.**

**In the slumbering state**  
**you always**  

- **confuse**
  - **cause**
- and**
  - **effect,**

**you always**  

- **look through the wrong end of the telescope –**  
**and thus become more confused.**

07

*Now,  
you may begin to conceive of  
the process of your inner evolutionary journey  
as being  
always*

- present and*
- ongoing,*

*whether you know it  
or not.*

*Let us now speak more specifically  
about this process [i.e., about this process of YOUR inner evolutionary journey],  
so that you*

- will obtain further help  
in self-understanding and*
- can begin to focus in  
the right direction.*

*I might define this  
evolutionary process  
that exists within  
all*

- aspects of consciousness,*

*all*

- entities and*

*all*

- organismic realities,*

*as an ongoing journey.*



08

*People often have dreams  
in which they are  
either*

- *on a train ride,*

*or*

- *are about to take a train and  
anxious that they  
may miss it,*

*or*

- *have missed the train,*

*or*

- *are getting off it.*

*Almost all human beings have these recurrent dreams.*

*They are universal dreams  
that come sporadically.*

*When they come,  
they convey your relationship to  
your own process [i.e., to your own inner evolutionary process].*

*Do you [i.e., Does your conscious ego]  
• follow the train's movement [i.e., the movement of  
your own inner evolutionary process].*

*or do you [i.e., or does your conscious ego]  
• stay behind?*

*The process goes on [i.e., the inner, evolutionary process goes on]  
as the train continues its ride,*

*but the ego consciousness  
has a choice.*

*It [i.e., The ego consciousness]  
can choose*

- *to go with it [i.e., go with one's inner, evolutionary process]*

*or*

- *to stay behind.*

*The choices are  
not always consciously made,  
but they are nevertheless  
made  
in distinct intentionality.*

	<p><i>Incidentally, when you do not happen to have a train dream, it is not an</i></p> <ul style="list-style-type: none"><li><i>• indication or</i></li><li><i>• proof</i></li></ul> <p><i>that you are following [i.e., that your ego consciousness is following] the inner journey.</i></p> <ul style="list-style-type: none"><li><i>• The unconscious may not always succeed in sending its message to the consciousness [i.e., to your ego consciousness],</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• the messages may be given in a different form [i.e., different from a train dream].</i></li></ul>
09	<p><i>For example, when you choose</i></p> <ul style="list-style-type: none"><li><i>• to enter such a path [i.e., enter a path such as pathwork],</i></li><li><i>• to search within yourself</i></li></ul> <p><i>and make more meaning out of your life,</i></p> <p><i>that is as much of a choice as when you choose not to do so [i.e., choose NOT to take a path such a pathwork in order to search within yourself and make more meaning out of your life], regardless of the</i></p> <ul style="list-style-type: none"><li><i>• rationales and</i></li><li><i>• excuses</i></li></ul> <p><i>[i.e., regardless of the rationales and excuses for NOT choosing to take a path such a pathwork in order to search within yourself and make more meaning out of your life that] you may manufacture for yourself.</i></p>

***When you live the day  
as if it [i.e., as if entering a path such as pathwork and searching within  
yourself in order to make more meaning out of your life]  
did not matter,***

***that is  
as***

- active and***
- distinct***

***a choice***

***as when you***

***allow yourself***

***to feel***

***the inner urging***

***to follow***

***your inner journey.***

***When you are***

- passive and***
- inert,***

***it is as much of a choice***

***as when you are***

- active and***
- take the initiative.***

***These are all choices.***

- Do you [i.e., Does your ego]  
go with [i.e., become more and more aware of]  
your inner, evolutionary process,***

***or***

- do you  
stay behind [i.e., or does your ego consciousness choose to stay  
UNAWARE of your inner, evolutionary process]?***

10

*The choice [i.e., The choice as to whether you GO WITH and become increasingly AWARE of your inner, evolutionary process, or STAY behind and UNAWARE] is determined by how much you give in to the always existing*

- *fear and*
- *resistance*

*that are so tragically misplaced.*

*Because if you need to*

- *fear and*
- *resist anything,*

*it [i.e., your fear and resisting anything in life] is*

- *the non-movement,*
- *the stagnation,*
- *the denial of going with the process that evolves [i.e., that evolves organically and naturally] out of your innermost being as the*

- *wisest,*
- *most meaningful reality conceivable.*

*Therefore, my friends, when you resist following the inner movement [i.e., when you resist following the inner movement that is naturally and spontaneously evolving and arising out of your innermost being as the wisest reality conceivable] that is so much*

- *wiser,*

*so much*

- *more profound than what the human brain can think of,*

*you make a weighty decision.*

	<p><b><i>It is important for you to understand</i></b></p> <ul style="list-style-type: none"><li>• <b><i>what that decision means</i></b> [i.e., to understand what that decision to RESIST or to FOLLOW that organic, natural inner movement means].</li><li>• <b><i>What does it</i></b> [i.e., What does the decision to RESIST or to FOLLOW that organic, natural inner movement arising within] <b><i>imply?</i></b></li></ul> <p><b><i>And, also,</i></b></p> <ul style="list-style-type: none"><li>• <b><i>what are its ramifications</i></b> [i.e., what are the ramifications of the decision to RESIST or to FOLLOW that organic, natural inner movement arising within]?</li></ul>
11	<p><b><i>I want to say here that the decision in question is more than just</i></b></p> <ul style="list-style-type: none"><li>• <b><i>whether</i></b></li><li>or</li><li>• <b><i>not</i></b></li></ul> <p><b><i>to enter such a path as this</i></b> [i.e., as this pathwork].</p> <p><b><i>Even if the general decision for such a path</i></b> [i.e., for taking such a path as pathwork] <b><i>has been made,</i></b></p> <p><b><i>there may nevertheless be areas where a reserve is kept.</i></b></p> <ul style="list-style-type: none"><li>• <b><i>"I will go only so far and no further.</i></b></li><li>• <b><i>Here I will not go along with the inner train of my movement.</i></b></li><li>• <b><i>Here or there I will hold on and stay behind.</i></b></li><li>• <b><i>I will not change in this respect.</i></b></li><li>• <b><i>I will go that far and then I will get off the train, even while I still follow the pathwork in other areas."</i></b></li></ul>

*You see, my friends,  
in psychic reality  
it is possible  
to be*

- *on the train  
in some respects,*

*but*

- *off the train  
in others.*

*These others [i.e., These other respects in which you decide to get OFF the train]  
count heavily  
because  
they create*

- *an imbalance and*
- *a discrepancy.*

*Did you*

- *get off your train  
in some areas, my friends,  
and perhaps*
- *dwell in  
an interim station*

*and then*

- *try to get on again [i.e., try to get back on your train of awareness  
again later]?*

*Don't you realize that  
the train [i.e., that the train, which is your evolutionary inner movement,]  
does not wait?*

*Your inner movement  
follows  
its innate plan [i.e., its innate, inner evolutionary plan]  
and when  
the ego gets off,  
the inner movement [i.e., your inner movement, which follows its innate,  
inner evolutionary plan]  
still goes on.*

*It is then  
so much more difficult  
to catch up again.*

	<p><b>When you</b> <b>are in such a predicament</b> [i.e., the predicament of trying to catch up with your train (become aware of your evolutionary inner movement) as you get back on after having been off (off the train and NOT aware of your evolutionary inner movement) in some aspects of your life], <b>you experience</b></p> <ul style="list-style-type: none"><li>• long,</li><li>• drawn-out</li></ul> <p><b>states of</b></p> <ul style="list-style-type: none"><li>• disharmony,</li><li>• anxiety,</li><li>• crisis,</li><li>• depression,</li><li>• upheaval.</li></ul>
12	<p><b>It is of course</b> <b>realistically</b> <b>quite impossible</b> <b>to</b> <b>always</b> <b>follow the inner movement</b> [i.e., always stay aware of your inner evolutionary movement in all areas of your life] <b>exactly one hundred percent.</b></p> <p><b>Were you</b> <b>that aware</b> [i.e., Were you so aware that you ALWAYS, exactly one hundred percent of the time, were aware of and followed your inner movement, which follows its innate, inner evolutionary plan], <b>you would</b> <b>not be</b> <b>in the human state.</b></p> <p><b>The human state</b> <b>is in itself</b> <b>the result of</b> <b>disconnection</b> <b>and thus</b> <b>you need to struggle</b> <b>to find the connection again</b> <b>with the inner reality.</b></p>

	<p><i>No</i> <i>no</i></p> <ul style="list-style-type: none"><li>• <i>human being,</i></li><li>• <i>path-follower</i> <i>can boast of</i> <i>never</i> <i>going through periods of</i><ul style="list-style-type: none"><li>• <i>darkness and</i></li><li>• <i>crisis.</i></li></ul></li></ul> <p><i>They [i.e., These periods of darkness and crisis]</i> <i>are inevitable,</i> <i>and</i> <i>it is good that way,</i> <i>because these very states [i.e., these very states of</i> <i>darkness and crisis]</i> <i>are</i><ul style="list-style-type: none"><li>• <i>reminders,</i></li><li>• <i>messages and</i></li><li>• <i>signposts</i> <i>to spur you on</i> <i>to make a redoubled effort</i> <i>to find again</i> <i>the harmony</i> <i>with</i> <i>the inner meaning</i> <i>of the individual process.</i></li></ul></p>
13	<p><i>I am speaking here of</i> <i>protracted states</i> <i>of</i><ul style="list-style-type: none"><li>• <i>disharmony,</i></li></ul><i>of</i><ul style="list-style-type: none"><li>• <i>escape,</i></li></ul><i>of</i><ul style="list-style-type: none"><li>• <i>resistance</i> <i>on a larger scale</i> <i>to deal with</i> <i>certain areas</i> <i>of the self.</i></li></ul></p>



*The question  
can be simply stated as follows:*

*Are you  
totally committed  
to*

- all of yourself,*

*to*

- the whole truth,*

*to*

- complete*
  - non-avoidance [of]*
  - and [i.e., and complete]*
  - surrender to*  
*the will of God?*

*Only  
you  
can give a truthful answer  
to this question.*

*You can easily know the answer  
if you  
wish  
to know it.*

*You can easily determine*

- if*

*and*

- how*  
*you hold out,*
- what are the areas*  
*where you*
  - hold back and*
  - make reservations,*

*and*  
*where you*

- deny*  
*the holy process*  
*of*  
*your inner movement into*  
*divine reality.*

14

*Some form of battle  
is  
always  
required  
to make you  
understand  
the  
• signs,  
the  
• messages,  
the  
• directions  
of your process,  
so as to  
get into its swing again.*

*Each stopping [i.e., Each stopping and getting off the train and losing awareness]  
is much more  
of a delay  
than you realize.*

*When I speak of  
delay,  
I do not want to give the impression  
that you should be  
• hasty and  
• rushed  
in your mental attitude,  
but  
that you should  
• realize and  
• learn to  
tune in on  
the movement of your process and  
• learn to understand  
• its messages and  
• its meaning,  
as well as  
• the meaning of your  
• fear and  
• resistance  
that make you  
• get off the train and  
• stay behind.*

15

*If you*  
• *truly examine*  
*the simple core*  
*of the*  
• *fear and*  
• *resistance*  
*and*  
• *translate*  
*its meaning [i.e., translate the meaning of*  
*the core of the fear and resistance],*  
*what will*  
*inevitably*  
*come to the surface*  
*is something like this:*

*"I do not trust*  
• *divine reality.*

*I do not trust*  
• *divine life.*

*I do not trust*  
• *my higher self.*

*I do not trust*  
• *God's creation and*  
• *God's will*  
• *for and*  
• *in*  
*me.*

*I rather trust my*  
• *ego-defenses and*  
• *protective blockings,*  
*no matter*  
*how destructive*  
*they may happen to be.*

*I may regret this destructiveness [i.e., I may regret the*  
*destructiveness of my ego-defenses and protective blockings],*  
*but since I trust*  
• *it [i.e., I trust my ego-defenses and protective blockings]*  
*more than*  
• *God,*  
*I will continue with it [i.e., with my ego-defenses]."*

	<p><i>You rather trust the pseudo-reality of your</i></p> <ul style="list-style-type: none"><li><i>• misconceptions,</i></li></ul> <p><i>of your</i></p> <ul style="list-style-type: none"><li><i>• puny</i></li><li><i>• fears and</i></li><li><i>• defenses,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li><i>• false safety,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li><i>• illusions,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li><i>• the laziness and</i></li><li><i>• the lure</i></li></ul> <p><i>of the line of least resistance.</i></p> <p><i>You particularly trust the illusion that it is not necessary to move along with [i.e., stay AWARE of] your evolutionary process.</i></p> <p><i>Thus [i.e., By TRUSTING the ILLUSION that it is NOT NECESSARY to get on and stay on the train and move along with your evolutionary process] you deny yourself the awareness that it [i.e., the awareness that your evolutionary process] even exists.</i></p>
16	<p><i>You</i></p> <ul style="list-style-type: none"><li><i>• distrust</i></li><li><i>• the beauty of the inner movement [i.e., You DISTRUST the beauty of the inner movement of your evolutionary process],</i></li></ul> <p><i>and you</i></p> <ul style="list-style-type: none"><li><i>• trust</i></li><li><i>• stagnation.</i></li></ul>

**You**

- *distrust*
  - *the truth*

**and**

- *trust*
  - *the denial of truth.*

**You**

- *trust in*
  - *closing your sensibilities*  
*to the messages of*  
*your process [i.e., the messages of your inner evolutionary process].*

**You never even give yourself**  
**the chance**

**to find out**  
**how much**

- *God,*
- *the [evolutionary] process,*
- *truth, and*
- *total commitment to*

• *confronting*  
*all that is in you*  
*and thus*

- *following*  
*your process [i.e., following your inner evolutionary process]*

**can be trusted,**

**while you**

**despair about**

**your constant disappointments,**

**refusing to connect them [i.e., refusing to connect your disappointments]**

**with**

**the fact that**

**you consistently**

**trust**

**the wrong things.**

**You choose to**

**trust**

**wishful thinking.**

*You follow the motto that  
what you  
do not know*

- does not exist*

*and*

- will not hurt you.*

*You deny that  
you miss out on  
fulfilling the  
potential within you.*

*Thus you*

- create*  
*more*
  - illusion,*  
*more*
    - false reality*

*and*

- become*  
*more*
  - disconnected,*  
*• confused,*  
*• empty –*
    - choosing*  
*not*  
*to understand why*

*and*

- accusing*  
*life*  
*of being bad.*

*You*

- fear*

*and*

- resist*
  - the truth*

*and*

- beauty,*

- the benign reality*  
*you could live in.*

	<p><i>All this may not apply to all of you [i.e., all parts of you], but even if it applies only to</i></p> <ul style="list-style-type: none"><li><i>• part of you,</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• some aspects,</i></li></ul> <p><i>it represents</i></p> <ul style="list-style-type: none"><li><i>• waste</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• unnecessary struggle.</i></li></ul>
17	<p><i>Consider all this, my friends.</i></p> <p><i>Ponder the question of misplaced</i></p> <ul style="list-style-type: none"><li><i>• trust and</i></li></ul> <p><i>misplaced</i></p> <ul style="list-style-type: none"><li><i>• distrust</i></li></ul> <p><i>that make you decide to</i></p> <ul style="list-style-type: none"><li><i>• get off the train [i.e., become UNAWARE of your process]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• stay behind i.e., stay UNAWARE of your evolutionary process], even if only temporarily.</i></li></ul> <p><i>It is very important that you</i></p> <ul style="list-style-type: none"><li><i>• account to yourself for your decisions</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• trust and</i></li><li><i>• confront</i></li></ul> <p><i>these issues [i.e., these issues of what you TRUST and what you DISTRUST], even if you manage not to know that you are making decisions</i></p> <ul style="list-style-type: none"><li><i>• every day and</i></li><li><i>• every hour of your life.</i></li></ul>

*These are decisions  
about what to*

- *think,*

*about how to*

- *view*
  - *events in your life*

*and*

- *your reactions to them,*

*about whether*  
*to direct your attention*  
*in your daily life*  
*to the*

- *outer projections*  
*of your inner realities*

*or*  
*to the*

- *inner realities themselves.*

*All these are decisions  
that you make  
constantly.*

*If you test yourself  
as to*  
*the meaning of*  
*these decisions – and [i.e., and if you realize]*  
*that they are indeed decisions –*  
*at least you will*  
*stop*  
*the creation of an*

- *illusory and*
- *false*

*reality*  
*that gives*  
*so much*

- *pain*

*and*

- *fear.*



	<p><i>"Illusory reality" may sound like a contradiction, but it is not, for you constantly</i></p> <ul style="list-style-type: none"><li><i>• manufacture</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• believe in</i></li></ul> <ul style="list-style-type: none"><li><i>• temporary,</i></li><li><i>• illusory realities.</i></li></ul> <p><i>Life on earth is the best example of it.</i></p>
18	<p><i>It is therefore essential that you question yourself deeply about</i></p> <ul style="list-style-type: none"><li><i>• how you relate to your own process [i.e., your own organic evolutionary process]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• what that means.</i></li></ul> <p><i>Then, when you have answered yourself, the next question should be,</i></p> <p><i>what is the meaning of this answer?</i></p> <p><i>Are you really allowing that inner movement [i.e., that inner spontaneous involuntary movement] to guide you?</i></p>

*It is only at the  
beginning of  
each such decision  
that making it [i.e., that making such a decision about  
what you TRUST and what you DISTRUST]  
seems an effort.*

*But that effort in itself  
is one of the illusions  
you created by  
constant belief in falsity –  
in this case [i.e., in this case the FALSITY]  
that*

- non-movement  
is  
effortless*
- and*
- movement  
is  
struggle.*

*In reality, the*

- effort  
lies in*
  - staying behind [i.e., staying UNAWARE by not getting on the train]  
and [i.e., and thereby]*
  - resisting  
the movement [i.e., resisting  
the natural, inner, organic evolutionary movement],*

*while*

- effortlessness,*
- ease and*
- inner relaxation  
lie in*
  - the harmony  
that is being established  
between*
    - the ego*
  - and*
  - the inner process of movement [i.e., and the natural, inner  
organic, evolutionary process of movement]  
through the decision*
    - to follow at the same speed, [i.e., to get on the train]*
    - to discover the meaning  
of your process.*

19

*That brings me to  
the next aspect of this topic,  
which is  
that there is  
no event in your life,  
• big  
or  
• small,  
  
• outer  
or  
• inner,  
that is  
not  
• an intrinsic message  
or  
• a meaningful manifestation of  
the whole process.*

*Your  
• task and  
• path  
consist  
of  
• deciphering these messages [i.e., deciphering these messages  
from the big and small, outer and inner EVENTS in your life]  
of  
• understanding the meaning  
behind the  
• events [i.e., behind the events of your life]  
or  
• moods  
you are in.*

**To the degree**

**you make deliberate efforts to do so [i.e., efforts to decipher and understand the messages from and meaning behind the EVENTS of your life and MOODS you are in],**

**you will succeed,  
though  
not**

- **immediately and**
- **not always**
- **in a straight line.**

**But the meaning [i.e., But the MEANING behind the EVENTS**

**of your life and behind the MOODS you are in]**

**will evolve,**

- **surely and**
- **inexorably.**

**The more**

**this is the case [i.e., The more the MEANING behind the EVENTS**

**of your life and behind the MOODS you are in EVOLVES],**

**the deeper your**

- **security,**
- **peace and**
- **joy**

**will be.**

**Conversely,**

**the meaning of**

**your**

- **life and**

**your**

- **experiences,**

**your**

- **moods and**
- **states of mind,**

**will never take on**

**deeper meaning**

**without**

**serious**

- **effort and**
- **commitment.**

	<p><i>To the degree you do not make this</i></p> <ul style="list-style-type: none"><li>• <i>effort and</i></li><li>• <i>commitment,</i></li></ul> <p><i>[to that degree] your life will be</i></p> <ul style="list-style-type: none"><li>• <i>sterile and</i></li><li>• <i>anxiety-ridden.</i></li></ul>
20	<p><i>When you experience events as</i></p> <ul style="list-style-type: none"><li>• <i>isolated</i></li><li>• <i>haphazard happenings,</i></li></ul> <p><i>life must appear</i></p> <ul style="list-style-type: none"><li>• <i>meaningless,</i></li><li>• <i>frightening,</i></li><li>• <i>confusing and</i></li><li>• <i>burdensome.</i></li></ul>

*[On the other hand,]*

*When you begin  
to perceive*

- *the incredible meaningfulness,*
- *the much wider*
  - *wisdom and*
  - *purpose*

*of every event –*

*how it*

*is*

- *deeply connected with*

*and*

- *a part of*  
*the*

- *wise and*

- *wholesome*

*totality*

*of*

- *your life,*

*of*

- *the sequences of life –*

*then all*

- *fear and*

- *confusion*

*must vanish,*

*because*

*everything*

*you experience*

*has its*

*deepest*

- *meaning and*

- *connection.*

*That awareness [i.e., That awareness that everything you experience has its  
deepest meaning and connection]*

*can be established*

*only*

*when your*

*outer consciousness [i.e., your ego-consciousness]*

*is willing to make the effort*

*to overcome*

*the always existing temptation*

*to yield*

*in the direction of least resistance.*

*Usually  
you just put it aside –*

- *this event, or*
- *that mood or*
- *inner climate, or*
- *a particular state  
of emotional reaction –*

*as one of those things  
that happen because of an*

- *isolated,*
- *disconnected  
coincidence.*

*Even though you may no longer  
[intellectually continue to]  
pay lip service to  
coincidence [i.e., now thinking INTELLECTUALLY that there are NO  
coincidences and that everything fits together in a  
purposeful cause and effect way],*

*your  
emotional reactions [i.e., your EMOTIONAL reactions to life]  
are still geared to it [i.e., still geared to COINCIDENCE],  
as if your  
experience  
were a product of "it," [i.e., a product of a "COINCIDENCE,"  
an "it" "out there"].*

*"If only this or that would have happened differently,  
then I would be happy"*

*or,*

*"If only this particular person could react differently,  
then all would be well" –*

*these familiar reactions,  
although not necessarily expressed in these exact words,  
indicate a lingering belief*

- *that life is haphazard and*
- *that your state of mind  
depends*

- *on others and*
- *on circumstances*

*that have little if anything to do with  
a meaningful reality  
beyond the surface.*

*This [i.e., Because your emotional reactions reveal that you have a lingering belief that LIFE IS HAPHAZARD and that your state of mind depends on others and on circumstances that have little if anything to do with a meaningful reality beyond the surface]*

*is why you become*

- *depressed,*
- *anxious,*
- *confused.*

*It is only when you ask yourself  
about*

*whatever happens to you,  
every  
day  
and  
every  
hour  
of your life –*

*"How could this [i.e., How could this INCIDENT or  
this happening to me, or this MOOD in me]*

*be*

- *a message,*
- or*
- *a reflection,*
- or*
- *an indication,*
- or*
- *a sign*

*of*

*a total picture about*

- *my life and*
- *its course*

*that I still do not  
completely grasp?" –*

*that you will gain*

- *meaningful answers,*

*that the*

- *inner cohesive reality*

*will reveal itself to you.*



	<p><i>Then [i.e., Then, when you see INCIDENTS and MOODS in your life as messages revealing a total picture about your life and its course that you had not before grasped,]</i></p> <p><i>all the little pieces of</i> <i>your</i> <i>• life,</i> <i>your</i> <i>• experiences,</i> <i>your</i> <i>• state of mind,</i></p> <p><i>will fall into place.</i></p>
21	<p><i>Believe me, my friends,</i> <i>there is</i> <i>nothing you experience</i> <i>that does</i> <i>not</i> <i>have to be</i> <i>exactly the way it is.</i></p> <p><i>This is</i> <i>not</i> <i>because some deity</i> <i>predestines it for you</i> <i>in a spirit of</i> <i>• punishment</i> <i>or</i> <i>• reward.</i></p> <p><i>That kind of thinking [i.e., the thinking that God is punishing or rewarding you]</i> <i>totally</i> <i>misses the point.</i></p> <p><i>It is much rather like this:</i></p> <p><i>your experiences</i> <i>are the product of</i> <i>where you are on your journey</i> <i>within your own process.</i></p> <p><i>This is why</i> <i>you cannot be at any other place [i.e., any place other than where you are].</i></p>

22

*Let us assume an organism,*

- *human*

*or*

- *any other,*

*is*

*very*

- *angry,*

*very*

- *self-rejecting,*

*very*

- *impatient*

*because*

*its own growth process*

*is only*

*halfway accomplished.*

*Let us assume*

*a child*

*is*

- *angry*

*and*

- *impatient,*

- *guilty*

*and*

- *self-rejecting*

*because*

*it is not yet an adult.*

*Would that not be foolish?*

*The growth process [i.e., Here, in the child, the growth process]*

*is in itself*

- *beautiful,*
- *meaningful, and*
- *to be respected.*

*It is the same [i.e., It is beautiful, meaningful, and to be respected]*

*with*

*the evolutionary process*

*that includes the*

*purification of*

- *distortions and*
- *negativity.*

*If an organism  
is only  
half grown,  
that is exactly  
where that organism is*

*and*

*• to scold it –*

*or*

*• for it to scold itself –  
is*

*senseless.*

*Only*

*when*

*• that state [i.e., Only when that half-grown state]  
is*

*• fully accepted*

*and*

*• not obstructed,*

*when*

*• its meaning [i.e., when the meaning of its half-grown state]  
with its ramifications [i.e., with the ramifications of its being  
in a half-grown state]*

*is clear –*

*which includes an*

*assessment of*

*the effect of*

*negativity [i.e., and only when the meaning of the  
inevitable negativity in that  
half-grown state is clear] –*

*is the growth process  
free to evolve.*

*• Rejection*

*of the current state [i.e., Rejection of the current half-grown state]*

*and*

*• anger*

*about it [i.e., anger about being only half-grown]*

*are obstructions*

*that are like*

*barricades,*

*prohibiting the*

*"train" [i.e., prohibiting the natural evolutionary process]  
from taking its course [i.e., taking its natural course].*

*If you apply this principle  
to the  
physical level  
it is easy to see.*

*Imagine that  
you squeeze a  
growing physical organism  
into  
a tight container.*

*This would*  

- thwart  
the growth

*and*  

- cripple  
the organism.

*It is the same with*  

- mental

*and*  

- psychic  
processes.

*Misunderstanding the*  

- dynamics,
- meaning and
- necessity  
of growth –  
with its [i.e., with growth's natural evolutionary]  
process of
- purification,
- consciousness-expansion and
- deepening of perception –

*and thus feeling  
impatient about  
your present state [i.e., your present half-grown state with its need for  
additional purification, expansion of consciousness and perception] –  
only leads to*  

- self-hate,
- denial,
- repression,
- self-justification and
- projecting onto others.

	<p><i>This [i.e., This feeling of self-hate, denial, repression, and self-justification and this projecting onto others, all brought on by your impatience with your being in your current half-grown state]</i></p> <p><i>in turn leads</i> <i>to</i></p> <ul style="list-style-type: none"><li>• <i>more negativity,</i></li><li>• <i>real guilt,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>confusion –</i></li></ul> <p><i>in short,</i> <i>to</i></p> <ul style="list-style-type: none"><li>• <i>crippling</i> <i>the growing organism.</i></li></ul>
23	<p><i>Offhand</i> <i>it may appear as if</i> <i>this attitude of</i> <i>impatience with</i> <i>the limited state of the self</i> <i>indicated</i></p> <ul style="list-style-type: none"><li>• <i>an eagerness to grow</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>goodwill toward</i> <i>a more perfected</i><ul style="list-style-type: none"><li>• <i>state and</i></li><li>• <i>consciousness.</i></li></ul></li></ul> <p><i>These attributes [i.e., These attributes of eagerness to grow, and to be in a more perfected state and consciousness]</i></p> <p><i>are, of course, the</i> <i>original divine qualifications</i> <i>behind the distorted expression [i.e., distortion of not accepting being in but a half-grown state and hence being impatient with the self] –</i></p> <p><i>and</i> <i>this [i.e., and this understanding that there is an original divine nature behind the distortion of non-acceptance and impatience]</i> <i>is good to know.</i></p>

	<p><b><i>But it is just as important to know that the way this manifests [i.e., the way the original divine nature (attributes of eagerness to grow and to be in a more perfected state and consciousness) manifests here in non-acceptance of and impatience with being in the state of the half-grown self]</i></b></p> <ul style="list-style-type: none"><li><b><i>• is in distortion</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• is far from furthering the growth process [i.e., is far from furthering the natural organic growth process].</i></b></li></ul>
24	<p><b><i>You can see where you are</i></b></p> <p><b><i>once you free yourself of the</i></b></p> <ul style="list-style-type: none"><li><b><i>• additional, unnecessary burden</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• negativity of the denial of your present state [i.e., burden and negativity of the denial and non-acceptance of your current half-grown state].</i></b></li></ul> <p><b><i>• Denial</i></b></p> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• repression [i.e., Denial and repression of your present half-grown state] lead to</i></b></li></ul> <ul style="list-style-type: none"><li><b><i>• self-justification,</i></b></li><li><b><i>• destructive guilt</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• blaming of others.</i></b></li></ul> <p><b><i>Your pathwork helps you to shed these burdens [i.e., shed these burdens of denial, repression and non-acceptance of your present half-grown state, which lead to the further burden of self-justification, destructive guilt and blaming of others].</i></b></p>

**Then** [i.e., Then, with the help of your pathwork,]  
**you can perceive** [i.e., perceive a deeper truth and do so with curiosity  
and without moralizing]  
**your present state** [i.e., perceive your present half-grown state],  
**for which you have**  
• **entered**  
**the process of evolution,**  
**for which you have**  
• **contracted for**  
**a chain of incarnations.**

[Having entered the process of evolution and having contracted for  
a chain of incarnations,]

**You thus are**  
**part of the divine plan**  
**to bring light into the void.**

**Wherever**  
**your manifest consciousness** [i.e., your EGO consciousness, your present  
but incomplete manifest consciousness]  
**has**  
• **"forgotten" its connection**  
**and**  
• **lost touch**  
**with its divine nature** [i.e., "forgotten" its connection with its divine  
nature and lost touch with its divine nature],  
**there lies your task**  
**which is destined to**  
**reestablish the connection** [i.e., reestablish connection BETWEEN your  
EGO, your manifest but incomplete consciousness,  
AND its essential DIVINE nature].

25

***Ignorance of these***

- principles***
- and***
- truths***

***leads to***

***hating the***

***incomplete present state [i.e., hating the half-grown  
and incomplete present state],***

***which, in turn,***

***results in***

- hate of***

***self [i.e., HATE of the half-grown and incomplete  
present state, not yet able to perceive its  
deeper divine essence],***

***therefore***

- fear of***

***self [i.e., FEAR of the half-grown and incomplete  
present state, not yet able to perceive its  
deeper divine essence],***

***therefore***

- resistance***

***to***

- the whole of your being,***

***to***

- view it impartially [i.e., to view it impartially  
while it is in its current half-grown  
and incomplete state],***

- assess it objectively  
[i.e., assess it in that incomplete state]***

***and***

- infuse it with truth [i.e., with DIVINE TRUTH].***

***You can see the***

***logical sequence of***

***psychic events here***

***in clear demonstration.***



*When you  
no longer  
• fear  
and  
• hate  
yourself,  
you will not  
• fear  
and  
• resist  
the journey.*

*[Rather,]  
You will go  
with it [i.e., You will go with the journey of your evolutionary process].*

*When you have  
nothing to fear  
in  
• you,  
you have  
nothing to fear  
of  
• the journey of life,  
of  
• change.*

*On the contrary [i.e., In contrast to FEARING the journey of life and change],  
you will look for  
the different landscapes  
with  
• joy and  
• excitement,  
in  
• complete trust.*

***You must understand, my friends,  
the inexorable connection  
between***

- fear of***
- self***
  - and [i.e., and resulting]***
  - fear of***
  - life,***

***as opposed to***

- total commitment to***
- all of the self,***
  - hence increasing***
  - loss of fear of***
  - self,***
  - trust in***
  - self,***
  - trust in***
  - life.***

***Making the  
total commitment to***

- yourself***

***means***  
***making the total commitment to***

- following harmoniously***  
***the movement of***  
***your process [i.e., following harmoniously***  
***the movement of your natural evolutionary process].***

- Hating and***
- rejecting***  
***your present state [i.e., Hating and rejecting***  
***your half-grown and incompletely developed present state]***  
***means***  
***fearing***  
***yourself,***  
***which means***  
***obstructing your***
  - journey and***
  - movement.***

***This means***  
***"missing your train."***

26

*Each process [i.e., Each individual's natural evolutionary process]  
is*

- *intrinsically your own,*
- *different from the next one.*

*Each individual has  
his or her  
own reality,  
even though  
that reality [i.e., even though each individual's reality]  
must be in concordance with  
the universal reality,  
based on its*

- *laws and*
- *truths.*

*The acceptance of  
the state you are in [i.e., The acceptance of the half-grown  
and incomplete state you are in]  
leads to going  
with your*

- *movement,*

*with your*

- *process,*

*fearlessly letting out  
what there may be [i.e., fearlessly letting out what there may  
be in your limited half-grown and incomplete state].*

*My friends,  
let these words be an*

- *incentive*

*and*

- *inspiration*

*to you*  
*to make a*

- *fuller and*
- *more total*

*commitment to*  
*all*  
*of yourself,*

*for in that way [i.e., for with that fuller and more nearly total  
commitment to ALL of yourself]*

*you will*

- *find the*

*trust*  
*in your inner process [i.e., find the trust in your individual, inner  
evolutionary process]*

*and*

- *understand*

*its truly heavenly beauty!*

*You will*  
*know*  
*its language*

- *that will communicate itself to you*

*and*

- *through which [i.e., and through which language]*

*you will discover*

- *the immeasurable beauty*  
*of that process [i.e., the immeasurable beauty of your  
individual, inner evolutionary process],*
- *the wisdom*  
*of it,*
- *the meaning*  
*of it,*

*and*

- *the peace*  
*that is contained in it.*

*You will  
feel  
the ongoing  
aliveness  
that you know  
you*

- possess and*
- are a part of,*

*regardless of [i.e., regardless of present]  
outer  
manifestations.*

*The outer manifestations [i.e., The present outer manifestations]  
are, as I said,  
in themselves a*

- meaningful*

*and*

- alive*

*part of the whole,  
even though  
they [i.e., even though the present outer manifestations]  
may momentarily  
seem*

- painful,*
- ugly*

*and*

- not alive.*

*But when you make  
the connection  
between*

- the manifestations [i.e., between the present outer manifestations]*

*and*

- your process [i.e., and your individual, inner evolutionary process],*

*your perception  
must change drastically.*

*What you experienced as  
senseless –*

*and therefore*

- frightening and*
- ugly –*

*suddenly becomes  
infused with  
divine meaning.*

27

*A number of laws  
apply to the  
evolutionary inner process [i.e., apply to your individual  
evolutionary inner process].*

*These laws [i.e., These laws that are applicable to your INDIVIDUAL  
evolutionary inner process]*

*must not be confused with  
the general universal laws,  
which apply  
to all*

- states of consciousness and*
- to*
- all entities.*

*They [i.e., These general universal laws]  
apply*

*to those [i.e., to those who are]*

- beyond the evolutionary process,*

*to those [i.e., to those who are]*

- not yet within the evolutionary process,*

*as well as  
to those who are*

- within it [i.e., those who are within the evolutionary process].*

*But then there are the  
laws of  
the process itself [i.e., the laws of the evolutionary process itself]  
that apply*

*only  
to those who have entered into  
this process [i.e., who have entered into  
this evolutionary process].*

*Some of these laws [i.e., Some of these laws that apply  
ONLY to the evolutionary process]  
you will learn in the course of our future lectures.*

	<p><i>Now I would like to speak about two important such laws [i.e., two important such laws that apply only to those who are in the evolutionary process], which will be very useful for you to work with.</i></p>
28	<p><i>The first law [i.e., The first law applicable only to those in the evolutionary process that I would like to speak about] is that</i></p> <ul style="list-style-type: none"><li><i>• the further the inner consciousness is advanced in one's process [i.e., in one's individual evolutionary process] – or, to put it differently,</i></li><li><i>• the greater one's spiritual potentiality to</i><ul style="list-style-type: none"><li><i>• go with the process [i.e., spiritual potentiality to GO WITH one's individual evolutionary process],</i></li><li><i>to</i></li><li><i>• be aware of it [i.e., spiritual potentiality to BE AWARE of one's individual evolutionary process],</i></li></ul></li></ul> <p><i>and to</i></p> <ul style="list-style-type: none"><li><i>• understand</i><ul style="list-style-type: none"><li><i>• it [i.e., spiritual potentiality to UNDERSTAND one's individual evolutionary process],</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• its meaning [i.e., spiritual potentiality to UNDERSTAND the MEANING of one's individual evolutionary process] –</i></li></ul> <p><i>the greater must be the repercussion if that potentiality is not developed.</i></p>

*If you are, for example,  
ready to follow  
such a demanding path of*

- *self-confrontation and*
- *growth*

*[i.e., ready to follow such a demanding path as pathwork],  
but  
resist  
your*

- *experiences and*
- *states of mind,*

*you will  
lack*

- *peace,*
- *joy,*
- *meaning*

*and*

- *aliveness.*

*This [i.e., This LACK of peace, joy, meaning, and aliveness]  
is  
not true of  
an individual who is simply  
not yet at the point  
where such a path [i.e., such a path as pathwork or  
other paths of self-confrontation and growth]  
can be followed.*

29

*When I speak of  
repercussions [i.e., repercussions to NOT following a path when you are able],  
I do not necessarily mean  
tragedy,  
although that, too [i.e., although tragedy, too],  
is part of it.*

*The greater the discrepancy  
between*

- *your spiritual potentiality*

*and*

- *the actual direction you take in life,*

*the more severe  
your experiences are.*



**But often**  
**it is not a**  
**tragic event** [i.e., NOT a tragic, ACUTE and sudden one-time event]  
**that indicates**  
**such a discrepancy** [i.e., that indicates such a discrepancy between  
your spiritual potentiality and the actual direction you take in life].

**It** [i.e., The indicator of such a discrepancy between  
your spiritual potentiality and the actual direction you take in life].  
**may even be**  
**more often a**  
**chronic** [i.e., continuous and ongoing in contrast to an acute, one-time]  
**state of**  
• **depression,**  
• **anxiety**  
**and, indeed,**  
• **disconnectedness.**

**The same principle applies** [i.e., not only to those who have the potential for growth  
but who have said “NO!” even to taking such a path as pathwork  
or other path of self-confrontation and growth, but also]  
**to those who are**  
**already on such a path** [i.e., already on such a path of  
self-confrontation and growth].

**They may,**  
**on the whole,**  
**be committed to it** [i.e., be committed on the whole to pathwork or  
other path of self-confrontation and growth],  
**but keep**  
**a part of themselves**  
**in reserve.**

**They** [i.e., Those who are, on the whole, already on such a path  
of self-confrontation and growth, but who keep part of themselves back,]  
**do not commit**  
**all**  
**of themselves**  
**to the process** [i.e., to the evolutionary process arising in them],  
[rather,]  
**they**  
**hold back in**  

- **fear,**
- **shame,**
- **secrecy and**
- **the wishful thinking**

**that this** [i.e., wishful thinking that this holding back in some areas]  
**will not matter.**

**The**  

- **resulting**

**and**  

- **inevitable**

**blindness,**  
**be it only momentary,**  
**must**  
**present experiences**  
**that are**  

- **puzzling,**
- **painful,**
- **disquieting,**
- **confusing,**

**or**  
**that**  

- **simply rob you of**  
**momentary peace.**

30

*Learn to view*

*your*

*• daily,*

*even*

*your*

*• hourly*

*life*

*so that you see what*

*your*

*• moods,*

*your*

*• experiences and*

*• perceptions*

*reveal about*

*your process [i.e., about your evolutionary process].*

*Then you*

*will go with [i.e., go with instead of resist]*

*the process*

*and*

*will recognize that*

*the disturbance*

*is a reflection of*

*some blindness.*

*The blindness*

*lies often in a*

*totally different direction*

*from the one [i.e., different from the direction]*

*you*

*half-consciously*

*• fear and*

*• assume.*

	<p><i>The moment you know that [i.e., The moment you know that the disturbance is a reflection of some blindness in you],</i></p> <p><i>you have</i></p> <ul style="list-style-type: none"><li><i>• the freedom</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• the possibility</i></li></ul> <p><i>to use this knowledge [i.e., use this knowledge that this disturbance is a reflection of some blindness in you]</i></p> <p><i>as</i></p> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• gauge,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• doorway,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• key.</i></li></ul>
31	<p><i>Do you</i></p> <p><i>have to</i></p> <p><i>allow the discrepancy</i></p> <p><i>between your</i></p> <ul style="list-style-type: none"><li><i>• process [i.e., your individual evolutionary process]</i></li></ul> <p><i>and your</i></p> <ul style="list-style-type: none"><li><i>• ego state</i></li></ul> <p><i>to accumulate into</i></p> <p><i>more disturbing elements,</i></p> <p><i>so that the repercussions</i></p> <p><i>become more unpleasant?</i></p> <p><i>This [i.e., The fact that increasing levels of unpleasantness are the natural repercussions of one not following one's individual evolutionary process]</i></p> <p><i>is</i></p> <p><i>not a punishment, my friends.</i></p>

*[Rather,]*

**It** [i.e., *Rather, the fact that increasing levels of unpleasantness are the repercussions of one not following one's individual evolutionary process*]

**is the**

**grace of God**

**that has made it so,**

**in order to help you**

**• to not stay behind**

**in a useless stagnation,**

**• to give you**

**the incentive** [i.e., *the incentive to follow*

*your individual evolutionary process*],

**if you only**

**choose**

**to**

**• open your eyes,**

**to**

**• use these experiences**

**and**

**• pray deeply**

**for the guidance**

**to understand,**

**to**

**• let yourself**

**• be open to**

**the guidance,**

**and**

**• trust yourself to**

**the will of God**

**and**

**• go with it** [i.e., *let yourself go with the will of God*].

**Let yourself**

**be carried with it** [i.e., *Let yourself be carried with*

*the will of God*].

32

**Make,**  
**on the one hand,**  
**all effort possible**  
**to**  
**• see,**  
**to**  
**• comprehend,**  
**to**  
**• search deeply**  
**for the meaning,**  
**to**  
**• overcome resistance.**

**On the other hand,**  
**surrender yourself**  
**to the inner movement** [i.e., *surrender yourself to the inner, spontaneous evolutionary movement*]  
**that will carry you.**

**These** [i.e., *These two attitudes – 1) make every EFFORT possible to see, comprehend, search deeply for meaning, and overcome resistance to your following your inner evolutionary movement and 2) surrender yourself to the inner, spontaneous evolutionary movement*]  
**are not**  
**two contradictory attitudes.**

[Rather]  
**They are**  
**mutually interdependent.**

**• Use the**  
**positive ego-attributes**  
**for the effort to**  
**overcome resistance**  
**and also**  
**• surrender**  
**the ego control**  
**to the guidance of**  
**the divine**  
**inner**  
**• will**  
**and**  
**• movement.**

***You have the potential,  
if you keep this up [i.e., if you keep up this two-pronged approach –  
using both EFFORT and SURRENDER as appropriate and needed],  
to create a  
faultlessly  
• peaceful and  
• happy  
life.***

***Being in the  
human shell of  
blindness,  
you have to  
battle against  
the as yet  
• unrealized and  
• undeveloped  
aspects in yourself.***

***Use every opportunity  
to avoid staying behind.***

***This will prevent repercussions [i.e., prevent repercussions to NOT following  
your inner evolutionary movement]  
to a considerable degree.***

***The degree [i.e., The degree of repercussions you experience for NOT following  
your inner evolutionary movement]  
is really all that matters,  
for some blindness, as I said,  
is quite inevitable [i.e., inevitable in your limited human shell].***

33

***The more  
your path [i.e., your path of pathwork or other self-confrontational growth path]  
progresses,  
the more  
aware you become  
of the  
inner meaning  
of the process [i.e., inner meaning of your individual, inner,  
organic evolutionary process].***

	<p><b><i>You can take the tiniest disturbing mood and ask yourself:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>"What does this mean for my inner process?"</i></b></li><li>• <b><i>Where am I blind?</i></b></li><li>• <b><i>What could I see differently?"</i></b></li></ul>
34	<p><b><i>The second law [i.e., The second law of the evolutionary process applicable for those who have entered the evolutionary process] I wish to speak about is making connections.</i></b></p> <p><b><i>When connections are made, the process evolves in its full glory [i.e., in its full glory since you see, understand, and celebrate your organic, inner evolutionary process].</i></b></p> <p><b><i>When connections are not made,</i></b></p> <ul style="list-style-type: none"><li>• <b><i>the process [i.e., your organic, inner evolutionary process] remains hidden [i.e., hidden from you]</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li>• <b><i>events take on an</i></b><ul style="list-style-type: none"><li>• <b><i>isolated and</i></b></li><li>• <b><i>disquieting appearance.</i></b></li></ul></li></ul>



***You have to  
make connections  
primarily  
between***  
• ***your outer experiences***  
***and***  
• ***the inner process [i.e., your organic, inner evolutionary process],  
on the one hand,***  
  
***and, on the other,  
between***  
• ***inner attitudes [i.e., between and among all the inner attitudes]  
that [currently]  
seem  
totally disconnected  
from one another.***  
  
***Let me briefly speak about both.***

35

***The first –  
connections  
between***  
• ***the outer life,***  
• ***your inner moods,***  
• ***reactions***  
***and***  
• ***the process [i.e., your organic, inner evolutionary process] –  
can be made  
only in the way I said before:  
first***  
• ***consider the possibility  
of such a connection,***  
• ***open yourself up to  
its realization.***

***The moment you***

- ***raise that question*** [i.e., that question about the connections ***BETWEEN*** the outer life, your inner moods and reactions ***AND*** your organic, inner evolutionary process]

***and***

- ***open up to***  
***receiving the answer,***

***the meaning*** [i.e., the ***MEANING*** of the connections ***BETWEEN*** the outer life, your inner moods and reactions ***AND*** your organic, inner evolutionary process]

***will communicate itself to you,***  
***sooner or later.***

- ***As the meanings***  
***become clear,***

- ***as you***  
***begin to see***  
***all***

***experiences as***  
***intrinsically meaningful events***  
***relating***

***to***

- ***your total inner reality***

***and***

***to***

- ***your entire path,***

***as well as***

- ***every particle thereof,***

***you will gain a***

- ***totally new***

***and***

- ***infinitely more connected***  
***understanding of life.***

36

*The second category [i.e., The second category of CONNECTIONS of this Second Law of Making Connections, that is], making connections between inner aspects [i.e., making connections between and among the various inner aspects] – problematic aspects, for example – is something you begin to experience as you progress on your path.*

*But much more of that [i.e., much more of that experience of connections between and among the various inner aspects]*

- *can and*
- *will*

*happen.*

*You discover, in the course of your path, apparently isolated problems – outer as well as inner – such as*

- *faults,*
- *shortcomings,*
- *impurities,*
- *conflicts,*
- *difficulties*

*whose inner dynamics you as yet ignore – and they [i.e., and these faults, shortcomings, impurities, conflicts, and difficulties] seem to have nothing to do with one another.*

*And yet, as you go deeper, there is a direct connection between the apparently disconnected*

- *attitudes and*
- *aspects.*

37

*For example,  
what connection could there be  
between*

- *a difficulty in establishing fulfilling relationships*

*and*

- *a blockage in your career?*

*Or*  
*what connection could exist  
between*

- *a greedy and*
- *pushy*

*attitude*  
*and, say,*

- *sexual dissatisfaction?*

*Or*  
*between*

- *submissiveness,*
- *lack of self-assertion,*

*on the one hand,*  
*and*

- *covert hostility*

*on the other?*

*I could name  
many more such examples.*

*Seeing the connection between them  
will give you*

- *a wholesome sense of meaning*

*and*

- *a new understanding.*

*Suddenly*  
*things are no longer so*

- *fragmented*

*and*

- *anxiety-producing.*

38

*First*  
*you may only sense*  
*overall connections,*  
*but*  
*little by little*  
*it [i.e., the profound connection among all aspects and parts]*  
*will become a*  

- *real and*
- *strong*

*understanding*  
*in depth.*

*The parts of*  
*the whole*  
*are all put together.*

*There is nothing in you*  
*that does not connect with*  
*everything else,*  
*whether*  

- *good,*
- *bad,*

*or*  

- *indifferent,*

  

- *positive*

*or*  

- *negative.*

*Not only are*  

- *various positive aspects*

*that*  
*seem*  
*different in kind from one another*  
*connected,*

*not only are*  

- *different negative aspects*

*connected,*

*but*  

- *positive*

*and*  

- *negative*

*aspects*  
*are also directly linked [i.e., directly linked with one other]*  
*on an inner level.*

39

*To establish the connections*

*you*

*• can and*

*• should*

*use your*

*mental abilities*

*to whatever degree you can*

*in a spirit of*

*exercising your mind.*

*But*

*the insights*

*must primarily*

*come from*

*within.*

*[That is,]*

*You must allow the*

*intuitive faculties [i.e., the felt-sense that arises from the deep heart]*

*to provide you with*

*the connections.*

*[When you do this]*

*Then*

*everything*

*will take on*

*a new*

*• form,*

*a new*

*• shape.*

40

***It is very important for you  
to understand these  
two laws [i.e., these two laws that apply  
to all those who are on the evolutionary process]***

*[The First Law*  
*that the further  
the inner consciousness is advanced in one's evolutionary process  
the greater  
must be the repercussion if that potentiality is not developed.*

*The Second Law*  
*of making connections among all aspects of one's life.]*

***Such an understanding  
will help you make  
the deliberate choice of  
finding out***

- what your outer life means***

***in terms of***

- your inner process [i.e., your organic, inner evolutionary process].***

***Renew the  
daily***

- choice and***
- commitment***

***to trusting  
the movement of that  
process [i.e., trusting the movement of  
your organic, inner evolutionary process].***

***Follow it [i.e., Let your ego get and stay on the "train" of AWARENESS of  
your evolutionary process and follow it]  
and do not stay behind [i.e., do not stay behind and UNAWARE of your  
evolutionary process while the "train" of this process moves on ahead].***

**The more**  
**you do this [i.e., The more you follow the movement**  
**of your organic, inner evolutionary process],**

**the more**

- **exhilarated your**
  - **consciousness and**
  - **energetic system**
- will become,**

**the more**

- **joyful,**
- **peaceful,**
- **secure and**
- **meaningful**

**your life will be –**  
**meaningful in terms of the**  
**total creative process**

**not just for**  
**this one individual lifespan.**

**You will**

- **know and**
- **sense deeply**

**that you are a**  
**part of a**  
**larger process**  
**of which this**  
**one little lifespan**  
**is only a small link**  
**in a very long chain.**



41

*As I*

- *leave you*
- and*
- *give you*
  - *blessings*
- and*
- *love,*

*I want to say to all of you  
that there is  
so much  
• growth,  
so much  
• change  
happening in  
so many of my friends.*

*There is  
so much  
• sincere devotion to  
your path  
and  
so many  
• real fruits  
that you begin to reap.*

*That is a  
beautiful sight  
for us in spirit.*

*We see the  
• form of it,  
we see the  
• light of it,  
we see the  
• glory of it.*

*And we know the  
• value of it,  
how you contribute to  
all of life  
with each  
• little,  
• individual  
step of progress  
you make.*

	<p><i>You are blessed, all of you, my dearest, dearest friends.</i></p> <p><i>Be in peace.</i></p>
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