

Pathwork Lecture 100: Meeting the Pain of Destructive Patterns

1996 Edition, Original Given March 16, 1962

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 style="text-align: center;"><i>Greetings, my dearest friends.</i></p> <p style="text-align: center;"><i>God bless each one of you.</i></p> <p style="text-align: center;"><i>Blessed is this hour [i.e., Blessed is this time we now spend together in this lecture].</i></p>
04	<p style="text-align: center;"><i>Most of my friends who work on this path [i.e., who work with this pathwork] approach a certain area of their soul problems where they encounter pain.</i></p>

by Eva Broch Pierrakos

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*To understand
the meaning
of this pain,
I should like to give you
an overall view of
the process for*

- dissolving it [i.e., for dissolving your pain],*

and

- resolving your
inner*

- problems*

and

- conflicts
as well.*

*I shall attempt to give you
a comprehensive view
of the entire process.*

Such understanding will

- help toward
the further resolution
of conflicts*

and

- enable you
to cope with
the afflicted area
of your psyche.*

05

*First,
let us briefly recapitulate.*

*To begin with,
the child
suffers from
imperfections
in the parents'*

- love*

and

- affection.*

***It [i.e., The child]
also suffers from
not being
fully accepted
in its own
individuality.***

***By this [i.e., By “not being fully accepted in its own individuality”]
I mean
the common practice of
treating a child as
• a child,
rather than as
• a particular individual.***

***You suffer from this [i.e., YOU suffer from this having been treated as a
CHILD rather than as a PARTICULAR INDIVIDUAL],
although
you may never be aware of it
in
• these terms
or in
• exact thoughts.***

***This [i.e., This having been treated as a CHILD
rather than as a PARTICULAR INDIVIDUAL]
may leave
as much of
• a scar
as the lack of
• love
or
• attention.***

***It [i.e., This having been treated as a CHILD
rather than as a PARTICULAR INDIVIDUAL]
causes
as much
• frustration
as
• the lack of love,
or even
• cruelty.***

06

*The general climate
in which you grow up
affects you
like a*

- *constant
minor
shock*

*that often leaves
more of a mark than*

- *one
traumatic
shocking experience.*

That is why

- *the latter [i.e., the ONE TRAUMATIC shocking experience]
is so often
easier to cure
than*
 - *the former [i.e., than the general constant climate
in which you grew up].*

The
constant climate of

- *non-acceptance of
your individuality [i.e., non-acceptance of your particular individuality],
as well as the*
- *lack of*
 - *love*
- and*
 - *understanding
cause what is called a*

neurosis.

You
accept
*this climate [i.e., You accept this CONSTANT CLIMATE of non-acceptance
of your particular individuality and lack of love and understanding]
as a matter of course.*

*You take it [i.e., You take this CONSTANT CLIMATE of non-acceptance
of your particular individuality and lack of love and understanding]
for granted.*

	<p><i>You believe that it [i.e., You believe that this CONSTANT CLIMATE of the lack of love and acceptance of your particular individuality]</i></p> <p><i>has</i></p> <p><i>to be so.</i></p> <p><i>Nevertheless,</i></p> <p><i>you suffer from it [i.e., You suffer from this CONSTANT CLIMATE of the lack of love and acceptance of your particular individuality].</i></p> <p><i>The combination of</i></p> <ul style="list-style-type: none"><i>• suffering it [i.e., SUFFERING this CONSTANT CLIMATE of the lack of love and acceptance of your particular individuality]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• believing it [i.e., BELIEVING this CONSTANT CLIMATE of the lack of love and acceptance of your particular individuality]</i> <p><i>to be</i></p> <p><i>an unalterable fact,</i></p> <p><i>conditions you</i></p> <p><i>to develop</i></p> <p><i>destructive defenses [i.e. destructive defenses against feeling this CONSTANT CLIMATE of the lack of love and acceptance of your particular individuality].</i></p>
07	<p><i>The original</i></p> <ul style="list-style-type: none"><i>• pain</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• frustration</i> <p><i>the child</i></p> <p><i>could</i></p> <p><i>not deal with</i></p> <p><i>is</i></p> <p><i>repressed.</i></p> <p><i>It [i.e., The original pain and frustration from the negative CONSTANT CLIMATE of the lack of love and acceptance of the child's particular individuality]</i></p> <p><i>is put</i></p> <p><i>out of awareness,</i></p> <p><i>but</i></p> <p><i>it smolders</i></p> <p><i>in the unconscious mind.</i></p>

It is then [i.e., *It is then, when the original constant climate of pain and frustration of the lack of love and acceptance of the child in its particular individuality SMOLDERS in the UNCONSCIOUS mind,*]

that the

destructive

• images

and

***• defense mechanisms
begin to form.***

In the past

we have examined

the various defense mechanisms

rather extensively.

The images

that you create

are

defense mechanisms.

Through their [i.e., *Through the images'*]

wrong conclusions [i.e., *wrong conclusions created by generalizing specific original negative experiences and unwelcome influences and applying these wrong conclusions to all of life from then on*]

you seek a way of

fighting against

the unwelcome influences

that have created

the original pain.

The pseudo-solutions [i.e., *The pseudo-solutions to fight against the unwelcome influences that created the original pain in you*]

are a way of

battling

• the world,

• the pain,

and

• all that you wish to avoid.

08

When your pseudo-solution [i.e., When your pseudo-solution to solve the original problem of the constant climate of pain and frustration of lack of love and acceptance of your particular individuality]

is a

withdrawal

from

• feeling,

from

• loving,

and

from

• living,

it is a defense

against

being hurt.

Only after

considerable

insight into yourself

will you see what an

• unrealistic,

• shortsighted

"remedy" this [i.e., this withdrawing from feeling, loving, and living "remedy" against being hurt]

is.

[After you have this insight about your pseudo-solution against being hurt, this insight that this "solution" of withdrawing from feeling, loving, and living is a very unrealistic and shortsighted "remedy,"]

You

• will

want

to change

and

• would

rather

• welcome

the pain

than

• [continue WITHDRAWING from the pain, which brings with it] the self-alienation of feeling

• nothing,

or

• very little.

- *Continuing
the work and*
- *courageously
going through
the temporary
periods of*
 - *discouragement and*
 - *resistance,**you will come to
the point
when*
 - *this hard shell
breaks down**and*
 - *you are
no longer
dead inside.*

*But the first reaction
will not be pleasant.*

It cannot be.

*All
the repressed*

- *negative emotions,*

*as well as
the repressed*

- *pain,*

*will at first
come into awareness, and
it will then seem to you
that your [i.e., that your previous DEFENSE against this
pain you had repressed but of which you
are now aware, this defense of]*
*withdrawal
was right.*

*Only after
plowing ahead [i.e., removing defenses and feeling the pain you have repressed]
will you have
the reward of*

- *good,*
- *constructive
feelings.*

*About this
we shall talk in greater detail a little later.*

09

*If [i.e., If, instead of withdrawal,]
your pseudo-solution [i.e., your pseudo-solution to solve the original problem
of the constant climate of pain and frustration of lack of
love and acceptance of your particular individuality]*

is

- *submissiveness,*
- *weakness,*
- *helplessness*

and

- *dependency*
as a means of
having someone
care for you –

not necessarily

- *materially,*

but

- *emotionally –*

that [i.e., that pseudo-solution]

is equally

- *shortsighted*

and

- *unsatisfactory*
as a solution.

*Dependency
on others*

creates

- *fear*

and

- *helplessness.*

It [i.e., Dependency on others]

further diminishes

your lack of

belief in yourself.

As the solution [i.e., As the pseudo-solution to solve the original problem of the constant climate of pain and frustration of lack of love and acceptance of your particular individuality]

- *to withdraw*
 - *makes you feel dead inside*
- and*
- *robs you of the meaningfulness of life,*

so does the solution [i.e., so does the pseudo-solution to solve the original problem]

- *to submit*
 - *rob you of independence*
- and*
- *strength;*

it [i.e., the pseudo-solution to SUBMIT] creates just as much

- *isolation, although through a different inner road.*

Originally [i.e., Originally, as a child,]

you wished to avoid the pain by providing yourself with a strong person to care for you.

In reality [i.e., In reality, now, as an adult, in seeking a strong person to care for you,]

you inflict upon yourself more pain because you can never find such a person.

That person [i.e., That person that needs to care for you]

must be yourself.

10

*By making yourself
deliberately weak,
you exert the
strongest tyranny
over others.*

*There is
no worse tyranny
than that which
a weak person
exerts
over the
• stronger,
or over
• his or her entire environment.*

*It is as though
that person was
constantly
saying:*

- *"I am so weak.
• You have to help me.*
- *I am so helpless.
• You are responsible for me.*
- *The mistakes I commit
do not count because
• I do not know any better.
• I cannot help it.*
- *You must always
• indulge me
and
• allow me to get away with everything.*

- *I cannot be expected
to take full responsibility
for my*
 - *actions**or*
 - *the lack of them,**for my*
 - *thoughts**and*
 - *feelings**or for*
 - *the lack of them.*

• *I may fail
because I am weak.*

• *You are strong,
therefore you must understand everything.*

• *You cannot fail
because your failure
would affect me."*

The

- *self-indulgent,*
- *lazy*
self-pity
of the weak
makes
stringent demands
on their fellow-creatures.

This becomes evident

if

- *the unspoken expectations,*
- *the meaning of emotional reactions,*
are
 - *investigated**and then*
 - *interpreted into*
concise thought.

11

*It is fallacious
to think that the
weak person is*

- *harmless*

and

- *hurts others
less than
the outright*
- *domineering*

and

- *aggressive
person.*

*All
pseudo-solutions
bring
untold pain
to*

- *the self,*

as well as

to

- *others.*

*By withdrawing [i.e., By the pseudo-solution of WITHDRAWING from others],
you*

- *reject others*

and

- *withhold from them
the love*
- *you want to give them*

and

- *that they want to receive from you.*

*By submitting [i.e., By the pseudo-solution of SUBMITTING to others],
you do
not
love,
but
merely expect to
be loved.*

[By this pseudo-solution of SUBMITTING to others]

**You do not see
that others, too,
have
their**

- **vulnerabilities**

and

- **weaknesses**

and

- **needs.**

You

- **reject**
that part of
their human nature,

and thus

- **hurt them.**

By the aggressive solution *[By the pseudo-solution of AGGRESSION toward others],*
you

- **push people away**

and

- **openly hurt them**
with
false superiority.

In all instances *[i.e., In all instances, by withdrawing, submitting, or aggressiveness],*
you

- **hurt**
others

and thus

- **inflict further hurt**
upon yourself.

The hurt you inflict
cannot help but
bring consequences,
and thus

the pseudo-solutions,
intended to eliminate the original pain *[i.e., the pseudo-solutions intended
to eliminate the original constant climate of pain and frustration of
lack of love and acceptance of your particular individuality],*
only bring you
more pain.

12

All

- **pseudo-solutions** [*i.e.*, *All the pseudo-solutions of withdrawal, submission and aggression*],

in addition to

- **various other aspects,**
are incorporated into
your idealized self-image.

Since the nature of
the idealized self-image
is

self-aggrandizement,

it [*i.e.*, *the idealized self-image*]
separates you
from others.

Since its nature [*i.e.*, *Since the nature of the idealized self-image*]
is

separateness,

it [*i.e.*, *your idealized self-image*]

- **isolates you**
- and**
- **makes**
 - **you, and**
 - **those you deal with,**
- lonely.**

Since its nature [*i.e.*, *Since the idealized self-image's nature*]
is

- **falsity**
- and**
- **pretense,**

it [*i.e.*, *your idealized self-image*]
alienates you

- from**
- **yourself,**
- from**
- **life,**
- and**
- from**
- **others.**

All of that [i.e., All of that separateness, isolation, loneliness, and alienation from yourself, life, and others brought on by the pseudo-solutions of withdrawal, submission, or aggression, which were intended to eliminate the original constant climate of pain and frustration of lack of love and acceptance of your particular individuality]

is bound to bring you

- *pain,*
- *hurt,*
- *frustration,*
- *unfulfillment.*

You chose a way out of

- *pain and*
- *frustration,*

but this way [i.e., but this way of your chosen pseudo-solutions intended to eliminate life's pains, this way of withdrawal, submission, or aggression]

has proven

not only

- *inadequate,*

it actually

brings you

- *much more of*
what you wished to avoid.

However,

- *to clearly recognize this fact*

and

- *to put the links together*

requires

the active work of
sincere self-search.

13

*The perfectionism
that is
so deeply ingrained
in
• you and
in
• your idealized self-image
makes it
impossible
for you
to accept
• yourself
and
• others,
to accept
• life
in its reality,*

*and you are therefore [i.e., and therefore, you, with your perfectionism, are]
incapable of
• coping with life
and
• resolving your own problems.*

*It [i.e., The perfectionism of your idealized self-image]
causes you to
forgo
the experience of
living
in the true sense.*

14

*Most of you, my friends,
have come across
many
• recognitions and
• insights
that dealt with
your wrong
• conclusions,
• misconceptions,
• images,
• pseudo-solutions.*

*You are,
to some extent at least,
aware of the
particular nature of*
• *your idealized self-image.*

*You have
some inkling
in what way
you are*
• *self-alienated*
and
• *perfectionistic.*

You have therefore
• *realized*
*the extent of
the damage
you have inflicted
upon*
• *yourself*
and
upon
• *others*

and
• *have seen*
how unsatisfactory these
• *pseudo-defenses*
and
• *protections*
are.

*All of you
may not be
fully aware of
all
these factors,*
*but most of you
are*
*sufficiently aware of them [i.e., sufficiently aware of your
idealized self-image, self-alienation, perfectionism,
pseudo-defenses, and protections]
to be inwardly ready
to give them up.*

*Some of you
have actually reached
the threshold
opening the way
to a new inner life
of being
emotionally
willing
to let go of
all the defenses.*

*Constantly
observing
your*

- unrealistic*

and

- immature*
 - emotions*

and

- reactions*
 - weakens*
their impact

and

- begins a process of*
dissolving them
almost automatically.

*When a
certain dissolution
has taken place,
the psyche
is ready
to cross the threshold.*

*But
the act
of
crossing it [i.e., act of actually crossing the threshold to a NEW INNER
LIFE of being emotionally willing to let go of all the defenses]
is painful
in the beginning.*

15

*You would expect,
when crossing this
important threshold [i.e., threshold to a NEW INNER LIFE in which you
are emotionally willing to let go of all the defenses],*

that the

- *new,*
- *constructive*

patterns

can
immediately
replace the

- *old*
- *destructive*

ones.

[However,]
Such an expectation is

- *unrealistic*

and

- *not according to truth.*

Constructive patterns
cannot have a
solid foundation
before
you go through
the original

- *pain*

and

- *frustration*

you had run away from.

You have to

- *face*

and

- *feel,*
- *understand,*
- *come to terms with,*

and

- *assimilate*

*all that first [i.e., You have to first face, feel, understand, come to terms with
and assimilate all that pain from the original constant climate of pain
and frustration of lack of love and acceptance of your particular
individuality that you experienced as a child].*

Then [i.e., Then, after you face, feel, understand, come to terms with and fully assimilate the pain from the original constant climate of pain and frustration of lack of love and acceptance of your particular individuality that the child in you experienced,]

- *what is*
 - *unhealthy*
- and*
 - *unrealistic*
- can be*
- dissolved,*

- *what is*
 - *immature*
- can*
- mature,*

and

- *the healthy*
- but repressed*
- forces*
- can be*
- brought into*
- their proper channels*
- so that they [i.e., so that the healthy but repressed forces]*
- can work*
- constructively*
- for you.*

The longer
you delay

this painful process [i.e., this painful process of fully feeling, coming to terms with and assimilating that original constant climate of pain and frustration due to lack of love and acceptance of your particular individuality that the child in you experienced],

the more
difficult

is it bound to be
when you are
finally ready
to pass
from

- *childhood*

into

- *adulthood.*

**Even if you
die
in this life
as a child [i.e., even if you do not mature
into adulthood before you die],
at one period or another of
your spiritual development
this threshold [i.e., this threshold from defensive childhood
into undefended adulthood]
has to be crossed.**

- **The pain** [i.e., The pain you experience in crossing this threshold from defensive childhood into undefended adulthood, this painful process of fully feeling, coming to terms with and assimilating that original constant climate of pain and frustration of lack of love and acceptance of your particular individuality that the child in you experienced]

**is a
healthy
growing pain,**

and

- **the light
is in sight
when you overcome
your resistance
to the process** [i.e., overcome your resistance to taking down your defenses as you grow from DEFENSIVE child to UNDEFENDED adult].

*• The strength,
• the self-reliance,
and
• the capacity
to live fully
with all your
constructive
patterns
beginning to work,
is ample compensation
for
• all the years of
• destructive
and
• unproductive
living,
as well as
for the
• pain of
crossing the threshold
into
emotional
adulthood [i.e., into emotionally UNDEFENDED adult].*

16

*Can you imagine
being
spared
experiencing
the pain
against which
you instituted
the destructive patterns?*

*You used them [i.e., You used the destructive defensive patterns]
to run away from
something that
occurred in your life,
whether
• actual
or
• imaginary
makes little difference.*

*It is
the wishful-thinking process
of*

- running away*

and

- looking away
from something
that*
 - is*
 - or*
 - was,*

*thus
not*

- facing*

and

- coping with
your reality,*

*that caused
your soul's sickness.*

*Hence
it is
this area [i.e., It is this area where you have been
running away from “what is” or “what was”]
that has to be tackled
now.*

*This is why
those of you
who have made
your first tentative steps
over the threshold –
there may be occasional relapses
for
no inner process develops
in just one smooth action –
are puzzled by
the acute pain
you experience [i.e., experience as an undefended adult].*

*Often
you do not quite understand
why
this is so [i.e., not understand WHY you experience such acute pain at this
time when you are crossing the threshold into emotional adulthood].*

*You may have
some
• vague idea and
some
• partial answers [i.e., some vague idea or some partial answers as to
WHY you experience such acute pain at this time when you are
crossing the threshold into emotionally undefended adulthood],
but this lecture
will help you
to arrive at
a more profound understanding.*

17

*Intellectually,
you all know
that
this path is
not
a fairy tale
in which
you find
your
• deviations
and
• misconceptions
and
• evasions,
and,
after having done so,
nothing
but bliss follows.*

*In the
last analysis
it is true, of course,
that
being freed of your shackles
of
• error
and
• deviation
is bound to
bring you happiness.*

But

until you reach that stage [i.e., until you reach the final stage of UNDEFENDED adulthood, the stage of freedom from your shackles of error and deviation],
many areas of your soul
have to be
experienced
until
your psyche
is truly equipped
to make the best of life.

Even after

the acute pain [i.e., Even AFTER the acute pain you experience in crossing this threshold from the defended child into the emotionally undefended adult, this experience of the painful process of fully feeling, coming to terms with and assimilating that original constant climate of pain and frustration of lack of love and acceptance of your particular individuality that the child in you experienced]

- **has been properly assimilated**
- and**
- **is no longer present,**

the

• **unrealistic,**
although
• **often unconscious**
expectation
exists
that
now
life
will
always
grant you
what you wish.

No, my friends.

However,

the reality [i.e., the REALITY OF LIFE]
is

much better [i.e. much better than life was BEFORE you crossed the threshold from the defended child into emotionally undefended adult].

In
reality
you will learn to
• cope with the
• mishaps
and
• difficulties,
rather than
• becoming broken
by them [i.e., rather than becoming broken by mishaps and difficulties
as you were before crossing the threshold from the defended
child into emotionally undefended adult].

You will
not
fortify
your destructive defenses [i.e., the destructive defenses which you
used as an attempt to ward off the pain of
the difficulties you faced as a child].

This [i.e., This not fortifying and using your destructive defenses
in response to life's difficulties],

in turn,
will equip you
with the tools
• to make the
best out of
each
opportunity,
and
• to derive
the maximum
• benefit
and
• happiness
out of
every
experience of life.

18

*Needless to say,
this [i.e., this making the best out of every life situation and maximizing your
benefit and happiness in every life experience]*

is

never

accomplished

with your

• destructive defense mechanisms

and

• various images.

*Let me repeat here
what I have often said:*

First

the

outer

negative events

will continue

to come your way,

as a result of

your

past

ingrained patterns,

but

*you will encounter them [i.e., encounter these outer negative events]
in a different way.*

*As you learn to do so [i.e., As you learn to encounter these outer negative events
in a new and different way – the way of an emotionally undefended adult],
you will*

become aware of

many opportunities

for happiness

that you ignored

in the past.

In this way [i.e., *By learning to encounter problems in a different and emotionally undefended mature adult way and thereby becoming aware of opportunities for happiness that you overlooked and ignored in the past*],
you begin to
change
the patterns [i.e., *you begin to change the past patterns and defenses that you have been using in your child-self to ward off pain and frustration in life*],
until
very,
very
gradually,
perhaps over a process of
several incarnations,
the unhappy outer events [themselves]
cease
more
and.

But
when you find yourself
at the beginning
of this stage [i.e., *at the beginning of this interim stage of crossing the threshold into the new life of being an emotionally undefended adult*],
do not expect
immediate
• fulfillment
and
• happiness
in every respect.

Do not expect
it [i.e., *Do not expect fulfillment and happiness*]
to come from
the outside
without
your
creating it [i.e., *without YOUR creating fulfillment and happiness, and doing so*]
by
• learning
and
• experiencing [i.e., *and by experiencing life*]
in a productive way.

	<p><i>First</i> <i>you need to see</i> <i>your</i> <ul style="list-style-type: none">• <i>possibilities</i><i>and</i> <ul style="list-style-type: none">• <i>opportunities</i><i>and</i> <ul style="list-style-type: none">• <i>independent ability to choose,</i> <i>instead of</i> <ul style="list-style-type: none">• <i>being utterly helpless</i><i>and</i> <ul style="list-style-type: none">• <i>waiting for fate</i> <i>to bring you happiness.</i></p>
19	<p><i>By now</i> <i>you must understand</i> <i>that in many respects</i> <i>you</i> <i>have caused</i> <i>your own</i> <i>unhappiness</i> <i>through your own</i> <ul style="list-style-type: none">• <i>destructive</i><i>and</i> <ul style="list-style-type: none">• <i>unrealistic</i> <ul style="list-style-type: none">• <i>evasions</i><i>and</i> <ul style="list-style-type: none">• <i>defenses.</i> <i>You will</i> <i>now</i> <i>realize,</i> <i>with a</i> <i>new</i> <i>sense of strength,</i> <i>that</i> <i>you</i> <i>can bring about</i> <i>your own</i> <ul style="list-style-type: none">• <i>fulfillment</i><i>and</i> <ul style="list-style-type: none">• <i>happiness.</i></p>

Again,
this [*i.e., this coming to a sense of strength that you can bring about your own fulfillment and happiness*]
cannot be done by
intellectual understanding.

[Rather,]
It is an
inner process
that grows
organically.

As you now
deeply
understand
that
no
• unkind fate
or
• cruel god
has
• punished
or
• neglected
you,

so you will
deeply
• understand
and
• know
that
it is
you
who can create
all the fulfillment
your soul craves for –
a craving [*i.e., a craving for fulfillment*]
you were not even conscious of
when you first began this path.

20

*The new consciousness
may emerge
only
after
a fuller understanding
of all your*

- pseudo-solutions*
- and*
 - misconceptions,*

*the depth of which understanding
will make you
aware of
your needs.*

*The primary
result
on this path
is*

- the understanding of
your own*
 - causes*
- and*
 - effects*

and

- the sense of*
 - strength*
 - independence,*
 - self-reliance,*

and

- justice*

*that this understanding
gives to an individual.*

	<p><i>How much time it takes</i></p> <ul style="list-style-type: none">• <i>to reach the first tentative beginnings of this new strength</i> <p><i>and later</i></p> <ul style="list-style-type: none">• <i>to increase it, depends on your</i>• <i>efforts, your</i>• <i>inner will, and your</i>• <i>overcoming the ever-present resistance which wears off only after you gain sufficient recognition of its devious ways.</i>
21	<p><i>Now, my friends, when you come across the pain,</i></p> <ul style="list-style-type: none">• <i>is it really merely the pain you once experienced as a child?</i>• <i>Is it really the frustration the child suffered from the parents, and nothing more?</i> <p><i>No, my friends, this is not entirely correct [i.e., The pain is NOT MERELY the original pain and frustration of lack of love and acceptance of your individuality that the child in you experienced].</i></p>

*It is true
that the original
• pain
and
• frustration
have
• afflicted the
resiliency
of your psyche
and
• made you
incapable of
properly
dealing with it [i.e., incapable of properly dealing
with the original pain and frustration].*

*It [i.e., The original pain and frustration of the lack of love and acceptance
of your particular individuality that the child in you experienced]
caused you to
• turn away from it [i.e., turn away from this pain and frustration]
and
• look for
unsatisfactory "solutions" [i.e., look for "solutions" so that
you would NOT have to FEEL the pain and frustrations caused
by the lack of love and acceptance of your particular
individuality that the child in you experienced].*

*But the pain you
now
experience
is much more the

present

pain
of unfulfillment,

caused by
your unproductive patterns.*

Consciously

you cannot

distinguish this [i.e., you cannot distinguish between this “now” pain of unfulfillment and the “then” pain and frustration due to the lack of love and acceptance of your individuality that the child in you experienced].

[In fact, now]

You may

**not even be aware of
the original childhood pain.**

It may take [further]

**• time and
• self-observation
to distinguish the pain at all.**

After you do so [i.e., after you distinguish between the two pains],
you will see that

**the more acute pain
is your
despair
with
• yourself and
with
• life

• now,

not
• in the past.**

The past

**is important
only**

because it [i.e., only because the past original pain and frustration due to the lack of love and acceptance of your particular individuality that the child in you experienced “then”]

**caused you
to institute
the unproductive ways [and pseudo-solutions]
responsible for
your
present
pain.**

22

If you
• **do not shy away from**
the [present] pain
but [rather]
• **go through it,**
becoming aware of
its significance,
you will realize that
your
present
unfulfilled needs
cause the pain.

Your
frustration
will be with your
inability,

at this time,

to bring about fulfillment [i.e., bring about fulfillment
of your PRESENT unfulfilled needs].

You cannot
as yet
see what you can do about it [i.e., You cannot as yet see what you
can do about this PRESENT pain and frustration of unfulfilled needs].

You feel caught
in your own trap,
not seeing
how to get out of it [i.e., not seeing how to get out of that which
traps you in your PRESENT unfulfilled needs],
thus being
dependent on
outer intervention [i.e., outer intervention to fulfill your
PRESENT as yet unfulfilled needs,
and that is OUTER intervention]
over which
you have no control.

**Only after
courageously
becoming aware of
all these**
• **impressions**
and
• **reactions,**
**will you
gradually
see a way out,
and thereby**
• **decrease your**
• **helplessness**
and
• **increase your**
• **independent strength**
and
• **resourcefulness.**

23

**In a previous lecture [See lectures
90: Moralizing – Disproportionate Reactions – Needs;
92: Repressed Needs – Relinquishing Blind Needs –
Primary and Secondary Reactions;
and
93: The Link Between the Main Image, Repressed Needs, and Defenses]**
**we discussed the subject of
human needs.**
**Before you uncover
your various
"protective layers,"
you cannot even
be fully
aware of your
real
needs.**

*You may know
some of your*

- *unreal,*
- *superimposed
needs,*

*but only after
a fuller understanding of yourself
do you
gradually
become aware of the*

- *basic,*
- *naked
needs*

that you have held in check.

*When you
experience
the pain,
before
crossing the threshold [i.e., the threshold from your
emotionally defended child's immaturity]*
into

- *emotional maturity*

and

- *productive patterns,*

*you have the possibility,
if you so choose,
to become
precisely
aware of
these needs [i.e., PRECISELY AWARE OF these basic,
naked needs that you have heretofore held in check].*

*This [i.e., This precise awareness of these basic, naked needs
you have heretofore held in check]*
*is inevitable
if you wish to
come out of
your present state of
unproductive living.*

24

*As you go through the process
of becoming aware
of your*

- *needs*

*and
of the*

- *frustration of
their unfulfillment,*

*you will find
first
the stringent need
to be
loved
just as
the child
needs to receive*

- *love*
- and
- *affection.*

*However,
it cannot be said
that the
need
to be loved is*

- *childish*
- and
- *immature.*

*It [i.e., The statement that the need to BE loved is childish and immature]
is only so
when the adult person has*

- *locked his or her soul*
- *refused to grow
in his or her own capacity to
give
love,*

*so that
the need to
receive [i.e., the NEED to RECEIVE love and affection]
remains*

- *isolated [i.e., isolated from GIVING love],*
- as well as
- *covered up [i.e., the need to RECEIVE love
remains covered up, unseen and unfelt].*

**Through your
destructive patterns [i.e., Through your destructive patterns of withdrawal,
submissiveness, or aggressiveness],
you pushed your [unfulfilled and hence]
painful need
to
receive
love
into the unconscious.**

**Due
to this**

- **unawareness [i.e., unawareness of your unfulfilled and hence
painful need to BE loved]**

**and
to your**

- **defense mechanisms
of various sorts [i.e., your defense mechanisms of withdrawal,
submissiveness, or aggressiveness],**

**your ability to
give [i.e., to GIVE love]
could never
grow
within your psyche.**

**However,
during all the work you have done,
you have not only**

- **become aware of
so much that was hidden away,**

but, you have also

- **begun to dissolve
certain destructive levels.**

**This [i.e., This new awareness and dissolving of certain destructive levels]
has allowed
your ability to
give
love
to surface,
even though
you may not yet
be fully aware of it [i.e., you may not yet be fully
aware that you have the ability to GIVE love].**

25

*As you encounter
the pain [i.e., the pain of your unfulfilled need to receive and give love],
you actually
experience
the tremendous pressure
of your needs [i.e., the PRESSURE of your UNFULFILLED needs].*

*On the one hand,
you face the
need to*

- receive*
which remains ungratified [and unfulfilled]
as long as the
destructive patterns
prevail.

*It requires some time
to gain
the necessary*

- strength*
- and*
 - resourcefulness*
to bring about
the fulfillment of
this need to
receive [i.e., to receive love].

*On the other hand,
the need to
give
cannot find
an outlet
until this stage [i.e., until this stage of increased fulfillment
of this need to RECEIVE love]
is reached.*

*Thus
a double frustration [i.e., the double unfulfillment of both the unfulfilled need
to RECEIVE love and the unfulfilled need to GIVE love]
is caused –
and this generates
tremendous pressure.*

	<p><i>It is this pressure [i.e., It is this pressure of the double unfulfillment of both the unfulfilled need to RECEIVE LOVE and the unfulfilled need to GIVE LOVE] that is so painful.</i></p> <p><i>It seems to tear you apart.</i></p>
26	<p><i>Do not believe, my friends, that</i></p> <ul style="list-style-type: none"><i>• the pressure,</i><i>• the frustration</i> <p><i>did not exist before you became aware of it.</i></p> <p><i>It [i.e. The tremendous pressure and frustration of the double unfulfillment – both of your unfulfilled need to RECEIVE LOVE and of your unfulfilled need to GIVE LOVE]</i></p> <p><i>did exist,</i></p> <p><i>but it [i.e., this tremendous pressure] created</i></p> <ul style="list-style-type: none"><i>other outlets,</i><i>perhaps</i><i>in</i><i>• physical sickness,</i><i>or</i><i>in</i><i>• other symptoms.</i> <p><i>As you become aware of</i></p> <p><i>the central core [i.e., the central core of both of your unfulfilled need to RECEIVE LOVE and of your unfulfilled need to GIVE LOVE],</i></p> <p><i>the</i></p> <ul style="list-style-type: none"><i>• pressure</i><i>and</i><i>• pain</i> <p><i>may feel more acute,</i></p> <p><i>but such [i.e., but feeling more acute pressure and pain due to your unfulfilled need to RECEIVE LOVE and GIVE LOVE]</i></p> <p><i>must be the healing process.</i></p>

*You thus
draw your awareness
to the
central cause
where the problem
really lies.*

You focus your attention on
• *the root.*

*You shift your emphasis
from*
• *evasion [i.e., evasion of the pain via your pseudo-solutions and defenses of
WITHDRAWAL, SUBMISSION, or AGGRESSIVE FORCING CURRENT]*
to
• *reality [i.e., to the REALITY of “what is” – facing the REAL pain and
frustration of the unfulfilled need to RECEIVE and GIVE LOVE].*

*The real pain [i.e., The real pain and frustration of
the unfulfilled need to RECEIVE and GIVE LOVE]
has to be
experienced
in all its
• shades
and
• varieties.*

*You have to
become aware
that your
needs
are exactly
both
• to give [i.e., to GIVE LOVE]
and
• to receive [i.e., and to RECEIVE LOVE].*

You need to

• **feel**

and

• **observe**

the frustration of

• **the accumulated pressure** [i.e. The tremendous accumulated pressure and frustration of the double unfulfillment – both of your unfulfilled need to RECEIVE LOVE and of your unfulfilled need to GIVE LOVE],

• **the momentary helplessness**

about finding relief [i.e., helplessness about EVER finding relief from this tremendous pressure and frustration of this double unfulfillment: the unfulfilled need to give and receive love],

• **the temptation to evade**

yet again [i.e., temptation yet again to EVADE the pain and frustration of this double unfulfillment – the unfulfilled need to give and receive love – via your pseudo-solutions and defenses of WITHDRAWAL, SUBMISSION, or AGGRESSIVE FORCING CURRENT].

As you

• **battle through this phase**

and

• **grow stronger,**

you will

no longer

run away

from

• **yourself**

and

from

• **the apparent risk of living.**

Opportunities

will come your way [i.e. opportunities will come your way to fulfill your heretofore unfulfilled need to RECEIVE LOVE and of your heretofore unfulfilled need to GIVE LOVE].

You will

• **see them** [i.e., You will see these opportunities to RECEIVE and GIVE LOVE]

and

• **make use of them.**

They [i.e., These opportunities to RECEIVE and GIVE LOVE that come your way] will

- *teach you to further your*
- *growth*

and

- *strength*

until

your needs [i.e., until your heretofore unfulfilled needs to RECEIVE and GIVE LOVE]

can find

- *partial fulfillment,*

and then

- *little by little*

increase it [i.e., and then will, little by little, increase your fulfillment] as you

- *grow*

and

- *change your patterns.*

27

You must understand that at this period you find yourself in an interim stage.

You have become aware of your need to receive [i.e., your need to receive love], which is in itself healthy.

***But this need [i.e., But this need to RECEIVE love]
has become***
• ***exaggeratedly strong***
and therefore
• ***immature,***
because of
• ***your repression of it [i.e. because of your repression of
your healthy NEED to receive love]***
and the consequent
• ***frustration of***
the healthy fulfillment of
receiving [i.e., of receiving love].

If you do not
receive enough [i.e., If you do NOT receive enough love],
your demand [i.e., your demand to RECEIVE love]
grows out of proportion,
especially when
you are
***unconscious of it [i.e., especially when you are unconscious of
your need and your DEMAND to receive love].***

28

Due
• ***to your progress***
and
• ***to the growth***
that has taken place
within you,
the mature
need to
give [i.e., the mature need to GIVE love]
has also grown.

Before,
you could not find
an outlet
for this [i.e., you could not find an outlet for this need to GIVE love]
because the
destructive patterns
were still
in effect,
perhaps

- **only partly,**
- or
- **in a modified form.**

You may even have
made attempts
to compromise
between the

- **old [i.e., the old immature, childish way to give love]**

and the

- **new,**
- **desired,**

way [i.e., the new, desired, mature and adult way to give love].

However,
do not forget that
effective results
can come
only
when
the new [i.e., the new, desired, mature and undefended adult]
patterns
become an

- **integral**

and

- **almost automatic**

reaction in you.

Your

**old [i.e., Your old immature childish defensive]
patterns**

have been in existence for

- **years,**
- **decades,**

and often through

- **several lifetimes**

in which you have

- **battled the same problems [i.e., battled your problems that were due to the heretofore unfulfilled need to RECEIVE and GIVE LOVE]**

and always

- **shied away from**

facing

- **these same problems,**

facing

- **yourself,**

and

facing

- **life as it is [i.e., life as it is in its IMPERFECTIONS].**

Now,

as you

- **learn to do so [i.e., as you learn 1) to face these same problems that were due to heretofore unfulfilled need to RECEIVE and GIVE LOVE, 2) to face YOURSELF, and 3) to face life as it is in its IMPERFECTIONS]**

and

- **have begun to change inwardly,**

- **outer**

change does not come at once

while

- **inner**

change has begun to work.

In this period [i.e. In this period where INWARD change has begun to happen but where OUTER change lags behind],

the pressure inside may become most stringent.

29

After you do so [i.e., After you go through this temporary tunnel, through this challenging transition period between the old and new ways of facing your frustration and pain due to unfulfilled needs to give and receive love],

your sense of

- *strength,*
- *adequacy,*

and

- *resourcefulness*
- will grow steadily –*

with occasional relapses, of course –

but if you

make each relapse

serve as

a further

- *stepping stone,*

a further

- *lesson,*

the new patterns

will eventually

- *establish themselves*

in your inner being

and

will

- *make you see*

the possibilities

you have overlooked for so long.

You will then have

the courage to

- *explore*

these possibilities [i.e., to EXPLORE these possibilities of giving and receiving love from an UNDEFENDED adult place, possibilities you have overlooked for so long],

instead of

- *rejecting them [i.e., instead of REJECTING these new possibilities to give and receive love from an UNDEFENDED adult place]*

in fear.

Thus,

and thus only,

will the fulfillment come [i.e., will the fulfillment come of your heretofore unfulfilled needs to GIVE and RECEIVE LOVE].

30	<p><i>It is so important for you to</i></p> <ul style="list-style-type: none"><i>• understand this</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• deeply absorb it, my friends.</i> <p><i>If you do, it must help you.</i></p> <p><i>Is that clear, my friends?</i></p>
31	<p><i>Are there any questions regarding this subject?</i></p> <p>QUESTION: <i>When I go through certain phases of various fears, is that connected with the subject you discussed tonight?</i></p>
32	<p>ANSWER: <i>Yes, it is, indeed.</i></p> <p>Fears <i>are so often a subterfuge [i.e., FEARS are so often expedients used to escape a consequence or to hide something, here] to hide from the basic core of pain [i.e., the core pain and pressure due to the unfulfilled need to GIVE and RECEIVE LOVE].</i></p> <p><i>They [i.e., The fears] come into existence as a result of your evasion [i.e., result of your EVASION of the core pain due to the unfulfilled need to GIVE and RECEIVE LOVE, the EVASION by your pseudo-solutions and defenses of WITHDRAWAL, SUBMISSION, or AGGRESSIVE FORCING CURRENT.</i></p>

*In this work,
you have often noticed that,
after certain progress,
• the fears
begin to vanish
more and more,
and then [i.e., and then, as the fears vanish,]
• you become aware of
the pain [i.e., aware of the pain that is the root cause of the fear].*

*The fear
is an
inadvertent result
of the evasion [i.e., result of the evasion of the pain, a result]
that was
not
deliberately
chosen, of course.*

*But
all
evasion
must have
more
unpleasant
results
than [i.e., must have MORE unpleasant results
than the result of simply]
feeling
the original pain.*

Unpleasant
as the original pain may be,
once one
accepts
its truth [i.e., *accepts the truth of the reality of the original pain*
in an imperfect world],

it is
so much
• better,
so much
• easier,
so much
• more
• honest
and
• healthy
to live with [i.e., *to live WITH this reality of the original pain*]

than [i.e., *than to live with*]
any result of
evasion [i.e., *any result of evasion from the original pain*],

be it
• fear
or
• anything else.

Since
• fear
vanishes
only after it is
• faced,
• met,
and
• come to terms with,
• pain,
the underlying cause of it [i.e., *pain, which is*
the underlying cause of the fear],
has to be dealt with similarly.

33

It is not only
• *the pain of unfulfillment*
that you cringe away from, however.

You also do
not
want to take upon yourself
• *mature self-responsibility.*

This [i.e., This not wanting to take upon yourself adult mature self-responsibility]
may not apply to
all your
• *outer material life,*
but may
affect
• *the emotional plane.*

If you
• *do not wish to love,*
and
• *live in*
fear of being hurt,

if you
• *do not wish to take*
the risk of living
upon yourself,

you wish
to remain
the child
who waits helplessly
for life
to fulfill its needs
without the necessity of
self-involvement.

The price you pay
for such evasion [i.e., The PRICE you pay for 1) evasion from growing into
adult self-responsibility for fulfilling your emotional needs for giving
and receiving love, for 2) living in fear of being hurt, for 3) refusing to
take on the risks of living and for 4) avoiding self-involvement to fulfill
your needs in inner matters of the heart, emotional life, and love]
is very high.

Many of you
do not yet realize
how high that price is.

- *This running away*
from
 - *self-responsibility**and*
from
 - *the apparent risk of*
 - *living*
 - *feeling*

is caused by
an original
sense of inadequacy,

- and*
 - *continuing to run away*
increases that
sense of inadequacy.

Only as
you
change this pattern [i.e., change this pattern of running away from life]
will you find your

- *sense of adequacy*

and

- *self-confidence.*

The psychic law
that says that

- *running away from*
the original pain
of unfulfillment
increases
 - *the unfulfillment,*

and therefore

- *the pain,*
operates here, too.

34	<p>QUESTION: <i>In the process of my work, I have, of late, occasionally felt the need to</i> • give love, <i>and not only to</i> • receive.</p> <p><i>But this feeling [i.e., But this feeling of the need to GIVE love] goes away again.</i> <i>How can I</i> <i>learn to</i> <i>always</i> <i>feel the need to</i> <i>give?</i></p>
35	<p>ANSWER: <i>My dear friend, it would be very misleading to say you can learn</i> <i>it [i.e., LEARN to ALWAYS feel the need to GIVE LOVE].</i></p> <p><i>This is something you cannot learn by a voluntary act [i.e., by a voluntary act of the will].</i></p> <p><i>Attempting that [i.e. attempting to learn to love as a VOLITIONAL act of the will]</i> • would amount to a <i>manipulation of your feelings,</i> <i>and, in the last analysis, this [i.e., this manipulation of your actual feelings]</i> • would be <i>dishonest.</i></p> <p><i>If it is real [i.e., If your GIVING LOVE is REAL], it happens</i> • naturally <i>and</i> • by itself, <i>as you have already noticed.</i></p>

*This [i.e., This REAL GIVING of LOVE]
will*

- come more often,*
- and*
- last longer,*
- and*
- become stronger,*

*but only if
you*

do not force it directly.

*The best way
to get to this point of*

- growth,*
 - maturity,*
 - and*
 - productive living,*
- is by*

*simply observing
your emotions.*

*Note how they [i.e., Note how your emotions]
are still geared to the*

- one-sided,*
 - childish*
- desire
to merely
receive.*

*The more you
observe yourself
objectively,
the more you
will find the
underlying causes
for such an imbalance [i.e., for the imbalance between
GIVING and RECEIVING love],*

and

*the more you
will speed the
process of growth
that finally
will enable you
not only
to experience*

- the need to give [i.e., the NEED to GIVE love]*
- as much as*
- the need to receive love,*

*but eventually also
to find
the necessary outlet [i.e., the necessary outlet
for expressing and giving your love].*

36

*I must repeat
again
and again
that
inner growth
cannot happen suddenly.*

First you have

- a glimpse,*
- a momentary
experience of
a new way of
feeling.*

Then it [i.e., Then that glimpse or momentary experience of a new way of feeling love] goes away again.

If, at such a time [i.e., If, at such a time when the feeling of love goes away again], you

• are not discouraged

and

• do not give way to the feeling that

it is of no use [i.e., no use to go on with the work of pathwork in order have this feeling of the NEED to GIVE love]

because you have apparently relapsed

into the old way [i.e., relapsed and gone back to the old immature childish way of living life where you feel the need to RECEIVE love more than the need to GIVE love],

but

• persevere instead,

the periods of

• healthy,

• good

feeling [i.e., the periods of healthy, good feelings of GIVING LOVE]

• will come more often

and

• will last longer.

Each relapse

seems

to lead you to

the same old tunnel,

but it

does not.

It is a new one [i.e., Each relapse is a new tunnel].

If you pass through it [i.e., If you pass through this new tunnel of experience], the momentary glimpse of

• strength,

• love, and

• light

will come again,

until it finally becomes

a part of you.

37

QUESTION:

*I discovered in my work that
mixed in with*

- *healthy and*
 - *productive*
- pleasure*

is also

- *destructive or*
 - *self-destructive*
- pleasure.*

The latter [i.e., The self-destructive pleasure]

- *can't always*
- be recognized as such*

and

- *is difficult to get rid of.*

*There seems to be
in me*

*a confusion
between*

- *the pleasure principle*
- and*
- *rejection,*

*as well as
between*

- *happiness*
- and*
- *selfishness.*

What can you suggest?

38

ANSWER:

***Apart from the question of
masochism***

about which I have spoken considerably

• in the past,

and also

• in answer to a recent question,

I have this to say:

Here the

either/or attitude

of the child

prevails.

The child in you

feels that

if you are

• in pursuit of pleasure,

you are

• not in reality.

Reality [i.e., Reality, to the child in you,]

means

• rejection

and

• unpleasure,

therefore

you

• escape from

it [i.e., you escape from reality]

and

• build your pleasure

in fantasy.

This [i.e., This belief and approach to life that says

- *reality always means unpleasure and rejection,*
and that

- *pleasure, if it is to be found at all, must be found in fantasy, so that*
when you seek pleasure, you seek it only in fantasy],

then, seems to
confirm

the contention that

- *reality*

and

- *pleasure*

are incompatible.

To a lesser degree,

this can be found in

every human being,

but to a greater extent

it is found in

- *emotional and*

- *mental*

illness.

If, to begin with,

this misconception [i.e., IF this misconception that pleasure can be found
only in fantasy and never in reality]

did not exist,

if one knew that

being in reality is

not only

- *feeling rejected,*

but also

- *being in pleasure,*

one would not need to

seek pleasure

only

in unreality [i.e., seek pleasure only in unreality and fantasy].

This is the confusion.

*By the same token,
the confusion
between*

- *happiness*

and

- *selfishness*

*is also based on
the principle of either/or.*

*The child in you
feels that*

- *happy,*

you must be

- *selfish,*

*while all
unselfishness
automatically
goes against
your*

- *interest*

and

- *gratification.*

*Needless to say,
this is not so in reality.*

*Only the process of
growth
will give you
the inner*

- *understanding*

and

- *conviction*

that

- *happiness*

and

- *unselfishness*

*are
not
incompatible.*

39	<p>QUESTION: <i>You said in the last lecture [See: Lecture 99 Falsified Impressions of Parents: Their Cause and Cure, given on March 2, 1962: "From a spiritual point of view, which is our vantage point, one person who gains inner truth in the sense of this pathwork has an infinitely greater influence on the entire cosmic development than do millions of people in error."]</i> that the effect of one person being in truth is of greater cosmic importance than we can possibly realize.</p> <p>Can you explain this?</p>
40	<p>ANSWER: <i>If you think for a moment of the effect of the</i> <ul style="list-style-type: none">• <i>negative,</i>• <i>distorted</i><i>soul parts</i> <i>of a human being</i> <i>in the sense discussed tonight,</i> <i>you will also understand</i> <i>the opposite [i.e., the EFFECT of the POSITIVE</i> <i>UNDISTORTED soul parts of a human being].</i></p> <p>Any <i>pseudo-solution [i.e., Any pseudo-solution used to avoid or defend against pain or frustration]</i> is bound to reject another human being.</p>

	<p><i>When you submit [i.e., When you choose to submit to another as a pseudo-solution to avoid pain or frustration],</i></p> <p><i>you do not experience the truth</i></p> <ul style="list-style-type: none">• <i>of the other person's</i>• <i>humanity,</i>• <i>of his or her</i>• <i>needs,</i>• <i>vulnerabilities,</i>• <i>problems,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>insecurity.</i> <p><i>In your demand to possess a</i></p> <ul style="list-style-type: none">• <i>strong and</i>• <i>ever loving</i> <p><i>protector [i.e., in your pseudo-solution to avoid pain or frustration by submitting to another rather than taking self-responsibility],</i></p> <ul style="list-style-type: none">• <i>you must be</i>• <i>disappointed,</i> <p><i>perhaps unconsciously so,</i></p> <p><i>and in your disappointment,</i></p> <p><i>you become</i></p> <ul style="list-style-type: none">• <i>hostile –</i> <p><i>perhaps again unconsciously.</i></p>
41	<p><i>When [i.e., When, again as another pseudo-solution to avoid pain and frustration,]</i></p> <p><i>you are</i></p> <ul style="list-style-type: none">• <i>aggressively arrogant,</i> <p><i>denying</i></p> <p><i>your own need to find</i></p> <ul style="list-style-type: none">• <i>love,</i>• <i>affection,</i>• <i>communication,</i> <p><i>you reject</i></p> <p><i>the other person</i></p> <p><i>outright.</i></p>

*[When, as a third form of pseudo-solution to avoid pain and frustration,
you choose to WITHDRAW,]*

*In your withdrawal,
you never*

- give warmth,*

you never

- fulfill the other person's needs.*

When you are

- self-alienated*

and

- perfectionistic,*

you cannot help
but hurt others.

*When the pretense
of your idealized self is at work,
you do not
let another person
come near you,
out of the unconscious fear
of facing exposure, and
you are bound
over and over again
to reject him or her,
perhaps without ever realizing
that you are doing so.*

All the

- rejection,*
- isolation,*

and

- pain*

*that you
inadvertently
inflict onto others [i.e., that you inadvertently inflict pain onto others
via your destructive pseudo-solutions of WITHDRAWING,
SUBMITTING, AGGRESSIVELY FORCING, PRETENSE
or PERFECTIONISM]
is bound to
strengthen their own
destructive defense mechanisms,
just as
their destructive defenses
fortify your own.*

	<p><i>This [i.e., This mutually destructive defensive posture between you and others] persists unless you</i></p> <ul style="list-style-type: none">• <i>are on a path such as this</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>begin to see the process for what it is.</i>
42	<p><i>Now, reverse the process.</i></p> <p><i>Imagine the effect it must have on your surroundings when you are no longer</i></p> <ul style="list-style-type: none">• <i>defensive,</i>• <i>fearful,</i>• <i>withdrawn,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>falsely superior.</i> <p><i>You are then open to</i></p> <ul style="list-style-type: none">• <i>life</i> <p><i>and to</i></p> <ul style="list-style-type: none">• <i>the heart of another person.</i> <p><i>The courage to</i></p> <ul style="list-style-type: none">• <i>live and</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>love</i> <p><i>enables you to help others to weaken their own</i></p> <ul style="list-style-type: none">• <i>defenses and</i>• <i>destructive patterns,</i> <p><i>even if they are not yet developed far enough to choose a path of self-finding.</i></p>

*Everyone
you come into contact with
is therefore
affected [i.e., affected by your undefended openness and courage].*

*And
this effect [i.e., And this POSITIVE effect of your undefended
openness and courage]
extends over all of those
with whom
they, in turn,
come into contact.*

*It draws
rings
upon rings
of effect
that interact.*

*If you think about it
in these terms,
you are bound to
visualize
the truth.*

43

*My dearest friends,
be blessed,
each one of you.*

May these words be

- a further key*

and

- a help*

for your

- continued growth*

and

- liberation.*

*May they [i.e., May the words of this lecture]
help you
to become*
• *yourself,*
to be in
• *full possession*
of the individual you are,
with all
the
• *resources,*
the
• *strength,*
the
• *ingenuity,*
the
• *creativity*
and
• *love force*
that is inherent in you,
waiting to be allowed to
function freely.

Be in peace.

Be in God!

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