

# Pathwork Lecture 193: Résumé of the Basic Principles of the Pathwork: Its Aim and Process

1996 Edition, Original Given September 24, 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><b><i>Greetings, my dearest friends here.</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>Blessings</i></b></li> </ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>love,</i></b></li> </ul> <ul style="list-style-type: none"> <li>• <b><i>strength</i></b></li> </ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>joy</i></b></li> </ul> <p><b><i>are ever-present</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>within and</i></b></li> <li>• <b><i>around</i></b></li> </ul> <p><b><i>you,</i></b></p> <p><b><i>permeating you to the degree you allow it.</i></b></p> <p><b><i>With great joy do I resume</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>the help and</i></b></li> <li>• <b><i>the guidance</i></b></li> </ul> <p><b><i>I am privileged to give you.</i></b></p>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Format Posted 6/7/20

04

*I have been asked to give a résumé,  
of the teachings which I have brought to you  
in all these years [i.e., in these 14 years since we began in 1957].*

*I shall now proceed to do this as best I can.*

*It is not easy to summarize  
the many*

- *steps that are all necessary,*

*the many*

- *areas that have to be looked into,*

*and*  
*the many*

- *angles*  
*where confusions might exist*  
*which must be straightened out.*

*As you know,  
human language itself  
presents*

- *difficulties and*
- *limitations,*

*so that*  
*misunderstandings can easily occur.*

*To really understand the nature of this path,  
it is important to know to some degree  
the nature of  
the human entity you are.*

*What are  
the various components of  
the human being?*

*Whatever explanation I can give you here  
has to be somewhat oversimplified,  
but is nevertheless valid.*

*Use it as a map that gives an  
overall idea of the kind of being you have to deal with  
when you approach*

- *yourself and*
- *others.*

05

**Humanity**  
consists of  
different levels of consciousness.

**Each level of consciousness**  
represents a  
conglomerate of

- attitudes,
- beliefs, and
- feelings.

**These levels of consciousness**  
are often  
at total variance with each other,  
expressing  
different states of development  
in the evolution of the person.

**Your state of consciousness**  
always  
creates its own world  
with its own

- laws,
- mores,
- philosophy,

and the consequent

- reality.

**Each**

- world or
- state of consciousness –  
in the spiritual world  
they are perceived as
- spheres –

has a  
different degree of

- awareness of  
the cosmic ultimate reality

and therefore also  
has  
different degrees of

- limitations.

*These limitations [i.e., These different degrees of limitations associated with the different degrees of awareness of the cosmic ultimate reality] determine the extent to which the abundance of the universe can be experienced in each state [i.e., in each state of consciousness].*

*The true world is the ultimate reality of each person's innermost being which is unified with*

- eternal life*

*and*

- ever-flowing*
- creativity,*
- joy and*
- self-expression.*

*This world [i.e., This true world of ultimate reality] does not exist in some faraway place:*

*it [i.e., this true world of ultimate reality] permeates everything that exists.*

*In fact, the various levels of consciousness draw you into their corresponding worlds.*

*These worlds [i.e., These many worlds, with their corresponding levels of  
consciousness and into which you are drawn,]*

*do not exist in*

- *space and time,*

*but rather in*

- *a reality*

*that transcends both [i.e., transcends both space and time].*

*[The three dimensions of your world,]*

- *Time,*

- *space,*

*and*

- *movement*

*are limited conceptions*

*of the human mind*

*with its*

*particular state of consciousness.*

*Thus, in a reality that*

*transcends*

*the*

- *human*

*or*

- *physical*

*one [i.e., Thus, in a reality that transcends the human*

*or physical reality],*

*two*

*or more*

*worlds*

*can easily coexist in the same space.*

06

*An entity  
who*

- *is not yet unified*
- and*
- *has not yet realized  
its ultimate nature*

- *expresses  
these different levels of consciousness*

*and*

- *is thus drawn into  
their corresponding worlds*

*either*

- *alternately*

*or*

- *simultaneously.*

*While*

*living on earth  
in a human body,*

*this pull [i.e., this PULL on one into worlds corresponding to those  
worlds representing one's levels of consciousness]*

*manifests*

*in different*

- *moods,*
- *perceptions*

*and*

- *experiences.*

*How often do you discover that  
whatever*

*you feel deeply  
to be*

*the truth of*

- *life and*
- *yourself*
- *today*

*may be totally reversed*

- *tomorrow*

*when you experience*

- *life and*
- *yourself*

*very differently?*

07

*[While living on earth in a human body,]*

**When you are drawn  
simultaneously  
into two conflicting worlds  
of your own making,  
you will  
experience**

- **conflict and**
- **confusion.**

**When you are  
out of the body [i.e., out of the human body you inhabit living on earth],  
this phenomenon [i.e. this phenomenon of being drawn into  
worlds of different levels of consciousness]**

**manifests**

- as being drawn into**
  - **the actual**
    - **world or**
    - **environment**

**which**

**the respective level of consciousness  
has created,**

**and then as being drawn into**

- **the created world  
of another level,  
on and on –  
as long as  
these many states of consciousness  
exist in  
the still disunited personality.**

**The less  
self-awareness human beings achieve,  
the less  
will they realize  
that the world they  
experience  
at any given phase of their evolution  
is**

- not the**
  - **ultimate one**
- nor the**
  - **only one  
they can create.**

	<p><i>Limited awareness of reality necessarily creates suffering,</i></p> <p><i>and when this unhappy state of existence is believed to be the only reality,</i></p> <ul style="list-style-type: none"><li><i>• apprehension,</i></li><li><i>• fear,</i></li></ul> <p><i>and • despair are inevitable.</i></p> <p><i>These illusory perceptions can only be eliminated by the arduous work of bringing all your inner worlds into awareness.</i></p>
08	<p><i>The</i></p> <ul style="list-style-type: none"><li><i>• variety and</i></li><li><i>• range</i></li></ul> <p><i>of the different degrees of awareness,</i></p> <p><i>and the resulting degrees of experienced</i></p> <ul style="list-style-type: none"><li><i>• joy and</i></li><li><i>• peace</i></li></ul> <p><i>or their lack, will be truly immense – until the ultimate state of reality begins to be realized.</i></p>



09

*The human condition  
can best be expressed in a general way  
by the following  
three levels of consciousness:*

- *the higher self  
which is the  
• God consciousness;*

- *the lower self  
which is the  
• demonic self;*

*and*

- *the mask self  
which  
hides the  
• demonic or  
• lower  
self.*

*Needless to say, there are  
many*

- *degrees and*
- *stages*  
*within*

*each of these levels of consciousness.*

*The way they [i.e., The way these many degrees and stages WITHIN each of the  
levels of consciousness – within the higher self,  
the lower self, and the mask self]*

- *overlap,*
- *cancel each other out*  
*and*

- *create confusion,*  
*along with  
the resulting*

- *indirect effects and*
- *chain reactions,*  
*needs to be*
  - *explored,*
  - *understood, and*
  - *mastered.*

*This work is the pathwork.*

	<p><i>All these aspects of the personality can be</i></p> <ul style="list-style-type: none"><li>• <i>conscious</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>unconscious</i></li></ul> <p><i>to varying degrees.</i></p> <p><i>The less awareness you have of any of these states,</i></p> <p><i>the more conflict exists in your life</i></p> <p><i>and</i></p> <p><i>the less you are equipped to deal with</i></p> <ul style="list-style-type: none"><li>• <i>life,</i></li><li>• <i>yourself, and</i></li><li>• <i>other people.</i></li></ul> <p><i>Low awareness will also certainly result in your being farther removed from the realization of your ultimate divine self.</i></p>
10	<p><i>Lack of awareness comes from being split off from the reality of one's</i></p> <ul style="list-style-type: none"><li>• <i>real,</i></li><li>• <i>higher,</i></li><li>• <i>divine</i></li></ul> <p><i>self.</i></p> <p><i>But one is also split off from awareness of</i></p> <ul style="list-style-type: none"><li>• <i>the lower self</i></li></ul> <p><i>as well as</i></p> <ul style="list-style-type: none"><li>• <i>the mask.</i></li></ul>

	<p><b><i>This fragmentation [i.e., This fragmentation of consciousness, this being split off from awareness of one's real, higher, divine self, as well as being split off from awareness of the lower (demonic) self and mask self] creates</i></b></p> <ul style="list-style-type: none"><li><b><i>• misunderstandings,</i></b></li><li><b><i>• illusions,</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• misconceptions.</i></b></li></ul> <p><b><i>It is one of the tasks of this pathwork to</i></b></p> <ul style="list-style-type: none"><li><b><i>• find these misconceptions</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• correct them [i.e., to find and correct these misconceptions, illusions, and misunderstandings].</i></b></li></ul>
11	<p><b><i>Now let me shed some light on</i></b></p> <ul style="list-style-type: none"><li><b><i>• the aim</i></b></li></ul> <p><b><i>of this pathwork</i></b></p> <p><b><i>before I describe</i></b></p> <ul style="list-style-type: none"><li><b><i>• the process.</i></b></li></ul> <p><b><i>The aim [i.e., The aim of this pathwork]</i></b></p> <p><b><i>is to</i></b></p> <p><b><i>unify these three levels of consciousness</i></b></p> <p><b><i>so that</i></b></p> <p><b><i>the</i></b></p> <ul style="list-style-type: none"><li><b><i>• mask</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• lower</i></b></li></ul> <p><b><i>selves</i></b></p> <p><b><i>dissolve</i></b></p> <p><b><i>and</i></b></p> <p><b><i>only the</i></b></p> <ul style="list-style-type: none"><li><b><i>• true higher self</i></b></li></ul> <ul style="list-style-type: none"><li><b><i>• manifests and</i></b></li><li><b><i>• expresses</i></b></li></ul> <p><b><i>itself.</i></b></p>

**Only when**  
• *the*  
• *lower and*  
• *mask*  
*selves*  
*are*  
*entirely conscious and*  
• *their exact manifestations*  
*understood*  
*can misconceptions*  
*be corrected,*  
*because*  
• *lack of awareness*  
*creates*  
• *misconceptions.*

• *Misconceptions,*  
*in turn, create*  
• *negative*  
• *energy and*  
• *feelings.*

• *Negative*  
• *energy and*  
• *feelings*  
*create*  
• *suffering.*

***This chain*** [i.e., *This chain from 1) lack of awareness to 2) misconceptions to 3) negative energy and feelings to 4) suffering*]

***must be reversed***

***and can only be reversed***

***when awareness of***

• *the mask self,*

• *the lower self,*

***and finally***

• *the higher self*

***can be attained*** [i.e., *when this awareness of the mask self, the lower self, and the higher self can be attained*]

***through***

***various***

• *processes and*

• *approaches*

***of the pathwork.***

12

*It cannot be denied that  
to expand the consciousness  
of a limited mind  
is a tremendously difficult task,  
for  
all human beings  
have only  
the limited mind  
available to them  
when they start out.*

*This limited mind  
must transcend itself  
in order to realize  
its unlimited  
• power  
and  
• scope.*

*Therefore  
this path  
constantly  
requires your mind  
to bridge the gap  
of its own limitations  
by  
• considering  
new possibilities,  
and  
by  
• making room for  
other alternatives  
for  
• the self,  
for  
• life,  
and  
for  
• expressing the self in life.*

	<p><i>This [i.e., This expanding and opening the mind to new possibilities, making room for other alternatives for the self, for life, and for expressing the self in life]</i></p> <p><i>demands</i></p> <p><i>making an effort to</i></p> <ul style="list-style-type: none"><li><i>• come out of old mindsets,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• leave behind models which appear comfortable –</i></li></ul> <p><i>but remember,</i></p> <p><i>this comfort is the greatest illusion.</i></p> <p><i>However,</i></p> <p><i>all illusions seem real</i></p> <p><i>as long as</i></p> <ul style="list-style-type: none"><li><i>• the possibility of their being illusions [i.e., the possibility of illusions' being illusions]</i></li></ul> <p><i>is not questioned</i></p> <p><i>and as long as</i></p> <ul style="list-style-type: none"><li><i>• no other alternatives are allowed.</i></li></ul>
13	<p><i>The overall state of consciousness of humanity is one</i></p> <p><i>of</i></p> <ul style="list-style-type: none"><li><i>• duality</i></li></ul> <p><i>or</i></p> <p><i>of</i></p> <ul style="list-style-type: none"><li><i>• opposites.</i></li></ul>

*I have often discussed  
the many aspects of  
the confusion  
created by a  
dualistic perception of reality,*

*and here*

*I only want to say  
that*

*this confusion  
must be straightened out*

- *on all levels*

*and*

- *in exact detail.*

*This means*

- *conception,*
- and finally*
- *perception,*
- change.*

14

*I want to emphasize once again that  
unifying  
the fragmented self  
cannot happen  
as long as  
the world  
is perceived  
in dualistic terms.*

***When***

- *issues,*
- *people,*
- *the self,*
- *the world,*
- *life,*
- *ideas and*
- *attitudes*

*appear to be*

*either*

- *good*

*or*

- *bad,*

- *right*

*or*

- *wrong,*

*there is*

- *distortion of reality*
- and consequently*
- *suffering.*

***However,***

*the connection*

*between*

- *the distortion of reality*

*and*

- *the suffering*

*is*

*not obvious*

*to those who are still involved in*

*this illusory [i.e., this illusory dualistic, either/or]  
view of life.*



*The truth  
is that  
every conceivable*

- *attitude,*
- *feeling,*
- *idea,*

*and*

- *human expression*

*can be  
both*

- *good*

*and*

- *bad.*

*It is one of the  
most important marks of*

- *evolution and*
- *growth*

*when this is*

- *experienced*

*instead of*

- *being a mere theory.*

15

*The process of  
expanding the mind  
beyond its own momentary limitations  
can only be a*

- *conscious*

*and*

- *deliberate*

*effort*  
*toward the goal of  
transcending  
dualistic thinking.*

**Yet the effort** [i.e., the conscious and deliberate effort required toward the goal of transcending dualistic thinking]

**is not**

**a labor of the will,**

**but**

**an opening process**

**that**

**first considers**

**• new alternatives**

**which eventually**

**can become**

**• real.**

**When you human beings only experience yourselves**

**as**

**• cut-off,**

**• powerless**

**egos,**

**and when you**

**consequently**

**try to put all your available**

**• energy**

**and**

**• power**

**into this ego,**

**you**

**must**

**fail.**

*But when you  
can allow  
that you may indeed  
be an expression of  
an as yet unmanifest,  
• deeper,  
• broader,  
• wiser  
and  
• more loving  
divine self,*

*then  
your divine self  
will be sufficiently freed  
to manifest.*

*Hence  
you can bridge the gap  
from  
• ignorance  
and  
• alienation  
to  
• an open state of mind  
that  
• questions,  
• waits,  
• considers,  
and  
• probes  
for an  
actual experience of  
the ultimate truth.*

*Such an experience [i.e., Such an experience of the ultimate truth]  
is called  
faith.*

16

*When the mind  
remains  
within the fences  
of its present limitations,  
transcendence  
cannot occur.*

*The attempt to*  

- *transcend the*
- *momentary,*
- *limited*

*mind*  
*and to*  

- *experience*

*divine consciousness*  
*is called*  
*meditation.*

*The process of*  

- *becoming aware of*

*your*  

- *mask self*

*and*  
*your*  

- *lower self*

*and*  

- *dealing with them*

  
*will greatly speed up*  
*if*  
*the conscious mind*  

- *calls*

*the higher self*  
*into play*  
*and*  

- *directs it to*

*give specific guidance.*

17

*There are  
two basic approaches to  
human spirituality.*

*One is to*  

- *emphasize*

*and*  

- *concentrate on*  
*the divine potential within*  
*until*  
*this potential*  
*becomes a reality.*

*Many movements exist*  
*which have*  

- *practices,*
- *teachings,*

*and*  

- *exercises*  
*which*  
  - *actively and*
  - *effectively**help you reach this goal.*

*All the*  

- *energy and*
- *concentration*

*is directed toward*  

- *cultivating,*
- *enhancing,*
- *manifesting,*

*and*  

- *expressing*  
*the divine reality within.*

*However,*  
*this does not necessarily mean*  
*that the other fragmentary levels of consciousness*  
*are thereby*  

- *automatically eliminated*

*and*  

- *incorporated into the divine center.*

	<p><i>It is</i></p> <ul style="list-style-type: none"><li>• <i>quite possible,</i></li></ul> <p><i>indeed</i></p> <ul style="list-style-type: none"><li>• <i>a frequent occurrence,</i> <i>that such practices</i><ul style="list-style-type: none"><li>• <i>genuinely</i> <i>bring out</i> <i>the real higher self</i></li></ul></li></ul> <p><i>and yet</i></p> <ul style="list-style-type: none"><li>• <i>leave the</i> <i>undeveloped aspects of consciousness</i> <i>intact.</i></li></ul>
18	<p><i>Many entities</i> <i>have an intense longing</i> <i>to realize</i> <i>their inherent divine nature,</i></p> <p><i>and they forget,</i> <i>while in the body,</i> <i>that they came to earth</i> <i>to fulfill a mission</i> <i>in the universal plan.</i></p> <p><i>This mission</i> <i>is the</i></p> <ul style="list-style-type: none"><li>• <i>purification</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>growth</i></li></ul> <p><i>of</i> <i>undeveloped cosmic matter.</i></p> <p><i>In order to do this,</i> <i>the second approach to human spirituality</i> <i>must be adopted.</i></p>

*It [i.e., This second approach to human spirituality]*

*means*

*shedding the light of*

- *conscious awareness and*
- *experience*

*upon*

*one's inner*

- *distortions,*
- *ugliness,*
- *darkness,*
- *evil,*

*and*

- *suffering,*

*as well as*

*upon*

*the inner*

- *truth,*
- *beauty,*
- *love,*

*and*

- *goodness.*

*This requires one to develop*

*a fine sensitivity*

*so that*

*the organic rhythm  
of each individual path  
is perceived.*

*One needs to know the following:*

*when to focus more on  
one aspect,  
and  
when to shift focus to  
the other;*

*when to concentrate on  
the higher self  
so as to*

- strengthen its staying power*
- and*
- enable it to give further guidance;*

*when to pay attention to  
the lower self  
with  
its*

- hidden evil,*
- its*
- dishonesty,*
- cheating,*
- and*
- camouflaged*
  - hate and*
  - malice;*

*when to focus on  
the specific devices of the mask self  
and observe*

- how it [i.e., how the mask self]  
masks itself*
- and*
- what defenses it uses  
in order to keep  
the lower self hidden.*

*One also has to know*

*when the moment arrives  
to experience  
feelings  
that have been avoided.*



	<p><i>These fine alternations must be sensed both by</i></p> <ul style="list-style-type: none"><li><i>• those who are working on their transformation</i></li></ul> <p><i>and by</i></p> <ul style="list-style-type: none"><li><i>• whoever is helping them,</i></li></ul> <p><i>for everyone has a different rhythm.</i></p>
19	<p><i>During certain</i></p> <ul style="list-style-type: none"><li><i>• periods and</i></li><li><i>• phases</i></li></ul> <p><i>the main concentration should be on facing one's</i></p> <ul style="list-style-type: none"><li><i>• negative aspects,</i></li><li><i>• distortions, and</i></li><li><i>• ugliness,</i></li></ul> <p><i>for the danger of</i></p> <ul style="list-style-type: none"><li><i>• blindly escaping into the positive aspects, rather than</i></li><li><i>• using the positive attitudes for the purpose of purifying the negative ones, is always great.</i></li></ul> <p><i>At other times the positive aspects should be concentrated on.</i></p> <p><i>Do not overlook the fact that it is possible to genuinely get in touch with your divine self</i></p> <p><i>and then use it to camouflage</i></p> <ul style="list-style-type: none"><li><i>• the split-off and</i></li><li><i>• distorted aspects of consciousness.</i></li></ul>

	<p><i>The divine power within is neutral and will inevitably follow whatever direction consciousness wills for it.</i></p>
20	<p><i>It must be quite clear for all of you who are drawn to this path that the second way of</i></p> <ul style="list-style-type: none"><li><i>• approaching spirituality</i></li><li><i>and</i></li><li><i>• realizing the spiritual self</i></li></ul> <p><i>is the approach we use.</i></p> <p><i>The greater</i></p> <ul style="list-style-type: none"><li><i>• pain and</i></li><li><i>• discomfort</i></li></ul> <p><i>that appear to be a byproduct of this path are only an illusion;</i></p> <p><i>as long as any</i></p> <ul style="list-style-type: none"><li><i>• blocked-off,</i></li><li><i>• dark, and</i></li><li><i>• distorted</i></li></ul> <p><i>cosmic substance exists,</i></p> <p><i>suffering is inevitable, whether or not you choose to know this now.</i></p> <p><i>This path is a taxing one, but it is real.</i></p>

*It [i.e., This path]  
does  
not  
lead  
to illusion  
and  
to split-off consciousness.*

*It brings into  
concrete experience  
aspects of the self  
which may still*

- *smolder underground unmanifested*

*but*  
*which are*  
*eventually bound to*

- *reach the surface*

*and*

- *create an experience.*

*It is always*

- *easier and*
- *quicker*

*to transcend a state  
when we have*

- *deliberately confronted it,*

*when our self*

- *accepts its present inner state*

*and*

- *wants to*
  - *experience and*
  - *go through it,*

*rather than*

- *wait until*  
*confrontation occurs inexorably*  
*as a*
  - *lawful,*
  - *rhythmic,*
  - *universal*

*movement*  
*on our evolutionary journey.*

	<p><i>Human beings who choose such a path incorporate themselves into the divine plan.</i></p> <p><i>The aim of this approach to spiritual reunion is to help toward a reunification of everything that has ever split itself off.</i></p>
21	<p><i>Now we come to the method of this pathwork.</i></p> <p><i>I will</i></p> <ul style="list-style-type: none"><li>• <i>summarize and</i></li><li>• <i>discuss</i></li></ul> <p><i>the fundamentals without going into all the manifold</i></p> <ul style="list-style-type: none"><li>• <i>details and</i></li><li>• <i>considerations.</i></li></ul> <p><i>The levels to be worked with – each one in a different way – are the following aspects of the human personality:</i></p> <p><i>(1) the level of</i></p> <ul style="list-style-type: none"><li>• <i>mind and</i></li><li>• <i>thought</i></li></ul> <p><i>(2) the level of</i></p> <ul style="list-style-type: none"><li>• <i>will</i></li></ul> <p><i>(3) the level of</i></p> <ul style="list-style-type: none"><li>• <i>feelings</i></li></ul> <p><i>(4) the level of</i></p> <ul style="list-style-type: none"><li>• <i>physicality and</i></li><li>• <i>physical expression.</i></li></ul>

22	<p><i>When all these levels are conscious and when their inevitable divergence from each other is</i></p> <ul style="list-style-type: none"><li><i>• faced and</i></li><li><i>• accepted,</i></li></ul> <p><i>a unification process can begin.</i></p> <p><i>When the lower self is</i></p> <ul style="list-style-type: none"><li><i>• understood,</i></li><li><i>• accepted and</i></li><li><i>• dissolved,</i></li></ul> <p><i>when the mask is dispensed with,</i></p> <p><i>then the unification of the being can take place in spiritual reality.</i></p>
23	<p><i>Now let us see what the different approaches to the four different personality levels are.</i></p>

## ***(1) The Level of Mind and Thought***

***The level of mind  
must deal with***  
• ***concepts***  
***and***  
• ***misconceptions.***

• ***Thoughts***  
***and***  
• ***thought processes***  
***which are directed into***  
***erroneous channels***  
  
• ***affect all other levels.***

***They always***  
• ***create***  
***vicious circles***  
***which entrap you in hopeless situations.***

***It is indeed true that***  
***as long as***  
***you move within***  
***a vicious circle***  
***there is no hope.***

***But the moment***  
***the vicious circle***  
***is broken,***  
***you are liberated from***  
***the trap.***

***It is therefore imperative***  
***to***  
• ***clearly see,***  
• ***understand, and***  
• ***give up***  
***those components of***  
***your***  
• ***mental attitudes and***  
• ***behavior***  
***which create a vicious circle.***

	<p><i>This [i.e., This giving up those components of your mental attitudes and behavior which create a vicious circle]</i></p> <p><i>always means to basically change</i></p> <ul style="list-style-type: none"><li>• <i>a concept,</i></li><li>• <i>a thought process,</i></li><li>• <i>an approach to reality.</i></li></ul>
25	<p><i>The particular misconception must be recognized as such.</i></p> <p><i>You need to determine</i></p> <ul style="list-style-type: none"><li>• <i>why it is one [i.e., why this particular misconception is a misconception],</i></li><li>• <i>how it [i.e., how this particular misconception] came to exist,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>in what way it [i.e., in what way this particular misconception] leads you into a vicious circle.</i></li></ul> <p><i>You need to ask,</i></p> <p><i>"How does this vicious circle evolve?</i></p> <p><i>What is the corresponding true concept</i></p> <p><i>and how would living according to it [i.e. according to the true concept]</i></p> <p><i>lead me</i></p> <p><i>into a</i></p> <ul style="list-style-type: none"><li>• <i>wide open world</i></li></ul> <p><i>and</i></p> <p><i>into a</i></p> <ul style="list-style-type: none"><li>• <i>benign cycle of creative self-expression?"</i></li></ul> <p><i>All this must be</i></p> <ul style="list-style-type: none"><li>• <i>clearly perceived,</i></li><li>• <i>understood,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>made conscious.</i></li></ul>

*Eventually it [i.e., Eventually all this that is now conscious concerning this particular misconception] must be experienced emotionally, for it is not enough to have merely a theoretical understanding of these inner processes.*

*Only through your emotional experience of a misconception can it be replaced by a true concept.*

*Only then will the true concept*

- take root in the psyche*

*and*

- open up new channels of*
  - spontaneous behavior no longer based on conditioned reflexes,*

*and*

- of*
  - creative expression of feelings.*

26

*Misconceptions can be quite conscious without your knowing that they are misconceptions.*

*Therefore your conscious beliefs must also be*

- tested and*
- investigated.*



*Misconceptions can be  
vaguely conscious.*

*This is the case  
when your*

- actions*

*and*

- reactions*

*testify to the fact  
that you are governed by misconceptions,  
but you have not yet  
concisely specified  
what*

- these misconceptions*
- and*
- their consequences*

*are.*

*Then the work of  
specific identification  
needs to be done.*

*Misconceptions  
can also be  
unconscious.*

*In that case,  
the pathwork  
must make them  
conscious.*

*This can only be done by  
examining  
the life manifestation.*

*One's life  
does not lie.*

*It [i.e., Your life]  
expresses exactly  
what you  
really inwardly believe.*

*You may  
consciously  
claim that you  
• are a  
loving person  
and indeed  
• believe in love.*

*But if you suffer from a  
loveless life,  
it testifies clearly  
that somewhere inside of you,  
you  
• do  
not  
believe in love,  
• do  
not  
want to love,  
and have your  
• reasons,  
or rather  
• misconceptions,  
for not loving.*

*Hence,  
unconscious  
misconceptions  
can only be unearthed  
by looking at  
your  
• life,  
your  
• suffering,  
your  
• frustration,  
and  
your  
• unfulfilled longings.*

27

*All levels must be dealt with  
by*

- *looking at the  
conscious mind*
- and
- *searching in the  
unconscious:*

*these two approaches [i.e., 1) looking at the conscious mind  
and 2) searching the unconscious]  
vary for each of the  
four aspects of the personality.*

*You have to work  
differently  
with the level  
of  
• mind  
than  
with the levels  
of  
• will,  
of  
• feeling,  
and  
of  
• the body.*

28

## *(2) The Level of Will*

*To work on the level of  
will,  
you have to understand first of all  
that there is an  
• outer  
and an  
• inner  
will.*

*To put it differently [i.e., differently from the words OUTER and INNER will], there is a*

- *voluntary [i.e., outer]*

*and an*

- *involuntary [i.e., inner]*
- will action.*

*These two levels of will [i.e., outer and inner will action] also have to be*

- *scrutinized,*
  - *understood,*
- and*
- *made conscious.*

*Where*

- *distortions,*
  - *misconceptions,*
- and*
- *negativities*
- exist in a psyche,*

*the forces of the will are out of balance.*

*Where the will should be*

- *active,*
- it is often*
- *paralyzed and*
  - *stagnant.*

*Where it should be*

- *receptive and*
  - *passive,*
- it is*
- *tight,*
  - *forced, and*
  - *active.*

*Balance [i.e., Balance of the will forces] is re-established as purification of the self proceeds.*

29

*On the level of  
mind,  
you will come to distinguish  
in what areas you need to*  

- *act and*
- *initiate –*

*in short,  
use your inherent capacity  
to will.*

*This [i.e., This active use of your will]  
may apply  
to*  

- *actions,*

*or to*  

- *an attitude expressed toward life  
because  
will action  
also applies to  
attitudes.*

*Also discern  
in what areas  
to momentarily*  

- *accept your  
limitations of will*

*and*  

- *let go the forcing current  
of your over-active will.*

*Such redirection of will currents  
cannot be done by  
the outer will.*

*If you*  

- *can recognize this and*
- *relax the pressure of  
the outer will,*

*the inner will  
can come to the fore  
and begin functioning.*

*So much frustration is incurred  
when people*

- *push with their*
  - *outer*  
*will*

*and thus*  
*prohibit the*

- *inner,*
- *relaxed*  
*will from manifesting,*

*or*

- *prevent their*
  - *outer*  
*will from reaching out into life.*

30

### *(3) The Level of Feelings*

*Again,*  
*where there are*

- *conscious or*
- *unconscious*  
*misconceptions of the mind*

*and an*

- *imbalance of the*
  - *inner and*
  - *outer*  
*will,*

*feelings*  
*are*

- *destructive,*
- *stagnant and*
- *painful.*

*The energy of the*  
*feeling body*  
*is*

- *paralyzed and*
- *blocked.*

**Therefore** [i.e., *Therefore, since feelings are destructive, stagnant and painful and the feeling body is paralyzed and blocked when there are misconceptions in the mind and imbalance of the inner and outer will*] **an important aspect of any process of**

- **unification and**
  - **purification**
- is to**

**experience**

- **the feeling level, or**
  - **the feeling body,**
- if you will.**

• **Open the blocks**  
**and**

- **free the paralyzed feelings –**  
**whatever they may be.**

**Feelings**

**must be dealt with**

**on the conscious level**

**before**

**they can be rechanneled constructively.**

**Destructive feelings**

**can certainly be expressed**  
**constructively.**

**If**

- **negative and**
  - **painful**
- feelings**

**are not**

**consciously dealt with,**

**they will**

- **stagnate**  
**on an unconscious level**

**and**

- **prevent the personality**  
**from**

• **functioning in a healthy way,**

**from**

• **having good feelings, and**

**from**

• **experiencing the vital energy flow**

**which is the nature of universal life.**

	<p><i>This [i.e., This not consciously dealing with negative and painful feelings] inevitably leads to an</i></p> <ul style="list-style-type: none"><li><i>• indirect and</i></li><li><i>• destructive</i></li></ul> <p><i>acting out of negative feelings.</i></p> <p><i>Most of the time the personality is entirely unaware of this consequence.</i></p> <p><i>People see no other alternatives to their ways of</i></p> <ul style="list-style-type: none"><li><i>• acting,</i></li><li><i>• reacting, and</i></li><li><i>• being</i></li></ul> <p><i>and they overlook such acting out even though it is often crystal clear to others around them.</i></p>
31	<p><i>In dealing with the feeling level, you have to learn how to get in touch with the feelings locked up in you.</i></p> <p><i>This, too, [i.e., Getting in touch with the feelings locked up in you, too,] may be discernible only indirectly, through the manifestations of your life experience.</i></p>
32	<p><i>Evoking feelings is done by a variety of approaches which we hardly need to enumerate here.</i></p>



*It suffices to say that*  
• *experiencing and*  
• *expressing*  
*feelings*  
*once deemed to be*  
• *unacceptable and*  
• *unbearable,*

*and*  
• *learning*  
*to*  
• *sustain*  
*and*  
*to*  
• *handle*  
*them,*

*is the only way a person*  
*can lose*  
• *fear,*  
• *anxiety, and*  
• *tension.*

*As long as you*  
*hope against hope*  
*that your life*  
*should be*  
*free from*  
*painful feelings,*  
*you hope for*  
*an illusion.*

*Deep down*  
*you know it is so [i.e., you know it is so that hoping for a life*  
*free from pain is hoping for an illusion],*  
*yet you cling to the illusion.*

*Hence you*  
• *are afraid*  
*and*  
• *feel*  
• *shaky and*  
• *inadequate.*

*But when your own feelings  
can be experienced,  
no matter what they are,  
you automatically  
become*

- *secure,*
- *unafraid,*

*and therefore*

- *relaxed.*

*Being relaxed in*

- *mind,*
- *will,*
- *feeling and*
- *body*

*is the  
indispensable prerequisite  
for*

- *experiencing pleasure*

*and thus  
for*

- *reaching fulfillment.*

33

*The refusal  
to experience painful feelings  
results from  
the misconception  
that they will*

- *annihilate you*

*or  
that they will*

- *prove*

*that you are no good.*

*This misconception  
must be*

- *challenged*

*and*

- *replaced.*

***If it [i.e., If the misconception that experiencing painful feelings will  
annihilate you or prove that you are no good]  
is not [i.e., is not challenged and replaced],  
you will  
not allow yourself  
to experience painful feelings.***

***The refusal to do so [i.e., The refusal to allow yourself  
to experience painful feelings]  
also causes you  
to create  
a tight will current  
to ward off  
what you believe to be  
annihilation.***

***Hence,  
the will must be  
relaxed,  
so that it becomes possible for you  
to experience  
what is already in you.***

***All  
your best functioning  
will be  
paralyzed  
unless  
you  
• go through and  
• fully feel  
whatever is in you,  
and thus  
transcend it.***

34

#### ***(4) The Level of the Body and Physical Expression***

*Since it is  
impossible  
for an  
attitude  
existing on one level  
not to manifest also  
on  
all other levels,*

*every  
• misconception,  
every  
• distortion and  
• imbalance  
of the will functioning,  
and  
every  
• refusal to feel  
what is there within you,*

*inevitably  
creates a  
• physical manifestation,  
or  
• bodily condition.*

*It [i.e., Every misconception, every distortion and imbalance of the will  
functioning, and every refusal to feel what is there within you]  
therefore  
hampers  
not only your  
• spiritual unfoldment  
but equally your  
• physical life experience.*

*It is utterly  
false  
to assume that*

- *the physical*

*and*

- *the spiritual  
life*

*stand in opposition.*

- *One  
is merely an expression of*
  - *the other.*

*By its  
muscular blocks  
the physical body  
expresses*

- *conceptual errors,*
- *imbalances of  
the will,*

*and*

- *stagnant,*
- *denied  
feelings.*

- *Tensions*
- and*
  - *energy stagnation  
caused by distortions  
on any of the other levels  
can affect the body  
by*
    - *distorting it,*
    - *creating all sorts of symptoms  
and, when neglected long enough,*
    - *physical illness.*

35

*Needless to say,  
the physical level, too,  
must be approached  
in a different way  
from the others.*

*The elimination of the blocks [i.e., The elimination of the blocks  
on the physical level]*

*must also be helped  
from the  
outer level;*

*the energy  
must be made to flow again;*

*the physical feelings  
have to be connected with*

- the soul movements,*
- the inner attitudes,*

*and*

- the contents of the mind.*

*Where energy  
is blocked,  
consciousness  
cannot penetrate.*

*Every cell in the human body  
is a  
consciousness  
onto itself.*

*When areas are blocked off  
in the body,  
the cell system  
in these areas  
is prevented from  
being permeated with  
the  
divine*

- energy stream*

*and  
the  
divine*

- consciousness.*

	<p><i>As I have often said, the whole universe consists of</i></p> <ul style="list-style-type: none"><li><i>• energy</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• consciousness.</i></li></ul> <p><i>Creation</i> <i>is an ongoing process of a happy fusion between</i></p> <ul style="list-style-type: none"><li><i>• energy</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• consciousness.</i></li></ul> <p><i>They interact.</i></p>
36	<p><i>Effective pathwork takes place</i></p> <ul style="list-style-type: none"><li><i>• on all these levels [i.e., levels of 1) Mind and Thought, 2) Will, 3) Feelings, and 4) Physicality and Physical Expression]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• with all these approaches [i.e., approaches such as: A) find, understand, and break links in the chains of vicious circles, B) examine and test the truth of conscious beliefs, C) make conscious, identify and fully feel all feelings, especially pain D) make conscious misunderstandings and negative attitudes that, while unconscious, are evident from negative life experiences, unfulfilled longings, frustrations, and suffering].</i></li></ul> <p><i>As I said, there is no outer rule to determine when to change from one [i.e., when to change from one of the four levels] into the other:</i></p> <p><i>it is different with everyone.</i></p>

	<p><i>The path must be allowed to express itself from within as a</i></p> <ul style="list-style-type: none"><li><i>• living,</i></li><li><i>• organismic reality.</i></li></ul> <p><i>The various approaches offered on this path fulfill important functions so you can work on any one of these levels [i.e., any one of these four levels: 1) Mind and Thought, 2) Will, 3) Feelings, and 4) Physicality and Physical Expression].</i></p>
37	<p><i>It is necessary again and again to attempt getting in touch with</i></p> <ul style="list-style-type: none"><li><i>• the higher self,</i></li><li><i>• the divine consciousness that is</i></li></ul> <ul style="list-style-type: none"><li><i>• ever-present,</i></li><li><i>• immutable,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• immediately available within you.</i></li></ul> <p><i>When this is done for the purpose of</i></p> <ul style="list-style-type: none"><li><i>• making conscious the distorted levels of your soul substance,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• reorienting them so as to unify all split-off soul substance,</i></li></ul> <p><i>then meditation takes a different course from the kind of meditation that is used for the sole purpose of realizing the divine self while disregarding the dark aspects of the self.</i></p>



38

**It is a**  
• **current illusion**  
**and**  
• **wishful thinking**  
**to assume that**  
**this latter approach to meditation** [i.e., *that meditation that is used for the sole purpose of realizing the divine self while disregarding the dark aspects of the self*]  
**automatically**  
**deals with**  
**the dark side of human nature.**

**This cannot be so.**

**You cannot**  
**overcome**  
**what you have**  
**not**  
• **consciously**  
**and**  
• **fully**  
**experienced.**

**The wishful hope**  
**with which you are all familiar** [i.e., *the hope that meditation that is used for the sole purpose of realizing the divine self while disregarding the dark aspects of the self automatically deals with the dark side of human nature*]  
**is nourished by**  
**the truthful concept**  
**that it is indeed possible**  
**to realize**  
**the already potentially present part**  
**of the godself.**

**It is very important, my friends,**  
**to clearly understand this** [i.e., *to understand that it is indeed possible to realize the already potentially present part of the godself*].

*This [i.e., This fact that you cannot overcome what you have not consciously and fully experienced]  
is why it is often true that,  
after having shed the body,  
some people  
who have led a*

- difficult*

*and*

- apparently unspiritual*

*life  
have done more for  
the universal process of evolution  
than some others  
who have led  
an extremely spiritual life and  
who may even have been  
so-called masters,  
but  
who have*

- cultivated their  
beauty*

*and*

- disregarded their  
ugliness.*

*They have thus*

- failed to  
unify,*

*and so have unwittingly*

- perpetuated  
the dualistic state of consciousness  
in which this earth finds itself.*

39

*Our path  
uses the harder of the two approaches to meditation.*

*It is obvious that  
our approach  
has to be different from  
the one that  
concentrates solely on the*

- *higher self*

*and  
disregards the*

- *dark side of human nature.*

*As you know,  
meditation  
can be as varied  
as the*

- *human personality*

*or*

- *life experience.*

*Meditation  
is too vast a subject  
to include in detail in this summary.*

*I have spoken about it before  
and will do so again.*

40

*Many human beings,  
no matter how committed to this path,  
are not always capable of  
meditating,  
for*

*the very blocks  
of the*

- *mind,*

*of the*

- *will,*

*of the*

- *feelings*

*and*  
*of the*

- *body*

*also create  
a spiritual block,  
so that  
meditation  
cannot be practiced.*

*Again, you*

*• must grope  
and  
• honestly seek to  
unblock  
little*

*by little,  
through*

*• deep insight,  
• summoning of courage,  
and  
• letting yourself  
feel what is in you.*

*Through such endeavor  
the block to meditation  
will also loosen up.*

*You can then [i.e., You can then, as the block to meditation loosens up,]  
meditate for  
further guidance  
to*

- unblock more,*

*to*

- become more conscious of  
what is still hidden,*

*and*

*to*

- experience more feelings.*

*You have to*

- release blocks  
in order to  
• meditate,*

*and you must*

- meditate  
in order to  
• release blocks.*

*At times,  
a person starts the pathwork  
without  
any meditation whatever,  
  
for his  
outer consciousness  
may block off this approach.*

*When*

- sufficient unblocking has been done*

*and*

- false spirituality has been sufficiently cleared up,*

*then a  
new influx of spiritual*

- energy*

*and*

- consciousness  
can take place,  
and  
every step becomes easier.*

*A spiritual block  
can be the result of  
either*

- *adopting a*
  - *false,*
  - *escaping,*
  - *separating  
spirituality,*

*or*

- *negating  
the greater reality  
altogether.*

*In both instances,  
misconceptions  
must be eliminated  
in order to  
free the channel  
for  
the real spiritual influx.*

*Often*

- *real  
spirituality  
is rejected by people  
meaning to reject the*
  - *false,*
  - *escapist  
spirituality,*

*and  
confusing the two.*

41	<p><i>As the blocks to spiritual influx are increasingly eliminated, the whole process of</i></p> <ul style="list-style-type: none"><li><i>• awareness,</i></li><li><i>• liberation,</i></li><li><i>• healing and</i></li><li><i>• unification</i></li></ul> <p><i>can be speeded up.</i></p> <p><i>For on each step of the way you can avail yourself of this immeasurably powerful tool:</i></p> <p><i>your contact with your divine reality.</i></p>
42	<p><i>Just as the</i></p> <ul style="list-style-type: none"><li><i>• mind level can be</i></li><li><i>• conscious</i></li><li><i>or</i></li><li><i>• unconscious,</i></li></ul> <p><i>so can be the</i></p> <ul style="list-style-type: none"><li><i>• will,</i></li></ul> <p><i>the</i></p> <ul style="list-style-type: none"><li><i>• feeling,</i></li></ul> <p><i>and even the</i></p> <ul style="list-style-type: none"><li><i>• body level.</i></li></ul> <p><i>It is therefore imperative that the degree of consciousness be increased on all levels [i.e., on all four levels].</i></p>

*You should  
connect, for example,  
a physical symptom  
such as*

- pain or*
- tension*

*with the*

- corresponding mental attitude,*

*with the*

- thought,*
- emotion,*

*and*

- will*

*that motivate  
the specific physical manifestation.*

*For instance,  
when you begin to sense  
that a specific bodily tension  
comes from*

- a feeling of*
- hate and*
- rage,*
- an overactive  
outer will*

*that is being prevented from hitting out,  
and also from*

- a specific misconception,*

*then you*

- unify  
all levels*

*and*

- increase your scope of consciousness on  
all levels.*



43

*It is one of the  
immutable spiritual laws  
that lack of awareness  
of one area  
prohibits awareness  
of another.*

*So, for example,  
if you manage to  
stave off awareness of*

- your lower self*

*and*

- your mask self,*

*you will  
not be aware of*

- the already manifest higher self.*

*You may pay lip service to the fact  
that  
you must be an expression of a*

- higher,*
- divine*

*consciousness,*

*but you  
cannot possibly  
feel it [i.e., cannot possibly FEEL yourself as an expression of a  
higher, divine consciousness]*  
*unless  
you make yourself  
feel*

- your lower self*

*and*

- the mask*

*that hides it [i.e., the mask that hides  
your lower self].*

*If you do not [i.e., If you do not FEEL yourself as an expression of a  
higher, divine consciousness],  
how can you possibly*

- meditate*

*and*

- address*

*an aspect of the divine in you?*

	<p><i>In the slow progression of such a pathwork, it will come to pass that at certain times you may be conscious of your divine heritage, and at other times you will be</i></p> <ul style="list-style-type: none"><li><i>• totally oblivious and</i></li><li><i>• cut off</i></li></ul> <p><i>from it [i.e., from your divine heritage].</i></p>
44	<p><i>Just as both the</i></p> <ul style="list-style-type: none"><li><i>• higher</i></li></ul> <p><i>and the</i></p> <ul style="list-style-type: none"><li><i>• lower</i></li></ul> <p><i>self</i></p> <p><i>can be</i></p> <ul style="list-style-type: none"><li><i>• fully conscious</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• unconscious,</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• manifest at any degree between these two possibilities,</i></li></ul> <p><i>so can</i></p> <p><i>the</i></p> <ul style="list-style-type: none"><li><i>• mask</i></li></ul> <p><i>self.</i></p> <p><i>The mask self</i></p> <p><i>is</i></p> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• pretense,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• hiding,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• facade</i></li></ul> <p><i>for the world.</i></p>

*It [i.e., The mask self]  
is the*  
• *idealized self-image  
you want so much to be  
that you invest your energies into  
making it real.*

*All these various expressions [i.e., various expressions of your façade that  
you want the world to see, your pretense, your hiding  
of lower-self qualities, and your idealized self image],  
indicate  
the mask self.*

*The mask self  
is a defense against  
exposing  
who you really are  
now.*

*Of course  
you are not exclusively  
the lower self  
which the mask is designed to hide.*

*However,  
by masking  
any part of yourself,  
you inevitably  
also  
mask your higher self  
from  
yourself.*

*The more you try to show  
only your  
good side –  
what is genuinely there  
in the  
• higher self,  
but not [i.e., but not genuinely there]  
in the  
• mask self –*

*the more your  
higher self  
is masked.*

*Again,  
you can be  
conscious of this tactic [i.e., this tactic of using your mask self  
to appear better than you are now]  
or not.*

*At times,  
you may be acutely aware of  
your  
• faking,  
your  
• falsifying yourself—  
and this [i.e., and this awareness of your faking]  
is so much more preferable to  
the unaware state.*

*At other times,  
because you have  
identified so much with your mask,  
you are oblivious to  
wearing one.*

*When you are  
unaware of  
your mask,  
you feel  
• ashamed and  
• uncomfortable  
but you don't face this fact  
because you don't wish to  
• experience and  
• deal with  
such feelings [i.e., such feelings as being “ashamed” or  
“uncomfortable”].*

*Thus a further process of  
splitting off  
sets in  
where you lose track  
more  
and more of who you  
really are [i.e., here, lose track of the split-off part of  
you who feels ashamed or uncomfortable].*

*This [i.e., This state where you are split off from parts of yourself  
that you don't want to see, feel, or experience]*

*is the state of  
being lost  
which many individuals wish to cure  
by some magic –*

- *drugs,*
- *pills,*
- *formulas,*
- or even*
- *meditation.*

*They also*

• *turn to  
therapies  
that encourage  
the helpless state of sickness*

*and*

• *overlook  
the potent factor  
of their own will  
which must be used  
provided it is  
rightly*

- *understood and*
- *applied.*

45

*This path  
is first and foremost  
a process of  
making things conscious.*

	<p><i>This self-awareness [i.e., This self-awareness that comes from pathwork in its aim and processes to make things conscious]</i></p> <p><i>unifies</i></p> <ul style="list-style-type: none"><li>• <i>you</i></li></ul> <p><i>and</i></p> <p><i>unifies</i></p> <ul style="list-style-type: none"><li>• <i>the split in you.</i></li></ul> <p><i>It [i.e., This self-awareness]</i></p> <p><i>also</i></p> <ul style="list-style-type: none"><li>• <i>unifies</i> <i>the conflicts in you</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>establishes</i> <i>your</i><ul style="list-style-type: none"><li>• <i>sense of self</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>your</i><ul style="list-style-type: none"><li>• <i>knowledge that</i> <i>the universe</i> <i>with all its bliss</i> <i>is yours.</i></li></ul></li></ul>
46	<p><i>A very important aspect of this work is yet another level of the self beyond the physical body.</i></p> <p><i>The reason that I failed to include it in our enumeration of levels [i.e., levels of 1) Mind and Thought, 2) Will, 3) Feelings, and 4) Physicality and Physical Expression] is that this part is generally not recognized in human thinking as a level of the human personality.</i></p> <p><i>This [i.e., This fifth level of the human personality] is the level of</i></p> <ul style="list-style-type: none"><li>• <i>life experience.</i></li></ul>

**Generally,**  
• *life experience*  
*is perceived as*  
*separate,*  
*as if*  
*the human entity*  
*were put into*  
*a fixed outer form of life.*

**It is generally overlooked**  
**that**  
*every person's*  
• *life experience*  
*is as intrinsic an expression*  
*of his or her inner being*  
*as is*  
• *the body.*

**Only recently**  
*have a few advanced thinkers*  
*begun to see*  
• *the body*  
*as a connected expression*  
*of*  
• *the whole person.*

**There are still many**  
*who view*  
• *the human body*  
*as being almost as little connected to*  
• *the inner life of a person*  
*as*  
• *the life experience.*

*In reality,  
the manifest  
• life experience  
is  
• totally and  
• conclusively  
symptomatic of  
the inner state  
of the personality.*

*Our path  
uses this most  
• important and  
• truthful  
mirror [i.e. the mirror of Life Experience]  
to determine a person's  
inner state.*

47

*This more comprehensive vision  
eliminates  
the fallacy of  
human helplessness.*

*The truth  
leads people to assume  
self-responsibility  
in every conceivable respect.*

*Most human beings  
are loath to accept this.*



*They would rather*

- *see themselves as*
- *helpless,*
- *innocent*

*victims*

*and*

- *experience*

*all the*

- *suffering and*
- *hopelessness*

*that go with that,*

*rather than*

- *accept the*
- *hope,*
- *light, and*
- *freedom*

*of*

*self-responsibility.*

*This indicates*

*the emotional immaturity*

*of humanity as a whole.*

*It also indicates*

*that a sense of*

*guilt*

*is attached to*

*admitting*

*one's*

- *fallacy and*
- *distortion.*

*Paradoxical as it may seem,*

*the more helpless*

*you pretend to be*

*vis-a-vis your life experience,*

*the less your*

- *inner,*
- *healthy,*
- *relaxed*

*will*

*can function.*

	<p><i>The tight self-will of the</i></p> <ul style="list-style-type: none"><li><i>• little,</i></li><li><i>• ineffective</i></li></ul> <p><i>ego</i></p> <p><i>is strengthened in order to ward off the imagined "unjust" life experience.</i></p> <p><i>What a waste of valuable energy!</i></p>
48	<p><i>It is an intrinsic aspect of this pathwork that you eventually</i></p> <ul style="list-style-type: none"><li><i>• shed the illusion of being an innocent victim</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• avail yourself of the key to freedom:</i></li></ul> <p><i>self-responsibility.</i></p> <p><i>This is not</i></p> <ul style="list-style-type: none"><li><i>• a postulate</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• an unverifiable philosophy.</i></li></ul>

*All of you  
who go into this work*  
• *honestly and*  
• *deeply*  
*enough*  
*must inevitably find out*  
*that*  
*both the*  
• *good*  
*and the*  
• *bad*  
*life experience*  
*is an exact expression*  
*of your*  
• *thinking,*  
• *willing,*  
• *feeling,*  
*and your*  
• *physical*  
*being.*

49

*Try to*  
• *absorb*  
*and*  
• *use*  
*what I gave you tonight.*

*It will help you*  
*to know*  
• *where you are going*  
*and*  
• *that whatever you*  
*may be*  
*now*  
• *unwilling to experience*  
*is*  
• *universal,*  
• *necessary,*  
*and not at all*  
• *unacceptable.*

*It [i.e., Using what I gave you tonight]  
will also make you  
more aware of the*

- inner rhythm*

*and*

- reality*

*that is the path.*

*Whoever  
commits to  
do the work of this path  
will  
experience  
that there is a*

- living,*
- organic*

*reality  
in it.*

*It [i.e., This pathwork]  
• instructs and  
• shows to you  
that  
whatever you  
experience  
has a meaning for you.*

*The difficulty  
is that at times  
you do not want to  
listen to it.*

*You want  
to*

- tune out,*

*to*

- go with your self-will,*

*and*

- give in to*  
*your own ideas,*  
*which often camouflage*  
*your fear of*  
*meeting yourself*  
*head-on.*

*You may then  
seek out various ways to  
camouflage  
the unwanted parts.*

*When you  
"succeed,"  
the truth of this  
can no longer be discerned.*

*That is why  
the inner voice of truth  
should at all times  
be cultivated.*

*It [i.e., The inner voice of truth]  
will speak*

- louder and*
- clearer*

*as you continue to consult it.*

*Ask with a  
truly open attitude,  
willing to listen to  
a consciousness  
that  
is*

- you*

*and yet  
is greater than*

- the conscious you.*

*Then you will see  
that*

- this greater you  
is real*

*and*

- your little consciousness  
is only a separated particle.*

*When this  
begins to happen,  
unification  
begins to happen.*

50

*Be blessed, my dear ones,  
all of you.*

*Know that the*  
• *love*  
*and*  
• *truth*  
*of the universe*  
*are*  
*your*  
• *ultimate goal,*  
*your*  
• *ultimate fate.*

*Nothing in the world*  
*can alter this,*  
*even if*  
*the little mind is*  
• *uselessly and*  
• *stubbornly*  
*afraid of the process.*

*Be blessed,*  
*go in*  
• *peace*  
*and*  
• *joy*  
*into your work,*  
*for the universe*  
*holds rich fulfillment*  
*for everyone.*

*These [i.e., These words, “the universe holds rich fulfillment for everyone,”]  
are  
not  
empty words.*

*The truth  
of these words  
will make itself known  
when you  
first  
fully face  
• the opposite of  
fulfillment,*

*namely [i.e., namely, fully face]  
your  
• unhappiness,  
your  
• suffering,  
and  
your  
• distortions.*

*As you do so [i.e., As you fully face  
your unhappiness, suffering, and distortions],  
the truth of  
your ultimate fate [i.e., your ultimate fate of rich fulfillment]  
will become  
your reality.*

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