

# Pathwork Lecture 174: Self-Esteem

1996 Edition, Original Given May 23, 1969

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

¶	<i>Content</i>
03	<p><b><i>Greetings, my dearest friends.</i></b></p> <p><b><i>Blessings for every one of you here.</i></b></p> <p><b><i>May your</i></b></p> <ul style="list-style-type: none"><li><b><i>• heart</i></b> <b><i>be open,</i></b></li><li><b><i>may your</i></b><ul style="list-style-type: none"><li><b><i>• attention</i></b> <b><i>be focused,</i></b></li></ul></li></ul> <p><b><i>so that you can absorb as much as possible in this hour [i.e., in this time we now spend together in this lecture].</i></b></p>
04	<p><b><i>I should like to discuss a problem of great importance, especially for all those whose pathwork has brought them awareness of previously undetected reactions in the self.</i></b></p>

by Eva Broch Pierrakos

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***These reactions [i.e., These previously undetected reactions in the self] indicate***

- ***struggle and***
- ***confusion***  
***regarding their***

***self-esteem,***

***which is of  
fundamental importance.***

- ***Self-esteem,***
- ***self-liking, or***
- ***self-value –***

***whatever you call it –  
is sorely lacking  
in every human being  
who experiences feelings  
of***

- ***uncertainty,***
- ***fear,***
- ***insecurity,***
- ***guilt,***
- ***weakness,***
- ***doubt,***
- ***negativity,***
- ***inadequacy, and***
- ***inferiority.***

***To the degree  
these feelings  
are present,  
self-esteem  
is inevitably lacking,***

***only this [i.e., only this lacking of self-esteem]  
is not directly recognized.***

***Such ignorance [i.e., Such ignorance about the fact that the presence of these  
negative feelings is a sign that self-esteem must be lacking]  
is all the more damaging,  
for you are then  
less capable of tackling the problem [i.e., tackling the problem of  
LACKING self-esteem, self-liking, or self-valuing]  
directly.***

	<p><b>Only</b> <b>considerable insight into the self,</b> <b>as a result of</b> <b>hard work,</b></p> <p><b>brings the</b> <b>direct</b> <b>awareness of</b></p> <p><b>"I do not</b> <b>• like and</b> <b>• respect</b> <b>myself."</b></p>
05	<p><b>People are constantly confronted with an</b> <b>• inner,</b> <b>and</b> <b>• rarely conscious,</b> <b>conflict</b> <b>about this recognition [i.e., confronted with inner conflict that</b> <b>arises in this recognition that, "I do not like and respect myself"].</b></p> <p><b>The conflict [i.e., The conflict that comes up</b> <b>in recognizing that, "I do not like and respect myself"]</b> <b>arises out of the</b> <b>dualistic perception</b> <b>characteristic of humanity.</b></p> <p><b>I have often shown</b> <b>how a misconception</b></p> <p><b>splits</b> <b>the truth</b> <b>into</b></p> <p><b>two opposing halves</b></p> <p><b>that</b> <b>• confuse you</b> <b>and</b> <b>• make it impossible for you</b> <b>to make satisfying choices.</b></p>

***You are then*** [i.e., *You are then, in this confusion brought about by  
a misconception that splits the truth into two opposing halves,*]  
***torn in***

- ***inner dissension***
- and***
- ***painful confusion.***

***In this case*** [i.e., *In this case of confusion brought about by the dualistic  
misconception that splits the truth into two opposing halves*]  
***the dilemma is:***

***How can you***  
• ***accept and***  
• ***like***  
***yourself***

***without falling into***  
***the danger of***  
• ***self-indulgence and***  
• ***self-justification***  
***for the destructive traits***  
***that exist in all human beings,***  
***no matter***  
***how concealed they may be?***

***Or, on the other side,***

***how can you***  
• ***confront,***  
• ***accept, and***  
• ***admit***  
***those***  
• ***negative,***  
• ***destructive***  
***traits,***  
• ***weaknesses,***  
• ***little selfishnesses,***  
• ***cruelties, and***  
• ***vanities***  
***that often make you***  
• ***vindictive and***  
• ***unloving***

***and nevertheless***  
***maintain your self-respect?***

	<p><i>[When you admit and accept these negative traits in you,]</i> <b>How can you avoid falling into the danger of destructive</b></p> <ul style="list-style-type: none"><li>• <b>guilt,</b></li><li>• <b>self-rejection, and</b></li><li>• <b>self-contempt?</b></li></ul>
06	<p><b>This [i.e., This conflict where you see, admit and accept negative traits in you but struggle not to fall into destructive guilt, self-contempt, and self-disliking]</b> <b>is a deep-rooted conflict, and most human beings, whether or not they know it, battle with it.</b></p> <p><b>It is a typical dualistic confusion that apparently makes</b></p> <ul style="list-style-type: none"><li>• <b>admitting an unpleasant truth</b></li><li>and</li><li>• <b>self-acceptance</b></li></ul> <p><b>into mutually exclusive opposites.</b></p>
07	<p><b>But before I will</b></p> <ul style="list-style-type: none"><li>• <b>discuss this in greater detail and</b></li><li>• <b>offer you a key</b> <b>that will make it possible to unify this split,</b></li></ul> <p><b>let me discuss the conflict itself a little more.</b></p>

***Those of you  
who have recently found  
this raging battle within yourselves [i.e., found this raging battle within  
where you see, admit and accept negative traits in you but battle  
against falling into destructive guilt, self-contempt and self-disliking]  
will know exactly what I am talking about.***

***Others,  
who have  
not yet recognized  
their self-rejection,  
will have to come to this awareness  
gradually.***

***Perhaps [i.e., Perhaps for those who have not yet recognized your self-rejection]  
the only way you can  
now recognize  
your  
• self-dislike and  
your  
• undervaluation of yourself  
will be  
an indirect one.***

***You can certainly sense  
• shyness,  
• uncertainty,  
• insecurity,  
• apprehension about being  
• rejected or  
• criticized,  
as well as  
• feelings of  
• inferiority and  
• inadequacy.***

***Perhaps you may perceive here or there  
a peculiar guilt feeling  
that makes no sense to you.***

*Although  
this guilt [i.e., this peculiar guilt feeling that makes no sense to you]  
usually hides behind  
other attitudes,  
it is rarely  
so remote  
that it cannot be clearly perceived at times,  
once you set out  
to detect such things.*

*Perhaps you are  
aware*

- that you are  
not open to  
the untold possibilities  
of blissful fulfillment in life;*
- that you  
make do  
with much less  
than you could experience.*

*Perhaps you can  
discern  
that you*

- stand back in life*

*and*

- feel vaguely undeserving*

*and*

- perceive your own possibilities negatively.*

*Perhaps this perception  
exists  
only in certain areas of your life,  
  
but  
it still indicates self-rejection.*

08

*All these manifestations  
indicate*

- self-rejection,*
- self-dislike.*

***It should not be too difficult  
to bridge the gap in consciousness  
between  
any of these manifestations [i.e., any of these manifestations of 1) not  
being open to the untold possibilities of blissful fulfillment in life,  
2) making do with much less than you could experience,  
3) standing back in life, or 4) feeling vaguely undeserving]  
with  
• the more profound root,  
namely  
that you  
do not think much of yourself.***

***You may dislike yourself  
for some  
• traits and  
• attitudes,  
but  
this specificity [i.e., this specificity of which traits and attitudes you dislike]  
may be  
even more hidden  
from your awareness.***

***It is quite possible  
that you can  
first ascertain  
only the vague general feelings of  
self-disdain,  
without being able to  
pinpoint  
the specific traits you dislike in yourself.***

09

***Once you feel,  
however vaguely,  
that you  
• do not respect yourself and  
• lack  
• esteem and  
• appreciation  
for yourself as a human being,  
the next step must be  
to make this attitude  
more specific.***



	<p><i>If you really want to find it [i.e., to find the trait or attitude for which you dislike yourself], you will do so, although the recognition of exactly what this attitude is may come quite indirectly.</i></p> <p><i>This [i.e., This indirect way] is the way the path often works.</i></p>
10	<p><i>On the other hand, you may see something quite clearly in yourself that is truly</i></p> <ul style="list-style-type: none"><li><i>• regrettable and</i></li><li><i>• undesirable.</i></li></ul> <p><i>Then you may fall into the erroneous attitude of</i></p> <ul style="list-style-type: none"><li><i>• defiance and</i></li><li><i>• self-justification,</i></li></ul> <p><i>because you believe that admitting your undesirable traits means that you must</i></p> <ul style="list-style-type: none"><li><i>• dislike and</i></li><li><i>• reject</i></li></ul> <p><i>your entire self.</i></p> <p><i>You fail to differentiate</i></p> <p><i>between rejecting</i></p> <ul style="list-style-type: none"><li><i>• a trait</i></li></ul> <p><i>and rejecting</i></p> <ul style="list-style-type: none"><li><i>• the person,</i></li></ul> <p><i>whether</i></p> <ul style="list-style-type: none"><li><i>• yourself</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• others.</i></li></ul>

	<p><i>Therefore [i.e., Therefore, because you believe that admitting your undesirable traits means that you must dislike and reject your ENTIRE self,] you fall into the error of</i></p> <ul style="list-style-type: none"><li>• <i>justifying,</i></li><li>• <i>denying,</i></li><li>• <i>falsifying, and</i></li><li>• <i>rationalizing –</i></li></ul> <p><i>and often even</i></p> <ul style="list-style-type: none"><li>• <i>beautifying –</i></li></ul> <p><i>a very</i></p> <ul style="list-style-type: none"><li>• <i>undesirable and</i></li><li>• <i>destructive</i></li></ul> <p><i>trait.</i></p> <p><i>Here you have the full-fledged confusion!</i></p>
11	<p><i>Here is how to find the key that will enable you to squarely confront the undesirable attitudes, without in the least losing</i></p> <ul style="list-style-type: none"><li>• <i>respect for yourself or</i></li></ul> <p><i>losing</i></p> <ul style="list-style-type: none"><li>• <i>the sense that you are a valuable human being.</i></li></ul> <p><i>First, you have to</i></p> <ul style="list-style-type: none"><li>• <i>perceive and</i></li><li>• <i>experience</i></li></ul> <p><i>life in a new way.</i></p> <p><i>Your life – and you</i></p> <ul style="list-style-type: none"><li>• <i>are life</i></li></ul> <p><i>because you</i></p> <ul style="list-style-type: none"><li>• <i>are alive –</i></li></ul> <p><i>represents</i></p> <ul style="list-style-type: none"><li>• <i>all life,</i></li><li>• <i>all nature.</i></li></ul>

*One of the earmarks of life  
is its untold potentiality  
for*

- change*

*and*

- expansion.*

*To be more specific:*

*Once you perceive  
life as it is,  
you will sense that  
even the lowliest  
of all destructive creatures  
has every possibility  
for*

- change*

*and*  
*for*

- goodness,*

  
*for*

- greatness*

*and*  
*for*

- growth.*

*At any moment,  
the thinking  
may change  
and  
create  
new*

- attitudes*

*and*

- behavior,*

*new*

- feelings,*

*new*

- ways of being.*

*And if these [i.e., And if these NEW attitudes, behaviors, feelings, and ways of being]  
do not happen  
now,  
that alters nothing,  
for  
one day  
things are bound to change  
and then  
your true nature  
must finally emerge.*

*The knowledge of  
one's true nature  
having to emerge  
sooner or later  
changes everything:*

*it [i.e., KNOWING that your true nature  
HAS to emerge sooner or later]  
changes  
your despair about yourself.*

***It [i.e., KNOWING that your true nature  
HAS to emerge sooner or later]  
opens the door to knowing  
your potential***

***for***

- ***goodness,  
regardless of  
how malicious you now may be;***

***for***

- ***generosity,  
regardless of  
how mean you may now be;***

***for***

- ***loving,  
regardless of  
how selfish you now may be;***

***for***

- ***strength and***
- ***integrity,  
regardless of  
how weak you may now be  
and  
how tempted to betray your best self;***

***for***

- ***greatness,  
regardless of  
how petty you may now be.***

12

*Look*

*at*

- *nature,*

*at*

- *any manifestation of life,*

*and [i.e., and see that]*

*it is forever*

- *changing;*

*it is forever*

- *dying*

*and*

- *being reborn;*

*it is forever*

- *expanding*

*and*

- *contracting*

*and*

- *pulsating.*

*It is always*

- *moving*

*and*

- *branching out.*

*This applies*

*particularly*

*to life that is*

- *conscious,*

*and even more so*

*to life that is*

- *self-conscious.*

*The power*

*of*

- *thought,*

*of*

- *will,*

*of*

- *emotions*

*is infinitely greater than*

*any inanimate power.*

*And yet,  
the inanimate power of, say,  
• electricity,  
and even more of  
• atomic energy,  
is so great  
that you have barely begun to gain an inkling of  
its possibilities  
both for  
• good and  
• constructive,  
as well as for  
• destructive,  
ends.*

*Wherever there is  
• life and  
• consciousness,  
both these possibilities [i.e., possibilities for BOTH good and  
constructive ends AND destructive ends]  
exist.*

13

*Now, if in the smallest atom –  
so small that it cannot even be perceived with the naked eye –  
a power exists  
to release untold energies  
for  
• building  
or  
• destroying,*

*how infinitely more is this the case with  
the power of the  
• the mind:  
the power of  
• thinking,  
• feeling, and  
• willing.*

*Just dwell on this significant fact, my friends,  
and it will open new vistas to you.*

	<p><i>Why do you blindly assume that the power of</i> • <i>inanimate things</i> <i>is greater than the power of</i> • <i>the mind?</i></p>
14	<p><i>The powers to</i> • <i>think,</i> • <i>will,</i> • <i>feel,</i> • <i>express,</i> • <i>act, and</i> • <i>decide</i> <i>are the earmarks of</i> <i>consciousness.</i></p> <p><i>They are</i> <i>vastly underrated</i> <i>by humanity.</i></p> <p><i>Living consciousness</i> <i>therefore deserves</i> <i>a respect</i> <i>that can hardly be put into words.</i></p> <p><i>It does not matter</i> <i>how it [i.e., how this living consciousness]</i> <i>manifests;</i></p> <p><i>no matter how</i> • <i>undesirable and</i> • <i>destructive</i> <i>the present manifestation [i.e., the PRESENT manifestation of this</i> <i>living consciousness]</i></p> <p><i>may be,</i> <i>the life that issues from the</i> <i>momentary</i> • <i>destructiveness</i> <i>holds all the potential for</i> <i>turning into</i> • <i>constructive channels,</i> <i>for life's source</i> <i>is truly inexhaustible.</i></p>



15

*Since the very essence of life  
is*

- *movement,*
- and therefore*
- *change,*

*this [i.e., this capacity of life's very essence for movement and hence for change]  
is what*

- *justifiably and*
  - *realistically*
- gives hope,*  
*no matter how hopeless*
- *a situation or*
  - *a state of mind*
- may appear.*

*People in*

- *deep depression and*
  - *hopelessness*
- must be in  
error,*

*for they negate  
the very essence of life.*

*And those who*

*despair about themselves  
because they feel they are*

*so*

- *bad,*

*so*

- *unacceptable,*

*so*

- *destructive,*

*so*

- *negative,*

*find themselves*

*in the error of*

- *perceiving and*
  - *experiencing*
- life*

*in a fixed way,*

*as though what is*

- *now*

*must*

- *always be.*

*This is the error of deadness:*

*"This is so,  
and that is all there is to it."*

*Such thinking*

- *ignores and*
- *negates*  
*the flux of true life.*

*Since*

*you  
are alive,*

*this fluidity  
is yours;*

*in reality  
you  
are  
fluid.*

16

*The only thing*

*that keeps you from*

- *being fluid,*
- and therefore [i.e., and therefore keeps you from]*
- *changing*  
*into a state of*
  - *realistic hopefulness and*
  - *light,*
- into the*
  - *essence of life itself,*

*is*

*your*

- *own enclosure,*

*your*

- *ignorance of this truth [i.e., ignorance of this truth that,  
since you are alive and are fluid, you CAN change] –*

*your*

- *momentary [i.e., momentary or temporary current]  
state of consciousness.*

	<p><i>This state of consciousness [i.e., this momentary and temporary current state of consciousness that you are now in] is now fixed in the conviction that</i></p> <ul style="list-style-type: none"><li>• <i>life and</i></li><li>• <i>your personality traits</i><ul style="list-style-type: none"><li>• <i>are static</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>must remain that way.</i></li></ul> <p><i>Your state of consciousness remains fixed in this dark imprisonment as long as you know nothing else.</i></p>
17	<p><i>By merely</i></p> <ul style="list-style-type: none"><li>• <i>being here and</i></li><li>• <i>hearing these words</i></li></ul> <p><i>you have the possibility of applying them to your personal situation.</i></p> <p><i>Where are you hopeless?</i></p> <p><i>Why are you hopeless?</i></p> <p><i>Do you feel hopeless because of</i></p> <ul style="list-style-type: none"><li>• <i>life itself?</i></li></ul> <p><i>Because you believe the possibilities for</i></p> <ul style="list-style-type: none"><li>• <i>expansion and</i></li><li>• <i>happiness</i></li></ul> <p><i>are too limited to give you sufficient scope?</i></p>

	<p><i>Are you hopeless because you feel you</i></p> <ul style="list-style-type: none"><li><i>• do not deserve</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• cannot have a more</i></li><li><i>• meaningful,</i></li><li><i>• fulfilled</i></li></ul> <p><i>experience of life?</i></p> <p><i>The latter thought [i.e., This thought that you do not deserve and hence cannot have a more meaningful and more fulfilled experience of life]</i></p> <p><i>may smolder secretly beneath your perception of life's limitations.</i></p>
18	<p><i>If you can bring these fleeting impressions into more concise awareness, you can ask yourself:</i></p> <p><i>"Am I hopeless about deserving happiness because I, possibly quite justifiably, dislike certain traits in me?"</i></p> <p><i>But don't you then also believe that these traits</i></p> <ul style="list-style-type: none"><li><i>• mark and</i></li><li><i>• define</i></li></ul> <p><i>your person?</i></p> <p><i>That is the great struggle, my friends:</i></p> <p><i>you erroneously believe that what is most obnoxious to you is you.</i></p>

***This [i.e., This erroneous belief that what is most obnoxious to you IS you],  
at the same time,  
is the  
cause  
for the great resistance,  
inherent in all human beings,  
against  
changing.***

***For, since you do not believe  
that you can essentially be  
anything else  
but that which you dislike,  
you have to  
hold on to it nevertheless [i.e., you nevertheless have to hold on to this belief  
that you cannot essentially be anything other than that which  
you dislike about yourself],  
because  
you do not wish to  
cease existing.***

***That [i.e., That belief that you, in your very essence, cannot be anything other than  
that which you dislike about yourself and that if you were not that which  
you dislike about yourself, YOU, in your very essence, would cease existing,]  
is the  
crux  
of this dualistic confusion.***

***This is why  
you so inexplicably hold on to  
destructive traits.***

***Many of my friends  
• have reached the awareness  
where they can see this,***

***and actually  
• see themselves  
holding on to aspects in themselves  
they thoroughly dislike.***

	<p><b>They</b></p> <ul style="list-style-type: none"><li>• <b>seem unable to help it</b> [i.e., They SEEM unable to help that they truly have unchangeable aspects in their very essence that they thoroughly dislike]</li></ul> <p><b>and thus</b></p> <ul style="list-style-type: none"><li>• <b>despair even more.</b></li></ul> <p><b>They cannot even understand what power propels them to hold on, almost deliberately, to what they hate in themselves.</b></p>
19	<p><b>Here, my friends, is the answer:</b></p> <p><b>You hold on to it</b> [i.e., You hold on to what you HATE in yourself] <b>because</b> <b>you genuinely believe</b></p> <ul style="list-style-type: none"><li>• <b>this</b> [i.e., this trait that you HATE in yourself] <b>is</b> <b>you;</b></li></ul> <p>[because you genuinely believe that]</p> <ul style="list-style-type: none"><li>• <b>you are in a fixed state,</b></li><li>• <b>you are a fixed unit,</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>any change is impossible</b></li></ul> <p><b>because</b> <b>you do not realize that</b></p> <p><b>all possibilities exist in you.</b></p>

**You  
are  
already  
what you think you would  
have to produce**  
• **artificially,**  
• **laboriously, and**  
• **through  
forcibly contorting  
your very nature.**

**But since you  
will not believe this [i.e., since you refuse to believe that you ARE ALREADY  
what you so desperately TRY TO BE by artificially, laboriously, and  
through forcibly contorting your very nature, believing you, in your  
very nature, are not this but rather are what you most HATE in yourself],**  
**you  
cannot  
give up  
holding on to  
the very facets  
you do dislike,  
for they seem to represent  
your essence.**

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**This is indeed a  
vicious circle,**  
**for  
true self-esteem**  
**can, of course, come  
only by your  
sensing your capacity**  
**to**  
• **love,**  
**to**  
• **give of yourself.**

***Yet this capacity [i.e., Yet this capacity you have to love and give of yourself]  
cannot be known***

- ***when you take it for granted that it [i.e., that this capacity for you  
to love and give of yourself]***

***simply does not exist;***

- ***when you believe that***

- ***any state  
other than  
the one you express now  
is***

- ***alien to you –***
- ***intrinsically alien,***

***and***

- ***your  
• real,  
• final,  
• fixed  
self  
is***

***what you dislike.***

***As long as that is the case,  
you remain trapped in a vicious circle.***

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***In order to come out of this circle,  
life  
must be understood  
in its essence.***

***No matter  
how fixed  
your life may appear,  
it is  
only one tiny part of  
the whole story, my friends.***



**Underneath**  
**all these personality traits**  
**you believe are**  
**• fixed,**  
**• final**  
**things,**

**the fluid life** [i.e., this capacity you have to  
love and give of yourself]  
**exists**  
**like a winter stream**  
**under the snow.**

**It** [i.e., This capacity you have to love and give of yourself, this fluid life  
that exists like a winter stream under the snow,]  
**is**  
**constant;**

**feelings**  
**branch out of it** [i.e., FEELINGS branch out of this capacity you have  
to love and give of yourself, out of this fluid life  
that exists like a winter stream under the snow,]  
**in all directions,**  
**• spontaneously and**  
**• wondrously**  
**forever self-renewing.**

**Its life** [i.e., The life of these feelings that branch out of this capacity you have to love  
and give of yourself, the life of these feelings that branch out of  
the fluid life that exists like a winter stream under the snow,]

**pulsates vibrantly;**

**it** [i.e., The life of these feelings that branch out of this capacity you have to love  
and give of yourself, the life of these feelings that branch out of  
the fluid life that exists like a winter stream under the snow,]

**is movement itself.**

	<p><i>Above all, it [i.e., Above all, the LIFE of this capacity you have to love and give of yourself]</i></p> <p><i>is a life in which you are free at any moment to think</i></p> <ul style="list-style-type: none"><li><i>• new and</i></li><li><i>• different</i></li></ul> <p><i>thoughts that create a</i></p> <ul style="list-style-type: none"><li><i>• new and</i></li><li><i>• different</i></li></ul> <ul style="list-style-type: none"><li><i>• life expression and</i></li><li><i>• personality.</i></li></ul>
22	<p><i>You see, as long as you ignore</i></p> <ul style="list-style-type: none"><li><i>• the true state of life,</i></li></ul> <p><i>hence</i></p> <ul style="list-style-type: none"><li><i>• your own true state,</i></li></ul> <p><i>you cannot give yourself the fundamental respect that you deserve as a human creature.</i></p> <p><i>As long as you confuse life</i></p> <p><i>with</i></p> <ul style="list-style-type: none"><li><i>• death,</i></li></ul> <p><i>with</i></p> <ul style="list-style-type: none"><li><i>• inanimate matter,</i></li></ul> <p><i>you will despair.</i></p> <p><i>And even inanimate matter, as you now know from present-day science, has an</i></p> <ul style="list-style-type: none"><li><i>• intrinsic life and</i></li><li><i>• incredible movement,</i></li></ul> <p><i>once this life is released.</i></p>

*Think about this, my friends.*

*Even an  
apparently  
dead object  
is  
not dead;*

*it contains*  

- *life,*
- *movement,*

*and*  

- *utter change.*

*Think of the*  

- *movement,*
- *life,*

*and*  

- *change*

*in every atom  
of the deadest-seeming matter.*

23

*So, nothing in the universe  
actually exists  
that is  
lifeless.*

*How much less so  
with  
consciousness!*

*Your thinking  
is a constant movement.*

*The only trouble  
is that you have conditioned yourself  
to let it ruminate  
in habitual*  

- *negativity,*
- *self-rejection,*

*and*  

- *needless limitation.*

*But once you decide to  
use your thinking  
in a new way,  
you will  
experience  
the truth of*

- life's hopeful changeability,*
- its endless possibilities*

*to move in new directions.*

*You can  
constantly*

- expand your  
thinking,*
  
- take in  
new ideas,*
  
- embrace  
new realizations,*

*and therefore*

- bring to yourself  
new*
  - will-directions,**new*
- expansions,*

*new*

- aims,*

*new*

- energies,*

*new*

- feelings.*

*All of this is  
personality  
change.*

*Without your being  
quite aware of it,  
these new ways of*

- thinking and*
- feeling*

*change those*

- attitudes*

*you now dislike so much.*

24

*When I talk about  
new ways of being,  
I want to make it quite clear  
that this does  
not mean they [i.e., does NOT mean that these new ways of being]  
have not existed in you  
as a dormant essence.*

*They are only  
new  
as far as your  
awareness is concerned,  
  
for they [i.e., for these new ways of being]  
are  
all  
there,  
constantly  
ready to be used  
for the asking.*

*But as long as  
you enclose yourself  
within the narrow framework  
of your limited perceptions  
of  
• yourself  
and  
of  
• life,  
you  
cannot  
use  
what is already there.*

*Perceive yourself as  
fertile soil  
before the seeds are planted.*

*Fertile soil  
contains incredible power  
to bring about  
new expressions of life.*

***The potentials  
seethe in it [i.e., seethe in the fertile soil],  
whether or not  
the seeds are actually put in.***

***Your entire  
• consciousness and  
• aliveness  
is the most fertile soil imaginable.***

***The fertile soil  
is constantly there  
with incredible power  
to bring forth  
new expressions of  
life  
in  
your  
• thinking,  
your  
• feeling,  
your  
• willing,  
your  
• energies,  
your  
• possibilities of  
• action and  
• reaction.***

25

***Each situation you are in  
contains  
new possibilities  
for reaction.***

***You have  
choices  
all the time.***

*You can be in a  
new situation  
and  
automatically  
fall into*

- *the old conditioned reflexes,*
- *your negative approach,*

*without paying attention to  
what you are doing.*

*Perhaps you  
moan about  
the misery of life  
because  
this or that has happened to you  
that you do not like,*

*and you never see  
the connection*

*between your*

- *discontent and*
- *failures*

*on the one hand,*

*and your*

- *one-sided,*
- *negative*

*automatic reactions,  
on the other.*

*As long as you  
assume  
that this habitual approach  
is the  
only one possible,*

*you will  
not  
grasp the*

- *possibilities*

*and*

- *powers*

*in your life.*

26

*Thus,  
when you  
feel*

- *unhappy or*
- *hopeless,*

*question yourself:*

*"Do I not have  
another way to react to  
this situation*

- *that seems to befall me  
out of nowhere*

*and*

- *to which I  
choose  
to react*

- *negatively,*
- *destructively,*

- *making myself  
hopeless,*
- *complaining*

*and*

- *feeling angry about it?"*

*This choice  
is  
yours.*

*Your*

- *anger*

*and*

- *complaints against the world*

*are wasted,*

*for all that energy  
could do so much  
to build  
new life for you*

*if it [i.e., if all that energy]  
were used properly.*



	<p><i>You cannot change others, but you can certainly change your own</i><ul style="list-style-type: none"><li><i>• attitudes</i></li></ul><p><i>and your</i><ul style="list-style-type: none"><li><i>• thinking.</i></li></ul><p><i>Then life offers its limitless possibilities to you.</i></p></p></p>
27	<p><i>First, your</i><ul style="list-style-type: none"><li><i>• thinking</i></li></ul><p><i>and your</i><ul style="list-style-type: none"><li><i>• attitudes change;</i></li></ul><p><i>then</i><ul style="list-style-type: none"><li><i>• the feelings follow suit;</i></li></ul><p><i>then your</i><ul style="list-style-type: none"><li><i>• actions and</i></li><li><i>• reactions</i></li></ul><p><i>begin to respond to new spontaneous impulses.</i></p><p><i>And these [i.e., And these actions and reactions, responding to new spontaneous impulses], in turn, bring forth new life experiences.</i></p></p></p></p></p>

**The more you  
experience**

**the chain reaction of this process** [i.e., this process in which 1) your THINKING and your ATTITUDES change, then 2) as a result of your changed thinking and attitudes, your FEELINGS change, and then 3) as a result of new feelings your ACTIONS and REACTIONS respond to new spontaneous impulses from within, bringing forth 4) new LIFE EXPERIENCES],

**the more you also  
perceive that  
you are a**

- living,
  - moving,
  - endlessly changing
- unit of life expression.**

**And**

**no trait** [i.e., And no trait of yours, no matter how negative or destructive or how much you dislike it]

**merits**

- evaluating and
  - rejecting
- your  
whole self**

**because of it** [i.e., because of this trait you dislike].

**Once you perceive this,  
you can**

**afford the**

- wonderful,
- relieving

**luxury of  
calmly admitting  
any**

- undesirable,
  - ugly
- trait,**

**without in the least**

- disliking yourself for it;

**without in the least**

- losing your sense of being  
a divine expression,

**no matter what the traits may be.**

**Then, and only then,  
can you really**

**transform these traits.**

28

*Paradoxical as this may seem,  
the total  
• self-rejection,  
the destructive kind of  
• guilt  
under discussion*

*is incapable of  
overcoming*

*anything.*

*You will not understand why [i.e., NOT understand WHY total self-rejection or  
destructive guilt is INCAPABLE of overcoming anything at all],  
my friends,*

*unless you see  
that it is  
impossible  
to overcome  
anything  
when you believe  
you are a  
• fixed,  
• unchangeable  
blob.*

*You know that,  
according to your belief [i.e., according to your belief that  
you are a fixed unchangeable blob,]  
you must  
experience  
as long as you  
thus believe [i.e., as long as you believe that  
you are a fixed unchangeable blob],  
because  
you cannot see beyond  
the form you have built  
according to your belief [i.e., cannot see beyond the  
form you have built based on your belief that  
you are a fixed unchangeable blob].*

*Your actions then  
are determined by  
your beliefs [i.e., by your beliefs that you are a fixed unchangeable blob]  
and must thus provide  
proof of their veracity,  
no matter*

- how mistaken those beliefs are*

*and*

- how many other alternatives exist  
in reality.*

29

*Thus,  
if you are convinced  
that you  
cannot change,*

*you cannot even  
take a meaningful step  
in the direction of change.*

*Therefore,  
you cannot  
experience change  
and must be convinced  
that change is impossible.*

*The negative conviction [i.e., The negative conviction that change is impossible]  
makes it also  
impossible  
to summon the necessary effort  
for bringing change about.*

*The*  
*the*  
*the*  
*the*

- *energy,*
- *discipline,*
- *stamina,*
- *initiative*

*essential for*  
*effecting a change*

*will be comparatively easy to muster*  
*when*  
*you*  
*know*  
*a change is possible;*

*when you*  
*know that,*  
*change*  
*merely means*  
*bringing out*  
*your dormant qualities.*

*When you*  
*know that* [i.e., *When you know that change is possible and*  
*that change merely means bringing out your dormant qualities],*

[*then*]  
*no matter how ugly the traits may be,*

- *you will*  
*not despair*  
*about being unlovable.*

- *You will make available*  
*the powers in you*  
*to surge forward;*

- *you will be able*  
*to dip into the resources of*  
*your innermost being*  
*that enable you*  
*to overcome*  
*any ugly destructive trait.*

30

*The power  
that created the universe,  
with everything in it,  
including  
all that you are,  
  
possesses the strength  
to change anything.*

*For even the things  
that  
should  
be changed*

- *were created by  
that same power*

*and*

- *must,  
in essence,  
be something  
other than  
they appear now.*

*This power*

- *is also  
you*

*and*

- *is manifest  
once you contact it deliberately.*

*This [i.e., Contacting this power deliberately]  
can be done  
only when you  
know of  
  
the source within you,  
which is  
forever*

- *changing,*
- *moving,*

*and*

- *expanding  
with infinite possibilities.*

31

*You see, my friends,  
the life  
that is  
inherent  
in nature  
is  
also  
in you.*

*Bare*  
• *will and*  
• *intellect*  
*is sterile,*  
*as you well know.*

*Only the*  
• *feeling of*  
• *life,*  
• *the natural life,*  
*can indeed*  
*bring you the fulfillment*  
*without which*  
*life*  
*is a sorry affair indeed.*

*This [i.e., This FEELING of life, the natural life, that brings you FULFILLMENT]  
is what we have been*  
• *talking about and*  
• *aiming for*  
*on this path.*

*Now*  
*why*  
*has humanity*  
*lost touch with*  
*the source of its*  
• *own life,*  
*the source of its*  
• *feelings,*  
*the source of its*  
• *instincts,*  
*the source of its*  
• *own nature,*  
*deep inside the self?*

*[You have lost touch with the source of your own life, feelings, instincts, and nature]*

**Only because  
you**

- **are**  
**so terrified of your  
destructiveness**

**and**

- **do not know how to handle it [i.e., how to handle your destructiveness].**

**So civilization has  
for millennia  
denied**

**the instinctual life  
in order to  
preserve itself from**

**its dangers [i.e., from the instinctual life's dangers].**

**But by doing so [i.e., But by DENYING the instinctual life]  
humanity**

**has cut off  
its connection with  
the essence of life itself.**

**It [i.e., Humanity]**

**had not realized  
that there are**

- **other ways**  
**to eliminate the**
  - **distorted,**
  - **perverted,****natural forces,**

- **ways that**  
**need not**  
**deny**  
**life itself.**

- **The instinctual life**

**has always  
been wrongly equated with**

- **destructiveness.**



*Only as humanity matures  
is it  
capable of learning  
that the instinctual life  
does  
not  
need to be denied  
in order to avoid evil.*

*Indeed,  
• it [i.e., the instinctual life]  
should  
not be denied,  
  
for doing so  
defeats life  
every bit as much as  
  
• the feared evil itself.*

*Only within  
the deep core of the instincts  
can God be found  
  
because  
only there [i.e., only within the deep core of the instincts]  
can  
true aliveness  
be found.*

*Thus  
humanity must find  
another means  
to handle its destructive instincts  
if it is  
not to annihilate itself  
by  
• different  
• but just as fatal  
ways  
as  
giving vent to those  
negative instincts.*

32

*This lecture  
will give you  
an additional tool  
to meet  
your destructive side.*

*You will learn  
to*

- *value and*
- *nurture*  
*the deep instincts  
you have  
always  
so distrusted*

*and  
to*

- *find*  
*the truth of  
the living creative spirit  
in  
and  
through  
them [i.e., find the truth of the living spirit in and through  
the deep instincts you have always so distrusted].*

*You will then [i.e., will then, when you have found the truth of the LIVING SPIRIT in  
and through the deep INSTINCTS you have always so distrusted]*

*joyfully*

- *further*  
*your instinctual life,*
- *unfold and*
- *integrate it.*

*You will*

- *believe*

*and*

- *trust*

*in it [i.e., believe and trust in your instinctual life].*

**Do not**  
• *deny*  
**and**  
• *fear*  
*it [i.e., Do NOT deny and fear your INSTINCTUAL LIFE]*  
*because you still [i.e., just because you still]*  
*have difficulties*  
• *accepting and*  
• *meeting*  
*your undesirable destructive traits.*

**If you truly look at them [i.e., If you look at your undesirable destructive traits]**  
*in a*  
• *dispassionate,*  
• *objective*  
*way,*  
**you will**  
*always*  
*find that*  
• *fear and*  
• *denial*  
*really*  
*oppose*  
*the life of*  
*the instincts.*

**The instincts are**  
• *simple and*  
• *innocent*  
*in themselves;*

**your destructiveness**  
*is always*  
*a result of*  
• *pride,*  
• *self-will,*  
• *fear,*  
• *vanity,*  
• *greed,*  
• *separateness,*  
• *lovelessness,*  
• *one-upmanship.*

33

*In this way [i.e., By looking at your undesirable destructive traits in a dispassionate, objective way and discovering that they are simple and innocent in themselves and not something to be feared],*

*you will*

*• find it*

*more*

*and more possible to*

- meet,*
- acknowledge,*
- admit, and*
- accept*

*anything in you,*

*no matter how ugly,*

*and*

*• never lose for one second*

*the sense*

*• of your*

*intrinsic beautiful aliveness,*

*and*

*• of deserving*

*your own esteem.*

*This inner state*

*will be the springboard*

*from which*

*change*

*becomes possible.*

*It [i.e., Change]*

*will not only be*

*• a possibility in the abstract,*

*but*

*• an effective way of*

*living,*

*day in and day out,*

*a constantly growing movement.*

34

*Any one of you  
who can truly bring this important topic [i.e., this important topic of self-esteem]  
to bear upon  
whatever state you are  
at this moment  
will*

- *fulfill the next step on this path*
- and
- *overcome an important hurdle.*

*Many of you may*

- *be stuck*  
*just in this painful inner confusion [i.e., stuck in this painful dualistic  
confusion where you see, admit and accept negative traits in you but  
struggle not to fall into destructive guilt, self-contempt, and self-disliking].*

*Some of you may*

- *not know this consciously;*

*others may*

- *feel it vaguely;*

*still others may*

- *be quite aware of this struggle.*

*Most human beings  
are totally oblivious  
of the fact*

- *that this very same battle  
rages in them;*
- *that this battle  
has created  
the*
  - *instinctual restrictions and*
  - *fear,**the*
  - *self-alienation,**the*
  - *aridness and*
  - *impoverishment  
of the souls  
who cannot thrive  
in a climate of self-rejection.*

*People also ignore  
that  
all the religious commands  
to love  
cannot be fulfilled  
until*

- this dualistic split  
is healed and*
- unification found,  
so that*
  - self-liking  
is no longer confused with*
  - self-indulgence,*

*and*

- honest self-confrontation  
need not bring*
- self-loathing.*

*You can find  
peace  
only when you can*

- truly accept the  
ugliest in you*

*and*

- never lose sight of  
your intrinsic beauty.*

35

*Now, are there any questions?*

**QUESTION:**  
*I feel a terrific battle going on right now  
in relation to my self-esteem.*

*It feels like an atomic explosion.*

*I realize I'm stuck in my own limitations.*

*I realize that I can't stand pleasure.*

*Coming from my habitual state of unpleasure,  
pleasure almost seems unnatural.*

36	<p><b>ANSWER:</b> <b><i>If you can conceive of yourself as the essence of life, with all its incredible</i></b>     • <i>powers,</i>     • <i>possibilities, and</i>     • <i>inherent potentials,</i> <b><i>you will indeed know that you are deserving of your own</i></b>     • <i>esteem and</i>     • <i>acceptance.</i></p> <p><b><i>You will be able to see the traits you hate and still not lose sight of who you essentially are.</i></b></p>
37	<p><b><i>I also suggest a specific exercise you might find quite helpful.</i></b></p> <p><b><i>Put down in writing everything that you dislike about yourself.</i></b></p> <p><b><i>Have it down in black and white.</i></b></p> <p><b><i>Look at those traits when they are written down.</i></b></p>

*Then  
feel into yourself  
and ask:*

*"Do I really believe  
that this is all there is to me?"*

*Do I really believe  
that I must be these traits  
all my life?*

*Do I believe I have  
the possibility to love?*

*Do I hold forces locked up in me  
that contain  
all the good imaginable?"*

*By raising these questions  
seriously,  
you will get an answer  
on a deeply feeling level,  
a level where  
the answer  
is more than a  
theoretical concept.*

*You will  
experience*

- a new power in you  
that you  
do not need to fear,*

*and*

- a new*
  - gentleness and*
  - softness*

*that does not need*

- hostility or*
- other defenses.*

*Then you will know  
how much there is in you to*

- love and*
- respect.*



38

*You have recently come across,  
in your personal pathwork,  
a very specific misconception  
that makes  
loving  
impossible  
as long as you harbor it.*

*Since [i.e., Since in this very specific misconception]  
loving  
is equated with  
the terrible danger  
of being*

- totally impoverished,  
even*
- robbed of your very life,*

*how can you  
want  
to love?*

*How can you  
let yourself  
love?*

*According to this  
false idea,  
giving of yourself  
means  
losing what you give  
without ever being replenished.*

*If this were  
true,*

- love would indeed be impossible*

*and*

- giving a folly.*

*Is it now conceivable for you  
to see*

- that this [i.e., that the belief that love IS the terrible danger of being totally impoverished and robbed of your very life] is not so;*
- that reality is different?*

*And if you can see that  
love  
comes from the same inexhaustible well  
as  
• wisdom,  
as  
• all life  
does,*

*can you further perceive  
that you will  
not need to  
deny  
your own  
natural instinct  
that wants to  
• reach out,  
that wants  
• the pleasure of  
feeling  
• love,  
• warmth, and  
• giving of yourself?*

*And can you still foresee  
the next  
• natural,  
• organic  
step in the chain,*

*which is  
that  
if you can  
• love,  
you will inevitably  
• love yourself?*

***This [i.e., This NOT loving yourself]  
is the reason why  
you fear pleasure.***

***For  
pleasure  
not only  
seems entirely undeserved,  
but  
• love  
and  
• pleasure  
are interchangeable [i.e., and since love and pleasure are interchangeable,  
your fear of love means you also fear pleasure].***

***True pleasure  
is  
loving,  
  
and  
without loving  
pleasure  
just does not exist.***

***This [i.e., Pleasure from loving]  
is not a reward [i.e., is not a reward FOR loving]  
from  
• outside,  
or even  
from  
• your own self;***

***love  
is  
pleasure,  
and  
pleasure  
is  
love.***

***The two are  
interchangeable.***

***If you harbor  
love feelings  
your whole body  
is in a  
blissful vibration,  
with  
• certainty,  
with  
• security,  
with  
• peace,  
with  
• stimulation,  
with  
• excitement  
in the most  
• relaxed,  
• pleasurable  
way.***

***That [i.e., All that – blissful vibration with certainty, security, peace,  
stimulation, and excitement in the most relaxed, pleasurable way]  
cannot come through  
anything  
that is given to you  
when you are  
merely a recipient.***

***It [i.e., All this – blissful vibration with certainty, security, peace,  
stimulation, and excitement in the most relaxed, pleasurable way]  
comes  
when you vibrate  
with this feeling [i.e., with this feeling of LOVE].***

***Nor does this mean  
that you do not also  
receive love.***

	<p><b>The</b></p> <ul style="list-style-type: none"><li>• <b>giving</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>receiving</b></li></ul> <p><i>[i.e., The giving and receiving of love]</i> <b>become so interchangeable</b> <b>that it can often no longer be discerned</b> <b>which is which.</b></p> <p><b>Both</b> <i>[i.e., Both the giving and the receiving of love]</i> <b>become indistinguishable</b> <b>in one movement.</b></p>
39	<p><b>But if your nature</b> <b>is as yet</b> <b>incapable of</b> <b>allowing</b> <b>the feeling of love,</b></p> <p><b>you must</b> <b>fear</b> <b>bliss,</b> <b>since</b></p> <ul style="list-style-type: none"><li>• <b>bliss</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>loving</b></li></ul> <p><b>are the same thing.</b></p> <p><b>The misconception</b> <b>that</b> <b>giving</b> <b>is</b> <b>losing</b> <b>causes you to</b></p> <ul style="list-style-type: none"><li>• <b>close up and</b></li><li>• <b>contract</b></li></ul> <p><b>in all situations</b> <b>that might bring forth</b> <b>your</b> <b>natural instincts.</b></p>

*When you  
deny  
• love  
and  
• pleasure,  
you must  
inevitably  
also deny  
• your self-esteem.*

*Your key  
must lie  
in seeing that  
your inability to love  
is not  
an inborn aspect  
that you alone  
harbor forever.*

*It [i.e., Rather, your inability to love]  
is a  
temporary  
block to loving,  
  
based on some  
false premises,  
  
which exist  
on a deeper level  
of your  
emotional experience.*

*You can  
change this misconception [i.e., change this misconception based on some false  
premises which exist on a deeper level of your emotional experience]  
any moment  
you  
• truly and  
• fully  
look at it [i.e., any moment you truly and fully  
look at this misconception].*

40	<p><i>Be blessed, every one of you here.</i></p> <p><i>Be in peace.</i></p> <p><i>Be what you are, • honestly and • truly,</i></p> <p><i>so that God manifests more and more in you.</i></p>
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