

Pathwork Lecture 166: Perceiving, Reacting, Expressing

1996 Edition, Original Given October 11, 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><i>Greetings, my friends.</i></p> <p><i>The universal</i></p> <ul style="list-style-type: none"><i>• love and</i><i>• power</i> <p><i>are part of</i> <i>you</i></p> <p><i>and</i> <i>you</i></p> <p><i>are part of</i> <i>them [i.e., you are part of the universal love and power].</i></p> <p><i>May you be able to</i> <i>mobilize</i></p> <p><i>more of them [i.e., mobilize more of the universal love and power]</i> <i>than usual,</i> <i>in this hour [i.e., in this time we now spend together in this lecture],</i></p> <ul style="list-style-type: none"><i>• so as to</i> <i>truly benefit from these words,</i><i>• so as to make this evening [i.e., make this time we spend together in this lecture]</i> <p><i>a blessing for</i> <i>your future path on earth.</i></p>

by Eva Broch Pierrakos

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04	<p><i>This lecture is an attempt</i></p> <ul style="list-style-type: none">• <i>to continue the current sequence for my friends who are actively engaged in this particular pathwork,</i> <p><i>and also</i></p> <ul style="list-style-type: none">• <i>to reach the many new friends who have found their way here.</i> <p><i>Hopefully, you can</i></p> <ul style="list-style-type: none">• <i>follow and</i>• <i>benefit,</i> <p><i>even though much of the material may be out of context for you.</i></p>
05	<p><i>Every living creature's aim is to free the eternal spirit.</i></p> <p><i>This aim may be unconscious in many, but that does not alter the fact [i.e., This aim's being unconscious does not alter the fact that freeing the eternal spirit IS the aim of every living creature].</i></p> <p><i>The burden of the encrustations is heavy, and everyone feels the heaviness.</i></p> <p><i>All of you</i></p> <ul style="list-style-type: none">• <i>long for the</i>• <i>brightness and</i>• <i>lightness of the spirit that dwells deep within the encrustations,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>long to come truly into your birthright.</i>

***The Pathwork
is actively concerned with
fulfilling this longing [i.e., fulfilling this longing to FREE the
eternal spirit that dwells deep within the encrustations].***

***After all the
• labor and
• search
my friends have been doing,

some of them
are about to approach
two fundamental points of
self-awareness.***

***The causal connection
between these two points [i.e., between these two points of self-awareness]
can be detected
when you
• understand,
• feel, and
• experience
what I say here.***

***Then you will indeed
know
that you are at a vital threshold.***

06

***The living spirit
you are,
which is perpetually
waiting to unfold itself in
• creative and
• joyful
• living and
• well-being,
is
• contained and
• held back
by condensed emotions –
by powerful feelings
you do not wish to experience.***

It is

not

- ***the nature of those feelings themselves
that creates
the heavy condensed crust,***

but

- ***the fact***

that you

***deny their temporary reality in you [i.e., it is the fact that you
DENY the temporary REALITY of those feelings in you that you
do NOT wish to experience that CREATES the heavy condensed
crust that holds back the eternal living spirit that you are].***

***This heavy mass [i.e. This heavy mass of those accumulated unexperienced feelings
that you do not wish to experience and therefore
DENY and REFUSE to experience]***

is the burden

you carry around.

It imprisons you

to the exact degree

that you fear

- ***letting out***

***this mass [i.e., that you FEAR letting out this heavy mass of
accumulated unexperienced feelings]***

and

- ***letting it
unfold.***

Only then

***can it dissolve [i.e., Only by letting out this heavy mass of accumulated
unexperienced feelings and letting it unfold can this mass of
unexperienced feelings then dissolve].***

This fear [i.e., [i.e., This fear of letting out

this heavy mass of accumulated unexperienced feelings]

must be overcome.

07

**No human being
born
into**
• **this limited environment**
**and
into**
• **the conditions prevailing in this sphere of existence
is free from
a conglomerate of strong negative feelings.**

[Included in this accumulation of unexperienced strong negative feelings]

There is
• **hopeless agony,**
there is
• **violent rage,**
there is the feeling of
• **absolute helplessness –**
first toward
• **the world**
that seems to
cause
• **the agony**
and thus
• **the rage,**
then toward
• **the self**
because
the ego
does not know how
to cope with
these feelings [i.e., these strong
negative feelings].

**The way out of this predicament
seems to be
to deny
the existence of
the feelings.**

This [i.e., This denial of the existence of these strong negative feelings]

seems

**the only alternative [i.e., to deny them SEEMS to be the only
alternative way to cope with such strong negative feelings within].**

*But the more
these feelings [i.e., But the more these strong negative feelings within]
are denied,
the greater
their power
becomes.*

*Because there is no way
of letting in the fresh air of truth,
all these threatening feelings
become
more
and more*

- *aggrandized,*
- *exaggerated and*
- *misunderstood.*

*Then it seems indeed
as though
one's feelings
were leading one
into a bottomless pit.*

08

*For anyone
who is new on this path,
this may sound
incredible
because
he or she
has not yet encountered
the violence
of the feelings I speak about.*

*But a number of my friends
who are
actively engaged in this work
have recently become
acutely aware of such feelings.*

*Some of the
new approaches
have begun to have
their very beneficial results,
so that
even those
who were
most cut off –
perhaps even
after years of
hard work –
are suddenly
approaching
the threshold of
this feared area in themselves.*

This is indeed

- *great and*
- *significant*

*progress
without which
no genuine experience of
the universal self
is possible.*

*Some of you
may not be conscious of
these feelings yet [i.e., may not yet be conscious of
these strong negative feelings within],*

*but at least
you begin to*

- *sense*

and

- *suspect,*

and

- *be apprehensive about,*

*the existence of
these feelings [i.e., the existence of
these strong negative feelings within].*

*Some of you
may not yet
have mustered the courage
to let them out
as others have done.*

09

Just as the result of

- *letting the feelings out* [i.e., letting out these strong negative feelings within]
is an

- *experience*

and a

- *surge*

of new spiritual life,

so is the result of

- *avoiding the feared area* [i.e., so is the result of avoiding the feared area of these strong negative feelings within]
- *disastrous;*

it [i.e., avoiding the feared area of these strong negative feelings within]

- *paralyzes*

your best faculties.

If you

avoid these feelings [i.e., If you AVOID the feared area of these unexperienced strong negative feelings within],

you cannot really

live in the

true unfoldment

of the

- *eternal,*

- *living,*

- *breathing*

spirit that you are,

from which

unlimited good

flows

into your

- *whole being,*

into your

- *entire life.*

*Your spirit-self
has
all the power.*

*The spirit-self
cannot manifest
when any part of
the inner organism
is*

- feared,*
- denied expression,*

and

- tightly held together.*

*Thus [i.e., Thus, when the spirit-self cannot manifest
because some part of the inner organism is feared,
denied expression, and tightly held together]*

*living
becomes a
poor imitation
of
what it*

- could be,*

and

- should be.*

*Most human beings
sense that [i.e., sense that their living is a poor imitation of
what it could and should be];*

*somehow
they
know
that what they experience
cannot be
all there is to life,*

*but
few
have the courage
to*

- admit it to themselves*

and

- do something about it.*

10

When you approach the threshold

where you meet

- *the apparently uncontrollable*
 - *agony,*
 - *pain,*
 - *hopelessness and*
 - *violent anger –*

and

where you also meet

- *your fear of*
 - not being able to*
 - ever exhaust*
 - these negative feelings,*
 - nor being able to*
 - handle them –*

then you have to make
a vital decision:

to bring your
reason

to bear

on the entire question of
whether

to

- *deny the existence of these emotions*

or

to

- *meet and*
- *experience*
- them –*

to

- *let them out into the open*
 - with the constructive view of*
 - learning how to handle them*
 - from here on.*

This also requires
a modicum of
trust

in the world,
of which you are a part,
that

there is
no "bad"
as such.

	<p><i>If this [i.e., If this statement that, in the world of which you are a part, there is NO “BAD” as such]</i></p> <p><i>is</i></p> <p><i>at all true,</i></p> <p><i>it [i.e., this statement]</i> <i>must also hold true of</i></p> <ul style="list-style-type: none"><i>• distorted,</i><i>• destructive emotions.</i> <p><i>And since it</i> <i>is true [i.e., it is TRUE that in the world of which you are a part, there is NO “BAD” as such],</i></p> <p><i>you</i> <i>can experience it [i.e., you can experience this truth]</i> <i>as a reality</i> <i>when you give yourself the chance to do so.</i></p>
11	<p><i>Your</i> <i>reason</i> <i>will also tell you, once you think about it,</i> <i>that what exists in you</i> <i>is by no means</i> <i>annulled</i> <i>simply</i> <i>because you</i><ul style="list-style-type: none"><i>• look away from it,</i><i>because you</i><ul style="list-style-type: none"><i>• act as though it</i> <i>did not exist</i><i>and thus</i><ul style="list-style-type: none"><i>• live a life of</i> <i>strenuous pretense</i> <i>at the expense of</i> <i>all the</i><ul style="list-style-type: none"><i>• vital energy and</i><i>• life force.</i><p><i>Without this energy</i> <i>the depth of experience you long for</i> <i>cannot ever be yours –</i> <i>no matter what you pin your hopes on.</i></p></p>

*You may flock to
this or that*
• *supposed panacea,*
this or that
• *new spiritual approach,*
always in the vague hope
that it will open
the gates to life –
the
• *full and*
• *vital*
life
you somehow know
you miss out on.

All of these [i.e., All of these supposed panaceas and new spiritual approaches]
must
let you down in the end,

for they are
evasions,

born in the hope
that you will
not have to dissolve
the hard mass of
tightly packed feelings
of
• *violence and*
• *pain.*

12

The bottomlessness
of the emotions
you fear so much
will prove to be an error
only
when you emerge from
the experience of them.

*Such an experience [i.e., Such an experience of an emotion you fear so much]
is threatening
only
before
you enter into it.*

Once you

- *overcome the*
- *hesitation and*
- *reluctance*

and

- *let yourself*
into this experience,
no matter what you feel,

it will
not at all be
what you feared.

You will find that you
can
control the flood of feelings,
just because
you voluntarily
choose
to let them out.

However,
if they
explode out of you
because they have been

- *artificially denied*

and

- *held back*
for too long,

then you
cannot control them
because their
expression
is
involuntary.

So, you need

to

- *express,*

to

- *let out
your feelings*

by choice

- *when and*
- *how long
you desire,*

*in the knowledge that
this unburdening
is*

your salvation.

Doing so

will leave you

- *refreshed*

and

- *strengthened,*

- *more yourself
than you ever were.*

13

This threshold [i.e., This threshold where you express and let out your feelings that were heretofore held back, and do so by CHOICE] is essential on anyone's path of evolution.

It [i.e., This threshold where you express and let out your feelings that were heretofore held back, and do so by CHOICE] proves to be a turning point in your inner life,

where you go from a

• limited existence of robotlike make-believe

to

• real living,

in which you are increasingly in the full possession of the

• vital energy

and

• creative wisdom

of your innermost being.

As long as you lack the courage of experiencing all

that is in you,

whether or not you wish to own up to it,

you do not permit yourself the luxury of finding out your

• inner wealth

and

• resourcefulness,

your

• inborn strength

and

• richness of feeling.

By owning up [i.e., By “owning up” to ALL of your emotions and feelings]

I do

not mean merely an

- ***intellectual admission***

but the

- ***actual emotional experience***

and

- ***volitional expression of it.***

For if you

do not meet

that in you which

- ***freezes and***

- ***paralyzes***

the living spirit,

it is

impossible

to be

- ***moved and***

- ***lived***

by

the living spirit.

Its life [i.e., The life of the living spirit that you are]

is squeezed out

if you have to

hold yourself back

in any form.

I want to emphasize once again

that this does

not imply

that you

act out destructiveness

any which way.

	<p><i>Choose in what manner to express it [i.e., to express your destructiveness and negativity] so that no one, including yourself, will be hurt by the effect – all the while knowing, without self-justification, the</i></p> <ul style="list-style-type: none"><i>• irrational and</i><i>• destructive</i> <p><i>nature of what is flowing out.</i></p>
14	<p><i>Do not go away from that point where you say</i></p> <p><i>"I am afraid of these feelings."</i></p> <p><i>Rather remain there until you gain the strength to let them come to the surface.</i></p> <p><i>This is so much better than</i></p> <ul style="list-style-type: none"><i>• denying and</i><i>• going away</i> <p><i>again from this point of awareness where you know that you fear yourself.</i></p>

For if you
• *fear yourself*
and
• *do not know it,*
it is infinitely worse
than
if you
• *fear yourself*
and
• *[do] know it.*

• *Fearing*
yourself
and
• *not knowing it [i.e., and not knowing that you fear yourself]*

makes you
• *dead,*
makes you
• *miss out on life.*

It [i.e., Fearing yourself and NOT knowing that you fear yourself]
makes you
attach this very fear of yourself
to any number of
• *other,*
• *outer*
facets
which have nothing to do with
the fear itself
as it exists
in its original state.

15

*When you have the courage
to experience the*

- *pain,*
- *agony,*
- *anger,*
- *violence and*
- *helplessness,*

you will truly come to see

*that it [i.e., that this EXPERIENCE of pain, agony, anger,
violence, and helplessness]*

is

not

- *bottomless or*
- *endless,*

and

*that this [i.e., that this experience of pain, agony, anger,
violence, and helplessness]*

is

*not all there is
to your inner life of feelings.*

You will see

that there

is

an end.

The end

is when

*the living energy
of all those feelings
you wish to avoid*

becomes a

- *vital,*
 - *living*
- feeling
of*

- *love,*
- *joy, and*
- *pleasure.*

16

*There is, however,
the second point of awareness I mentioned,
which must also be faced
in order to become
completely capable of
the courage necessary
to plunge into
those frightening feelings.*

*Without this
second point of awareness
it can, at best,
be only a half-hearted attempt [i.e., only a half-hearted attempt to
plunge into those unexperienced frightening feelings].*

*Some of my friends have lately begun to recognize,
at least occasionally,
this second point.*

*However,
such awareness
habitually slips back into the unconscious,
from whence it must be retrieved
again
and again.*

*This second point is
that,
• as a result of
all the
• haplessness and
• agony,
• in the rage
that develops as a consequence,*

you have decided,

deep inside of you,

to turn away from

- life,*
- love, and*
- the desire to contribute positively to life.*

17

*It is this kind of negativity [i.e., the negativity deep inside of you to
turn away from life, love, and the desire to contribute positively to life]
that makes
the courage to
experience
the destructive feelings
so perilous.*

*For as long as it is
a fact*

- that you do
not
want
to*
 - love –*
- to*
 - give the best of yourself,*
- to*
 - forgive and*
 - forget*
 - what harm*
 - life seems to have inflicted on you –*
- that you do
not
want
to*
 - generously risk*
 - giving of yourself*
 - on the deepest possible level*
 - where*
 - no deception can exist,*

*there can be
no safety
in
anything
you do.*

*It will be
as unsafe
to*

- hide from yourself*

*as it will be
to*

- express what is in you.*

The key to
• *safety,*
• *security, and*
• *all the other resources of life*

is

love.

As long as you
refuse to
• *forgive*
and
wish to
• *be resentful*
with
• *life –*
and therefore with
• *people and*
• *events that come to pass*
both from
• *within yourself*
and also from
• *outside –*

you will
close yourself to
all the good
that wants to
flow
from
you
into
the world
and
from
the world
into
you.

18

As long as
this negativity [i.e., *As long as this negativity deep inside of you to turn away from life, love, and the desire to contribute positively to life*]
exists,
the courage to

- **face,**
- **experience, and**
- **express**

the destructive feelings
cannot be
completely mustered.

Therefore,
these two points of self-awareness [i.e., 1) awareness that you have a conglomerate of unexperienced strong negative feelings within: hopeless agony, violent rage, absolute helplessness, and such – feelings you deny and avoid experiencing and 2) awareness that you have a negativity deep inside of you to turn away from life, love, and the desire to contribute positively to life]

must be

- **alternately,**

and at times

- **simultaneously,**

worked through.

The causal connection
between these two points [i.e., *between these two points of self-awareness*]
must be clearly understood.

As you

- **become aware of**

and

- **can acknowledge**

this resentful negation in yourself,

you will
comprehend more deeply
the causal connection between
the two points.

*You do not
want to give
anything of yourself
on this*

- *deep and*
- *secret*

*level of your
inner existence.*

*Outwardly this [i.e., Outwardly this truth that inwardly you
do not want to give anything of yourself to life]
may well be
concealed by
apparently quite opposite patterns.*

*But
the false submission [i.e., the false submission to others in order to conceal the
truth that inwardly you do not want to give anything of yourself to life]
cannot ever be a substitute for
real inner giving of self.*

*In fact,
real giving
knows
no*

- *self-deprecation,*

no

- *martyrdom,*

no

- *unjust treatment from the world.*

*I would even suggest that
such a pattern [i.e., such a pattern of false submission, self-deprecation,
martyrdom, and unjust treatment from the world]
points the way to a
crass
lack of giving
when it comes to
real
feelings.*

*Oh, you may, in principle,
be willing to give something,
but only when
everything is
exactly according to your specifications.*

*These specifications
are often based*

on stark ignorance of
• *the lawfulness involved in
human interchange,*

on ignorance of
• *the existing conditions
produced by yourself
that make such expectations of
perfect relationships
logically impossible.*

*However,
quite apart from such ignorance,
this*

• *tentative bargaining*

and

• *petty,*

• *distrustful*

withholding of

all the

• *generous*

• *spontaneous*

moves of the soul

*close the very door
you hate to see closed.*

19

Since

• *you*
 do not wish to give to
 • *life,*

how can

• *life*
 give to
 • *you?*

*So you run around in circles,
and it becomes*

*a vicious circle,
because*

*the less life gives you
as a result of
your not giving to it,*

*the more resentful
you become,
the more
you refuse to give of yourself,
the more
drawn into yourself
you become, and
the more
violent*

*your anger grows
from this uninterrupted frustration.*

*Then this anger
frightens you,
so that
you hold it back,*

*and on
and on it goes –
until
the circle is broken.*

20

*In such a negative cycle,
the vital glow
of your*

- energy and*
- feelings*

becomes a

- tightly packed,*
- hardened*

mass
*behind which
your spirit
seems
to wither.*

*Of course it
does not really do so [i.e., Of course your spirit does not really wither].*

*It [i.e., Your spirit]
cannot [i.e., cannot wither],
ever,
since it is an
eternal living force.*

*But
it [i.e., But your spirit]
cannot manifest
to
you,

and
you
must
remain separated from it,

as long as
the negating attitude remains.*

*You can
connect with
your spirit
only when you*

- *see
the negation and*
- *become*
 - *honest and*
 - *humble*

*enough
to give voice to it [i.e., give voice to the negation]
as it truly exists in you:*

*"I do not want to give
anything of myself.*

Whenever I feel threatened by

- *rejection,*
- *criticism,*
- *frustration of my immediate desires,*

I at once

withdraw from life

my

- *vital energies,*

my

- *goodwill,*

my

- *positive spirit of participation.*

I want to

remain separated,

keeping my

- *anger and*
- *resentment."*

When you

can acknowledge this,

you will instantly know

that it is

this attitude

that makes the facing of [i.e., facing of the strong negative feelings of]

- *the rage and*

- *the agony*

perilous.

21

• *Rage*
and
• *agony*
 must indeed
 seem endless
 as long as
 you are
 unwilling to
 give up
 this negative attitude toward life,
 in which you
 • *hug resentments and*
 • *use dishonest games*
 of suffering
 as weapons against others
 in order to put
 the blame
 on them.

But the moment
you are truly willing
 to give the best of yourself,
 if at first perhaps
 • *only in principle,*
 • *even before being able to actually do so,*

• *the Supreme Spirit*
 will help you
 make it a reality
and
• *there will be*
 no question of
 fearing
 bottomless
 • *negativity and*
 • *destructiveness.*

22

This [i.e., This fact that the Supreme Spirit will help you make your giving up your negative attitude toward life and make giving your best to life a REALITY] is possibly one of the reasons why on a path such as this no danger can ever exist, because you learn, as you face the negative temporary truth, to also call upon the forces of the infinite cosmic spirit in you.

And you learn with its help [i.e., with the help of the infinite cosmic spirit in you] to

- *become*
 - *giving and*
 - *positive;*

to

- *risk investing yourself;*

to

- *become generous*

and

- *let yourself feel, even if you do not have a guarantee that it will come out all right.*

For that [i.e., For learning, with the help of the infinite cosmic spirit in you, 1) to become giving and positive, 2) to risk investing yourself, 3) to become generous, and 4) to let yourself FEEL, even if you do not have a guarantee that it will come out all right] is the only way your

- *strength and*
- *resiliency can grow, so that nothing can ever faze you.*

23

**The combination of
these two points of awareness [i.e., 1) awareness that you have a
conglomerate of strong negative feelings within: hopeless agony,
violent rage, absolute helplessness, and such – feelings you deny
and avoid experiencing and 2) awareness that you have a negativity
deep inside of you to turn away from life, love, and the desire to
contribute positively to life],
my friends,
is a key.**

Those of you who
• **are near this point,**
or
• **have already made some recognitions in this respect,
can now proceed.**

**As you meditate,
say into yourself:**

"I invest the best I have into my life.

I will not withhold anything of myself.

I want to contribute to the
• **cosmic unfoldment and**
• **plan of evolution**
with all the faculties I have –
• **those already manifest,**
but perhaps not used in this way,
and
• **those that are still dormant in me.**

**I want to contribute,
and only as
a thoroughly**
• **fulfilled and**
• **happy**
person
can I do so –
not ever as a
• **suffering**
one."

24

*Your negativity
is a defense, my friends.*

*It
arises out of*

- *the tragic misunderstanding of duality,*
- *the dichotomy that is rampant on this earth sphere, where it is so often a question of either/or.*

*In this case,
you believe it to be a question of*

- *your happiness*

versus

- *the happiness of the other.*

*You secretly feel
that by*

- *giving to others*

you will be

- *impoverished,*
- *put to some sort of disadvantage,*

While by

- *grabbing for what you want*

and by

- *withholding yourself*

you add to

- *your advantage.*

This belief is always there,

- *underneath,*
- *half-conscious or*
- *completely unconscious.*

It [i.e., This belief that by giving to others you disadvantage yourself but by grabbing what you want and withholding yourself you advantage yourself] creates a terrible conflict.

25

*When you
examine dispassionately
the irrationality
of your*

- *negation,*

of your

- *destructive insistence on
remaining*
 - *separate and*
 - *ungiving,*

*you will indeed
come to see that
this unrealistic dichotomy
is present in your attitude.*

*When you
bring it out
you will be able to
correct it.*

*Little by little,
you will recondition
your*

- *perceptions,*

your

- *emotional reactions,*

your

- *deep inner knowing of
the way life is.*

*You will then know that
the happier
you are,
the more
you contribute to others.*

26

*In the process of
removing
unhealthy conditions
that are a result of
false beliefs in the deep psyche,
you will see that
your fulfillment
can never really infringe upon
those of others –
even if at first it may appear that way.*

*When you go to
the root of all things,
there is
no conflict
between*

- *your fulfillment*

and

- *those [i.e., and the fulfillments]
of others –
quite the contrary.*

*So you will
not need to be*

- *ungiving,*

nor will you need to feel

- *guilty for
wanting your own*
- *fulfillment and*
- *joy.*

*With that understanding
all negativity
must vanish –
even in*

- *the deepest regions*

and

- *the most secret areas
of your psyche.*

*Then [i.e., Then, when all negativity of your psyche vanishes,]
the unfoldment
can become
complete,
for you will be
more
and more
• freely and
• fearlessly
yourself,
and you will
expand into life,
opening up to
receiving life's gifts.*

27

*Very much related to what I said here
is an important aspect of
relationship.*

*Relationship
is the very essence of life.*

*No one
is capable of living productively
without
• warmth and
• love,
without
• sharing and
• mutual understanding.*

*It [i.e., Relationship]
is truly
in the scheme of things
of the universal creative spirit.*

*There are certain
very basic aspects of
relationship
that are important to understand.*

***A threefold principle exists
that***
• ***applies to
all elements of
any kind of relationship***
and
• ***determines
its nature.***

***It [i.e., This threefold principle that applies to all elements of
any kind of relationship and determines the relationship's nature]
is:***
• ***perceiving,***
• ***reacting, and***
• ***expressing.***

***When this threefold principle
operates in***
• ***health,***
• ***truth,***
• ***harmony and***
• ***reality,***
then
***relationship
must be***
• ***fruitful and***
• ***joyful.***

***When these three aspects of relationship [i.e., When these three aspects of
relationship: perceiving, reacting, and expressing]
operate in a***
• ***distorted,***
• ***unrealistic,***
• ***disharmonious***
way,
***relationship
cannot possibly be***
• ***fruitful or***
• ***joyful.***

28

*As I said to you many times,
you cannot possibly have
a good relationship with*

- *others*

*unless you first have
a good relationship with*

- *yourself.*

*Therefore
these threefold aspects [i.e., aspects of perceiving, reacting, and expressing]
must first be applied to
yourself.*

*How do you
• perceive
yourself?*

*How do you
• react
to what you perceive in yourself?*

*And how do you
• express
that which you perceive in yourself?*

*If you
are not
at war with yourself,
your
perception [i.e., your perception of yourself]
will be clear.*

*If you
are
at war with yourself
by demanding to be
other than you are now,
you cannot
perceive yourself
correctly.*

*For example,
if you are*

- *unwilling [to],*

and therefore apparently

- *incapable of,*

*shedding your
idealized self-image,*

*if you
insist on
living up to its unreasonable demands,*

*then your
perception of yourself
must be*

- *faulty and*
- *limited.*

If your

- *perception of yourself*

is

- *faulty and*
- *limited,*

your

- *reaction*

to what you are [i.e., your reaction to what you actually ARE]
must be
very disturbing.

29

*Anyone of you
who is now
so close
to the threshold
of your inner destructiveness –
[close]
• to the
• fear
and
• pain
and
• rage,
and also [i.e., and also close]
• to the
• deliberate,
 although possibly unconscious,
• mean
• refusal
 *to give of yourself
 to*
 • life and
 • others –*

*will have a
negative reaction
to all this [i.e., to all this negativity and destructiveness]
only because
your self-perception
has been faulty.*

*You may also
resist
reconsidering
this self-perception.*

You still
• **battle**
 what is
and
• **insist on being**
 the way you are not.

Thus you
do not perceive
 in truth [i.e., you do not perceive in truth who you really are, but rather
 you insist on being, and hence insist on perceiving yourself
 actually to be, the way you actually, in truth, are NOT]
so that your
 reaction to it [i.e., so that your reaction to
 the TRUTH of who you are]
 when it [i.e., when this TRUTH of who you are]
 indirectly
 manifests
 must be
 • **disharmonious and**
 • **disturbing.**

• **You will go on denying**
 what tries to make itself known to you [i.e., denying the TRUTH of who
 you are that tries to make itself known to you],
and
• **you will create**
 more
 inner
 • **dissent and**
 • **warfare.**

One side, the spirit side,
 makes an attempt to reveal
 your unacceptable truth,

the other side
 battles it [i.e., the other side battles against revealing the TRUTH,
 judging the truth of who you actually are to be too unacceptable].

*In that battle [i.e., In that battle against seeing the TRUTH of who you are]
your
reaction
becomes even more painful:*

- *greater dissension with
yourself*

and even

- *more rage toward
the world*

follow.

30

A great part of the

- *rage,*
- *anger, and*
- *pain*

*are not so much a question of
the helpless conditions of childhood,
although
those may have set it off in this life.*

*Much of the painful reaction
is produced
because
you*

- *battle yourself
as you are*

and

- *do not succeed
in becoming
what you want to be.*

*Thus,
what you
perceive
makes you
more*

- *angry and*
- *pained.*

	<p><i>This [i.e., This condition of anger and pain brought on by how you PERCEIVE yourself to be – battling against yourself as you ARE and not succeeding in becoming what you WANT TO BE] is vastly responsible for</i></p> <p><i>the</i></p> <ul style="list-style-type: none"><i>• apparently bottomless despair</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• rage</i> <p><i>we were talking about.</i></p>
31	<p><i>When you</i></p> <ul style="list-style-type: none"><i>• perceive yourself</i> <p><i>in the wrong way,</i></p> <p><i>and consequently</i></p> <ul style="list-style-type: none"><i>• react to</i> <p><i>what you</i></p> <p><i>perceive in the wrong way,</i></p> <p><i>your</i></p> <ul style="list-style-type: none"><i>• expression of it [i.e., your expression of what you wrongly perceive yourself to be]</i> <p><i>must be equally</i></p> <ul style="list-style-type: none"><i>• distorted and</i><i>• destructive.</i> <p><i>You cannot</i></p> <p><i>express</i></p> <p><i>the truth of</i></p> <p><i>what you perceive in yourself</i></p> <p><i>since</i></p> <p><i>you</i></p> <p><i>do not</i></p> <ul style="list-style-type: none"><i>• know it [i.e., since you do NOT KNOW the TRUTH of who you are] –</i> <p><i>do not</i></p> <ul style="list-style-type: none"><i>• wish</i> <p><i>to know it [i.e., since you do NOT WANT to know the TRUTH of who you are].</i></p>

*In such confusion,
helplessness
increases,*

*the thus mounting
inner tension
seeks an outlet.*

*To look for scapegoats
who can be blamed for these*

- unpleasant feelings and*
- reactions*

is a very frequent way out.

*Scapegoats
can always be found
if you look hard enough.*

*Sometimes
one does not even have to look very hard,*

*for the
imperfection of the world
lends itself well
to attracting*

- enraged and*
- threatened*

feelings.

Thus the

- expression*

becomes one of

- hostility and*
- rejection.*

32

To recapitulate briefly:

Wrong

- *perception of self*
leads to
 - *wrong,*
 - *destructive*
 - *reaction*

and, further, to
destructive

- *expression*
out into the world.

This, in turn,
must affect
all relationships.

This is so self-evident,
it hardly needs further elaboration.

Since you
blame others,
they must respond in kind.

Since you

- *are*
unwilling to be
 - *positive and*
 - *giving,*

and

- *do not wish to admit this*
in order to protect your
self-image,

others will reflect this negativity.

Your reaction to
that reflection [i.e., *that reflection of your negativity back to you by others*]
must also be faulty,
since you choose
not to admit
your negativity,
which makes you feel
unjustly treated.

	<p><i>How then can what you express to others be anything but</i></p> <ul style="list-style-type: none"><i>• negative and</i><i>• destructive?</i> <p><i>Moreover, how can your perception of others be accurate when your self-perception closes its vision to what</i></p> <ul style="list-style-type: none"><i>• is in you</i><i>and</i><i>• seeks others as scapegoats?</i> <p><i>How can your perception of anything be accurate if you are unwilling to perceive yourself correctly?</i></p>
33	<p><i>The triad of</i></p> <ul style="list-style-type: none"><i>• perception,</i><i>• reaction,</i><i>• expression</i> <p><i>works quite differently in</i></p> <ul style="list-style-type: none"><i>• truth</i><i>and</i><i>• creative living.</i>

*If perception is
truthful
the entire picture
changes.*

*You
do not have to
already be a
perfect specimen
if you use this [i.e., this triad of perception, reaction, and expression]
in a
positive way.*

*Your
truthful perception of
what is far from perfect in you
will make you capable of
acknowledging this [i.e., acknowledging this imperfection in you]
without losing balance
within yourself,
without losing sight of the fact
that you are a
divine spirit
with all its faculties intact.*

As you

- perceive yourself
accurately,*

your

- reaction
automatically
becomes favorable.*

For then you will

- want to get rid of*
- the negativity*

and will

- seek*

*the fruitful way
that
does not deny*

- what is,*

*but bases
all further steps
on clear perception of*

- the Now.*

In that spirit [i.e., In that spirit of wanting to get rid of negativity, without denying it, but basing further steps on clear PERCEPTION of the Now]

*what
expresses itself
must be
infinitely positive.*

*In that attitude,
you see
everything*

- as it is and*
- where it really belongs.*

You see the

- good*

and the

- bad*

in yourself.

You see the

- truth*

in yourself
and you

- accept it.*

Therefore your

- expression*

will be a truthful one.

*This will make the
unfoldment of
highly creative*

- feelings,*
- currents, and*
- knowledge*

*more
and more possible.*

34

With such a
• *unified relationship*
toward the self,
rather than a
• *divided one,*
relationship to
others

must become
equally

- *positive and*
- *fruitful.*

It cannot help
being so.

I repeat once more, my friends:

Whenever you find yourself in
strife,
there is something
in your relationship to
yourself
that is

not according to the
positive aspect of
this threefold principle.

My advice is to

- *acknowledge this fact [i.e., this fact that there is something in relationship to YOURSELF that is NOT according to the positive aspect of this threefold principle: perception, reaction, and expression]*

and

- *let go,*

then ask for
the truth
within you.

It [i.e., The TRUTH]
will come to you.

	<p><i>The answers [i.e., The answers to your questions asking for the TRUTH within you regarding what, in relationship to YOURSELF, is NOT according to the positive aspect of this threefold principle]</i></p> <p><i>always come if you are sincere in</i></p> <ul style="list-style-type: none"><i>• wanting to know</i> <p><i>and thus</i></p> <ul style="list-style-type: none"><i>• properly receptive.</i>
35	<p><i>Then [i.e., Then, when you know the truth within you regarding what, in relationship to YOURSELF, is not according to the positive aspect of this threefold principle: perception, reaction, and expression],</i></p> <p><i>and then only,</i></p> <p><i>will you be able to develop the same threefold principle toward the divine spirit within yourself.</i></p> <p><i>You will</i></p> <ul style="list-style-type: none"><i>• perceive it [i.e., You will PERCEIVE the divine spirit within yourself]</i> <p><i>more and more.</i></p> <p><i>You will</i></p> <ul style="list-style-type: none"><i>• react to it [i.e., You will REACT TO the divine spirit within yourself], but not with the old fear.</i> <p><i>For as long as you fear the indwelling</i></p> <ul style="list-style-type: none"><i>• negativity,</i> <p><i>you must also fear the indwelling</i></p> <ul style="list-style-type: none"><i>• power for positive</i><i>• experience and • unfoldment.</i>

You will no longer
• *react*
with fear
to the greatest power in the universe,
which is
right in you.

You will be
receptive to it.

You will then
• *express*
this power,
for you are a
• *living part of it*
and
• *become more*
and more so.

36

I recapitulate
the gist of
all this:

The necessity to reach the point of
• *recognition*
that there is a
bottomless fear in you of
• *violent,*
• *uncontrollable*
emotions
which you
do not wish to deal with;

and
the necessity to reach the point of
• *awareness*
that you wish –
at least in certain areas –
to remain
negative
toward
• *life and*
• *others.*

As you
• *give up*
the wish to
• *remain negative*

and
• *exchange it for*
a wish to be
• *outgoing,*
• *positive and*
• *giving,*

the fear of
self
will vanish.

Then
the threefold principle
governing relationships
will change
from the
• *negative*
to the
• *positive.*

You will
• *perceive*
yourself
correctly,
you will
• *react*
productively
to what you perceive,

and you will
• *express*
it [i.e., express what you perceive and how you react to it]
in a meaningful way.

37

Little
by little,
this will change
your entire life.

*Wherever life
is now*

- *disharmonious,*
- *limited,*
- *frustrating and*
- *withholding,*

*it will open up
gradually
and in its
unfolding
will give to you
richly.*

*Needless to say,
this is
not
an easy formula to apply.*

*Although
its truth
is simple enough,
to put it into
practice
requires
the maximum of*

- *investment and*
- *commitment*

*on your part
to the*

- *truth within,*

to the

- *truth of your life,*

to the

- *living spirit of*

perpetual growth.

*It [i.e., To put this truth into practice]
demands*

- *time,*
- *perseverance*

and

- *wise,*
- *mature*

*insight into the
dynamics of growth.*

*It [i.e., To put this truth into practice]
requires a
continuous groping
for the
right balance of
letting the*

- destructive,*
- ignorant,*
- irrational*

*child in you
express itself,
without
falling into
the trap of believing
its [i.e., the child's]
truth
is
the
truth,*

*so that an
intelligent dialogue
can be established
with
the life-resisting part
of your personality.*

38

*May these words
lift you in*

- hope,*
- courage and*
- renewed stamina*

to proceed further on this path,

*so that you can
break through*

*the wall of
your fear of
self.*

*You must emerge
triumphantly,
• cleansed,
• stronger and
• better,

for the life of
the spirit
in its
undifferentiated
• goodness and
• fulfillment
will become
more
and more
a reality of your life.*

*Be blessed,

be in peace,

be what you
really truly are –
the
• living spirit,
the
• Universal Living Spirit!*

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