

# Pathwork Lecture 239: Christmas Lecture 1975

1996 Edition, Original Given: December 1975; Distribution Date: March 1, 1976

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

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

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

Gary Vollbracht

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03	<p><b><i>Greetings, my beloved ones.</i></b></p> <p><b><i>The blessings flow richly from your innermost being into the outer world and from the outer world around you back into your innermost being.</i></b></p>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Format posted 11/11/17

*The birth of  
Christ*

- *celebrates and*
  - *symbolizes*
- birth –*
- not only birth*
- of*
- *an entity,*
- of*
- *a human being,*
- but birth*
- of*
- *new expressions,*
- of*
- *new ways*
- of expressing*
- God in life,*
- birth*
- of*
- *new levels of consciousness.*

*The celebration of*

- *birth*

*always follows*

*the celebration of*

*what you experience as*

- *death.*

*It [i.e., Birth following death]*

*is*

- *an endless chain,*
- *a continuum of consciousness,*

*but*

- *each birth*

*always gives rise to*

- *new joy.*

*And*  
*• death*  
*is nothing else but*  
*another form of*  
*• birth.*

*It [i.e., Death as another form of birth]*  
*simply is*  
*the reverse side,*  
*symbolized*  
*in your religious history by*  
*Easter,*  
*where*  
*• resurrection*  
*follows*  
*• death.*

04

*At one time in your history,*  
*birth*  
*had to be*  
*• celebrated and*  
*• symbolized*  
*by the appearance of*  
*a human being.*

*At that time in history*  
*human consciousness*  
*was still very much*  
*on an outer level.*

*Everything*  
*had to be*  
*outward.*

*Now,  
there was a man  
of such purity  
that  
the Christ  
could manifest  
in a totality  
• seldom,  
• if ever,  
experienced  
to that degree  
on the plane of matter.*

05

*It is a misunderstanding, however,  
to assume that  
the new coming of the Christ  
will take form  
in the same manner.*

*The Christ lives  
within  
• everyone and  
within  
• everything that  
• breathes and  
• has consciousness.*

*The Christ  
has been given birth  
by your work,  
my beloved friends.*

*At each step of your path  
where you find  
• a misconception,  
• a negativity,  
• a block,  
• a destructiveness,  
• a problem,  
• an ignorance,  
you find  
a direct obstruction  
to  
the Christ within.*

06

*In the New Age*

- *the energy,*
  - *the impetus,*
  - *the power*
- of the Christ*  
*has newly risen.*

*It [i.e., The energy, impetus, and power of the newly-risen Christ within]*  
*is not a*

- *sentimental,*
  - *meek*
- force*  
*by any means.*

*It [i.e., The energy, impetus, and power of the newly-risen Christ within]*  
*has*  
*tremendous power.*

*Its [i.e., Christ's]*  
*strength*

*sweeps your earth sphere,*  
*and those of you*  
*who*

- *are ready and*
- *have*
  - *the courage,*
  - *the inner courage,**to make room*  
*for*
  - *joy,**for*
  - *pleasure,**to make room*  
*for*
  - *ecstasy,**can*  
*experience*  
*the Christ within.*

*You can*  
*give birth to*  
*the Christ in you.*

*At the same time*

*this*

- *joy,*

*this*

- *ecstasy,*

*this*

- *total peace*

*cannot be experienced*

*unless*

*you*

*purify*

*your soul,*

*for otherwise [i.e., for if you do not purify your soul]*

- *you become*

- *anxious and*

- *contracted in a negative way*

*and*

- *you reject*

*the experience of*

- *joy and*

- *ecstasy.*

*You cannot*

*bear it [i.e., You cannot bear the experience of joy and ecstasy].*

*You create circumstances around you*

*that seem to justify*

- *misery and*

- *darkness,*

*but you must have been*

*courting that*

- *misery and*

- *darkness.*

*To the degree  
you refuse purification,  
[to that degree]  
you lack  
the courage  
to change  
into*

- better ways,*

*into*

- new ways,*

*into*

- the ways within you  
that come with  
a powerful sweep.*

*They [i.e., The better and new ways, the ways within you  
that come with a powerful sweep]  
show you  
that life is good.*

07

*You can afford*

- generosity.*

*You can afford*

- to let others be their best.*

*You can afford*

- to give up the little self-interests.*

*You can afford*

- to be in a state of love.*

*You can afford*

- to have the courage  
and risk truth.*

*You can afford*

- humility,*

*and*  
*the best  
will flow to you  
because  
you can receive it.*

08

*Your offerings [i.e., Your offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility],*

*symbolized in*

*the ornaments on your tree [i.e., on your Christmas tree],  
are very real.*

*These offerings [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility]*

*must often*

*be repeated,*

*perhaps*

*in your*

- *daily meditation,*

*in your*

- *work sessions,*

*in your*

- *group experiences,*

*in your*

- *interaction with one another.*

*They [i.e., These offerings of generosity, letting others be their best, giving up your little self-interests, love, having the courage to risk the truth, and humility]*

*can be renewed*

- *when one points out to another  
what he or she observes, and*

- *when you listen*

*more with an ear to*

- *what is the truth,*

*rather than*

*with the attitude*

*of being*

- *rejected,*

- *hurt and*

- *misjudged.*



*When you  
listen for  
the truth  
you will  
• find  
the Christ within.*

*You will  
• experience  
so much more  
• the greater life,  
• the real life that you are a part of,  
• your greater being,  
• your eternal reality.*

*You will  
• know  
there is  
nothing to  
• fear  
and  
nothing to  
• mourn.*

09

*You, my friends,  
who are  
• carriers and  
• instruments  
in this important historical time  
at this point of evolution,  
actually  
live  
simultaneously  
in two worlds.*

*You start off believing  
only  
in this material world  
that is  
very real to you.*

*And it [i.e., And this material world that is very real to you]  
is indeed important,  
for  
it is your task  
to infuse the world of matter  
with  
the greater spiritual reality  
in which  
you are much more firmly planted  
than you realize.*

*Only  
the separated consciousness  
manages  
not  
to know this [i.e., manages not to know that  
you are firmly planted in the greater spiritual reality],*

*but  
as you progress on your path,  
slowly  
but surely  
your mind  
• enlarges,  
your mind  
• makes a leap,  
and  
suddenly  
you find  
another consciousness  
that is so much more real [i.e., that is  
so much more real than your separated  
and limited ego consciousness].*

10

*Perhaps you discover it [i.e., Perhaps you discover the consciousness  
of this greater spiritual reality]*

*first by  
creating a channel,  
as you call it.*

*More  
and more of you  
• begin to  
create a channel  
and thus  
• find out who  
you  
really  
are.*

*What greater gift  
could you give to yourself  
than making an effort  
to create a channel  
to that  
in you  
which is  
the Christ?*

*The Christ in you  
is  
your true identity,  
which  
• knows all  
and  
• fears nothing  
and  
• lives forever.*

*It [i.e., The Christ in you, your true identity]  
is  
that  
you  
that is  
• always bathed in light,  
that is  
• a light body,  
• an energy body,  
• truly indestructible.*

11

*Your consciousness  
has its feet  
planted in  
both  
these worlds [i.e., planted in both the world that is reality  
and the world of matter in the outer realms]*

*and that is your task –  
to bring*

- the world that is the reality*

*into*

- the outer realms*

*and so  
to infuse*

- the light of  
the newly-born Christ*

*into*

- matter.*

*Christ  
is born  
every*

- minute,*

*every*

- second,  
in time.*

*Every*  
• *new realization,*  
*every*  
*spurt of*  
• *new consciousness,*  
*every*  
*breath of*  
• *love,*  
*every*  
*change of*  
• *attitude*

*gives birth to*  
*the Christ,*

*until*

*all these many little lights*  
*that you light up in*

• *your own souls,*

*spreading into*

• *others' souls,*

• *converge*

*and*

• *emerge*

*into*

*one huge sea of*

• *light,*

*into*

*a sea of*

• *love,*

*into*

*a sea of*

• *intense*

• *joyous*

*awareness.*

12

*Your community  
grows  
in  
• depth,  
in  
• beauty,  
in  
• truth,  
in  
• love and  
in  
• abundance,  
and so more  
and more  
you make room for  
the Christ  
to  
• guide you,  
to  
• infuse you,  
to  
• protect you, and  
to  
• love you.*

*And you discover  
a new oneness  
with each other,  
although  
you had started off  
as strangers,  
with walls around you.*

***But***  
***these walls***  
***begin to crumble,***  
***and***  
***what was***  
***• illusory separation***  
***turns out to be***  
***what it***  
***• always***  
***was***  
***and***  
***• really***  
***is,***  
***• a oneness***  
***of consciousness,***  
***• a love between***  
***various aspects of God.***

***Each one of you***  
***is a beautiful***  
***• aspect and***  
***• individualization***  
***of God.***

***As you learn***  
***to discover this [i.e., to discover that each one of you is a beautiful***  
***aspect and individualization of God],***  
***you learn***  
***not***  
***• to diminish your personality,***  
***but rather***  
***• to make***  
***• a bridge,***  
***• a beautiful golden bridge***  
***from***  
***• one [i.e., from your divine aspect]***  
***to***  
***• the other [i.e., to your personality].***

*This message,  
my beloved ones,  
will*

- bring you into*
  - your inner being*

*and perhaps*

- create*  
*a greater awareness of it [i.e., create a greater awareness of  
your inner being]*

*than you have ever had.*

*You can*

- translate these words*  
*into*  
*your own new awareness of  
your true identity*

*and*

- discover*  
*your*  
*eternal*
  - reality,*  
*your*  
*eternal*
  - love and*
  - beauty and*
  - safety,*  
*for you need not*
    - fear or*
    - guard against*
      - anyone or*
      - anything.*



13	<p><b>QUESTION:</b> <i>A group of us who work with children on the path as helpers have started what we call a children's seminar where we discuss the problems of working with children.</i></p> <p><i>One of the subjects of discussion for our next meeting is sexuality in children.</i></p> <p><i>I wondered if you could</i></p> <ul style="list-style-type: none"><li><i>• address the children tonight on this subject and</i></li><li><i>• help us who work with the children.</i></li></ul>
14	<p><b>ANSWER:</b> <i>It is of course a wonderful thing that the old taboos are removed.</i></p> <p><i>The old restrictions that make sexuality a</i></p> <ul style="list-style-type: none"><li><i>• dirty,</i></li><li><i>• guilty secret no longer exist.</i></li></ul> <p><i>It is important that a growing human being</i></p> <ul style="list-style-type: none"><li><i>• knows and</i></li><li><i>• learns to accept this • beautiful force, this • divine force.</i></li></ul>

*At the same time  
it is of equal importance  
to realize that  
the greater  
a force –  
whether it be  
• the force of sexuality  
or  
• any other spiritual force –  
the more  
it [i.e., the greater the force the more that spiritual force]  
requires  
a tremendous amount of  
maturity –  
and young people  
CAN be  
mature –  
which means  
a sense of  
• responsibility and  
• self-discipline.*

*Self-discipline  
here  
is not meant  
in the sense of  
• denial of pleasure,  
but  
in the sense of  
• the constant process  
of  
• self-purification,  
of  
• honesty,  
of  
• truthfulness,  
of  
• commitment to growing.*

*If this*

- *deep*
- *sincere*

*commitment to  
self-discipline  
is lacking,*

*the sexual force*

- *cannot be borne*

*and*

- *will turn into  
destructiveness.*

*It is important to understand this.*

*It is also important to realize*

*that*

*without a loving heart  
sexuality  
becomes*

- *shallow,*
- *unfulfilling,*
- *empty,*

*and it [i.e., and without a loving heart, sexuality]  
will always be*

- *guilt-producing,  
no matter*

*what the mores*

*of your outer society may be.*

*The guilt [i.e., The guilt produced by experiencing  
sexuality without a loving heart]*

*is then*

*an inner guilt*

*for wanting to*

*grab a pleasure*

*in a selfish way*

*without lovingness.*

	<p><b>Only when that attitude of lovingness is cultivated can</b></p> <ul style="list-style-type: none"><li><b>• guiltlessness exist</b></li></ul> <p><b>and therefore [i.e., and therefore can]</b></p> <ul style="list-style-type: none"><li><b>• the full capacity to enjoy all the pleasures, including sexual pleasure [exist].</b></li></ul>
15	<p><b>QUESTION ([from a] Child):</b> <b>I want to know why I hurry through life.</b></p>
16	<p><b>ANSWER:</b> <b>You hurry through life because</b></p> <p><b>you want to shut out your</b></p> <ul style="list-style-type: none"><li><b>• anxieties and</b></li><li><b>• fears,</b></li></ul> <p><b>my son.</b></p> <p><b>And you need not do so [i.e., And you need not shut out your anxieties and fears].</b></p> <p><b>You have people around you who will help you to</b></p> <ul style="list-style-type: none"><li><b>• feel and</b></li><li><b>• explore</b></li></ul> <p><b>your anxieties.</b></p> <p><b>The anxiety you produce by denying your anxiety is much greater than the original anxiety.</b></p>

***So my suggestion is:***

***when you wish  
to rush,***

- hold still***
- and***
- allow yourself  
to feel  
your***
  - fears,***
- your***
  - worries,***
- your***
  - negative thoughts,***

***and***

- express them [i.e., express your fears, worries, and negative thoughts]  
to your helper.***

***Discuss them [i.e., Discuss your fears, worries, and negative thoughts]***

- in your sessions***

***and***

- with your path friends  
who have more experience to guide you.***

***This [i.e., Discussing your fears, worries, and negative thoughts in your helper  
sessions and with your pathwork friends who have more experience]***

***will***

***free you of the anxieties  
so that you can be calm.***

***It is wonderful  
that you have asked this question.***

17	<p><b>QUESTION:</b> <i>My daughter is of very low energy level especially in the morning.</i></p> <p><i>It is very difficult for her to move in the morning.</i></p> <p><i>I know there is a characterological reason for this, but I would like to know</i></p> <ul style="list-style-type: none"><li><i>• if there is anything I can do about it</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• what is the deeper meaning of this problem?</i></li></ul>
18	<p><b>ANSWER:</b> <i>The meaning is that she uses a great deal of energy in an artificially stirred up way.</i></p> <p><i>There is a lot of sexual energy there</i></p> <ul style="list-style-type: none"><li><i>• that she does not know how to handle and</i></li><li><i>• that creates an over-agitation that is then pushed into an overactivity that is not quite</i></li></ul> <ul style="list-style-type: none"><li><i>• organic or</i></li><li><i>• harmonious, so that then</i></li></ul> <ul style="list-style-type: none"><li><i>• an imbalance is created</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• at certain times energy is lacking.</i></li></ul> <p><i>Now, you may not be able to immediately do something about this.</i></p> <p><i>At the same time</i></p> <ul style="list-style-type: none"><li><i>• your understanding,</i></li><li><i>• simply your awareness of this, may already have an effect on another level of reality.</i></li></ul>

19	<p><b>QUESTION:</b> <i>I find that</i> <i>I am filled with</i><ul style="list-style-type: none"><li>• <i>distrust and</i></li><li>• <i>suspicion and</i></li><li>• <i>fear</i></li></ul><i>and it [i.e., and this distrust, suspicion, and fear]</i> <i>manifests</i> <i>in paralyzing my</i><ul style="list-style-type: none"><li>• <i>creativity and</i></li><li>• <i>ability</i><ul style="list-style-type: none"><li>• <i>to work and</i></li><li>• <i>to pull things together economically</i></li></ul></li></ul><i>in my personal life.</i></p> <p><i>I wonder if you could help me?</i></p>
20	<p><b>ANSWER:</b> <i>This first early stage on your path</i> <i>is the most difficult struggle.</i></p> <p><i>The further you go</i> <i>the easier it becomes.</i></p> <p><i>But in this first phase</i> <i>you find it difficult</i> <i>to</i><ul style="list-style-type: none"><li>• <i>remove your</i><ul style="list-style-type: none"><li>• <i>mask self and</i></li><li>• <i>look at your</i><ul style="list-style-type: none"><li>• <i>lower self</i></li></ul></li></ul></li></ul><i>without losing sight</i> <i>that you also have a</i><ul style="list-style-type: none"><li>• <i>higher self.</i></li></ul></p> <p><i>Yet</i><ul style="list-style-type: none"><li>• <i>this higher self</i></li></ul><i>must not be confused with</i><ul style="list-style-type: none"><li>• <i>the mask self</i> <i>you have identified with</i> <i>for a long time.</i></li></ul></p>

*You confuse this*

- *mask self*
- with your*
- *higher self.*

*To remove*

- *the mask self*  
*is complicated,*  
*for if you*  
*only focus on*
  - *the lower self**you despair.*

*At the same time,*

- if you revert to*  
*your mask self,*  
*you are right back where you started from.*

*Your despair*

*is that*

- *you cannot differentiate*  
*between*
  - *the mask self [which is a pretense of the higher self, or is the*  
*false higher self]*

*and*

- *the real higher self,*

*and that*

- *you believe*  
*that if*
  - *the mask self*  
*is taken from you,*  
*you are going to disintegrate into*  
*an evil person.*

*Now,*

- *the lower self*  
*is there;*
- *it [i.e., the lower self]*  
*is never beautiful;*
- *it*  
*cannot be [i.e., the lower self cannot be beautiful];*
- *it [i.e., the lower self]*  
*is a*  
*distortion of*  
*the beauty.*



**However,**  
**you need to**  
**pray for**  

- **the courage and**
- **the strength and**
- **the faith**

**to go through it [i.e., the courage, strength, and faith**  
**to go through the lower self]**  
**so that**  
**you will find**  

- **the real higher self,**

**not**  

- **the false version of it [i.e., not the false version of**  
**the higher self, the false version of**  
**the higher self being the mask self].**

**In this initial struggle,**  
**my suggestion is to**  
**make yourself available to**  
**all the help here for you;**  
**give yourself to**  
**every aspect the pathwork offers you**  
**and you will come through.**

**You need also**  
**the meditational practice**  
**to make full commitment to**  

- **the courage and**
- **the trust**

**to give birth to**  
**the Christ in you**  
**as you**  

- **go through**  
**your lower self and**
- **do not evade it [i.e., do not evade your lower self]**  
**by wishful thinking.**

**Your distrust**  
**is an outpicturing**  
**of your inner lack of trust**  
**that there is**  
**a *real* higher self in you.**

*Your distrust [i.e., Your distrust that there even is a REAL higher self in you]  
is that*

- you know  
deep down  
that  
your mask self  
is not genuine and*
- you project  
that lack of genuineness  
on the world outside [i.e., you consider that others lack genuineness].*

*For it is  
a human being's weakness  
to always believe  
of others  
what they feel about themselves.*

*One cannot suppose  
that others are different.*

*You can go over these hurdles,  
and  
if you really want to,  
you can make it.*

21

**QUESTION:**  
*I feel also  
that I strongly mistrust  
my higher self  
and even to ask for help from you  
is very difficult for me,  
because there is a part in me  
that persists in  
wanting to*

- doubt*
- and not only to*
- mistrust*

*but really [wanting to]*

- prove*

*the unreality of beauty.*

*And I want very much to take the step  
and ask for your help.*

22

**ANSWER:**

**Open your heart  
and the blessing that is here  
will flow into it.**

**Speak the words,**

- **"I want to give up  
my negation.**
- **I want to see  
the truth of  
the God within."**

**Say these words.**

**So it will be,  
it must be,  
for**

**that [i.e., for seeing the truth of the God within]  
is**

• **your destiny,  
that [i.e., for the God within]**

**is**

• **your true nature.**

**The other [i.e., Your negation in wanting to doubt and mistrust your higher self  
and in wanting to prove the unreality of beauty]**

**is but**

**a temporary bad dream,  
but**

- **a dream  
with a deep  
• purpose and  
• meaning,**

• **a dream  
that is a task.**

**Your earthly lives  
are  
dreams  
that are  
tasks.**

23	<p><b>QUESTION:</b> <i>I would like to ask your guidance on our crisis intervention program.</i></p> <p><i>We have tried to follow your suggestions as closely as possible.</i></p> <p><i>But as far as I am concerned there are two kinds of attitudes:</i></p> <ul style="list-style-type: none"><li>• <i>one that</i><ul style="list-style-type: none"><li>• <i>is overcautious and</i></li><li>• <i>examines everything and</i></li><li>• <i>kills spontaneity,</i></li></ul></li><li><i>and</i></li><li>• <i>the other, which</i><ul style="list-style-type: none"><li>• <i>gives in with</i><ul style="list-style-type: none"><li>• <i>a carelessness</i></li></ul></li><li><i>rather than</i></li><li>• <i>a trust</i><ul style="list-style-type: none"><li><i>in the spontaneous growth.</i></li></ul></li></ul></li></ul> <p><i>I find that when we discuss individual cases we get caught in this type of dilemma.</i></p>
24	<p><b>ANSWER:</b> <i>I would make the following</i></p> <ul style="list-style-type: none"><li>• <i>comments and</i></li><li>• <i>suggestions:</i></li></ul> <p><i>When the person who is in crisis asks for the help, then the difficulties will be relatively small.</i></p> <p><i>When the person refuses to acknowledge his state of crisis, it [i.e., help] should not be forced upon him.</i></p>

*At the same time  
it would be important  
to tell the person,*

*"We think you are in crisis.*

*We are willing to give you help,  
if you wish it.*

*If you do not wish it,  
it is your responsibility,"*

*and let it go at that.*

*As to the people  
who*

*• are open for it [i.e., open for your help]*

*and*

*• request it,*

*you have so far*

*always seen*

*that it was [i.e., that your help was]*

*• very helpful and*

*• very effective.*

*The only thing I might suggest  
is that*

*when you get entangled in  
these contradictory currents,*

*you immediately*

*• let go and*

*• flow together*

*in your focusing in*

*• to your inner channels,*

*• to the guidance*

*of the will of God,*

*and it [i.e., and the guidance of the will of God]*

*will come.*

*You will find  
the right balance  
between*

- *giving,*
- *reaching out*

*and*

- *moving,*

*between*

- *spontaneity*

*and*

- *cautiousness.*

*At times*  
*discuss the problems*  
*with the person*  
*who is in need of help,*  
*without necessarily*  
*making it a helper session.*

*And at other times*  
*simply be there*  
*with*

- *love and*
- *prayer and*
- *companionship.*

*No rules exist.*

*Only*  
*the intuitive connection*  
*will be*

- *valid and*
- *reliable.*

*And that [i.e., And the intuitive connection]*  
*will come*  
*through prayer.*

25	<p><b>QUESTION:</b> <i>I find myself in a state of being very aware of how my judgments</i></p> <ul style="list-style-type: none"><li>• <i>hurt me and</i></li><li>• <i>poison my life.</i></li></ul> <p><i>Yet I can't seem to stop these judgments from coming up all the time.</i></p> <p><i>I'm wondering if perhaps you could help me.</i></p>
26	<p><b>ANSWER:</b> <i>When you observe yourself in this state, just</i></p> <ul style="list-style-type: none"><li>• <i>hold still</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>question yourself,</i></li></ul> <p><i>"What would happen if I gave up the judging?"</i></p> <p><i>Experiment with it [i.e., Experiment with this question].</i></p> <p><i>[As you experiment with this question of what would happen if you gave up the judging]</i></p> <p><i>You will discover various states.</i></p> <p><i>For example, a black hole of nothingness to begin with, which you fear, something you cannot</i></p> <ul style="list-style-type: none"><li>• <i>name or</i></li><li>• <i>label or</i></li><li>• <i>pin on anything.</i></li></ul>

*That [i.e. That state of being in a black hole, something you cannot name or label or pin on anything, a state that you fear]*

*is*

*the creative emptiness*

- *you have to go into,*
- *out of which*

*the*

*true*

*feelings*

*will emerge.*

*Your*

*negative*

*feelings,*

*fear on a more superficial level,*

*are*

*a coverup of*

- *that empty black hole,*

*or*

- *what seems to be such.*

*You need to have the courage to*

- *go there [i.e., the courage to go to that “empty black hole,” which is the creative emptiness out of which true feelings will emerge]*

*and*

- *learn to trust it [i.e., learn to trust the state of creative emptiness out of which true feelings will emerge],*
- *let yourself be with it [i.e., let yourself be with the state of creative emptiness out of which true feelings will emerge],*

*in order to get to know*

*the*

*real*

*you.*

27

*My dearest friends,  
this is what I have to give you tonight.*

*There will be many more opportunities  
where you can all come and*

- *ask your questions and*
- *receive my*
  - *help and*
  - *guidance.*



28

*Let us close  
with a deep focusing  
all together  
on  
the*

- One,  
the one*
- power that motivates,  
the one*
- life that you are an expression of,  
the one*
- love that colors everything  
into radiant beauty,  
the one*
- peace that surpasses all understanding,  
the one*
- joy that*
  - vibrates and*
  - resonates**through  
the pores of the universe  
that you are a part of.*

*Continue your tasks of  
self-purification,  
thus*

- spreading this great light and*
- being carriers of the Christ.*

*The love  
that*

- envelops the universe,  
that*
- permeates the universe,  
can be borne  
by your purified souls.*

*You become acclimatized to do so [i.e., acclimatized to bear the love  
that permeates the universe].*

*Let this love  
surge through you,  
and be one with it [i.e., and be one with this love].*

*Be  
your God.*

*Be  
the Christ.*

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