

# Pathwork Lecture 170: Fear of Bliss Versus Longing for It – The Energy Centers

1996 Edition, Original Given January 31, 1969

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><b><i>Greetings, all my friends here, who are blessed indeed.</i></b></p> <p><b><i>The blessings result from the</i></b></p> <ul style="list-style-type: none"> <li><b><i>• strength and</i></b></li> <li><b><i>• love</i></b></li> </ul> <p><b><i>generated by gathering together to search for truth with open</i></b></p> <ul style="list-style-type: none"> <li><b><i>• hearts and</i></b></li> <li><b><i>• minds.</i></b></li> </ul> <p><b><i>The universal powers can now</i></b></p> <ul style="list-style-type: none"> <li><b><i>• reach you,</i></b></li> <li><b><i>• work within you,</i></b></li> </ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"> <li><b><i>• eventually bear their fruits.</i></b></li> </ul>

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Edited by Judith and John Saly; Devotional Format Posted 9/28/20

04

*This lecture is on the theme of  
the human fear of  
bliss.*

*Of course, my friends,  
we have discussed this topic before  
in various connections,*

*but as you*

- *go deeper  
within yourselves*

*and*

- *discover more of  
what has till now  
been obscure,*

*it becomes necessary*

*to understand more about it [i.e., more about this human FEAR of BLISS].*

*Every*

*human being  
has this  
apparently nonsensical fear  
to some degree.*

*Even though*

*it [i.e., Even though this human FEAR of BLISS]*

- *makes no sense,*

*it nevertheless*

- *exists.*

*Coexisting with*

*your fear [i.e., Coexisting with your FEAR of BLISS]*

*is an*

*inherent*

*longing for*

*your true birthright,*

*which is a*

*state of*

- *supreme bliss,*
- *sublime joy,*

*quite indescribable [i.e., a state quite*

*indescribable]*

*in human language.*

*No matter  
how unhappy you are,  
something  
in you*

- *knows*

*and*

- *remembers*

*that this fear [i.e., that this FEAR of BLISS,  
this FEAR of HAPPINESS]*  
*is not natural.*

*Indeed,*  
*if this inner knowledge [i.e., if this inner knowledge that this FEAR of BLISS  
is NOT at all NATURAL but rather an illusion and a distortion of truth]*  
*did not exist,*  
*you could*  
*accept*

- *frustration and*
- *lack*

*with much less difficulty [i.e. you could accept frustration and lack of  
happiness with much less difficulty, wrongly believing this  
frustration and lack of happiness, after all, is simply natural].*

*For the very nature of  
unhappiness  
is frustration at  
not having what you want.*

*Therefore*  
*each unhappiness*  
*implicitly*  
*holds out the*

- *promise or*
- *knowledge*

*of its opposite [i.e., the promise or knowledge of HAPPINESS].*

*At first,*  
*humanity's attitude*  
*is ambivalent about*  
*its basic state of*  
  
*how it*  
*should*  
*experience*  
*life.*

	<p><i>All other ambivalence follows from this [i.e., follows from this ambivalence about how humanity should experience life, this ambivalence created by]:</i></p> <ul style="list-style-type: none"><li>• <i>the desire for</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the fear of</i></li></ul> <ul style="list-style-type: none"><li>• <i>bliss</i></li><li>• <i>happiness,</i></li><li>• <i>joy, and</i></li><li>• <i>pleasure supreme.</i></li></ul>
05	<p><i>For some people</i></p> <ul style="list-style-type: none"><li>• <i>the fear [i.e., the FEAR OF bliss, happiness, joy, and pleasure supreme] is much less than</i></li><li>• <i>the desire [i.e., is much LESS THAN the DESIRE FOR bliss, happiness, joy, and pleasure supreme].</i></li></ul> <p><i>These will be relatively fulfilled people whose life is</i></p> <ul style="list-style-type: none"><li>• <i>rich and</i></li><li>• <i>joyful,</i></li></ul> <p><i>whose capacity to experience pleasure is</i></p> <ul style="list-style-type: none"><li>• <i>deep,</i></li></ul> <p><i>whose attitude to life is</i></p> <ul style="list-style-type: none"><li>• <i>trustful,</i></li><li>• <i>positive, and</i></li><li>• <i>expanding.</i></li></ul> <p><i>They will find it comparatively easy to overcome the remaining</i></p> <ul style="list-style-type: none"><li>• <i>defenses and</i></li><li>• <i>fears</i></li></ul> <p><i>that shut off their further expansion into blissful being.</i></p>

06

*The majority of people, however,*

- *fear happiness*

*much more than they*

- *desire it [i.e., FEAR HAPPINESS much MORE THAN they DESIRE HAPPINESS].*

*They will be*

*basically unhappy,*

*feeling*

*that*

- *life passes them by,*

*that*

- *it is meaningless [i.e., that life is meaningless],*

*that*

- *they somehow miss out on it [i.e., miss out on life].*

*Their capacity*

*to*

- *experience pleasure*

*is very limited;*

*they are*

- *numb,*
- *lifeless, and*
- *trapped in apathy.*

*They are*

- *distrustful,*
- *negative, and*
- *withdrawn from life.*

*They have a*

*great resistance to*

*looking*

*within themselves*

*for the*

*cause of*

*their suffering.*

	<p><b><i>Their</i></b> • <b><i>defenses</i></b> [i.e., <i>The DEFENSES of the majority of people who FEAR happiness much MORE THAN they DESIRE happiness</i>]</p> <p><b><i>and</i></b> <b><i>their</i></b> • <b><i>fear of</i></b> <b><i>expanding into</i></b> • <b><i>a different state of consciousness</i></b> <b><i>and</i></b> • <b><i>a new perception of life</i></b></p> <p><b><i>make them</i></b> <b><i>hang on desperately</i></b> <b><i>to the very state of consciousness</i></b> <b><i>that is responsible for</i></b> <b><i>their complaints against life.</i></b></p> <p><b><i>This</i></b> <b><i>is their main predicament</i></b> [i.e., <i>This situation of fearing expanding into a different state of consciousness and a new perception of life and hence hanging on desperately to the very state of consciousness that is responsible for their complaints against life is the main predicament of the majority of people who FEAR happiness much more than they DESIRE happiness</i>].</p>
07	<p><b><i>Finally, there are many</i></b> <b><i>whose</i></b> • <b><i>desire for</i></b> <b><i>and</i></b> • <b><i>fear of</i></b> <b><i>happiness</i></b></p> <p><b><i>is approximately evenly divided.</i></b></p> <p><b><i>They will find areas in their life</i></b> <b><i>where they experience</i></b> • <b><i>abundance,</i></b> • <b><i>expansion,</i></b> • <b><i>success, and</i></b> • <b><i>fulfillment,</i></b> <b><i>but there will be other areas</i></b> <b><i>where they experience</i></b> • <b><i>the opposite.</i></b></p>

*The*

- *deeper and*
- *more honestly*  
*they probe,*

*the*

- *more it becomes apparent that*

*where they are*

- *happy,*
- *free, and*
- *unafraid,*

*there is*

*fulfillment,*

*and*

*where they are*

- *afraid of the best in life,*

*there is*

*unfulfillment,*

*which works out with*

*the exactitude of a*

*mathematical equation.*

*Of course,*

*people are*

*totally unaware*

*that they*

- *fear*

*what they*

- *want most.*

*The further away*

*the object of the longing,*

*the easier it is*

*to overlook*

*one's fear of it.*

	<p><b>But</b> <b>when</b> • <i>it [i.e., But when the object of your deepest longing] comes closer</i> <b>and</b> • <i>you truly question your deepest reactions,</i> <b>you will find</b> • <i>an inner closing up,</i> • <i>a shrinking away from it [i.e., a shrinking away from the object of your deepest longing].</i></p> <p><b>This [i.e., This inner closing up, this shrinking away from the object of your longing] may be</b> <b>so subtle</b> <b>that it needs</b> <b>close scrutiny</b> <b>to bring it out into the open.</b></p>
08	<p><b>I know it is extremely difficult</b> <b>for those who are</b> <b>not yet deeply acquainted with</b> <b>the nature of the</b> <b>human</b> <b>unconscious</b> <b>to</b> • <i>comprehend and</i> • <i>sense</i> <b>the fear</b> <b>of</b> <b>the most</b> • <i>longed for,</i> <b>the most</b> • <i>cried after</i> <b>state in life.</b></p> <p><b>To them</b> <b>this sounds truly preposterous</b></p> <p><b>and they may at first</b> <b>cast such an idea completely aside.</b></p>



*However, I say to you that  
if you go*

- *deep enough and*
- *probe with*
  - *honesty and*
  - *openness*

*your most subtle reactions to*

- *fulfillment,*
- *pleasure, and*
- *expansion,*

*you will find that  
wherever there is  
the slightest risk*

- *you are too distrustful to take it*

*and*

- *you cringe from it,*

*preferring  
the apparently greater safety of  
gray life.*

09

*Once you find this tendency  
within yourself,  
you have made a  
tremendous step  
toward*

- *selfhood and*
- *liberation.*

*For you are then  
incredibly aware of  
the reality of life:*

*that  
your*

- *attitudes,*

*your hidden*

- *thoughts and*
- *emotions,*

*and  
nothing else,  
create your fate.*

*This discovery [i.e., This discovery that your ATTITUDES, your HIDDEN THOUGHTS and EMOTIONS, and nothing else, create your fate]*

*has a  
revolutionary impact  
on the individual.*

*Not knowing this  
makes the*

- tension and*
- suffering*

*infinitely greater.*

*One feels  
a victim of  
hazard,  
against which  
one thinks one must  
defend the self,  
becoming still further alienated from  
the center of*

- inner truth*
- and*
- reality.*

*One begins to  
project  
the causes  
of the alienation  
onto the outside world,  
with less  
and less  
relief.*

*No matter how merited  
some of your blame of others  
may be,  
it [i.e., your blame of others]  
never  
removes your suffering.*

*No matter how much  
you can bend others  
to comply with your desires,  
it never  
removes the emptiness  
you suffer from.*

*As long as you are  
unaware of  
the blocks that  
close you off from  
what you  
consciously  
wish most,*

• *you will feel  
life is futile.*

• *You will feel*  
• *helpless and*  
• *incapable of*  
*assuaging the pain of*  
*nonfulfillment.*

• *You will teeter*  
*between*  
• *self-pity*  
*and*  
• *bitterness,*

*between*

• *projection onto*  
• *others*  
*and*  
• *life*  
*for your misfortune*  
*on the one hand,*

*and*

• *distorted self-blame*  
*and*  
• *a sense of*  
*not deserving*  
*the best of life*  
*on the other.*

10

• *Knowing*  
and  
• *experiencing*  
    *your own rejection of*  
    *pleasure*  
    *is the first step to*  
    *removing this block [i.e., removing this block*  
    *to pleasure and fulfillment].*

*Yet, invariably,*  
    *you fight this truth [i.e., this TRUTH that your attitudes, your hidden thoughts*  
    *and emotions, your rejection of pleasure BLOCK your pleasure]*  
    *with all your might*  
    *at first.*

*It seems that*  
    *you prefer to*  
    *remain dependent on*  
    *outer circumstances,*  
  
    *even though*  
    *accepting the great truth of your*  
    *utter personal freedom*  
  
    *is the*  
    *most joyful*  
    *of all discoveries along the path.*

*Once you*  
    *truly*  
    • *see,*  
    • *accept, and*  
    • *understand*  
    *its full impact [i.e., the full impact of*  
    *the truth of your utter personal freedom],*  
*you see, indeed,*  
    *that there [i.e., that there, in the truth of your utter personal freedom,]*  
    *lies*  
    *the only way out.*

*The beautiful reality*  
    *of this independence*  
    *cannot be conveyed*  
    *to those who*  
    *still battle against it.*

11

*Often,  
when people sense that there is somehow  
more to life  
than they experience,*

*they*  

- *put away such thoughts [i.e., put away thoughts that there IS more to life]*

*and*  

- *adopt a*
  - *cynical,*
  - *resigned*

*philosophy of life.*

*But you, my friends,  
who are here [i.e., here seeking fulfillment beyond your current experiences]  
must somehow  
sense  
that you can realize  
more out of life  
than you do.*

*Therefore I say that  
as the first step  
search for where you say  
no.*

*The more*  

- *strained,*

*the more*  

- *compulsive,*

*the more*  

- *urgent,*

*the more*  

- *impatient*

*the outer*  
*striving for fulfillment is,*  
*the more*  
*certain you can be*  
*that*  
*underneath*  
*is just as*  

- *rigid a*
- *no*

*as the*  

- *surface,*
- *urgent,*
- *yes.*

*The surface urge [i.e., The surface urge, this OUTER striving toward fulfillment]  
is just as much a  
hindrance  
as the  
inner no,  
because  
it [i.e., because the SURFACE urge for fulfillment]  
consists of  
• fear and  
• distrust,  
born out of the  
unconscious  
knowledge that  
inwardly  
the yes  
is blocked off.*

*I want to make clear, however,  
that the  
absence of  
• urgency  
toward fulfillment  
does not imply the  
absence of an  
• unconscious block.*

*This [i.e., The absence of urgency toward fulfillment]  
may merely imply a  
different personality structure;  
it may mean that  
the person has actually  
given up.*

*When there is a  
• painful,  
• anxious  
urge [i.e., When there is a painful, anxious urge for more fulfillment],  
it can relax  
only when you find  
your own  
• specific,  
• personal  
no  
to what you want most.*

12

*I must come back once more  
to the difficulty of the personality  
when one  
still  
ignores  
one's own  
denial of fulfillment.*

*I have already mentioned the*  
• *helplessness.*

*I mentioned the*  
• *frictions and*  
• *constrictions*  
*when the blame for  
the lack  
is projected onto*  
• *outside circumstances*  
*or*  
• *other people.*

*This [i.e., This projection of blame onto outside circumstances or other people]  
creates*  
• *deep entanglements and*  
• *confusions.*

*I must particularly stress once more  
that it [i.e., that projection of blame onto outside circumstances or other people]  
creates*  
• *dependency.*

*If you*  
• *ignore*  
*your own inner obstructions*  
*and*  
• *believe that*  
• *others or*  
• *fate*  
*cause your problems,*  
*you cannot help but*  
*live in a state of*  
• *tension and*  
• *fear of*  
• *others and*  
• *life.*

	<p><i>From practically all I have ever told you about the human condition, you will see that the awareness of one's own obstructions determines everything.</i></p> <p><i>You will then [i.e., When you see that awareness of your own obstructions determines everything in your life experiences, you will then] comprehend the true meaning of self-responsibility.</i></p>
13	<p><i>Here I have given you a brief review to connect these ideas with the deeper understanding I now wish to convey.</i></p> <p><i>Let us try to shed more light on the all-important question of why people say this mysterious</i></p> <p><i>no</i></p> <p><i>to</i></p> <ul style="list-style-type: none"><li><i>• the fulfillment of their deepest desires,</i></li><li><i>• the longing for the most intense bliss imaginable.</i></li></ul> <p><i>What makes</i></p> <p><i>happiness</i></p> <p><i>apparently</i></p> <ul style="list-style-type: none"><li><i>• dangerous or</i></li><li><i>• undesirable?</i></li></ul>



14	<p><i>To the extent you reject yourself, you cannot bear happiness, you cannot sustain pleasure.</i></p> <p><i>There are two basic reasons for self-rejection.</i></p> <p><i>All self-rejection falls into either</i></p> <ul style="list-style-type: none"><li><i>• one</i></li><li><i>or</i></li><li><i>• the other category.</i></li></ul>
15	<p><i>The first kind of self-rejection is based on a very exacting mechanism in you that,</i></p> <p><i>regardless of your</i></p> <ul style="list-style-type: none"><li><i>• conscious rationalizations and</i></li><li><i>• self-deceptions,</i></li></ul> <p><i>knows</i></p> <p><i>with an inner wisdom exactly</i></p> <p><i>where you</i></p> <ul style="list-style-type: none"><li><i>• violate universal laws,</i></li></ul> <p><i>where you</i></p> <ul style="list-style-type: none"><li><i>• cheat life</i></li></ul> <p><i>and perhaps try to</i></p> <ul style="list-style-type: none"><li><i>• get more than you wish to give.</i></li></ul>

*It [i.e., This INNER WISDOM that KNOWS where you violate universal laws, where you cheat life, and where you try to GET more than you GIVE] knows*

*where you play those hidden little games of*

- *deception,*
- *dramatization, and*
- *pretense*

*with*

- *yourself and*
- *others,*

*not daring to  
be your*

- *real self  
as you happen to be*
- *now.*

*In this case you  
do not love*

*but*

*pretend to love,  
for your own ulterior motives.*

*The key to the universe  
is*

- *real  
love,*
- not the*
- *binding,*
- *clinging  
love*

*you often give.*

- *Real,*
- *genuine  
love*

*• allows freedom  
and*

- *can accept a  
no*

*for an answer.*

	<p><i>False love is like a lasso that wishes to</i></p> <ul style="list-style-type: none"><li><i>• dominate and</i></li><li><i>• hold tight.</i></li></ul> <p><i>It seems easy to pretend that</i></p> <ul style="list-style-type: none"><li><i>• the latter [i.e., easy to PRETEND that the FALSE love, the clinging love, you often give that wishes to dominate and hold the other tight]</i></li></ul> <p><i>is</i></p> <ul style="list-style-type: none"><li><i>• the former [i.e., IS the REAL, genuine love that allows freedom and that can accept a NO for an answer],</i></li></ul> <p><i>but the inner self cannot be deceived.</i></p>
16	<p><i>Is there a lack of generosity in your feelings?</i></p> <p><i>Do you postulate different rules of conduct for</i></p> <ul style="list-style-type: none"><li><i>• others</i></li></ul> <p><i>than for</i></p> <ul style="list-style-type: none"><li><i>• yourself?</i></li></ul> <p><i>All these violations go on constantly,</i></p> <p><i>unknown to your conscious mind,</i></p> <p><i>for you manage to shut out the truth,</i></p> <p><i>and thereby [i.e., and by shutting out the truth you] commit the gravest of all violations.</i></p>

**Your**  
**pretenses [i.e., Your pretenses of “loving”]**  
**are so much worse than**  
**the primary violations [i.e., the primary violations of NOT LOVING]**  
**because they [i.e., because your pretenses of “loving”]**  

- **deny and**
- **falsify.**

**This [i.e., This state where you 1) violate spiritual laws by NOT LOVING**  
**AND 2) PRETEND that you DO LOVE]**  
**then becomes a**  
**double violation,**  
**which inevitably leads to**  
**the most painful**  
**of all**  

- **mental and**
- **emotional**

**states:**

**a double bind**  
**from which there seems**  
**no exit,**  
**until the**  
**double violation [i.e., until the**  
**double violation where you**  
**1) violate spiritual laws AND**  
**2) pretend otherwise]**  
**is**  

- **uncovered**

**and**  

- **abandoned.**

17

**Let us say**  
**you are**  

- **selfish;**

**or**  
**you have a streak of**  

- **cruelty;**

**or**  
**you**  

- **hate.**

*If you pretend  
that your selfishness  
is the healthy version of  
self-assertion  
and thus rationalize it [i.e., rationalize your selfishness],  
you create  
another layer of  
falsehood.*

*If you*

- *feel the*
  - *cruelty and*
  - *hate*

*only in secret*

*and*

- *act it out*  
*indirectly*  
*under a facade that*  
*seems*  
*its opposite,*

*you,*  
*in addition to these violations [i.e., these violations of cruelty and hate],*  
*become*

- *hypocritical.*

*The hypocrisy  
may not be*

- *crass and*
- *obvious,*

*but its*

- *subtlety*  
*does*  
*not make it*  
*less poisonous.*

*If, on the other hand,  
you*

- *courageously and*
- *honestly*

*admit  
to yourself  
what goes on in you  
and look at it [i.e., look at what goes on in you]  
squarely,  
the violation  
is already overcome to a considerable degree.*

*For in  
accepting  
the truth about yourself  
you enter into  
a general climate of truth.*

*You are on a platform  
from which you can possibly  
work yourself out of  
the particular violation.*

*But even while you struggle,  
you should  
seek greater comprehension;*

*meditate for*

- *guidance and*
- *help*

*so your feelings  
may change  
spontaneously.*

*In these endeavors  
you are in keeping with  
the universal laws;*

*you accept  
your present state;  
you establish  
inner conditions  
compatible with  
bliss.*

	<p><i>If you have the honesty to say,</i></p> <p><i>"I cannot help feeling this way, although I know I do not like it and I know it is destructive,"</i></p> <p><i>you are not only</i></p> <ul style="list-style-type: none"><li><i>• truthful,</i></li></ul> <p><i>but you</i></p> <ul style="list-style-type: none"><li><i>• make room for change.</i></li></ul>
18	<p><i>Anything that is contrary to the laws of</i></p> <ul style="list-style-type: none"><li><i>• love and</i></li><li><i>• truth</i></li></ul> <p><i>makes the organism unable to sustain the powerful energy of happiness.</i></p> <p><i>For happiness</i></p> <p><i>is indeed a</i></p> <p><i>powerful energy.</i></p> <p><i>Happiness</i></p> <p><i>requires more strength than</i></p> <p><i>unhappiness.</i></p>

	<p><i>This strength [i.e., This strength required for happiness] can be acquired by</i></p> <ul style="list-style-type: none"><li>• <i>facing the truth</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>shedding illusions about the</i><ul style="list-style-type: none"><li>• <i>self and</i></li><li>• <i>life.</i></li></ul></li></ul>
19	<p><i>The second reason for self-rejection is imaginary violation, according to illusory standards of perfection.</i></p> <p><i>Perfectionistic ideals are, as you know,</i></p> <ul style="list-style-type: none"><li>• <i>extremely demanding</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>rigid.</i></li></ul> <p><i>Adhering to them stems not from</i></p> <ul style="list-style-type: none"><li>• <i>an overdose of morality</i></li></ul> <p><i>but from</i></p> <ul style="list-style-type: none"><li>• <i>a violation of real universal laws.</i></li></ul> <p><i>Perfectionism always comes from</i></p> <ul style="list-style-type: none"><li>• <i>pride,</i></li><li>• <i>vanity,</i></li><li>• <i>the need to control others,</i></li><li>• <i>pretense,</i></li></ul> <p><i>and, last but not least,</i></p> <ul style="list-style-type: none"><li>• <i>fear of standing up for one's own</i><ul style="list-style-type: none"><li>• <i>feelings and</i></li><li>• <i>opinions.</i></li></ul></li></ul>



*In short,  
perfectionism means  
being untrue to the self  
out of  
greed for*

- *admiration and*
- *approval*

*by others.*

*I do not need to go into further details,  
for we have certainly discussed this enough in the past.*

*It suffices here  
to realize that  
whenever you do  
not accept  
your*

- *humanity,*
- *present limitations,*

*you violate a  
universal law.*

*In doing so [i.e., In violating a universal law]  
the "climactic conditions" of the psyche,  
if I may use this expression,  
are incompatible with  
the bliss  
that you long for.*

20

*This may all seem  
very simple,  
but it is not.*

*For*

- *hidden*

*self-rejection*

*and*

- *the even more hidden*

*reasons for it [i.e., even more hidden REASONS FOR one's self-rejection]  
are very obscure  
when one starts on such a path.*

*Usually people  
are aware  
only of what they  
pretend to be  
to themselves.*

*If they  
cannot bear  
certain emotions,  
which are locked away,  
they genuinely believe  
that  
whatever  
they*

- feel and*
- know*

*about themselves  
is all there is to them.*

*Therefore  
it is  
not easy  
to find out how you  
really  
operate.*

*It [i.e., Finding out how you REALLY operate]  
requires  
a new*

- emphasis*

*and  
a new*

- direction,*

*a new*

- awareness of  
the emotional reactions  
you were so accustomed to  
glossing over.*

*The awareness of  
your violations of  
universal laws  
will also reveal, commensurately,  
the awareness of  
your rejection of happiness.*

21

*Wherever you may be on this path,  
at the*

- *beginning,*

*or perhaps*

- *before even starting on it,*

*or*

- *having already made  
substantial progress in self-discovery,*

*my advice to  
all of you is:*

*to the degree you feel  
there is still something*

- *amiss in your life,*

*that you could have*

- *more feelings,*
- *experience more intensely,*

*proceed  
specifically  
in the direction outlined in this lecture.*

*Find  
what you*

- *do not accept in yourself;*

*what you*

- *do not like and*
- *close your eyes to.*

*Find  
that*

- *obscure,*
- *hidden,*

*and yet*

- *available  
reaction  
that wards off pleasure.*

*Cultivate a  
purposeful willingness  
to see  
whatever  
still eludes you.*

*And [i.e., And when you find what you do not like or accept about yourself  
and push away, and find that hidden but available  
emotional reaction in you that WARDS OFF PLEASURE]*

*you will  
experience,  
step by step,  
where you  
push  
a part of yourself  
away.*

*As you consequently  
cease doing that [i.e., As you cease pushing away that part of yourself that  
you DO NOT LIKE or accept, that part that WARDS OFF PLEASURE],  
you will become  
better equipped  
to bear  
happy feelings.*

*You will develop a  
very fine awareness,  
  
at first observing a  
subtle inner soul-movement  
  
that shrinks back  
when something  
good  
comes along.*

*As you discover this,  
you will  
weaken  
the rage with which  
you blame*

- others,*
- circumstances,*
- people,*
- life itself.*

*And this [i.e., And this weakening of the rage with which you blame others and other factors for your lack of pleasure]*

*already*

*removes*

*a poisonous atmosphere*

*in your psychic organism*

*so*

*• totally alien to*

*and*

*• incompatible with  
the bliss*

*that is, by right,*

*your*

*inner*

*home.*

*It is therefore*

*one and the same*

*when you*

*accept*

*• the truth about yourself*

*and*

*accept*

*• happiness.*

*These two acceptances*

*are interdependent.*

22

*The third part  
of the*

*interactive nucleus [i.e., added to the other two parts of the interactive nucleus:*

*1) accepting the TRUTH about yourself and*

*2) accepting HAPPINESS and PLEASURE],*

*making it a triad,*

*is*

*the recognition of the*

*powerful creative substance*

*that molds your life*

*unlike anything else.*

*There is  
nothing  
haphazard about your life.*

*There is  
no outside power  
that determines the extent  
of your*

- fulfillment,*

*of your*

- fruitful life experience,*

*or the*

- pain,*
- suffering, and*
- frustration*

*you have to bear.*

*Unfulfillment  
is not even necessarily  
a matter of  
self-punishment,  
as it is currently interpreted.*

*The violation of  
spiritual law  
within the psychic organism*

*simply creates a  
climate  
ill equipped  
to endure*

- blissful,*
- joyous*

*feelings.*

*Also,*

- *ignoring  
the truth  
of what you*
  - *are and*
  - *do,*

*and*

- *not understanding  
the ramifications of  
your attitudes,  
because you*
  - lack the awareness of  
the power  
of your*
    - *thoughts and*
    - *feelings*

*creates the obstruction.*

*For example,  
if you do*

- not believe it is possible  
to be truly happy*

*it [i.e., being truly happy]  
becomes indeed impossible.*

*In this case*

- you can solve the problem [i.e., the problem of not being truly happy]  
by cultivating  
inner knowledge.*

*And this [i.e., And cultivating inner knowledge],  
in turn,*

- is feasible  
only when  
you*
  - *lose the fear of  
self-responsibility*
- and*
  - *face the entire truth about  
who you are  
at this moment.*

23	<p><i>Any truth of</i> • <i>yourself</i> <i>and</i> • <i>the nature of creation</i> <i>brings</i> <i>inner</i> • <i>security,</i> • <i>trust,</i> • <i>fearlessness.</i></p> <p><i>Ignorance</i> <i>creates</i> <i>fear.</i></p> <p><i>Fear</i> <i>creates</i> <i>an inner atmosphere of</i> <i>closing up,</i></p> <p><i>and</i> <i>your mind</i> <i>will not use</i> <i>the powerful substance</i> <i>to create</i> <i>more</i> • <i>expansion</i> <i>but, rather, [i.e., but, rather, to create]</i> <i>more</i> • <i>tightly shut defenses.</i></p>
24	<p><i>Bliss</i> <i>is a necessity,</i> <i>for</i> <i>bliss is</i> <i>expansion.</i></p> <p><i>You cannot</i> • <i>expand</i> <i>and</i> • <i>use your inherent potentials</i> <i>unless you are in a state of</i> <i>joyousness.</i></p>



• *Expansion*  
and  
• *bliss*  
    *belong together,*  
    as  
        • *stagnation*  
    and  
        • *frustration*  
    *belong together.*

*Expansion*  
is a  
    *self-activating process*  
    *that combines the*  
        • *masculine*  
    and  
        • *feminine*  
    *principles*  
    *in perfect harmony.*

*If you*  
    *fear*  
        • *bliss,*  
    *and therefore [i.e., and, because you fear bliss, therefore also fear]*  
        • *expansion,*

*you will also*  
    *fear*  
        • *growth*  
    and  
        • *change.*

*People, in fact,*  
    *do fear*  
    *their own inherent powers.*

25

• *Bliss,*  
• *pleasure,*  
and  
• *fulfillment*  
    *require*  
    *the greatest of all strengths.*

*Unhappiness  
requires  
much less  
strength  
than  
happiness.*

*Strength  
can be generated  
only if  
you*

- deliberately*

*and*

- specifically*
  - activate*

*and*

- call upon  
the divine powers  
within the self.*

*In response  
to your call  
they [i.e., the divine powers within the self]  
will*

- help you become  
better equipped to  
sustain bliss,*

*and*

- guide you  
so that you do  
not*
  - inadvertently,*
  - unconsciously,  
close up against  
happiness.*

*Such prayer [i.e., Such prayer to help you SUSTAIN BLISS  
and not close up against happiness]  
is just as important as  
seeking contact with  
the divine powers [i.e., the divine powers within the self]  
when you are in*

- upheaval*

*and*

- crisis.*

*When you are*  
• *unhappy,*  
*it is important*  
*that you take the occasion*  
*as a meaningful lesson*  
*to effect further growth.*

*To do this [i.e., To effect further growth]*  
*requires contact with*  
*your*  
*innate*  
*superior forces.*

*When you are*  
• *happy,*  
*it is important*  
*to*  
• *become*  
*more*  
*and more compatible with*  
*the universal powers*  
*and*  
• *sustain this state [i.e., and thereby sustain this state of happiness].*

*This [i.e., Becoming more and more compatible with the universal powers*  
*and thus sustaining this state of happiness],*  
*too,*  
*requires*  
• *help*  
*and*  
• *guidance.*

26

*At first,  
you may find it particularly difficult  
to remember to use  
such opportunities  
of  
both*

- *crisis*

*and*

- *happiness*

*so as to be*

- *helped,*
- *strengthened,*

*and*

- *inspired*

*by divine contact  
through  
meditation.*

*You may already have  
experienced  
its [i.e., experienced divine contact's]  
• effectiveness,*

*its [i.e., divine contact's]  
• unfailing responses,*

*its [i.e., divine contact's]  
• unimaginable wisdom,*

*its [i.e., divine contact's]  
• various solutions.*

*Yet,  
when you are involved in  
deep conflicts,  
you simply  
"forget."*

*But there comes a point  
when*

- *it is no longer difficult  
to remember to use this contact,*

*and*

- *you become more proficient at it [i.e., at using this divine contact]  
in difficult times.*

	<p><i>While it hardly ever occurs to people to enlist these same powers [i.e., these same powers of the divine contact] at all relevant opportunities, for many of my friends, who have reached this threshold, this [i.e., this making divine contact through meditation] is indeed a key.</i></p>
27	<p><i>Now, before turning to your questions, I would like to begin tonight another topic, directly connected with what I said here, on which we shall spend much more time in the future.</i></p> <p><i>All human beings have within their</i></p> <ul style="list-style-type: none"><li><i>• psychic</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• physical</i></li></ul> <p><i>organism certain energy centers.</i></p> <p><i>The time has come when it is absolutely necessary for you to become aware of them [i.e., aware of these energy centers].</i></p> <p><i>These energy centers are located at various areas in your body.</i></p> <p><i>They are not actually in your</i></p> <ul style="list-style-type: none"><li><i>• physical body,</i></li></ul> <p><i>but in the so-called</i></p> <ul style="list-style-type: none"><li><i>• subtle body,</i></li></ul> <p><i>which affects the physical glands.</i></p>

*Although the functioning of the  
glandular system  
is directly dependent on  
these centers [i.e., on these energy centers],  
the centers themselves  
are  
not  
physical organs  
that can be discovered by*

- X-rays or*
- other physical investigation.*

*Their reality is  
psychic;  
their physical reality  
can be determined  
only  
by their effects.*

*Each*

- energy center  
relates to a  
• mental attitude.*

*As the*

- mental attitude  
changes  
from*
  - ignorance,*
  - fear,*
  - alienation,*
  - distrust, and*
  - hostility,**to an*
  - open,*
  - trustful,*
  - truthful, and*
  - loving  
state,*

*the*

- energy centers  
open up.*

*The opening [i.e., The opening of the energy centers]  
is a  
distinct  
experience  
in the body,  
  
because the  
unity  
between  
• body,  
• mind,  
and  
• spirit  
is  
at that point  
very intimate.*

28

*Therefore,  
our approach at this stage  
must also be  
• unitive,  
including the  
• total personality.*

*You will learn  
certain practices  
that will make you  
aware of  
• when a center is open  
and  
• how to  
use its energy  
by finding the  
mental attitude.*

*You can see easily  
that there is a connection  
  
between the  
• fear of pleasure  
and the  
• energy centers.*

*For in  
fear*

- *these centers are necessarily*
- *cramped and*
- *closed,*

*and  
the life force  
cannot penetrate them [i.e., cannot penetrate these energy centers].*

*When, however,  
you  
inwardly  
open up for*

- *pleasure,*
- *joy,*
- *happiness*

*on  
all levels of  
your being,*

*the*

- *open,*
- *relaxed*

*attitude of  
"letting be"  
eventually  
opens these centers.*

*In addition to  
the general pathwork  
of*

- *self-awareness,*

*of*

- *facing the truth,*

*of*

- *establishing contact with the universal forces,*

*it will be necessary for you  
to become*

- *distinctly aware of  
the existence of these centers [i.e., of these energy centers]  
by following certain practices,*

*and  
to come to know*

- *how to activate them.*



29

*Are there any questions in connection with this lecture?*

**QUESTION:**

*Can you say anything else about  
the centers  
at this time?*

*Where they are?*

**ANSWER:**

*There is one center at*  
• *the base of the spine.*

*There is another in*  
• *the solar plexus region.*

*A third center is at*  
• *the front of the throat.*

*Another is at*  
• *the base of the head,*  
*at the back of the neck,*  
*but a little further up –*  
*between the*  
• *neck*  
*and the*  
• *base of the head.*

*One is*  
• *between the eyes,*

*and there is another at*  
• *the very top of the head.*

*These are*  
*the basic energy centers.*

***Each [i.e., Each energy center]  
is connected with  
• a mental attitude.***

***Each center [i.e., Each energy center]  
determines  
certain  
• mental and  
• emotional  
ways of being.***

***Each [i.e., Each energy center]  
has its own  
• function.***

***The center at [i.e., The energy center at]  
the base of the spine  
represents  
all the  
• physical,  
• emotional  
feelings –  
• sexuality,  
• partnership love,  
• personal love.***

***The solar plexus center [i.e., The solar plexus energy center]  
opens the way to the  
• connection and  
• unification  
with  
• spiritual wisdom,  
• universal truths –***

***and also the  
• impersonal love feelings [i.e., IMPERSONAL love feelings  
(versus PERSONAL and PARTNERSHIP love feelings  
associated with the energy center at the base of the spine)]  
  
connected with  
this experience [i.e., and also the IMPERSONAL love  
feelings associated with this EXPERIENCE of connecting  
and unifying with spiritual wisdom and universal truths].***

***Opening up this center [i.e., opening up this SOLAR PLEXUS energy center]  
must bring you to  
the seat of  
all your feelings,***

***which usually  
precedes  
contact with  
the divine,  
at least to a considerable degree.***

***This is as far as I can go now.***

***Needless to say  
what I have expressed here  
is the barest of all summaries.***

***Much more will come later  
in a series of lectures.***

30

***QUESTION:  
Is the***

***physical work***

***going to be connected with  
breaking through the closed centers?***

***ANSWER:  
Yes, indeed.***

***The physical work  
has a great deal to do with it [i.e., a great deal to do with  
breaking through the closed energy centers],  
since it [i.e., since the physical work]  
specifically deals with***

***blocks  
in the body.***

*As long as there are  
blocks in either  
the*

- *body*

*or*  
*the*

- *feelings*

*or*  
*the*

- *thoughts*

*the centers [i.e., the energy centers]  
cannot possibly open up.*

*In addition to that*

*other practices  
will be established later.*

*You see,  
breaking through these centers [i.e., breaking through these energy centers]  
can begin only  
after a  
certain degree of*

- *self-knowledge*  
*has been obtained;*

*after*  
*certain basic*

- *resistances,*
- *fears,*
  
- *mental,*
- *emotional, and*
- *physical*
  - *blocks*

*have been eliminated.*

*Only then  
will this new approach [i.e., will this new approach to  
opening the energy centers]  
begin.*

**Before**

*it [i.e., BEFORE this self-knowledge has been attained and certain resistances fears, and also mental, emotional, and physical blocks have been eliminated, this new approach to opening the energy centers] would be quite impossible.*

**If it [i.e., If this new approach to opening the energy centers] were attempted through**

- **artificial means,**
- or by
- **mechanical means,**

*such an attempt [i.e., such an attempt to open the energy centers] would even be dangerous.*

**It is perfectly safe, however, to open up these centers [i.e., to open up these energy centers] once the personality is firmly grounded**

- in
- **reality,**
- in
- **love,**
- in
- **a state of**
  - **fearlessness and**
  - **undefendedness.**

**A certain basic state of selfhood must be attained in order to use all the available spiritual energy.**

**The physical work is one aspect of preparation.**

*As we approach the energy centers themselves,  
we will,  
in addition to the various levels of work we are using now,  
be concerned with  
some new approaches,  
for example,  
a combination of*

- breathing,*
- together with*
- meditation.*

31

**QUESTION:**  
*Can you comment further on the centers [i.e., on the energy centers]  
in relation to the*

*movement of energies?*

*Do they [i.e., Do the energy centers]*

*• charge,  
do they  
• discharge?*

**ANSWER:**

*As I said,  
I shall comment much more on the topic in the future.*

*Now I shall say this:*

*when the human being  
is totally self-realized,*

*these centers  
can function optimally*

*because then  
the flow is not stopped.*

• *Charging*  
and  
• *discharging*  
takes place in a  
• *self-perpetuating,*  
• *constant*  
inner movement –  
just as everything in creation  
is subject to the  
same  
• *movements*  
and  
• *laws.*

*The movement [i.e., The movement in charging and  
discharging of the energy centers]*  
creates an  
immense feeling of  
bliss  
that cannot be described.

*It is*  
the most intense pleasure  
on  
all levels –  
• *physical,*  
• *emotional,*  
• *intellectual,*  
• *spiritual.*

*Most human beings*  
are not ever  
truly charged by  
these centers [i.e., by these energy centers].

*Those who are [i.e., Those who are truly charged by these energy centers]*  
are charged  
only  
• *fleetingly,*  
and  
• *to a relatively small degree*  
during exceptional states in their life.

*Most people  
are usually in a state of  
cramp  
because their centers [i.e., because their energy centers]  
are closed.*

*Your*

- *misconceptions,*
- *fears, and*
- *negativities*

*create this cramp.*

*It is the task  
of each  
incarnated entity  
to*

- *discover the truth  
of these laws [i.e., the truth or these laws related to the charging  
and discharging of the energy centers]*

*and*

- *apply them to itself.*

*As  
self-deception  
ceases,*

- *a deep relaxation sets in,*
- *a flow starts,*
- *an undefendedness takes over  
that makes the personality*

*"chargeable,"*

*if I may use the expression.*



*Here is another way  
of trying to convey  
the almost unconveyable facts:*

*imagine the*  
• *conscious,*  
• *functioning*  
*personality*  
*as an overall center.*

*Imagine it*  
*like a planet.*

*Then imagine the*  
• *universal*  
• *spiritual*  
*self*  
*as another center,*  
• *timeless,*  
• *spaceless,*  
*the center of*  
*everything that*  
*ever*  
• *lived and*  
*ever*  
• *shall live –*

*a huge planet,*

*so huge*  
*that it is the same*  
*for*  
• *everything and*  
• *everyone.*

	<p><i>Totally self-realized entities</i> <i>are</i></p> <ul style="list-style-type: none"><li>• <i>parallel to,</i></li><li>• <i>exposed by,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>in orbit with</i> <i>this spiritual center.</i></li></ul> <p><i>They</i> <i>are always</i> <i>in its field of</i></p> <ul style="list-style-type: none"><li>• <i>vision and</i></li><li>• <i>influence.</i></li></ul> <p><i>The movements of both [i.e., The movements of both the self-realized entities</i> <i>and this spiritual center]</i> <i>are completely coordinated.</i></p>
32	<p><i>But most human beings</i> <i>are almost always</i></p> <p><i>"off-center;"</i></p> <p><i>their planet personality</i></p> <ul style="list-style-type: none"><li>• <i>is not exposed to</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>is out of the field of vision of</i></li></ul> <p><i>the spiritual planet [i.e., the spiritual center].</i></p> <p><i>At times,</i></p> <ul style="list-style-type: none"><li>• <i>the personality center</i> <i>moves slightly</i> <i>toward</i><ul style="list-style-type: none"><li>• <i>the spiritual center's</i> <i>field of vision,</i></li></ul></li></ul> <p><i>which is</i> <i>constant,</i></p> <p><i>moving only</i> <i>within itself, as it were.</i></p>

*At times*  
*the personality center*  
*moves*  
• *into,*  
*at other times*  
• *out of*  
*the universal field.*

*On this movement [i.e., On the personality center's movement, at times into*  
*and at other times out of the universal field]*

*depend*  
*the*  
• *strength,*  
*the*  
• *truth,*  
*the*  
• *love feelings,*  
*the*  
• *aliveness –*  
*or*  
*the lack of them.*

*When*  
• *self-acceptance,*  
• *truthfulness,*  
• *positive attitudes*  
*prevail*  
*you*  
• *tune more into*  
• *awareness,*  
• *trust, and*  
• *love*  
*and*  
• *become more like*  
*the universal life center;*  
*then*  
• *the convergence [i.e., the convergence of your personality center*  
*with the universal life center]*  
*occurs.*

*Total self-realization*  
*makes*  
*the two [i.e., makes your personality center the universal life center]*  
*one.*

*The personality center  
is first parallel,  
• covered,  
• charged,  
• enlivened  
by the spiritual one [i.e., by the spiritual center],  
until it [i.e., until the personality center]  
is soaked up by it [i.e., is soaked up by the spiritual center].*

*This is  
not  
the annihilation of  
self,  
as many falsely believe.*

*For  
all  
life  
is really in  
the spiritual center,  
which enlivens the rest.*

*Death  
means  
a separation from the center [i.e., separation from the spiritual center],  
so that its light [i.e., so that the spiritual center's light]  
can no longer  
• shine upon  
the personality  
and  
• fill it [i.e., and no longer fill the personality]  
with its energy [i.e., with the spiritual center's energy].*

33

*Let me bless  
every one of you here  
with the great strength  
that has been generated  
more  
and more  
by many of you  
who have indeed  
come a far way.*

***Rejoice in the knowledge that  
life***

***is intrinsically  
the most***

- benign and***
  - joyful***
- fact.***

***It [i.e., That life is intrinsically benign and joyful]  
is a***

- constant,***
  - immutable,***
  - unalterable***
- fact***

***that no amount  
of separation from  
the spiritual center  
can deny.***

***Ultimately  
you***

***must come to this truth.***

***Be God!***

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