

Pathwork Lecture 165: *Evolutionary Phases in the Relationship between the Realms of Feelings, Reason, and Will*

1996 Edition, Original Given September 13, 1968

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

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

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

Gary Vollbracht

¶	Content
03	<p style="text-align: center;"><i>Greetings and blessings, my dearest, dearest friends.</i></p> <p style="text-align: center;"><i>Welcome to all of you at the beginning of this new working season [i.e., this new season, beginning with this Lecture 165 (September 13, 1968) and going through Lecture 174 (May 23, 1969)].</i></p> <p style="text-align: center;"><i>Our path together will again proceed in a very significant way.</i></p>
04	<p style="text-align: center;"><i>Many of my friends have made outstanding progress, some of you perhaps much more than you realize.</i></p>

by Eva Broch Pierrakos

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Often

- *what you designate as progress is not necessarily real,*

and

- *what really is progress may seem at first the very opposite.*

Only retrospectively can you see

how the very aspects that may have discouraged you at first were the necessary initial steps in your personal evolution.

Progress

brings you face to face with

- *your pitfalls,*

with

- *those things you have so busily ignored.*

Coming into your own sometimes

appears, to the

- *uninitiated and*
- *still self-involved,*

an unwelcome development that one cannot identify as growth.

	<p><i>In reality, it [i.e., In reality, this unwelcome development] may be the key to finding your</i></p> <ul style="list-style-type: none">• <i>freedom</i> <p><i>and your</i></p> <ul style="list-style-type: none">• <i>true identity.</i>
05	<p><i>This</i></p> <ul style="list-style-type: none">• <i>group [i.e., This pathwork group],</i> <p><i>this</i></p> <ul style="list-style-type: none">• <i>entire spiritual endeavor,</i> <p><i>is a</i></p> <ul style="list-style-type: none">• <i>pulsating,</i>• <i>living</i> <p><i>reality, my friends.</i></p> <p><i>It [i.e., This pathwork group, this entire spiritual endeavor,] has a</i></p> <p><i>spiritual form.</i></p> <p><i>I have mentioned this occasionally, especially at certain thresholds.</i></p> <p><i>It [i.e., This pathwork group, this entire spiritual endeavor,] is indeed a</i></p> <ul style="list-style-type: none">• <i>living,</i>• <i>growing</i> <p><i>organism,</i></p> <p><i>expanding</i></p> <p><i>in a more beautiful way than ever.</i></p> <p><i>Just as</i></p> <p><i>every living thing</i></p> <p><i>grows more</i></p> <p><i>aware of itself</i></p> <p><i>as it develops,</i></p> <p><i>so does</i></p> <p><i>this organism.</i></p>

This [i.e., This phenomenon of growing more aware of itself as it develops] applies to

- *an individual entity*

as well as to

- *collective entities*

such as

- *nations,*
- *groups and*
- *common endeavors.*

The same

psychic laws

apply to them also [i.e., The same PSYCHIC LAWS apply also to an individual entity as well as to collective entities such as nations, groups, and common endeavors].

Consciousness

must exist

*to some degree
in all living organisms.*

Group consciousness

*can be extremely dim,
as for example in*

- *animals or*
- *plants;*

or it

*can be very highly developed,
provided
the individuals forming the group
are predominantly
in a state of
raised consciousness.*

The degree of consciousness

*of a group organism
reflects the sum total
of its individuals,*

*just as the overall consciousness
of an individual*

*reflects the sum total
of his or her psychic layers,
including those that cause*

- *inner conflict and*
- *pain.*

	<p><i>When unification occurs, the layers [i.e., the psychic layers] melt into a oneness, which is then</i></p> <ul style="list-style-type: none"><i>• activated and</i><i>• moved</i> <p><i>by the divine kernel.</i></p>
06	<p><i>When the overall organism tends toward</i></p> <ul style="list-style-type: none"><i>• growth,</i><i>• purification and</i><i>• union,</i> <p><i>• those discordant layers [i.e., those psychic layers that are discordant],</i></p> <p><i>• the aspects that resist union,</i></p> <p><i>gradually die off.</i></p> <p><i>Resisting growth</i></p> <ul style="list-style-type: none"><i>• is not necessarily a theoretical concept,</i> <p><i>but</i></p> <ul style="list-style-type: none"><i>• may nevertheless occur in practice, since</i> <p><i>what is really necessary for growth may not be compatible with a hopeful illusion.</i></p>

*Thus, when
aspects of the organism
stem against the
necessary
stages of growth,
the self-selective process of*
• *dying off,*
or
• *exclusion,*
*sets in
to protect
the whole organism
from being affected by
life-defeating attitudes [i.e., by life-defeating attitudes – by
those aspects of the organism that STEM
AGAINST the necessary stages of growth]
so it [i.e., so that the whole organism]
can continue to grow.*

*Physical death
results from the same principle.*

*Physical matter
dies off
only because
underlying life-defeating attitudes
fear*
• *truth and*
• *love.*

*These fears [i.e., These FEARS of truth and love that exist in the life-defeating
attitudes that lie within this affected physical matter of the entity]
induce decay,
which finally
manifests outwardly.*

07

*Hence,
what first appears as
destruction
is, when viewed with deeper insight,
nothing but
the destruction of
destructiveness.*

*Even though it may be
painful to endure
at the moment,
such death
is often
the most life-preserving event,
borne of
the organism's overall health.*

*For the
unhealthy
organism*

could tolerate

*the life-defeating attitudes [i.e., the unhealthy organism could
TOLERATE and avoid the necessary purification of those
attitudes that block and stem against its own growth]
much longer.*

*Death is
overcome
when the whole organism
no longer resists*

- *life,*
- *truth, and*
- *love,*

*so that it [i.e., so that the whole organism, having GIVEN UP its
RESISTANCE to life, truth, and love,]*

*no longer
needs to secrete*

*deadening stuff [i.e., deadening stuff that previously
was necessary to kill off those aspects and
attitudes of the entity that were stemming
against its own growth and development].*

*This principle
is very important to comprehend
in all questions of life –*

- both*
- *individual*
- and*
- *collective.*

08	<p><i>Tonight's lecture is, as so often at the beginning of a new work season, both a</i></p> <ul style="list-style-type: none"><i>• recapitulation of past guidance recast in terms of the present emphasis</i> <p><i>and a</i></p> <ul style="list-style-type: none"><i>• blueprint for future work.</i> <p><i>It [i.e., Tonight's lecture] foreshadows the structure of your work in the year to come.</i></p> <p><i>When you retrospectively observe the sequence of both the</i></p> <ul style="list-style-type: none"><i>• lectures</i> <p><i>and the</i></p> <ul style="list-style-type: none"><i>• individual pathwork of those who work deeply by overcoming their fear of self,</i> <p><i>you will see that they [i.e., that both the lectures and the individual pathwork] more or less follow this blueprint [i.e., will more or less follow this blueprint I am now giving you in this lecture].</i></p>
09	<p><i>I mentioned earlier the various layers of consciousness.</i></p> <p><i>Now I should like to discuss particular aspects of these layers [i.e., aspects of these layers of consciousness].</i></p> <p><i>This will open up a new understanding of</i></p> <p><i>why it is so exceedingly difficult to let go of</i></p> <p><i>overcontrol by the ego.</i></p>

	<p><i>If self-realization is to be attained, a new balance must be found in which the ego assumes an entirely different role.</i></p>
10	<p><i>All of my friends should, once again, consider seriously</i></p> <ul style="list-style-type: none"><i>• what this path is.</i><i>• Why are they involved in it?</i><i>• What is its function?</i> <p><i>Too often</i></p> <ul style="list-style-type: none"><i>• vagueness or</i><i>• confusion</i> <p><i>about the Pathwork's purpose creates unnecessary</i></p> <ul style="list-style-type: none"><i>• difficulties and</i><i>• misunderstandings.</i> <p><i>The function of this path is not</i></p> <ul style="list-style-type: none"><i>• to remove a bothersome symptom in a person's life.</i> <p><i>This [i.e., This Pathwork] is not</i></p> <ul style="list-style-type: none"><i>• a treatment of sickness.</i> <p><i>Nor is the path simply a way of</i></p> <ul style="list-style-type: none"><i>• becoming a better person,</i><i>of</i><i>• developing spiritually.</i> <p><i>All this happens, of course.</i></p>

***But it must be
fully understood
by all of you,
no matter how far you decide to follow it,
that the aim of the path
is***

***the total realization of
the divine kernel.***

***And this [i.e., And this TOTAL REALIZATION of the DIVINE KERNEL]
is not merely a theory.***

***It [i.e., This TOTAL REALIZATION of the DIVINE KERNEL]
is indeed possible,
right here
and right now.***

11

***Let us restate
the meaning of

self-realization.***

***I shall use
new words [i.e., new words to describe self-realization]
to reach you in a
more dynamic way.***

***Self-realization
means
to bring forth,
as a living reality,
the kernel of***

- your spiritual being –***
- the kernel of***
 - self that is eternal.***

***This [i.e., This self-realization – this bringing forth as a living reality the kernel
of your SPIRITUAL BEING, of that SELF that is ETERNAL]
is, I repeat,
not a religious concept
for a faraway future.***

It [i.e., This SELF-REALIZATION – this bringing forth as a living reality the kernel of your SPIRITUAL BEING, bringing forth of that SELF that is ETERNAL] is immediately available.

How can some of the

- *results or*
- *manifestations*

[i.e., manifestations of SELF-REALIZATION – of bringing forth as a living reality the kernel of your SPIRITUAL BEING] be best described?

I might say that a new area is awakened, located in

- *the center of your body, around*
- *the solar plexus.*

From this area

- *new life flows – new*
 - *feelings,*
- a new way of*
 - *perceiving and*
 - *responding,*
- a new way of*
 - *knowing*
 - *life,*
 - *people,*
 - *values, and*
 - *events.*

Everything

- is endowed with*
- *a new luminosity*
- and*
- *a deeper meaningfulness.*

- *Beliefs change,*
- or*
- *they feel different.*

The scope of an
• *opinion,*
• *conviction, or*
• *sensation*
• *widens and*
• *deepens.*

Everything
becomes
• *fuller.*

The self
becomes
at once
• *intensely personal*
and
• *universal.*

What
appeared to be
contradictions
suddenly
unify
without
a breach of logic.

• *Fear*
vanishes,
and
• *life becomes*
unending pleasure
just because
its opposite [i.e., pleasure's opposite – unpleasure or pain]
is no longer feared.

The opposite of
the desired state of
• *fulfillment and*
• *happiness*
is
• *not avoided,*
• *but its illusory nature [i.e., but the ILLUSORY NATURE of*
UNFULFILLMENT, UNHAPPINESS, and PAIN]
is unmasked
by going through it [i.e., is unmasked by going through
UNFULFILLMENT, UNHAPPINESS, and PAIN].

	<p>Thus [i.e., Thus, by going through UNFULFILLMENT, UNHAPPINESS, and PAIN, and thereby discovering its ILLUSORY NATURE, you find that] there is nothing to fear.</p> <p>The creative power of the self is available at all times, because of the personality's freedom from fear.</p>
12	<p>These words are inadequate to describe the state called self-realization [i.e., the state of experiencing the self as the living reality of the kernel of your SPIRITUAL BEING, as the living reality of that SELF that is ETERNAL].</p> <p>But they may give you a glimmer of what is to come; perhaps you have begun to experience this state [i.e., begun to EXPERIENCE this state of self-realization] to a small degree once in a while.</p> <p>It [i.e., This state of self-realization] comes</p> <ul style="list-style-type: none">• gradually,and yet, at times,• suddenly. <p>Only when all</p> <ul style="list-style-type: none">• surface layers <p>and all</p> <ul style="list-style-type: none">• contradictory trends of consciousness have unified with the innermost being <p>can this state [i.e., can this state of self-realization] become a steady condition of the soul.</p>

13

*To extend your understanding,
it will be helpful
to view
humanity's
spiritual*

- *history and*
- *evolution*

from a certain vantage point.

*At one phase in this history,
human beings
were godlike,
moved entirely by the*

- *creative,*
- *cosmic*

forces.

*They expressed a
universal consciousness in*

- *every breath and*
- *every move*

*of their
eternally living existence.*

*At a certain point
this human-divine consciousness
removed itself from
its divine kernel.*

*A chain reaction set in
and
humanity's
striving away from
the innermost kernel
has led to*

- *erroneous ideas,*
- *destructive*
 - *reactions and*
 - *feelings;*

- *spiritual blindness,*
- *unhappiness, and*
- *suffering*

followed.

*Each successive
distancing from
the divine kernel
created
a new layer of consciousness,
covering the previous one
and thus
thickening the wall
around the kernel.*

*Rather than
being nourished by
the source,

the newly separated
layer of consciousness
functioned by itself,*

*nourished by
the error
that brought about
the overlayers
in the first place.*

This is why

- *you, and*
- *people in general,*
often feel as if
you were going around in circles.

Yet
the freshness
issuing from
the source

- *is indivisible*

and

- *unifies*
all
 - *splits and*
 - *conflicts.*

*This, in very broad lines,
constitutes the spiritual history of humanity
that has brought it to its present state.*

14

*There came a juncture
when
all this pain,
with no apparent way out,
induced*

- *violence,*
- *rage,*
- *greed,*
- *separateness,*

and

- *other destructive emotions.*

*This [i.e., All this pain, with no apparent way out,]
still exists
in the soul:*

- *suffering,*
- *blindness and*
- *hopelessness*

produce

- *loveless feelings,*
- *selfishness,*

and often

- *the most*
- *violent and*
- *evil*

*reactions
toward*

- *the world and*
- *others.*

*At the dawn of humankind,
when human beings
were little more self-aware
than animals,
they freely acted out
these destructive feelings.*

*Primitive humans
knew
no*

- *inhibition and*

no

- *conscience.*

	<p><i>They [i.e., Primitive humans] were too disconnected from their fellow creatures to sense</i></p> <ul style="list-style-type: none"><i>• others' pain</i><i>as</i><i>• their own.</i> <p><i>Their suffering made them too blind because their blindness led them into suffering.</i></p> <p><i>Thus, they indulged their destructive impulses.</i></p>
15	<p><i>At later stages, humans learned that acting out their destructiveness brought them into conflict with their environment.</i></p> <p><i>Gradually, life experience expanded people's consciousness and the first reasoning processes showed the individual that letting out blindly what he or she felt would eventually produce more pain.</i></p> <p><i>Thus a social conscience developed from the instinct of self-preservation.</i></p>

*But mere expedience [i.e., But mere expedience, motivated by
instincts of self-preservation,]
dictates
this kind of conscience [i.e., dictates this social conscience].*

*It [i.e., This social conscience that developed from the instinct of self-preservation]
is still
far removed from
the inner experience
of oneness
with one's fellow creatures.*

*But eventually
the individual comes to the threshold
where he or she
learns to keep
the urge to destroy
in abeyance.*

*Through
• many life experiences,
through
• millennia of living under varied circumstances,
each entity
learns to develop
the faculties of
reason,*

*seeing the causes and effects
of one's*

- actions and*
- will,*

*using
self-discipline
to keep from giving in to
primitive impulses.*

*You will appreciate
the importance of this step
in the entity's evolution.*

16

The realm of feelings
is, at this point,
predominantly
a seething mass of

- *denied pain*

and, therefore, of

- *violence,*
- *hate, and*
- *malice.*

Yet the realm of feelings
is the most

- *alive and*
- *creative*

faculty.

It [i.e., The realm of FEELINGS]
is also
self-perpetuating.

As long as
the feeling world

is predominantly

- *negative and*
- *destructive,*

its self-perpetuating nature
creates
highly damaging

- *impulses and*
- *compulsions.*

This is why it [i.e., Because the feeling world at this stage of evolution is predominantly negative and destructive and because its self-perpetuating nature therefore creates highly damaging impulses and compulsions, is why the FEELING world]
is so feared.

	<p><i>It [i.e., The FEELING world, while it is predominantly negative and destructive,] is held in check only by the power to</i></p> <ul style="list-style-type: none"><i>• reason,</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• use the mind,</i> <p><i>and by</i></p> <ul style="list-style-type: none"><i>• the willpower</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• hold back,</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• discipline all spontaneous impulses.</i>
17	<p><i>When</i></p> <ul style="list-style-type: none"><i>• this consciousness grows</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the negativity of the feeling world becomes obvious,</i> <p><i>people do their best to</i></p> <ul style="list-style-type: none"><i>• deny,</i><i>• cover up, and</i><i>• inactivate their feelings.</i> <p><i>In the process of denial [i.e., In the process of the denial of the feeling world] the spiritual self also becomes further removed.</i></p> <p><i>For the</i></p> <ul style="list-style-type: none"><i>• spiritual self resides directly within • the realm of feelings.</i> <p><i>The creative mass of feelings is</i></p> <ul style="list-style-type: none"><i>• the divine, even if it [i.e., even if the creative mass of feelings] now manifests in a destructive way.</i>

	<p><i>So, when</i></p> <ul style="list-style-type: none">• <i>reason and</i>• <i>will</i> <p><i>erect a barricade around the realm of feelings to stay safe from its [i.e., safe from the feelings realm's] self-perpetuating</i></p> <ul style="list-style-type: none">• <i>negative creativity,</i> <p><i>they [i.e., reason and will] also erect a barricade around</i></p> <ul style="list-style-type: none">• <i>the divine kernel,</i>• <i>the self-perpetuating</i>• <i>positive creative source.</i> <p><i>Nevertheless, each entity must go through this phase [i.e., this phase where reason and will erect a barricade around the realm of feelings, and hence around the divine kernel] before its [i.e., before the entity's] direction can be reversed.</i></p>
18	<p><i>This [i.e., Because of the feelings realm's self-perpetuating of negative creativity] is why you fear the realm of feelings.</i></p> <p><i>You have indoctrinated yourself with the safety measure [i.e., the safety measure of using reason and will to erect a barricade around the realm of feelings] for so long –</i></p> <p><i>and now you must unlearn it.</i></p> <p><i>You fear the realm of feelings because it is still, in part, primitive.</i></p>

*You are still imbued with
the self-command
you have learned throughout many existences:*

*"I must keep
the destructiveness [i.e., the destructiveness of my primitive
feelings realm]
under control."*

*Yet
the more
the destructive feelings
are denied,
the less
they can transform themselves
back into their original state.*

*Thus
a consciousness
builds itself
based on
reason.*

*For a long time,
in the history of evolution,*

- reason*
- and*
- will*

*have seemed to be
the saving grace that*

- controls,*
- prevents and*
- dominates*

the realm of feelings.

19

*An untold number of entities
now find themselves
in precisely this stage.*

*They [i.e., This untold number of entities]
have sufficiently developed*

• reason

and

• will

to keep

*the realm of feelings
under control.*

They [i.e., This untold number of entities]

• identify

and

• experience

themselves

almost entirely

as

the so-called ego –

that part [i.e., that part of the entity]

which

• wills

and

• reasons.

*This [i.e., This coming to experience oneself almost entirely as the EGO – that part
of oneself which WILLS and REASONS]*

was

not

a wrong turn, my friends.

It [i.e., This coming to experience oneself almost entirely as the EGO – that part

of oneself which WILLS and REASONS]

was necessary.

But now

another way

must be taken.

This new way

seems threatening;

it seems to

conflict with

all past endeavors.

*Every challenge
to change direction
appears to your
unconscious
as an enormous threat.*

*Activating
the realm of feelings
seems entirely too dangerous,*

*baring [i.e., baring and exposing]
the most*

- primal,*
- selfish,*
- destructive*

*feelings,
which seem*

- bottomless*

and

- final.*

*This explains,
in the deepest possible way,
the enormous threat
all
individuals
experience
when they come to
a certain crossroads in their development.*

*With some,
the threat
may be so great
that they go on
and on*

*overdeveloping
their faculties of*

- reason*

and

- will,*

*so that
their personalities
become lopsided.*

20

***Humankind as a whole
is arrested***

***at exactly this point [i.e., this point of having overdeveloped faculties of
reason and will and avoiding the development of the realm of feelings].***

This is why your

- ***technological and***
- ***scientific***

development

is out of proportion to your

- ***feeling qualities***

and your

- ***capacity to***

experience

spiritually.

Your emotions

seem far more

- ***negative***

than

- ***positive.***

Even your

preaching about

- ***love***

and

- ***spirituality***

generally has little to do with

true

emotional

experience.

More often than not,

these [i.e., these sermons and teachings given about love and spirituality]

are

- ***ideals and***

- ***theories,***

- ***a philosophy***

you adhere to

in principle

rather than

feeling it.

	<p><i>The feeling self</i></p> <ul style="list-style-type: none">• <i>still appears to be a great enemy</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>is accused of being</i>• <i>unreliable</i> <p><i>and even</i></p> <ul style="list-style-type: none">• <i>dangerous.</i>
21	<p><i>For those who</i></p> <ul style="list-style-type: none">• <i>are becoming more</i>• <i>alive</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>real</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>are no longer frozen,</i> <p style="text-align: center;"><i>the poverty of real feelings in the average human being is striking.</i></p> <p><i>The scant feelings the average human being experiences are always</i></p> <ul style="list-style-type: none">• <i>controlled and</i>• <i>approached very cautiously –</i> <p style="text-align: center;"><i>being unaware of this fact does not alter it.</i></p> <p><i>It is part of your path to become aware of it [i.e., to become AWARE both of the POVERTY of your awareness of real feelings and AWARE of the fact that even the scant feelings you allow are always controlled and approached very cautiously].</i></p>

	<p><i>Even admitting to yourself,</i></p> <p><i>"I feel half dead, I could feel more than I do, therefore the potential to do so must exist in me,"</i></p> <p><i>brings you so much nearer to the state of realization [i.e., to the state of realization of the POVERTY of your state of awareness of your real feelings]</i></p> <p><i>than confusing</i></p> <ul style="list-style-type: none"><i>• your desire to</i><i>• feel and</i><i>• love,</i> <p><i>because you believe in it [i.e., confusing your desire to love because you "believe in" the "goodness" of love] only as a principle,</i></p> <p><i>with</i></p> <ul style="list-style-type: none"><i>• actually</i><i>• feeling and</i><i>• loving.</i>
22	<p><i>This is the</i></p> <ul style="list-style-type: none"><i>• general trend or</i><i>• stage</i> <p><i>in which humanity finds itself.</i></p> <p><i>You have learned, through</i></p> <ul style="list-style-type: none"><i>• much effort and</i><i>• many</i><i>• incarnations and</i><i>• experiences,</i> <p><i>to</i></p> <ul style="list-style-type: none"><i>• channel and</i><i>• control</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• destructive,</i><i>• primitive</i> <p><i>self that can</i></p> <ul style="list-style-type: none"><i>• go berserk and</i><i>• wreak so much havoc</i> <p><i>if left to its own devices.</i></p>

Every
• *criminal or*
• *insane person*
bears witness to this fact,
and
everyone who
struggles in her or his
own development

feels threatened by
any display of the
unchanneled primitive self.

This seems a great predicament:

How can you attain
self-realization
unless you learn to cope with
the realm of feelings?

When you
do [i.e. When you do learn to cope with the realm of feelings],
you will discover
that there is indeed
something deeper [i.e., something deeper than the realm of feelings],

• *the divine kernel itself,*

because

• *the realm of feelings*

is

not

a bottomless well of

- *meaningless bleakness,*
- *unknown terror,*
- *reasonless violence, and*
- *selfishness.*

This layer [i.e., This layer of the realm of feelings, however,]
does exist,

but only as
a thin veneer.

*Once the
reasoning faculties
have been sufficiently developed
in the course of evolution,
and
once the entity
has learned to exercise
self-discipline,
there is
no longer
any danger
in encountering
the world of feelings.*

*The fear
that you will be
helplessly swept away by
your feelings,
once they become conscious,
is unfounded.*

The faculties of

- *reason*

and

- *will*

*are intact in everyone on this path,
for
if these faculties
were not sufficiently developed,*

- *you could not undertake
even the rudimentary steps
of such pathwork.*
- *You would be
incapable of
disciplining your lives.*

*And where you
fail to exercise self-discipline
you do so
quite deliberately [i.e., quite consciously, not unconsciously],
with an ulterior motive.*

	<p><i>So your fear of possessing insufficient</i> • <i>reason</i> <i>and</i> • <i>will</i> <i>to control the feeling world</i></p> <p><i>proves to be groundless.</i></p>
23	<p><i>You must go therefore in the direction opposite to the one you have hitherto taken.</i></p> <p><i>Instead of holding back your feelings, you must learn to</i> • <i>allow them</i> <i>to become conscious,</i> • <i>let them be,</i> <i>and</i> • <i>observe them</i> <i>without fright.</i></p> <p><i>You will see how easy it is to let your feelings be</i> • <i>without</i> <i>acting upon them,</i> • <i>choosing your actions</i> <i>deliberately</i> <i>instead.</i></p>
24	<p><i>Perhaps it is still not quite clear to you why you must constrain those impulses in the first place when you must eventually let them go.</i></p>

*The answer [i.e., The answer as to why you have to constrain these impulses]
is really*

- *simple and*
- *important to comprehend.*

When you observe

- *a primitive person or*
- *an animal,*

you see that

*their consciousness
does not yet allow for
either*

- *reasoning*

or

- *willing.*

*These faculties [i.e., These faculties of reasoning and willing]
therefore*

*cannot be put to use,
so that*

when impulses [i.e., impulses from the primitive feeling world]

- *come to the surface,*

they

- *dominate.*

- *Will*

and

- *reason*

*are underdeveloped
and therefore*

*cannot stem the flood
of destructive emotions.*

*Humans must spend many lifetimes
training*

- *reason and*
- *will.*

*Only when these faculties
have been developed*

is it safe to allow

- *primitive,*
- *destructive*

*feelings to the surface
without being*

compelled into action by them.

The
• **self-discipline**
and
• **reasoning**
needed
to overcome
the ingrained
• **fear**
and consequent
• **resistance**
are a built-in safety measure
of the path.

Even if
• **reason and**
• **will**
still have weak spots,
they [i.e., these weak spots in reason and will]
are
• **inadvertently and**
• **organically**
strengthened
by the
• **courage,**
• **honesty,**
• **self-discipline and**
• **willpower**
necessary
to reach this juncture.

That [i.e., Because weak spots in reason and will are inadvertently and organically strengthened by the courage, honesty, self-discipline and willpower you have already attained by the time you reach this juncture]
is why
there is nothing to fear [i.e., nothing to fear in allowing your feelings to become conscious, letting them be, and observing them].

25

*Humankind's
unconscious imprints
are still so powerful
that all of you
are using*

- *reason and*
- *will*

*to deny
your feelings' existence.*

*You do
not comprehend
that you
no longer need these controls,
provided
you are on a meaningful path
of honest self-confrontation.*

*Now,
using your*

- *will and*
- *reason*

for

- *honest and*
- *humble*

self-confrontation,

*you can safely allow yourself
to feel
what you feel,
without
having to
act on
the feeling.*

*You can now
recognize
the feeling.*

*You can now
execute
your relaxed willpower.*

*This is where you are, my friends,
or where you could be.*

26

*Human beings
whose overall development
has readied them
to realize
their divine kernel
must now establish
a new balance-structure.*

*The primitive human
is lopsided
in being completely controlled by*

- *emotions:*
 - *will and*
 - *reason*

*are still too frail
to enter into the process of living.*

*For today's human,
whose*

- *reason and*
- *will*

*generally are
overgrown*

*and
whose*

- *emotional life*

is thwarted,

*union with
the divine kernel
is as
difficult –
although not as far removed –
as for
the primitive human.*

*For the
divine kernel
is a*

- *living,*
- *pulsating,*
- *energizing*

*mass of
the highest*

- *consciousness and*
- *wisdom,*

*• self-perpetuating
and
• self-creating.*

*There is no word
to describe its*

- *intense and*
- *potent*

aliveness.

When you

- *fear*

and

- *deny*

*your feelings,
your aliveness
is by necessity
also denied,
whether or not
you are aware of the connection [i.e., whether or not you are
AWARE of the connection between FEELINGS and ALIVENESS].*

- *Reason*

and

- *will*

*by themselves
can never
bring
aliveness
into the personality,*

*nor can they bring into you
the consciousness of
the divine nucleus.*

*This [i.e., Because reason and will can never bring aliveness nor can reason and will bring you into the consciousness of the divine nucleus]
is why people
who*

- *are most dominated by*
- *reason and*
- *will*

and

- *have their*
- *feelings*

most controlled

*are those
whose aliveness
is very precarious.*

27

*You, my friends,
who really want to
come into
your divine nature,
must not
confuse*

- *spirituality*

with mere

- *spiritual ideas.*

You must bring your

- *living,*
- *feeling*

*self
into play,*

*even if this
cannot happen in any other way
than by meeting*

- *destructiveness*

and

- *pain.*

*When you
fully
experience*
• *the hate*
and
• *the pain*
in you
without flinching,
you will be
surprised by
what happens.

Much sooner than you think,
• *hate,*
• *violence and*
• *pain*
will
• *dissolve*
and
• *give way to*
a new aliveness.

A sea of feeling
will crystallize
• *pleasure supreme,*
• *the capacity to*
experience
heights of joy
that you never dreamed possible.

If you make room for it,
a new sense of
cosmic reality
will arise within you.

You are indeed strong enough,
all of you,
to do this.

***The danger of
being forced into actions
against your***

- reason and***
- will***

***is truly an illusion
in the state you are in
now.***

***The immediate danger
is your difficulty
in admitting
that you are not yet
who you want to be.***

***But what an expensive price you pay
for living life
"as if" [i.e., for living life "as if" you ARE already who you want to be]!***

***Once you decide
to***

- meet yourself
as you are [i.e., to meet yourself as you really ARE rather than meet
yourself "as if" you ARE already who you want to be]***

and

- go through the pain of some feelings,***

***you will
convince yourself very quickly
that***

- the realm of feelings
is not bottomless,***

and

- its veneer
is relatively superficial.***

	<p><i>Once you learn to cope with these feelings [i.e., cope with these painful feelings] by just letting them be,</i></p> <ul style="list-style-type: none"><i>• they will dissolve quickly,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• you will come to feel the new</i> <ul style="list-style-type: none"><i>• aliveness and</i><i>• delight</i> <p><i>very soon.</i></p> <p><i>This is the road we shall concentrate on this coming year.</i></p>
28	<p><i>I would now like to discuss another approach you can use that constitutes an important aspect of our path.</i></p> <p><i>When you have reached a certain awareness of your emotions, you will see what you are constantly doing with many of your feelings.</i></p> <p><i>You are using</i></p> <ul style="list-style-type: none"><i>• the busy mind,</i><i>• the overemphasized reasoning faculty,</i> <ul style="list-style-type: none"><i>• to fit your feelings into pictures,</i> <ul style="list-style-type: none"><i>• to build theories about why you feel a certain way.</i>

*The mind
is so trained
in overusing reason
that you think you need
a reason
to feel a certain way.*

*Thus,
• your
real motives
and
• the actual situation

often escape you.*

*Since you
• fear feelings
and
• see reason
as the saving measure,
you concoct
reasons for
feeling.*

*You are always
full of explanations
of
why
you feel a certain way,*

*until
• no feeling
remains –
only
• theory and
• explanation.*

*This is so important, my friends,
because
if you learn to
see through
these "explanations"
it will teach you
the art of
self-observation.*

29

*Let us say, for example,
that you
feel hurt.*

*In many instances,
you completely deny the hurt,
even to yourself.*

*You often manipulate it [i.e., manipulate the hurt]
into
an elaborate accusation –
sometimes even using
distorted facts about
the perpetrator of the hurt.*

*But this can be at best
only a tiny part of*

- *the whole picture of your personality*

or

- *the motives for the hurting act.*

*There is thus no longer
any reality behind the*

- *elaborate,*
- *reasonable-sounding*

explanations [i.e., no reality behind explanations for why you feel hurt].

The denied

- *hurt*

turns into

- *anger,*

which is also denied.

*You explain the anger away
by theorizing about
what caused the hurtful action.*

All the

- *explanations and*
- *theorizing*

*make it
impossible
to really
experience
the hurt.*

*And when you
deny
an actual experience,*

- *you
cannot
put it truly behind you.*

- *You
cannot
really be done with it.*

*And so you often build
on top of this structure a*

- *false,*
- *exaggerated
hurt –
the game of,*

"See what you have done to me?

*My hurt now will
force you
to act differently."*

*This kind of
artificially exaggerated hurt
results from
all the false layers
that separate*

- *your consciousness
from*
- *the original hurt.*

*The false hurt [i.e., The false hurt that separates you from the original real hurt]
creates*

- an unbearable pain
that leads to*
- *desperation
and never to*
- *a satisfactory conclusion.*

	<p><i>The real hurt is a</i></p> <ul style="list-style-type: none">• <i>gentle,</i>• <i>soft</i> <p><i>experience, never</i></p> <ul style="list-style-type: none">• <i>unbearable,</i> <p><i>always</i></p> <ul style="list-style-type: none">• <i>leaving the essence of the personality intact.</i>
30	<p><i>If you can let yourself feel</i></p> <p><i>such a hurt,</i></p> <ul style="list-style-type: none">• <i>simply and</i>• <i>without adornment,</i> <ul style="list-style-type: none">• <i>stating the</i>• <i>fact</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>why it hurts you,</i> <p><i>you create a new pattern.</i></p> <p><i>You learn to deal safely</i></p> <p><i>not only with your</i></p> <ul style="list-style-type: none">• <i>feelings</i> <p><i>but also with your</i></p> <ul style="list-style-type: none">• <i>surroundings.</i> <p><i>At the same time, you establish a new lifeline to your</i></p> <ul style="list-style-type: none">• <i>creative nucleus,</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>true identity.</i>

If you can
• *endure*
your real hurt
and
• *let it be –*
even if you
do not
• *know or*
• *understand*
what hurts you –
you will
not have to become
• *angry or*
• *destructive.*

These [i.e., Anger and destructiveness]
are merely reactions to
a feeling
you do not want to endure [i.e., the feeling of hurt
that you do not want to endure].

This is
the harm of
denial:
It builds further layers
that
• *remove and*
• *alienate*
you
from
your true self.

31

Learn to
• *calm your mind*
and
• *stop denying*
your feelings
by agitatedly fitting the hurtful event
into
• *fixed images and*
• *theories.*

Let it be [i.e., Let the hurtful event, with the feelings it evokes, just BE]!

Feel
what you
feel,
without having
either to
• act on it
or to
• reason it out.

Then you will
experience
a wonderful process:

The
• negative,
• painful
feeling
will dissolve
naturally,

as every living process
dissolves into
its original state

if its natural course
is not obstructed.

The original state
is
not
• pain
but
• pleasure,
not
• suffering
but
• joy,
not
• deadness
but
• forever expanding
abundance of life.

*Yet these desirable experiences [i.e., these desirable experiences of pleasure, joy,
and forever expanding abundance of life]*

*cannot be
stuffed forcibly
into a self,
if they are to be*

- real and*
- enduring.*

*They [i.e., These desirable experiences of pleasure,
joy, and forever expanding abundance of life]*

*must come
organically
when one
does not flinch from
what one
really feels.*

*They [i.e., These desirable experiences of pleasure,
joy, and forever expanding abundance of life]*

*come gradually,
to the degree that you
experience
your
actual*

- sensations and*
- feelings*

*without
either*

- denying*

or

- exaggerating
them.*

*Thus you
awaken
your spiritual center,*

*which will
fill your entire being
with a sense of*

- safety,*
- strength and*
- beautiful new feelings,*

and eventually with new

- insights,*
- perceptions and*
- intuitions –*

even new

- faculties.*

They [i.e., This sense of safety and strength, and beautiful NEW feelings, and these NEW insights, perceptions and intuitions – even NEW faculties]

*will spring from
deep within,
filling you with
the sense
that they are*

- truly you,*

not

- pretenses or*
- faculties*

whose manifestations depend on

- others*

or on

- circumstances outside your control.*

*You will gain
an understanding
based on
very different dynamics
from what you used to do:*

*artificially fitting feelings
into a superstructure of*

- explanations and*
- reasoning.*

	<p><i>We see these superstructures [i.e., these superstructures of explanations and reasoning into which you artificially fit your feelings]</i></p> <p><i>as</i></p> <ul style="list-style-type: none">• <i>spiritual forms</i> <i>that most human beings go around with,</i>• <i>huge lopsided forms</i> <i>growing out of their</i> <i>subtle bodies,</i> <i>causing much heaviness.</i> <p><i>They [i.e., These spiritual forms that most human beings go around with, huge lopsided forms that grow out of their subtle bodies]</i></p> <p><i>must be</i> <i>dissolved</i> <i>in the process</i> <i>of evolving spiritually.</i></p>
32	<p><i>You may note that</i> <i>for the longest time</i> <i>our path was concerned with</i> <i>meeting your</i></p> <ul style="list-style-type: none">• <i>actions,</i>• <i>thoughts and</i>• <i>attitudes</i> <p><i>with</i> <i>honesty.</i></p> <p><i>Now you must learn to</i> <i>honestly</i></p> <ul style="list-style-type: none">• <i>register and</i>• <i>endure</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>feelings.</i>

The

- *gentle hurt*
first appears
more difficult to bear
than the
 - *artificially aggrandized one,*
because the latter
seems to promise
dramatic action
from without.

The drama [i.e., The DRAMA in the artificially aggrandized hurt]
is a direct expression of

- saying*
no
to the
 - *real,*
 - *much more gentle*
hurt.

No destructiveness

- will arise*
when the
 - *soft and*
 - *gentle**original hurt*
is accepted.

Out of it [i.e., Out of the soft and gentle original hurt, when it is accepted,]

- *soft and*
- *gentle*
good feelings
will arise,
 - *swelling*
stronger and
 - *rooting*
more securely,
 - *carrying*
the self
into a most
 - *fruitful and*
 - *creative*
life.

33

**Begin right now to
emphasize
in your meditations,**

**"I would like to
• know,
• experience, and
• feel
what I
really feel."**

**Beware of
either**

talking yourself

• out of your feeling

by

**• suspecting an irrationality [i.e., by suspecting
your feelings are irrational and therefore dismissing them],**

or

talking yourself

• into it [i.e., into your feeling]

by

• building a case.

**Both [i.e., BOTH dismissing your feelings, suspecting them to be irrational, AND
exaggerating your feelings by building a case to justify your acting on them]
imply
too active a mind.**

Let your

• mind

be passive

and

gently,

gently

let your

• feeling

come up –

whatever it may be.

The
• *calmer*
and the
• *more relaxed*
you are [i.e., you are in your meditation to discover your REAL feeling],

intently
listening to your feeling,

the more it [i.e., the more the feeling that you hear in your meditation]
will turn out
to be the
• *original feeling,*

not the
• *covering one.*

When you permit yourself
the original impact of feeling,
you are so much nearer to
the life center
out of which
all good flows.

• *Meditate*
and
• *request guidance.*

Meditate that you
have the strength
to endure
a little real pain.

Tell yourself
that
the real pain
is the gateway to
• *pleasure and*
• *fulfillment.*

34

What I have given you here
is a vital key for all of you.

	<p><i>In our next lecture [See Lecture 166: Perceiving, Reacting, Expressing, given October 11, 1968]</i></p> <p><i>I will discuss another facet that will help you to stop fearing the realm of feelings.</i></p> <p><i>I will explain how to genuinely eliminate the destructiveness you fear so much that you shut out life itself.</i></p>
35	<p><i>Do not fight the pain;</i></p> <p><i>in fighting it, you avoid the experience whose full acceptance is necessary to</i></p> <ul style="list-style-type: none"><i>• outgrow it</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• become</i><i>• stronger and</i><i>• happier.</i> <p><i>Learn to recognize the</i></p> <ul style="list-style-type: none"><i>• subtle</i> <p><i>yet</i></p> <ul style="list-style-type: none"><i>• enormous</i> <p><i>difference</i></p> <p><i>between</i></p> <ul style="list-style-type: none"><i>• genuine</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• dishonest</i><i>• manufactured</i> <p><i>emotions.</i></p>

36

*May you all remind yourself,
again
and again,
that
there is*

- no problem
that cannot be resolved;*

there is

- no point
on which the path
needs to stop –
for anyone.*

*• The expansion of
creative living*
and

- the capacity to
experience
the goodness of life*

*are truly
infinite.*

*The path
ceases to be*

- threatening or*
- laborious*

when you meet your

- obstructions and*
- illusions;*

*it [i.e., the path]
becomes*

- liberation itself.*

*Even
self-realization
is no*

- specific,*
- finite*

goal.

*The person with the
gravest*

- *afflictions and*
 - *distortions*
- who says,*

*"I will go
all the way,
there is no stopping me
because
the creative force in me
will go to work
to the extent I let it,"*

*[this person]
is nearer*

- *fulfillment and*
 - *realization*
- of his or her
true self
than the one*
- *whose*
 - *reason and*
 - *will*
- function sufficiently
to hide
the inner alienation*
- and*
- *who therefore thinks*
- that he or she
does not need
to go through the pain.*

37

*Let the divine consciousness
infiltrate
your entire being, my friends.*

The way I

- *show and*
 - *guide*
- you*

will make this more than

- *a hope or*
- *a faraway goal.*

*The state of divine consciousness
can be yours,*

*every one of you,
if
you really want it.*

*Your mind
has
the choice.*

*This year [i.e., This year, beginning with this Lecture 165 (September 13, 1968)
and going through Lecture 174 (May 23, 1969)],*

again,

- *great and*
- *wonderful*

forces

- *are brought here*

and

- *stream forth.*

*They [i.e., These great and wonderful forces
that are brought here and stream forth]*

are partly the result of

- *your*
sincere good efforts

and of

- *the love feelings*
that are here;

*they [i.e., these great and wonderful forces
that are brought here and stream forth]*

are partly an influx from [i.e., are ALSO partly an influx from]

- *the spiritual realms*
that further
important ventures
on this earth.

38

*I bless
all of you –*

- *all my new friends as well*
- *who have
recently joined this path*

and

- *who have the*
- *excitement and*
- *adventure
ahead of them:*

the path of discovering a

- *new and*
- *beautiful
world,
even if
the illusion of pain must
occasionally be briefly endured.*

Blessings for my

- *familiar friends also,
with whom I am*
- *proud and*
- *happy
to work.*

*Blessings
for you all,
for this entire year to come –
be in God!*

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