

# Pathwork Lecture 222: Transformation of the Lower Self

1996 Edition, Original Given: May 29, 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

¶	Content
03	<p data-bbox="375 898 911 1402"><b>• Blessings, • greetings, • love and • help</b> <b>are pouring forth in a wonderful golden stream that</b> <b>• permeates your inner being and</b> <b>that</b> <b>• your outer personality can connect with if you so choose.</b></p> <p data-bbox="375 1444 1089 1623"><b>My dearest friends, in this last official lecture of your working season, I will once again give a resume of what you have accomplished.</b></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 2/3/18

	<p><b><i>Of course this [i.e., Of course giving you a resume of what you have accomplished] can be done only in an</i></b></p> <ul style="list-style-type: none"><li><b><i>• overall,</i></b></li><li><b><i>• general</i></b></li></ul> <p><b><i>way,</i></b></p> <p><b><i>but I will try to consolidate your progress concisely.</i></b></p> <p><b><i>This past year has been very meaningful for all of you.</i></b></p>
04	<p><b><i>In an earlier summary I told you that after having</i></b></p> <ul style="list-style-type: none"><li><b><i>• recognized and</i></b></li><li><b><i>• dealt with</i></b></li></ul> <p><b><i>deeper levels of your lower self,</i></b></p> <ul style="list-style-type: none"><li><b><i>• you would be able to establish more contact with your higher self,</i></b></li></ul> <p><b><i>and that</i></b></p> <ul style="list-style-type: none"><li><b><i>• some of your lower-self aspects would be transformed.</i></b></li></ul> <p><b><i>This [i.e., Being able to establish more contact with your higher self and being able to have some of your lower-self aspects transformed] marks a decisive new phase on your path, since previously it was grueling hard work to get through your defenses to really</i></b></p> <ul style="list-style-type: none"><li><b><i>• see and</i></b></li><li><b><i>• accept</i></b></li></ul> <p><b><i>your lower self in a</i></b></p> <ul style="list-style-type: none"><li><b><i>• realistic and</i></b></li><li><b><i>• constructive</i></b></li></ul> <p><b><i>spirit.</i></b></p>

	<p><i>Years went by before the first steps of the transforming work [i.e., the work of transforming some of your lower-self aspects] could begin.</i></p> <p><i>Last year was the first step in this new phase.</i></p> <p><i>It [i.e., This new phase of your work of transforming some of your lower-self aspects] has just begun, but will continue to a much greater extent as you continue on your path.</i></p>
05	<p><i>You may imagine what this [i.e., what transforming some of your lower-self aspects] means in terms of ever increasing</i></p> <ul style="list-style-type: none"><li><i>• joy,</i></li><li><i>• love,</i></li><li><i>• peace,</i></li><li><i>• security,</i></li><li><i>• strength,</i></li><li><i>• creativity,</i></li><li><i>• deep friendships and</i></li><li><i>• unity.</i></li></ul>

*Even these  
first steps  
of transforming work  
have already  
changed  
your*

- relationships,*

*your*

- experiences,*

*your*

- community,*

*your*

- sense of*
  - well-being and*
  - meaningfulness*

*in life.*

*You are often  
startled by  
this change [i.e., by this change in your life experience brought about  
by the transforming of some of your lower-self aspects].*

*It [i.e., This change in your life experience brought about  
by the transforming of some of your lower-self aspects]  
sometimes seems  
miraculous,  
yet it [i.e., yet this seemingly miraculous change in your life experience so far]  
• is merely  
a beginning  
and  
• so much more  
is yet to come.*

06

*The increasing*  
• *inward*  
*and*  
• *outward*  
*abundance*  
*you experience*  
*as a result of your pathwork*  
• *gives your life*  
*a much more specific focus*  
*and*  
• *increases your awareness of*  
*your incarnatory task.*

*The abundance*  
*also manifests*  
*in your relationships with each other*  
*in the community*  
*you have begun to establish.*

*You can see*  
*a visible change [i.e., a visible change in your relationships with each other*  
*in the community you have begun to establish].*

*Where*  
*before*  
*there was often so much*  
• *dissension,*  
• *disconnection,*  
• *misunderstanding and*  
• *negativity*  
*among you,*  
*more and more*  
*you experience*  
• *understanding,*  
• *warmth,*  
• *acceptance,*  
• *love, and*  
• *true friendship.*

*You have learned to a considerable degree*  
*to deal with*  
*the dissensions*  
*that are sometimes inevitable.*

*You have recognized  
that*  
• *dissension  
with others*  
*is merely a reflection of*  
• *dissension  
within yourself.*

*You now  
can put into practice  
what I have taught you all these years:*

*As you  
unify*  
• *yourself,*  
*you*  
*unify*  
• *your relationships with others.*

*As you  
recognize*  
• *the best*  
*and*  
• *the worst*  
*in*  
• *you*  
*in proper proportions,*  
*you*  
*recognize the*  
• *best*  
*and*  
• *worst*  
*in*  
• *others*  
*with equal realism.*

07	<p><i>The progress is obvious.</i></p> <ul style="list-style-type: none"><li>• <i>What were previously words, teaching a way of living that could become reality if you followed the path,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>what was a beautiful-sounding • theory or • philosophy for you,</i></li></ul> <p><i>has now become a reality.</i></p> <p><i>The theory has indeed been put to the test, and the result is visible.</i></p>
08	<p><i>In the recent past you have experienced a great deal together.</i></p> <p><i>You have learned to open yourselves to one another.</i></p> <p><i>You have lost a considerable amount of</i></p> <ul style="list-style-type: none"><li>• <i>shame and</i></li><li>• <i>resistance</i></li></ul> <p><i>to baring yourselves to one another.</i></p>

*And thus [i.e., And by having learned to open yourselves to one another and by having lost a considerable amount of shame and resistance to baring yourselves to one another]*

*the loneliness  
you all suffered from  
has begun to disappear,  
sometimes  
by giant steps.*

*You now know  
that your  
loneliness  
can never be relieved  
by  
another person's love  
as long as  
you*

- stay in*
- hiding and*
- separation*

*and*

- keep up your pretenses.*

*Many of you  
have laboriously  
stripped off*

- this separation and*
- these pretenses*

*to quite an extent,  
and to that extent  
you find yourselves*

- in warm communion  
with others,*
- no longer lonely.*

*So you  
truly  
begin to share.*

*You have shared*

- sorrow*

*and you have shared*

- joy.*

*You have shared  
your doubts about*  
• *yourselves and*  
• *your lives.*

*You have shared  
your pain about*  
• *yourselves and*  
• *each other.*

*You have shared  
your burdens of*  
• *guilt,*  
*and you have begun to share  
the pleasures of*  
• *love and*  
• *truth.*

*For there could be  
no greater pleasure  
than sharing*  
• *love and*  
• *truth*  
*as a result of  
the other sharing.*

*You have tested  
the exhilaration of  
such rich living.*

*You can  
indeed  
create  
paradise on earth  
if  
you do not shy away from  
the labor of  
purification work.*

	<p><b><i>But soon the work itself becomes</i></b></p> <ul style="list-style-type: none"><li><b><i>• the exhilaration and</i></b></li><li><b><i>• the joy;</i></b></li></ul> <p><b><i>it [i.e., the work of purification itself] ceases to be</i></b></p> <ul style="list-style-type: none"><li><b><i>• painful and</i></b></li><li><b><i>• difficult.</i></b></li></ul> <p><b><i>You also find this out [i.e., You also find out that the work of purification ceases to be painful and difficult] as you progress.</i></b></p>
09	<p><b><i>That [i.e., The work of purification] is the work you must continue.</i></b></p> <p><b><i>You have made a wonderful beginning in this transforming work, but much more is to come.</i></b></p> <p><b><i>And as more transforming work takes place, you will,</i></b></p> <ul style="list-style-type: none"><li><b><i>• individually and</i></b></li><li><b><i>• as a community, create</i></b><ul style="list-style-type: none"><li><b><i>• more real,</i></b></li><li><b><i>• deeper,</i></b></li><li><b><i>• more beautiful relationships;</i></b></li></ul></li><li><b><i>• more sharing;</i></b></li><li><b><i>• more creative experiences;</i></b></li><li><b><i>• more meaningful self-fulfillment.</i></b></li></ul>

	<p><i>[As more transforming work takes place]</i></p> <ul style="list-style-type: none"><li>• <i>Your spiritual self will</i><ul style="list-style-type: none"><li>• <i>manifest more and more</i></li></ul></li><li>and</li><li>• <i>make you experience</i><ul style="list-style-type: none"><li><i>its [i.e., make you experience your spiritual self's]</i></li><li><i>eternal</i></li><li><i>reality.</i></li></ul></li> <li>• <i>You will become the nucleus of a new culture,</i><ul style="list-style-type: none"><li><i>as I have occasionally hinted at.</i></li></ul></li></ul> <p><i>You are pioneers.</i></p> <p><i>Other groups of pioneers are springing up in various corners of the earth, each in their own way.</i></p>
10	<p><i>As you</i></p> <ul style="list-style-type: none"><li>• <i>overcome your resistances</i></li></ul> <p>and</p> <ul style="list-style-type: none"><li>• <i>learn not to give in to the line of least resistance,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li>• <i>joys and</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li>• <i>deep awareness of the meaningfulness of your</i><ul style="list-style-type: none"><li>• <i>life and</i></li></ul></li><li>• <i>task</i></li></ul> <p><i>will increase.</i></p>

*I have said such [promising] words often,  
but they were  
more of an announcement of  
what  
could  
be.*

*Now  
it is different.*

*For many of you  
these [promising] words  
are  
a living reality  
that you  
experience  
right now  
in your life, day by day.*

*And  
this reality  
can become*

- deeper and*
- stronger*

*if you so choose.*

11

*This lecture  
will give you*

- a plan and*
- another means*

*for proceeding further with  
your transformation.*

*New understanding  
on a deeper level  
is required  
for this transforming work,  
which [i.e., this new understanding on a deeper level  
and the resulting transforming work]  
will become easier  
once you understand  
what I shall now try to convey to you.*

12

*Those of you  
who  
have  
• gone into the depths and  
have  
• bared aspects of your lower self,  
have  
• brought  
your negative intentionality  
out in the open  
where you could  
• expose it,  
• express it, and  
• see it for what it was,  
have learned  
the positive side  
of this process;  
namely,  
that it [i.e., namely, that this purification and transformation  
process that that has required you to expose and express  
your negative intentionality and to see it for what it was]  
frees you.*

*You can  
acknowledge  
these negative aspects  
without  
• becoming downcast and  
without  
• believing that they [i.e., without believing  
that these negative aspects]  
are the true you.*

**Quite the contrary** [i.e., *Quite the contrary to believing that these negative aspects  
you have exposed and expressed are the true you*],  
**when you do this** [i.e., *when you expose and express  
your negative intentionality and see it for what it was*]

**you  
experience  
the truth I have always given you:**

**When those negative intentions  
are secret  
even from your conscious mind,  
you also secretly believe  
that you are  
all bad.**

**This** [i.e., *This secretly believing that you are ALL bad*]  
**manifests  
in self-destructive patterns  
you do not understand,  
and you cannot trace them** [i.e., *you cannot trace  
these self-destructive patterns*]

**to their origins  
unless and until  
you have the**

- **courage and**
- **honesty**

**to first  
bare**

**the negative intentionality  
very specifically.**

**Then,** [i.e., *Then when you thus bare the negative intentionality*]  
**lo and behold,  
something unexpected  
begins to happen.**

**You**

- **accept and**
- **respect**  
**yourself more and**
- **know that these patterns  
are only a minor part  
of your total self.**

**You can  
identify aspects of the lower self  
without totally identifying with them.**

13

*On the negative side,  
you have found out  
that  
in these lower-self aspects  
resides  
a senseless stubbornness  
that still controls you to a degree,  
in an almost incomprehensible way.*

*In your clear-thinking mind  
you know perfectly well  
that it does not make sense  
to hold on to  
a negative intention.*

*You have experienced  
in other areas of your life*

- *the bliss and*
- *the safety*

*of*

- *letting go*

*and*

- *letting God.*

*You also  
begin to*

- *make the connections conscious [i.e., make conscious the connections  
between your lower self aspects and your  
corresponding negative life manifestations]*

*and*

- *see what price you pay  
for persisting in the negativity.*

*Yet  
you do not wish to abandon it [i.e., you do not wish to abandon the negativity  
of your lower-self aspects].*

*You are puzzled by  
your own attitude –  
and here  
you are stuck.*

14

***Why do you  
persist in  
a life-denying attitude?***

***That attitude in you  
says  
no***

***to giving in  
to***

***• the meaning of life,***

***to***

***• beauty,***

***• love,***

***• truth,***

***• expansion,***

***• joy and***

***• peace.***

***It [i.e., That attitude in you]  
refuses  
to surrender to God.***

***This attitude [i.e., This attitude in you that refuses to surrender to God]  
always***

***applies to a***

***• specific area***

***where***

***the lower self***

***does not wish***

***to budge.***

***It is therefore  
not enough  
to make***

***your goodwill***

***known to your consciousness***

***in a general way.***

***It [i.e., Making your goodwill known to you consciousness]  
must be specific.***

15

*Wherever  
this mysterious stubbornness  
prevails,  
you are still  
controlled by  
your lower self.*

*But  
at least  
you know it now,  
and that [i.e., and knowing that you are still controlled by your lower self]  
is an important step.*

*You  
do need help here,  
my friends,  
precisely at this point [i.e., You do need help at this point where you  
know that in a specific area of your life you are  
controlled by your lower self but do not know why],  
where quite a few of you have arrived.*

*If you bother to  
deal with  
this attitude [i.e., deal with this attitude in you that refuses  
to surrender to God in a specific area of your life]  
rather than*

- gloss over it,*
- rationalize it away, or*
- make yourself oblivious to its existence,*

*you come to  
an important point.*

*You*

- see,*

*but fail to*

- understand,  
this truly senseless behavior  
of a part of yourself,*

*and you*

- even see  
that you have chosen  
not  
to do battle with it [i.e., that you have CHOSEN NOT to do battle  
with this specific negative aspect of your lower self].*

	<p><i>You have just</i></p> <ul style="list-style-type: none"><li>• <i>given in and</i></li><li>• <i>become victimized</i></li></ul> <p><i>by</i></p> <p><i>your own lower self [in this specific area].</i></p>
16	<p><i>But this [i.e., But this giving in to and becoming victimized by your own lower self in a specific area of your life where you refuse to surrender to God] need not be so.</i></p> <p><i>When you can</i></p> <p><i>begin to question this [i.e., When you can begin to question why you give in to and become victimized by your own lower self in a specific area of your life where you refuse to surrender to God],</i></p> <p><i>then you have already</i></p> <p><i>made another substantial step</i></p> <p><i>in the right direction.</i></p> <p><i>For example,</i></p> <p><i>ask yourself questions like:</i></p> <p><i>"Why do I</i></p> <p><i>refuse to</i></p> <ul style="list-style-type: none"><li>• <i>surrender to God and</i></li><li>• <i>give up my lower self</i></li></ul> <p><i>for what I</i></p> <p><i>know</i></p> <p><i>to be</i></p> <ul style="list-style-type: none"><li>• <i>happiness,</i></li><li>• <i>abundance, and</i></li><li>• <i>bliss?</i></li></ul> <p><i>Why do I settle for</i></p> <p><i>the puny satisfaction</i></p> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>my spite,</i></li><li>• <i>my destructiveness and</i></li><li>• <i>my selfishness, or</i></li><li>• <i>whatever trait is in me</i></li></ul> <p><i>that obstructs</i></p> <p><i>my true happiness?</i></p>

*What  
in me  
makes me  
so destructive?*

*How much  
do I really pay  
for allowing this [i.e., really pay in a specific area of my life  
for allowing my lower self to control me  
rather than surrendering to God]  
to happen?*

*Isn't there a way  
to change  
this inner course?*

*Knowing  
the beauty of life,  
why  
do I still deny it?*

*Why can I  
not  
affirm  
• life and  
• God and  
• the flow of creativity?"*

*These questions  
will lead to  
specific  
• answers and  
• clarifications.*

*They [i.e., These questions]  
must be  
• asked and  
• taken seriously.*

*They [i.e., These questions]  
puzzle  
all those  
who arrive at this juncture.*

17

*This lecture  
deals with  
these questions.*

*I have often mentioned, my friends,  
that there is  
a countermovement  
in you.*

*One movement*  
• *embraces life*  
*and*  
• *longs for the divine.*

*But*  
*the countermovement*  
*denies*  
*all that [i.e., denies all life and the divine].*

*It [i.e., The countermovement]*  
*wants*  
*to remain in darkness,*  
*in spite of*  
*the obvious pain*  
*that this [i.e., the obvious pain that remaining in darkness]*  
*inflicts.*

*It [i.e., The countermovement]*  
*insists on*  
*living life*  
*on its own terms,*  
*even though*  
*its terms*  
*are*  
• *life-denying and*  
• *destructive*  
*for*  
• *the self and*  
• *others.*

*This countermovement  
has its history  
in the creation [i.e., has its history within the creation process]  
of  
the ever-outflowing substance of life,  
penetrating  
the infinite void  
and thus  
bringing  
• eternity and  
• light  
into the  
• nonlife and  
• darkness  
until  
the void  
no longer exists.*

*Eventually  
the time will come –  
to use this limited term [i.e., limited term “time”] –  
when there will be  
only  
• light and  
• life.*

18

*Substances of  
• consciousness  
and  
• energy –  
the two inseparable aspects  
of the  
eternal  
life spark –  
get  
• lost,  
• separated from their source,  
as it were.*

*The substance  
spreads into  
the void  
and,  
in the outward-spreading movement,  
temporarily  
separates itself  
from  
the whole.*

*In that state of separation [i.e., separation from the whole]  
it [i.e., that substance spreading into the void]  
will find,  
through  
its own  
inner life spark,  
all  
its inherent godliness.*

*It [i.e., That substance spreading into the void, in its state of separation  
from the whole,]  
has to  
battle its way through the  
• darkness and  
• distortion  
that are byproducts  
of the separation [i.e. byproducts of the separation  
from the whole].*

*So these aspects [i.e., these aspects spreading  
into the void, separated from the whole,]  
of  
• consciousness and  
• energy,  
now individual entities,  
temporarily  
turn sour.*

	<p><i>They [i.e., These individual entities of consciousness and energy, separated from the whole,] invert themselves;</i></p> <p><i>they [i.e., these individual entities of consciousness and energy, separated from the whole,] turn into</i></p> <ul style="list-style-type: none"><li>• <i>anti-matter,</i></li><li>• <i>anti-consciousness,</i></li><li>• <i>anti-energy.</i></li></ul> <p><i>This is why there must be struggle to reawaken</i></p> <ul style="list-style-type: none"><li>• <i>divine matter,</i></li><li>• <i>divine consciousness,</i></li><li>• <i>divine energy.</i></li></ul>
19	<p><i>From all the</i></p> <ul style="list-style-type: none"><li>• <i>beauty,</i></li><li>• <i>creativity and</i></li><li>• <i>goodness,</i></li></ul> <p><i>this inversion creates</i></p> <ul style="list-style-type: none"><li>• <i>ugliness,</i></li><li>• <i>destruction and</i></li><li>• <i>evil.</i></li></ul> <p><i>There have been many names for this countermovement throughout history.</i></p>

*Those names [i.e., Those names given to the countermovement created  
by the inversion of beauty, creativity, and goodness]  
can become  
obstacles  
in dealing with  
evil,  
for they [i.e., for these names given to this countermovement]  
have often been  
misused,  
creating  
further distortions.*

*They [i.e., Those names given to the countermovement created  
by the inversion of beauty, creativity, and goodness]  
were used  
to  
• dominate,  
to  
• judge  
to  
• punish  
to  
• put down  
to  
• instill fear of  
• life and  
• God  
to  
• make a  
primitive charade  
out of the  
• wonders and  
• miracles  
of ongoing creation.*

*People therefore  
turn a deaf ear  
to terms such as  
• "good" and  
• "evil,"  
• "God" and  
• "the devil,"  
• "heaven" and  
• "hell."*

	<p><i>Yet these expressions [i.e., these expressions “good” and “evil,” God” and “the devil” and “heaven” and “hell”] merely describe symbolically a state of consciousness that is very difficult to convey to a consciousness still immersed in a three-dimensional world.</i></p>
20	<p><i>We from our spirit world constantly seek ways to convey to you certain facets of reality without eliciting inappropriate reactions that would thus limit your understanding.</i></p> <p><i>An unavoidable limitation exists however.</i></p> <p><i>Your vocabulary is limited, so you must fulfill your own part in the mutual venture of learning.</i></p> <p><i>As I grope to find the words best suited to a specific topic, you must try not to allow</i></p> <ul style="list-style-type: none"><li><i>• prejudices and</i></li><li><i>• word associations</i></li></ul> <p><i>to create a wall that would prevent you from taking in what I give you; for I am giving you a potent tool for your further development.</i></p>

	<p><i>Do not close off to a truth I am privileged to help you perceive, even if you occasionally hear a word that evokes a negative reaction in you.</i></p>
21	<p><i>Evil exists in degrees.</i></p> <p><i>Many varieties of</i></p> <ul style="list-style-type: none"><li>• <i>distribution and</i></li><li>• <i>intensity</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>divine</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>evil</i></li></ul> <p><i>manifestations exist.</i></p> <p>• <i>Consciousness</i></p> <p><i>and</i></p> <p>• <i>energy</i></p> <p><i>aspects</i></p> <p><i>are personified</i></p> <p><i>in</i></p> <ul style="list-style-type: none"><li>• <i>entities or</i></li><li>• <i>individualities,</i></li></ul> <p><i>in</i></p> <ul style="list-style-type: none"><li>• <i>personalities,</i></li></ul> <p><i>in</i></p> <ul style="list-style-type: none"><li>• <i>living beings</i></li></ul> <p><i>who have</i></p> <p><i>their separate aspects</i></p> <p><i>both of</i></p> <ul style="list-style-type: none"><li>• <i>divinity</i></li></ul> <p><i>and of</i></p> <ul style="list-style-type: none"><li>• <i>evil.</i></li></ul>

	<p><i>The strength with which the former [i.e., divinity] can</i></p> <ul style="list-style-type: none"><li>• <i>penetrate the ego structure</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>manifest depends on the degree the latter [i.e., evil] has been transformed through evolutionary development.</i></li></ul>
22	<p><i>In some spheres of reality the contrasts [i.e., the contrasts among the many various varieties of distribution and intensity of divine and evil manifestations] are infinitely greater than those that you inhabit in your state of development.</i></p> <p><i>In the most highly developed</i></p> <ul style="list-style-type: none"><li>• <i>spheres and</i></li><li>• <i>states of consciousness, the degree of</i></li></ul> <ul style="list-style-type: none"><li>• <i>goodness,</i></li><li>• <i>brilliance of</i></li><li>• <i>spirit or</i></li><li>• <i>mind,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>beauty,</i></li><li>• <i>wisdom, and</i></li><li>• <i>love</i></li></ul> <p><i>is totally beyond your imagination.</i></p>

*By the same token,  
there are*

- *spheres of  
temporary  
reality*

*and*

- *states of  
consciousness*

*in which*

- *ugliness,*
- *brutality,*
- *cruelty,*
- *numbness,*
- *limitation of mind –  
including*
  - *shrewdness,*

*as opposed to*

- *wisdom –*
- *hatred, and*
- *smallness of spirit*

*are likewise  
beyond your imagination.*

*These separated beings [i.e., These beings very separated from the whole] –  
you might call them  
sub-humans –*

*exist in a world of  
such darkness  
that indeed  
there seems no way out,  
until,  
as a result of*

- *long suffering and*
- *groping,  
the mind*
  - *turns around and*
  - *starts*
    - *thinking and*
    - *expressing itself  
in a*
      - *new and*
      - *different  
way.*

	<p><i>This [i.e., The mind turning around and thinking and expressing itself in a new and different way]</i></p> <p><i>is the key, a key that seems too simple to those in a state of</i></p> <ul style="list-style-type: none"><li><i>• evil and</i></li><li><i>• suffering</i></li></ul> <p><i>who insist that turning around is</i></p> <ul style="list-style-type: none"><li><i>• very complicated or</i></li><li><i>• impossible to accomplish.</i></li></ul>
23	<ul style="list-style-type: none"><li><i>• Consciousness</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• energy</i></li></ul> <p><i>always create</i></p> <ul style="list-style-type: none"><li><i>• substance,</i></li><li><i>• matter and</i></li><li><i>• form</i></li></ul> <p><i>according to their own nature.</i></p>

*The*  
• *consciousness*  
*and*  
• *energy*  
*in these evil states*  
*are so*  
• *condensed and*  
• *thickened*  
*that they are*  
*more*  
• *material*  
*than*  
• *the matter you know,*  
*so that*  
*in your present state of development,*  
• *the higher*  
*and*  
• *the lower*  
*states of*  
• *consciousness*  
*and*  
• *energy*  
*are equally*  
*imperceptible.*

24

*In the*  
*lowest state of development,*  
*evil*  
*is so strongly concentrated on the surface*  
*that it is*  
*completely unaware of*  
*the divine nucleus.*

*For these subhuman beings*  
*there actually does not seem to be*  
*an inherent divine nucleus.*

*Only through*  
*eons of development*  
*does the nucleus*  
*finally become apparent,*  
*but only very dimly at first.*

25	<p><i>Human development is an in-between state.</i></p> <p><i>Beings in various degrees of development</i></p> <ul style="list-style-type: none"><li>• <i>incarnate and</i></li><li>• <i>fulfill themselves</i></li></ul> <p><i>in other states.</i></p> <p><i>These degrees of development may seem to fluctuate considerably from your point of view, especially if you pick representatives from either extreme of the scale.</i></p> <p><i>Nevertheless, neither</i></p> <ul style="list-style-type: none"><li>• <i>the highest</i></li></ul> <p><i>nor</i></p> <ul style="list-style-type: none"><li>• <i>the lowest degrees</i></li></ul> <p><i>exist in the human state.</i></p> <p><i>You do not know the full extent of</i></p> <ul style="list-style-type: none"><li>• <i>good</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>evil</i></li></ul> <p><i>because your inner field of vision does not reach these levels.</i></p>
26	<p><i>The foregoing may seem to indicate that creation is split dualistically, something I always deny in my teachings.</i></p>

*As I will prove to you on a very practical level,  
the split  
does not really exist  
in essence.*

*But  
on a level of  
temporary  
manifestation  
it [i.e., the dualistic split]  
• does exist and  
• must be  
• recognized and  
• dealt with  
for what it is.*

27

*There is hardly any human being  
whose  
• lower self  
could approach  
the intensity  
of the evil  
that exists  
in the lower spheres.*

*And  
the now-manifest  
• higher self  
could not by any means approach  
the  
• intensity and  
• beauty  
of the  
• true,  
• divine,  
• eternal  
existence.*

*I would also like to add here  
that  
manifest evil  
is not necessarily indicative of  
an overall  
lack of development.*

*It is often quite  
the contrary.*

- *Active,*
- *virulent  
evil*

*often indicates that  
the potential  
to develop  
one's*

*divine aspects  
has been  
willfully neglected,  
so that*

*the potent energy currents  
of the consciousness*

- *invert themselves and*
- *manifest  
in an equally potent  
negative way.*

*The  
spiritually  
• immature and  
• young  
appear in the human sphere quite often  
as having*

- *innocuous,*
- *ineffectual,*
- *primitive  
minds,*

*with the herd mentality  
that does not think independently.*

*This [i.e., Because those with spiritually immature and young minds think with herd mentality and do not think independently] is why a severely disturbed human being who exhibits some evil traits, but who*

- already has a developed conscience*

*and therefore*

- does not act out evil deeds,*

*turns relatively quickly into a spirit of*

- light and*
- power for the good, once the mind has truly been affected.*

28

*The distortion that marks separation from the divine essence is only temporary.*

*It [i.e., The distortion that marks separation from the divine essence] cannot last.*

*It [i.e., The distortion that marks separation from the divine essence]  
is part of the process of  
filling the void,  
and,  
sooner or later through the ages,  
the*

- distorted,*
- inverted,*
- separate*
  - piece of*
    - consciousness*

*and*

- energy,*
- the separate personality,*

*must be*

- "filed down,"*
- purified*
  - through*
    - experiences of living*

*and*

- increasing perception*

*until*  
*its essence [i.e., until the essence of this separate  
piece of consciousness and energy]  
is rediscovered.*

*And that  
is the process of  
evolutionary development.*

29

*These things have been said,  
sometimes in oversimplified terms,  
by various religions.*

*But do not forget, my friends,  
that  
religions,  
when they first appear,  
are channels  
that in some way  
communicate divine truth  
to humanity.*

*They [i.e., Religions]  
are  
later [i.e., After they first appear as channels that in some way  
communicate truth to humanity, religions are]  
often distorted.*

*They [i.e., Religions]  
may be  
flattened out  
because  
the mind  
becomes lazy,  
preferring  
• handed-down rules and  
• generalizations  
that may  
or may not  
apply to  
one's inner state.*

*Even  
the truth  
of a spiritual law  
becomes  
a superficial statement  
when it is  
• not  
independently  
found  
through the process of  
• self-search and  
• self-confrontation,  
but [rather is only]  
• lazily accepted  
on the surface  
in order to  
avoid the  
• labor and  
• risks  
involved in  
personal growth.*

*This [i.e., Because a religion's truths in its spiritual laws are  
not independently found through the process of self-search and self-  
confrontation but rather are lazily accepted only on the surface in  
order to avoid the labor and risks involved in personal growth]*

*is why*

*religions  
lose*

*their power of truth  
after a while,  
even though  
they often start  
as channels of truth.*

*All this [i.e., All this losing of the power of truths that are revealed through  
a channel of truth]*

*• must  
and  
• will*

*be avoided here [i.e., avoided here in the channel that pathwork is]  
as long as*

*you stay*

*dynamically involved  
in your*

*• pathwork,*

*in your*

*• search, and*

*in your*

*• process of personal growth.*

30

*The reason I tell you this now, my dearest friends,  
is to make it clearer to you  
what your life  
means  
in these terms.*

*You,  
as your higher self,  
have*

- taken on a task*

*and  
have*

- brought with it [i.e., brought with your task],  
into your embodiment,  
an aspect of  
that anti-God matter  
with its  
inverted*
  - consciousness*

*and*

- energy.*

*You have brought it [i.e., You have brought this aspect of anti-God matter]  
with you  
into this incarnation,  
where it is possible for you  
to get  
to*

- know it [i.e., get to know this aspect of anti-God matter  
you brought with you into this incarnation],*

*to*

- deal with it [i.e., get to deal with this aspect of anti-God  
matter you brought with you into this incarnation],*

*and  
to*

- influence it [i.e., get to influence this aspect of anti-God  
matter you brought with you into this incarnation]  
rather than  
be influenced by it [i.e., rather than be influenced by  
this aspect of anti-God matter you brought  
with you into this incarnation].*

31

*This aspect [i.e., This aspect of anti-God matter with its inverted consciousness and energy that you have brought with you into this incarnation]*

*has*

*its own*

*separate*

- *will and*
- *thinking*

*processes,*

*as you often find out*

*to your*

- *bafflement and*
- *dismay.*

*That [i.e., The fact that this aspect of anti-God matter that you brought into this incarnation has its own separate will and thinking processes]*

*is the point where you often*

*get*

- *confused and*
- *stuck.*

*Your*

- *consciousness or*
- *personality*

*must make many choices in this world,*

*including*

*which of the two wills*

*to follow.*

*You can choose*

*to allow the will of*

*the lower self*

*to control your whole person.*

*Or you can choose*

*to align your*

*conscious*

- *mind and*
- *will*

*with*

*the higher self,*

*without*

*pushing out of awareness the*

- *will and*
- *voice*

*of the lower self.*

	<p><i>You also need to think about what it means</i></p> <ul style="list-style-type: none"><li>• <i>when you follow the lower self without questioning it,</i></li><li>• <i>when you are still tempted to</i><ul style="list-style-type: none"><li>• <i>rationalize it [i.e., tempted to rationalize your following the lower self]</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>do nothing to challenge its will [i.e., do nothing to challenge the lower self's will].</i></li></ul>
32	<p><i>Now, in none of you does the lower self approach anywhere near the intensely destructive levels I discussed earlier.</i></p> <p><i>But the lower self is always destructive; otherwise, it would not be a lower self.</i></p> <p><i>It [i.e., The lower self] may be destructive in wanting to be</i></p> <ul style="list-style-type: none"><li>• <i>malicious or</i></li><li>• <i>ungiving.</i></li></ul> <p><i>It [i.e., The lower self] is destructive by persisting in its limited view that what is selfish is good for the self.</i></p>

***It [i.e., The lower self]  
is destructive  
simply in refusing  
total self-surrender  
to the***  

- divine consciousness and***
- divine will***

***within you,  
at every turn of your way.***

***You forget;  
you do not trust  
in this surrender [i.e., you do not trust in this total self-surrender  
to the divine consciousness and divine will  
within you at every turn of your way],  
even if  
you have already experienced  
the blissfulness of it [i.e., the blissfulness in this total self-  
surrender to the divine consciousness  
and divine will within you].***

***But  
your forgetting  
is not really  
forgetting.***

***It [i.e., Your forgetting]  
is a deliberate intent  
of that other [i.e., deliberate intent of that anti-God destructive lower self]  
• will and  
• consciousness  
that you carry within you.***

***Your outer mind  
always  
has the choice  
to allow it [i.e., choice to allow that “other” anti-God will and  
consciousness that you brought into this incarnation  
and carry within you]  
to rule you.***

***But you can also  
take the reins  
and be aware of  
that other will [i.e., be aware of that “other” will, that anti-God  
destructive lower self will that you brought  
into this incarnation and carry within you]:***

***Confront it [i.e., Confront that “other” anti-God will];***

***counter it [i.e., counter that “other” anti-God will].***

***Do not allow it [i.e., Do not allow that “other” will, that anti-God destructive  
lower self will that you brought into this incarnation and carry within you]  
to***

- destroy your life and***
- waste***
  - valuable life substance and***
  - creative expression.***

***It [i.e., That “other” will, that anti-God destructive lower self will  
that you brought into this incarnation and carry within you]***

***does not have to  
make you  
miss out on  
the blissfulness  
of eternal life  
that increasingly  
filters into your life now.***

33

***This point [i.e. This point that you confront and counter that “other” will, that  
anti-God destructive lower self will that you brought  
into this incarnation and carry within you]  
is most crucial  
for your further  
intensified transformation work.***

*[In transformation work]*

***You do not  
cast out any devils.***

***That [i.e., That in transformation work you cast out devils]  
is a misunderstanding  
of certain religious orientations.***

***When the devils  
are cast out,  
you do  
not  
perform the task of  
transforming.***

***You may succeed  
in casting out devils,  
but the devils live on –  
maybe  
not attached to you,  
but they live on.***

34

***Your lower self  
can be transformed  
and you have seen this happen, my friends.***

***It [i.e., Transforming of the lower self]  
is happening increasingly.***

***This lecture  
is geared to give you***

- still better means  
to achieve this transformation,***
- tools that you could not have used  
before you came to  
this specific awareness.***

*The awareness  
could be expressed like this:*

*"Here I see myself  
wanting  
to be destructive.*

*I see*

- *the pain  
it causes me,*
- *the senselessness of it.*

*I know  
that it need not be that way,  
yet I  
want  
to go on being destructive.*

*I do  
not want to give up  
my*

- *pride,*

*my*

- *self-will or*

*my*

- *fear*

*and put them  
into the service of God."*

35

*That [i.e., That I WANT to be destructive when I KNOW being destructive causes me  
pain, that this is senseless and need not be]  
is what is so puzzling.*

	<p><b><i>In fact,</i></b> <i>it [i.e., this situation of wanting to be destructive when you know being destructive causes you pain, and also of knowing this is senseless and need not be]</i></p> <p><b><i>is so puzzling</i></b> <b><i>to many of you</i></b> <b><i>that you soon</i></b> <b><i>push it aside again</i></b> <b><i>and act as if it</i></b> <b><i>were not there.</i></b></p> <p><b><i>Then you take this</i></b> <b><i>• in-between,</i></b> <b><i>• half-aware</i></b> <b><i>state</i></b> <b><i>for granted.</i></b></p>
36	<p><b><i>I shall now try to explain</i></b> <b><i>as exactly as possible</i></b> <b><i>with the tools at my disposal</i></b> <b><i>what happens</i></b> <b><i>when</i></b> <b><i>• consciousness</i></b> <b><i>and</i></b> <b><i>• energy</i></b> <b><i>are being transformed.</i></b></p> <p><b><i>That [i.e., This understanding of what happens when</i></b> <b><i>consciousness and energy are being transformed],</i></b> <b><i>too, will give you</i></b> <b><i>• light,</i></b> <b><i>• incentive and</i></b> <b><i>• greater motivation</i></b> <b><i>to put</i></b> <b><i>all</i></b> <b><i>of your conscious being</i></b> <b><i>into the service of</i></b> <b><i>the divine consciousness</i></b> <b><i>that dwells deep within you.</i></b></p>

37

*I have told you before [see Pathwork Lecture 219 - Christmas Message – Message to the Children – Given Christmas Eve 1973, but not distributed until March 1, 1974; the first half of this lecture is a series of questions from participants about negative traits and the Guide gives the original positive traits behind the negative traits' distorted form of the original positive trait]*

*that there is a*

- *positive,*
- *divine*

*aspect*

*behind each*

- *specific*
- *negative*

*manifestation.*

*You have asked me*

*what*

- *positive aspects*  
*the specific negativities*  
*are distortions of*

*and*

*what*

- *the original divine*  
*aspects or*  
*attributes*  
*are.*

*It is a good idea*

*to continue this exploration*

*in meditation*

*whenever*

*you face*

*a lower-self aspect.*

*You have*

*forgotten*

*to pursue this approach,*

*so you often dwell*

*longer than necessary*

*on the*

*purely negative*

*manifestation.*

*When you begin to see  
these areas [i.e., these negative manifestations]  
of your lower self,  
it is very important  
for  
your conscious mind  
to ask,*

*"What was this trait  
in its  
• original,  
• beautiful  
version,  
before it was  
• inverted,  
• distorted, and  
• made negative?"*

*In that way  
you  
• do not  
cut out  
the trait,  
but  
• rather  
transform  
it [i.e., transform the negative trait];*

*you  
do not  
allow those aspects to rule you,  
nor do you  
• cast them out and  
• separate yourself from them.*

*Instead you  
• truly fulfill the task of  
transforming  
consciousness –  
[that task] for which you have come to this earth.*

38

**Let us say that  
your stubbornness  
resists**  
• **dealing with  
this aspect of self-work** [i.e., dealing with this aspect of the work,  
namely, confronting and transforming lower-self aspects];

**it** [i.e., your stubbornness]  
**resists**  
• **surrender to  
the divine kernel.**

**Could  
this stubbornness  
not be**  
• **retained  
and**  
• **transformed into  
a positive manifestation  
of your godself?**

**If you  
do not have to  
cast it out** [i.e., If you do not have to cast out this stubbornness  
that resists both confronting and transforming lower-self  
aspects as well as surrendering to the divine kernel],

**you will  
not be so resistant** [i.e., not be so resistant to dealing with this stubbornness]  
**because  
you may  
use  
this transformed stubbornness  
in a**  
• **new and**  
• **different  
way.**

39

**If**  
• *you find yourself being selfish*  
**and**  
• *you believe you must cast out the selfishness,*  
**it will be**  
*impossible for you even to want to approach the threshold [i.e., the threshold of dealing with your selfishness] where you seem to be stuck [i.e., stuck because you do not want to or know how to “get rid of” your selfishness and hence are stuck, not knowing how to move forward in life].*

**But**  
*if you know that there is a healthy selfishness*  
• *that you have every right to pursue and*  
• *that does not exclude*  
• *loving and*  
• *being generous,*  
**then your**  
• *resistance [i.e., your resistance to facing and dealing with your selfishness] will wane*  
**and**  
• *the devil in you will turn into an angel in this particular area.*

40	<p><b>Most of you, my friends,</b></p> <ul style="list-style-type: none"><li>• <b>have forgotten</b> <i>this very important tool [i.e., the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form]</i></li></ul> <p><b>that</b> <b>I have given you</b></p> <p><b>and you</b></p> <ul style="list-style-type: none"><li>• <b>have not</b> <b>consciously used it.</b></li></ul> <p><b>Your</b> <b>conscious application of it [i.e., application of this very important tool]</b> <b>will make you</b> <b>even more ready for</b> <b>the universal abundance</b> <b>available to you</b> <b>as a result of</b> <b>your transformation work.</b></p> <p><b>Begin to apply it [i.e., Begin to apply this very important tool]</b> <b>now</b></p> <ul style="list-style-type: none"><li>• <b>more consistently and</b></li><li>• <b>in a more focused way.</b></li></ul>
41	<p><b>You now know</b> <b>quite clearly</b> <b>that</b> <b>your inability</b> <b>to tolerate</b> <b>the ever-increasing pleasure in your life,</b> <b>to the point where you</b> <b>often</b> <b>still feel compelled</b> <b>to destroy it [i.e., still feel compelled to destroy</b> <b>the ever-increasing pleasure in your life],</b> <b>is due precisely</b> <b>to this problem [i.e., to this problem of not</b> <b>using the tool of discovering the</b> <b>original positive aspect of lower-self</b> <b>traits so that you do not resist facing</b> <b>lower self traits but rather transform</b> <b>them into their original positive form].</b></p>

*This [i.e., Because you do not consciously use the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form] is why you cannot find your way to transforming negativity.*

*Once you begin to solve this problem [i.e., solve this problem and start consciously using the tool of discovering the original positive aspect behind lower-self traits so that you do not resist facing lower self traits but rather transform them into their original positive form], you will experience the glory of this work.*

*What was once*

- *negative,*
- *destructive,*

*and even*

- *outright evil,*

*will turn*

- *positive,*
- *constructive, and*
- *good.*

*What was once*

- *a dualistic conflict*

*will become*

- *a unification.*

*For example,*  
*instead of seeing*

- *unselfishness*

*versus*

- *selfishness,*

*you will truly see that*

- *healthy selfishness*

*is good*  
*at certain times*  
*and that there are times to be*

- *unselfish,*

*too.*

	<p><i>It is very important to apply this approach specifically to all areas you deal with.</i></p> <p><i>This way consciousness is transformed while remaining an</i></p> <ul style="list-style-type: none"><li><i>• intrinsically unique,</i></li><li><i>• divine manifestation.</i></li></ul>
42	<p><i>Consciousness does not change its</i></p> <ul style="list-style-type: none"><li><i>• essence;</i></li></ul> <p><i>it [i.e., consciousness] changes only its</i></p> <ul style="list-style-type: none"><li><i>• expression.</i></li></ul> <p><i>In</i></p> <ul style="list-style-type: none"><li><i>• experiencing</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• knowing</i></li></ul> <p><i>this [i.e., In experiencing and knowing that consciousness does not change its essence but only its expression], your resistance [i.e., your resistance to facing and transforming your lower self aspects]</i></p> <p><i>will therefore lessen, since you will not fear that you will lose something that is intrinsically you.</i></p>

*And you will  
experience  
the aspect of yourself  
that*

- can decide  
the course of  
your attitudes*

*and*

- can redirect  
your consciousness  
as  
the more valid you.*

*At the same time,  
the other part  
that you are about to  
transform  
will become  
more  
and more  
like an appendage  
that you have brought with you  
as part of your task  
of self-fulfillment.*

*Consequently,  
as you do the transforming work,  
unification  
occurs.*

43

*In the process of  
feeling  
increasingly*

- unified and*
- conflict-free,*

*you will  
fully discover  
the intense pain  
of the conflict  
you have labored under  
for so long.*

*Often  
you will see  
the complete picture  
only when  
the ill will  
is about to disappear.*

*What was once  
a conflicting "other,"  
even though  
it was incarnated  
in your own soul substance,  
becomes  
one  
with  
the divine  
in you.*

44

*The energy  
must likewise change.*

*Energy  
that emanates from the lower self  
is  
very slow moving.*

*It [i.e., Energy that emanates from the lower self]  
is often*

- halting,*
- condensed and*
- heavy.*

*Energy  
can be perceived  
with  
all the senses,  
but  
on a level  
the conscious mind  
is usually not aware of.*

*Lower-self energy  
is extremely unpleasant.*

45

*As far as the  
visual sense  
is concerned,  
some of you  
can perceive  
energy emanations  
to a slight degree.*

*People have sometimes  
perceived the differences in  
energy emanations –  
in*

- color,*

*in*

- brightness,*

*in their*

- pleasing hues.*

*The difference is  
quite obvious:*

- The lower-self  
energy emanation is*
  - dull or*
  - crass;*
- it [i.e., the lower self]  
gives off  
distinctly unpleasant colors;*
- higher self  
emanations,  
in their*
  - color and*
  - brilliance,**convey*
  - peace,*
  - harmony,*
  - joy and*
  - bliss.*

	<p><i>Perception of color on the level of spiritual reality is</i></p> <ul style="list-style-type: none"><li><i>• not cut off from,</i></li></ul> <p><i>but is always</i></p> <ul style="list-style-type: none"><li><i>• connected with</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• expresses and</i></li><li><i>• communicates</i></li></ul> <p><i>attitudes.</i></p>
46	<p><i>Energy also has an auditory expression, but human beings do not hear it.</i></p> <p><i>If the entity is highly developed, the sounds of an emanating consciousness are extremely</i></p> <ul style="list-style-type: none"><li><i>• beautiful and</i></li><li><i>• harmonious.</i></li></ul> <p><i>The sounds of a lower self are</i></p> <ul style="list-style-type: none"><li><i>• disharmonious,</i></li><li><i>• ugly and</i></li><li><i>• displeasing</i></li></ul> <p><i>to the inner ear.</i></p>

47	<p><i>The same goes for all the other senses.</i></p> <p><i>The fragrance of</i> • <i>purified consciousness</i> <i>is incredibly delightful,</i> <i>such as you cannot imagine.</i></p> <p><i>The odor of</i> • <i>impure consciousness</i> <i>is unpleasant;</i> • <i>it [i.e., the odor of impure consciousness]</i> <i>can be a stench.</i></p>
48	<p><i>On the level of touch, energy is felt by other energy bodies.</i></p> <p><i>The energy of the higher self is felt as</i> • <i>soft,</i> • <i>nurturing,</i> • <i>vitalizing;</i> <i>you bathe in the energy emanation of purified consciousness.</i></p>

*But the touch perception  
of*

- *inverted*
- *negative*

*consciousness  
is painful  
in every possible way.*

*It [i.e., The touch perception of inverted negative consciousness]  
can be*

- *cutting or*
- *scratching or*
- *itching or*
- *pinching –*

*many different kinds of pain  
can be experienced  
according to  
the specific attitude  
expressed by  
the energy emanation.*

49

*There are  
many other senses  
that*

- *you do not know of and*

*that I can therefore*

- *not discuss.*

*This will give you some idea however,  
of how a personality's  
inherent attitudes  
express themselves in  
energy  
through every sense.*

*In your  
dualistic sphere of consciousness,  
what you*

- *see,*
- *hear,*
- *smell, or*
- *touch*

*seems  
most of the time  
quite disconnected from  
the extremely*

- *personal and*
- *specific*
  - *attitudes and*
  - *energy emanations.*

*Everything*

- *is chopped up  
into separate categories*

*and*

- *manifests in a disjointed way.*

*This [i.e., Everything being chopped up into separate categories  
and manifesting in a disjointed way]*  
*is often  
confusing for the personality.*

*It [i.e., The personality]*

- *gets tired of these separations*

*and therefore*

- *strives  
sooner or later  
for  
a more unified  
state of consciousness,  
where*
  - *what is perceived  
is not separated from*
  - *the essence,  
even if it [i.e., even if the essence]  
temporarily  
manifests in  
negativity.*

50

*So you see, my friends,  
when you  
experience a*

- *beautiful,*
- *highly elevated,*
- *joyous*

*state,  
you must know  
that your energy system –  
whether your conscious mind knows it or not –  
perceives  
all these energy emanations  
on all the sense levels I mentioned.*

*But  
when you are*

- *unhappy,*
- *heavy or*
- *depressed,*

*your own energy system  
unites with  
the similar energy system of others –  
whether they [i.e., whether the energy systems of others]  
are expressed*

- *in the body*

*or*

- *not.*

*Your energy body  
is influenced by the*

- *sights,*
- *sounds,*
- *odors,*
- *touching, and*
- *many other sense perceptions  
of others.*

*There is a cross-fertilization.*

*Your  
negative state  
influences others in a similar state  
and vice versa [i.e., the negative states of others  
influence a similar state in you],  
each feeding the other.*

*Your energy body's  
experiences  
are not clear to  
the outer mind;  
the outer mind  
merely registers*

- *displeasure,*
- *anxiety,*
- *heaviness.*

51

*When you  
transform  
negative*

- *consciousness,*

*you also  
transform  
negative*

- *energy.*

*Your life  
will be  
of an ever*

- *increasing and*
- *extending*

*beauty.*

*It [i.e., Your life]*

- *will be,*

*and*

- *already is,*

*like a blossom  
that unfolds  
in ever greater splendor.*

	<p><i>As you</i> • <i>overcome</i>     <i>each hurdle</i>     <i>of the lower self,</i> <i>as you</i> • <i>commit yourself</i>     <i>forever more strongly</i>     <i>to the divine will</i>     <i>in you,</i> <i>so this blossom</i>     <i>will unfold</i>     <i>into never-ending fruition.</i></p> <p><i>So you</i>     <i>never need to fear</i>     <i>an end,</i>     <i>for there is</i>     <i>no end.</i></p>
52	<p><i>Be blessed,</i>     <i>my dearest ones,</i>     <i>be in peace.</i></p>

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

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

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

#### Trademark/Service Mark

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

#### Copyright

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

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