

Pathwork Lecture 191: Inner and Outer Experience

1996 Edition, Original Given April 23, 1971

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

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

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

Gary Vollbracht

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03	<p>Greetings.</p> <ul style="list-style-type: none">• Blessings <p>and</p> <ul style="list-style-type: none">• love <p>are pouring forth for everyone here, wherever you need them most on your journey through life.</p>
04	<p>Many philosophies agree on the importance of experience.</p>

by Eva Broch Pierrakos

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*They [i.e., Many philosophies]
postulate that
the true meaning of life
is
experiencing it [i.e., the true MEANING of life
is EXPERIENCING life]
in all its
• facets and
• variations,
in its full
• depth and
• breadth.*

*A being who enters
• this sphere of life,
• the material earth,
is drawn into it
because of
his or her
limited state of consciousness,
in which
true reality
is blurred
to a large extent.*

*The only way
the consciousness
can be expanded
is by
experiencing life
• to its fullest
and
• from all its facets.*

***This [i.e., EXPERIENCING life to its fullest and from all its facets]
requires that
the being
enter material life
again
and again,
until***

- all the blocks
against
experiencing life
are eliminated***

and

- he or she has***
 - savored,***
 - tasted,***
- and***
 - assimilated***

***all
of life.***

05

***Usually,
when humans hear the word***

- "experience,"***

they think of

- outer
experience.***

***This, however,
is
not
the meaning of the word.***

***The real meaning [i.e., The real meaning of the word, "experience"]
is the***

- inner
experience.***

*You know
that you may experience all things
outwardly,
but if the*

- inner experience
is inhibited,*

the

- outer experience
will mean little.*

*You can travel
all over the world.*

You can

- be in many different situations
and*
- experiment with
every conceivable "experience" under the sun.*

You can

- approach life in all its different facets:*
 - art,*
 - nature,*
 - science.*

You can

- do all things,*
- learn everything
your brain can master,*

*but if your
capacity for
inner experience
is dead,
all
outer experiences
will add little, if anything,
to your
conscious life.*

	<p><i>Often a</i></p> <ul style="list-style-type: none"><i>• full outer experience without the</i><i>• inner experience even increases despair, because one does not understand the causes of the experience, and that [i.e., and not understanding the causes of the experience] is very disquieting.</i> <p><i>Having everything they ever wanted, people still cannot remove a nagging dissatisfaction.</i></p> <p><i>The faster they run, the more they grab,</i></p> <p><i>the more elusive life seems, because the capacity for inner experience</i></p> <ul style="list-style-type: none"><i>• has not been cultivated</i><i>or, worse, it</i><i>• has been inadvertently eliminated.</i>
06	<p><i>Inner experience is possible only when you can feel.</i></p> <p><i>If feelings are blocked, no inner experience is possible.</i></p>

Lack of feelings

- *deadens*
all of life

and

- *makes it impossible*
for you to fulfill
yours [i.e., IMPOSSIBLE for you to fulfill YOUR life].

You will have to

come back,
over

and over,
until

you learn to
savor

experience

to whatever degree this is possible

at your particular stage of consciousness.

To savor life

in its fullest,

you must

- *eliminate*
your defenses
against feelings.

You must

- *go through*
your fear of
 - *unpleasurable,*
 - *painful*
feelings.

That which is

feared

must be

- *accepted,*
- *experienced*
as it is
at this moment.

*The way it is
at this moment
may well be
the result of
feelings from the past
that*

- *have
not been
fully experienced*

and thus

- *lie stagnant,
forming a block in your system.*

*When you
fear a
feeling,
you*

- *block
the experience.*

You

- *anesthetize yourself.*

and

- *Numbing
denying
often seems
the only protection against
unbearable*

- *pain and
suffering.*

*And yet,
as many of you on the path have begun to find out,
it is the
fight against
what you fear
that creates
your
real suffering.*

*No matter
what is inflicted upon you
from the
outside
when you are*

- *helpless and*
- *defenseless,*

- *it cannot become
a detriment in your life,*
- *it cannot cripple you
when you learn
to receive it in the*
 - *right and*
 - *healthy**way.*

*This [i.e., This receiving in the right and healthy way what is inflicted upon
you from the outside when you are helpless and defenseless]
is
the only way
you can
truly eliminate
what is undesirable.*

*When you
dare experience
inwardly
what comes to you,
it will
cease to be a threat.*

07

*In this lecture
I shall point out further*

- *the ramifications and*
- *the significance*

of
inner emotional experience,
and

- *what happens to the human entity
when such [i.e., when such INNER]
• *experience and**
- *feelings*
are blocked.

*As I have often said,
fear
is
the most destructive emotion imaginable.*

*Fear
that is not
• met
and therefore
• transcended
becomes
• poisonous,
• toxic
energy.*

*Fear
that
• is not even conscious
and therefore
• appears
indirectly
is that much more debilitating.*

*The fear of
feelings
is perhaps
the most insidious of all,
for
if you fear
a real danger,
it is something you can overcome.*

*Even exaggerated fear of
an outer occurrence
would not be so harmful,
except that
such an unrealistic phobia
must be an expression of
• unrecognized and
• unexperienced
feelings.*

	<p><i>Anything outside of you can be dealt with on the level of outer action.</i></p> <p><i>Feelings can be dealt with only as they are</i><ul style="list-style-type: none"><i>• being experienced,</i><i>not when they are</i><i>• denied.</i></p>
08	<p><i>When you are afraid of</i><ul style="list-style-type: none"><i>• pain,</i><i>• loneliness,</i><p><i>or</i></p><p><i>of a</i><ul style="list-style-type: none"><i>• hurt to your pride</i><p><i>or a</i><ul style="list-style-type: none"><i>• rejection,</i><p><i>or</i><ul style="list-style-type: none"><i>• frustration</i><p><i>of your</i><ul style="list-style-type: none"><i>• will or</i><i>• desires –</i></p><p><i>in all these cases, your primary feeling is fear.</i></p><p><i>Only when you experience what you fear – say, rejection – will you experience the pain of it [i.e., will you experience the PAIN of REJECTION].</i></p><p><i>So we are dealing basically with the fear of pain [i.e., we are dealing with the FEAR of pain, NOT PAIN itself].</i></p></p></p></p></p>

	<p><i>When you go into the • fear, you can experience the • pain.</i></p> <p><i>Only then • will the pain genuinely dissolve, and • you will have mastered a slice of life that you no longer need to avoid.</i></p>
09	<p><i>When you blindly avoid your fear of pain until you • no longer know that you fear a specific pain and • are not aware why you feel • numbed and • deadened, you create a magnetic energy block within your psychic system.</i></p> <p><i>This magnetic block is a powerful force that inevitably draws to you the very experience you wanted to avoid.</i></p>

*The pain you avoid
must come to you
from outside,
again
and again,
until
you can no longer avoid it.*

*This is
a law of life.*

*If you come into this life
with such a fear,
your life circumstances
will bring forth
the very condition
that you avoided previously.*

I have said this many a time.

*When life circumstances
in your early childhood
again inflict*

- *pain and*
- *deprivation*

*upon you,
and you again
protect yourself
by*

- *denying the pain*

rather than

- *experiencing it*

to its fullest,

*later life circumstances
will replicate those early conditions
until
you*

- *open up to what you fear*

and

- *let the experience*

*be in you,
so that it can
dissolve.*

	<p><i>When you fully savor the painful experience, then you are truly overcoming it.</i></p> <p><i>Then</i></p> <ul style="list-style-type: none"><i>• the energy of the magnetic block dissolves, entering into the general flow of life within you,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the previously feared experience will no longer come to you.</i>
10	<p><i>You may temporarily avoid the feared experience because your inner defenses shut off life so successfully that nothing touches you.</i></p> <p><i>And your willpower may build an eventful outer life that fills your inner void to a degree, as long as you do not hold still.</i></p> <p><i>However, this is but temporary peace before the storm.</i></p>

	<p><i>Crisis</i> <i>must come to you eventually</i> <i>to give you</i> <i>another opportunity</i> <i>to overcome your fear.</i></p> <p><i>The more</i> <i>you run from</i> <i>what you fear,</i></p> <ul style="list-style-type: none"><i>• the more</i> <i>energy you invest</i> <i>into blocking off</i> <i>the feared feeling,</i><i>• the more potent</i> <i>the magnetic energy block becomes,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the more certainly you</i> <i>attract the crisis</i> <i>that could be the healing agent</i> <i>whenever you choose to</i> <i>change</i> <i>the direction of your focus</i> <i>to inner living.</i>
11	<p><i>Only a</i> <i>fearless soul</i> <i>can experience</i></p> <ul style="list-style-type: none"><i>• bliss,</i><i>• pleasure,</i><i>• joy, and</i><i>• peace.</i> <p><i>You can fulfill your potential for</i></p> <ul style="list-style-type: none"><i>• creativity</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• expansion of your spiritual being</i> <i>only when</i> <i>you are</i><ul style="list-style-type: none"><i>• fearless</i><i>and</i><ul style="list-style-type: none"><i>• relaxed.</i>

	<p><i>If no part of your inner being has anything to</i></p> <ul style="list-style-type: none">• <i>cover up,</i>• <i>defend, or</i>• <i>protect,</i> <p><i>then the full potential of your</i></p> <ul style="list-style-type: none">• <i>creativity and</i>• <i>capacity for pleasure</i> <p><i>can manifest in your personality.</i></p> <p><i>But if you guard against</i></p> <ul style="list-style-type: none">• <i>one expression of life in you,</i> <p><i>against</i></p> <ul style="list-style-type: none">• <i>one type of inner experience,</i> <p><i>it is logical that</i></p> <ul style="list-style-type: none">• <i>all other types [i.e., all other types of inner experience] must be equally hindered.</i> <p><i>This should be easy to see.</i></p>
12	<p><i>In protecting yourself against</i></p> <ul style="list-style-type: none">• <i>your fear of</i>• <i>pain, or</i>• <i>any other undesirable experience,</i> <p><i>you put yourself in a state of tension.</i></p> <ul style="list-style-type: none">• <i>Guardedness is</i>• <i>tension.</i> <ul style="list-style-type: none">• <i>Pleasure and</i>• <i>creativity</i> <p><i>can thrive only in a state of</i></p> <ul style="list-style-type: none">• <i>relaxation.</i>

*You cannot express yourself
when you
hold tight
against a movement
in your inner life.*

*You separate yourself
from a vital part in yourself.*

*No wonder
that you*

- lose touch with yourself*

and

- no longer know*
- who you are or*
- what you are doing!*

*You live
in a constant state of guardedness –
unbeknownst to
your conscious mind.*

*Therefore,
the first task on your path
is to
explore yourself deeply,
so that you
become conscious of
your defenses.*

*Only then
can you explore
the next question:*

*What is it
precisely
that you guard against?*

*In the last analysis
it [i.e., that precisely which you guard against]
is
always
a pain
you have suffered [i.e., a pain you have suffered in the past].*

13

*You cannot, of course,
go further back than
this lifetime.*

But

- *this lifetime
is all you need.*

Your early pains in

- *this life
are essentially
those you have suffered in
• previous lives.*

Your

*accumulated residual energy block
not only*

- *attracts
the same events
over again,
but also
• makes you
incapable of
meeting new feeling experiences
in a
• free and
• spiritually hygienic
way.*

*The new feeling
that cannot live in you
is added to your
residual reservoir.*

On the other hand,

- *once your residual reservoir [i.e., once your reservoir of feelings that
could not live in you previously because of old energy blocks]
is emptied*

and

- *you have
fully experienced the past accumulations [i.e., fully experienced past
accumulations of feelings that could not live in you previously],*

*the flow of your being
will deal with
new pains
in a very different way.*

14

*First of all,
you will remain*

- *open and*
- *vulnerable,*

experiencing the pain

- *softly,*
- *gently,*
- *without inner fight,*

and

- *fully knowing*

why
you are in pain.

*This integration of
your experience [i.e., integration of your experience of the pain]
will make*
the wave of pain
pass

- *slowly*

or

- *quickly,*

according to
the nature of the experience,

and the pain
will dissolve into
the stream of life within you.

This

- *open,*
- *relaxed*

state
also makes available

- *inspiration*

and

- *resources*

that are otherwise
inaccessible.

*You will be guided
from within
to find new ways of action
that will be effective
in
your*

- *life*

*and
your*

- *environment.*

A

- *new,*
- *ever-increasing
vibrancy*

*will fill your being
when
you live in this way.*

*You will be filled
with
the joyousness
of knowing that
all is well in the universe.*

15

When you

- *use your will
to avoid feared feelings*

and

- *try forcefully
to produce
the joy that you cannot have
unless
you live in an unguarded state,*

*your will
must again
and again
be smashed by life,
which cannot be manipulated by the*

- *fearful,*
- *small,*
- *controlling
mind.*

	<p>When you substitute • a forcing current –</p> <p style="padding-left: 40px;">"I must • not experience that</p> <p style="padding-left: 20px;">and</p> <p style="padding-left: 40px;">I must • experience this" –</p> <p style="padding-left: 20px;">for • a relaxed stream of consciousness, • a flowing soul substance,</p> <p>you bring on • crisis and • more pain.</p>
16	<p>The duality that characterizes human consciousness results primarily from fear that is not • fully lived through and therefore [is not] • dissolved.</p> <p>By saying, in effect,</p> <p style="padding-left: 40px;">"This I must not experience,"</p> <p style="padding-left: 60px;">you create a duality.</p>

	<p>• <i>Your fear creates both a</i></p> <ul style="list-style-type: none">• <i>Yes current [i.e., “Yes, I MUST experience this,”]</i> <p><i>and a</i></p> <ul style="list-style-type: none">• <i>No current [i.e., “No, I MUST NOT experience that”],</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>that split current is the entire basis of the painful state of duality.</i> <p><i>Such duality can thrive only in</i></p> <ul style="list-style-type: none"><i>a state of</i><ul style="list-style-type: none">• <i>avoidance,</i><i>a state of</i><ul style="list-style-type: none">• <i>being closed to one thing,</i> <p><i>which creates a</i></p> <ul style="list-style-type: none">• <i>tense,</i>• <i>urgent</i> <p><i>grabbing movement in the opposite direction [i.e. grabbing of a thing in the direction opposite to the direction of the one thing avoided],</i></p> <p><i>which in turn prohibits the real flow of life.</i></p>
17	<p><i>When strong inner denial exists,</i></p> <ul style="list-style-type: none">• <i>rage and</i>• <i>violence follow.</i>

*Rage dissolves
when*

- *the fear of pain
is given up*

and

- *the pain
fully experienced.*

*The pain
dissolves into
its original nature,
the*

- *blissful,*
- *peaceful*

*vibrancy of
the river of life
that*

- *flows through you*

*and
of which*

- *you are a part.*

18

*Your fear of feelings
therefore
not only*

- *blocks*
 - *bliss and*
 - *the expression of creative life through you,*

but also

- *splits you into
a state of disunity.*

*You can achieve a
higher unified
state of consciousness
only by*

- *going through what you fear,*

never by

- *avoiding it.*

19

*When
fear of your feelings
induces you
to block off
your capacity to feel,
the impoverishment
creates
the need for a substitution [i.e., a substitution for FEELING].*

*The mind
then becomes
this substitution [i.e., this substitution for FEELING].*

*In order
not
to feel*

- *your deadness,*
- *the impoverishment of
your inner being,*

*and
to have*

- *a sense of existing,*

*you use your
outer mind
much more than is natural.*

*If you
cannot exist
through your*

- *flowing,*
- *feeling
being,*

your

- *intellect*

and

- *will*

*take almost exclusive charge
of your*

- *deadened feeling part.*

***They [i.e., Your intellect and will]
temporarily
give you
the illusion
of
being alive.***

***But the aliveness [i.e., But this ILLUSION of aliveness
created by the overactive intellect and will]
is precarious.***

***It [i.e., The illusion of aliveness given you by your intellect and will]
is, in the long run,
not even convincing,
because
• consciousness
without
• feeling
lacks
the spark of the spirit
that puts a glow on life.***

***Such incompleteness
is
• dry and
• sterile.***

***You may arrive at
the most brilliant formulations
with your
mind,
but if
your mind
is not unified with
your inner feeling experience,
you will,
in secret moments,
doubt
• your aliveness,
• the reality of your being.***

In this
• *stage of evolution,*
in this
• *civilization,*
humans frequently find themselves
with
highly developed
minds,
but
unable to live fully.

What is usually called
an identity crisis
is the condition of
being split off from
the feeling self,

which in turn [i.e., being split off from
the feeling self in turn]
exists
only when
feelings are
• *avoided and*
• *repressed.*

A person can
never know
who she or he is
when
the mind
substitutes
• *its so-called "life"*
for the
• *inner,*
• *feeling*
self.

20

Let us now look at what happens to
specific feelings
when they are denied.

Let us take

sadness.

When something in you says,

*"I must not
be sad,
I should not
be sad,"*

*you rebel against
a feeling [i.e., rebel against any feeling of SADNESS]
that exists in you.*

*This rebellious attitude
soon creates
the misconception in you
that
being sad
is catastrophic
and
that,
if this catastrophe [i.e., this "catastrophe" of feeling sad]
befalls you,
you must perish.*

This

- *unspoken,*
- *unarticulated*

*assumption [i.e., assumption that feeling SAD is a CATASTROPHE]
creates*

- *fear,*

*and often,
as the assumption becomes exaggerated,*

- *fear*

turns into

- *terror.*

*The terror
of sadness
creates a
compulsive urge
to avoid
sadness.*

*If life
finally
forces you
to feel your sadness
through
the circumstances
you inevitably attract,
your terror,
arising from your conviction that
you must perish,
produces
such strong inner turmoil
that you may indeed
break down.*

*You may be
utterly unaware
of the*

- rebellious anger in you
that fuels your terror*

and

of the

- misconception [i.e., misconception that sadness is a catastrophe]
that makes you struggle so*
 - arduously and*
 - painfully*

against the sadness.

*When you then
experience
sadness
in this*

- mental and*
- emotional*

state,

*the experience
is indeed
unbearable –
but
not
because
straight sadness
cannot be borne.*

21

Any

- **straight,**
- **clean**

feeling

**can easily be borne,
no matter**

- **what it is**
- and**
- **why it exists.**

What

is

unbearably

- **painful,**
- **frightening, and**
- **hopeless**

is the inner struggle

**that the misconception [i.e., the inner struggle that the
misconception that feeling SAD is a CATASTROPHE]
creates.**

**This is the real meaning of
the scriptural saying,**

**"According to thy belief
it shall be done unto thee."**

It [i.e., This scriptural saying]

does

not mean

there are

- **magical intercessions from heaven,**
- **reward for faith and**
- **punishment for doubt.**

It [i.e., This scriptural saying]

simply describes the dynamics I discuss here.

The overactive mind –

**not necessarily conscious –
produces the image,**

**"I will perish
if I have to be sad."**

*You build mental concepts
that sustain the belief
that
sadness is*

- *unbearable*

and even

- *dangerous,*

*and thus you
justify your refusal
to feel sad.*

*You may do this [i.e., You may justify your refusal to feel sad]
by building cases against
people who make you sad.*

*Your mind
attempts to justify
why you should not have to endure
this feeling.*

*Thus
you build illusions.*

*And it always seems
most difficult
to abandon
one's cherished illusions.*

22

*Whenever
an original experience –
say, of*

- *sadness and*
- *pain –*

*is denied,
it becomes
displaced.*

*It [i.e., The original experience – say of sadness and pain]
will be reexperienced
in subsequent situations.*

- *Displaced*
- and
- *denied*
 - *sadness*
- becomes
- *self-pity,*
 - *hopelessness,*
 - *depression.*

These emotions [i.e., These emotions of self-pity, hopelessness, and depression] are indeed

- *debilitating and*
- *destructive,*

whereas
the

- *direct,*
 - *original*
- feeling of sadness,*
if

- *fully experienced*
- and
- *consciously connected to*
its origin in
this life,
will dissipate.

When you let it [i.e., When you let sadness] happen to you,

- without manipulating it by*
- *exaggerating or*
 - *denying*

it, [i.e., the direct, original feeling of sadness, connected to its origin in THIS life] will run its natural course.

This is extremely important

- *to remember*
- and
- *to practice.*

If the
• *original,*
• *clean*
experience of sadness
is denied in any way
and thus
becomes distorted,

it will form part of a
vicious circle,
from which
it is always difficult to extricate oneself.

Another part of the vicious circle
is the
denied
• *anger and*
• *rage*
for being
made sad
by
• *life*
and
by
• *others.*

23

Now let us consider the feeling of
anger.

If it [i.e., If anger]
is
cleanly experienced
when someone perhaps
• *damages or*
• *hurts*
you,
it [i.e., anger]
will resolve itself.

**Other people's
denial of
their**

- **inner truth,**
 - **real feelings,**
- inflicts pain on you**

**just as much as
you inflict pain
on others
by**

**not allowing yourself
to experience what is –**

**whether or not
you intend**

**to do so [i.e., whether or not
you intend to inflict
pain on others].**

**This pain [i.e., This pain inflicted on you by others or by you on others]
can be inflicted every bit as much**

by

- **omission**

as

by

- **commission.**

**The climate of omission
in a child's life
is indeed**

**often more difficult to cope with
because**

there is no

actual occurrence

to which one can connect the pain,

so that it is harder to

- **acknowledge**

and

- **feel**

and thus

- **eliminate**

it from your psychic system.

***Your initial reaction to pain
with anger
is totally***

- ***normal and***
- ***healthy.***

***If you can understand
that such a reaction [i.e., that such a reaction as ANGER to pain]
does not require you
to act destructively against others,
you will***

***accept the anger
without***

- ***judging or***
- ***justifying***
 - ***yourself or***
 - ***others.***

***If you let yourself
• feel it [i.e., feel the anger]
and***

***• follow it through
to the pain,***

***it [i.e., the anger]
will dissolve,***

***it [i.e., this process of letting yourself feel the anger
and following it through to the pain, thereby dissolving the anger]
will liberate you.***

***If you
deny it [i.e., deny the feeling of anger],***

***it [i.e., the anger]
will turn into***

- ***cruelty and***
- ***hostility,***

***which in turn, as you well know,
need to be covered up***

to conform with society's standards.

Thus

***• you become further alienated from
what you really feel [i.e., alienated from your real feeling of anger],***

and

***• the original feeling [i.e., the original feeling of anger]
becomes more distorted [i.e., more distorted into cruelty and hostility].***

24

*Let us now see what happens
when the original feelings of*

- *despair and*
- *loneliness*

*are denied,
when the inner person says,*

"I should not have to feel this ever;

*I should be spared
this experience of despair."*

*By this denial
you turn your feeling of*

- *despair*
- into*
- *bitterness,*
 - *isolation,*
 - *faithlessness –*

*the apprehension
that there is no way out for you.*

*If the original despair
is experienced
directly,
without*

- *conclusions and*
- *mental concepts,*

*the feeling
will dissolve relatively quickly.*

If you

- *allow yourself to
feel it,
without
making something more of it,*

and

- *are attuned to
what is happening in you,
you will come out of
yet another tunnel
into the light
of the life stream.*

*When I speak of the
clean experience
of momentary despair,
I do
not mean
the subtly forced
hopelessness
that results from a
forcing current.*

*The forcing current
is a manipulative process
that expresses*

- into life*

and

- toward everybody
whom one substitutes for
those who caused
the original hurt in childhood:*

*"• You must now give me
all I ask for,
and*

- you must protect me from
all unpleasurable feelings.*

*My hopelessness
will convince you
that this
is what you
must do for me."*

	<p><i>When such irrational messages of the hidden self can be</i></p> <ul style="list-style-type: none"><i>• deciphered and</i><i>• admitted,</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• manipulative,</i><i>• artificial</i> <p><i>hopelessness – which is always unbearable –</i></p> <p><i>will give way to a new insight which will lead back to the</i></p> <ul style="list-style-type: none"><i>• clean,</i><i>• original</i> <p><i>feeling one has avoided.</i></p>
25	<p><i>If you can so discern your hidden messages, you will make a great step toward self-awareness, which then will enable you to</i></p> <ul style="list-style-type: none"><i>• experience original feelings</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• go through their tunnel, at whose end you will find the realistic good tidings of spiritual reality –</i> <p><i>that life is ultimately benign.</i></p>

*And when I say
"ultimately" [i.e., When I say you will find that life is "ultimately" benign]
I do
not mean in a faraway beyond;*

I mean that

- *whenever you have*
 - *the courage*
- and*
- *the faith*
 - to*
 - *truly feel and*
 - *explore*
 - what is in you;*

- *when you*
 - let happen*
 - what is in you;*

- *when*
 - *the hardened armor plate*
 - of your defense against*
 - unpleasant feelings*
 - is loosened up and*
 - you*
 - *feel*
- and*
- you*
 - *cry,*
- you*
 - *tremble*
- and*
- you*
 - *writhe,*
- and*
- you*
 - *experience*
 - *directly and*
 - *cleanly*
 - the original feeling,*

then
all residual feelings
will dissolve.

*The new experience of
everyday living
will be
a wave of life
as it comes to you.*

*You will
not live behind
a wall
through which
nothing
can come
• to you
and
nothing
can come
• out of you.*

*That state [i.e., That state behind a wall where nothing can come TO you and
nothing can come OUT OF you]*

*is the
true isolation
of the
• disunified,
• fearful
being,
who
• issues a forcing current into the world
saying,*

*"I must
not feel this,
I say
no to it,"*

*and
• is therefore
in a state of
tight
• denial and
• defense.*

26

*Let us now take
the feeling of*

fear.

*When you
deny it [i.e., When you deny fear],
it [i.e., fear]
becomes*

vague anxiety

*that is
infinitely more disturbing
because*

you have nothing to

• focus on

and

• cope with.

*By facing the
fear*

directly,

*you proceed into
other feelings,
such as*

• pain,

• despair,

• anger,

and so on.

*Thus
the way out [i.e., the way out of fear]
becomes possible.*

*Anxiety
is displaced
fear*

and, as such,

offers

no way out.

27

*If you feel
vaguely*

- *disturbed or*
- *irritated,*

*without really knowing
what has happened to you,*
do
not gloss over it.

*That [i.e., Glossing over times when you feel vaguely disturbed or irritated
without really knowing what has happened to you]*
will create
further layers of

- *disunity and*
- *disorientation.*

*Focus on your
sensations,
trust in the fact
that*
something

- *more tangible,*

something

- *that you*

can
deal with,
waits for you
to take it out of hiding.

*This will lead you to
a fuller experiencing
of your*

- *present*

and

- *past*

feelings.

	<p><i>And when you empty out the past accumulations [i.e., past accumulations of avoided and hence unexperienced feelings], the present will truly be the present, rather than the illusion that you react to</i></p> <ul style="list-style-type: none"><i>• the present</i> <p><i>when you really react over and over to</i></p> <ul style="list-style-type: none"><i>• the past you keep avoiding.</i>
28	<p><i>Anyone of you who truly decides to go into the nucleus of your being can do so at any time.</i></p> <p><i>It [i.e., Going into the nucleus of your being] requires your decision to</i></p> <ul style="list-style-type: none"><i>• look,</i><i>• feel, and</i><i>• experience,</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• no longer project what is in you.</i> <p><i>When you can let a feeling –</i></p> <ul style="list-style-type: none"><i>• pain,</i><i>• fear,</i><i>• disappointment –</i> <ul style="list-style-type: none"><i>• happen to you</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• go to its very end,</i> <p><i>its energy current transforms itself into its original life flow.</i></p>

*Thus,
when you no longer
fear
a feeling,
then
that feeling
can no longer come to you.*

29

*You must understand, my dearest friends,
that
anything undesirable
that happens to you
comes to you
only
because you say,

"• No, I must not experience that,
and
• what can I do to avoid it?"*

*Indeed,
most people
are motivated to
start spiritual work like this
because what they really seek
are
better ways
to avoid
the undesirable feelings.*

*When it finally dawns on them
that exactly
the opposite direction
must be taken,
many
leave the path,
unwilling to accept
the truth
that avoidance is futile.*

*They insist on
their illusion [i.e., their illusion that undesirable feelings can be avoided].*

30

*It is therefore
of utmost importance
that you ask yourself
to what degree
you are afraid of
a feeling in you.*

What feeling is it?

*For nothing
outward
can
in itself
be so frightening –*

only

- *what it [i.e., only what that which is outward]
will
do to you,*

- *what unpleasurable feelings it [i.e., only what unpleasurable feelings
that which is outward]*

will

elicit in you

*[i.e., only your FEARS of that which is outward will do to you
or your FEARS of what unpleasurable feelings that which
is outward will elicit in you will be so frightening to you].*

By

going into

*the undesirable feeling [i.e., By going into the unpleasurable feelings
that that which is outward elicits in you],*

you will see

the miracle happen

as a

- *stark reality,*

not as a

- *principle*

you hear expounded:

that

the acceptance of pain

makes

the pain

pleasure.

*The less
you block
• pain,
the more
and
the sooner
will
• pain
turn into
• pleasure.*

*Thus you
witness
the process of
unifying duality.*

31

*From this point,
we shall go more
and more
into the
• deepest,
• most direct
experiences
of your
• residual feelings,
alternating with your
• present feelings.*

*By learning to
give up
the fight against them [i.e., give up the fight against
both residual and present feelings],
you will,
for the first time,
lose fear.*

*I will
• help and
• guide
you,
as usual.*

Start
now –
all who
• listen tonight
and
all who
• read these words.

What are
the feelings
you fear?

Really face that.

And then
try
• to open yourself to
the feared feelings
and
• to let happen
what you thought would be
unbearable.

32

You will see that
many of the concepts I have discussed over the years
are
not mere
faraway philosophies.

They have a
• concrete and
• immediate
meaning
you can verify
if you truly follow through.

Quite a number of you

- **have done this already** [i.e., have opened yourself to feelings you feared and let happen what you thought would be unbearable]

and

- **have found that**
what appears first as a
 - **black,**
 - **frightening**
abyss**turns out to be a**
 - **tunnel**
at whose other end
you come into
light.

Everyone

can
experience
this.

It is

never a
bottomless abyss,
for
the true nature of life
is not

- **darkness –**
it is
• light.

It [i.e., The true nature of life]

is not

- **destruction –**
it is
• construction.

33

The

- *evil,*
- *destructive, and*
- *demonic*

forces of life

are rooted in

the fear of

experiencing

- *what is in you,*

- *your feelings.*

Out of that fear [i.e., Out of that fear of the feelings that are in you],

you build your

destructive defenses.

That is

the only reason

why any destructiveness

sets in.

The fear

of

- *feelings,*

of

- *painful experiences,*

makes you

- *arrogant*

and

- *isolated,*

- *cruel*

and

- *greedy,*

- *selfish*

and

- *life-denying.*

It [i.e., The fear of feelings, the fear of painful experiences]

makes you

- *untruthful*

on the

- *inner and*

- *most vital level*

of your being.

*For if you
deny
 what you
 feel,
you are
not
 in truth
 with yourself.*

*All of this [i.e., All of this denying, avoiding, and defending against
experiencing what you feel]
is evil,
if you wish to use this word.*

*Destructiveness
lies exclusively
in the walls you build
against
experiencing
what is in you.*

*You thus
convert
 • constructive energy
into
 • destructive energy.*

*The inner lie of
denying experience
of the feeling self
creates a falsification of
your real self.*

*It [i.e., The inner lie of denying experience of the feeling self]
falsifies
you
 until you no longer know
 who you really are.*

*It [i.e., The inner lie of denying experience of the feeling self]
creates
the false hope
that you can
eliminate
any undesirable feelings
by avoiding them,*

*and it [i.e., and the inner lie of denying experience of the feeling self]
creates
the false hopelessness
that the tunnel of painful feelings
is a bottomless pit of*

- horror and*
- annihilation.*

*Thus you
waste your life energies
by stemming against
the truth
and so
create
unnecessary pain.*

34

*The negation of
your
original pain
in
this life
leads to*

- greedy,*
- insatiable*

demands,
such as

- to be spared*
 - all frustration,*
- to never be*
 - criticized,*
- to be always*
 - loved*

and

- loved your way.*

Until you
• *recognize*
and
• *abandon*
these demands
and
• *go through*
the original pain,

you will be
caught in the see-saw of
• *submission and*
• *rebellion,*
which is
another vicious circle.

You
• *submit to*
another's
equally
• *insatiable,*
• *unreasonable*
demands
and
• *join in a*
power struggle
for control
so that you can
finally
have the other
do your bidding.

You
• *rebel*
because you
• *are ashamed of and*
• *hate*
yourself
for your submission,
and
• *believe you*
must prove
your "independence."

In both instances [i.e., In both the instance of SUBMITTING in order to have the other meet your demands, and the instance of REBELLING because you are ashamed of your submission and feel you must prove your “independence”]

***you violate
the interests of
your real self.***

In neither [i.e., In neither the instance of SUBMITTING nor the instance of REBELLING]

***are you aware of
the blind drives
that lead you into***

- submission***
- and***
- rebellion.***

***You can truly be
independent
only when
you cease
making the demands.***

***This [i.e., This ceasing to make demands on the other]
will happen***

***when you are willing
to experience
whatever comes to you,
knowing that***

***• you have produced it [i.e., that you have produced
whatever comes to you]***

and that

***• it exists within you [i.e., and that whatever comes
to you exists within you].***

35

**Current psychology
often says
that a child is
incapable of
reacting differently to pain
than by
building its numbing defenses.**

**This is true
only when
in previous lives
residual pain was
not**

- **experienced fully**

**and thus [i.e., and thus, by the residual pain not having been
experienced fully in a previous life, and hence not]**

- **eliminated.**

**To the degree
that a human being has done this [i.e., To the degree that a human being
has experienced the residual pain fully in a
previous life and thereby eliminated this pain],
even in childhood
the severest of circumstances
will be experienced
in an undefended way.**

**The pain
will be**

- **endured and**
- **gone through**

**until it naturally ceases,
without leaving a mark,
just because
it was fully felt.**

Feeling pain

- ***directly***
- and***
- ***fully***
 - ***strengthens***
 - ***resilience and***
 - ***the ability to live***
 - ***fruitfully and***
 - ***productively,***

and it [i.e., and feeling pain directly and fully]

- ***certainly increases***
the capacity for
experiencing
 - ***pleasure and***
 - ***deep feelings.***

It [i.e., Feeling pain directly and fully]
is the living principle of

"Do not resist evil."

It requires blindness
not to see
that children
actually have this capacity
to a great degree.

They can

- ***cry bitterly***
in one minute

and

- ***laugh genuinely***
in the next,

just because
the pain
has taken its natural course.

*It is only where pain
has
not been experienced
that*

- *defensive numbness
occurs –
and hence*
- *neurosis,*
- *destructiveness,*
- *deadness.*

*It is false
to generalize that
no child
can help but
react
in this self-numbing way
to all*

- *traumatic and*
- *difficult
situations.*

36

*May the power
that is within
your own inner being
be allowed to
fill
your*

- *whole
substance,*

your

- *whole
organism –
your*
- *spiritual,*
- *emotional,*
- *mental, and*
- *physical
being.*

*The full experience of
your feeling self*
• *is spiritual hygiene*
and

• *prevents the stagnation of your soul.*

It [i.e., The FULL EXPERIENCE of your FEELING SELF]
• *is the metabolism of
your total organism.*

*Just as the accumulation of
physical waste
that is not*
• *expelled and*
• *eliminated*
*creates disease in
the body,*

so does

• *unassimilated,*
• *unexperienced
feeling matter
cause
disease of the soul.*

• *Your full commitment to
everything
you can possibly feel;*
• *your observation of*
• *feelings
you fear and*
• *the events that
bring forth those feelings;*

and

• *your commitment at last
to try to*
• *face and*
• *experience
them [i.e., face and experience the feelings you fear and events
that caused them]*

*constitute
the healing process
that will
unify
your entire being.*

	<p><i>This [i.e., This healing process that will UNIFY your ENTIRE BEING]</i></p> <ul style="list-style-type: none">• <i>will make</i> <i>your life</i> <i>the fullest experience possible</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>will</i> <i>permeate you with</i> <i>the realization</i> <i>that you are</i> <i>using your life</i> <i>to its</i><ul style="list-style-type: none">• <i>fullest and</i>• <i>best,</i> <i>with its</i><ul style="list-style-type: none">• <i>deepest meaning.</i>
37	<p><i>A lot of love</i> <i>is pouring forth</i> <i>for all of you.</i></p> <p><i>May you be able to</i> <i>feel it!</i></p>

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