

Pathwork Lecture 168: Two Basic Ways of Life: Toward and Away From the Center

1996 Edition, Original Given December 6, 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

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03	<p><i>Greetings, all my dearest friends.</i></p> <p><i>I should like to start this lecture with a special blessing whose deeper meaning you can feel if you are open to it.</i></p> <p><i>Otherwise the words will be just words.</i></p> <p><i>This blessing is the simple statement:</i></p> <ul style="list-style-type: none"><i>• truth brings</i><i>• love</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• love brings</i><i>• truth.</i>

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**No matter from which end of this statement you start,
one end
must lead to
the other end,
so that
both [i.e., so that both LOVE and TRUTH]
become
one.**

**In this pathwork
you
tentatively
grope in both directions [i.e., grope BOTH in the direction of
LOVE and in the direction of TRUTH].**

04

**In the very center
of the human personality
exists a**

- **potent,**
- **white-glowing
mass of energy.**

**It [i.e., This potent, white-glowing mass of energy
in the center of the human personality]**

**is a
constant fire
that continually**

- **bubbles and**
- **explodes
within itself.**

**Each tiny explosion
multiplies
the mass**

**expelling kernels
of the same**

- **substance and**
- **energy**

**[i.e. expelling kernels of the same SUBSTANCE and
ENERGY as that of the potent, white-glowing mass
of energy in the center of the human personality].**

	<p><i>When this fundamental creative process is</i></p> <ul style="list-style-type: none">• <i>unobstructed and</i>• <i>harmonious,</i> <p><i>the endless continuum of energy</i></p> <ul style="list-style-type: none">• <i>spreads and</i>• <i>floods over</i> <p><i>with</i></p> <ul style="list-style-type: none">• <i>joy and</i>• <i>well-being.</i> <p><i>The constant flow</i> <i>spreads</i> <i>and spreads</i> <i>and yet is</i> <i>contained within itself.</i></p> <p><i>There is</i> <i>no chaos</i> <i>in this process.</i></p>
05	<p><i>Wherever this creative energy-mass appears,</i> <i>it brings into the organism</i> <i>the very</i></p> <ul style="list-style-type: none">• <i>essence and</i>• <i>nature</i> <p><i>of the creative substance.</i></p> <p><i>As I said, it [i.e., this fundamental creative process]</i> <i>is pure</i></p> <ul style="list-style-type: none">• <i>joy and</i>• <i>well-being.</i> <p><i>But this is not all.</i></p> <p><i>Since it [i.e., Since this creative energy-mass, the very essence and nature of</i> <i>the creative substance that is in the center of the human personality,]</i> <i>is the</i> <i>divine mass,</i> <i>it must contain</i></p> <p><i>consciousness</i> <i>of the highest order.</i></p>

Each

- **bubbling,**
- **spreading**

kernel [i.e., *Each bubbling, spreading kernel that is expelled from the potent, white-glowing mass of energy in the center of the human personality*]

is a

nucleus of consciousness

with

infinite potentials of

- **wisdom,**
- **talent,**
- **creativity –**

resources of

every conceivable possibility.

In this

consciousness,

infinite modes of

- **self-expression,**
- **bliss,**
- **pleasure supreme, and**
- **stimulating new ventures**

exist

in the most

- **peaceful and**
 - **secure**
- state.**

No words

can remotely

do it justice [i.e., *No words can remotely do justice to expressing the nature and extent of this CONSCIOUSNESS*].

Each kernel [i.e., Each bubbling, spreading kernel that is expelled from the potent, white-glowing mass of ENERGY in the center of the human personality, each NUCLEUS of CONSCIOUSNESS with its infinite potentials of wisdom, talent, and creativity, and infinite modes of self-expression, bliss, pleasure supreme, and stimulating new ventures, that exist in the most peaceful and secure state,]

*contains
everything that
ever*

- was*

*and
ever*

- can be.*

*If these words
are*

- truly understood
in their far-reaching significance*

*and
are*

- taken literally,
as they are meant to be,*

*nothing
can ever appear
hopeless
to an
unhappy
human being.*

06

The combination of

- consciousness*

and

- energy*

*is truly
all-powerful.*

*It [i.e., The combination of CONSCIOUSNESS and ENERGY]
is the omnipotence*
• *correctly ascribed to
God*
and
• *misinterpreted
by the child
who*
• *has an
inner knowledge of
his or her
inherent omnipotence*
and
• *abuses it [i.e., abuses his or her inherent omnipotence].*

*The abuse occurs
when
the omnipotence
is put into the service of
the self-willed little ego.*

*The latter [i.e., The self-willed little ego]
must be overcome
to find
the human being's
own
• divine nucleus,
where
real omnipotence
reigns supreme.*

07

*Human beings
are vastly ignorant of the fact
that
they express
part of this*
• *ever-exploding,*
• *ever-increasing
energy-mass
of*
• *consciousness and*
• *power.*

*They [i.e., Human beings]
may know
certain philosophies
that postulate these truths,
but they are
not deeply aware of
being*

- *a part,*
 - *an expression*
- of,
this powerhouse of
• strength
and
• wisdom*

*[i.e., a part and expression of this OMNIPOTENCE,
this combination of CONSCIOUSNESS and
ENERGY correctly ascribed to God].*

*The meaning of
all life
is concerned with
attaining the state
in which
the organic process of
the energy-mass
takes place
without obstruction.*

*The human state of consciousness
has, however,
obstructed to a considerable degree
this creatively unfolding process.*

*An individual's development
can be gauged by
the extent to which
he or she*

- *is conscious
that this process [i.e., that this creatively unfolding process]
is taking place*

and

- *makes forever more room for it [i.e., forever more room for
this creatively unfolding process].*

08

*These are facts, my friends,
that you
already know
in principle.*

*However,
they [i.e., these facts about this this creatively unfolding process
taking place in you]
must be brought to your attention
again
and again
in*

- new terms,*

with a

- new light*

and a

- different angle,*

*so that
finally
an inroad can be made
that leads to an
emotional
experience
of these truths.*

*First a
vivid new experience
has to take place
in the mind,*

which gives

- the necessary stimulation*

and perhaps a

- new*

*feeling
of comprehension,*

so that

- the obstructing mechanism
weakens*

and

- the creative expansion process
becomes stronger.*

09

***The human consciousness
is a state in which
the individual
can take
either of
two basic directions of life.***

One is directed [i.e., One trend is directing life]

- ***toward***
- ***unfoldment***
- and the***
- ***elimination of obstructions.***

The other trend is [i.e., The other trend is directing life]

- ***away from***
- it [i.e., AWAY FROM unfoldment and the***
- elimination of obstructions].***

***The human condition
can be adequately explained as
a struggle to***

- ***give up the latter [i.e., to give up directing life AWAY FROM***
- unfoldment and the elimination of obstructions]***

and

- ***find a way into the former [i.e., and to find a way into directing***
- life TOWARD unfoldment and the elimination of obstructions].***

Most human beings today

- ***are still oblivious of***
- this choice [i.e., this CHOICE to EITHER direct life TOWARD***
- OR to direct life AWAY FROM unfoldment and***
- the elimination of obstructions]***

and

- ***still move***
- away from***
- the center.***

They [i.e., Most human beings today]

- strive to find a happiness***
- that can be found***
- only in the opposite direction [i.e., strive to find a happiness that***
- can be found only in directing life TOWARD the center,***
- which is opposite to what they are doing now, namely directing***
- life AWAY FROM the center].***

	<p><i>Since they [i.e., Since most human beings] are ignorant that they contain within themselves all they could ever need, they try to grasp whatever they need from</i></p> <ul style="list-style-type: none"><i>• others,</i> <p><i>from</i></p> <ul style="list-style-type: none"><i>• substitutes,</i> <p><i>from</i></p> <ul style="list-style-type: none"><i>• illusions</i> <p><i>[i.e., from sources AWAY FROM the center].</i></p>
10	<p><i>As I stated, the movement toward the center is an infinite process.</i></p> <p><i>There is no</i></p> <ul style="list-style-type: none"><i>• stopping,</i> <p><i>no</i></p> <ul style="list-style-type: none"><i>• end result.</i> <p><i>It [i.e., The movement toward the center] is forever new – expanding</i></p> <ul style="list-style-type: none"><i>• vistas</i> <p><i>and possibilities of</i></p> <ul style="list-style-type: none"><i>• blissful being</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• self-expression.</i>

**Within this
multitude of creative possibilities [i.e., Within this multitude of
creative possibilities of blissful being and self-expression]**

- **boredom
is impossible,**
- as is
- **fatigue [i.e., fatigue is also impossible],
since
fatigue
is merely a result of
the forces set in motion
by
striving
away from
the center.**

**The incredibly beautiful
state of
being
cannot possibly be conveyed in words.**

**You must also
imagine
that this state [i.e., that this state of BEING]
knows
no fear whatsoever,
since one
knows absolutely
that there is
never
an end to
blissful life –
[that there are]
only
• more
and
• better
choices.**

**This [i.e., This state of BEING where one KNOWS that there is NO FEAR and
KNOWS there is NEVER an END to BLISSFUL LIFE]
is truly
no illusion,
my friends.**

*It [i.e., This state of BEING where one KNOWS that there is NO FEAR and KNOWS there is NEVER an END to BLISSFUL LIFE]
is the
stark reality of
the inner life
of creative being.*

*When the individual
knows
that
all good
can*

- be had*

and

- need never end,
as long as it [i.e., as long as the CENTER, that is, as
long as the INNER life of creative being]*

*is
chosen,
fearlessness
comes about.*

11

*• The other direction,
• away from the center,
is
finite.*

*The more
the individual moves in this direction [i.e., moves AWAY FROM the center],
the more
he or she despairs –
not only because it is*

- the wrong way,*
- the way that leads to*
 - destructiveness and*
 - unhappiness,*

but also because

- an end is feared.*

*Only,
the end is feared
in the wrong way.*

*When humans go
the wrong way [i.e., go AWAY FROM the center],
they believe that*
• *existence*
and
• *all hope of bliss*
end
forever.

All
human beings
long for
the fulfillment of
their inherent nature,
which is
this bliss [i.e., this bliss that is their inherent nature].

When the fulfillment
seems to move further
and further away,
they believe that
there is
no
other
• *hope or*
• *solution*
in sight.

In that sense [i.e., In the sense that there is NO hope of a solution]
the perception of
an end
is
incorrect;
but
the perception
that there is a
limit
in the direction
away from the center
is
correct.

One must come to

- ***a breaking point,***
 - ***a collapse,***
- because***

***this direction [i.e., because this direction of
moving AWAY FROM the center]***

leads to

***an entrapment
from which***

there

is

no way out.

Seen in this light,

it is actually

a blessing

to arrive at

the breaking point.

Only when

the breaking point

has been reached

can the other direction [i.e. the direction TOWARD the center]

be found.

Only when

the entity recognizes,

"I am in a state

from which there is no way out;

the old way [i.e., the way striving AWAY FROM the center]

is wrong,"

can

the other way [i.e., can the way of moving TOWARD the center]

be found,

and not otherwise.

12

*I would like to point out here
that everyone for whom
life is a*

- fruitful and*
- constructive*

*experience
has reached
this breaking point
at a previous period
of his or her spiritual history.*

*Such a person
has also reached
the "point of no return"
where*

- absolute despair reigned*

and

- there seemed no way out.*

*This motivated the person
to move in a different direction.*

*Thus it is often folly
to assume that it is
tragic
when a person
obviously
moves quite rapidly
into the point of collapse.*

*This [i.e., This reaching the point of collapse]
is necessary
when an entity
is still*

- completely blind*

and

- entrapped*

in

- error and*
- destruction.*

*The breaking point
has then*

- *the healing power,*
- *the only possibility
from which
the good way [i.e., the way TOWARD the center]
can be*

- *looked for,*
- *seen, and*
- *undertaken.*

*The marvel
of*

- *the universe,*

of

- *Creation
is that
the more rapidly*

- *destruction approaches,*

the

- *nearer salvation must be.*

*Hence,
reaching the breaking point*

*at which there is
no further way out
but salvation*

*has deep importance for
the development of each entity.*

*It [i.e., Salvation, turning TOWARD the center]
then leads directly to
the bliss
of finding
the explosive power of
the spiritual force
within –
the ongoing process
of*

- positive unfoldment,*

of

- unlimited possibilities for*
 - pleasurable*
 - and*
 - meaningful*

existence,

of

- real selfhood,*

of

- the dignity of*
being a creator
of
 - one's own life in the universe*
 - and*
 - expressing God within oneself.*

13

*I venture to say that
every one of you
has experienced
this change of direction [i.e., this change of direction from
striving AWAY FROM the center
to moving TOWARD the center]
innumerable times.*

*You have come to
desperation,
finding no way out.*

*Then
something in you
changed.*

*You became
conscious of
a tense insistence
in one direction.*

*As long as the situation
was not desperate,
you had hoped that
going in this direction [i.e., going AWAY FROM the center]
would lead to a desired result.*

*Only when it became clear
that this would
not happen
did you give up
your tense insistence.*

*Something in you
relaxed –
you let go of
the old direction [i.e., let go of striving AWAY FROM
the center] –*

*and, lo and behold,
the desperation
vanished.*

*Completely unexpected solutions
appeared.*

*Only by having reached
the very limits of
the old direction [i.e., the very limits of striving AWAY FROM
the center],
when you were desperate,*

*could you
give up
your*

- stubborn insistence,*
- old beliefs, and*
- destructive patterns*

*and
find the way
that leads to
all you could ever want.*

	<p><i>In small ways</i> <i>you have experienced this [i.e., experienced this changing from striving AWAY FROM the center and then turning around to find the way TOWARD the center, the way that leads to all you could ever want], many times.</i></p> <p><i>But there is</i> <i>one particularly significant point</i> <i>when this happens</i> <i>on an</i> <i>overall plane.</i></p>
14	<p><i>Look at the people in your environment</i> <i>and see how many</i> <i>are still on the road [i.e., the road AWAY FROM the center, the road] toward</i> <i>the breaking point</i> <i>where the limit is reached.</i></p> <p><i>See</i> <i>how they</i> <i>• fear this limit</i> <i>and yet</i> <i>how stubbornly they</i> <i>• refuse to look for</i> <i>another way.</i></p> <p><i>And then you see</i> <i>a few individuals</i> <i>unfolding</i> <i>on the upper way</i> <i>toward</i> <i>their inner center,</i> <i>who have obviously</i> <i>put the major breaking point</i> <i>behind them.</i></p> <p><i>When you evaluate human existence</i> <i>from this point of view,</i> <i>you will see that</i> <i>the latter [i.e., that those moving TOWARD their inner center] are indeed a very small minority.</i></p>

*You who are on this path
are therefore
a very small minority.*

*And even you
who are here,
groping to solve your
inner*

- problems and*
- struggles,*

*are still often caught
unconsciously
in the old automatism.*

*In many cases
you have followed this direction [i.e., this direction AWAY FROM the center]
for centuries.*

*Only as you become
more
and more aware of yourself
do you
eventually
see the destructive process
that leads to
the limit
beyond which
you cannot continue in the same direction.*

*At least
now you are meaningfully engaged in
ascertaining this fact about yourself.*

15

*The human personality
is an integral part of the*

- great power*

and

- creative substance*

I mentioned.

When I say,

"the human personality,"

I actually mean

everything about it:

the

- *conscious intelligence,*

the

- *will,*

all the

- *capacities and*

- *feelings,*

which may already be

- *unfolding*

or

- *slumbering as potentials.*

Since

- *destructive tendencies*

and

- *evil*

are

not

verities in themselves

but only

distortions,

they, too,

are included [i.e., are included in "the human personality"].

So is the

- *conscious ego,*

which is

not a

- *separated,*

- *different*

thing –

it [i.e., the conscious ego]

- *is of the same creative substance*

and

- *contains all the elements*

to be found in

the nucleus of being.

*Therefore
it would be an
error
to approach your
self-realization
as though your
• ego-personality
were
• basically and
• intrinsically
different from
the inner power
you want to activate.*

16

*Nevertheless, as you know,
the ego
in its present development
is very limited in
• power and
• intelligence
compared with
the vastly larger part
you wish to activate
through the pathwork.*

*It is therefore
necessary to comprehend
that
the conscious personality,
although relatively limited,
contains
everything you need to*

- activate*

and

- become one with*
- the*
 - explosive,*
 - ever-unfolding*

power of

- love and*
- truth,*
- consciousness and*
- strength,*

and

- creative living*

*that is the
God-consciousness.*

*Although the
ego-consciousness
is ill equipped
to handle life by itself,
it is nevertheless
perfectly endowed
with everything you need
in every situation
to assume the attitude
that brings you into
union with
the greater power.*

*This is tremendously important knowledge
for you to have.*

Without this knowledge [i.e., ***WITHOUT*** this knowledge that the ego-consciousness is perfectly endowed with everything you need in every situation to assume the attitude that brings you into union with the greater power]

you

- ***despair,***

you

- ***think you are
powerless;***

but with this comprehension [i.e., ***WITH*** this comprehension that the ego-consciousness is perfectly endowed with everything you need in every situation to assume the attitude that brings you into union with the greater power]

you can

grope

in a

- ***hopeful and***
 - ***meaningful***
- way.***

If

at each

- ***difficulty,***

at each

- ***bend in the road
around which you cannot see,
you could say,***

***"Yes, I have right now at my disposal
everything I need
to find the attitude compatible with
the greater power,"***

then

this power

could make itself known to you.

17

***What
is the attitude you have toward
the present difficulty?***

This [i.e., ***This ATTITUDE*** that you have toward the ***PRESENT DIFFICULTY***]
is what counts.

***This [i.e., This situation in which you face a PRESENT DIFFICULTY]
is where you have a
choice***

to assume a

- ***constructive***

or

- ***destructive
attitude,***

a

- ***truthful***

or

- ***self-deceptive
attitude.***

You have

the power to

- ***find out***

***• what you really
feel***

and

- ***why
you feel it.***

You have

the power to

- ***request guidance
from***

***the greatest wisdom conceivable,
which is
within yourself.***

You have the possibility to

want

to be on the

***constructive road
that leads to***

- ***creating and***
- ***unfolding***

rather than

***giving up,
as is done so often
in a difficulty.***

*You also have
the power to*

- *let go of*
- *stubborn insistence and*
- *rigid upholding*

*of
unconscious
attitudes
whose nature is as yet
unexplored.*

*You have
the power to*

- *overcome the temptation
to indulge in*
- *resignation and*
- *self-pity.*

Therefore I say to you:

*Realize that you have
everything you need
to assume the attitude to
activate
the greatest power in the universe.*

*Each and every
living instant –
I do not care whether it
is*

- *beautiful*

or

- *ugly,*

- *easy and*
- *lighthearted*

or

- *difficult and*
- *heavy –*

*contains the potential
to be in bliss,
provided
you penetrate the
Now
to its deepest level.*

	<p><i>Each instant contains ultimate truth, if you want only to turn in the right direction [i.e., turn in the direction that is TOWARD the center rather than AWAY FROM the center].</i></p>
18	<p><i>These words may be difficult to</i></p> <ul style="list-style-type: none"><i>• accept,</i> <p><i>and perhaps even more difficult to</i></p> <ul style="list-style-type: none"><i>• feel.</i> <p><i>But if at any given moment of your road toward</i></p> <ul style="list-style-type: none"><i>• light,</i><i>• truth,</i><i>• love and</i><i>• fulfillment</i> <p><i>you</i></p> <ul style="list-style-type: none"><i>• take this sentence [i.e., this sentence, “Each instant contains ULTIMATE TRUTH if only you turn in the direction that is TOWARD the center rather than AWAY FROM the center.”]</i> <p><i>very seriously and</i></p> <ul style="list-style-type: none"><i>• contemplate its meaning,</i> <p><i>where there is darkness light will come.</i></p>

***Each second of your life
contains the***
***• All
and the
• Ultimate.***

***This [i.e., The sentence, “Each second of your life
contains the ALL and the ULTIMATE.”]
is not a mere phrase,
it is***
***• absolute reality,
• forever realizable.***

***Even if
you move [i.e., Even if you move AWAY FROM the center],
still in your error,
toward the limit
where the turnabout
must come,
that is good
if you honestly***
***• grope and
• pray
for understanding.***

***These words [i.e., These words, “Each second of your life
contains the ALL and the ULTIMATE.”]
will suddenly
assume a new meaning.***

***Where hopelessness
seems
a fact of life,
ever-increasing possibilities of
new expansion
will dawn upon you
as the starkest reality
you ever experienced.***

19

*To make all this
a little easier to realize,
let us look at a
very important obstruction.*

*We have talked about
many obstructions,
such as
your*

- misconceptions and*
- destructive attitudes,*
 - in many ways*

and

- from many approaches.*

*At this time,
I would like to simplify matters.*

*I would like to discuss these obstructions
in terms of*

the soul movements,

*which reflect
the personality's attitudes.*

*If you become
more finely attuned to
your soul movements,
you will easily perceive
that*

*each attitude you assume
results in
a certain movement.*

*If you are in
an attitude of*

- love, say,*

*the soul movement
is very different from
one that reflects an attitude of*

- fear and*
- hate.*

20

*The greatest obstruction [i.e., The greatest obstruction to soul movement]
is
fear,
especially*

- *unconscious*
- *unrecognized*

fear.

*You must clearly understand
that these words
apply
after
repressed material
has been made conscious,
for
not knowing what goes on in the self
is obviously
the greatest obstruction there is.*

*Ignorance
is a greater cause of
fear
than
any other single factor.*

*Every destructiveness
is connected with
fear –
either*

- *comes from it [i.e., Every destructiveness COMES FROM fear],*

and/or

- *leads to it [i.e., and/or every destructiveness LEADS TO fear]*

and

- *perpetuates it [i.e., AND perpetuates fear].*

*Fear
is a tremendously important element.*

*The soul movement
of
fear
is*

- *tension,*
- *cramp,*

and

- *stopping of
the flow from the inner energy center
that enlivens you.*

*Fear
blocks the opening
through which
self-renewing life
flows into the outer organism.*

*As I explained in the last lecture [see Lecture 167: Frozen Life Center
Becomes Alive],*

fear

- *freezes,*
- *paralyzes,*
- *stops
movement.*

*It is thus accurate to state that
the soul movement of*

- *fear*

is

- *no movement.*

*Thus it is of great importance
to understand*

- *fear*
in terms of the dynamics of
- *the soul movements.*

21

*We have discussed many elements of
fear
in this work.*

You have found

- *what
some of your fears are,*
- *why
you are afraid,*
- *what misconceptions exist
that create fear,*

and so on.

*I do
not wish to examine fear again
in these contexts.*

*Rather,
I say to those of you
who are
unaware of
your fears
when you are
unhappy
that you
must have
fear
if there is anything that*

- *burdens or*
- *frustrates*

you.

*If you
feel
that your self-expression
is hindered,
if you
feel
that there is more to life than you experience,
then you
must
have fears
you do not know about.*

	<p><i>This fear [i.e., This fear that you do not know about but that MUST exist in you when you feel that your self-expression is hindered or when you feel that there is more to life than you experience] must eventually be experienced for you to overcome it.</i></p>
22	<p><i>As I said, the dynamics of fear are</i></p> <ul style="list-style-type: none"><i>• tension,</i><i>• cramp,</i><i>• paralysis.</i> <p><i>Such a cramp prohibits the creative flow.</i></p> <p><i>If you</i></p> <ul style="list-style-type: none"><i>• go deep enough</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• truly confront the fear dispassionately,</i> <p><i>you must always recognize that it comes from a</i></p> <ul style="list-style-type: none"><i>• very strong,</i><i>• cramped,</i><i>• stubborn</i> <p><i>desire for something.</i></p> <p><i>Some philosophies even advocate</i></p> <p><i>desirelessness</i></p> <p><i>because they have recognized this fact, although the concept of desirelessness can easily be misunderstood.</i></p>

Desirelessness

must not be confused with

- *indifference,*
- *resignation,*
- *escape from the conflicts*
that one's
undeveloped desires
may bring.

Healthy desires

are

relaxed.

They [i.e., Healthy desires]

are

- in rhythm with the*
- *unfolding,*
 - *inwardly imploding*
life energy.

The

cramped

desire

is the one that says,

"I must
or else.

I will not take no for an answer."

This kind of desire

breeds

fear,

for it comes from

- *distrust*
- and thus actually from*
• *fear.*

"I must have it,

I will not give up,"

denies the

ever-unfolding

life-possibilities.

	<p><i>It [i.e., The desire that says, "I MUST have it, I will not give up. "] insists on</i></p> <ul style="list-style-type: none">• <i>one specific thing</i>• <i>at one specific moment</i>• <i>in one specific way.</i> <p><i>Therefore it reveals</i></p> <ul style="list-style-type: none">• <i>distrust,</i>• <i>ignorance of the universe,</i>• <i>fear that one may not get one's own [i.e., not get one's own way] – and it comes out of the darkness</i> <i>that does not see other</i> <ul style="list-style-type: none">• <i>ways and</i>• <i>possibilities</i> <p><i>but the one insisted on.</i></p> <p><i>Therefore it cramps up within itself.</i></p>
23	<p><i>A strong desire of this nature is always behind fear.</i></p> <p><i>And when you</i></p> <ul style="list-style-type: none">• <i>experience,</i>• <i>acknowledge, and</i>• <i>examine</i> <p><i>such desire,</i> <i>you will always see</i> <i>distrustful elements</i> <i>behind it.</i></p> <p><i>So I say to you, my friends,</i> <i>look at your</i> <i>fears</i> <i>from this point of view [i.e., the point of view that the fear comes from a desire that says, "I MUST have it, I will not give up," a desire that INSISTS on the one specific rigid outcome one wants],</i></p> <p><i>for the greatest</i> <i>inner pain</i> <i>is the cramped soul movement.</i></p>

	<p><i>Only as you give up the specific desires behind the fear</i></p> <p><i>will</i></p> <ul style="list-style-type: none"><i>• the fear vanish</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the soul movement relax.</i> <p><i>Thus you will make room for the endless possibilities within your inner universe for new unfoldment.</i></p>
24	<p><i>Sometimes this may mean entirely abandoning a desire because you find that it is destructive in itself.</i></p> <p><i>At other times, the desire itself is perfectly valid, but</i></p> <p><i>the way you insist on its fulfillment</i></p> <ul style="list-style-type: none"><i>• is unrealistic</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• leads to</i><ul style="list-style-type: none"><i>• pain and</i><i>• disappointment.</i> <p><i>At still other times, the desire may again be valid in itself, but</i></p> <p><i>the motivation behind it may come from</i></p> <ul style="list-style-type: none"><i>• dependent,</i><i>• self-alienating trends.</i>

	<p><i>Try to ascertain the desires behind each fear.</i></p> <p><i>This is my message to you tonight.</i></p> <p><i>If you truly pray for the</i></p> <p><i>inner</i></p> <ul style="list-style-type: none"><i>• understanding</i> <p><i>and</i></p> <p><i>inner</i></p> <ul style="list-style-type: none"><i>• action,</i> <p><i>something will very drastically change in you.</i></p>
25	<p><i>Now, are there any questions in connection with this lecture?</i></p> <p>QUESTION: <i>Yes.</i></p> <p><i>Letting go of these desires is an act of will?</i></p>
26	<p>ANSWER: <i>Yes,</i></p> <p><i>of the inner will.</i></p> <p><i>Often the desire itself may be</i></p> <ul style="list-style-type: none"><i>• legitimate</i> <p><i>and even</i></p> <ul style="list-style-type: none"><i>• healthy,</i> <p><i>as I implied before.</i></p>

But the insistence that
• *"I must have this now"*
or
• *"I must not have that now"*
is so harmful.

What I advise is
not necessarily giving up
the desire per se.

It is giving up the
cramped soul movement
that is connected with
having the desire.

It is a
conscious decision
directed toward the
inner feeling self,
in which you
feel
yourself
• *letting go of something,*
• *giving up a certain attitude.*

27

Let us take a simple universal example:

The fear of death
contains
the desire to live.

There is
nothing at all
wrong with this desire,
for it is
creation's
fact
that life
is unending.

*But the
fear of death
contains
every false attitude
I discussed in this lecture.*

*Physical death
is, on a certain level,
the final breaking point
on the road
away from
the center.*

*Since every human being
is moving
away from
the center
to a greater or lesser degree,
everyone
must experience death.*

Therefore, you

- fear and*
- cramp up against
this limit.*

*But [i.e., But the act of]
denying
the result
of your own action [i.e., here, the result of your own previous action of
moving AWAY FROM the center]
is an
unreasonable inner act.*

*It implies a
refusal
to assume the*

- responsibility and*
- consequences for
your*
 - actions and*
 - choices.*

If you go
• *east*
and wish to come out
• *west,*
you will be in
grave conflict with
• *yourself and*
• *life.*

Accepting death
in the right way
merely means
assuming the consequences of
one's past direction.

It [i.e., Accepting death in the right way]
need
not mean
to abandon one's
desire to live.

In fact,
the desire to
be dead
is far from healthy.

It [i.e., The desire to be dead]
stems
from
• *morbid fears*
and
from
• *the desire to escape.*

Thus I do
not say
that
to overcome
• *death and*
• *the fear of death*
you must
abandon
the desire for life.

28

*What I do say is that
the healthy attitude
leading
toward life*

*would be an attitude
somewhat like this:*

*"Here is death coming.
I do not know
whether I will continue in life.
I would like to
continue living.*

*My
outer intellect
knows only
the philosophies of life
as a continuum,
but I do not as yet
• know and
• feel
the truth of this continuum.*

*I would like
the eternal life,
if it exists.
I will not deceive myself, though,
by pretending
that I
feel the truth of
life as a continuum.*

*I
• let go of the
fear
that I will not live*

*and
• accept what comes,
in the
trust*

*that the universe is benign,
even if I cannot
at this time*

*• know,
• see, and
• experience*

the continuum I would really like."

*This is the attitude that will
eventually
bring one the
inner
experience
of truth
that life is unending.*

*How soon this [i.e., How soon this inner experience of truth that life is unending]
will come
depends on
how*

- genuine your attitude is*

*and
how*

- deeply it is experienced [i.e., how deeply
this attitude is experienced].*

*How
trustingly
you*

- let go*

and

- let yourself be carried,
while being honest
at the same time*

*determines
how soon
experience
will prove to you
that there is nothing to fear.*

*For life,
indeed,
is an
unending process.*

29

QUESTION:
*How can you get
fear
out of your system?*

30

ANSWER:

***You get fear out of your system
by recognizing***

- *what is behind it and*
- *where you hold on
in a cramped state,*

and

by letting go of

- *the cramp.*

Meet the fear

head on

***instead of
evading it.***

Fear is

maintained

***when it is
not faced.***

When you

face fear,

you can

- *recognize,*
- *experience,*

and

- *alter it*

according to

- *reality*

and

- *a more constructive pattern of life.*

***Then [i.e., Then, when you face fear, recognize it, experience it, and alter it
according to REALITY and to a more CONSTRUCTIVE pattern of life,]***

the hard cramp

relaxes.

You will feel it [i.e., You will FEEL the hard cramp RELAX].

This action [i.e., This action of FACING FEAR, recognizing fear for what it is, EXPERIENCING it, and ALTERING it according to REALITY and according to a more CONSTRUCTIVE pattern of life,]

***always implies a
generous attitude of
trust
toward the universe.***

***I said in this lecture that
every single instant of living
contains
the possibility of
choosing
the attitudes
that will bring you into contact with
the eternal life within you.***

Actually,

contact [i.e., CONTACT (with the eternal life within you)]

is not the right word:

***The eternal life
will
completely permeate you
with its reality.***

If you are

- in fear,
therefore***
- cramped,
therefore***
- alienated from
the life force
within you,***

***you must
really***

- face the fear
on the deepest level –***
- find
the cramped desire
behind your fear,***

and then

- see the meaning of the cramped desire.***

***It [i.e., The meaning of the CRAMPED DESIRE]
spells out,***

***"I do
not
trust the universe.***

***I want it
my way.***

***I do
not
give myself over to the universe."***

***This [i.e., This attitude toward the universe]
is***

- ungenerous***
- and***
- untrusting.***

***This attitude
is incompatible with
the nature of
the divine center,
so that
the experience of it [i.e., so that the EXPERIENCE of the divine
center, which is permeated with the eternal life,
is blocked.***

***When this attitude [i.e., When this ungenerous, untrusting attitude
toward the universe]***

***is exchanged for
generous trust,
you will
experience
the truth of
the benign universe
in which
nothing
need be feared.***

31	<p>QUESTION: <i>How can I synchronize • feeling and • movement?</i></p>
32	<p>ANSWER: <i>The inability to do this [i.e., The inability to synchronize feeling and movement] reveals a tremendous frozenness that also comes from fear.</i></p> <p><i>You fear that if you express your feelings [i.e., if you express your feelings in MOVEMENT], you must move out into the world.</i></p> <p><i>You fear that by doing so [i.e., by expressing your feelings by MOVING out into the world], certain unwelcome results will occur.</i></p> <p><i>Here, too, you must ask yourself</i></p> <p><i>precisely what you fear</i></p> <p><i>if you move with your feelings.</i></p> <p><i>Perhaps you fear</i></p> <ul style="list-style-type: none"><i>• rejection,</i><i>• ridicule,</i><i>• hurt,</i> <p><i>but whatever your fears may be, you must state them concisely.</i></p>

Only then [i.e., Only then, when you identify **PRECISELY** what you fear would happen if you were to express your feelings by moving according to them out into the world,]

can the

• **courage**

and

• **generosity**

come

that make you

take the risk.

There

must be

risk [i.e., There must be **RISK** in expressing your feelings by moving according to them out into the world].

Apart from all the other things

I said about

fear,

it [i.e., fear]

is a refusal to

risk

anything.

It is impossible

to lose fear

without

the willingness

to lose.

This [i.e., The willingness to **LOSE**]

means

risking.

Not wanting

to risk

is

ungenerous.

And anything

ungenerous

is incompatible with

the nature of the power

you wish to activate.

*To be enlivened
by
the inner reality of being,*

- *become
one with it*
- and
- *express it,*

*the outer personality
must be compatible with*

*its [i.e., be compatible with the inner reality of being's]
• attitudes,*

*its [i.e., be compatible with the inner reality of being's]
• laws,*

*its [i.e., be compatible with the inner reality of being's]
• very way of being.*

*These [i.e., These laws relating to the OUTER PERSONALITY aspects being
compatible with corresponding aspects of the INNER REALITY of BEING]
are*

- *natural and*
- *logical
laws.*

If your

- *character and*
- *attitudes
are*

*incompatible with
the laws of*

*the greater power
deep within your center,*

*you cannot possibly
express*

this greater power.

	<p><i>Not</i></p> <ul style="list-style-type: none">• <i>trusting the universe,</i> <p><i>not ever</i></p> <ul style="list-style-type: none">• <i>wanting to risk,</i> <p><i>is a</i></p> <p><i>pettiness</i></p> <p><i>in the spirit.</i></p> <p><i>Wherever</i></p> <p><i>human</i></p> <ul style="list-style-type: none">• <i>conflicts and</i>• <i>problems</i> <p><i>reside in the soul,</i></p> <p><i>this pettiness [i.e., this pettiness in the spirit]</i></p> <p><i>also exists.</i></p>
33	<p><i>Thus, the only way [i.e., the only way out of the fear</i></p> <p><i>that hinders synchronizing feeling and movement]</i></p> <p><i>is to</i></p> <p><i>face</i></p> <p><i>exactly</i></p> <p><i>what you</i></p> <ul style="list-style-type: none">• <i>fear,</i> <p><i>what you</i></p> <ul style="list-style-type: none">• <i>want, and</i> <p><i>where you</i></p> <ul style="list-style-type: none">• <i>ungenerously</i> <p><i>withhold from</i></p> <ul style="list-style-type: none">• <i>trusting and</i>• <i>risking.</i> <p><i>That is the</i></p> <p><i>only way</i></p> <p><i>out of fear.</i></p> <p><i>There is</i></p> <p><i>no other.</i></p>

*Fear is
totally
the result of
duality.*

*You see,
if you want
so strongly,
you must
fear as strongly
not
getting
what you want.*

*Conversely,
if you fear
so strongly,
you must
unconsciously
also want
what you
do
not
wish to experience.*

*This
excessive
• wanting
and
• not wanting
• creates
not only a cramp,
but
• contains also
the duality –*

*• yes
versus
• no,*

*• good
versus
• bad.*

Duality

- ends in
 - conflict,
 - comes out of
 - conflict,
- and therefore
- leads to
 - the breaking point of no return.

The limit

finally offers

no alternative

but to

turn around [i.e., but to turn around, and instead of striving AWAY FROM the center, start moving TOWARD the center];

then the

unitive principle

will reveal itself

in its

- fearless,
 - conflict-free
- state.*

Then a

harmonious soul movement

comes about

where

neither the

- yes

nor the

- no

is overly strong;

not because

one has

no desire to

expand in bliss,

for this is the

natural desire,

but because

one

trusts

- the universe

and

- its laws.

34	<p style="text-align: center;"><i>Be</i> • <i>blessed,</i> <i>be in</i> • <i>peace.</i></p>
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