

# Pathwork Lecture 173: Basic Attitudes and Practices to Open the Centers – the Right Attitude Toward Frustration

1996 Edition, Original Given May 5, 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

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03	<p><b><i>Greetings, my friends.</i></b></p> <p><b><i>May my words</i></b></p> <ul style="list-style-type: none"> <li><b><i>• reach your deepest understanding</i></b></li> </ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"> <li><b><i>• become a blessing for your road in this life.</i></b></li> </ul> <p><b><i>This lecture continues the preceding one [See Lecture 172: The Life Energy Centers given March 28, 1969], in which I started to talk about the significance of the life energy centers.</i></b></p> <p><b><i>These centers are physically invisible but nevertheless distinct areas in the human life-system.</i></b></p>

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*The opening of the centers [i.e., The opening of the life energy centers]  
creates a  
full capacity  
for*

- *living and*
- *feeling.*

*Their closed state  
is responsible for*

- *unhappiness,*
- *negativity*

*and*

- *lack of feelings.*

*How closed  
the centers are  
determines exactly  
the degree of  
living  
in*

- *unreality*

*and therefore [living in]  
in a*

- *state of*
  - *strife and*
  - *numbness.*

- *Joyful,*
- *fruitful,*
- *meaningful*

*living*

*implies a commensurate degree of  
openness of the centers.*

04

*Many spiritual philosophies*

- *discuss these centers and*
- *give practices*  
*that foster*
  - *awareness of them and*
  - *help to open them.*

*Usually these practices [i.e., Usually these practices intended to foster awareness of these energy centers and help to open them that are given by many spiritual philosophies]*

*are more or less*

- *mechanical,*

*such as*

- *concentration and*

- *breathing exercises.*

*As I have indicated before,  
if you put more emphasis  
on such exercises  
than on*

*your underlying attitudes –*

*your*

*current*

*attitudes,*

*not those that would exist*

*in a perfect person –*

*these exercises [i.e., these exercises intended to foster awareness of the energy centers and help to open them that are given by many spiritual philosophies]*

- *at best*

*bring few results,*

*and those are only*

*momentary.*

- *At worst,*

*they [i.e., At worst, these exercises]*

*can be harmful*

*in effecting an opening*

*in an individual*

*who is*

*not in harmony with*

*spiritual reality.*

*If you are  
not*

- *strong and*
- *independent –  
self-responsible  
in the deepest sense –  
the power of the energy [i.e., the power of the energy  
opened up from such practices]*

*flowing into the system  
is too much to bear.*

*This is why  
our main emphasis  
is always on  
the general*

- *development and*
- *growth,  
for in that way  
you cannot go wrong.*

*Our predominant approach  
in the pathwork  
must be to*

- *confront  
the true state  
of your*
- *feelings and*
- *concepts,*

*then to*

- *eliminate  
the  
false ideas,  
which create*
- *fear and*
- *other negative emotions*

*as well as the*

- *fear of feelings themselves.*

***This [i.e., This pathwork approach of CONFRONTING the TRUE STATE of your FEELINGS and CONCEPTS and then to ELIMINATE the FALSE IDEAS, which create FEAR and other negative emotions as well as create FEAR OF THE FEELINGS themselves]***

***is the  
absolutely fundamental approach,  
but once you***

- have practiced a certain degree of self-confrontation without clinging to the old patterns of***
  - self-delusion and***
  - illusion,***

***and therefore***

- have attained a certain degree of***
  - liberation and***
  - self-realization,***

***additional methods [i.e., additional methods, exercises, and practices] may be used.***

05

***In the last lecture [See Lecture 172: The Life Energy Centers given March 28, 1969]***

***I spoke about two aspects [i.e., two aspects of the ENERGY CENTERS]:***

- [1.] what determines the functioning of the centers of energy generally,***
- and***
- [2.] the specific functioning of each center.***

***In tonight's lecture,  
we shall discuss  
the third aspect:  
the***

- practices and***
  - attitudes***
- that help to open the centers.***

***I want to emphasize once more, however,  
that it may not be possible quite yet  
for many of you to effect a real opening.***

***This should not discourage you.***

*When you are inwardly ready,*  
• *you will know [i.e., you will KNOW you are ready to approach the opening the energy centers],*  
*and*  
• *the opening will come naturally.*

*In the meantime, even the apparently unsuccessful attempt [i.e., even the apparently unsuccessful attempt to open the energy centers via these various practices and attitudes] will have an indirect*  
• *value and*  
• *benefit:*

• *It [i.e., This apparently unsuccessful attempt to open the energy centers via these various practices and attitudes]*

*will loosen up some hardened psychic substance;*

• *it may make contact with the greater wisdom in you more accessible;*

• *it may facilitate your capacity to*  
• *concentrate and*  
• *meditate;*

*and*  
• *it will increase your general awareness of*  
• *yourself and*  
• *others.*

*All of this is a precondition for effecting a*  
• *more profound loosening up*  
*and a*  
• *new awareness.*

06

*So, even if you cannot  
immediately*

- follow or*
- understand*

*my suggestions,  
it does not matter.*

*Many times  
the topics I have discussed  
were*

- fully comprehended*

*and*

- used*

*only much later.*

*But even the  
fleeting intellectual understanding  
may  
indirectly  
help to make  
the deeper perception  
more quickly accessible.*

*When you relate  
in a*

- natural,*
- spontaneous,*
- organic*

*way*  
*to the topics under discussion,  
it is because  
something in you  
has worked its way toward  
this state of mind.*

*Many things  
determine  
the natural organic process  
of this path.*

*After the first hurdles have been overcome,  
the path  
becomes a  
self-perpetuating  
reality,  
producing its own*

- needs*

*and*

- messages,*

*if you are attuned to it.*

*Thus, I cannot possibly foresee  
when  
you will be able to  
apply,*

- truly and*
- lovingly,*

*what I say here.*

*But you certainly  
can use some of it  
in your own way,  
which you will find  
by*

- trying and*
- through*
- meditation.*

*Some of my words  
you will certainly be able to  
assimilate,  
no matter  
where you find yourself at present  
on your individual path.*

07

*As you will see,  
the practices I suggest  
are never  
merely  
mechanical.*



*They [i.e., The practices I suggest]  
always have a  
direct relationship  
to your own*  
• *attitudes*  
*and*  
*to your*  
• *innermost concept*  
*of*  
• *yourself*  
*and*  
*of*  
• *life,*  
*and*  
*to the*  
• *feelings,*  
• *thinking processes*  
*and*  
• *actions*  
*that your*  
• *attitudes*  
*and*  
• *inner concepts*  
*generate.*

*Thus a*  
• *meaningful and*  
• *safe*  
*procedure*  
*will be established.*

08

*When the centers  
are open,  
the person is  
completely –*  
• *inwardly*  
*and*  
• *outwardly –*  
*in a*  
*relaxed state*  
*in which there is*  
*no cramp.*

*Let us examine what the words*

*"inwardly and outwardly"*

*mean.*

*These words*

*may easily be*

- *taken for granted and*
- *glossed over.*

*It is extremely important, my friends,*

*that you understand them precisely [i.e., understand "INWARDLY" and  
"OUTWARDLY" precisely].*

*I have mentioned in other contexts that*

*every*

- *function and*
- *organ*

*in the personality*

*exists in the*

- *physical body*

*as well as in the*

- *invisible body,*

*which is the model after which*

*the former [i.e., after which the physical body]  
is fashioned.*

*I will skip an elucidation of the fact*

*that*

*several such subtle bodies [i.e., several such "invisible" subtle bodies]  
exist.*

*For this discussion [i.e., For this discussion of the PHYSICAL body and  
the INVISIBLE body],*

*the terms*

*"inwardly and outwardly"*

*are sufficient.*

*There exists an*

- *inner*
- and an*
- *outer*

*consciousness,  
which is  
not*

*as crassly definable as the*

- *conscious*
- and the*
- *unconscious*
- mind.*

*There is an*

- *inner knowing*
- and there is an*

- *outer knowing –  
the former [i.e., the inner knowing]  
not necessarily being  
unconscious  
at all.*

*There is an*

- *inner faculty of sensing,*
- and there is an*
- *outer one [i.e., outer faculty of SENSING].*

*There is an*

- *inner reasoning process,*
- and there is an*
- *outer one [i.e., outer REASONING process].*

*Thus you have*

- *inner functioning*
- and*

- *outer functioning,  
which*

*can best be explained by the*

- *voluntary [i.e., voluntary or OUTER functioning]*
- and the*
- *involuntary [i.e., involuntary, or INNER functioning]*
- physical  
responses.*

*Much of your  
physical functioning  
occurs on a  
voluntary basis.*

*Your directly accessible brain  
can send forth commands  
that make  
other areas of your body  
respond.*

*You decide  
to*

- move your hand,*

*to*

- get up,*

*to*

- move your legs in this or that direction,*

*to*

- utter a sound with your vocal cords –*

*or*  
*not to*  
*do any of these things.*

*These functions [i.e., These OUTER or VOLUNTARY functions]  
are determined by your*

- outer direct will.*

*Then there is an  
inner functioning [i.e., there is an INNER or INVOLUNTARY functioning]  
that cannot  
be influenced  
directly  
by your will:*

- the heartbeat,*
- the bloodstream,*
- the digestive system.*

*But they,  
as well as  
all other  
inner functioning,  
can be influenced*

- indirectly.*

09

*In quite the same way [i.e., In quite the same way that there are outer and inner consciousness, knowing, sensing, reasoning, and functioning (outer or voluntary physical responses and inner or involuntary physical responses)]*

*there are states of*

- *outer*

*and*

- *inner*

*relaxation.*

*As you become  
more attuned to yourself –*

*your*

- *thinking*

*processes,*

*your*

- *emotional*

*responses,*

*and*

*your*

- *body*

*state –*

*you will be able to*

- *distinguish*

*and*

- *experience*

*quite distinctly*

*both layers [i.e., both the OUTER and the INNER layers]  
of reality.*

*Awareness  
always begins with the*

*outer layer,*

*of which*

*humans*

*are*

*not*

*naturally*

*aware.*

***In fact,***  
***you must pay attention to it [i.e., pay attention to AWARENESS]***  
***for a considerable time***  
***before you become capable of***  
***ascertaining***  
***in a***  

- ***clear-cut,***
- ***concise***

***way***  
***what you***  
***consciously***

- ***think,***
- ***feel, and***
- ***experience.***

***Usually***  
***all this [i.e., Usually all this thinking, feeling, and experiencing]***  
***is so***

- ***vague and***
- ***muddled,***

***so***

- ***habitually glossed over,***  
***that if you are asked***  
***what you***
  - ***think or***
  - ***feel******right now,***  
***you must usually confess***  
***that you do not know.***

***It is the same way with your***

- ***body state,***  
***unless you happen to find yourself in an***  
***unusually strong state of***  
***either***
  - ***pain******or***
  - ***pleasure.***

*Your states of  
tension  
have become such second nature  
that you are  
no longer aware  
that your  
outer musculature  
is  
tense  
in one area or another.*

*This is quite similar to the*  

- *mental*

*and*  

- *emotional*

*levels:*

*You have become  
so accustomed  
to*  

- *thinking in a  
certain way,*

*to*  

- *feeling  
specific emotions,*

*that you*  

- *cannot imagine anything else*

*and*  

- *are unable  
even to  
discern what you*

- *think or*
- *feel.*

*A good part of  
any self-development therefore  
always consists of  
increasing your  
sense of self –  
what you*  

- *think,*
- *feel, and*
- *experience*

*on all levels.*

10	<p><i>After you have attained awareness of the</i></p> <ul style="list-style-type: none"><li>• <i>outer</i><ul style="list-style-type: none"><li>• <i>thinking,</i></li><li>• <i>feeling, and</i></li><li>• <i>physical states,</i></li></ul></li></ul> <p><i>the</i></p> <ul style="list-style-type: none"><li>• <i>inner awareness begins to grow.</i></li></ul> <p><i>Your faculties have now been trained in a new direction of</i></p> <ul style="list-style-type: none"><li>• <i>attentiveness,</i></li></ul> <p><i>of</i></p> <ul style="list-style-type: none"><li>• <i>"listening in," as it were.</i></li></ul> <p><i>So it [i.e., So growing your awareness] is no longer quite so difficult.</i></p>
11	<p><i>When you start with muscle tension in the outer body, it is necessary first to</i></p> <ul style="list-style-type: none"><li>• <i>feel,</i></li><li>• <i>be aware of, the tension,</i></li></ul> <p><i>in order to subsequently relax it voluntarily.</i></p>



*This [i.e., This FEELING or BEING AWARE OF states of PHYSICAL muscle tension  
in the outer body in order to subsequently relax it VOLUNTARILY]*

*parallels*

- *mental and*
- *emotional*

*functioning:*

*There, too,*

*it is necessary*

*first*

*to know*

*that you*

- *feel and*
- *think*

*a certain thing*

*in order to*

*change it,*

*if the*

- *thought is*  
*untrue*

*and the*

- *feeling*  
*destructive.*

*To the degree*

*you*

- *have attained*  
*outer*

*awareness*

*and*

- *are therefore*  
*in a position to*

*change*

*certain*

- *reactions and*  
*functioning,*

*the*

*inner*

*areas of functioning*

*become*

*automatically*

*more accessible.*

12

*For the purpose of  
opening the centers  
a relaxed state  
is necessary  
on  
all  
levels.*

*Relaxation  
does  
not mean*

- *inactivity,*
- *paralysis,*
- *being slumped in  
unmoving unaliveness.*

*Quite the contrary:*

*only in a*

- *relaxed state  
can*
- *live energy  
surge through the system.*

*It is therefore  
one of the more important aspects of practice  
to observe  
your state of  
tension  
on all levels.*

*Once  
outer  
relaxation  
has become  
your usual state,*

*your awareness of*

- *inner knots*

*and*

- *tight cramps*

*will follow  
quite naturally.*

*You will  
suddenly  
detect  
what you have  
never felt before:  
that although your  
• outer body  
feels  
• well,  
• coordinated,  
• without  
• pains or  
• tensions,  
there are  
• inner "lumps."*

*They [i.e., These inner "lumps"]  
are  
not painful,  
but you  
feel  
that they exist.*

*You will  
know  
that they have  
always  
been there,  
only you have  
not noticed them.*

13

*Concentration exercises  
to observe  
your state of  
tension  
in order to relax it  
are therefore extremely useful.*

*Once your  
outer body  
has attained the relaxation,  
feeling*  
• *healthy and*  
• *vital,*  
*and you therefore  
gain awareness of  
inner  
body blocks,*  
*you will  
know  
how it would be  
if these blocks [i.e., you will know how it would be  
if these INNER body blocks]*  
*were dissolved.*

*You  
cannot  
directly  
will them [i.e., cannot DIRECTLY WILL these INNER body blocks]  
to dissolve,*

*for you are now dealing with the*

*involuntary  
inner functioning,*

*which can no more be  
directly  
controlled on  
the physical level  
than you can  
will  
yourself*

*to feel  
differently*

*in this instant.*

*You  
can  
announce to yourself  
that you would  
like  
to feel different,  
because  
your  
present  
feelings  
• are based on  
false ideas  
and  
• are destructive for you  
and  
• feel unpleasant.*

*You  
can  
search for more understanding  
so that you can  
indirectly  
influence  
these destructive feelings,  
until  
one day you  
suddenly  
react in a  
new way  
when you least expect it,  
quite spontaneously.*

*It is  
the same way  
with the  
inner body blocks.*

14

*Perhaps the best way to express  
how you  
first experience  
the inner body blocks  
is to say that it  
feels as if  
there were*

- static,*
- congested*

*areas in your body.*

*This awareness [i.e., this awareness of inner body blocks]  
is always of  
the greatest importance.*

*Once the blocks [i.e., Once the inner body blocks]  
give way,  
you will  
feel*

- a pleasurable energy and*
- delight*

*flowing  
through your entire being.*

*You will first*

- sense*

*and*

- know*

*that this state [i.e., that this state where you feel a pleasurable energy  
and delight flowing through your entire being]  
exists  
underneath  
the tense areas,  
even before  
you actually  
experience it [i.e., BEFORE you EXPERIENCE this  
state of feeling a pleasurable energy and  
delight flowing through your entire being].*

*Your  
inner knowing  
will tell you this [i.e., will tell you this pleasurable state EXISTS].*

15

**Knowing**  
**of the two states –**  
    • **the temporary blockage you find in yourself now**  
**and**  
    • **the flowing energy that is potentially yours –**  
**brings you considerably nearer**  
**your own**  
**potential for**  
    • **being and**  
    • **experiencing.**

**Once again,**  
**the same holds true [i.e., what holds true on the physical level also holds true]**  
**on the**  
    • **mental**  
**and**  
    • **emotional levels.**

**When you**  
    • **become very quiet**  
**and**  
    • **listen into yourself,**  
**you will find an**  
    • **emotional**  
        • **tension and**  
        • **cramp;**  
**you will see how your**  
    • **mind**  
**is**  
    **either**  
        • **overagitated**  
**or**  
        • **sluggish –**  
            **additional manifestations of**  
            **underlying tension**  
            **that has become**  
            **too unpleasant to bear.**

**Only**  
**after**  
    **you are aware of**  
        **the tension**  
            **is it possible to deal with it**  
            **in a constructive way –**  
                                    **not**  
                                    **before.**

16

*Quiet self-observation  
helps you to accomplish this.*

*Such quiet focusing  
will make you  
aware of  
your abnormal state.*

*Let us be clear, by the way,  
that the overwhelming majority of people  
live in an*

*abnormal state:*

*their state is  
not  
a realization of  
the human being's  
natural potential.*

*You will also  
become aware of the*

- natural,*
- normal*

*state*

*that also exists in you  
"behind"  
the unnatural state.*

*The*

- open,*
- free and*
- natural*

*state*

*that does justice to*

- you and*
- your capacity to experience life*

*is*

*not something  
you must  
laboriously attain  
because  
you are  
not now in possession of it.*



*It [i.e., Rather than having to work for something you do not yet have, this open, free, and natural state that does justice to you and your capacity to experience life] already exists,  
only  
you can  
feel it  
no more than you could  
at first  
feel the*

- *cramps and*
- *tensions.*

17

*This  
very distinct focusing on  
yourself  
is not in the least*

- *selfish or*
- *self-centered.*

*In fact, it [i.e., In fact, this very distinct focusing on yourself]*

- *increases your*
- *perception and*
- *understanding*
- *of others*

*and*

- *gives you a*
- *greater capacity*
- *to relate to others.*

*For your relatedness with*

- *others*
- *can exist*
- *only in exact proportion to*
- *your relatedness with*
- *yourself,*
- *which includes the*
- *awareness and*
- *understanding*
- *of your own*
- *reactions and*
- *states*
- *on all levels of your being.*

18

*You have  
begun to  
experience  
the presence of a  
greater*

- *reality and*
- *intelligence*

*within you,*

- *as a result of your*
  - *development and*
  - *growth and*
- *after having*  
*deliberately*  
*set out to activate it [i.e., to activate this*  
*greater reality and intelligence within you].*

*This contact [i.e., This CONTACT with  
this greater reality and intelligence within you].*  
*becomes*  
*forever*  
*more real.*

*Its guidance [i.e., The GUIDANCE of this greater reality and intelligence within you]*  
*is the*

- *most reliable and*
- *wisest*

*imaginable.*

*Its voice [i.e., The VOICE of this greater reality and intelligence within you]*  
*becomes*  
*forever more*

- *distinct and*
- *discernible.*

*A few of you  
have begun to  
experience  
this contact,  
at least occasionally.*

*You have learned  
certain approaches in meditation  
that facilitate this contact.*

*The difficulty  
is not  
that the  
greater intelligence  
is not always imminently available.*

*The difficulty  
is  
that you  
• forget to use it,  
or  
• resist doing so.*

*But however that may be,  
those of you  
who know it [i.e., who know this greater reality and intelligence within you]  
as  
more than a  
theory*

*have perhaps  
come to think of it  
as being somewhere in the region of  
your solar plexus.*

*This is so,  
because, as outlined last time,  
the center in the solar plexus region  
is the  
channel of communication  
with  
the inner wisdom  
of cosmic truth.*

*But this does  
not  
mean  
that  
cosmic truth  
is located in  
the solar plexus.*

19

***Your inner wisdom  
provides  
down-to-earth answers  
when you contact it.***

***It [i.e., Your inner wisdom, this greater reality and intelligence within you]  
gives***

- ***workable,***
- ***realistic***
  - ***solutions and***
  - ***inspirations***

***that***

***neither***

- ***deny your basic dignity as a human being,***

***nor***

- ***sentimentally coddle you***

***and***

- ***let you get away with  
the specialness***

***that your***

***immature***

***desires***

***want to arrogate to yourself.***

***Such answers [i.e., Seeking such answers that sentimentally coddle you and let you  
get away with the specialness that your immature desires want to arrogate  
to yourself, such answers that will NEVER come from your inner wisdom]  
are the reason why you  
resist***

***contacting your inner wisdom.***

***For***

***this divine wisdom***

***makes you***

***completely self-responsible,***

***which you erroneously consider***

***a disadvantage,***

***overlooking the fact***

***that only in self-responsibility***

***can you truly***

- ***live and***

- ***move and***

- ***vibrate in***

- ***joy and***

- ***delight.***

**Only then** [i.e., Only then, when you are completely self-responsible,]  
**will you be**  
**secure,**  
**for your**  
**dependency on**  
**others**  
**is what creates**  
**so much fear in you.**

**It is this fear** [i.e., It is this fear brought on by thinking you are dependent on others]  
**that creates**  
**the tensions.**

**It is this fear**  
**that,**  
**based on utterly wrong assumptions,**  
**induces you**  
**to forgo contact with**  
**divine wisdom** [i.e., forgo contact with divine wisdom within you],  
**claiming that you**  

- **cannot** [i.e., claiming that you **CAN NOT**  
contact this divine wisdom within you],

**rather than admitting that you**  

- **will not** [i.e., rather than admitting the **TRUTH** that you  
**WILL NOT** contact this divine wisdom within, and]  
**utilize it.**

**This hurdle** [i.e., This hurdle of refusing to contact the divine wisdom within you]  
**must be overcome**  
**under all circumstances**  
**if you want at all to**  

- **open up your life centers**

**and**  

- **let the living force**  
**surge through your entire being.**

20

**This question** [i.e., This question as to whether you choose to contact or instead  
refuse to contact the divine wisdom within you in order to open up your life  
energy centers and let the living force surge through your entire being]  
**must be confronted**  
**again**  
**and again.**

*Every  
disturbance  
offers the best opportunity,  
for if you*

- value*
- the truth  
of the moment,*
- the truth  
of the problem,  
more than anything else,*

*and*

- state this,  
letting go of  
all other considerations,*
- the truth  
will make itself known to you,*

*and*

- you will  
know  
that you are indeed  
both*
- human in your  
present fallibility*

*and*

- divine in your  
underlying potential.*

*To understand  
the layers of consciousness  
of which you are an expression,  
it is necessary  
to conceive of the*

- inner*

*and*

- outer  
"brains"*

*as one and the same  
organ.*

*It is only that the*  
• *outer brain*  
*has*  
• *forgotten its true nature*  
*and*  
*has*  
• *lost the contact with the*  
• *inner [i.e., lost contact with the “inner” brain,*  
*the divine wisdom within].*

*Your*  
• *conscious*  
• *willing*  
*intelligence*  
*must reestablish*  
*this connectedness [i.e., this connectedness with the inner brain],*  
*without which*  
*there can be*  
*no*  
• *fruitful,*  
• *joyful*  
*living.*

21

*Now,*  
*where*  
*is the*  
• *inner,*  
• *universal*  
*consciousness?*

*The more primitive*  
*a person is,*  
*the more alienated*  
*he or she feels from it.*

*Thus, in primitive religion,*  
*humans believe*  
*the universal consciousness*  
*resides outside*  
*as a*  
*distinct personality,*  
*far away*  
*"in heaven."*

*A much more  
advanced state  
is the realization that  
God is  
within.*

*Yet in this concept  
the universal consciousness [i.e., the universal consciousness, the God within]  
is still*

- personalized*
- and*
- localized.*

*It [i.e., This “personalized,” “localized” God within]  
is now supposed to reside  
in a special area  
within  
the solar plexus.*

*This view  
is no more true  
than  
the notion that your*

- ignorant,*
- destructive  
unconscious  
resides in a special area  
within you,  
even though  
it may often seem as though  
the “messages” [i.e., it may SEEM as though  
the “messages” from the ignorant,  
destructive unconscious]  
come out through  
this center in the solar plexus –  
which is, perhaps,  
no more than a  
mouth  
that conveys.*

*You would not say that  
the mouth that speaks the words  
is the person, would you?*

*Well, it is the same here [i.e., The energy center in the solar plexus is merely the  
“mouth” that conveys these messages from the ignorant, destructive  
unconscious, this center is NOT this ignorant, destructive unconscious itself].*



*So, consciousness –*  
    • *separated and*  
    • *individual*  
*as well as*  
    • *cosmic and*  
    • *universal –*  
*resides*  
    *neither in the*  
    • *brain*  
*nor in the*  
    • *solar plexus.*

*Where does it [i.e., Where does consciousness]  
reside, then?*

*It is quite important  
for you to  
glimpse  
the answer,  
which is all you can do  
at first.*

22

*Consciousness  
resides*  
    *in every*  
    • *cell,*  
*in every*  
    • *molecule,*  
*in every*  
    • *atom,*  
*in every*  
    • *tiny fraction of living matter.*

*Every one of these  
infinitesimal units of consciousness  
functions with  
exactly the  
same immutable lawfulness  
as the  
human personality  
does.*

	<p><i>The relationship of</i></p> <ul style="list-style-type: none"><li>• <i>every cell-consciousness</i></li></ul> <p><i>to the</i></p> <ul style="list-style-type: none"><li>• <i>human being [i.e., to the human-being-consciousness]</i></li></ul> <p><i>is the same as the</i></p> <ul style="list-style-type: none"><li>• <i>human being's relationship</i></li></ul> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>humanity.</i></li></ul>
23	<p><i>To the degree that</i></p> <p><i>the personality</i></p> <p><i>is in a state</i></p> <p><i>of what we call</i></p> <ul style="list-style-type: none"><li>• <i>self-realization,</i></li></ul> <p><i>or of</i></p> <ul style="list-style-type: none"><li>• <i>universal truth,</i></li></ul> <p><i>the individual particles of consciousness</i></p> <ul style="list-style-type: none"><li>• <i>accept</i></li><li>• <i>truth</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>abandon</i></li><li>• <i>misconceptions and</i></li><li>• <i>error.</i></li></ul> <p><i>Every</i></p> <p><i>sick part of your body</i></p> <p><i>is a</i></p> <p><i>misconception.</i></p> <p><i>The body itself,</i></p> <p><i>which consists of</i></p> <p><i>"dieable" matter,</i></p> <p><i>is a result of</i></p> <p><i>long-term errors of</i></p> <p><i>perception.</i></p>

*Conversely,  
to the extent the  
whole organism  
knows  
truth,  
the little units  
will eventually*

- adopt it [i.e., adopt truth]*

*and*

- will*
  - know their origin*

*and*

- connect with the*
  - universal wisdom*

*and*

- life*
  - that is inherent in*
    - every particle of existence,*
      - no matter how separated [i.e., no*
        - matter how separated from*
          - universal wisdom and life]*

*at the moment.*

*Hence,  
more  
and more,*

- life*
  - must replace*
    - death,*
- health*
  - must replace*
    - sickness,*
- joy*
  - must replace*
    - suffering,*
- security*
  - must replace*
    - fear.*

	<p><i>The ultimate truth of divine</i></p> <ul style="list-style-type: none"><li>• <i>law and</i></li><li>• <i>wisdom</i></li></ul> <p><i>always exists</i></p> <ul style="list-style-type: none"><li>• <i>"underneath"</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>"behind"</i></li></ul> <p><i>the erring</i></p> <ul style="list-style-type: none"><li>• <i>individual,</i></li></ul> <p><i>the erring</i></p> <ul style="list-style-type: none"><li>• <i>cells and</i></li><li>• <i>molecules,</i></li></ul> <p><i>the erring</i></p> <ul style="list-style-type: none"><li>• <i>atoms,</i></li></ul> <p><i>and</i></p> <p><i>every [erring]</i></p> <ul style="list-style-type: none"><li>• <i>particle of</i></li></ul> <p><i>mind-matter.</i></p>
24	<p><i>As you can perceive in your growing self-awareness,</i></p> <p><i>your inner blocks of</i></p> <ul style="list-style-type: none"><li>• <i>tension and</i></li><li>• <i>cramp</i></li></ul> <p><i>only cover</i></p> <p><i>another state</i></p> <p><i>in which you are</i></p> <ul style="list-style-type: none"><li>• <i>free</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>flowing</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>joyful;</i></li></ul> <p><i>you begin to see that behind</i></p> <p><i>every sick particle of yours exists its</i></p> <p><i>healthy original state.</i></p>

***Sickness***

***is a product of the  
error of your***  

- cells,***
- atoms, or***
- other smallest particles.***

***But these errors***

***do not happen***  

- arbitrarily or***
- independently of  
your whole personality.***

***Your***

- wrong ideas,***
- false fears,***

***and***  

- unnecessary defenses***

***create  
the***  

- tension***

***and  
the***  

- error  
in the  
smaller life matter.***

***Again,***

***every state of emotional strife  
consists of***  

- subtle,***
- invisible***

***life matter  
being in error.***

***This error***

***was created by***  

- the individual***

***and***  
***must be eradicated by***  

- the individual.***

25

*To the degree  
that you are capable of  
the kind of  
self-observation  
that  
recognizes  
both*

- the sick  
state*

*and*

- the healthy*

*and*

- joyful*

*one  
that  
already exists  
underneath,*

*you move  
from*

- one sphere of*
  - consciousness and*
  - existence*

*into*

- another.*

*The pathwork  
must bring you to this.*

*Much of what we have done in the past  
concerned*

*paying attention to  
all the errors  
that create*

- negative feelings*

*and*

- destructive actions.*

*You know already  
from so much that you have worked out  
that  
every state of  
• fear  
creates  
• tension  
and  
is a result of  
• error.*

*Every state of  
• hostility  
is a result of  
• error  
and  
creates  
• other negative feelings,  
thus again  
• tension.*

*When you are  
• tense,  
for whatever reason,  
you must be in  
• error  
because  
you must be in  
• fear.*

*And every  
slightest tension  
closes  
the centers [i.e., closes the energy centers].*

26

*Every*  
• *exercise –*  
    *physical or otherwise –*  
*every*  
• *meditation,*  
*every*  
• *self-examination*  
*and*  
• *self-confrontation,*  
    *should*  
    *always*  
    *aim to eliminate*  
    • *false concepts*  
    *and*  
    • *illusion,*  
  
    *and the [i.e., and thereby eliminate the]*  
    • *unworkable*  
    • *pseudo-solutions*  
    *and*  
    • *behavior patterns*  
    *they [i.e., eliminate the unworkable pseudo-solutions and*  
    *behavior patterns that the false concepts and illusion]*  
    *generate.*

*Ever since we started together on this path,*  
*I have asked you again*  
*and again:*

*What are the misconceptions*  
*that make you*  
• *close up against life,*  
*that make you*  
• *adopt*  
    • *unproductive*  
    *and often even*  
    • *destructive*  
    *attitudes?*

*Tension*  
*must always be related to*  
*error.*



*In all your*

- *approaches and*
  - *practices,*  
*whatever they are,*
    - *observe*  
*this erroneous state [i.e., this erroneous state of tension]*
- and*
- *keep it in mind.*

*Look at yourself*

*from this point of view [i.e., the point of view of where is there TENSION].*

*Wherever you*

*feel a*

*congestion –*

*be it*

- *a painful state*

*in your*

- *emotions or*

- *body,*

*or merely*

- *a neutral state*

*in which you*

*know*

*that something hardened in you*

*prevents you from*

*living fully –*

*set out to find*

*the underlying error.*

*The error*

*may have gone into your*

*physical functioning,*

*so that it tenses up*

*as a conditioned reflex.*

*The error may now sit*

*in the tiniest particles of consciousness,*

*but this is always a result of an*

*overall idea*

*that can be*

- *traced and*

- *unearthed*

*by you.*

	<p><i>You may simply try to connect the</i></p> <ul style="list-style-type: none"><li><i>• physical responses to your</i></li><li><i>• inner erroneous state.</i></li></ul> <p><i>This effort will prove</i></p> <ul style="list-style-type: none"><li><i>• extremely enlightening and</i></li><li><i>• liberating.</i></li></ul> <p><i>It is one necessary condition for opening up the</i></p> <ul style="list-style-type: none"><li><i>• life and</i></li><li><i>• energy centers.</i></li></ul>
27	<p><i>Fear of frustration is an important example of error creating</i></p> <ul style="list-style-type: none"><li><i>• tension and</i></li><li><i>• negative emotions.</i></li></ul> <p><i>What human being is not, to begin with, afraid of frustration?</i></p> <p><i>This fear [i.e., This fear of frustration] must be overcome, for it is an error in itself.</i></p>

*The state of frustration  
always implies something  
that makes you  
want to fight unnecessarily  
against  
the frustration.*

*This [i.e., this unnecessary fight against the frustration]  
forces you  
to remain in a state of mind that says,*

*"I must not have this  
in order to avoid  
that,"*

*or*

*"I must have that  
in order to avoid  
this bad thing."*

*These  
musts  
are  
fear-tension currents.*

*To the degree that you are  
fixated on  
this either/or duality,  
you are in*

- error and*
- tension.*

*Since life  
cannot flow into you  
in this state,  
you must  
rid yourself of  
the error.*

*That is,  
you must first  
crystallize it [i.e., crystallize this error]  
out of your  
vague*

- thinking and*
- feeling*

*processes.*

28

*Frustration*

*is not*

- *dangerous or*
- *disastrous.*

• *Heed*  
*and*

- *recognize*  
*this, my friends.*

*Observe your*

*reactions to*  
*frustration.*

*How do you react to*

*anything*  
*undesirable*  
*that comes your way?*

*Many people*

*gravitate toward*

- *metaphysical and*
- *spiritual*  
*teachings*

*for precisely the wrong reasons.*

*That is,*

*they hear that*  
*true self-fulfillment*  
*means*  
*the end of frustration.*

*Now, although this is true,*

*you cannot ever*  
*end your frustration*  
*by*

- *fearing it*
- and thus*
- *cramping up against it.*

*You have to learn first to  
accept it [i.e., learn first to accept your frustration]  
without*

- *exaggerating its impact on you,*

*without*

- *feeling threatened by it.*

*As long as you want to  
attain the  
ultimate unitive state  
because you want to  
skip  
the stages that lead there,  
you have  
not understood  
the basic principle of*

- *unity*

*versus*

- *duality.*

*You can  
transcend duality  
only when  
neither  
of two alternatives [i.e., neither of the two either/or alternatives]  
unduly intensifies your functioning.*

*Frustration  
will cease to exist  
exactly to the extent  
that it [i.e., that frustration]  
no longer upsets you.*

*You will find a*

- *new realm of reality*

*in which you are fulfilled  
only when you  
accept in a*

- *realistic and*
- *constructive*

*way that frustration  
is an integral part of*

- *the present realm of reality.*

*The childish desire for*  
• *omnipotence*  
*which*  
*bans frustration*

*cannot*  
*actualize*  
*the human being's*  
*divine powers*  
*where*  
• *true omnipotence*  
*ultimately lies.*

*True omnipotence*  
*comes*  
*not from*  
• *need,*  
• *desperation,*  
• *greed,*  
• *pride and*  
• *self-will,*  
*but from*  
*having*  
• *met*  
*and*  
• *successfully overcome*  
*the illusions*  
*behind them* [i.e., overcome the ILLUSIONS BEHIND need, desperation, greed, pride, and self-will].

29

*We can roughly indicate*  
*an individual's development*  
*from the point of view of*  
*his or her attitude toward*  
*frustration*  
*by observing*  
*the following stages* [i.e., the following three stages]:

30	<p><b>1) The most</b> • <i>childish</i> <b>and therefore</b> • <i>troubled</i> <b>state is one in which</b> <b>frustration appears to be</b> • <i>disaster.</i></p> <p><b>Hence [i.e., Hence, in this Stage 1, frustration leads to]</b> • <i>fear and</i> • <i>tension;</i></p> <p><b>hence</b> • <i>closed life centers;</i></p> <p><b>hence</b> • <i>unhappiness and</i> • <i>unproductivity</i> <b>in every respect.</b></p>
31	<p><b>2) The state of</b> • <i>emotional maturity</i> <b>that accepts</b> <b>not having what one wants</b></p> <p><b>while using one's best faculties</b> <b>to eventually</b> • <i>overcome</i> <b>or</b> • <i>diminish</i> <b>the frustration.</b></p> <p><b>The mature person</b> <b>accepts</b> <b>this level of reality for what it is,</b> <b>knowing that</b> • <i>limitations</i> <b>are</b> <b>present reality</b> <b>and that therefore</b> • <i>frustration</i> <b>must also exist.</b></p>

	<p><i>This attitude [i.e., This ATTITUDE that LIMITATIONS are a current reality and therefore FRUSTRATIONS must also exist]</i></p> <p><i>holds true for</i></p> <ul style="list-style-type: none"><li>• <i>the self</i></li></ul> <p><i>and is also applied to</i></p> <ul style="list-style-type: none"><li>• <i>others.</i></li></ul>
32	<p><i>3) Once a person with this mature attitude has learned to</i></p> <ul style="list-style-type: none"><li>• <i>encounter and</i></li><li>• <i>deal with</i></li></ul> <p><i>frustration,</i></p> <p><i>she or he can reach the ultimate state where</i></p> <p><i>every</i></p> <ul style="list-style-type: none"><li>• <i>alternative or</i></li><li>• <i>possibility</i></li></ul> <p><i>in life</i></p> <p><i>contains an equal amount of potential for</i></p> <ul style="list-style-type: none"><li>• <i>unfoldment,</i></li></ul> <p><i>therefore [i.e., therefore EVERY possibility in life also contains an equal amount of potential for]</i></p> <ul style="list-style-type: none"><li>• <i>pleasure.</i></li></ul> <p><i>It [i.e., Life] does not have to be merely this one way.</i></p>



• *Serenity*  
and  
• *joy,*  
*which come as a result of*  
*the constantly open centers,*  
  
*through which*  
*the energy of the universe*  
*flows freely,*  
  
*have the*  
*power*  
*to*  
• *create and*  
• *recreate*  
*circumstances,*  
  
*to*  
• *fashion*  
*them [i.e., to fashion circumstances].*

*This*  
*shaping of circumstances*  
*is not done*  
*by*  
• *magic,*  
*by*  
• *exerting*  
• *power and*  
• *control*  
*over others*  
*so that they [i.e., so that others]*  
*do one's will.*

*It [i.e., This shaping of circumstances]*  
*results from*  
*the person's*  
*enhanced*  
• *faculties and*  
• *resources,*  
*through which*  
*forever greater*  
*possibilities*  
*for happiness*  
*manifest.*

33

*Thus,  
a very important facet of  
self-observation  
is to  
focus on  
your real attitude  
toward  
any kind of frustration.*

*It [i.e., Observing your REAL attitude toward any kind of frustration]  
will give you a  
good gauge of  
your state of  
fear-tension.*

*If you can then  
verbalize  
the fear,  
you will have made an  
important inroad.*

*You will also see that  
by tensing up  
against frustration  
you cause  
much more  
frustration  
for yourself,  
  
for the very tension  
is a  
denial of  
life as it now comes to you.*

*Never,  
never  
could any condition  
outside you  
create  
anywhere near as much frustration  
as you inflict  
upon yourself  
by tensing up against it.*

*The flow of  
your  
• feelings,  
your  
• life force,  
is the  
ultimate source of  
all fulfillment,  
without which [i.e., without fulfillment]  
no  
outer  
occurrence  
can truly be meaningful.*

*Only when  
your life force  
flows freely  
can fulfillment  
with others  
also come  
in a truly deep way,  
without rendering you  
helplessly dependent on  
anyone else.*

*Thus [i.e., Thus, when your life force flows freely,]  
you avoid  
a great deal of  
• fear and  
• possible hostility.*

*When you  
turn off  
your life centers  
because of  
your defensive fear of frustration,  
you  
perpetually  
frustrate yourself.*

*A great deal of  
hopelessness  
is rooted in  
such self-frustration.*

34	<p><i>Now let me give you two specific meditation exercises for opening your centers.</i></p> <p><i>The first I described in a recent answer to a question, but I shall briefly repeat it.</i></p>
35	<p><i>Sit down in a</i><ul style="list-style-type: none"><li>• <i>very relaxed way,</i></li></ul><i>in the</i><ul style="list-style-type: none"><li>• <i>posture of this instrument.</i></li></ul><p><i>Do not slump down, yet sit without tension, completely contained within yourself, without stiffness.</i></p><p><i>The spine should be straight, not needing to lean against the backrest of the chair but held up by its own balance.</i></p><p><i>Close your eyes and feel every part of your outer body.</i></p><p><i>Relax it [i.e., Relax every part of your outer body] deliberately.</i></p></p>

*Then try and see what happens  
when you  
do not think.*

*Do not  
force yourself  
not to think,  
for this would only make you  
tense.*

*Rather attempt it [i.e., Rather, attempt NOT THINKING]  
in the spirit of*

*"I would like  
not to think,  
but I know that  
I am not capable of doing so  
without some  
involuntary  
thinking processes  
taking place  
almost all the time.*

*Therefore  
I shall  
calmly observe  
my thinking processes,  
to what extent they penetrate my mind  
without my being able to control them."*

*In that fashion,  
in*

- unpushing,*
- unresisting*

*observation,  
you will  
eventually  
succeed,  
for perhaps a fraction of a minute,  
in  
not  
thinking.*

*You will  
in that moment [i.e., in that fraction of a minute of NOT THINKING]  
be  
so  
• still,  
so  
• untense,  
yet  
so  
• poised  
and  
• "there"  
with your  
• attention and  
• awareness,  
that the  
agitated mind processes  
will be  
calmed down.*

*This state  
is not at all an  
unaware  
• rambling and  
• drowsing.*

*It [i.e., This state]  
is  
extremely  
• alert and  
• awake,  
a  
• sharp concentration  
without the least bit of  
tension.*

*You will then find yourself  
seeing  
the thinking process  
as it wants to  
rush in on you.*

*You will  
feel as if  
you were standing on the  
threshold of an  
apparent*

- *nothingness or*
- *void.*

*Do this  
in an  
unintense way.*

*Give it [i.e., Give this experience]  
a minute or two –  
perhaps*

- *before or*
- *after*  
*the meditation that you use for*
  - *self-discovery or*
  - *reorientation of your negativity.*

*Breathe calmly  
but distinctly  
through your abdomen.*

*Feel  
your lower stomach  
rhythmically lift*

- *up and*
- *down,*  
*in as*
  - *calm and*
  - *regular*  
*fashion as you can.*

*Every*  
• *inhalation*  
*and*  
• *exhalation*  
*should express a*  
*harmonious mind attitude*  
*of the*  
*most positive nature,*  
*until*  
*gradually*  
*the volitional mind*  
• *ceases to work*  
*and*  
• *merely observes the*  
*involuntary*  
*mind.*

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*This exercise*  
*will help you*  
*calm the*  
• *busy,*  
• *agitated*  
*mind.*

*Therefore*  
*the center at the*  
*solar plexus*  
*will open.*

*Through this exercise,*  
*a channel to this center [i.e., to this energy center at the solar plexus]*  
*will begin to*  
• *loosen up*  
*and finally*  
• *open.*

*Thus an*  
*inner connection*  
*to your*  
*higher wisdom*  
*will be established.*



*You will  
not  
get a*

- direct,*
- immediately noticeable*

*result,  
but by  
doing this practice  
as*

- unintensely and*
- calmly*

*as possible,  
  
you will  
suddenly  
find yourself poised  
on the brink of  
an apparent void.*

*This is the beginning of  
a new opening,  
which you will  
experience  
only*

- retroactively and*
- indirectly,*

*as though it happened  
quite independently of  
these practices.*

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*The other practice I suggest  
is very much related to the topic of this lecture –  
the observation of*

- outer*

*and*

- inner*

*body blocks.*

**Sit down**

*in the same way [i.e., in the same way as in the first exercise – sitting down in a very relaxed way in the posture of this instrument, without tension, spine straight, not needing to lean against the backrest of the chair but held up by the spine's own balance].*

*In this exercise you may also  
lie down flat.*

**Again**

- *relax and*
- *tune in to your body.*

*Let every part of the  
outer functioning  
deliberately  
relax.*

*Then you will find  
tense areas  
of which you have not been particularly aware before.*

*See to what extent  
you can*

- *deliberately  
loosen them*

*and*

- *where this [i.e., and see where deliberately loosening these tense areas]  
is  
not  
possible.*

*This will show you  
whether  
the area belongs to the*

- *outer*
- or*
- *inner  
system.*

**Once you can**

- **clearly distinguish the area** [i.e., distinguish the TENSE area]

**and**

- **feel**

- **the block,**

**or**

- **the lump,**

**or**

- **the congestion,**

**question**

**the meaning of it** [i.e., the MEANING of the block, lump, or congestion].

**Connect it** [i.e., Connect the block, lump, or congestion]

**to the**

- **mind**

**and the**

- **feelings**

**that create it.**

**What is the**

**fear**

**that creates this tension?**

**Ask yourself:**

**What is the**

**direct relationship**

**between**

- **the specific body tension**

**and**

- **fear?**

**Send**

**the thought**

**into these cells,**

**which have**

**their own consciousness.**

**"What is the**

- **misconception**

**behind the**

- **tension?"**

**Answers**

**will come to you.**

*You will probably  
first  
notice the  
outer blocks  
only.*

*But the more  
you progress,  
the greater  
the awareness of the  
inner reality  
becomes.*

*You will then use  
the same approach [i.e., the same approach you used on your OUTER blocks]  
on that level [i.e., on that INNER REALITY level] –  
only it will be easier then.*

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*By connecting  
more  
and more with  
your own system  
and becoming  
aware of  
states you have never paid attention to,  
you  
not only will*

- recognize*
- body tension,*

*but will*

- do the same*
- in the area of*
  - mind and*
  - feelings.*

*There, too [i.e., There, too, in the area of MIND and FEELINGS],*

*a*

- *fluid,*

- *loose*

*state*

*gives*

- *pleasure,*

- *aliveness,*

- *constantly flowing currents of*

- *pleasure and*

- *energy,*

*as opposed to the*

- *block*

*that*

- *hardens and*

- *prohibits*

*the flow.*

*The block*

*can be distinctly*

*felt*

*when you pay attention to it.*

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*The oneness of the*

- *feeling*

*with the*

- *mind*

*and the*

- *body*

*will become more*

- *closely knit*

*and*

- *firmly established.*

*The*  
• *mind*  
    *carries the*  
    • *misconception;*

*the*  
• *feeling*  
    *responds to it by [i.e., the feeling responds to the misconception by]*  
    • *negative,*  
    • *destructive*  
    *emotions;*

*and*

*the*  
• *body*  
    *expresses all this with*  
    • *contraction,*  
    • *tension,*  
    • *stiffness,*  
    • *rigidity –*  
        *which are also*  
        *behind the*  
        *flaccidity of*  
        *unhealthy forms*  
        *of*  
        *apparent relaxation.*

*Once you can bring*  
    *these three levels of functioning [i.e., levels of MIND, FEELING and BODY]*  
    *together*  
    *to where the*  
    *disturbance exists,*  
*you will come to the*  
    *next stage of*  
    *dissolving it.*

*I will help you*  
    *when the time comes.*

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*I leave you with*  
    *blessings*  
    *for every single one of you here.*

***Do not believe that this [i.e., Do NOT believe that this word, “blessings”]  
is an empty word.***

***It [i.e., The word, “blessings,”]  
carries a  
strength  
that can become an  
• incentive  
and a  
• door opener  
for you,  
should you so desire.***

***Be in  
peace,  
be  
what you are,  
loving yourself  
as you are,  
no matter  
how fallible at the moment.***

***For then  
you will truly be  
God.***

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