

# Pathwork Lecture 80: Cooperation, Communication, Union

1996 Edition, Original Given February 17, 1961

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>Greetings,</b> <b>my dearest friends.</b></p> <p><b>Blessings for each one of you.</b></p> <p><b>Blessed is this hour</b> [i.e., <i>Blessed is this time we now spend together in this lecture</i>].</p>
04	<p><b>The</b></p> <ul style="list-style-type: none"><li>• <b>highest and</b></li><li>• <b>most desirable</b></li></ul> <p><b>state</b> <b>in the whole plan of evolution</b> <b>is</b> <b>union.</b></p> <p><b>Union</b> <b>on this earth plane</b> <b>does not exist.</b></p>

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*Some people  
have a vague idea of  
union,  
and in isolated moments  
they*

- sense or*
- feel*

*the significance of  
that state of being.*

*But then  
the moment passes.*

*Since  
union  
simply  
is,  
it exists outside  
the law of cause and effect.*

*Therefore [i.e. Therefore, because it exists outside the law of cause and effect,]  
there is no point in my discussing it [i.e., no point in my discussing  
the state of UNION].*

*You could  
not possibly comprehend me  
and  
I could  
not find appropriate words in the human language  
to convey what it is [i.e., to convey what the state of UNION is].*

05

*I will, however, discuss  
two preliminary stages  
in the evolution  
toward  
union.*

*These two stages  
do exist  
on your plane of*

- existence and*
- consciousness.*

*They [i.e., The two preliminary stages in the evolution toward union]  
are,  
at the lower level,  
• cooperation,  
and,  
at a higher level,  
• communication.*

*No living creature  
can exist  
without  
• cooperation  
and  
• communication.*

*Even on the  
material level  
humanity could  
not survive  
without them [i.e., without cooperation and communication].*

*• Food,  
• drink,  
• shelter –  
• all that you need for your physical survival –  
depend on  
• cooperation  
and  
• communication,  
although their  
• form and  
• practice  
may vary.*

*They [i.e., Cooperation and communication]  
take a different form  
in a primitive society  
where people organize  
their own communication with  
• nature and  
• the elements.*

	<p><i>As</i></p> <ul style="list-style-type: none"><li>• <i>development proceeds further</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the community increases in size,</i></li></ul> <p><i>people have to</i></p> <ul style="list-style-type: none"><li>• <i>organize</i></li></ul> <p><i>communication with their fellow creatures</i> <i>accordingly.</i></p> <p><i>The better people get along with each other</i> <i>through proper</i></p> <ul style="list-style-type: none"><li>• <i>cooperation and</i></li><li>• <i>communication,</i></li></ul> <p><i>the better will the community's life</i> <i>function</i> <i>on the most basic material level.</i></p> <p><i>This is so obvious that I need not discuss it at greater length.</i></p>
06	<p><i>Understanding the need for</i></p> <ul style="list-style-type: none"><li>• <i>communication and</i></li><li>• <i>cooperation</i></li></ul> <p><i>on the</i></p> <ul style="list-style-type: none"><li>• <i>physical level</i></li></ul> <p><i>will make you realize</i> <i>that</i></p> <ul style="list-style-type: none"><li>• <i>mental,</i></li><li>• <i>emotional, and</i></li><li>• <i>spiritual</i></li></ul> <p><i>subsistence</i> <i>is necessarily</i> <i>just as dependent on</i></p> <ul style="list-style-type: none"><li>• <i>cooperation</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>communication.</i></li></ul> <p><i>You know that</i> <i>the same laws</i> <i>hold true for</i> <i>all</i> <i>levels of existence [i.e., the same laws hold true for physical,</i> <i>mental, emotional and spiritual levels of existence].</i></p>

	<p><i>It is one of the great</i></p> <ul style="list-style-type: none"><li>• errors and</li><li>• tragedies</li></ul> <p><i>of the human race</i></p> <p><i>that this truth [i.e., this truth that the same laws hold true for ALL levels of existence – that physical, mental, emotional and spiritual levels of existence are ALL equally dependent on cooperation and communication] is ignored.</i></p> <p><i>If people were taught to understand this truth your world would be very different.</i></p>
07	<p><i>There is</i></p> <p><i>in the human soul</i></p> <p><i>a center</i></p> <ul style="list-style-type: none"><li>• out of which</li></ul> <p><i>the soul-forces flow,</i></p> <p><i>or</i></p> <ul style="list-style-type: none"><li>• to which</li></ul> <p><i>another person responds.</i></p> <p><i>This center</i></p> <p><i>governs</i></p> <p><i>the laws</i></p> <p><i>of</i></p> <ul style="list-style-type: none"><li>• communication,</li></ul> <p><i>and, on a lower level,</i></p> <p><i>of</i></p> <ul style="list-style-type: none"><li>• cooperation.</li></ul> <p><i>However,</i></p> <p><i>we shall not discuss</i></p> <ul style="list-style-type: none"><li>• cooperation</li></ul> <p><i>now,</i></p> <p><i>since its nature</i></p> <p><i>will become evident</i></p> <p><i>when you have understood</i></p> <ul style="list-style-type: none"><li>• communication.</li></ul>

- *Cooperation*  
*is simply a*  
*more superficial form of*
  - *communication.*

08

*All universal laws*  
*tend to work freely*  
*when the human entity*  
*is in harmony with them [i.e., is in harmony with all universal laws].*

*However,*  
*if the human being is in*  
*disharmony with*  
*these laws,*  
*because of*

- *ignorance or*
- *lack of development,*

*then*

- *the laws*  
*become*
  - *broken,*
  - *twisted, and*
  - *distorted,*

*and*

- *communication*  
*cannot take place.*

*Thus*  
*the path to*  
*ultimate union*  
*is blocked*  
*until*  
*the harmonious laws*  
*are restored*  
*within the entity.*

09

*If you review earlier lectures on  
the manifold problems of the human soul,  
it should be easy to see  
how you break these laws.*

*If you are*  

- overeager or
- overanxious,

*if your desire for  
communication is  
exaggerated  
into a craving,  
the soul forces  
will automatically  
become*  

- harsh,
- pointed, and
- rigid.

- Their movement [i.e., The soul forces' MOVEMENT]  
will be
- sudden,

*and*  

- their impact [i.e., and the soul forces' IMPACT]  
on the other person's soul center, --  
from which he or she in turn  
responds,  
often quite unconsciously –  
will be
- too strong.

*The whole universe  
is based on*  

- balance,

*and  
whenever  
balance is upset,  
the universal forces  
work toward  
reestablishing it [i.e., toward reestablishing balance].*

*This [i.e., The process of universal forces working toward reestablishing balance]  
is often  
a painful process.*

	<p><i>For instance, the effect of • aggressive communication must be that the other soul • withdraws, because the corresponding inner forces • restrict, and seem to • reject, the overeager attempt at communication.</i></p>
10	<p><i>In your everyday observations you can easily see this, especially in the work of self-search.</i></p> <p><i>You may be quite unaware of your • hidden craving and • exaggerated need;</i></p> <p><i>you may have covered it [i.e., covered your hidden craving and exaggerated need] with a layer manifesting quite the opposite.</i></p> <p><i>Nevertheless, that which is really in you [i.e., your hidden craving and exaggerated need] is what matters.</i></p> <p><i>And when you discover your exaggerated craving, you will understand that this hitherto unconscious current causes the door to close in the other person.</i></p>



	<p><i>You will then no longer interpret it [i.e., no longer interpret the other person's closing the door] as a</i></p> <ul style="list-style-type: none"><li><i>• personal rejection,</i></li></ul> <p><i>but will understand that his or her unconscious soul forces must respond according to the law that reestablishes balance [i.e., his or her closing the door to you must balance your hidden exaggerated craving].</i></p>
11	<p><i>To better understand this process we have to be clear as to the meaning of overeagerness.</i></p> <p><i>You may think it [i.e., You may think overeagerness] is merely a strong positive quality, and as such it</i></p> <ul style="list-style-type: none"><li><i>• cannot or</i></li><li><i>• should not</i></li></ul> <p><i>upset the natural balance.</i></p> <p><i>But this is not so.</i></p> <p><i>You will now understand that such overeagerness is a distortion, because the urgency of your need is not in truth.</i></p> <p><i>It [i.e., The URGENCY of your need] is imaginary and, as the word implies [i.e., as the word "imaginary" implies], comes out of your</i></p> <ul style="list-style-type: none"><li><i>• images,</i></li><li><i>• conflicts, and</i></li><li><i>• distortions.</i></li></ul>

*In your unconscious  
you believe you*

***must*** have

- love,
- affection, and
- attention.

*It is not a question of  
desiring them [i.e., of merely DESIRING love, affection, and attention]  
in healthy mutuality;*

*there is in you a  
one-sided childish demand  
as though  
your very life  
were at stake.*

*It [i.e., Your DESIRE for love, affection, and attention, manifesting as a DEMAND,]  
is so forceful  
that the balancing forces  
cause the other person  
to withdraw from  
the exaggerated motion  
of your demand [i.e., exaggerated motion of your  
DEMAND for love, affection, and attention].*

*If the person  
has  
inner unresolved  
• conflicts and  
• problems,  
the motivation  
for such withdrawal  
will be  
• unconscious and  
• negative.*

*In the relatively healthy person,  
the response will be similar [i.e., the response of withdrawal will be similar],  
but it will come from motives that are  
• positive and  
• conscious.*

12

*Try to visualize this*

- *strong,*
  - *forward-surging motion,*
- with all the impact of  
the forcing current,*

*and you will fully understand  
the inevitable response.*

*Visualize*

*the soul forces,*

*and then remember  
incidents in which you were involved  
on either end.*

*On some occasions*

*the exaggerated need  
surged out of  
you*

*and was repulsed;*

*at other times,*

*such forces  
were directed at  
you,*

*and*

*in spite of your  
desire for*

- *love and*
- *communication,*

*you could not help but  
repulse it.*

*Such observations*

- *will broaden your understanding*
- and*
- *will prove very beneficial for you.*

13

*In the past,  
before you really penetrated  
the hidden*

- *regions and*
- *motivations*

*of your soul forces,*  
*all these*  
*inner*

- *actions*

*and*

- *reactions*

*were unconscious.*

*At best,  
you were faintly aware  
that something like this  
was happening.*

*But now,  
as you continually progress on your path of self search,  
you have become  
much more aware.*

*If you combine*

- *this awareness*

*with*

- *knowledge of*  
*the laws of*
  - *communication*

*and*

- *balance,*

*you will gain  
even deeper insights.*

*They [i.e., These deeper insights from the laws of communication and balance]  
will guard you from  
drawing the wrong conclusion  
that*

- *your "love"*  
*is rejected*

*and*  
*that, as a result,*

- *you*  
*are worth nothing.*

	<p><i>You will understand that your</i></p> <ul style="list-style-type: none"><li><i>• childish,</i></li><li><i>• exaggerated</i></li></ul> <p><i>craving has nothing to do with healthy love,</i></p> <p><i>and</i></p> <p><i>that the former [i.e., that your childish, exaggerated craving for love] is actually the reason for the</i></p> <ul style="list-style-type: none"><li><i>• unhealthy impact [i.e., unhealthy impact on the “loved” one]</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• subsequent rejection [i.e., rejection by the “loved” one].</i></li></ul>
14	<p><i>Once you fully understand this, you will no longer need to protect yourself from</i></p> <ul style="list-style-type: none"><li><i>• hurt and</i></li><li><i>• disappointment</i></li></ul> <p><i>when you do love [i.e., do love and the other rejects you], nor will you need to guard against loving [i.e., guard against loving out of fear of rejection].</i></p> <p><i>This pseudo-protection [i.e., This pseudo-protection from hurt and disappointment by not risking loving, fearing your love will be rejected] causes you to</i></p> <ul style="list-style-type: none"><li><i>• withdraw into isolation;</i></li></ul> <p><i>you</i></p> <ul style="list-style-type: none"><li><i>• refuse to communicate.</i></li></ul> <p><i>When you make no attempt to initiate contact, no energy will be generated to seek out the other.</i></p> <p><i>Hence, nothing will happen.</i></p>

	<p><b><i>This [i.e., This making no attempt to initiate contact] is just as damaging as the other extreme of childish</i></b></p> <ul style="list-style-type: none"><li><b><i>• craving and</i></b></li><li><b><i>• forcing.</i></b></li></ul>
15	<p><b><i>These are the two major distortions [i.e., 1) the distortion of childish craving or forcing “love” on the one hand, and on the other hand 2) the opposite distortion of protecting oneself from possible hurt and disappointment by not risking loving at all out of fear of rejection and thereby withdrawing from all possibilities of love] of the laws that govern communication, with many</i></b></p> <ul style="list-style-type: none"><li><b><i>• subdivisions and</i></b></li><li><b><i>• personal variants,</i></b> <b><i>which have to be found as they manifest in each individual.</i></b></li></ul> <p><b><i>Only when you</i></b></p> <ul style="list-style-type: none"><li><b><i>• grow,</i></b></li></ul> <p><b><i>and therefore</i></b></p> <ul style="list-style-type: none"><li><b><i>• become aware</i></b> <b><i>that the</i></b></li><li><b><i>• wrong reactions [i.e., the wrong reactions of rejecting love] are due to</i></b></li><li><b><i>• wrong impressions [i.e., due to wrong impressions by an exaggerated demand and forcing of love],</i></b></li></ul> <p><b><i>can you</i></b> <b><i>gradually</i></b> <b><i>change this state [i.e., change this distorted state of your relationships].</i></b></p> <p><b><i>Keep in mind,</i></b> <b><i>as you examine your inner reactions,</i></b> <b><i>that you constantly fluctuate</i></b> <b><i>between the extremes of</i></b></p> <ul style="list-style-type: none"><li><b><i>• over-eagerness</i></b> <b><i>coming from an exaggerated need,</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• withdrawal.</i></b></li></ul>

*Strange as this may sound,  
sometimes you pursue  
both alternatives [i.e., both 1) over-eagerness and 2) withdrawal]  
simultaneously;  
at least you  
try to,  
just to be on the "safe side."*

*No wonder  
• your soul is torn in half  
and that  
• your strength evaporates.*

*No wonder  
you are  
• in disharmony,  
• unhappy, and  
• hopeless.*

*You seldom, if ever, realize for a moment  
that all the  
• outer events  
you blame for the situation  
are the natural result of  
• your inner state  
which  
you have brought about.*

16

*My friends,  
I say again that  
theoretical knowledge  
will avail you nothing.*

*Only your personal work –  
your personal search for these  
• deviations,  
• distortions, and  
• errors –  
will show you  
the truth  
of these laws [i.e., these laws of communication and balance].*

**The truth  
is that**

- **outer events  
seemingly unrelated to**
- **your inner state  
are actually**
- **the very effects that**
- **you  
set in motion.**

**The knowledge of such laws [i.e., such laws of communication and balance]  
will**

- **liberate you and**
  - **give you the**
    - **strength and**
    - **perseverance**
- to learn  
gradually  
how to communicate  
without  
exaggerated need.**

**As you know from my previous talks with you,  
this need [i.e., this exaggerated need]  
comes,  
in one variation or another,  
from your  
childhood disappointments.**

**You**

**still have**

**not come to terms with them [i.e., with your childhood disappointments]**

**and**

**still try to overcome them [i.e., you still try to overcome  
your childhood disappointments]**

**by further exaggerating the need  
because**

**you are driven by your  
unconscious**

- **reactions and**
- **motivations.**



17

**Once you**  
• **fully see and**  
• **understand**  
**what is happening in you**  
**and subsequently**  
• **become able to**  
**let go of the**  
**exaggerated need,**  
**you will find**  
**that need** [i.e., you will find that exaggerated need coming from  
childhood disappointments]  
**to be an**  
**illusion.**

**Once it ceases to be**  
**a question of life or death**  
**to satisfy**  
**the child's craving,**  
**you will**  
**not have to resort to**  
**the other extreme,**  
**which is to**  
**sabotage**  
• **the very thing you want most,**  
**and**  
• **which you**  
**should indeed have**  
**in a healthy way.**

**You sabotage**  
**communication**  
**either by**  
• **frightening**  
**the tentative feelers of the other soul**  
**back into withdrawal,**  
**or by**  
• **insisting on your own isolation**  
**and**  
• **refusing to risk your way out of it** [i.e., way out of your isolation].

**You erect a**  
**wall around you,**  
**be it ever so subtle.**

***If you let go of  
both extremes [i.e., let go BOTH of 1) the extreme of exaggerating your need  
and thereby frightening the other soul back into withdrawal AND of 2) the  
opposite extreme of insisting on your own isolation and refusing to risk  
your way out of your own isolation, thereby erecting a wall around you],  
out of  
your center of being,  
the soul forces  
will flow***  

- harmoniously***

***and  
will have a***  

- favorable effect,  
even upon those who still have  
unsolved problems of this sort.***

***This law always works.***  
  
***As you give out,  
so must it be returned unto you.***

18

***When people truly learn this,  
a change always occurs in their lives.***  
  
***They begin to  
communicate truly  
instead of  
merely subsisting on  
mutual***  

- dependency and***
- need.***

***In this state [i.e., In this state of subsisting on mutual dependency and need]  
one***  

- fulfills the need of the other***

***in order to***  

- get his or her own need fulfilled.***

***This is  
now  
the interrelationship  
of most human beings.***

*Whether it [i.e., Whether this state of subsisting on mutual dependency and need in which you fulfill the need of the other in order to get your own need fulfilled]*

*happens in your*

- *professional life*

*or in your*

- *personal relationships,*  
*like*

- *marriage or*

- *friendship,*

*makes no difference.*

*Your world here on earth*

*is, to a large degree,*

*governed by*

- *dependency and*

- *need*

*rather than by*

- *true communication.*

*Realize this, my friends,*

*and as you look within yourself*

*try to see how you*

- *prohibit*

*or*

- *sabotage*

*the attainment of*

*the very thing you desire so much.*

19

*Many of you*

*fail even to realize*

*that you*

*do*

*want*

*communication.*

*Rejections  
have made you  
so cautious  
that you  
consciously  
believe you are*

- *genuinely and*
- *healthily*

*detached,*

*but*

*your exaggerated need  
merely festers underground,  
covered by layers of  
false detachment,  
which is nothing but*

- *fear and*
- *withdrawal into isolation,*

*protection against  
being hurt.*

*The hurt of course  
would not be necessary  
if you*

- *unrolled*

*and*

- *understood*

*the entire process.*

20

*Once you have*

- *found,*
- *acknowledged, and*
- *experienced*

*the*

*underlying  
need,*

*you can try to determine  
how much*

- *urgency or*
- *craving*

*is there.*

***The stronger***

- ***the craving and***
- ***the unhealthy exaggeration,***

***the more likely it is***  
***that you are***  
***unaware of it [i.e., more likely it is that you are unaware of***  
***your craving and your exaggeration of your need].***

***You may believe that***  
***the stronger the***  
***need,***  
***the more aware of it***  
***you must be,***

***but this is not necessarily so.***

***In fact the case may often be***  
***just the opposite.***

***Something in you***  

- ***senses the***  
***exaggeration [i.e., the exaggeration of your need]***

***and***  

- ***is ashamed of it.***

***You know that***  
***something is wrong about it [i.e., wrong about this exaggerated need].***

***You also***  
***unconsciously***  
***feel humiliated by***  
***the constant nagging desire***  
***that can***  
***never be fulfilled,***  
***because it [i.e., because this constant nagging desire]***  
***has been***  
***wildly exaggerated,***  
***and therefore [i.e., and therefore, because you***  
***unconsciously feel humiliated by***  
***having this constant nagging desire,]***  
***you put it [i.e., you put this***  
***constant nagging desire]***  
***out of sight.***

	<p><i>You also dislike yourself for your dependency, which makes you feel helpless before those to whom you feel you must submit to get your need fulfilled.</i></p> <p><i>As a result, you may have an opposite outer reaction [i.e., an OUTER reaction opposite to your INNER sense of actual DEPENDENCE on others to get your need fulfilled] of</i></p> <ul style="list-style-type: none"><li><i>• extreme and</i></li><li><i>• ungenune</i></li></ul> <p><i>"independence." Be on the lookout for this, my friends.</i></p>
21	<p><i>After you find</i></p> <ul style="list-style-type: none"><li><i>• the existence of the need,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• its intensity,</i></li></ul> <p><i>try to determine to what measures you have resorted in your attempts to deal with the need.</i></p> <p><i>I have discussed these previously, but I will show them to you now in a new light.</i></p>
22	<p><i>One such measure [i.e., One such measure you try in order to deal with your need] is the</i></p> <p><i>submissiveness – sometimes very subtle – with which you sell your</i></p> <ul style="list-style-type: none"><li><i>• soul</i></li></ul> <p><i>in order to get</i></p> <ul style="list-style-type: none"><li><i>• love.</i></li></ul>

***When this tendency [i.e., this tendency to sell your soul in order to get love] is on the surface, you may tell yourself that it is***

***your***

- ***ability to love,***

***your***

- ***readiness and***
- ***willingness***

***for it [i.e., readiness and willingness for loving].***

***You may believe that your***

***submissiveness***

***is true***

- ***sacrifice***

***and***

- ***unselfishness.***

***Only very close***

- ***analysis and***

- ***insight***

***will show you***

- ***that this craving [i.e. that this craving for love that results in your submissiveness]***

***has nothing to do with real love,***

***and***

- ***that,***

***while you are using it [i.e., while you are using submissiveness to get love],***

***no real communication can be established.***

23

***Another such measure [i.e., Another such measure you resort to in dealing with your need for love]***

***is***

***aggression,***

***to which you resort***

***as a protection against***

***the vulnerability***

***of the underlying submissive aspect.***

	<p><i>I have also talked about how you artificially overdramatize your</i></p> <ul style="list-style-type: none"><li><i>• life,</i></li></ul> <p><i>your</i></p> <ul style="list-style-type: none"><li><i>• emotions,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• everything pertaining to your person.</i></li></ul>
24	<p><i>You hope by all these measures [i.e., You hope by all these measures that you resort to in dealing with your need for love]</i></p> <p><i>either to</i></p> <ul style="list-style-type: none"><li><i>• gain what you want,</i></li></ul> <p><i>or to</i></p> <ul style="list-style-type: none"><li><i>• protect yourself against the</i><ul style="list-style-type: none"><li><i>• disappointment and</i></li><li><i>• frustration</i></li></ul></li></ul> <p><i>of</i></p> <p><i>not getting what you want.</i></p> <p><i>Since such false protection automatically precludes the fulfillment of your desire,</i></p> <p><i>you</i></p> <p><i>constantly vacillate between these various measures, never fully deciding for either [i.e. never fully deciding for EITHER 1) measures of submission OR 2) measures of aggression], and simultaneously pursuing contradictory ones [i.e., simultaneously pursuing BOTH 1) measures of submission AND 2) measures of aggression].</i></p>



	<p><i>It will now be clear to you that even one of these measures [i.e., that even ONE of these measures you resort to in dealing with your need for love] is bound to</i></p> <ul style="list-style-type: none"><li><i>• distort the law of communication</i></li></ul> <p><i>and therefore</i></p> <ul style="list-style-type: none"><li><i>• sabotage your heart's desire.</i></li></ul> <p><i>But when you simultaneously pursue several mutually exclusive alternatives [i.e., mutually exclusive alternative measures you resort to in dealing with your need for love], you bring such disharmony into the universe of your own soul that</i></p> <ul style="list-style-type: none"><li><i>• disentangling these knots</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• reestablishing order will be much more difficult.</i></li></ul>
25	<p><i>When you have found the false means you have tried to use [i.e., tried to use in dealing with your need for love], you will clear the way for true communication in all its beauty.</i></p> <p><i>You will understand what may have seemed contradictory in your belief that you are</i></p> <p><i>healthily</i></p> <p><i>interdependent</i></p> <p><i>with others.</i></p>

***This healthy***  
• ***interdependence,***  
    ***however,***  
    ***can exist***  
    ***only if you***  
    ***are***  
    ***truly***  
    • ***independent –***  
    ***not of [i.e., not independent of]***  
    • ***the other person,***  
    ***but of [i.e., but rather independent of]***  
    • ***your own***  
    ***distorted***  
    • ***need and***  
    • ***urgency.***

***Only on the basis of***  
  
    ***personal***  
    • ***independence***

***can you have***  
  
    ***healthy***  
    • ***interdependence.***

***However,***  
    ***both [i.e., both INDEPENDENCE and INTERDEPENDENCE]***  
    ***can be distorted,***  
    ***and that, unfortunately,***  
    ***is very often the trouble.***

	<p><i>Whoever</i> • <i>withdraws into a shell of isolation,</i> <i>or</i> <i>who</i> • <i>aggressively antagonizes people,</i> <i>shows an</i> • <i>unhealthy,</i> • <i>uncaring,</i> • <i>false</i> <i>independence</i> <i>that</i> • <i>comes from</i> <i>and also</i> • <i>leads to</i> <i>more</i> <i>unhealthy</i> • <i>dependence and</i> • <i>need.</i></p> <p><i>Such inner behavior,</i> <i>no matter how camouflaged,</i> <i>never expresses a</i> <i>free choice</i> <i>for healthy</i> • <i>independence</i> <i>and</i> • <i>interdependence.</i></p>
26	<p><i>Now, my friends, are there any questions in connection with this subject?</i></p> <p><b>QUESTION:</b> <i>Did I understand correctly</i> <i>that the exaggerated need</i> <i>is a neurotic streak?</i></p>
27	<p><b>ANSWER:</b> <i>Of course.</i></p> <p><i>It [i.e., The EXAGGERATED need]</i> <i>is an illusion,</i> <i>because when you feel the need</i> <i>you believe your life is at stake.</i></p>

*You may  
not  
consciously  
think so [i.e., You may not CONSCIOUSLY think your life is at state],  
but  
when you examine  
your feelings of*

- disappointment or*
- frustration,*

*you will find their  
true*

- intensity and*
- significance.*

*Then you*

- discover the illusion*

*and*

- see that*  
*the intensity of your emotions*  
*bears no relation to*  
*the issue.*

28

**QUESTION:**  
*I was referring to something else.*

*You spoke of two people  
needing each other  
in a wrong way.*

*One fulfills  
the need of the other  
in order to  
get his own need fulfilled.*

*Why is this*

- unhealthy or*
- wrong?*

29

**ANSWER:**

- **Such a relationship** [i.e., *Such a relationship where one fulfills the need of the other in order to get his own need fulfilled*]

**can**

- **exist for quite a while,**

**and**

- **it** [i.e., *and such a relationship*]

**can even**

- **work for a limited time.**

**But it is**

**not**

**a relationship based on  
true interdependence,**

**because**

**the individual's**

**own real need**

**has not yet been established**

**as the core of**

**right communication.**

**Such an unhealthy relationship**

**is based on**

- **bargaining**

**and**

- **the interplay of**

- **submissive and**

- **domineering**

**attitudes.**

**Either attitude** [i.e., *Either the submissive attitude or the domineering attitude*]

**can be dominant**

**in one partner,**

**or they** [i.e., *or the submissive attitude and the domineering attitude*]

**may alternate**

**in both** [i.e., *may alternate in both partners*]

**at various phases of the relationship.**

**Free interaction**

**on the part of**

**both partners**

**is the mark of a**

**healthy relationship.**

30	<p><b>QUESTION:</b> <i>There seems to be a very fine line separating</i></p> <ul style="list-style-type: none"><li>• <i>healthy</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>unhealthy</i></li><li>• <i>dependence,</i></li></ul> <p><i>as well as</i></p> <ul style="list-style-type: none"><li>• <i>healthy</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>unhealthy</i></li><li>• <i>independence.</i></li></ul> <p><i>How can we distinguish between the two [i.e., between HEALTHY and UNHEALTHY dependence and independence]?</i></p>
31	<p><b>ANSWER:</b> <i>The line is always fine.</i></p> <p><i>You cannot find the inner truth about such a</i></p> <ul style="list-style-type: none"><li>• <i>subtle and</i></li><li>• <i>elusive</i></li></ul> <p><i>matter if you merely discuss it.</i></p> <p><i>There is no</i></p> <ul style="list-style-type: none"><li>• <i>rule or</i></li><li>• <i>formula</i></li></ul> <p><i>[i.e., There is no rule or formula for distinguishing HEALTHY from UNHEALTHY dependence and independence].</i></p> <p><i>You may</i></p> <ul style="list-style-type: none"><li>• <i>develop the best theories</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>believe them with your</i></li><li>• <i>mind,</i></li></ul> <p><i>but your</i></p> <ul style="list-style-type: none"><li>• <i>feelings</i></li></ul> <p><i>may deviate completely.</i></p>

**The only way you can  
discover the truth [i.e., discover the TRUTH in distinguishing HEALTHY  
from UNHEALTHY dependence and independence]  
is through the work you do on this path,**

- facing

**and**

- examining  
your
- feelings and
- reactions,

**and**

- understanding their significance  
by tracing them [i.e., by tracing your feelings and reactions]  
to their roots.

**Behind  
all**

- negative,
- disturbing, and
- disharmonious  
feelings  
must be some
- original wish  
and
- its frustration.

**When you find this [i.e., When you find this ORIGINAL WISH and its frustration  
behind your negative, disturbing, disharmonious feelings],  
you can determine  
how**

- real

**or**

**how**

- illusory  
the wish is.

**Only after you are able to  
comprehend fully the**

- immature and
- distorted  
emotions

**can you attain the**

- healthy  
ones.

**You will be able to see**  
*where they [i.e., able to see where HEALTHY emotions]*  
**may already exist**  
*to some extent,*  
**and therefore**  
*how they [i.e., and therefore see how these HEALTHY emotions]*  
**may be developed.**

**You will then**  
**feel**  
*the difference*  
*between*  

- *wanting something freely*

**and**  

- *needing it so much*  
*that the*  
*non-fulfillment*  
*really hurts.*

32

**COMMENT:**  
**May I add something here?**

**I think we can understand it [i.e., I think we can understand and distinguish**  
*HEALTHY from UNHEALTHY desires and needs]*

**by seeing**  
*the degree of*  

- *frustration and*
- *anxiety*

**an unfulfillment creates in us.**



33

**ANSWER:**  
*Yes, that is right.*

*But you should also be careful of the  
pseudo-calm*

- *harmony,*
- the superimposed*
- *lack of need*

*that is simply a  
withdrawing from*

- *life,*
  - *love, and*
  - *communication*
- due to fear.*

*That [i.e., That pseudo-calm harmony and the superimposed lack of need that is  
simply a withdrawing from life, love, and communication due to fear],  
too,  
is something to be carefully examined.*

34

**QUESTION:**  
*You spoke of the subject of unity.*

*An occurrence in this week's news brings up a question regarding  
the possible unity of  
the Christian churches.*

*There have been attempts  
made by*

- *the Pope and his ecumenical call,*
  - and by*
  - *various denominational groups*
- to get together,  
in the hope of becoming united.*

*In spite of these attempts,  
the battle still rages  
between*

- *fundamentalism*
- and*
- *liberalism.*

*Just this week,  
Bishop James A. Pike of the Protestant Episcopal Church  
referred to  
various "myths" in the Bible –  
such as*

- Adam and Eve,*
- Eden,*
- Heaven and Hell.*

*He was immediately accused of  
heresy  
by his own clergy.*

*What do you think is the place of  
myth  
in religion?*

35

*ANSWER:  
People do not understand  
what myth really means.*

*For the majority,  
myth means*

- invention,*
- fantasy,*
- imagination,*
- fairy tale, or*
- a lie.*

*Of course,  
the real meaning of myth  
is very different.*

*But this misunderstanding [i.e., this misunderstanding about MYTH]  
is not the only reason for  
the failure of various religions to come together.*

*If this problem [i.e., It this problem concerning the meaning of myth]  
were solved,  
something else  
would stand in the way [i.e., would stand in the way of  
various religions coming together].*

*Often,  
people are so bound  
by their*

- allegiances and*
- loyalties*

*to*

- religion,*
- politics, or*
- anything else to which they adhere,  
that they are afraid to let go.*

*A personal*

- fear or*
- threat*

*is involved here.*

*They feel,*

*"If I have to give up what I believe,  
then my*

- whole world and*
- personal safety  
crumbles."*

*They cannot afford to face  
what they consider  
a threat to their security.*

36

*So the core of the problem [i.e., So the CORE of the problem of  
various religions coming together]*

*does*

*not lie in the misunderstanding of*

- myth,*
- symbol, or*
- anything else for that matter.*

*The core [i.e., The CORE problem blocking various religions coming together] lies*  
*in the*  

- *psychological problems,*

*in the*  

- *false safeguards people have built for themselves, and*

*in*  

- *their resistance to reexamine the true motivation for their tenacity in holding on to certain ideas, be they*
  - *right*
  - or
  - *wrong.*

*As long as this state prevails among the majority of people responsible for achieving unification, their*  

- *inner obstacles will always produce*
- *outer ones.*

*However, I would not call their goal*  

- *union,*

*but*  

- *unification – the attainment of which is a step closer to union.*

37

**QUESTION:**  
*Could you give us some idea of the true meaning of myth?*

**ANSWER:**  
*I could discuss this for a long time.*

*For the moment, I will only say that  
myth  
represents  
a truth  
which is conveyed  
in a form*

- *acceptable and*
- *understandable  
to human beings.*

*A myth,  
similar to a symbol,  
concisely put together,  
is a  
vast truth  
in picture form,  
like the picture language*

- *in the spirit world,  
like the picture language  
you experience in dreams.*

*The difference  
between a  
• symbol  
and a  
• myth  
is that you can have a  
symbol for  
anything,*

- *important*
- or
- *unimportant.*

*In your dreams,  
you have  
your own personal symbols  
for  
your personal little idiosyncrasies.*

*A myth, on the other hand,  
deals with a*

- *general,*
- *universal*

*truth.*

*It is presented in a*

- *concise,*
- *pictorial*

*way*  
*to make*  
*it*

- *acceptable and*
- *understandable,*

*to make*  
*you*

- *perceive it.*

*The principle of*

- *myth*

*and*

- *symbol*

*is the same.*

38

**QUESTION:**  
*Is it true that a*  
*specific psychic activity*  
*that is projected into the outside world*  
*is*

- *highly individual and*
- *relative?*

*In other words,  
what one  
• sees and  
• perceives  
as  
truth,  
is related to  
what one  
• projects.*

*And  
what one  
• projects  
is relative to one's  
specific psychic  
• activity and  
• experience?*

39

*ANSWER:  
Yes, that is true,  
but it also goes beyond that.*

*A myth,  
contrary to many  
symbols,  
is something that is  
actually true.*

*But it [i.e., But a myth]  
is presented  
so that  
the individuals  
to whom it is revealed  
can grasp it.*

*But it [i.e., But a myth]  
is, in itself,  
a representation of  
absolute truth.*

40	<p><b>QUESTION:</b> <i>Could you comment on something I recently saw?</i></p> <p><i>I witnessed a demonstration of clairvoyance in which the medium was not in a trance, but could see certain spirits.</i></p> <p><i>What happens in such a case?</i></p> <p><i>Is this a case of</i> • <i>mind-reading,</i> • <i>perception of etheric bodies,</i> <i>or is it possible that</i> <i>the spirit in question</i> <i>was actually there</i> <i>so that the medium could see it?</i></p>
41	<p><b>ANSWER:</b> <i>All these alternatives are possible.</i></p> <p><i>Humanity always thinks in terms of either/or.</i></p> <p><i>I have no way of determining now which of these alternatives apply to the particular case.</i></p> <p><i>But it really does not make as much difference as you are inclined to believe.</i></p> <p><i>You seem to think that if it is a question of "mind reading," this eliminates the spirit-being's</i> • <i>living and</i> • <i>existing.</i></p>



	<p><i>The spirit's aliveness and its bond with you may cause your subconscious to be impressed by it, so that a clairvoyant perceives it [i.e., perceives the spirit] through the detour of your own subconscious.</i></p>
42	<p><b>QUESTION:</b> <i>But is it possible that the actual spirit was really there?</i></p> <p><b>ANSWER:</b> <i>Of course it is possible. Absolutely.</i></p>
43	<p><b>QUESTION:</b> <i>You spoke about the</i><ul style="list-style-type: none"><li>• <i>mutual need</i></li></ul><i>that may hold a relationship together, and that</i><ul style="list-style-type: none"><li>• <i>this need is unhealthy.</i></li></ul><p><i>But it seems to me that it is only</i><ul style="list-style-type: none"><li>• <i>fair and</i></li><li>• <i>right</i></li></ul><i>that</i> <i>if I love a person, the person should also love me.</i></p><p><b>Otherwise</b> <i>it [i.e., Otherwise, if the person does not love me in return then the relationship] would be much more unhealthy.</i></p></p>

44

**ANSWER:**

**My dear friend,  
you are very much mistaken  
if you believe  
that I advocate  
one-sided love.**

**In a healthy state,  
you will never have to worry about this,  
because  
if you free yourself of  
the exaggerated need,  
your**

- innermost self –**

**your**

- real self, or**

**your**

- intuitive self –  
will cause you  
to direct your**

- affection and**
- love**

**toward the person  
able to respond [i.e., able to respond with love].**

**Then [i.e., Then, when you direct your love toward the person who is able to  
respond to your love with his or her own love toward you,]  
the mutuality  
will come almost by itself.**

**A lack of mutuality  
is only present  
in an unhealthy situation  
based on**

- immature craving**

**instead of**

- free readiness to**
- love and**
- communicate.**

*Since you are new in this group,  
it is understandable that you ask this question;  
however,  
if you were familiar with these teachings,  
you would fully understand that  
healthy mutuality  
is the*

- essence and*
- natural result*

*that automatically comes  
when one frees the soul of its fetters.*

*A one-sided love  
is its own proof of*

- distortion and*
- deviation.*

*In order to avoid that,  
you do not have to*

- worry,*
- plan or*
- direct your emotions,*

*nor*

- force your feelings*

*to go in any specific direction.*

*If you think  
you have to do that [i.e., If you think you have to FORCE your feelings  
to go in a specific direction],  
it is a sign  
that there are levels of  
unconscious reactions  
that should become conscious in you  
so as to be handled properly.*

*If you respond  
freely,  
mutuality  
must come about.*

45

**QUESTION:**  
*Psychiatry today uses  
shock treatment.*

*Could that  
damage*

- *the psyche and*
- *the subtle bodies?*

**ANSWER:**  
*Yes, it [i.e., Yes, shock treatment]  
does*

- *damage,*

*and  
does*

- *not effect a real cure,  
but only a  
temporary semblance of a cure.*

**QUESTION:**  
*What does it do?*

**ANSWER:**  
*It gives a*

- *temporary,*
- *superficial, and*
- *very unreal pseudo-cure.*

46

**COMMENT:**  
*It takes you by  
mechanical means  
out of a psychosis  
and brings you back to  
reality.*

*But then you have to start working out  
what the cause was,  
in order to  
avoid a recurrence of the psychosis.*

*But is it  
purely mechanical?*

47	<p><b>ANSWER:</b> <i>You said it [i.e., You said shock treatment] brings one back to reality.</i></p> <p><i>It does that only in a very limited way.</i></p> <p><i>At the same time, these shocks</i></p> <ul style="list-style-type: none"><li><i>• can,</i></li><li><i>and often</i></li><li><i>• do,</i></li></ul> <p><i>damage parts of the</i></p> <ul style="list-style-type: none"><li><i>• human psyche and</i></li><li><i>• subtle bodies.</i></li></ul>
48	<p><b>QUESTION:</b> <i>I saw in the last few days how people received such shock treatments and it seemed that they were actually dead for a few minutes or seconds.</i></p> <p><i>Is it possible that they actually do die for a few moments?</i></p>
49	<p><b>ANSWER:</b> <i>No.</i></p> <p><i>What you call death occurs when the silver cord is severed.</i></p>

	<p><i>But there are many stages of unconsciousness which may outwardly resemble death, but they are not really death because the cord is not severed.</i></p>
50	<p><b>QUESTION:</b> <i>Could shock treatment damage that cord?</i></p> <p><b>ANSWER:</b> <i>That could happen too.</i></p> <p><i>But even if it does not, it may damage</i></p> <ul style="list-style-type: none"><li><i>• other faculties and</i></li><li><i>• parts of the inner being that may be just as harmful.</i></li></ul>
51	<p><b>QUESTION:</b> <i>Is it possible for you to give us some sort of formula we might adopt for interpreting dream symbols?</i></p> <p><b>ANSWER:</b> <i>Yes, my friends, I have interpreted dream symbols in many years of training.</i></p> <p><i>But I cannot give you any preconceived formulas.</i></p> <p><i>This would oversimplify matters.</i></p>

*To really*

- *understand and*
- *interpret*

*dreams*

*is a*

- *lengthy*
- and often*

- *tedious*

*process.*

*It not only takes*

- *knowledge and*
- *experience,*

*but it also demands a great deal of*

- *intuition,*
- *understanding, and*
- *talent.*

*A dream*

*is something*  
*extremely personal.*

*There is*

*so much oversimplification*  
*in your world.*

*The real benefit of*  
*the message*

*which the dream intends to convey*  
*is often lost*

*when people*

- *diligently*

*but*

- *automatically*

*analyze dreams.*

52

**QUESTION:**

*Why are dreams given  
if it requires an expert to get to the meaning?*

**ANSWER:**

• *If you really  
want to know  
the truth about your dreams,*

*and*

- *if you take the*
- *time and*
- *effort,*

*you can find out sometimes  
even by yourself.*

*At other times,  
you will need help.*

*But in case you  
really want to know about  
your innermost self,  
you will*

- *not shy away from  
the possibility of receiving such help*

*and*

- *guided to it [i.e., guided to such help].*

*As I have often said,  
the real work of  
self-search  
cannot be done  
alone.*

*This applies  
not only to  
dream interpretation.*



*But most people  
do not  
want to know about themselves.*

*They put out of sight  
everything  
that may give them a  
deeper understanding of themselves,  
whether gained  
from a*

- dream,*

*or  
from*

- the observation of  
their conscious daily reactions.*

53

*May you  
all  
derive  
some*

- benefit and*
- strength,*

*some*

- further vision  
from my words.*

*My friends, this [i.e., whether or not you derive some benefit and strength,  
some further vision from my words]  
is up to you.  
Make it so.*

*Be blessed,  
each one of you.*

*Be enveloped in the*

- strength and*
- love*

*we bring you  
from our world.*

*Be in peace,  
be in God!*

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