

# Pathwork Lecture 226: Approaches To Self – Self-Forgiveness Without Condoning the Lower Self

1996 Edition, Original Given December 18, 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><b><i>Greetings, my most beloved friends.</i></b></p> <p><b><i>Blessings for every single one gathered here.</i></b></p> <p><b><i>May you be enfolded by the force of</i></b></p> <ul style="list-style-type: none"> <li><b><i>• the love and</i></b></li> <li><b><i>• the blessings</i></b></li> </ul> <p><b><i>that are given forth.</i></b></p>
04	<p><b><i>In tonight's lecture I would like to explore specific facets of the path which is an eternal path in one form or another</i></b></p> <ul style="list-style-type: none"> <li><b><i>• for all human beings,</i></b></li> <li><b><i>• for all creation.</i></b></li> </ul>

by Eva Broch Pierrakos

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	<p><i>I want to discuss how the process of the path can be furthered in the developmental stage where you are now, my friends.</i></p> <p><i>You may find, at this specific [developmental] stage, hindrances that you need to comprehend better on a deeper level of your being, so that you can</i></p> <ul style="list-style-type: none"><li><i>• remove them [i.e., remove these hindrances] and</i></li><li><i>• enhance</i></li></ul> <p><i>the ever-moving process of which you become more and more a part.</i></p> <p><i>You initiate this process anew at every step –</i></p> <p><i>yet</i></p> <p><i>you also</i></p> <ul style="list-style-type: none"><li><i>• become a part of it [i.e., become a part of this process]and</i></li><li><i>• follow it</i></li></ul> <p><i>because it [i.e., because this ever-moving process of which you are more and more becoming a part] is greater than the you that must initiate it [i.e., that must initiate this process].</i></p>
05	<p><i>You are indeed doing this [i.e., you are becoming a part of this ever-moving process] in ever greater measure.</i></p> <p><i>You are</i></p> <ul style="list-style-type: none"><li><i>• growing and</i></li><li><i>• changing and</i></li><li><i>• discovering the wonders of your inner world.</i></li></ul>

*But it will also be helpful  
to become  
more aware of*

- *what you are doing and*
- *what*  
*these inner rhythms*  
*are.*

*There is  
a constant fluctuation*

- *of initiating –  
and thereby  
indirectly  
setting up the process*
  - *that unfolds and*
  - *that*  
*in rare moments of exhilaration  
you perceive – and*
- *of following  
this process.*

*Most of the time  
you are still  
oblivious of  
being part of a process  
you [yourself]  
have set in motion  
through your commitment*

- *to be in truth,*
- *to wish to*
  - *grow and*
  - *change.*

06

*That [commitment], of course,  
is  
the basic aspect  
of initiating the process:  
the general commitment*

- *to being in truth and*
- *to changing  
what is*
  - *negative and*
  - *destructive.*

*But then there are  
specific aspects  
that require  
a deeper understanding  
because  
the human psyche  
is extremely befuddled  
about certain issues  
that become lost  
in the duality  
of human life.*

*In tonight's lecture  
I should like to discuss  
one such aspect [where the human psyche is befuddled by duality].*

*Before doing so, however, I need to  
apparently  
digress.*

*Yet this is  
not really a digression:  
you will see the connection later on.*

07

*One of your  
most basic fears  
is  
the fear of death.*

*The fear of death  
has its origin  
in the confusion  
of  
dualistic  
• thinking and  
• perceiving.*

*The fear itself  
leads to  
further confusion.*

*The fear of death  
can be allayed  
by not thinking about it,  
but nevertheless  
it [i.e., the fear of death] lurks  
in the soul  
until  
the personality  
has completely  
fused with  
divine reality.*

*The fear [of death]  
persists  
even when*

- intellectual understanding [that there is no death]  
has been attained and*
- inner experience [that there is no death]  
has occasionally  
occurred  
as a result of*
  - growing and*
  - connecting with the divine nucleus.*

*Although at times  
a deep knowing  
about  
the continuum of life  
exists,  
the spreading of  
this knowing  
is a slow process.*

*All of*

- the soul and*
- the personality*

*have to be  
filled  
with truth,*

- without any fluctuation,*
- without any temptation into*
  - erroneous,*
  - faulty*
    - conceiving and*
    - experiencing*

*the world.*

*To be  
deeply aware of  
the eternal nature of life  
requires  
a slow process,  
contingent on  
many other attitudes  
that have  
apparently  
nothing or little to do with  
this great question [about the eternal  
nature of life and about no death].*

*Such conviction [about the eternal nature of life and no death]  
can come  
only*

- after overcoming many hurdles and*
- after facing this basic fear [of death]  
on different levels,  
no matter what you believe  
in your mind.*

*This fear [of death]  
can take different forms,  
but whatever they [i.e., whatever the forms of this fear of death] may be,  
I wish to address you,  
first of all,  
on the level of your*

- conscious or*
- unconscious  
fear of death.*

08

*Life  
cannot be  
non-life,  
for it is  
the intrinsic nature of life  
to be alive.*

*This may sound,  
on a more superficial level,  
like a  
redundant statement,*

*but*

*if you*

- *listen deeply into yourself and*
- *think about this sentence,  
you will perceive  
that there is a  
deeper meaning to it.*

*For you take  
unthinkingly for granted*

- *that*
  - *life  
can suddenly become*
  - *non-life,*
- *that*
  - its [i.e., life's]  
innate nature  
suddenly  
changes into  
an opposite [i.e., changes into non-life].*

*If you truly ponder this,  
you must come to the realization  
that this [i.e., that life becoming its opposite or non-life]  
is pure nonsense.*

*Life  
can only be  
life.*

- *Everything  
that is created,*
- *everything  
that is,  
can only be  
what it is.*

*It [i.e. everything that is]  
cannot be  
what it is not,  
even if  
on a superficial level of  
appearance  
it  
temporarily  
seems otherwise.*

*Only in the  
dualistic state [of consciousness on this human level of existence]  
do you live with  
two opposites  
within your soul.*

*But this  
dualistic state [of consciousness on this human level of existence]  
is obviously  
only a very limited state [of consciousness]  
as compared to [the vast consciousness of]  
all of creation.*

*Even while you are in  
this [limited dualistic] realm of consciousness,  
when you truly  
work on your path,  
you soon discover that  
all opposites  
• are illusion and  
• are facets  
of the  
same  
oneness.*

*You yourself  
have already succeeded  
in many areas of  
your inner life  
to fuse such opposites  
so that  
contradictions  
• no longer exist and  
• become conciliated.*



*This [fusing of opposites]  
must apply  
to all opposites  
on your [dualistic human] level of reality.*

*So if there is  
a oneness  
about life,  
there can only be  
life.*

*Therefore  
death  
must be an illusion.*

09

*On the [dualistic human] level of your consciousness  
you are  
totally, or almost totally,  
focused*

*on  
the level of  
• manifestation, and  
not on  
the level of  
• origin, or on  
the level of  
• the source.*

*Life  
radiates outwardly.*

*It [i.e., Life]  
sends out  
• its irradiations,  
• its streamings,  
• its energy currents,  
• its rays.*

*But these rays  
are only the  
outer "messengers,"  
bringing life forth  
gradually.*

	<p><i>Some time in the past, I have spoken about this process of creation in a different context.</i></p>
10	<p><i>The spiral movement of growing</i></p> <ul style="list-style-type: none"><li>• <i>needs repetition and</i></li><li>• <i>needs to link up these repetitions with different</i></li><li>• <i>contexts and</i></li><li>• <i>connections.</i></li></ul> <p><i>I have explained in the past that life –</i></p> <ul style="list-style-type: none"><li><i>which is divinity,</i></li><li><i>for</i></li><li>• <i>life</i></li><li><i>and</i></li><li>• <i>divinity</i></li><li><i>are one –</i></li></ul> <p><i>very gradually</i></p> <ul style="list-style-type: none"><li>• <i>penetrates</i></li><li><i>the void and</i></li><li>• <i>fills</i></li><li><i>the void.</i></li></ul> <p><i>Once the void has been penetrated by life, it can</i></p> <ul style="list-style-type: none"><li><i>never again</i></li><li><i>become</i></li><li><i>the void.</i></li></ul>

***On the borderline***

***where***

- ***life***

***meets***

- ***the void,***
- ***energy and***
- ***consciousness –***

***which are life's  
main aspects***

***when expressed in human language –***

- ***congeal and***

- ***harden***

***into***

***matter.***

***This level [where life meets the void and where its main aspects – energy and  
consciousness – congeal and harden into matter]***

***can also be called***

***the level of***

***manifestation,***

***which must not be confused with***

***the***

- ***real life,***

***the***

- ***source.***

- ***Matter or***

- ***manifestation***

***is***

- ***enlivened and***

- ***animated***

***by life***

***until,***

***in the process of evolution,***

***it [i.e., matter or manifestation]***

***transforms and***

***retransforms***

***itself***

***sufficiently***

***so that***

***it [i.e., matter or manifestation]***

***becomes***

***totally***

***one***

***with life.***

*But as long as it [i.e., as long as matter or manifestation]  
is still on  
the "outer border"  
it is only  
temporarily  
animated  
by the life spark  
that [life spark], however,  
by its [i.e., by the life spark's] very nature,  
returns  
and returns [to again and again temporarily  
animate matter or manifestation.]*

11

*I recapitulate:*

- *The rays of life  
animate the matter  
that [i.e., that matter] is the creation of  
the meeting  
between*
  - *life*
  - and*
  - *the void.*
- *The void  
must be filled  
totally  
with life:  
that [filling the void totally with life] is  
the inexorable destiny  
of evolution.*
- *Everything that is alive  
is animated  
by  
the eternally divine  
consciousness.*
- *And consciousness  
is eternally moving forth  
and changing manifestation  
in its [i.e., in manifestation's]  
myriad forms.*

12

*Now how does this  
apply to you, my friends?*

*As always,  
we want to use  
profound metaphysical verities  
not just as  
philosophical thoughts  
to speculate about,  
but [also and more importantly]  
to apply [i.e., to apply these profound metaphysical verities]  
specifically*

- to your  
human condition and*
- to your  
pathwork.*

*There is*

- no great truth,*
- no universal fact of creation*
- no macrocosmic event*

*that cannot also  
be immediately  
applied to*

- your personal development,*
- your growth,*
- your self-confrontation, and*
- your immediate microcosm.*

*If you use  
great truths  
without linking them  
to your work on the Path,  
you are  
using spirituality  
as*

- an escape  
from self,*
- an avoidance  
of personal purification,*

*[and this leads to]  
a failure  
of [your] fulfilling the task [and very purpose]  
of [your] incarnation.*

13

*You are geared  
to the level of  
manifestation [or matter]  
and you confuse*  
• *the manifestation [or the matter]  
that is animated  
by  
eternal life*  
with  
• *eternal life itself.*

*Only after  
you achieve  
higher realizations of consciousness  
does this focus switch [and you begin to distinguish eternal life itself  
from the manifestation or matter that eternal life animates] –  
perhaps  
almost inadvertently  
at first.*

*It [i.e., this switch in focus where you are now able to distinguish eternal life  
itself from the manifestation or matter that eternal life animates]  
merely seems  
a byproduct of  
the purification work.*

*Life  
can  
temporarily  
withdraw itself  
from the matter  
it [i.e., life] has created and then  
allows  
the matter [that life has created]  
to dissolve itself  
into its original substance.*

*It [i.e., life]  
will then create  
a new form [of matter]  
that it [i.e., that life, again,] animates.*

*The process of evolution  
is a continually changing process.*

14

*Human consciousness  
needs to  
open the mind  
to explore the truths  
I am presenting to you here.*

*For your fear [of death]  
stems from  
being identified with  
the manifestation [or matter]  
that is animated by  
the source.*

*You [my friends] are the source.*

*Even  
your  
• present personality,  
your  
• thinking and  
• feeling,  
your  
• being and  
• experiencing,  
your capacity to  
• will and  
• decide –  
all that  
is  
the source.*

*Non-life  
cannot do any of these things.*

*Even if  
much of your  
manifest personality*  
• *modifies itself,*  
• *changing and*  
• *expanding,*  
*all that you*  
• *know and*  
• *feel*  
*yourself to be*  
*is*  
• *source,*  
*not*  
• *manifestation.*

*Therein lies the confusion  
that creates  
fear of  
not being [i.e., the confusion that creates fear of death or of not being].*

15

*You need to learn that  
everything  
you are now,  
even in its imperfection,*  
• *is the*  
*ever-existing eternal life and*  
• *can*  
*never*  
*not be.*



*Within your  
present*

- *limited  
manifestation  
lie*
- *unlimited  
possibilities of expansion*
  - *of your consciousness,*
  - *of your experience,*
  - *of your creative ability to mold*
    - *life and*
    - *life forms,*
  - *of your sense of being  
who you really are.*

*And you believe, my friends,  
still*

- *somewhere,*
  - *somehow,*
  - *in a part of you,  
that*
    - when you withdraw that life  
from the matter  
that you [yourself] created  
through  
the meeting of*
      - *life*
      - and*
        - *non-life,*
- that you then  
cease to be.*

*Yet*

*all that you*

- *know and*
- *are aware of  
as yourself  
must*
  - *continue to be*

*and*

- *cannot not be,  
even to  
the limited personality  
as you know yourself now.*

	<p><i>It [i.e., who you truly are]</i> <i>is</i></p> <ul style="list-style-type: none"><li>• <i>what it is now,</i> <i>in addition to</i></li><li>• <i>its potentialities</i> <i>that also exist</i> <i>in the now.</i></li></ul> <p><i>As these potentialities</i> <i>increasingly animate matter,</i> <i>self-awareness expands</i> <i>and you then</i> <i>know the truth</i> <i>about your unlimited continuity.</i></p> <p><i>Then matter</i> <i>merges with</i> <i>the source.</i></p>
16	<ul style="list-style-type: none"><li>• <i>In order to</i> <i>make this jump of the mind,</i></li><li>• <i>in order to</i> <i>open your comprehension</i> <i>to the ideas I unfold here,</i> <i>we have to</i> <i>overcome certain</i> <i>specific obstructions,</i> <i>as I said before.</i></li></ul> <p><i>There are</i> <i>many obstructions</i> <i>and you work with</i> <i>all of them,</i> <i>in one form or another.</i></p> <p><i>Fear of death</i> <i>is connected with</i> <i>one of the</i> <i>most important obstructions,</i> <i>which is</i> <i>the approach to the self</i> <i>on the arduous path of</i> <i>self-purification.</i></p>

***I wish to discuss this now  
in detail [i.e., discuss in detail how the fear of death is an obstruction to  
approaching the self on the path of self-purification],  
for there is a great need for it [i.e., for this discussion].***

***The issue is  
your confusion about  
accepting  
the self***

- with its lower-self aspects,***
- squarely facing its negativity,***

***and yet seeing  
its [i.e., and yet seeing the self's lower-self's]***

- destructiveness and***

***its [i.e., the self's lower-self's]***

- damaging effects***  
***for what they [i.e., for what the self's lower-self's  
destructiveness and damaging effects]  
are.***

17

***You confuse***

- self-acceptance and***
- self-forgiveness***

***with***

- condoning and***
- whitewashing***  
***the negativities***  
***of the lower self; and***

***you equally confuse***

- self-devastating guilt and***
- self-hate***

***with***

- honest admission of what***
  - is indeed wrong and***
  - needs to be changed.***

***This  
specific dualistic confusion  
is obviously  
extremely important.***

***It is not hard to see***

***how it [i.e., how this specific dualistic confusion, first of confusing self-acceptance with condoning negativities, and second of confusing self-hate and guilt with simple admission of what is wrong and therefore what needs to be changed]***

***can be***

***an enormous obstacle***

***on your path,***

***for either alternative [i.e., either condoning lower self negativities on the one hand or self-devastating guilt and self-hate for having lower self aspects on the other hand]***

***prevents you from***

- growing and***
- expanding and***
- becoming***

***one***

***with your God.***

***The negative aspects***

***must be***

- fully accepted,***
- forgiven and***
- seen in context***

***with the whole personality,***

***but they [i.e., the negative aspects]***

***must never be***

- condoned.***

***All this has been said many times before,  
but it is still a major stumbling block  
for many of you.***

***You stumble over***

***this particular duality [i.e., you stumble over this duality of accepting negative aspects and condoning them rather than accepting negative aspects without condoning them and also accepting them without guilt and then setting about to change the negative aspects]***

***again and again.***

18	<p>• <i>The fear of death,</i> • <i>the fear of non-life,</i>     <i>has a great deal to do with this [stumbling over this particular duality].</i></p> <p><i>It [i.e., the fear of death]</i>     <i>has to do with it [i.e., has to do with stumbling over this duality: forgiving</i>         <i>negative aspects but not condoning them; rather,</i>         <i>accepting negative aspects without guilt and then</i>         <i>setting about to change the negative aspects]</i>     <i>in two apparently opposite ways.</i></p> <p><i>If</i>     <i>fear of death</i>         <i>lurks in your heart,</i>         <i>consciously or unconsciously,</i> <i>self-forgiveness [for having negative aspects or faults]</i>     <i>is extremely difficult,</i>         <i>because</i>         <i>one of the worst punishments [for having negative aspects or faults]</i>         <i>is the threat of extinction [which is even worse than death].</i></p> <p>        <i>Lack of</i>         <i>self-forgiveness [for having negative aspects or faults]</i>         <i>brings this threat [of death or of extinction]</i>         <i>into focus.</i></p> <p>        <i>It [i.e., lack of self-forgiveness for having negative aspects]</i>         <i>triggers it [i.e., triggers this threat and fear of death].</i></p>
19	<p><i>Fear of death</i>     <i>creates</i>         <i>also</i>         <i>a fear of movement.</i></p> <p>        <i>And that [fear of movement]</i>         <i>is of course</i>         <i>completely contrary</i>         <i>to reality.</i></p> <p><i>For life</i>     <i>is eternally moving and</i>         <i>where life is withdrawn,</i>         <i>movement stops.</i></p>

**But**  
**from the**  
**inverted position**  
**within the level of**  
**manifestation** [in contrast to the level of source],  
**of which** [i.e., within the level of manifestation, in which]  
**the passing of time**  
**is an integral part,**  
**it seems that life**  
**is a constant movement**  
**toward dying.**

**Therefore**  
**changing**  
**is a movement**  
**that seems to accelerate**  
**the process of dying.**

**Staying immobile**  
**upholds the**  
**illusion of**  

- **stopping time and**
- **sustaining the status quo.**

**This** [illusion that staying immobile sustains the status quo and freezes time]  
**is one of the**  
**major**  
**inner**  
**reasons for**  

- **resisting and**
- **distrusting**  
  - **change and**
  - **growth.**

**This illusion** [that staying immobile sustains the status quo and freezes time]  
**is so primitive**  
**that it is virtually**  
**superstitious,**  
**but on those** [primitive] **levels of**  
**semi-conscious**  

- **thinking and**
- **reasoning**

**this** [superstitious belief system that staying immobile freezes time]  
**is hardly surprising.**

*You have found many  
absurd  
misconceptions  
in the course of your path*

- *that you*
  - *hold and*
  - *uphold*

*on this [primitive and superstitions] level  
of your being  
with ferocity,*

- *that govern your life  
to a degree  
that your*
  - *conscious,*
  - *mature*

*mind  
is at first*

- *unable and*
- *unwilling  
to comprehend.*

20

*It hardly needs to be emphasized here  
that remaining stagnant [energy]  
is courting  
the cessation of  
the manifest level.*

*It [i.e., the stagnant energy]  
can only accelerate  
the will  
of the animating consciousness  
to*

- *withdraw from  
this [particular] manifestation and*
- *start afresh [in a new manifestation].*

*When [on the other hand]  
you are*

- *determined and*
- *committed*

*to*

- *change and*
- *bring out the divine potential,*

*duality*  
*will fuse into*  
*a unity*  
*in which you can*

- *be charitable with yourself,*

*in which you can*

- *have mercy with yourself, and*

*in which you can*

- *face the lower self*  
*precisely because*  
*you have this basic*

- *love and*
- *mercy*

*toward all being,*  
*including your own [being].*

*You can face*  
*your lower self*  
*unstintingly –*  
*without*

- *whitewashing,*

*without*

- *explaining it away [i.e., without explaining away your lower-self aspects] or*
- *justifying it [i.e., without justifying your lower-self aspects],*

*without*

- *shifting the blame for it [i.e., blame for your lower-self aspects] onto others, yet*

*without*

- *a trace of self-hate [i.e., self-hate for having lower-self aspects].*

*That attitude [i.e., That healthy and positive attitude toward your lower-self aspects] becomes available*  
*to the personality*  
*if it [i.e., if that positive attitude toward your lower-self aspects] can be perceived*

- *as a possibility, even*
- *as a necessity.*



	<p><i>Then it [i.e., then having that positive attitude toward your lower-self aspects] will be a goal of aspiration.</i></p> <p><i>You need to consciously actualize it [i.e., actualize that attitude toward your lower-self aspects] by constantly checking up on the imbalances in these two directions [i.e., condoning lower-self aspects with no desire to face and change them or, on the other hand, feeling self-hatred and self-defeating guilt for having lower-self aspects] and modifying them [i.e., change your attitude to one of not condoning but rather accepting lower-self aspects and doing so without guilt but rather with a desire and commitment to change these destructive aspects].</i></p>
21	<p><i>Only to the degree you embrace an utter commitment</i></p> <ul style="list-style-type: none"><li>• <i>to move and</i></li><li>• <i>to change [these lower-self aspects]</i></li></ul> <p><i>can you trust that the person you</i></p> <ul style="list-style-type: none"><li>• <i>know and</i></li><li>• <i>experience</i></li></ul> <p><i>as yourself must continue to be [and never die].</i></p> <p><i>No matter how much you change your manifestation to bring it into accord with your divine potentials, you still ultimately remain you, for you are God.</i></p>

*You become  
more  
you  
as you  
perpetuate this change  
into more of  
your potentiality.*

22

*This [statement that you become more the God you are as you realize your potential]  
is very important  
for you to understand, my friends.*

*Everything  
that*

- exists,*
- lives and*
- breathes,*

*is*

*even in its most minute form*

- a manifestation of God*

*and therefore*

- essentially eternal.*

*The stumbling block  
of not recognizing this fact  
is very prevalent.*

*Although I have spoken about it*

- many times*
- in different contexts,*

*it [this stumbling block of not recognizing that you are  
a manifestation of God]*

*has not by any means  
been eliminated.*

*You are still  
stumbling over  
the self-hate  
in you.*

*You often  
still  
stumble over  
the defense against*

- *recognizing  
the self-hate and*
- *feeling its pain,  
because you  
secretly  
believe in  
the justification of  
the self-hate [justified because of your faults],  
which makes the pain of it [i.e., the pain  
of the self-hate you feel you deserve]  
unbearable.*

*The fear  
of your own unforgiveness  
on the one hand,  
and,  
as an apparent antidote [to your fear of your own unforgiveness],*

- *self-coddling and*
- *self-indulgence and*
- *denial of the lower self  
on the other,*

*always  
exist simultaneously.*

*They [i.e., both the fear of your own unforgiveness of the lower self on the one hand  
and your self-indulgence and denial of the lower self on the other]  
are the expressions of  
this specific*

- *confusion and*
- *stumbling block.*

*They [i.e., both the fear of your own unforgiveness of the lower self on the one hand  
and your self-indulgence and denial of the lower self on the other]  
are the*

- *distortion and*
- *inversion  
of the unity of*
  - *self-respect [vs. your loss of self-respect in your fear of your  
unforgiveness of the lower self] and*
  - *total self-honesty [vs. dishonesty in denial of the lower-self].*

23

*So what you need is  
again and again  
to make room for  
the presence of  
your divinity,  
which can then  
make it possible  
for you  
to face  
whatever exists in you.*

*Realize that  
the lower self  
is nothing but  
a creation  
that has come about  
through the encounter of*

- life*

*with*

- non-life.*

*When*

- life*

*meets*

- non-life,*
- energy*

*creates*  
*matter,*  
*and*

- consciousness*

*splits off*  
*into fragments.*

*• Truth*  
*and*

- reality*

*become confused [in your consciousness]*  
*because of*  
*the limited perspective*  
*of the fragments [of your consciousness].*

*Truth*  
*is diminished*  
*and put into*  
*limited aspects.*

*All of your duality*  
*is that –*  
*a limited aspect [of truth].*

*You have*  
*created*

- *artifacts,*
- *artificial thought-splits*

*that confuse*  
*your mind.*

*They [i.e., the artificial thought-splits that confuse your mind]*  
*are as much*  
*a creation*  
*as matter is*  
*a creation*  
*of the meeting*  
*between*

- *life*

*and*

- *the void –*
- *the non-life.*

*Life*  
*finally*

- *penetrates and*
- *thrusts itself into*

*non-life*  
*and enlivens it,*  
*even if*  
*in that process –*

- *again and again,*
- *in an ever-rhythmic dance –*

*it withdraws itself*  
*at intervals*  
*from*  
*the life manifestation [or from matter].*

24

*As matter  
disintegrates,  
it has already  
been spiritualized  
by having possessed  
the kernel of life,  
even if only  
for a temporary period.*

*And it [i.e., And matter]  
will reawaken.*

*Matter itself  
is a creation of life,  
for  
the void  
cannot create [i.e., the void cannot create matter or anything else],  
it [i.e., the void]  
is essentially  
non-life,  
until it [i.e., until the void]  
is filled by  
life.*

*So even when  
matter  
seems  
to disintegrate,  
it is not lifeless.*

*It [i.e., matter]  
merely pursues an  
• inverted,  
• indirect  
route.*

*The disintegration  
of matter  
will bring it together again  
in new combinations and  
• the more obvious,  
• greater  
life spark  
returns  
to animate it  
again.*

*Yet  
you must realize  
that the very process of  
• disintegration and  
• reintegration  
is a movement  
that leads toward  
the same goal.*

*Where there is  
movement,  
life  
must  
still exist.*

*Life  
in inanimate matter  
is, as I said,  
• an inverted movement and  
• a much-diminished animation,  
but that, too,  
must be  
what it is,  
following  
• inexorable,  
• wise  
laws.*

*To explain the nature of these laws now  
would go beyond the scope of this lecture.*

25

*The same principles  
exist on the  
level of  
consciousness.*

*The split perception  
of reality  
we talk about so frequently  
exists  
in many diverse forms,  
which create the suffering  
humanity experiences.*

*The further the  
movement of life  
advances,  
the more  
these split concepts  
unify  
and [by unifying]  
eliminate suffering.*

*The mind that*

- *is aware and*
- *animates*

*a unit of consciousness  
tries to  
grope with the split concepts  
until they become*

- *clarified and*
- *unified.*

*And*

- *clarification and*
- *unification*

*are possible  
only  
with courage  
for commitment to  
divine truth.*

*For then [with courage for commitment to divine truth]*

- *truth is*  
*love and*
- *love is*  
*truth.*

26

*Once you  
commit to  
divine truth,  
you will  
increasingly  
experience  
life  
for what it is.*



***It [i.e., Life]***  
***is all;***  
***it [i.e., life] can never be***  
***anything else.***

***It [i.e., Life]***  
***will not be confused with***  
***the [mere] manifestation***  
***that***  
***harbors the spark [of life].***

***In that spark [of life]***  
***is everything***  
***you know yourself to be.***

***That consciousness***  
***you are now [i.e., you are at this time and that is living in your body on this earth]***  
***is not bound***  
***to your body,***

***although***  
***particles***  
***of that consciousness [i.e., particles of that consciousness that is not bound***  
***by living in your body on this earth]***

***remain as***  
***reflections***  

- within each molecule,***
- within each cell,***
- within each atom***

***of the matter***  
***your consciousness***  
***has created.***

***Your body***  
***is thus an***  

- expression and***
- reflection***

***of your consciousness,***

***but***  
***when your consciousness***  
***withdraws from the body,***  
***it [i.e., your consciousness]***  
***remains***  
***exactly***  
***as you know yourself to be***  
***now.***

*[On the other hand,]  
The body  
that has been animated [by life]  
seems to disintegrate  
from the point of view  
of the limited consciousness  
on the manifest level.*

*But it [i.e., the body], too,  
goes through  
an immense process  
in which  
each cell  
finds new cells  
and creates  
new forms,  
making room for  
new vehicles.*

*Each cell  
of a body  
that has been left behind  
by the animating life  
harbors within it  
a spark,  
a tiny spark  
of that life [that had animated it].*

27

*As I said to you,  
there is no  
inanimate  
object*

- that is not alive  
in some way,*
- that is not somewhere  
a part of the life process.*

*That tiny spark [of that life that is in the inanimate object]  
travels through channels  
that are  
infinitely*

- lawful and*
- meaningful and*
- harmonious,*

*following laws of*

- attraction and*
- repulsion –*

*laws that are  
impossible to*

- explain and*
- bring into the framework  
of the human consciousness.*

*When cells  
reunite themselves  
into new combinations,  
they then  
create genes  
and these genes  
within the human structure  
change  
as the consciousness  
changes.*

*The genes  
are not the same today  
as they will be  
in a few years,  
provided  
the entity is*

- growing and*
- moving.*

28

*All these  
particles of matter –  
that are invisible to the human eye  
but are nevertheless matter –  
contain  
inherent aspects  
of consciousness.*

*Thus there could be  
no cell  
in a dead body  
that is not an expression  
of the total personality  
which once*

- *enlivened and*
- *animated*

*that cell.*

*That [cell's connection with the total personality  
that once enlivened the cells of that body]  
again determines  
the further journey  
of the*

- *disintegrating and*
- *reintegrating*

*cells.*

29

*Offhand this [detailed description of all that is set in motion when  
life meets non-life and creates matter, including the disintegration of the cell  
structure that, after disintegration, is then attracted to a new form somehow  
connected to the life and consciousness that had animated it]*

*may not seem very connected with  
the topic of*

*approach to the self  
regarding*

- *self-love and*
- *self-honesty or,*

*in distortion,*

- *self-indulgence and*
- *self-hate -- or,*

*to put it differently, your need to learn*

- *self-forgiveness on the one hand and*
- *self-confrontation on the other.*

*Yet*

*the connection [i.e., the connection between this detailed description and  
the topic of the approach to the self we are describing]  
is extremely relevant,  
my friends.*

*Perhaps  
when you  
meditate deeply  
you will*

- perceive and*
- intuitively know  
the relevance.*

*There is  
a direct connection  
between*

- self-hate,*
- fear of punishment,*
- fear of death*

*and*

- the disintegration  
of the cell structure  
that falls into a channel  
that is then  
attracted to  
a corresponding  
new form.*

30

*Do not believe that  
the thoughts you think now  
are not  
creations  
with*

- their own  
cell structure and*
- their own  
matter,  
although  
the density  
of that matter  
is invisible to you.*

*If*  
you live in a  
split-off duality  
in which  
you have to  
hate yourself  
in order to  
face the truth  
about the lower self,  
or  
in which  
you have to  
deny the truth about  
the lower self  
in order not to  
• feel and  
• experience  
the  
• self-hate and  
• fear  
• of dying,  
• of death,  
• of non-life,  
then  
you live in a very specific channel  
and create  
• thoughts and  
• invisible forms  
that bring you into  
an ever-repeating pattern  
of  
• confusion and  
• suffering.

31

*You are now ready, my friends,  
to encompass  
an entirely new approach to yourselves.*

*It is truly  
new  
and yet  
not so new.*

*You have already  
taken tiny steps toward  
that [new] approach.*

*Now you are ready  
to take a greater step  
and truly complete*

- *that [new] approach,*
- *that attitude of  
total dedication to*
  - *self-confrontation*

*and [at the same time]*

- *self-respect,*
- *self-love and*
- *self-forgiveness*

*in true proportion.*

*You can now allow  
the God in you –*

*[the God] which you can be  
the moment you so choose –*

*the godly attitude  
to be in a state of*

- *self-love*

*in the*

- *healthiest,*
- *most divine*

*way,*

*without a trace of*

- *self-indulgence or*
- *denial of what is true*

*in your lower self.*

*You can have*

- *respect,*
  - *love and*
  - *compassion*
    - *for your wonderful struggle,*
    - *for your wonderful honesty*
- even while*

*you also see*

- *the still existing dishonesty,*
- *the cowardice, and*
- *all the other*

*ugly little attitudes*

*of the lower self,*

*without ever forgetting*

*who you really are [i.e., without ever forgetting that you are  
a manifestation or aspect of God].*

*The very fact of*

*facing this lower self*

*deserves*

*the*

- *mercy,*
- *forgiveness, and*
- *love*

*that human beings*

*have been praying for,*

*addressing for millennia*

*a God outside themselves,*

*thinking that dispensations*

*given from the outside*

*will make up for*

*what they withhold*

*from themselves [i.e., withholding  
that they are a manifestation  
or aspect of God].*

32

*That is my message in this lecture, my friends.*



*I leave you*

- *with a great blessing and*
- *with the suggestion*  
*that you become*  
*more observant of*  
*your thought processes –*  
*the daily little thought patterns*
  - *that you are so used to,*
  - *that you take so much for granted*  
*that it never occurs to you*
    - *to consider*  
*their creative power, and*
    - *to also consider*  
*that you can*  
*choose*  
*other thoughts.*

*These*

- *daily*
- *repeated*  
*thought patterns*  
*are perhaps*  
*your worst enemy.*

*They are*

*insidious,*  
*for you are so accustomed to them.*

*Learn*

*to take a little distance from*  
*your thought patterns.*

*Observe yourself*

- *following them,*
- *giving them life,*
- *giving them*
  - *animation and*
  - *energy,*  
*and thereby*  
*creating a state of*
    - *fear,*
    - *self-hate,*
    - *distrust and*
    - *hopelessness.*

	<p><i>This is what I ask you to do.</i></p> <p><i>Proceed</i> <i>every day of your life now</i> <i>with this new observation</i> <i>of your thoughts.</i></p>
33	<p><i>With this</i> <i>I give you a</i> <i>• great and</i> <i>• wonderful</i> <i>blessing</i> <i>that all of you</i> <i>increasingly</i> <i>• feel and</i> <i>• take in.</i></p> <p><i>It is</i> <i>a palpable</i> <i>life force.</i></p> <p><i>For us, in our world,</i> <i>it is very visible, and</i> <i>for some of you</i> <i>it is visible to some small extent.</i></p> <p><i>But certainly</i> <i>• you experience its reality;</i> <i>• you bathe in it.</i></p> <p><i>I will speak to you</i> <i>again and again</i> <i>and give you</i> <i>what I have to give.</i></p> <p><i>Be blessed,</i> <i>my beloved ones.</i></p>

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