

Pathwork Lecture 89: Emotional Growth and Its Function

1996 Edition, Original Given September 29, 1961

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>Greetings, my dearest friends.</p> <p>God bless each one of you, blessed is this hour [i.e., <i>blessed is this time we now spend together in this lecture</i>].</p>
04	<p>In order to know yourself on a deeper level, it becomes increasingly necessary to allow all emotions to reach surface awareness,</p> <p>so as to</p> <ul style="list-style-type: none"> • understand these emotions <p>and to</p> <ul style="list-style-type: none"> • enable them to mature.

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 6/1/20

*Most of you
also know
how great
the resistance is
to letting this happen [i.e., how great the resistance is to letting
ALL emotions reach surface awareness so that you
can understand them and enable them to mature].*

*Some of you
have tasted the difficulties
you have to face
in order to overcome the resistance [i.e., to overcome this resistance
to letting ALL emotions reach surface awareness].*

*You all stand more or less
at different vantage points
in this respect.*

Some of you

- *recognize the signs of your own resistance*

and

- *consciously battle against it [i.e., constantly battle against your RESISTANCE
to letting ALL emotions come to surface awareness].*

You recognize

- *the evasion*

and

- *the escape-mechanism
at work.*

*But some of you
are still so involved
in the resistance itself
that you are
unaware of
the obstructions you put in the way
of your own growth.*

*Hence it is necessary that I discuss
the mechanism
of this
resistance.*

05

*Let us first be clear about
the unity
of the human personality.*

*Human beings
who function
harmoniously
have developed the*

- physical,*
- mental,*

and

- emotional*

sides of their nature.

*These three spheres
are supposed to
function harmoniously with one another,
each*

- helping
the other,*

rather than

- one*
- subduing
the other.*

*If one function is
underdeveloped,
it [i.e., this state of one of the three functions being underdeveloped]*

- causes a disharmony
in the human structure,*

and also

- cripples
the entire personality.*

06

*This much you know
from*

- our previous talks*

and

- your own previous findings.*

*Now let us further understand
what causes human beings
to particularly*

- *neglect,*
 - *repress,*
- and*
- *cripple*

*the growth of their
emotional nature.*

*This neglect [i.e., This neglect of the growth of human beings' emotional nature]
is universal.*

*Most human beings
look mainly after*

- *the physical self.*

*They do more or less
what is necessary*

to make it [i.e., to make the physical self]

- *grow*
- and*
- *remain healthy.*

*A good portion of humanity
cultivates*

- *the mental side.*

In order to do so

- *you learn,*
- *you use*
your
 - *brain,**your*
 - *thinking capacity;*
- *you absorb,*
- *you train*
 - *your memory**and*
 - *your logical reasoning.*

All this furthers

- *mental growth.*

07

But why is the
• *emotional nature*
generally neglected?

There are
good reasons for that, my friends.

To gain more clarity,
let us first understand
the function
of the emotional nature in human beings.

It [i.e., The FUNCTION of the emotional nature in human beings]
includes, first of all,
the capacity to
feel.

The capacity to
• *experience*
feeling
is synonymous with
the capacity to
• *give*
and
• *receive*
happiness.

To the degree
you shy away from
any kind of
• *emotional experience,*
to that extent
you also close the door to the
experience of
• *happiness.*

Moreover,
the emotional side of your nature,
when functioning,
possesses
• *creative ability.*

*To the degree
you close yourself off from
• emotional experience,
to that very degree
the full potential of your
• creative ability
is hindered in
manifesting itself.*

*Contrary to what many of you may believe,
the unfolding of
creative ability
is
not
a mere
• mental process.*

*In fact,
• the intellect
has much less to do with it [i.e., LESS to do with CREATIVE ABILITY]
than may appear at first glance,
in spite of the fact that
• technical skill
also becomes a necessity
in order to give
the creative outflow
full expression.*

*Creative unfoldment
is an
• intuitive process.*

*Needless to say,
• intuition
can function
only to the degree that your
• emotional life
is
• strong,
• healthy,
and
• mature.*

08

Therefore, your

- *intuitive powers*
will be hindered
if you have
 - *neglected*
emotional growth
- and*
 - *discouraged yourself from*
experiencing
the world of
feeling.

Why

- is there such a*
- *predominant emphasis*
in your world today
on
 - *physical*
 - and*
 - *mental*
growth
- and a*
- *conspicuous neglect*
of
 - *emotional*
growth?

Several general explanations could be advanced,
but I would like to go
immediately
to

the root of the problem,
bypassing the

- *outer,*
- *general*
causes

which are only
symptoms of
the root
anyway.

09

In the world of
• *feeling*
you experience
the
• *good*
and
the
• *bad,*

the
• *happy*
and
the
• *unhappy,*

• *pleasure*
and
• *pain.*

Contrary to
just
registering
such impressions
mentally,

emotional
experience
really
touches you.

Since your struggle
is primarily for
happiness,
and since
immature
emotions
lead to
unhappiness,

your secondary aim [i.e., secondary to the primary aim of achieving happiness]
becomes
the avoidance of
unhappiness.

*This [i.e., This secondary aim, which is to AVOID UNHAPPINESS,]
creates the*

- *early,*
- *mostly unconscious*

conclusion:

*"If I do
not
feel,
then I will
not be
unhappy."*

*In other words,
instead of taking the*

- *courageous*

and

- *appropriate*

step

to live through

- *negative,*
 - *immature*
- emotions*

*in order to afford them
the opportunity to*

- *grow*
- and thus*

- *become*
 - *mature*
- and*
- *constructive,*

*the childish emotions
are*

- *suppressed,*
 - *put out of awareness*
- and*
- *buried,*

so that they remain

- *inadequate*

and

- *destructive,*

even though the person is

unaware of their existence.

10

- *Unhappy circumstances exist in every child's life;*

- *pain*

and

- *disappointment are common.*

If such

- *pains*

and

- *disappointments are not experienced consciously,*

they are allowed to stagnate

in a

- *vague,*
- *dull*

climate

you

- *cannot even name*

but

- *take for granted.*

Then the danger is that an unconscious resolution will be formed saying,

"I must not allow myself to feel if I wish to prevent

- *the pain*

and

- *the experience of unhappiness."*

11

*In the past
we have discussed why this [i.e., why NOT allowing oneself to FEEL pain]
is a
wrong*

- *conclusion*

and

- *solution [i.e., a wrong solution for one to try in order to
avoid the pain and the experience of unhappiness].*

But may I briefly recapitulate?

*Although it may be true that
you can*

- *anaesthetize
your capacity for
emotional experience,*

and therefore

- *cannot
feel immediate pain,*

*it is also true that [i.e., it is also true that by anaesthetizing yourself against feeling
emotional experiences of PAIN and UNHAPPINESS]*

you

- *dull your capacity for*
- *happiness*

and

- *pleasure*

while

- *not really avoiding
the dreaded unhappiness
in the long run.*

*The unhappiness
you
seem
to avoid*

will come to you in a

- *different*

and

- *much more
painful,*

but

- *indirect
way.*

	<p><i>The bitter hurt of</i> • <i>isolation,</i> <i>of</i> • <i>loneliness,</i> <i>of</i> • <i>the gnawing feeling of having passed through life without</i> • <i>experiencing its</i> • <i>heights</i> <i>and</i> • <i>depths,</i></p> <p><i>without</i> • <i>developing yourself to the</i> • <i>most</i> <i>and</i> • <i>best</i> <i>you can be,</i></p> <p><i>is the result of</i> <i>such</i> • <i>cowardly evasion,</i> <i>such a</i> • <i>wrong solution [i.e., wrong solution to the “problem” of experiencing pain and unhappiness].</i></p>
12	<p><i>Using such evasive tactics you do not experience life at its fullest.</i></p> <p><i>By withdrawing from</i> • <i>pain,</i> <i>you withdraw from</i> • <i>happiness</i> <i>and, most of all,</i> <i>you withdraw from</i> • <i>experience.</i></p>

*At one time or another –
and you may never remember
the conscious declaration of intent –
your solution
was to
dull the capacity to*

- feel*

in order to

- avoid pain.*

*From that moment [i.e., From that moment when you chose to AVOID PAIN by
DULLING your capacity to FEEL pain]*

*onward,
you
withdrew
from*

- living,*
- loving,*

and

- experiencing –*

from

- everything that makes life*
 - rich*

and

- rewarding.*

*In addition,
the result [i.e., the result when you chose to avoid pain by
dulling your capacity to feel pain]*

is that your

- intuitive powers*

*are dulled
together with your*

- creative faculties.*

*You only function
to a fraction of
your potential.*

	<p><i>The damage you</i></p> <ul style="list-style-type: none"><i>• have inflicted upon yourself with this pseudo-solution [i.e., with this pseudo-solution to the “problem” of pain, namely, your decision to AVOID PAIN altogether by DULLING your capacity to FEEL pain]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• go on inflicting upon yourself as long as you adhere to it [i.e., as long as you adhere to this practice of AVOIDING pain by dulling your capacity to FEEL], is one [i.e., is DAMAGE] that eludes your</i> <ul style="list-style-type: none"><i>• comprehension</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• evaluation at the present time.</i>
13	<p><i>Since this was your defense against unhappiness to begin with, it is understandable that unconsciously you fight tooth and nail against giving up what seems to you a vital protection [i.e., the seemingly vital protection against pain and unhappiness by dulling your feelings].</i></p> <p><i>You do not realize that [i.e., that by dulling your feelings] not only do you miss out on life's</i></p> <ul style="list-style-type: none"><i>• richness,</i> <p><i>life's</i></p> <ul style="list-style-type: none"><i>• rewards,</i> <p><i>your own</i></p> <ul style="list-style-type: none"><i>• full potential,</i> <p><i>but you do not really avoid unhappiness, as already indicated.</i></p>

This painful isolation [i.e., This painful ISOLATION you now FEEL, even though you tried to avoid ALL pain by dulling your capacity to feel pain]

- ***was not willingly chosen by you***
- and therefore it [i.e., and therefore this PAIN of ISOLATION you now FEEL]***
- ***is not accepted***
as a price to be paid [i.e., the price to be paid for your pseudo-solution to the “problem” of pain by dulling your capacity to feel pain].

Rather, it [i.e., Rather, this PAIN of ISOLATION that you now FEEL]
came as a
necessary byproduct of
your pseudo-solution,
and with this
defense mechanism [i.e., with this defense mechanism against pain of
dulling your capacity to feel pain]
at work

the child in you

- ***hopes and***
- ***fights***

for
receiving
what you cannot possibly receive.

In other words,
somewhere deep inside,
you

- ***hope***

and

- ***believe***

that it is possible
to

- ***belong and***

to

- ***be loved***

while you

- ***dull your world of feeling***

into
a state of numbness
and thereby

- ***prohibit yourself***

from
truly loving others.

*Yes,
you may
• need
others
and
this need
may
• appear
as love to you,*

*but now
you know that it [i.e., now you know that NEEDING others]
is not the same [i.e., is NOT the same as LOVING others].*

*Inside, you
• hope
and
• believe it possible
to
• unite
with others,
to
• communicate in a
• rewarding and
• satisfying
way
with the world around you,

while you put up a wall of
false protection against
the impact of
emotional experience.*

*If and when
you cannot help
but feel [i.e., cannot help but feel painful feelings],
you are busy
hiding such feelings
from
• yourself
and
• others.*

**How can you
receive what you yearn for –**

- **love,**
- **belonging,**
- **communication –**

**if you
neither**

- **feel**

nor

- **express**

**the occasional glimpses of feelings
that the still healthy part in you
strives for?**

**You cannot have it
both ways [i.e., BOTH receiving what you yearn for AND never feeling and
expressing the feelings that the still healthy part of
you strives to experience, express and give],
though the child in you
never wants to accept that [i.e. never wants to accept
that you can't have it both ways].**

14

**Since you
"protect" yourself
in this foolish manner [i.e., by avoiding all feelings],
you isolate yourself,**

**which means
exposing yourself much more to
that which you strive to avoid [i.e., exposing yourself much more to
the pain of isolation, the pain which you strive to avoid].**

**Hence you miss out doubly:
[1.] you do not avoid that which you fear [i.e., you do NOT avoid pain, which
you fear, here the pain of isolation] –**

- **not really and**
- **not in the long run –**

**and
[2.] you miss out on
all you could have
if you would not run away from living.**

For
• *living*
and
• *feeling*
are
one.

The
• *love*
and
• *fulfillment*
you must increasingly crave for
makes you
blame
• *others,*
• *circumstances,*
• *the fates,*
or
• *bad luck,*

instead of seeing
how
you

are responsible for it [i.e., how YOU are
responsible for manifesting the love and
fulfillment for which you crave].

You resist
such insight [i.e., the insight that YOU are responsible for manifesting the
love and fulfillment for which you crave]
because
you sense that the moment you see it fully [i.e., see YOU are responsible]
you will have to
• *change*
and
you can no longer
• *cling to*
the
• *comfortable,*
but
• *unrealizable*
hope
that you can have what you want
without meeting
the necessary conditions to get it.

If you
• *want*
 happiness
you must be willing to
• *give*
 it [i.e., be willing to GIVE happiness].

How can you
give it
 if you are
 • *unwilling*
 and
 • *unable*
 to
 feel
 as much as you are capable of
 feeling?

Realize that
 it is
 you
 who caused
 this state of unfulfillment,
and
 it is
 you
 who can still change it [i.e., can STILL change
 this state of unfulfillment],
 regardless of
 your physical age.

15

Another reason for resorting to this unsuccessful pseudo-solution [i.e., reason for resorting to this unsuccessful pseudo-solution to the “problem” of pain, the “solution” of dulling your capacity to feel pain] is the following:

as in everything else,

- *feeling and*
- *emotional expression*

can be

- *mature and*
- *constructive*

or

- *immature and*
- *destructive.*

As a child you possessed an immature

- *body*

and

- *mind*

and therefore, quite naturally, an immature

- *emotional structure.*

Most of you gave your

- *body*

and

- *mind*

a chance

- *to grow out of the immaturity*

and

- *to reach a certain*
 - *physical and*
 - *mental**maturity.*

Let me give you an example on the physical level:

an infant will feel the strong urge to use its vocal cords.

*It [i.e., The infant]
has an instinct
with the function of
promoting the growth of
certain organic matter
through strong use of
the vocal chords.*

*It is not pleasant
to hear a baby screaming,
but this period of transition
leads to*

- strong*
- healthy*

*organs
in this particular respect.*

*For the baby,
not
going through this unpleasant time
by suppressing
the instinctual urge to scream,
would eventually*

- damage and*
- weaken*

the respective organs.

*The urge to indulge in
strong physical exercise
has the same function.*

*The same is true of
the urge at times to eat perhaps more than necessary.*

*All this is part of
the growing process.*

	<p><i>To stop the growing process with the excuse that there is a danger in</i></p> <ul style="list-style-type: none"><i>• overexertion and</i><i>• overeating</i> <p><i>would be</i></p> <ul style="list-style-type: none"><i>• foolish and</i><i>• damaging.</i> <p><i>I do not mean a reasonable halt to something that is obviously harmful;</i></p> <p><i>I mean ceasing</i></p> <ul style="list-style-type: none"><i>• to use the muscles at all,</i><i>• to feel the child's emotions at all,</i> <p><i>with the rationalization that such</i></p> <ul style="list-style-type: none"><i>• exercise and</i><i>• eating, in itself, might lead to painful experiences.</i>
16	<p><i>Yet this [i.e., Yet this ceasing to feel emotions at all, with the rationalization that feeling and expressing such emotions, in itself, might lead to PAINFUL experiences]</i></p> <p><i>is done with your emotional self.</i></p> <p><i>You stop its functioning [i.e., You STOP the functioning of your EMOTIONAL self] because you consider the growing transitional period [i.e., you consider this transitional growing period of the maturing EMOTIONAL self] so dangerous that you proceed to stop growth altogether [i.e., you STOP EMOTIONAL GROWTH and maturation altogether].</i></p>

You
not only
hinder

- *excesses*
as a result of this reasoning [i.e., this reasoning that this growing transitional period of the EMOTIONAL self is too dangerous],

but you also
hinder

- *all the transitory functioning*
which alone
can lead to
 - *constructive*
 - *mature*
emotions.

Since this is more or less the case
with every one of you,
the growth period of

- *experiencing*

and

- *maturing*

has to happen
now [i.e., now, as an adult].

It [i.e., This growing transitional period of the EMOTIONAL self]
just cannot be skipped altogether;

if you do,
your overall development
will be lopsided,
leaving your
personality structure
crippled.

17

When your
mental processes
mature,
you have to go through
transition periods
too.

You
not only
• learn,
you are also
• bound to make mistakes.

In your younger years
you often hold opinions
which you later grow out of.

While
later
you
• perceive that these opinions
are not as "right" as they seemed to you
during your youth
and
• see another side
that earlier eluded you,
it was nevertheless
beneficial for you
to go through
those times of error.

How could you
appreciate
• truth
if you had not
gone through
• error?

You can
never
gain
• truth
by avoiding
• error.

*It [i.e., Gaining TRUTH by going through ERROR]
strengthens
your
• mental faculties,
your
• logic,
as well as
your
• range
and
• power
of deduction.*

*Without being allowed
to make mistakes
in
your
• thinking
or
your
• opinions,
your
mental faculties
could not grow.*

18

*Strangely enough,
there is
much less resistance in human nature
to the necessary growing pains
of the
• physical and
• mental
sides of the personality
than
to the growth
of the
• emotional
nature.*

**Hardly anyone recognizes
that
emotional growing pains
are necessary too,
and
that
they [i.e., and that emotional growing pains]
are**

- **constructive and**
- **beneficial.**

**Without
consciously thinking about it
in these terms,
you believe
that
the emotional growth process
should come about
without
growing pains.**

**Most of the time
it is completely ignored
that this area [i.e., that this EMOTIONAL area]
exists at all,**

**let alone that it [i.e., let alone that this EMOTIONAL area]
needs
growth;**

**neither do you know
how
such growth
is to be accomplished.**

**You who are on this path
ought to begin to understand this [i.e., understand both THAT emotional
growth is necessary AND HOW emotional growth is to be accomplished].**

	<p><i>If you do [i.e., If you DO understand both THAT emotional growth is necessary AND HOW emotional growth is to be accomplished],</i></p> <ul style="list-style-type: none">• <i>your insistence on remaining</i><ul style="list-style-type: none">• <i>deadened</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>dulled</i> <p><i>will finally give way</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>you will</i><ul style="list-style-type: none"><i>no longer object to</i><i>going through a period of growth</i><i>now [i.e., now, as an adult].</i>
19	<p><i>In this growing period,</i> <i>immature emotions</i> <i>have to</i> <i>express themselves.</i></p> <p><i>Only as they [i.e., Only as these IMMATURE emotions]</i> <i>are allowed expression</i></p> <p><i>for the purpose of</i> <i>understanding their significance</i></p> <p><i>will you finally reach a point</i> <i>when you</i> <i>no longer</i> <i>need</i> <i>such immature emotions.</i></p>

This [i.e., This reaching a point when you no longer need such immature emotions] will

not happen

through

- *a process of will,*
- *an outer mental decision which*

represses

what is still a part of your emotional being,

but

through

- *an organic process of emotional growth wherein*

feelings

will

naturally

change

their

- *direction,*

their

- *aim,*

their

- *intensity,*

their

- *nature.*

But this can

only be done

if you

experience

your emotions

as they exist in you

now [i.e., now, as an adult].

20

*When you were
hurt as a child,
your reactions were*

- *anger,*
- *resentment,*
- *hate –*

*sometimes to a
very strong degree.*

*If you
prevent yourself
now [i.e., now, as an adult,]
from
consciously
experiencing
these emotions,*
*you will
not
get rid of them;*
*you will
not
enable*

- *healthy*
- *mature*

*emotions
to follow in their place,*
*but you will simply
repress
existing
feelings.*

You will

- *bury them*

and

- *deceive yourself*

*that you do
not
feel
what you
actually
still
feel.*

*Since you
dull
your capacity to
feel,
you become unaware of
what exists underneath.*

*Then
you superimpose feelings [i.e., superimpose (on top of your ACTUAL
feeling that exist within but of which you are not aware) feelings]
that you think you*

- ought to have*

but which you

- do not*
 - really and*
 - truly*

have.

21

*You all operate –
some more,
some less –*

- with feelings
that are
not
genuinely
yours,*
- with feelings
you think you*
 - ought to have*

but

- do not have.*

*Underneath,
something entirely different
is taking place.*

*Only in times of
extreme crisis
do these
actual feelings
reach the surface.*

Then [i.e., Then, when in times of extreme crisis when these actual underlying feelings that you actually have but of which you are unaware reach the surface,]

*you believe
it is the crisis
that has
caused
these reactions in you.*

*You wish to
ignore the fact
that the crisis
only made it impossible
for you to deceive yourself,
that the crisis
reactivated
the still immature
emotions.*

*It just does not penetrate your mind
that
the crisis itself
is the
effect
of the
• hidden emotional immaturity,
as well as
of the
• existing self-deception.*

22

The fact that you

- *put*
 - *raw,*
 - *destructive,*
 - *immature*
- emotions*
out of sight
instead of
 - *growing out of them*

and then

- *deceive yourself,*
believing you are a much more
 - *integrated and*
 - *mature*
- person*
than you actually are,
- *is not only*
 - *dishonesty,*
 - *hypocrisy and*
 - *self-deception,*
- but it also*
 - *leads you*
more deeply into
 - *isolation,*
 - *unhappiness,*
 - *alienation from yourself,*
- and*
 - *unsuccessful,*
 - *unrewarding*
- patterns*
that you repeat
over and over again.

The result of all this
seems to

confirm
your

- *pseudo-solution [i.e., your “solution” of AVOIDING PAIN],*

your

- *defense mechanism [i.e., your defense of DULLING FEELINGS],*

but this is a

very misleading conclusion.

23

*Immature emotions
earned you
punishment
as a child;*

either they

- *caused you
actual pain,*

or

- *produced
an undesired result
when you expressed them.*

*You lost something
you wanted,
such as*

- *the affection of certain people,
or a
desired object
which became
unattainable
when you
expressed
what you
really felt.*

*This [i.e., This negative result when you expressed immature emotions]
then became
an additional reason
for you to
hinder
self-expression.*

*Consequently,
as you perceived such emotions to be undesirable,
you proceeded to
whisk them also out of your own sight.*

	<p><i>You found it necessary to do so [i.e., necessary, as a child, to whisk away such immature emotions, which did really exist in you,] because</i></p> <ul style="list-style-type: none"><i>• you did not want to be hurt,</i><i>• you did not wish to experience the pain of feeling unhappy.</i> <p><i>You also found it necessary to repress existing emotions because the expression of the negative produced an undesirable result.</i></p>
24	<p><i>You might say that because the latter is true [i.e., because the expression of negative, immature emotions did in fact produce an undesirable result], your procedure [i.e., your procedure of repressing these existing emotions] is therefore</i></p> <ul style="list-style-type: none"><i>• valid,</i><i>• necessary,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• self-preserving.</i> <p><i>You will rightly say that if you live out your negative emotions, the world will punish you in one form or another.</i></p> <p><i>Yes, my friends, this is true.</i></p>

***Immature emotions
are indeed
• destructive
and
will indeed bring you
• disadvantages.***

***But your error
lies in the
• conscious
or
• unconscious
thought
that to
• be aware of
what you feel
and to
• give vent to it [i.e., and to give vent to what you feel]
in action
are one and the same.***

***You cannot discriminate between
the two courses [i.e., the two courses: the course of BEING AWARE of what you
feel and the course of ACTING ON what you feel].***

*Neither can you discriminate
between*

- *a constructive aim
for which it is necessary to*

- *express*

and

- *talk about
what you feel,
at the
• right place,
with the
• right people,*

and

- *the destructiveness*

of

- *heedlessly letting go all control,*

of

- *not choosing
the right*

- *aim,*

the right

- *place,*

and

the right

- *people,*

of

- *not wanting to
use such expression
as would yield you
insight into
yourself.*

*If you merely let go [i.e., If you merely let go and fully act out your feelings]
because you*

- *lack
• discipline*

or

- *an aim,*

and

- *expose
your negative emotions,*

*that is indeed
destructive.*

25

*• Try to distinguish
between*
• constructive
and
• destructive
aims,
*• try to realize the
purpose
of exposing your emotions,*
and then
• develop the
• courage and
• humility
*to allow yourself
to be aware of
what you
really feel,*
and
*to express it [i.e., express what you really feel]
when it is meaningful.*

*If you do this,
you will see
the tremendous difference
between*
• merely allowing
• immature and
• destructive
*emotions to come to the fore
in order to*
• relieve yourself of pressure
and
*• give them an outlet
without*
• aim or
• meaning,

and
*• the purposeful activity of
reexperiencing all the feelings
that*
• once existed in you
and
that
*• still exist in you –
even if you are convinced that this is no longer so.*

*What has
not
been properly assimilated
in emotional experience
but has
instead
been repressed*

*will
constantly
be reactivated by
present situations.*

*These [i.e., These present situations brought about by reactivation
of unassimilated emotional experience]
remind you
in one way or another
of the original "solution"
that brought on
such unassimilated experience in the first place.*

*Such a reminder [i.e., Such a reminder of unassimilated emotional experience]
may
not
be factual [i.e., may not be a factual emotional experience].*

*It [i.e., The unassimilated emotional experience of which you are reminded]
can be*

- an emotional climate,*
- a symbolic association*

that lodges exclusively in the subconscious.

*As you learn to
become aware of
what is really going on in you,
you will also
notice
such reminders [i.e., such reminders of
unassimilated emotional experience].*

	<p><i>With this [i.e., With this reminder of unassimilated emotional experience] may come the realization that you often</i></p> <ul style="list-style-type: none"><i>• actually feel very much the opposite of what you</i><i>• force yourself to feel.</i>
26	<p><i>As the first few tentative steps are taken in the direction of</i></p> <ul style="list-style-type: none"><i>• becoming aware of what you feel</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• expressing it in a direct way without finding</i><i>• reasons and • excuses,</i> <p><i>you will gain an understanding about yourself such as you never had before.</i></p> <p><i>You will feel the growing process at work, because</i></p> <p><i>you are actively engaged in it with</i></p> <ul style="list-style-type: none"><i>• your innermost self, not merely with</i><i>• outer gestures.</i> <p><i>You will not only come to understand</i></p> <ul style="list-style-type: none"><i>• what brought on many unwelcome results,</i> <p><i>but</i></p> <ul style="list-style-type: none"><i>• how it is in your power to change them [i.e., to CHANGE these unwelcome results].</i>

*Understanding
the interaction
between*
• yourself
and
• others
*will show you
how your*
• unconscious
• distorted
pattern
*has affected
others*
*in exactly
the opposite way
to what you originally wanted.*

*This will give you an
inner understanding
about
the process of
communication.*

27

*This is
the only way
emotions can mature.*

*By going through
the period that was missed in*

- childhood
- and
- adolescence,

- the emotions
will finally mature

and

- you will no longer
need to
fear

*the power of those emotions
which you cannot control
by merely putting them out of awareness.*

You will be able

- **to trust them** [i.e., to trust these childhood and adolescent emotions as they mature in this growing process],

and

to be guided by them –

for that [i.e., for being guided by these mature emotions]
is the final aim

of the

- **mature**
 - and**
 - **well-functioning**
- person.**

I might say

that this [i.e., that being guided by your mature emotions]
has happened to
all of you
to some degree.

There are times

when you allow yourself
to be guided by
your power of
intuition.

But it [i.e., But allowing yourself to be guided by your emotions, by
your power of intuition]

happens more as an
• **exception**
than as a
• **rule.**

It [i.e., Allowing yourself to be guided by your emotions, by your power of intuition]
cannot happen

as a rule
as long as
your emotions
remain

- **destructive**
- and**
- **childish;**

they [i.e., your emotions and your intuition]
are unreliable in this state.

*Since you
discourage
their growth [i.e., discourage the growth of your emotions],
you live by your
mental faculties only –
and they [i.e., and mental faculties]
are secondary in efficiency.*

When
• *healthy emotions*
make your
• *intuition*
reliable,
there will be a
mutual harmony
between the
• *mental*
and
• *emotional*
faculties.

*One will
not
contradict the other.*

*As long as
you cannot rely on
your intuitive processes,
you must be*
• *insecure*
and
• *lacking in self-confidence.*

*You try to make up for this
by relying
on*
• *others,*
or
on
• *false religion.*

This makes you
• *weak*
and
• *helpless.*

	<p><i>But if you have</i></p> <ul style="list-style-type: none">• <i>mature,</i>• <i>strong</i> <p><i>emotions,</i></p> <p><i>you will</i></p> <ul style="list-style-type: none">• <i>trust yourself</i> <p><i>and therein</i></p> <ul style="list-style-type: none">• <i>find a security</i> <p><i>you never dreamed existed.</i></p>
28	<p><i>After</i></p> <p><i>the first painful release of</i></p> <p><i>negative emotions,</i></p> <p><i>you will find a</i></p> <p><i>certain relief</i></p> <p><i>in the realization</i></p> <p><i>that</i></p> <p><i>poisonous matter</i></p> <p><i>has left your system</i></p> <p><i>in a manner</i></p> <p><i>that was</i></p> <p><i>not destructive</i></p> <p><i>for</i></p> <ul style="list-style-type: none">• <i>you</i> <p><i>or</i></p> <p><i>for</i></p> <ul style="list-style-type: none">• <i>others.</i> <p><i>After thus having gained</i></p> <ul style="list-style-type: none">• <i>insight</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>understanding,</i> <ul style="list-style-type: none">• <i>new</i>• <i>warm,</i>• <i>good</i> <p><i>emotions</i></p> <p><i>will come out of you</i></p> <p><i>that could not express themselves</i></p> <p><i>as long as</i></p> <p><i>the negative emotions</i></p> <p><i>were held in check.</i></p>

*You will also learn to
discriminate
between*

- genuine good feelings*

and

- the false good feelings
that you superimpose
out of the need to maintain
your idealized self-image:*

*"This
is the way I
should be."*

*Because you
cling to*

- this idealized self-image,*

*you
cannot find*

- your real self,*

*and
do not have
the courage
to accept
that a
comparatively large area of your personality
is still*

- childish,*
- incomplete,*

and

- imperfect.*

*It [i.e., This large childish area of your personality]
falls considerably short of
what you want to
appear to be.*

29

*You hold on to
the illusion of yourself,
in the wrong belief
that
if you acknowledge
the fallacy [i.e., the fallacy of the idealized illusion
you hold of yourself],
you will be
destroyed.*

*You never realize
that this [i.e., that ACKNOWLEDGING the fallacy of the idealized illusion
you hold of yourself]
is the first necessary step
• to destroy
your destructive processes
and
• to build a
real solid self
that will stand on firm ground.*

*For only
in the
• mature emotions,
in the
• courage to
make this
• maturity
and
• growth
possible,

will you
gain the security
within yourself
you so ardently hunt for
elsewhere.*

	<p><i>But you constantly reach for false solutions in order to create an illusion of security that can be pulled from under your feet at the slightest provocation because it [i.e., because this “security” you try to create by building and clinging to idealized versions of yourself] is unreal.</i></p>
30	<p><i>So, build your true security.</i></p> <p><i>You have nothing to fear from becoming aware of what is already in you.</i></p> <p><i>Looking away from what is does not cause it [i.e., does not cause “what is”] to cease to exist.</i></p> <p><i>Therefore, it is wise on your part to want to • look at, to • face, and to • acknowledge what is in you – no more and no less!</i></p>

*To believe that
it harms you
more
to know
what you
• feel
and
• are
than
not to know [i.e., than NOT to know what you actually FEEL and ARE]
is extremely foolish.*

*Yet to some degree
that
is exactly what you all do [i.e., you all choose NOT to know
what you actually feel and are].*

*That is the nature of your
resistance to
• accepting
and
• facing
yourself.*

*Only after
you face
what is in you
will your
much more mature intellect
be able to make the decision
as to whether
• these inner behavior patterns are worth keeping
or
• not.*

*You are
not
forced
to give up
what seems a protection to you,*

*but look at it [i.e., but look at what SEEMS to be a protection to you]
with the*

- clear*

and

- lucid*

*eyes of
truth.*

That is all I ask you to do.

*You have
nothing to fear
from it [i.e., nothing to fear from looking with clear and lucid eyes at
the TRUTH of what seems to you to be a protection].*

31

*After you have evaluated
the childish emotions,*

*you will hold in your hand
the key to*

- growing up*

and

- becoming a*
 - wholly integrated*

and

- healthy*

human being.

*You will soon discover
the fallacy
that there is a
danger in*

- becoming aware of*

and

- expressing*

childish emotions.

*There is danger [i.e., There is danger in becoming aware of and
expressing childish emotions]*

only if you

- *let them get out of control*

and

- *express them*

without the discipline of

having a specific aim,

namely that [i.e., namely that aim]

of gaining insights about

your inner self

in a meaningful experience.

It is

not enough to

say [i.e., to merely SAY]

that there is no danger in

such a constructive activity:

*it [i.e., such a constructive activity as this becoming aware of and
expressing childish emotions with the intention of gaining
insights about yourself in a meaningful experience]*

is the only way

to alleviate

the danger

of your

- *insecurity*

and

of your

- *pretense*

which you

- *sense all the time*

and

which makes you

even more

- *insecure*

and

- *fearful of exposure.*

*Deep inside
you know
of your*

- *pretense,*

of your

- *false maturity,*

of your

- *idealized self-image.*

And you

- *tremble*

because
you
*know it [i.e., you TREMBLE because you know of your pretense,
false maturity, and idealized self-image]*

and you

- *think you defend it [i.e., you think you DEFEND your pretense,
false maturity, and idealized self-image]*

*by continuing
to close your eyes to it.*

*You think you can
whisk away
the falsity [i.e., You think you can whisk away the falsity of your pretense,
false maturity, and idealized self-image]
by not acknowledging it.*

*Actually,
the truth is
that you can
grow out of the falsity
only
by first of all*

- *accepting its existence at the present time*

and

- *owning up to it.*

*Then [i.e., Then, after accepting and owning up to the existence of
your pretense, false maturity, and idealized self-image]
and then only*

*can you build a
genuine self
you can*

- trust*

and

- rely on.*

*Then
you do not have to fear
exposure.*

32

*And now, my friends,
let us consider this subject [i.e., this subject of growing and maturing emotions]
in the light of
spirituality.*

*You all have come
originally
with the idea of
growing spiritually.*

*I might say that
more or less all of you
hope to accomplish this
without tending to
your emotional growth.*

*You want to believe that
the one [i.e., that spiritual growth]
is possible
without the other [i.e., without emotional growth].*

*Needless to say,
this is
a complete impossibility.*

*Because of
the considerable success
you have already accomplished
through the hard work of
facing yourself,
sooner or later
all of you will reach the point
where you have to make up your mind
as to whether you*

- really
want
emotional growth
or you still want*
- to cling to
the childish hope
that
spiritual growth
is possible
while you*
- neglect the world of feeling
and*
- allow it [i.e., allow the world of feeling]
to lie dormant
without
giving it the opportunity to
grow.*

Let us examine this for a moment, my friends.

33

*You all know,
regardless of what*

- religion or*
- spiritual philosophy or*
- teaching*

*you follow,
that
love
is*

- the first and*
- the greatest
power.*

*In the last analysis,
it [i.e., love]
is
the only power.*

*Most of you
have used this maxim many times,
but I wonder, my friends,
if you ever knew
that you were using
empty words,
always veering away from*

- *feeling,*
- *reacting,*

and

- *experiencing.*

*Now,
how can you*

- *love*

if you do not let yourself

- *feel?*

How can you

- *love*

*and at the same time
remain what you choose to call*

- *"detached"?*

*That [i.e., Being "detached"]
means*

- *remaining personally uninvolved,*
- *not risking*
 - *pain,*
 - *disappointment,*
 - *personal involvement.*

*Can you
love
in such a
comfortable way?*

*If you
numb your faculty of
feeling,
how can you
truly experience
love?*

*Is
love
• an intellectual process?*

*Is
love
• a lukewarm matter of
• laws,
• words,
• letters,
• regulations,
and
• rules
you talk about?*

*Or is
love
• a feeling
that comes from
deep within the soul,

• a warmth
of flowing impact
that
cannot
leave you
• indifferent
and
• untouched?*

	<p><i>Is it not foremost [i.e., Is love not foremost] a feeling, and only after the feeling is fully</i></p> <ul style="list-style-type: none"><i>• experienced</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• expressed,</i> <p><i>will</i></p> <ul style="list-style-type: none"><i>• wisdom,</i> <p><i>and perhaps even</i></p> <ul style="list-style-type: none"><i>• intellectual insight –</i> <p><i>as a byproduct, so to speak – result from it [i.e., result from feeling love]?</i></p>
34	<p><i>How can you hope to gain spirituality – and</i></p> <ul style="list-style-type: none"><i>• spirituality,</i><i>• religion,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• love</i> <p><i>are one – by neglecting your emotional processes?</i></p> <p><i>Think about this, my friends.</i></p> <p><i>Begin to see how you all sit back, hoping for a comfortable spirituality that leaves out your personal involvement in the world of feelings.</i></p> <p><i>After you see this clearly, you will comprehend how preposterous this attitude is [i.e., this attitude is of leaving your feelings out of your spirituality].</i></p>

Your
• *conscious*
or
• *unconscious*
rationalizations
in still denying the
• *awareness*
and
• *expression*
of your emotions,
even though they are
at the moment
still destructive
to quite a degree,

will take on
a different light
in your own eyes.

You will look upon
your resistance to doing
what is so necessary [i.e., your RESISTANCE to becoming aware of and
expressing your true emotions, even though they are still destructive,
and doing so with the aim of understanding yourself and growing]
with a little more
• *understanding*
and
• *truth.*

Any spiritual development
is a farce
if you deny
this part of your being.

If you do
not have the courage
to allow the negative in you
to reach your surface awareness,
how can
• *healthy,*
• *strong*
emotions
fill your being?

	<p><i>If you cannot deal with the negative because it is out of your awareness, this very same negative element will stand in the way of the positive.</i></p>
35	<p><i>Those of you who now</i></p> <ul style="list-style-type: none"><i>• follow this path</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• do what is so necessary</i> <p><i>will first experience a host of negative feelings.</i></p> <p><i>But after these are</i></p> <ul style="list-style-type: none"><i>• dealt with</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• properly understood,</i> <ul style="list-style-type: none"><i>• mature,</i><i>• constructive</i> <p><i>feelings will evolve.</i></p> <p><i>You will feel</i></p> <ul style="list-style-type: none"><i>• warmth,</i><i>• compassion,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• good involvement</i> <p><i>such as you never thought possible.</i></p> <p><i>You will no longer feel yourself isolated.</i></p>

*You will begin to
relate to others*

in

- *truth*
- and*
- *reality,*

not in

- *falsehood*
- and*
- *self-deception.*

*When this happens,
a new*

- *security*
- and*
- *respect for yourself*
- will become part of you.*

You will begin to

- *trust*
- and*
- *like*
- yourself.*

36

QUESTION:

*I would like to ask,
how about the*

- *prophets or*
- *other holy people?*

Were they grown emotionally?

Wasn't it just love they gave?

ANSWER:

Just love they gave?

*Could love be given
without emotional maturity?*

37

QUESTION:

Is a

- *faith in God*
- and*
- *love*
- without emotional maturity possible?*

ANSWER:

That is

- impossible,*
- if we speak about*
- *real love,*
 - *the willingness to be personally involved,*
- and not about the*
- *childish need to*
be
 - *loved and*
 - *cherished*
- which is so often*
confused with love.

For

- *real*
love
- and*
- *real,*
 - *genuine*
faith
to exist,
emotional maturity
is a necessary basis.

- *Love and faith*
- and*
- *emotional immaturity*
are mutually exclusive, my child.

The ability to love
is a direct outcome of
emotional

- *maturity*

and

- *growth.*

*True faith in God,
in the sense of*

- *true religion*

as opposed to

- *false religion,*

is again
a matter of
emotional maturity
because
true religion
is
self-dependent.

It [i.e., True religion]
does not cling to
a father-authority
out of the need
to be protected.

• *False faith*
and

- *false love*

always have
the strong emotional connotation of
need.

• *True love*
and

- *true faith*

come out of

- *strength,*
- *self-reliance,*

and

- *self-responsibility.*

All these [i.e., Strength, self-reliance, and self-responsibility]
are attributes of
emotional maturity.

And only with
• *strength,*
• *self-reliance,*
and
• *self-responsibility*
are
• *true love,*
• *involvement,*
and
• *faith*
possible.

Anyone who ever attained
spiritual growth,
• *known*
or
• *unknown*
in history,
had to have
emotional maturity.

38

QUESTION:
If someone doing this work
finds wild emotions going back to childhood,
how is it possible to
• *handle them*
and
• *substitute for them*
and
• *let them disintegrate*
without the person
who helps in this work
right there?

At the time,
let us say twice a month,
when we have the opportunity to express them with a helper present,
we
• *may not*
feel such emotions,
while we
• *strongly feel them at other times.*

*If one is on one's own,
what is the right way
to handle these emotions
at the moment they come up?*

39

ANSWER:
*In the first place,
it is significant if emotions
only come out
when one is
not
actively doing this work
with the so-called helper.*

*This in itself
points to a
strong resistance.*

*It [i.e., Such strong resistance]
is the long, drawn-out result
of consistent
repression.*

*Due to such repression,
the emotions that come out first
will appear
at inopportune moments
and
will be so strong
as to confuse the person.*

*But after a comparatively short time,
with
the inner will
truly determined to
face the self
in its entirety,
destructive emotions
will not only appear*

- at the proper time*

and

- in the proper place [i.e., with a helper present],*

*but you will be able
to handle them
with a meaningful result.*

*The state of resistance
points to the fact
that inward*

- struggle*

and

- hate*

*still exist
along with
the child's desire that
manifest conflicts
should be resolved
while the basic defense-mechanism
is left untouched.*

If destructive emotions

- govern you,*

instead of

- your being able to govern them*

*without repression,
it is a form of
temper tantrum
in which the psyche says,*

*"You see, you have forced me to do this,
and now see
where this leads to."*

	<p><i>If such subtle hidden emotions can be detected, it will alleviate any danger of negative emotions taking on a power that the personality cannot handle.</i></p>
40	<p><i>In the second place, it is important that you do not feel guilty about the existence of such emotions which are probably incompatible with the image you have of yourself.</i></p> <p><i>If you learn to accept</i></p> <ul style="list-style-type: none"><i>• the reality of yourself</i> <p><i>instead of</i></p> <ul style="list-style-type: none"><i>• your mistaken self-image,</i> <p><i>the strength of negative emotions will abate.</i></p> <p><i>Yes, you will, of course,</i></p> <ul style="list-style-type: none"><i>• experience negative emotions,</i> <p><i>but you will</i></p> <ul style="list-style-type: none"><i>• never fear</i> <p><i>that they can lead you into losing self-control.</i></p>

Let me put it this way:

*the strong impact of
negative emotions,
to the point where you
fear that you are unable to handle them,*

*is due not so much to
their existence per se
but due to
the lack of acceptance on your part
of the fact that
you are
not
your idealized self.*

*The negative emotions
in themselves
would be much less disturbing
if you did
not cling to
the idealized self
while struggling to
give it up [i.e., while struggling to give up
the idealized self].*

*Once you have
accepted yourself
as you now happen to be,
and have
made the
inner decision
to part with
the illusion of yourself,
you will feel
much more at ease.*

*You will become capable of
experiencing
negative emotions
in a way that
promotes growth.*

	<p><i>You will derive insight from them [i.e., derive insight from your negative emotions], even if you are alone at the moment.</i></p> <p><i>Moreover,</i> <i>emotions [i.e., negative emotions]</i></p> <ul style="list-style-type: none">• <i>will come up during working sessions</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>will yield even greater insight if they are</i><ul style="list-style-type: none">• <i>expressed</i>• <i>worked with.</i>
41	<p><i>So, I cannot give you rules to observe.</i></p> <p><i>I can only point to the reason behind this manifestation [i.e., this manifestation of resistance against allowing and working with negative emotions constructively with a helper].</i></p> <p><i>If you</i></p> <ul style="list-style-type: none">• <i>truly absorb it [i.e., truly absorb the reason behind your resistance against allowing and working with negative emotions constructively with a helper],</i>• <i>wish to understand it [i.e., understand your resistance],</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>go on from there,</i> <p><i>this will help you a great deal.</i></p> <p><i>Of course,</i> <i>this is addressed to all of my friends.</i></p>

42	<p>QUESTION: <i>That means that the emotions as such are not dangerous, but it is our disappointment in ourselves that makes them so</i></p> <ul style="list-style-type: none"><i>• powerful or</i><i>• dangerous?</i>
43	<p>ANSWER: <i>Yes, that is right.</i></p> <p><i>But they [i.e., But negative emotions] need not be dangerous, if you do not want them to be.</i></p> <p><i>If inner anger is not properly</i></p> <ul style="list-style-type: none"><i>• understood</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• released in a constructive way, such as you learn on this path,</i> <p><i>a so-called temper tantrum takes place and</i></p> <p><i>the child in you lashes out, destroying</i></p> <ul style="list-style-type: none"><i>• others</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the self.</i>

*Find the child
who wants to strike out
and you will be in control of
evolving negative emotions
without*

- *repressing them,*

but

- *expressing them
constructively*

and

- *learning from them.*

*Find the area
in which you
resent
not being*

- *taken care of,*

not being

- *given all you want.*

*Once you are aware of
the reason for
all this anger,
you will be able to
humor yourself
because
you will see the
preposterous demands of
the child in you.*

*This is the work you have to do
in this particular phase.*

It is a

- *crucial and*
- *decisive*

milestone on your road.

*When you get over
this particular hump,
the work will proceed
much more easily.*

*Whenever you are
afraid of
losing control,
I advise to think
of*

- the image you have of yourself,*

of

- what you think you
should be,
as opposed to
• the emotions
that actually come to the fore.*

The moment you see this discrepancy,

- you will no longer
feel threatened by
the negative emotions.*

• You will be able to handle them.

*This is the best advice for you
in this respect.*

*Find in yourself
where you are
angry at the world
for not allowing you
to be your idealized self-image,*

*where you feel it [i.e., where you feel the world]
prevents you
from being what you could be
without its interference.*

*Once you are aware of such
emotional reactions,
you will again come
a great step forward.*

44

*You see, my friends,
your misunderstanding
is that you think
the harm
comes from
the existence of
the negative emotions as such.*

*It [i.e., The harm]
does not [i.e., The harm does NOT come from
the EXISTENCE of the negative emotions as such].*

*It [i.e., Rather, the harm]
comes
from
• your non-acceptance of
your real self,
from
• the blame you throw into the world
for not allowing you
to be
what you feel
you could be
if the world would let you.*

*This is the nature of such
• strong,
• powerful
emotions,

and they can endanger you
only as long as
you are unaware of their nature.*

*Therefore,
seek their
• meaning.*

*Seek their
• true message
and you will never have to fear.*

45

QUESTION:

*How can you be sure that I mean it
when I say I love a person? (A child asked this question.)*

ANSWER:

*My little son,
I have this to say.*

*The human being
is not cut from one piece.*

*Very many
contradictory
emotions
are possible.*

You may

- *love a particular person*

and then,
perhaps in the next moment,
you may feel

- *hatred*

or

- *resentment.*

*The fact that you do [i.e., that you do feel hatred or resentment toward that person]
does*
not make it untrue
that you also

- *love that person.*

It is
not true
that
if you

- *occasionally feel hate,*

you

- *never love,*

or that
you

- *do not feel*
real love
in other moments.

*Both [i.e., Both loving and hating someone]
are possible.*

*You see,
it is very important
for people to understand
why
they*

- occasionally feel hate,*

while also

- loving.*

*The reason
for such occasional hate
is always
a hurt.*

*If you are
hurt,
know it.*

*Know
why [i.e., Know why you are hurt].*

*It [i.e., The hurt]
will
not harm you,
because
the next step in your development
will be that you realize
that your own
lack of understanding
causes*

- the hurt*
- and therefore*
- the hatred.*

*Then the next step will be,
as you grow still more mature,
that
you will gain
the understanding [i.e., the understanding of WHY you felt hurt]
and therefore
you*

- will no longer be hurt*

and

- will not hate.*

46

*If, for the moment,
you merely understand
that*

- *your hate
does not annul*
- *your love,*

*you will
not
feel guilty [i.e., not feel guilty for the hate you sometimes feel].*

You will know

- *that you are hurt and*
- *why*

*and therefore
you will be able to say to yourself,*

*"I love
and I mean it,
but
I also hate
because
I feel hurt."*

47

*As you grow in the way of this path,
little by little
the negative emotions
will disappear.*

*But while they are still present,
you must
forgive yourself.*

*You can easily do so
when you realize
that you
still love,
even while
you hate
and that you
hate
only because
you are hurt.*

*You need not
expect of yourself
that you
always*

- *love*

and

- *understand.*

No one can do that.

*But it [i.e., But more and more love]
can
gradually come,
very gradually.*

- *Hurt will
grow less*

and therefore

- *love will
grow more.*

48

QUESTION:
*In your answer to this young man,
and from what you said previously,
it would seem that
the emotions
are a tremendous power factor,
raging violently
unless channeled.*

*They use the word
sublimation
in modern psychology.*

*Does it not seem that
sublimation
is a way of channeling these energies
along paths that will
not be destructive
and then, as a result,
we would
stop reacting emotionally
to*

- circumstances and*
- situations*

*around us,
sublimating them into
the creative channels which you mentioned earlier?*

49

*ANSWER:
Yes, of course
this is true.*

*But
sublimation
is very often a
dangerous process
because it is*

- misunderstood,*
- misused,*

and

- leads to*

and often actually

- means*

repression.

*The necessity of
channeling powerful destructive emotions
exists, of course.*

*But, unfortunately,
mostly
the wrong means are used.*

*As I explained today,
the means [i.e., the means most often used to channel
powerful destructive emotions]*

are those of

- *repression*

and therefore

- *obstruction of growth occurs.*

*That you call it
sublimation
because certain energies
are constructively used
does not matter.*

*It is still
growth-inhibiting
if destructive energies
are*

- *not dissolved,*

but rather

- *rechanneled,*

so that they work constructively.

*This happens, for instance,
if a*

- *creative and*
- *artistic*

*person
whose ability
is already freed to a degree
uses*

- *repressed,*
- *unresolved*

*emotional energies
for a constructive purpose.*

	<p><i>It is true that this [i.e., that an artist using repressed emotional energies for a constructive purpose in his or her art] constitutes a lesser evil,</i></p> <p><i>but in terms of the maximum potential of the person in question, he or she will still function way below normal ability until</i></p> <ul style="list-style-type: none"><i>• the</i><i>• difficulties and</i><i>• wrong conclusions are resolved</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the person grows out of the powerful negative emotions.</i> <p><i>Then there will be no sublimation necessary.</i></p> <p><i>It [i.e., Arriving at this mature state where no sublimation is necessary] will all be an</i></p> <ul style="list-style-type: none"><i>• organic,</i><i>• natural process.</i>
50	<p><i>It is very easy to have the wrong approach when it comes to controlling negative emotions.</i></p> <p><i>With a good intent to</i></p> <ul style="list-style-type: none"><i>• channel</i> <p><i>and to</i></p> <ul style="list-style-type: none"><i>• neutralize,</i> <p><i>one often resorts to</i></p> <ul style="list-style-type: none"><i>• repression</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the crippling of an essential part of one's human nature.</i>

51	<p><i>You have a wonderful opportunity here, my friends, to foster the growth of a side in you that has been neglected.</i></p> <p><i>This is true of</i></p> <ul style="list-style-type: none">• <i>some</i> <p><i>to a greater degree than of</i></p> <ul style="list-style-type: none">• <i>others,</i> <p><i>but</i></p> <ul style="list-style-type: none">• <i>all of you</i> <p><i>have to persist in working on this particular phase.</i></p> <p><i>You now have caused entirely unnecessary hindrances in your life.</i></p> <p><i>You have a wonderful opportunity to remedy this very unfortunate mistake that infects the entire human race.</i></p>
52	<p><i>With this, my dearest, dearest friends, I go from you.</i></p> <p><i>Blessings for each one of you.</i></p>

*May you all gain
further
• strength,
further
• wisdom
to conduct
your
• life
and
your
• inner growth
so that you
do not stand still.*

*For this [i.e., For this inner growth so that you do NOT stand still]
is the only thing
that gives meaning to life –
continuous growth.*

*The better
you accomplish this [i.e., this continuous growth],
the more
you will be
at peace with yourself.*

*Blessings
with all
• strength,
• love,
and
• warmth
are given unto you.*

*Be blessed,
be in peace,
be in God.*

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

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

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

Trademark/Service Mark

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

Copyright

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

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