

# Pathwork Lecture 240: Aspects of the Anatomy of Love: Self-Love, Structure, Freedom

1996 Edition, Original Given April 7, 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><i>My most beloved friends, blessed are</i></p> <ul style="list-style-type: none"><li><i>• you</i></li></ul> <p><i>in your whole being, blessed is</i></p> <ul style="list-style-type: none"><li><i>• your path,</i></li></ul> <p><i>blessed are</i></p> <ul style="list-style-type: none"><li><i>• your endeavors</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• grow and</i></li><li><i>• struggle and</i></li><li><i>• find</i></li></ul> <p><i>your inner truth.</i></p>

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Edited by Judith and John Saly; Devotional Version posted 9/19/15

04

*The love of the universe  
permeates  
all that is.*

*It is always available,  
although often  
you are not aware of it  
because of  
the false direction  
of your thinking.*

*As you  
struggle  
on your path,  
you discover  
the many*

- conflicts and*
- confusions*

*of your mind.*

*But  
when you  
work your way through  
these  
ever-narrowing  
spiral movements,  
the issues  
become  
so much simpler.*

*And in  
the final nuclear point of your being,  
the issue is  
love.*

*Love  
is the key to all.*

*Love  
is the medicine  
that heals*

- all illness and*
- all sorrow.*

05	<p><i>We shall talk about certain aspects of love in this lecture.</i></p> <p><i>To completely cover the topic would be absolutely impossible in one lifetime, even if it were discussed every hour of the day,</i></p> <ul style="list-style-type: none"><li><i>• so deep and</i></li><li><i>• so far-reaching is it.</i></li></ul> <p><i>We shall discuss those aspects of love that you most need on your path at this juncture.</i></p>
06	<p><i>There is much discussion in your world about what love really is.</i></p> <p><i>To many it seems to be primarily a feeling.</i></p> <p><i>What is it really?</i></p> <p><i>Is it</i></p> <ul style="list-style-type: none"><li><i>• a force,</i></li></ul> <p><i>is it</i></p> <ul style="list-style-type: none"><li><i>• a feeling?</i></li></ul> <p><i>Now I say to you, my friends, it is all that, and more.</i></p>

*Let us speak of  
the fundamental personality structure in the human being  
in terms of*

- *reason,*
- *will, and*
- *emotion,*

*and apply  
love  
to these functions.*

*In the following example  
we will see that  
love  
is literally*

- *all and*
- *everything.*

07

*It is obvious  
that  
love  
is a feeling,  
but it is  
not so obvious  
that this  
feeling  
must result from  
an act of*

- *will*

*motivated by*

- *intelligence.*

*So love  
is certainly*

- *intelligence.*

*If you truly look at  
any single issue  
in the full scope it deserves,  
you will have to conclude that  
hatred  
is ignorant,  
no matter  
how justified it may appear.*

*It [i.e., hatred]  
is  
lack of intelligence.*

*There are, of course,  
many  
• forms of hatred  
that are never acknowledged as such;  
there are also  
many  
• degrees [of hatred].*

*Lack of love [i.e., various forms and degrees of hatred]  
can simply manifest in  
• separateness, in  
• hopelessness, in  
• lack of faith, in  
• depression, in  
• a bleak vision of the universe, in  
• fears, in  
• feeling victimized.*

*It [i.e., lack of love or various forms and degrees of hatred]  
can also manifest in  
• resentment,  
• blame,  
• hostility, and  
• overt hatred,  
with many shades in-between.*

08

*Love  
is certainly  
pure  
• intelligence and  
• reason.*

*The deeper  
the understanding of  
the prevailing circumstances,  
the farther  
the vision goes,  
the closer  
the person is  
to truth,  
  
the less  
will it be possible to  
experience  
hate, and  
the more  
love  
must grow.*

09

*The emotion of  
love  
is impossible  
without  
the will  
moving toward  
a loving state.  
  
If you  
do not wish  
to love,  
if you  
do not purposely express  
the desire  
to love  
which means  
to fully understand, and  
if you  
do not intend  
to love,  
you will not love.  
  
You will never be able to  
feel love,  
and you will often wonder why.*

*Sometimes  
the will to  
love  
stimulates  
the will to  
understand fully,  
and consequently  
understanding  
grows from love.*

*Other times  
the understanding  
occurs first  
and results in  
the awakening of  
the will to love.*

*Either way,  
the  
• feeling of love  
cannot exist  
without  
• intelligence and  
• intention,*

*or, to put it differently,  
• the emotion [of love]  
follows  
• reason and  
• will.*

10	<p><i>If you have misconceptions that</i></p> <ul style="list-style-type: none"><li>• <i>to love</i></li></ul> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>to lose,</i></li><li>• <i>to be</i></li><li>• <i>impoverished or</i></li><li>• <i>taken advantage of,</i></li></ul> <p><i>or that</i></p> <ul style="list-style-type: none"><li>• <i>to love</i></li></ul> <p><i>means</i></p> <ul style="list-style-type: none"><li>• <i>to be</i></li><li>• <i>weak,</i></li><li>• <i>submissive, and</i></li><li>• <i>spineless,</i></li></ul> <p><i>then your ideas reflect</i></p> <ul style="list-style-type: none"><li>• <i>a lack of</i></li><li>• <i>reason and</i></li><li>• <i>a lack of</i></li><li>• <i>intelligence,</i></li></ul> <p><i>which will hamper your</i></p> <ul style="list-style-type: none"><li>• <i>will</i></li></ul> <p><i>to love.</i></p>
11	<p><i>Love is also much more than</i></p> <ul style="list-style-type: none"><li>• <i>reason,</i></li><li>• <i>will, and</i></li><li>• <i>emotion.</i></li></ul> <p><i>It [i.e., love] is</i></p> <ul style="list-style-type: none"><li>• <i>sensation</i></li></ul> <p><i>on every level of your being.</i></p> <p><i>This is easily verified if you pay attention to your own reactions.</i></p>



*When you are  
in a state of love,  
you*

- see differently,*

*you*

- hear differently*

*you*

- taste differently.*

*Life around you  
has  
an altogether different  
flavor.*

*You*

- feel and*
- touch differently.*

*You*

- perceive and*
- experience*

*everything that comes to pass  
in a very different way.*

12

*When you are  
not  
in a state of love,  
your sense perceptions  
highlight experiences  
that you find undesirable.*

*They [i.e., experiences that you find undesirable]  
appear unjustified to you.*

*Certainly,  
whatever intelligence  
you bring to bear on the situation  
constructs reasons  
that justify  
the reality  
you  
want  
to perceive.*

*In other words,  
your unloving perceptions  
appear  
absolutely correct.*

*But, my friends,  
question this [i.e., question whether or not unloving perceptions are correct].*

*It is only  
a very limited truth  
you perceive  
in the unloving state.*

*It [i.e., the limited truth you perceive in the unloving state]  
is, in fact,  
so limited  
that you cannot call it  
reliable perception.*

*You merely perceive  
isolated fragments  
of the truth.*

13

*When you are in  
a state of love  
your body  
functions very differently.*

*Your*  
• *breathing*  
*is different,*  
*your*  
• *heartbeat and*  
• *pulse*  
*are different.*

*Your*  
• *bloodstream*  
*functions differently*  
*from when you are in*  
*a state of hate,*  
*whether or not*  
*you are aware of hating.*

*When you love  
you remain  
in a state of health.*

*Although  
the lack of health  
is not necessarily  
a direct reflection  
of your hate,  
it [i.e., the lack of health]  
may be a necessary byproduct  
of your struggle  
to find the way  
out of*

- hate and*
- fear*

*into*

- love and*
- trust.*

*For that [struggle to find your way out of  
hate and fear into love and trust]  
is always  
the inner struggle,  
whether you know it or not.*

14

*There are  
many other*

- experiences,*
- perceptions,*
- sensations,*

*some of which  
you do not even know exist,*

*that are*

- indications and*
- expressions*

*of love.*

	<p><i>They [i.e., these other experiences, perceptions, and sensations that are indications and expressions of love]</i> <i>reflect</i> <i>your state of consciousness,</i> <i>whether</i> <i>it is already</i> <ul style="list-style-type: none"><li>• <i>enlightened and</i></li><li>• <i>loving</i></li></ul><i>or still</i> <ul style="list-style-type: none"><li>• <i>unenlightened,</i></li><li>• <i>defensive,</i></li><li>• <i>hating, and</i></li><li>• <i>fearful.</i></li></ul></p>
15	<p><i>So</i> <i>love</i> <i>is</i> <i>in everything.</i></p> <p><i>Thus we</i> <i>now come to</i> <i>the very important aspect of</i> <i>loving yourself.</i></p> <ul style="list-style-type: none"><li>• <i>Self-love</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>love for others</i></li></ul> <p><i>are intricately connected.</i></p> <p><i>Here I need to repeat a statement</i> <i>I have often made:</i> <i>you cannot</i> <i>love yourself</i> <i>if you do not</i> <i>love others,</i> <i>and you cannot</i> <i>love others</i> <i>if you do not</i> <i>love yourself.</i></p>

*Conversely,  
if you  
hate  
yourself,  
you also  
hate  
others.*

*Again,  
you may not be aware*  

- of this correlation [between self-hate and hating others]*

*and*  

- of the unconscious process  
that makes you  
• deny your self-hate  
and therefore [because of the correlation between self-hate  
and hating others, makes you also]  
• be in need of hating others.*

16

*The inner struggle  
to find the ability  
to love yourself  
is unceasing.*

*Humanity  
gets confused  
in this struggle [to find the ability to love oneself]  
by  
the dualistic state of mind.*

*This confusion [i.e., one's confusion in finding the ability to love oneself  
brought about by of the dualistic state of mind]  
is extremely important  
for you to understand.*

***The confusion [i.e., your confusion in finding the ability to love yourself  
brought about by of the dualistic state of mind]***

***is:***

***if you love yourself,  
do you then also  
indulge yourself?***

***Do you then  
follow the line of least resistance?***

***Do you then  
rather  
blame others [for resisting your lower-self acting out]  
than  
honestly look into  
your lower self?***

***Does self-love  
mean  
giving free rein  
to the aspirations of***

- your lower self and***
- your mask self?***

***Or does  
the necessity on the path  
of facing the truth  
of your lower self,  
with its***

- subterfuges and***
- deceptions,***

***mean that you  
have to***

- express and***
- live***

***the self-hate  
embedded in  
this [lower-self] aspect  
of your personality?***

17

*This [confusion regarding, on the one hand, self-love meaning giving free rein to your lower self or, on the other hand, the necessity of facing the truth of your lower self meaning you have to express and live the self-hate embedded in this lower self aspect of your personality]*

*is a*

- *very deep and*
  - *tragic*
- struggle*  
*for all of humanity.*

*It [i.e., this dualistic confusion and resulting struggle to love yourself]*  
*is tragic,*

*on the one hand,*  
*because*

- *to hide from it [i.e., to hide from this struggle to love yourself],*
  - *to deny it [i.e., to deny from this struggle to love yourself]*
- makes it*  
*much more*
  - *painful and*
  - *prolonged**than it needs to be.*

*Yet,*

*on the other hand,*  
*this struggle [to find a way to love yourself]*  
*is also beautiful.*

*You begin to*  
*experience*  
*its beauty*

*when*  
*you find*  
*your first foothold*  
*in true security.*

*Security*  
*lies in*

- your first*
- *admitting the struggle [to find the capacity to love yourself],*
  - *becoming aware of it.*

	<p><i>When you are not aware [of the dualistic confusion and resulting struggle to love yourself], you seek the false solution to self-love, which is</i></p> <ul style="list-style-type: none"><li><i>• self-indulgence and</i></li><li><i>• blaming others [for your self-hate resulting from your self-indulgence].</i></li></ul>
18	<p><i>You all know on your path how</i></p> <ul style="list-style-type: none"><li><i>• tempting this game [i.e., this game of self-indulgence and blaming others for your self-hate resulting from your self-indulgence] appears and how</i></li><li><i>• unsatisfactory and</i></li><li><i>• constricting it really is.</i></li></ul> <p><i>It [i.e., this game] makes you constantly fluctuate between</i></p> <ul style="list-style-type: none"><li><i>• self-righteous accusations [of others]</i></li><li><i>and</i></li><li><i>• morbid self-recrimination and</i></li><li><i>• guilt.</i></li></ul> <p><i>The accusations [against others] never deeply convince you, because no matter how accurate some of them might be, you suffer the uncertainty that comes from hiding from yourself.</i></p>



*Thus  
you find it impossible  
to*

- *love and*
- *esteem*

*yourself  
on a conscious level.*

*You swing  
between  
conscious hate for*

- *yourself*

*and  
hate for*

- *others,*

*and that is truly  
a very painful state  
that you need not endure.*

19

*Most of you  
fluctuate  
between hatred for*

- *self*

*and [hatred for]*

- *others.*

*It remains  
for you to find the places  
in your inner being  
where you still  
live in  
the pseudo-solution  
of loving yourself*

- *by indulging yourself,*
- *by blaming others [for restricting your self-love],*
- *by*
  - *excusing and*
  - *justifying**your own lower-self traits*

*and all the more*

- *severely heaping accusations*

*on others [for not accepting your lower self].*

*Your view of*  
• *yourself*  
*and*  
• *others*  
*is thus*  
*always somewhat lopsided;*  
*you live*  
*in inner turmoil*  
*due to*  
*your frantic attempt*  
*to hide your self-hate*  
*from yourself.*

*The more*  
*you do this [i.e., the more you hide your self-hate from yourself],*  
*the more*  
*you mistakenly believe*  
*that this [i.e., that hiding your self-hate from yourself]*  
*is the way to attain*  
• *self-love and*  
• *self-esteem.*

*The*  
• *true,*  
• *guilt-free*  
*awareness of*  
• *other people's wrongdoing,*  
*clearly seen*  
*as separate from*  
• *your own inner wrongdoing,*  
*will come*  
*when you dispense with*  
*the false solution [of hiding your self-hate from yourself].*

*It [i.e., the true awareness of other people's wrongdoing  
as separate from your own]  
will come  
when you search arduously  
to attain  
a truthful balance in*

- *facing  
your lower self  
honestly*

*and [at the same time] –  
not in spite of this discovery [of your lower self]  
but because of it –*

- *loving and*
- *honoring  
yourself  
the more.*

20

*The tragedy  
of this pseudo-solution  
to your self-hate [i.e., the pseudo-solution of indulging yourself,  
denying your self-hate, and blaming others]  
is that  
as long as you use it,  
you become  
further alienated from  
true*

- *self-love and*
- *self-esteem.*

*Therefore,  
if you want to find  
the real way  
to love yourself,  
it is absolutely necessary  
to ascertain*

- *that you lack balance,*
- *that you are on the wrong road to finding your*
  - *true*
  - *divine*
  - *eternal**values, and*
- *that you are trying to eliminate self-hate  
through false means.*

*The moment  
you can admit this [i.e., admit that you are on the wrong road],  
you can  
open*

- *your heart and*
- *your mind*

*to all your  
true  
values.*

*You can begin  
to give yourself  
honest recognition  
without*

- *hiding and*
- *justifications.*

*Most of all,  
you can  
open yourself  
to the inner inspiration  
that will guide you  
to experience  
how you can  
acknowledge  
your lower self  
without  
becoming ensnared in  
self-hate.*

*You will then see clearly  
that*

- *the more you do this [i.e., the more you can acknowledge your lower self without becoming ensnared in self-hate],*
- *the more you can truly*

- *love and*
- *respect yourself.*

21

*Now,  
as you love yourself  
in the true way,  
without  
indulging*

- *your lower self and*
- *its childish demands [to freely act out your lower-self traits],*

*you will find  
that*

- *being firm with yourself*

*is as much an expression of love as*

- *is tenderness [with yourself].*

*If you can  
be firm  
with yourself,  
as opposed to*

- *self-destructively and*
- *unlovingly  
devaluing yourself,*

*you can also  
be tender  
with yourself.*

*A beautiful balance  
will emerge clearly:*

- *self-discipline,*
- *strict honesty with the self, and*
- *firmness with  
the lower self's desire  
to act out*

*will create*

- *self-honor,*
- *tenderness, and*
- *deep appreciation for the self.*

*The distortion  
of this [beautiful] balance  
is*

- *self-indulgence [by acting out your lower-self traits]  
at the expense of others and*
- *lacerating self-hate.*

	<p><i>The distortion [of this beautiful balance]</i></p> <ul style="list-style-type: none"><li>• <i>is, to begin with,</i> <i>unconscious and [therefore]</i></li><li>• <i>needs to be perceived</i> <i>through its</i> <i>indirect</i> <i>manifestations.</i></li></ul>
22	<p><i>Only when you</i></p> <ul style="list-style-type: none"><li>• <i>seek and</i></li><li>• <i>gradually attain</i> <i>the right balance [i.e., attaining the beautiful balance of firmness in</i> <i>restricting the acting out of your lower-self traits and self-love]</i></li></ul> <p><i>can you</i></p> <ul style="list-style-type: none"><li>• <i>be receptive to</i> <i>your own divinity and</i></li><li>• <i>finally merge with it [i.e., merge with your own divinity] and</i></li><li>• <i>find your identity in it [i.e., find your own identity in your own divinity].</i></li></ul> <p><i>In a meditation</i> <i>of the deepest sort</i> <i>you bestow</i> <i>tender love</i> <i>upon</i></p> <ul style="list-style-type: none"><li>• <i>every aspect of</i> <i>your manifestation;</i></li><li>• <i>every organ</i> <i>that you neglect loving;</i></li><li>• <i>every attitude,</i> <i>no matter how distorted.</i></li></ul> <p><i>Once you</i> <i>face yourself</i> <i>in truth,</i> <i>you can find</i> <i>your underlying divinity.</i></p>

	<p><i>But that [i.e., but finding your underlying divinity] is genuinely possible only when you no longer</i></p> <ul style="list-style-type: none"><li><i>• excuse,</i></li><li><i>• hide,</i></li><li><i>• deny,</i></li><li><i>• rationalize,</i></li><li><i>• project, and</i></li><li><i>• hate others</i></li></ul> <p><i>in order not to feel your self-hate.</i></p>
23	<p><i>The self-hate is a prison</i></p> <ul style="list-style-type: none"><li><i>• in which you are truly suffocated and</i></li><li><i>• from which you seek a way out.</i></li></ul> <p><i>For the longest time in human evolution, the search for a way out of this particular prison [of self-hate] has not been made conscious.</i></p> <p><i>When you</i></p> <ul style="list-style-type: none"><li><i>• are committed to an intense path like this and</i></li><li><i>• follow through consistently,</i></li></ul> <p><i>an awareness of self-hate rises to the surface.</i></p> <p><i>At first, this growing awareness [of your self-hate] does not include the knowledge that this inner condition [of self-hate] has always prevailed.</i></p>

*Nor do you see  
that you are about to  
eliminate it [i.e., eliminate your self-hate]  
by courageously  
following the path further.*

*Often  
people believe  
that  
the particular orientation of the outer path [here, pathwork]  
creates  
this growing self-hate.*

*Of course  
it [i.e., the self-hate itself]  
is not really growing;  
only  
your awareness [of the self-hate]  
is growing,  
but from the vantage point  
of the still-imprisoned individual [i.e., the person still in the prison of self-hate]  
it appears that way [i.e., appears that the self-hate itself  
is growing because of this path].*

*Such a misperception [that the self-hate itself is growing because of this path]  
sometimes creates  
• fear of and  
• rage against  
this path,*

*and you cling to  
the old "protective" illusion  
that your painful feelings  
of self-rejection [and self-hate]  
are caused by  
• something or  
• someone  
outside.*

*In such instances  
the old pseudo-solution [i.e., the pseudo-solution of freely indulging your lower  
self, blaming others for your resulting self-hate, and then  
denying your self-hate,]  
is still coveted,  
if only in the form  
of putting your self-doubts to sleep  
through a one-sided  
positive approach.*



24	<p><b>If</b></p> <ul style="list-style-type: none"><li>• <b>this crucial stage on the path</b> [i.e., the struggle of finding the solution to dealing with your self-hate] <b>is successfully overcome, however, and</b></li><li>• <b>the temptation to flee it</b> [i.e., temptation to flee your struggle] <b>is intelligently recognized for what it is,</b></li></ul> <p><b>then the awareness of this particular struggle</b> [to free yourself from the prison of your self-hate] <b>is already a liberation.</b></p> <p><b>But as long as you are under the impression that your lack of freedom</b> [in your prison of self-hate] <b>is imposed on you by</b></p> <ul style="list-style-type: none"><li>• <b>other people or</b></li><li>• <b>conditions,</b></li></ul> <ul style="list-style-type: none"><li>• <b>you struggle in vain</b> [to free yourself from the prison of self-hate] <b>and, in fact,</b></li><li>• <b>you only tighten the chains that bind you</b> [within your prison of self-hate].</li></ul>
25	<p><b>We come now to another aspect of the problem.</b></p> <p><b>We have discussed the search for liberation in many different ways.</b></p> <p><b>When you rebel against authority figures, you believe that through your rebellion you will attain freedom.</b></p>

*When you  
protest indignantly  
about every frustration  
that life puts in your way,  
you believe  
that if there were  
no frustrations,  
you would truly be free.*

*Thus  
you are furious  
about what  
you believe  
is done  
to you*

- *by authority,*
- *by frustrations.*

26

*Now I would like to shed light  
on a*

- *similar,*
- *related*

*reaction,*  
*and that is  
your innate rebellion  
against  
any*

- *boundary or*
- *structure,*

*against anything  
that you experience as*

- *confining.*

*I say to you here, my friends,*

- *structure and*
- *boundaries*

*are part of  
the loving creation.*

*In one form or another  
they exist  
in every part of reality.*

*If there were*  
• *no laws and*  
• *no boundaries,*  
*the world*  
*would disintegrate*  
*in*  
• *chaos and*  
• *destruction.*

*What keeps*  
*the planets in place*  
*and prevents them from colliding into one another?*

*It is*  
• *wise law;*  
*it is*  
• *boundaries and*  
• *structure.*

*There can be*  
*no organization in the universe,*  
• *big or*  
• *small,*  
• *planetary or*  
• *minuscule, and*  
*no community*  
*of living entities*  
*without*  
• *structure,*  
• *law,*  
• *boundaries*  
*that may seem confining*  
*to some individuals.*

*At least at first*  
*they [i.e., the structure, law, and boundaries]*  
*may seem so [i.e., may seem confining to some individuals].*

*In the real sense*  
*they*  
*are not confining.*

27

*It will be of  
great importance, my friends,  
to face  
why  
you are so angry  
about this fact of life [i.e., the fact that there are structures and laws  
in life].*

*Why are you  
so suspicious  
that it hardly ever occurs to you  
to be open to  
the possibility  
that*

- laws,
- boundaries,
- structure,
- rules –

*name them what you will –  
come from*

- truth and
- love,

*rather than from*

- hostility and
- a desire to thwart you?

*Aside from  
your childhood experiences,  
or your interpretation of them,  
the true reason [that you think rules and laws come from hostility and  
from the desire of an outer authority to thwart you]  
is  
that you  
distrust  
the tyrant  
of your own lower self  
that wants  
to rule*

- selfishly and
- cruelly.

*In hiding this tendency [to distrust the tyrant of your own lower self who wants to rule selfishly or cruelly]  
you project it [i.e., your project out the tyrant of your own lower self]  
outward,  
so that you assume  
all*

- rules and*
- laws,*

*all*

- restrictions and*
- boundaries*

*spring from  
lack of love.*

*When you  
identify*

- love*  
*with*
  - indulgence [including allowing you to freely act out your lower-self traits], and*
- frustration*  
*with*
  - hate,*

*then you are*

- constantly confused,*
- distorting reality, and*
- blind to*  
*the magnificence of Creation.*

28

- Structure and*
- law*  
*can be found*  
*in every loving aspect*  
*of Creation.*

*Look at the life of animals –*  
*of*

- birds or*
- ants,*  
*for example.*

*Animals*  
*living free in nature*  
*obey*  
*the structure*  
*of the highest creation*  

- *in poise,*
- *in ease, and*
- *with tenderness.*

*They*  
*embrace*  
*the structure and*  

- *breathe and*
- *expand*

*within it [i.e., within the structure]*  
*in great freedom.*

*The angry rebellion*  
*against*  
*any structure*  
*which you interpret as*  
*a manifestation hostile to you*  
*is an expression*  
*peculiar to humanity,*  
*stemming*  
*from*  

- *your own evolutionary place and*
- *the rhythm of your*  
*rising consciousness as well as*

*from*  

- *your lower-self drives.*

29

*There are, of course,*  

- *boundaries,*
- *laws, and*
- *rules*

*in the human condition*  
*that directly express*  
*your own limited consciousness.*

*For example,  
the conflict we discussed before  
that comes  
equally from  
using false means  
to follow the urges*

- to love yourself and*
- to be free.*

*For*

- freedom*

*and*

- loving*

*are inseparable.*

*You  
cannot be free  
without loving, and  
you  
cannot love  
without being free.*

*So  
when you*

- do not love,*

*you are*

- unfree;*

*you find yourself  
imprisoned  
in this conflict.*

*You chafe against  
this lack of freedom;*

*your life is  
full of frustrations,*

- many of them*

*in your inner condition,*

- some also manifesting*

*as outer creations.*

30

**Obviously,  
these**  
• **infringements and**  
• **restrictions**  
*[blocking your freedom]*  
**are not really necessary.**

**They are  
not**  
**an intrinsic part  
of Creation's divine reality.**

**They are roadblocks  
you yourself  
have unwittingly  
put in your own way [by refusing to love].**

**They [i.e., these roadblocks against your freedom put in place by your  
refusal to love]**  
**are in a different category  
from the laws  
that hold life together.**

**Yet**  
• **your rebellion and**  
• **your reactions of outrage**  
**against restrictions [of your freedom, restrictions that you put in place  
by refusing to love ]**  
**are not only  
misplaced,  
but,**  
**because they [i.e. because your rebellion and outrage]**  
**are**  
**an inappropriate reaction [to restrictions],**  
**they**  
**also increase  
your**  
• **frustrations and**  
• **restrictions.**

**So**  
**you need to develop**  
**a new reaction [other than the reactions of rebellion and outrage  
in your struggle against these self-created restrictions].**



31

*First,*  
*you need to distinguish*  
*between the two kinds of boundaries:*

- *loving,*
- *meaningful*

*ones –*  
*whether they are*

- *cosmic or*
- *human –*

*and*  
*the ones*  
*you create yourself*  
*through*

- *error and*
- *misperceptions.*

*When you*  
*clearly recognize*  
*both [kinds of boundaries],*  
*it will be*  
*much easier*  
*to reeducate the*

- *willful,*
- *tyrannical*

*child inside you,*  
*and you*  
*will be able to accept*  
*lovingly*  
*both kinds of boundaries:*

- *the first*  
*in recognition of their*  
*intrinsic*  
*meaningfulness,*
- *the second*  
*in recognition of*  
*your own limitations.*

*You can*  
*use these boundaries*  
*to understand*

- *yourself and*
- *the universal laws*  
*better.*

*By thus  
embracing  
your self-created boundaries  
you  
transcend them  
most meaningfully.*

*Soon  
your frustration  
will become  
a new doorway  
to freedom.*

*What first  
appeared to be  
an infringement  
will soon become  
an opportunity to*

- grow and*
- become freer.*

32

*You often  
find yourself  
rebellious against  
your own tight structure  
of false needs.*

*Take the need  
to be always indulged,  
for example.*

*Again,  
as long as you fight it,  
you only  
pull your chains tighter.*

**Only when you**

- **relax**  
**your rebellion and**
- **open your**
  - **mind and**
  - **intuition**

**so that**

**you can comprehend**  
**what your struggle**  
**is all about**

**will you see**

**what your tight structure**  
**really does to you.**

**By**

**temporarily**  
**accepting**  
**the structure**  
**you have created,**  
**with its own**  
**inner**

- **logic and**
- **laws,**

**you can**

- **relinquish it [i.e., relinquish the structure you have created],**

**you can**

- **grow beyond it, and**

**you can even**

- **choose it.**

33

**You constantly overlook**  
**the tremendous freedom**  
**you possess**  
**in how to**

- **think,**
- **interpret, and**
- **react**

**in any given situation.**

*You fail to comprehend  
that  
through freedom of choice  
you have  
the power to*

- create and*
- change*

*conditions.*

*Instead,  
you are mostly busy  
demanding from others  
that they present you  
with the conditions  
that you fail to create  
through your own choices.*

34

*These concepts  
are of utmost importance  
for you to understand,  
my dearest ones.*

*For all too often  
you continue  
this unnecessary  
struggle [i.e., your struggle and rebellion against the restrictions and  
infringements].*

*The more you*

- rebel against*

*what does not require rebellion*

*and*

- overlook*

*what within you  
creates your self-infringement,*

*the less you  
find  
true*

- self-love and*
- liberation.*

35

*As you*  
• *accept the narrow structure and*  
• *recognize it for what it is –*  
*the product of your*  
*limited thinking –*  
*so will your*  
*scope of freedom*  
*widen.*

*But it [i.e., your scope of freedom]*  
*does not widen*  
*by rebelling*  
*against*  
• *the necessary*  
*outer boundaries, and*  
*against*  
• *what appear*  
*to be restrictions.*

*Freedom*  
*comes*  
*from*  
• *an intelligent recognition*  
*of the structure and*  
*from*  
• *the choice to accept it.*

*This choice [to accept the structure] is made*  
*not out of*  
• *fear and*  
• *weakness,*  
• *dependency and*  
• *submission,*  
*nor is it [i.e., nor is this choice to accept (or reject) the structure]*  
*a rebellion*  
*of the inner tyrant,*  
*which*  
*disregards*  
• *reason and*  
• *wisdom.*

*[Rather]*

*It [i.e., this choice to accept the structure]*

*is made*

*with the will*

*to*

- *see the*
- *truth and*
- *meaning and*
- *lovingly accept,*

*on those grounds [i.e., the grounds of truth  
and meaning],*

*the narrow structure of the present,*

*even if*

*this seems*

*at first*

*to restrict personal desires.*

*This*

*is the act of*

- *love*

*and*

- *freedom.*

*The first two alternatives of*

- *fearful acceptance [of the structure with its restrictions] and*
- *blind rebellion [against the structure with its restrictions]*

*are obviously*

- *unloving*

*and*

- *unfree.*

*They [i.e., the first two apparent “choices” – either to accept the structure in  
fear and submission, or reject the structure in rebellion]*

*are not deliberate choices,*

*but [rather are]*

- *blind,*
- *automatic*

*reactions, and*

*they bear the seed of*

- *hate,*
- *distrust,*
- *suspicion,*
- *selfish demands,*
- *maligning of truth.*

36

*There will come a time  
when you will find  
that outer infringements  
of your freedom  
diminish steadily.*

*When you are  
without*

- *childish temper tantrums and*
- *blind rebellion,*

*you will be able to  
dissolve  
these infringements.*

*In order to attain  
this ever-widening  
scope of freedom,  
it is necessary  
to first find  
how often  
your reactions  
are thoroughly misplaced.*

*Then you can develop*

- *a knowing reaction*

*instead of*

- *a blind one [i.e., instead of a blind reaction].*

*The*

- *knowing,*
- *conscious,*
- *probing,*
- *objective,*
- *deeply honest*

*search for*

- *the particular truth*

*of the*

- *particular*

*circumstances*

*will immediately  
fill you  
with the self-esteem  
that can never develop  
when you pursue a road of*

- *blind self-will and*
- *accusing fury.*

37

*An open*  
• *mind and*  
• *heart*  
*allows you*  
*to*  
• *love and*  
• *be free,*  
*to*  
• *be in truth,*  
*and thus to*  
• *trust and*  
• *respect*  
*yourself.*

*You will then*  
*see*  
*which*  
• *boundaries,*  
• *restrictions, and*  
• *rules*  
*are meaningful,*  
*and*  
*which*  
*are not [meaningful].*

*You will*  
*create conditions*  
*that make*  
*the meaningless restrictions*  
*unnecessary,*  
*and you will*  
• *tenderly and*  
• *lovingly*  
*embrace the restrictions*  
*that*  
*you*  
*find meaningful.*

*You will accept them [i.e., the restrictions you find meaningful]*  
*even when*  
*they at first*  
*seem to impose*  
*a momentary disadvantage*  
*on you.*



*You can cultivate  
an*

- *open and*
- *intelligent*

*frame of mind  
much faster than you think,*  
*if*  
*you will only  
stretch your consciousness  
and make room for this possibility.*

38

*Freedom  
does not mean  
what the infant  
imagines:*

- *no boundaries at all,*
- *taking the line of least resistance.*

  
*That [i.e., having no boundaries at all]  
is the strongest enslavement imaginable.*  
  
*Nothing  
could be  
less free.*  
  
*In that attitude  
you depend  
constantly  
on something  
that cannot be,  
no matter  
how much  
you try to*

- *force,*
- *manipulate, and*
- *cajole.*

  
*You become  
the slave of  
unreality,  
and  
reality  
defeats you.*

39

*I suggest to all of you,  
my dearest friends,  
a small assignment  
that you may incorporate into*

- *your self-observations and*
- *your daily review.*

*When you find yourself  
in rebellion,  
no matter how you try to*

- *explain and*
- *justify*

*it [i.e., explain and justify your rebellion],  
forget for the moment*

- *the issue and*
- *the pros and cons.*

*Focus rather  
on what are  
your feelings.*

- *Do you feel rebellious?*
- *Do you react blindly?*
- *Do you let in other considerations?*
- *What is your state of mind?*

*In these questions*

- *you will get*  
*the clearest answers you need and*
- *you will immediately*  
*be able to determine*  
*whether you are*  
*in a state of*
  - *love*  
*or in a state of*
  - *hate.*

	<p><i>You can then further</i></p> <ul style="list-style-type: none"><li>• <i>ask,</i></li><li>• <i>compare and</i></li><li>• <i>think,</i></li></ul> <p><i>how you really feel when you are in a state of love and how that differs from the</i></p> <ul style="list-style-type: none"><li>• <i>rebellious,</i></li><li>• <i>blind</i></li></ul> <p><i>state you find yourself in now.</i></p>
40	<p><i>When you are in a state of love you do not submit.</i></p> <p><i>Submission is the price you wish to pay in the hope of</i></p> <ul style="list-style-type: none"><li>• <i>attaining self-love through others, or</i></li><li>• <i>placating a benign authority in return for a life of unrestricted indulgence.</i></li></ul> <p><i>For this impossible aim you sacrifice your</i></p> <ul style="list-style-type: none"><li>• <i>freedom and</i></li><li>• <i>integrity</i></li></ul> <p><i>and then blame the outer world for the result.</i></p>

*You conceal  
the true motives  
for your submission  
by pretending  
you are*

- *innocent and*
- *good,*

*your only "fault" being  
that you have not yet learned*

- *to rebel and*
- *to hate.*

41

*In a state of*

- *love and*
- *freedom*

*you*

- *probe and*
- *weigh*

*with*  
*an utterly open mind  
and then  
choose  
whatever truth  
you find in that state.*

*The choice [in that state of love and freedom]  
is totally  
voluntary.*

*You may want  
to choose to*

- *embrace and*
- *accept*

*a particular infringement  
on your freedom.*

*In that frame of mind,  
your choice  
will be  
a totally different act  
from submission.*

*It [i.e., your choice to embrace and accept  
a particular infringement on your freedom]*

*will make you*

- *stronger,*
- *freer,*
- *more loving*

*to*

- *yourself and*
- *others and*
- *open to*  
*the issue in question.*

*Or*

*you may [choose to]  
reject the infringement [on your freedom]  
in a*

- *clear,*
- *wise,*
- *intelligent*  
*assertion,*

*comprehending  
the deeper meaning of  
the choice.*

*Again, this [choice to reject the infringement on your freedom]  
will never be confused*

*with*

- *blind rebellion,*

*with*

- *the false kind of freedom,*

*but will*

*be as creative an act  
as the acceptance of the infringement  
in other circumstances.*

42

*You are all  
coming into  
new states of consciousness  
in which  
old blind reactions  
no longer have any room.*

*In the past,  
when they [i.e., when old blind reactions]  
were*

- *less obsolete*

*and therefore*

- *less of a discrepancy [to your past state of consciousness],*

*you would  
not even feel as uncomfortable  
as you must feel now  
when you  
blindly revert,  
out of habit,  
to outdated reactions  
toward*

- *yourself and*
- *your environment.*

*You are no longer  
in a state [of consciousness]  
of needing to  
hate yourself  
when  
you are not  
always  
perfect.*

*You are  
already  
in a condition to*

- *truly face*

*aspects of  
your lower self and*

- *find more of*

*your self-love.*

*You no longer need to*

- *rebel blindly against others and*
- *hate them*

*when they do something that*

- *seems momentarily to your disadvantage or*
- *feels unwelcome.*

*You are no longer in a state  
in which you cannot bear  
a little frustration.*

*You are already in a state  
in which  
a little frustration  
can become  
a threshold to*

- freedom and*
- expansion*

*for you.*

*Think about this,  
my friends.*

*Relinquish your*

- taut,*
- habitual*

*reactions.*

43

*And now, before ending this particular message to you,  
I would like to speak about  
a state of  
evolving love  
in you  
that,  
as a result of your pathwork,*

- you are bound to encounter and*

*that*

- you need to comprehend.*

*There comes, of course,  
increasingly  
the opening up  
from within,  
where  
your heart begins to  
throb in love*

- for others around you,*
- for the beauty of Creation.*

*In this state  
you experience moments  
of an  
intense pleasure  
that permeates  
your total being.*

*When self-love  
has not yet been  
completely established,  
you contract  
in these moments [of intense pleasure where your heart throbs in love  
for others and for the beauty of Creation]  
in a frightened reaction,  
finding yourself  
unable  
to endure  
the state of lovingness,  
for it is  
too ecstatic.*

*Inside,  
a tiny voice of  
self-hate  
still proclaims  
that you do not deserve it [i.e., do not deserve this state of  
ecstatic lovingness].*

*And you close yourself up  
involuntarily,  
in an almost unbidden  
reaction on an outer level,  
against this state [of ecstatic lovingness].*

*In this  
back-and-forth  
struggle of your soul  
you increasingly  
feel the spreading love  
of the universe.*



*Yet  
as long as  
self-love  
has not yet quite found  
a foothold in you,  
particular  
kinds of fear  
may arise:  
fear of  
• death,  
fear of  
• illness,  
fear of  
• losing what is dearest to you.*

*You may then  
revert back to the  
• old,  
• drab,  
• gray  
state  
[in order] to feel  
• more secure and  
• less afraid of loss.*

44

*Now it is very important,  
my friends,  
that you recognize these manifestations  
for what they are.*

*When you  
do not love yourself  
and therefore hate others  
in order to  
deny your self-hate,  
when you  
rebel against others  
and wish for impossible false freedoms,  
then*

- the experience  
of deepest love*
  - for and*
  - by*

*the universe  
will be unbearable, and*

- you will produce  
false fear.*

*You may experience  
physical manifestations,  
as I said before.*

*There are  
varieties of ways  
in which  
the same syndrome  
can manifest  
in an individual's life.*

*Whatever it [i.e., whatever the physical manifestation] is,  
there will appear  
a renewed urge  
for self-destruction  
in this halfway period  
in which*

- more ability to*
  - love,*
  - feel, and*
  - perceive*

*has grown,*

- but remnants of*
  - self-hate*

*remain  
because a stake to hide  
still exists.*

45

*I want to suggest here  
a very specific meditation,  
asking*

*to contact the highest forces*

- *within and*

- *around*

*you*

*in exactly*

*the areas*

*discussed in this lecture:*

- *Where*

*and how*

*do you hate yourself?*

- *Where*

*and how*

*do you project this self-hate*

*onto others*

*and thereby*

*increase the self-hate?*

- *Where do you*

*prevent*

*experiencing*

*your freedom*

*by childish denial*

*of*

- *boundaries and*

- *structure,*

*of*

- *laws and*

- *rules,*

*in*

- *small and*

- *large*

*areas?*

- *And where do you feel within yourself*

*that you are unworthy?*

	<ul style="list-style-type: none"><li>• <i>Where and how do you love your</i><ul style="list-style-type: none"><li>• <i>soul,</i></li></ul></li><li><i>your</i><ul style="list-style-type: none"><li>• <i>mentality,</i></li></ul></li><li><i>your</i><ul style="list-style-type: none"><li>• <i>body?</i></li></ul></li></ul>
46	<p><i>Go deeply into the meditation in which you let yourself know</i></p> <ul style="list-style-type: none"><li>• <i>that you are divine,</i></li><li>• <i>that you need to fully face all aspects of yourself and</i></li><li>• <i>that this [fully facing all aspects of your self] will only increase your sense of divinity.</i></li></ul> <p><i>Let</i></p> <ul style="list-style-type: none"><li>• <i>your consciousness align itself with</i><ul style="list-style-type: none"><li>• <i>the divine will of</i><ul style="list-style-type: none"><li>• <i>loving</i><ul style="list-style-type: none"><li>• <i>yourself</i><ul style="list-style-type: none"><li>• <i>without indulging yourself,</i></li><li>• <i>without whitewashing your lower self, seeing it [i.e., seeing your lower self] straight, and</i></li></ul></li></ul></li></ul></li><li>• <i>loving</i><ul style="list-style-type: none"><li>• <i>your beautiful structure,</i></li><li>• <i>your incarnation</i></li><li>• <i>all that is around you</i></li><li>• <i>even that which seems to infringe on you in some way.</i></li></ul></li></ul></li></ul>

	<p><b><i>Recognize its [i.e. the infringement's] lesson and begin to love it [i.e., begin to love the infringement and its lesson].</i></b></p> <p><b><i>This is tonight's message.</i></b></p>
47	<p><b><i>I now bless every single one of you</i></b></p> <ul style="list-style-type: none"><li><b><i>• with the golden light of • Christ,</i></b></li><li><b><i>• with the eternal power of • love, of • truth, and of • beauty.</i></b></li></ul> <p><b><i>Be enveloped in it [i.e., be enveloped in the golden light of Christ and the eternal power of love, of truth, and of beauty], breathe in it, know it, and live it.</i></b></p>

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