

Pathwork Lecture 172: The Life Energy Centers

1996 Edition, Original Given March 28, 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 |
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| 03 | <p data-bbox="391 932 594 1003">Greetings, my friends.</p> <p data-bbox="391 1041 711 1079">Blessings in the form of</p> <ul data-bbox="448 1083 659 1184" style="list-style-type: none"><li data-bbox="448 1083 526 1113">• love,<li data-bbox="448 1117 634 1146">• strength and<li data-bbox="448 1150 659 1184">• understanding <p data-bbox="505 1188 737 1222">are coming forth;</p> <p data-bbox="391 1264 621 1335">to the degree that you</p> <p data-bbox="391 1339 849 1373">generate these within you,</p> <p data-bbox="391 1377 646 1411">you shall be able to</p> <ul data-bbox="448 1415 574 1516" style="list-style-type: none"><li data-bbox="448 1415 574 1444">• perceive<li data-bbox="448 1449 477 1478">and<li data-bbox="448 1482 553 1516">• accept <p data-bbox="505 1520 1011 1554">the blessing that is streaming into you.</p> |

by Eva Broch Pierrakos

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| 04 | <p><i>Tonight's lecture</i> <i>will continue the topic I started to discuss last time [See Lecture 170: Fear of Bliss Vs. Longing for It – The Energy Centers, given January 31, 1969], that of the energy centers of the human structure.</i></p> <p><i>There is a great deal to say about this.</i></p> <p><i>We shall divide the discussion into three parts.</i></p> <p><i>The first will deal with</i> <i>• what determines</i> <i>the functioning of the energy centers.</i></p> <p><i>The second part will deal with</i> <i>• the specific function</i> <i>of each center.</i></p> <p><i>The third will deal with</i> <i>• cultivating these centers</i> <i>and with</i> <i>• practices to open</i> <i>the clogged-up channels</i> <i>leading to them [i.e., practices to open the clogged-up channels leading to the energy centers].</i></p> |
| 05 | <p><i>You must understand, my friends,</i> <i>that</i> <i>• this very pathwork,</i> <i>• the development of</i> <i>your courage</i> <i>to look at yourself</i> <i>in truth –</i> <i>which is not half as easy</i> <i>as one believes before one starts –</i> <i>is the</i> <i>most essential aspect of</i> <i>such a practice [i.e., most essential aspect of such a practice to open the clogged-up channels leading to the energy centers].</i></p> |

For any kind of practice [i.e., For any kind of practice to open the clogged-up channels leading to the energy centers]

that is

- *mechanical,*
- that deals merely with*
- *exercises of*
 - *concentration,*
 - *breathing,*
- and so on,*
cannot possibly
fulfill its purpose.

So the basis of growth

is always to
expand

your

- *vision,*

your

- *consciousness of the*
truth

of

- *yourself and*
- *your relationship to the universe,*

and therefore [i.e., and therefore expand your VISION and
CONSCIOUSNESS of the TRUTH]

of

- *universal law and*
- *creation.*

06

What determines

the proper function of

- *the life force*
in the human being,

and hence of [i.e., and hence the proper function of]

- *the energy centers,*
can be understood

only if

we gain a view of
the entire structure of
the human personality.

***For this [i.e., For gaining a view of the entire structure of the human personality],
some recapitulation is necessary.***

***The life force
is the
creative force
that enlivens
the whole universe.***

***It [i.e., The life force]
contains
all
• life elements,
all
• potentials,
every possibility for
• life expression.***

***This [i.e., This life force]
is such a
powerful force
that it must be
adapted,
so as
not to
explode
an organism
whose consciousness
is not yet
sufficiently strong
to accept
the total power.***

***Each living organism therefore
possesses
special centers [i.e., special energy centers]
that
• convert,
• assimilate and
• balance
the power that streams into it.***

*The centers [i.e., The energy centers]
of a*

- *human being*
are infinitely more
- *differentiated and*
- *complicated*
than those, say, of a
- *blade of grass.*

This is because the

- *human being*
has proportionately
more possibilities for
varied self-expression
than the
- *blade of grass.*

07

*As I said,
the life force
streaming into the organism
must be*

- *metabolized,*
- *distributed, and*
- *adjusted.*

*Otherwise,
the force would be
too strong.*

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| | <p><i>If the human consciousness is</i></p> <ul style="list-style-type: none">• <i>divided and</i>• <i>in conflict –</i> <p><i>if</i></p> <p><i>on the one hand</i> <i>it [i.e., the human consciousness]</i> <i>is ready to</i> <i>metabolize</i> <i>more varied power,</i></p> <p><i>yet</i></p> <p><i>on the other hand</i> <i>it is</i></p> <ul style="list-style-type: none">• <i>imbalanced and</i>• <i>disturbed –</i> <p><i>the centers</i></p> <ul style="list-style-type: none">• <i>close up.</i> <p><i>They [i.e., The energy centers]</i></p> <ul style="list-style-type: none">• <i>become clogged.</i> <p><i>The process of</i></p> <ul style="list-style-type: none">• <i>self-realization</i> <p><i>thus also means</i></p> <ul style="list-style-type: none">• <i>opening up the centers [i.e., opening up the energy centers].</i> |
| 08 | <p><i>The</i></p> <ul style="list-style-type: none">• <i>human physical</i> <p><i>body</i></p> <p><i>is just a crude reflection of the</i></p> <ul style="list-style-type: none">• <i>real</i> <p><i>body,</i></p> <p><i>that is, the</i></p> <ul style="list-style-type: none">• <i>spiritual,</i>• <i>eternal</i> <p><i>body.</i></p> |

***In the latter [i.e., In the real, spiritual, eternal body],
all***

- functions and***
- organs***
are infinitely more refined
than in the
 - physical structure.***

***This body
of***

***the eternal being [i.e., This body of the real, spiritual, eternal body],
cannot, of course,
be seen with the human eye.***

***It [i.e., The real, spiritual, eternal body]
is nevertheless***

***much more real
than
anything that can be seen with the eye.***

***This body [i.e., This real, spiritual, eternal body]
has several cruder outpicturings,
which reflect***

***the various levels of consciousness
that exist
when an entity
is not yet unified with
its spiritual self.***

***The physical body
is the***

- crudest,***
- most temporary***
outer manifestation,
expressing
the level of consciousness
that is
most
alienated from
 - its source,***
 - the spirit being.***

09

***The centers [i.e., The energy centers]
exist
in perfect
• form and
• function
in the spirit body.***

***There [i.e., There, in the real, spiritual, eternal body,]
they [i.e., the energy centers]
are
• visible organs,

as the
• heart and
• kidneys
are visible organs
in the
• physical body.***

The various other

***subtle
bodies***

also contain these centers [i.e., also contain these energy centers],

***but already [i.e., but already there in the subtle bodies they are]
altered in their functioning,
according to the degree of
disunity with
the spiritual structure.***

***In the
physical organism
the centers
can be detected
only indirectly:***

***The glandular system [i.e., The glandular system
of the physical body]
• reflects them [i.e., reflects the energy centers]
and
• is determined by them [i.e., and is determine by the
energy centers].***

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| | <p>But</p> <ul style="list-style-type: none">• <i>the</i><ul style="list-style-type: none">• <i>opening</i><i>or</i>• <i>closing</i> <i>of the centers [i.e., of the energy centers],</i> <ul style="list-style-type: none">• <i>their</i><ul style="list-style-type: none">• <i>smooth functioning</i><i>or</i>• <i>congestion,</i> <p><i>can be clearly</i> <i>experienced.</i></p> <p><i>The effect [i.e., The EFFECT of the energy centers being open or closed, smooth functioning or congested],</i> <i>has</i> <i>distinct physical marks.</i></p> <p>However, <i>the centers themselves</i> <i>are not visible</i> <i>to the human being.</i></p> |
| 10 | <p>Now, <i>what determines</i><ul style="list-style-type: none">• <i>the smooth functioning of</i> <i>the energy centers –</i><i>and therefore</i><ul style="list-style-type: none">• <i>proper assimilation of</i> <i>the life force?</i></p> <p>It <i>[i.e., The smooth functioning of the energy centers and therefore the proper assimilation of the life force]</i> <i>depends entirely on</i> <i>the state of consciousness.</i></p> |

*Since
consciousness
is the origin of
all that is,
consciousness
must also determine
the most important system
of life functioning.*

Every

- *belief and*
- *idea*

determines a person's

- *feelings,*
- *reactions,*
- *attitudes,*

and

- *expressions into life.*

*It is inconceivable
that an individual
could be*

- *unaffected by or*
- *indifferent to*

a deeply ingrained idea.

*And [i.e., And by “deeply ingrained ideas”]
I do
not mean
merely
conscious*

- *ideas and*
- *opinions.*

*Even more important
are the*
unconscious ones [i.e., the unconscious ideas and opinions],
*because they [i.e., because ideas and opinions
of which one is not conscious]*
*cannot be
reoriented.*

*An individual
who is what we call
self-realized –
whether*

- *still in the physical body,*

or

- *having already transcended the body state –
is in truth.*

*She or he [i.e., She or he who is self-realized]
does*

*not
know*

everything

but

- *has an open mind*
- and*
 - *is free from misconceptions.*

[In such an individual who is self-realized]

- *No false beliefs [i.e., NO false beliefs will be present to]
create*
 - *fear,*
 - *defensiveness,*
 - *destructive emotions.*

*Someone who is in
truth
perceives the
benign nature of the universe.*

He or she [i.e., He or she who is in TRUTH]

- *is*
 - *open,*
 - *joyful,*
 - *without a trace of apprehension,*

and therefore

- *can*
 - *expand in a harmonious way.*

In this

- *light,*
- *unintense,*
- *undefended,*
- *relaxed*

state of

- *body,*
- *mind and*
- *feelings,*

- *the centers*
- *are open.*

- *They [i.e., These open energy centers]*

- *allow the*
life force
to flow

- *smoothly and*
- *freely,*

and

- *the centers*
- *distribute*
the right kind of energy
into the organism
wherever

specific aspects of the great force
are needed.

There is

no

- *clogging,*

no

- *blocking,*

since there is

no

- *fear.*

And

fear

cannot exist

if there is

no

- *negativity or*
- *limitation of concept.*

11

The more you

- *develop and*
- *grow,*

the more you

- *become aware of*
how each mistaken idea
creates
 - *destructive feelings and*
 - *limited concepts of*
 - *self and*
 - *life.*

We have spoken for a considerable time
of the importance of

- *the dualistic world view*
- as opposed to*
- *a unified world view.*

A dualistic state of consciousness
is one that perceives life
always

- in terms of*
- *either/or,*
 - *good*
or bad,
 - *this*
or that –
 - *one*
to the exclusion of
 - *the other.*

The whole human sphere
is indoctrinated

with this error [i.e., indoctrinated with this dualistic error].

This [i.e., That this DUALISTIC state of consciousness is in ERROR]
is difficult to understand
for someone who has
not yet entered deeply
into his or her
innermost being.

**When you
have**

- **done so [i.e., When you have entered deeply into your innermost being and understand that this DUALISTIC state of consciousness is in ERROR] to a considerable degree**

**and
have therefore**

- **overcome
some fundamental**
- **blocks and**
- **illusions
about yourself,**

you will find out how

- **the universe**

and

- **its possibilities
expand for you.**

**Where
before**

**you were convinced
that you had**

- **to lose,**

that you had

- **only unsatisfactory choices,**

as you grow in [i.e., as you NOW grow in]

- **integrity and**
- **objectivity**

**you eventually come to a state
where you**

lose nothing.

When the duality of the

- **false,**
- **childish**
- **greed and**
- **false,**
- **self-limiting**
- **sacrifice**

**give way,
fullness of experience
arises.**

12

*The proper functioning
of the life centers
is impossible
when the human being
is still involved in
the dualistic conflict.*

*Perhaps
the most basic dualism –
as discussed elsewhere in different contexts –
is the question of*

- *morality*
versus
 - *pleasure,*
- *selfishness*
versus
 - *altruism,*
- *self-deprivation*
versus
 - *depriving others.*

The whole concept of

- *good*

and

- *evil*

stems from this

- *arbitrary,*
- *unnecessary, and*
- *mistaken*

concept of life.

All

- *human civilization,*

almost all

- *philosophies,*

are poisoned by
*this basic split [i.e., this basic dualistic split of EITHER self-centered
childish greed OR self-dismissiveness and sacrifice]
in the human consciousness.*

*My friends,
as long as you believe
that you have to choose
between*

- *being good [i.e., being good by giving others their advantages]*

or

- *obtaining your advantages,*

*you must be in
a terrible conflict.*

*You will be free from conflict
only when you realize
deep down*

that by

- *depriving yourself*

you ultimately

- *deprive others,*

that by

- *obtaining your real advantages –
not the*

- *short-sighted,*
- *childish*

ones –

you ultimately also

- *benefit others.*

13

*To reach
this wider state of consciousness,
it is first necessary
to understand
your deeply ingrained conviction
of*

- *limitation [i.e., limitation, believing that if you have what you want, others will necessarily not have what they want],*

of [i.e., of, therefore,]

- *having to make decisions of*
 - *self*

versus

- *others;*

*to reach
such understanding,
you will first
experience
just such situations,
in which it truly seems unavoidable
that you must
give up*

- *one*
 - for the sake of*
 - *the other.*

*For
according to*

- *your belief*
 - you must also*
 - *experience.*

*Your belief
creates
the condition.*

Thus,

- *false belief*
 - must be*
 - proven*
 - *true*

*until one begins to perceive
the relationship
between*

- *belief*

and

- *experience.*

*If you accept
that your*

- *inner,*
- *"invisible"*

*belief
creates the predicament of
having to
balance
your advantage
with that of
others,*

you will have to

- *deal with these*
 - *self-created,*
 - *limited*

conditions

and

- *handle each separately,*
with
 - *intelligence,*
 - *whole investment and*
 - *integrity.*

*No fearful sentimentality
must blur your view to
your rights [i.e., your rights to have what you want].*

*No childish greed
must rationalize
your self-centeredness.*

You must

- *see and*
- *overcome*

*both tendencies [i.e., both the tendency of letting fearful sentimental feelings
blur your view to your rights on the one hand and the tendency on the
other hand of using childish greed to rationalize your self-centeredness];*

*you thus will make
many decisions,
each different.*

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| | <p><i>Once [i.e., One time], you will forsake your own advantage</i></p> <p><i>because you see that what is on the scale does not warrant self-gratification.</i></p> <p><i>At other times, you will waive altruism because what is on the scale does not warrant self-deprivation.</i></p> <p><i>Each loss will soon be discovered to be illusory.</i></p> |
| 14 | <p><i>Increasingly, you will be governed by</i></p> <ul style="list-style-type: none"><i>• true considerations,</i> <p><i>not</i></p> <p><i>by</i></p> <ul style="list-style-type: none"><i>• fear of disapproval,</i> <p><i>by</i></p> <ul style="list-style-type: none"><i>• dependency on another's good opinion,</i> <p><i>by</i></p> <ul style="list-style-type: none"><i>• fear of frustration [i.e., fear of frustration in never getting what you want]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• inability to stand non-gratification.</i> <p><i>You thus will develop the vision that there is truly no division between</i></p> <ul style="list-style-type: none"><i>• your</i><i>• fulfillment and</i><i>• interests</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• those of others.</i> |

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| | <p><i>In the long run it [i.e., In the long run, this consideration of your fulfillment and interests versus those of others] all merges.</i></p> <p><i>The underlying truth conciliates both sides.</i></p> |
| 15 | <p><i>You cannot reach this state of consciousness cheaply.</i></p> <p><i>It requires your</i></p> <ul style="list-style-type: none"><i>• whole investment and</i><i>• involvement</i> <p><i>in every issue, no matter how apparently insignificant.</i></p> <p><i>In that way, you transcend</i></p> <ul style="list-style-type: none"><i>• dualism,</i> <p><i>and consequently [i.e., and consequently transcend]</i></p> <ul style="list-style-type: none"><i>• fear,</i><i>• greed,</i><i>• a sense of deprivation and</i><i>• anger,</i> <p><i>with all their derivatives.</i></p> <p><i>More and more, your consciousness</i></p> <ul style="list-style-type: none"><i>• perceives,</i><i>• experiences and</i><i>• obtains</i> <p><i>the limitless abundance the universe has in store for all creatures.</i></p> <p><i>The first step must be knowing of its potential existence [i.e., knowing of the POTENTIAL existence of the limitless abundance the universe has in store for ALL creatures].</i></p> |

16

As long as you live in

- *the basic human conflict* [i.e., *the human conflict between you and the other*],
- *the split consciousness* [i.e., *the split dualistic either/or consciousness*],

you

must believe

that you have to

deprive

yourself

to be a

• *decent,*

• *loving*

human being.

Is it not

natural

that such a predicament

induces feelings of

• *resentment,*

• *frustration,*

• *anger,*

• *self-hate,*

• *guilt?*

And is it not

natural

that such feelings

close up

the streamings of

healthy energy flow?

When

emotions

tighten up

because of

such negative feelings [i.e., *because of negative feelings such as*

resentment, frustration, anger, self-hate, and guilt],

the physical structure

must

eventually

also tighten up.

| | |
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| | <p><i>The tightness of the centers, in</i></p> <ul style="list-style-type: none">• <i>body</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>spirit,</i> <p><i>always</i> <i>reflect emotions of</i></p> <ul style="list-style-type: none">• <i>fear,</i>• <i>anger and</i>• <i>guilt.</i> |
| 17 | <p><i>This fundamental duality creates</i></p> <p><i>the chain reaction of</i></p> <ul style="list-style-type: none">• <i>negative emotions,</i>• <i>limited concept [i.e., limited concept of the universe where EITHER self OR others can have, NOT BOTH],</i> <ul style="list-style-type: none">• <i>conflict</i> <i>between</i>• <i>self</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>others –</i> <p><i>hence</i></p> <ul style="list-style-type: none">• <i>limitation of experience.</i> <p><i>A state of consciousness sets in</i></p> <p><i>that</i></p> <ul style="list-style-type: none">• <i>subtly</i> <p><i>but</i></p> <ul style="list-style-type: none">• <i>definitely</i> <i>prohibits</i> <i>your expansion.</i> |

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| | <p><i>As you become more aware of yourself in the course of self-confrontation, you also begin to detect those subtle little reactions that indicate how you prevent yourself from</i></p> <ul style="list-style-type: none"><i>• expansion</i><i>and</i><i>• delightful experience.</i> <p><i>You detect your fear of using your potential to the utmost.</i></p> |
| 18 | <p><i>Any limited idea of your possibilities is a result of such a chain reaction [i.e., ANY limited idea of your possibilities is a RESULT of such a chain reaction: negative emotions based on a limited concept of the universe, leading to conflict between self and others, thereby limiting your experience, creating a state of consciousness that prohibits your expansion, resulting in a limited idea of your possibilities in life].</i></p> <p><i>The real human sickness is the failure to use your full potential to create good life.</i></p> <p><i>As you hold back your potential to</i></p> <ul style="list-style-type: none"><i>• expand,</i><i>to</i><i>• make better conditions,</i><i>to</i><i>• experience deeper feelings of delight in every way,</i> <p><i>you continue a vicious circle.</i></p> |

The result [i.e., The result of this vicious circle that keeps you from your potential to expand, to make better conditions, to experience deeper feelings of delight in every way]

must be

- *frustration and*
- *limitation,*

*which you then assume to be
the nature of life –*

at least as far as you are concerned.

This deepening conviction [i.e., This deepening conviction that the NATURE OF LIFE is frustration in not having what you want and limitation of your fulfillment because you firmly believe you cannot realize your potential]

- *increases negative feelings,*
- *tightens your defenses,*
- *closes the centers.*

*As long as you feel obliged
to make the tragic decision
between*

- *goodness
and
joy,*

- *morality
and
pleasure,*

- *self-interest
and
love,*

*you cannot ever
fully decide,*

and you become so

- *confused and*
- *disturbed*

that you react

- *blindly and*
- *rigidly,*

*without quite knowing
what governs you.*

| | |
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| | <p><i>The greatest "sin," if we want to use this word, is</i></p> <ul style="list-style-type: none"><i>• ignoring your potential –</i><i>• setting yourself unnecessary fences beyond which you think you cannot go.</i> |
| 19 | <p><i>How does all this affect the</i></p> <p><i>specific centers [i.e., affect the SPECIFIC energy centers]?</i></p> <p><i>To understand that, we must first learn the</i></p> <ul style="list-style-type: none"><i>• meaning and</i><i>• function of each center.</i> <p><i>Here I have to repeat some of what I said in the last question and answer session [that was in the previous lecture, Lecture 170: Fear of Bliss Vs. Longing for It – The Energy Centers], so as not to break the continuity.</i></p> |
| 20 | <p><i>The first center is the</i></p> <p><i>sexual center, located at the base of the spine.</i></p> <p><i>When I mention</i></p> <ul style="list-style-type: none"><i>• sexuality,</i> <p><i>I mean something that goes beyond limited genital pleasure.</i></p> |

It [i.e., Sexuality]
comprises
the whole extending
of personal love
to the opposite sex;

it [i.e., sexuality]
is the individual's capacity
to experience pleasure
on all levels –

- **physical,**
- **emotional,**
- **mental,**
- **spiritual –**

without a trace of

- **apprehension,**
- **tension,**
- **tight greed or**
- **separateness.**

It [i.e., Sexuality]
is
the capacity to
undefendedly

- **give**

and

- **receive.**

It [i.e., Sexuality]
is, most certainly,
the ability to
give yourself over to the
involuntary feeling processes,

without
the ego
needing to stay in control.

*It [i.e., Sexuality]
implies a*

- *trustful,*
- *accepting*

*attitude toward
one's
unconscious,
with all its [i.e., with all one's unconscious's]*

- *responses and*
- *movements.*

*As you all know,
this kind of
trusting openness
is most difficult
for
all
human beings.*

*But if it [i.e., But if this trusting openness]
is attained,
the sexual center
will be open.*

*It [i.e., The sexual energy center]
will
not
be clogged up by
the ego's need
to be in control.*

21

*How can you
react trustingly
when your*

- *consciousness and*
- *perception of life*

are geared to

- *deprivation*

and thus

- *negative feelings,*

*which you
must fear to expose?*

Therefore [i.e., Therefore, when your consciousness and perception of life are geared to deprivation and negative feelings, which you must fear to expose,]
the center

must be closed

- partly or
- completely.

Hence [i.e., Hence, since the sexual energy center is partly or completely closed,]
you actually

do experience
deprivation,

because

the full flow

of the life force,

with all its

- life-bringing,
- health-promoting,
- energetic
faculties

cannot be

quite activated.

22

The second center
is in
the solar plexus.

Its opening [i.e., The opening of the second energy center in the solar plexus]
creates a

connection

with

- spiritual wisdom,

with

- the consciousness of
universal being –
and therefore
enhances

general love feelings.

For when you
are in truth,
you
love.

*The opening of the
sexual center [i.e., The opening of the FIRST energy center, the sexual center,]*

- *enables you to
experience the*
 - *ever-present,*
 - *ongoing
process of*
 - *creation and*
 - *ecstasy*
- with a
beloved other human being.*

*The opening of the
solar plexus channel [i.e., The opening of the SECOND energy center,
the solar plexus channel,]*

- *connects you with the*
 - *ongoing,*
 - *ever-present*
 - *truth and*
 - *goodness*
- of
ultimate reality.*

*Occasionally
you can
sense
this
ongoing real life.*

*It
usually happens
when you*

- *truly love*

and

- *have thus
transcended
the dualistic struggle,*

or
when you

- *discover,*
*often in apparently insignificant events,
your inner truth
where before you had not seen it.*

| | |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p><i>The spirit of such discovery [i.e., The spirit of such a discovery of your inner truth of self and life, where before you had not seen it]</i></p> <p><i>is then in</i></p> <ul style="list-style-type: none">• <i>accepting,</i>• <i>not rejecting,</i>• <i>self and</i>• <i>life.</i> |
| 23 | <p><i>The perception of the ongoing life process in its infinite marvel of</i></p> <ul style="list-style-type: none">• <i>greatness,</i>• <i>wisdom,</i>• <i>love and</i>• <i>pleasure</i> <p><i>is an altogether different perception from the usual one, which is,</i></p> <p style="text-align: center;"><i>"I must attain a new state."</i></p> <p><i>Such attainment [i.e., Such "attainment" of a new state] would be impossible if it [i.e., if that state] did not already exist on another level of reality.</i></p> <p><i>What you have to do is discover the existence of a different state by first considering its possibility [i.e., by first considering the POSSIBILITY of such a different state].</i></p> |

Thus you must think of

all

- *states of bliss*
as existing already;

all

- *wisdom you ever need*
as existing already;

all

- *harmonious attitudes and the*
 - *realization of your*
 - *power and*
 - *creative potentials*
- as existing already –*

and see yourself

separated from it all

by a

wall.

You must

remove

this wall.

But the ongoing process

of another life

is already there [i.e., is there behind the wall separating you from it].

In your

good moments, my friends,

you

are

*aware of this [i.e., In your GOOD MOMENTS you ARE aware of
all that is behind the wall that separates you from this reality].*

[In your GOOD MOMENTS]

You

are

aware

*that you have contacted
another dimension of reality
in which*

- *there is utter*
 - *peace and*
 - *joy,*
 - *all questions are answered,*
 - *life is eternal –*
- and**
- *there is nothing to fear.*

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p><i>It is only when you</i></p> <ul style="list-style-type: none">• <i>are disconnected from this reality [i.e., this reality that is behind the wall]</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>begin to</i><ul style="list-style-type: none">• <i>doubt or</i>• <i>forget</i> <p><i>it [i.e., begin to doubt or forget this reality that is behind the wall] that you find yourself in strife.</i></p> |
| 24 | <p><i>Pleasure supreme without a trace of anxiety is an ever-existing reality in you – right now.</i></p> <p><i>All that separates you from it [i.e., separates you from this ever-existing reality] is</i></p> <p><i>your</i></p> <ul style="list-style-type: none">• <i>lack of knowing it,</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>fears and</i>• <i>apprehensions –</i> <p><i>your</i></p> <ul style="list-style-type: none">• <i>own permission, as it were,</i> <p><i>to</i></p> <p><i>experience this reality.</i></p> <p><i>Similarly, the</i></p> <ul style="list-style-type: none">• <i>ever-alive and</i>• <i>appropriate</i> <p><i>wisdom</i></p> <p><i>that you need at any given instant of your life is already there.</i></p> |

*You are merely separated from it [i.e., separated from this ever-alive wisdom]
by*

- *not knowing its existence,*

by

- *identifying with
other*

*sources of wisdom
that are at best*

*poor substitutes [i.e., are at best poor substitutes for
this ever-alive wisdom behind the wall].*

*These [i.e., These OTHER sources of wisdom that are at best poor substitutes
for this ever-alive wisdom behind the wall]*

may be

- *your
intellect;*

- *your
unexplored emotions,
which are merely reactions to
unexplored
attitudes;*

- *other people's dictates over you;*

or

- *all these mixed up together.*

Often you

desist from

establishing contact with

*this channel [i.e., desist from contact with this solar plexus channel],
even when you have already*

experienced

its immediate availability,

because

*you are afraid of
the good feelings
that result from
its deep wisdom.*

*You do
not
want to*

- *open up*

all these

- *channels and*
- *centers*

and

- *let yourself*

*flow in unison
with
the universal cosmic movements.*

*You are
too*

- *afraid and*
- *angry*

*to do so [i.e., too afraid and angry to open up all these channels and
centers and let yourself flow in unison with the universal
cosmic movements].*

The

- *fear and*
- *anger*

must be made conscious.

Also,
your

- *fear of disappointment,*

your

- *lack of courage to be happy,*

*hold you back
from expanding into
that realm of reality
where you find solutions for everything.*

| | |
|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 25 | <p><i>In the solar plexus is the center that connects you with the supreme wisdom about anything you ever</i></p> <ul style="list-style-type: none"><i>• need to know, or ever</i><i>• could know.</i> <p><i>Such deep wisdom</i></p> <ul style="list-style-type: none"><i>• removes fear</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• makes love flow.</i> |
| 26 | <p><i>To avoid confusion, I want to interject here that the centers have some</i></p> <ul style="list-style-type: none"><i>• subdivisions, or</i><i>• counter-reflections, which might sometimes be interpreted as separate centers.</i> <p><i>For example, the center at the base of the spine has other</i></p> <ul style="list-style-type: none"><i>• projections, or</i><i>• concentration points, in the</i><i>• pelvis and</i><i>• genitalia.</i> |
| 27 | <p><i>The next center is in the back.</i></p> <p><i>Its faculty is will.</i></p> |

*Now, so far,
we can see that we have dealt with
three basic human functions:*

- *feeling [i.e., energy center at the base of the spine],*
- *knowing [i.e., energy center in the solar plexus area],*
- *willing [i.e., energy center in the back].*

*If harmony exists
between
these three functions,
there is*

- *perfect interplay and*
- *no weighting of one
at the expense of another.*

*The will center
is also the center of
the ego,*

- *aggression,*
- *self-assertion,*
- *backbone and*
- *self-responsibility.*

All these attitudes are

- *centered in and*
- *come forth from
the back.*

*This center [i.e., This WILL energy center located in the back]
has two subdivisions –*

- *one in the nape of the neck,*
- *the other further down,
approximately between the shoulder blades.*

*They both are reflections from
one center,
which is located
more "internally" in*

- *the spiritual body,
perhaps somewhere in-between.*

*It [i.e., The will energy center]
is reflected in*

- *the physical body
primarily in these two places.*

*If the ego
is not*

- *fully developed and*
- *healthy,*
- *this energy center [i.e., this WILL energy center]
is underactive.*
- *The energy
does not flow smoothly through.*

If the ego is

- *over-tight,*
 - *anxious,*
 - *too rigid and*
 - *self-willed,*
- again
the energy
does not flow smoothly.*

*Some personalities
find it expedient
to*

- *dramatize
the weakness [i.e., dramatize the WEAKNESS of the ego]
and thus*
- *attempt to
make an asset of it [i.e., make an ASSET out of the WEAK EGO].*

Others

- counteract
the fear of a weak ego
by*
- *overstressing pseudostrength.*

Both attitudes [i.e., Both attitudes in a personality with a WEAK EGO:

- 1) *dramatizing the weakness in an attempt to make an asset of it and*
 - 2) *in fear, overstressing pseudostrength]*
- may result in similar problems
of the*
- *body and*
 - *mind.*

| | |
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| | <p><i>Tensions in the back</i></p> <ul style="list-style-type: none">• <i>distort and</i>• <i>congest</i> <p><i>the smooth flow of energy.</i></p> |
| 29 | <p><i>Let us examine for a moment</i> <i>how a weak ego</i> <i>influences</i> <i>the functions of the</i> <i>two aforementioned centers [i.e., influences the functions of 1) the</i> <i>energy center at the base of the spine (feeling) and</i> <i>2) the energy center in the solar plexus (Knowing)]:</i></p> <p><i>If you are</i></p> <ul style="list-style-type: none">• <i>weak and</i>• <i>dependent,</i> <p><i>you must be</i> <i>fearful.</i></p> <p><i>Hence, you must</i> <i>lack the courage</i> <i>for</i></p> <ul style="list-style-type: none">• <i>the great experience of living,</i> <p><i>for</i></p> <ul style="list-style-type: none">• <i>the deeper wisdom that transcends the ego.</i> <p><i>The weak ego</i> <i>makes you hold on so tightly</i> <i>that you cannot open up</i> <i>for what lies beyond its scope.</i></p> <p><i>To</i></p> <ul style="list-style-type: none">• <i>trust,</i>• <i>love and</i>• <i>be happy,</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>let involuntary processes</i> <p><i>do their part in the business of living,</i> <i>requires strength.</i></p> |

| | |
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| | <p><i>Perception of the greatest reality of life is hindered when the ego is not</i></p> <ul style="list-style-type: none">• <i>flexible and</i>• <i>strong.</i> <p><i>It [i.e., The ego] has to be</i></p> <p><i>independent</i></p> <p><i>without believing it is the only function to count on.</i></p> |
| 30 | <p><i>The next center is in the throat.</i></p> <p><i>This center's specific function is the capacity to</i></p> <ul style="list-style-type: none">• <i>take in,</i>• <i>ingest</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>digest,</i>• <i>assimilate and</i>• <i>accept.</i> <p><i>A rigid individual, whose inner unconscious problems create havoc,</i></p> <p><i>rejects</i></p> <ul style="list-style-type: none">• <i>a flexible,</i>• <i>accepting</i> <p><i>attitude toward life,</i></p> <ul style="list-style-type: none">• <i>unexpected developments,</i>• <i>people, and</i>• <i>his or her own</i> <p><i>unconscious</i></p> <ul style="list-style-type: none">• <i>inconsistencies and</i>• <i>predictabilities.</i> |

The weak
• *back and*
• *ego,*
the lack of
• *independent self-responsibility,*
have a counterpart
in a rigid
front [i.e., in a rigid throat energy center]
that refuses
to
• *take in or*
• *swallow*
anything.

Such people
fear
being gullible
because deep down
they refuse to be
independent.

• *Craving approval*
more than
• *having the integrity*
to be true to the self,
such people
• *fear their own*
lack of backbone
and consequently
• *cannot*
• *accept and*
• *deal with*
much of what life brings.

31

The next center
is
between the eyes.

Oriental philosophy
puts great stress on this center.

It is often called
"the third eye."

***This center [i.e., This energy center between the eyes, “the third eye”]
is a preliminary manifestation
of***

spiritual

- ***wholeness and***
- ***fulfillment –***

***total realization of
the divine self,***

which is

expressed

in the center

at the top of the head.

***The center between the eyes [i.e., “the third eye”]
possesses a***

vast capacity

to

- ***visualize,***

to

- ***see,***

to

- ***comprehend.***

***If the previously mentioned centers
are***

- ***open and***

- ***flowing in harmony,***

spiritual

- ***vision and***

- ***perception***

come

that give

an entirely new outlook on

- ***life,***

- ***the universe,***

- ***the self –***

everything that is.

***The opening of this center [i.e., the center between the eyes, “the third eye,”]
heralds
the total integration
expressed in
the center at the top of the head,
which
combines all.***

***When this [i.e., When this total integration expressed in
the center at the top of the head, which combines all]
occurs,
one
knows
• there is no limit
and
• all is one.***

32

***Of course, my friends,
the opening of each center
requires a great deal of work.***

***It [i.e., The opening of each energy center]
requires
a total change of your
• consciousness,
by which I mean,
perhaps even more,
the opening up of your
• unconscious.***

***Often
your conscious being
has
• the right knowledge
but
is
• not sustained
by your
unconscious
• perceptions and
• reactions.***

***So the work [i.e., the work required for the opening of each energy center]
is***

- ***long and***
- ***concentrated.***

***But it [i.e., But this work required for the opening of each energy center]
becomes joyful***

***from a certain moment on,
after
the main resistances
are overcome.***

***And you can overcome them [i.e., overcome the main resistances]
only by becoming
fully aware of them.***

***When the resistances
finally give way,
your expansion
becomes mainly
a joyful expression of living.***

33

***One more word about
the dualism
that wrecks a person's
inner faculties
to cope with anything.***

***I say this
for the purpose of
helping you grow out of it [i.e., grow out of this dualism],
so that your***

- ***fears and***
- ***defenses***

***can begin to relax
deep within you.***

***The first step [i.e., The first step of helping you grow out of this dualism]
must be
to become aware of
unconscious
fears.***

***This [i.e., This process of becoming AWARE of UNCONSCIOUS FEARS]
is, as you who work on this path well know,
not as easy as it sounds.***

***But once you are
fully aware of them,
you have to find a way
to let go of
the tightness
your fear creates.***

***This [i.e., This letting go of the tightness your fear creates]
can be done
only when you***

- accept***
- instead of***
- resist.***

34

***But
what should you
accept?***

- Deprivation,***
- unfulfillment,***
- sacrifice?***

***Religion
has taught this [i.e., Religion has taught that you should ACCEPT
deprivation, unfulfillment, and sacrifice]***

- for***
 - centuries,******for***
 - millennia,***

***because
it misunderstood
the meaning of
acceptance.***

***It is true
that you must
accept,
for when you say,***

***"I
must
• have this
and
must
• not experience the other,"***

***you are in a state of
• tight,
• anxious
defense.***

***You are in an
• insurmountable struggle.***

***This [i.e., This struggle to be happy yet thinking that in order to be happy
"I must have this" and "I must NOT have that"]
is perhaps
the hardest lesson
for the human being to learn.***

***How can you
give up the attitude***

***"I must"

without
giving up on
your happiness?***

***This kind of giving up [i.e., This GIVING UP on "I MUST HAVE this" and
"I MUST NOT HAVE that" in order to be HAPPY]
is so easily confused with
• negativity,
• resignation,
and even
• masochistic self-denial.***

35

**Religion's postulate
that
the good person
must
sacrifice
is an error.**

**The original meaning [i.e., The original meaning of "sacrifice"]
has two facets.**

**The first [i.e., The first facet of the original meaning of SACRIFICE]
is that
selfishness
must sometimes be overcome
if what is at stake
for the other
is more important
than
what the self can gain.**

**Those who
feel love
will often experience such acts
as not at all depriving,
but such love
cannot develop
in a climate of
• fear and
• coercion.**

**The second, even more important facet [i.e., facet of the original
meaning of SACRIFICE]
concerns the attitude of
letting go,
which every genuine spiritual visionary
has tried to convey to humankind.**

**Only in the mind's duality
does letting go imply,

"I must relinquish what I want."**

**Beyond duality,
this [i.e., this "letting go" implying, "I must relinquish what I want"]
is not so.**

*If you can learn to
let go
without
relinquishing your*

- fulfillment or
- self-realization,

*you might indeed
have to
accept that a*

- specific

*manifestation of your desire
cannot*

- now

be fulfilled

- your way.

*This is because
your*

- limited inner concepts and
- closed-up energy centers

prohibit expansion.

You

- still suffer from

*the results
of your
past attitudes
and must temporarily*

- accept them [i.e., must TEMPORARILY accept the results
of your PAST ATTITUDES]

without giving up altogether.

*If you
let go
in a sense of*

- fearful,
- resigned,
- obedient,
- sacrificial

*deprivation,
you remain
in duality.*

*[In this dualistic state,]
The untightening movement
can be only temporary.*

*But if you can
let go
in a spirit of

trusting expectation,

your necessary momentary loss
will soon turn out to be
a gain.*

*You make room for
• new
and
• different
possibilities of experience
if you do
not
insist on
a limited form
right now.*

36

*If you learn to
let go
trustingly,
you
transcend
duality.*

*You come out of the
struggle
between
• fear and
• deprivation
on the one hand,
and
• tight holding on in
• guilt and
• anxiety
on the other.*

*If you can
let go
in the trusting spirit
that says,*

*"If I cannot have it
• this way,
perhaps there is
• another way;*

*if not
• now,
[then perhaps]
• later,"*

*you will
lose your
• fear,
• tightness of centers, and
• sense of loss.*

*Then
the life forces
will
• bubble and
• surge
through your entire system –
• physical,
• mental,
• emotional, and
• spiritual.*

*They [i.e., The physical, mental, emotional, and spiritual aspects
of your entire system]*

*will work
in full harmony,
functioning
the way life is destined,*

which is

*• utter bliss and
• forever greater expansion.*

*[If you can let go in a trusting way]
Then the energy centers
will*

- function in harmony and*

will

- dispose of the waste energy
that is now held within your system.*

*There can be
no more toxic psychic poisoning
than
undisposed
waste material
of energy
that should leave the system.*

*You know this principle
holds true about everything else –*

- food,*
- water,*
- air.*

*It also applies to
the metabolism of*

- energy and*
- mind material.*

*All that functions as it should
must be
constantly renewed,*

- disposing of waste material*

and

- gathering new material.*

37

*Try to digest
some of what I have said here.*

- Study these words,*
- make use of them,*
- make them your own.*

*Let it be an incentive
that life can be
so very different from what it is.*

*What you experience
now
at its best
is only a
small token of
what still lies in store for you.*

*The difficulties
you experience
are*

- a kind of disease, as it were,*
- and*
- unnecessary;*
- something that
can certainly be eliminated,
if you learn to
understand
its meaning.*

*And that [i.e., And learning to understand the meaning
of the difficulties you experience]
is, of course,
the most important thing.*

*For
the majority of human beings
experience their difficulties
as if they came to them
by accident.*

Saying,

"This is life"

*prevents the consciousness
from seeing the difficulty
as a vital expression of
the self,
no matter how much
it seems to be inflicted upon the self
from the outside.*

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p><i>[No matter how much a difficulty in life seems to be inflicted from the OUTSIDE]</i> It is never so.</p> <p>And to the degree you can understand your life experience as an expression of that part of yourself you are not yet familiar with, you will truly overcome the obstruction to your happiness.</p> |
| 38 | <p>You all need help to do this [i.e., You ALL need a HELPER to do this level of work].</p> <p>The • victory, the • liberation, the • surge of • joy and • peace that come from this realization [i.e., The victory, liberation, and surge of joy and peace that come from this REALIZATION that 1) no matter how much a difficulty in life seems to be inflicted from the outside, this is never so; rather 2) your life experience is an expression of that part of yourself with which you are not yet familiar]</p> <p>are incomparable.</p> |

*No good
that comes to you
from the outside,
because
others happen to act according to your will,
could ever be as*

- peace-giving and*
- joy-bringing*

as the

*full understanding of
your difficulties.*

That is indeed the

- transcendence and*
- evolution*

of your personal being.

Then

- the joy*

will expand forevermore,

and

- life*

*will become
more
and more
as it*

- is meant to be,*

as it

- already is,*

*in the dimension
from which
you are still separated in your consciousness.*

| | |
|----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 39 | <p><i>Be blessed, all my dear ones here.</i></p> <p><i>The love of the universe,</i></p> <p><i>the love that is here,</i></p> <ul style="list-style-type: none">• <i>encompasses</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>envelops</i> <p><i>all of you, wherever you may be.</i></p> |
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