

Pathwork Lecture 158: The Ego's Cooperation with or Obstruction of the Real Self

1996 Edition, Original Given December 8, 1967

This lecture is given in an **expanded poetic format**, what I call a **Devotional Format** of the lecture, and in that sense, this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry – that is, **devotionally**.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. ***I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide's Presence and Love emerging from among the words such that the wisdom comes to LIVE you.***

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/>

Gary Vollbracht

¶	Content
03	<p><i>Greetings, my dearest friends.</i></p> <p><i>May</i></p> <ul style="list-style-type: none"> • <i>blessings and</i> • <i>strength,</i> • <i>understanding of truth, and</i> • <i>vital flow of</i> <ul style="list-style-type: none"> • <i>universal energy</i> <ul style="list-style-type: none"> • <i>fill and</i> • <i>sustain</i> <p style="padding-left: 40px;"><i>you</i></p> <p style="padding-left: 40px;"><i>as you</i></p> <ul style="list-style-type: none"> • <i>hear these words and</i> <p style="padding-left: 40px;"><i>as you</i></p> <ul style="list-style-type: none"> • <i>take them with you –</i> <p style="padding-left: 40px;"><i>perhaps more as an</i></p> <ul style="list-style-type: none"> • <i>inner effect</i> <p style="padding-left: 40px;"><i>on your psychic forces</i></p> <p style="padding-left: 40px;"><i>than as an</i></p> <ul style="list-style-type: none"> • <i>intellectual memory of the words.</i>

by Eva Broch Pierrakos

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04

*Many of my friends on this
intensive path of
self-realization
have come to a crossroads
where they see the
old inner landscape,
which is
fear:
fear of
• life,
fear of
• death,
fear of
• pleasure,
fear of
• giving up control,
fear of
• feelings –
fear of
• being, as such.*

*It takes considerable
self-confrontation,
as you all know,
to be aware of
these fears.*

*They [i.e., All these fears – fears of life, death, pleasure,
giving up control, feelings, and fear of being, as such]
are usually
covered up,
but they
exist
nevertheless.*

05

*Many of my friends
have come to the point
where, to their
• surprise and
• dismay,
they suddenly begin to see
how they fear all these aspects of life I just mentioned.*

*As awareness of
these fears
increases,*

one

- *gradually*

and

- *automatically*

also becomes aware of the

- *effects*

these

heretofore unconscious

- *fears*

have on one's life:

- *what they [i.e., what these fears]*

make one do

and

- *how they [i.e., and how these fears]*

make one

withdraw from living.

One then begins to understand

those vague feelings of

missing out on life

that one usually has

without quite knowing why,

and

one begins to realize

how much

one misses.

My friends,

you

do

miss out on

life itself.

You miss

the creative process

of living

by

fearing this process [i.e., by fearing this creative process of living].

06

I now wish to discuss

- *some aspects of these fears [i.e., some aspects of these fears of life, death, pleasure, giving up control, feelings, and fear of being, as such],*
- *their common denominator,*
which will indicate to you
how to correct
an unnecessary condition of
 - *fear,*
 - *frustration, and*
 - *pain.*

For even those of you

who have not as yet discovered
that these fears exist
will sooner or later
discover their existence,

especially when

you find yourself

- *dynamically growing*
- and*
- *moving on a path of*
 - *development and*
 - *self-realization.*

When you thus become aware of
how you were hiding from life
because of these fears,

my words –

- *retrospectively and*
- *retroactively –*

will become very helpful.

They [i.e., My words of this lecture tonight]
may create

a seed in your psyche now,
which will come to fruition
when

the whole of you
is ready to

- *see the problem [i.e., the problem of fear]*
- and*
- *resolve it.*

To cope with these fears

is truly the main problem of life.

07

The nature of all these fears [i.e., the nature of all these FEARS: fear of LIFE, fear of DEATH, fear of PLEASURE, fear of GIVING UP CONTROL, fear of FEELINGS, and fear of BEING, as such]

is a misunderstanding of

- *the function of the ego*
- and*
- *its relation to the real self.*

This relation [i.e., This relation between the EGO and the REAL SELF, the DIVINE SELF]

is

- *extremely subtle and*
- *difficult to put into words,*

for, as all truths of life,

it [i.e., this RELATION between the EGO and the REAL SELF]

is full of

*apparent
contradictions;*

at least as long as you find yourself

- *thinking*
- and*
- *living*
- in a dualistic way.*

The moment you transcend dualism,

two

- *opposite*
- and*
- *apparently mutually exclusive aspects*
- become*
- equally true.*

This [i.e., This fact, that the moment you transcend dualism TWO OPPOSITES and apparently mutually exclusive aspects become EQUALLY TRUE]

applies to

- *the ego*
- in relation to*
- *the real self.*

*It is
true
when one says
the ego's
• predominance,
its
• exaggerated strength,
is the greatest hindrance
to productive living.*

*And it is
equally true
when one says
a weak ego
is incapable of
establishing healthy living.*

*These [i.e., These two statements about the ego]
are not
• opposites or
• mutually exclusive facts,
my friends.*

08

*Before we go into greater detail,
let me, first of all,
stress that
humanity's unhappy condition
is due primarily to
ignorance about
the real self.*

*At best,
the more enlightened human beings
accept its existence [i.e., accept that the real self, the divine self, EXISTS]
as a philosophical precept,
but this [i.e., but this belief or acceptance of the real self's existence, but
believing or accepting this merely as a philosophical precept]
is completely different from
the experience –
the
• living,
• dynamic
experience –
of its existence [i.e., EXPERIENCE of the real self's existence].*

	<p><i>If people were educated with</i></p> <ul style="list-style-type: none">• <i>the idea and</i>• <i>the goal</i> <p><i>that they contain</i> <i>something deep within themselves</i> <i>that is</i> <i>infinitely superior to</i> <i>the ego self,</i></p> <ul style="list-style-type: none">• <i>they would be given</i> <i>the opportunity,</i> <i>by</i><ul style="list-style-type: none">• <i>experimentation and</i>• <i>exploration,</i><i>to seek communication with</i> <i>this nucleus [i.e., this nucleus that is superior to the ego].</i> <ul style="list-style-type: none">• <i>They would become able to</i> <i>reach</i> <i>their true inner being [i.e., become able to reach the real self].</i>
09	<p><i>Since this is not the case [i.e., Since people are NOT so educated with this idea],</i> <i>people become</i> <i>more</i> <i>and more limited</i> <i>in their</i><ul style="list-style-type: none">• <i>concepts and</i>• <i>goals.</i></p> <p><i>They ignore</i> <i>that there is anything else alive in them</i> <i>besides</i> <i>the ego.</i></p>

*Even those of you who have,
for years,
formed a
concept
of the*

- *real self,*

of the

- *creative substance*

*that enlivens
every human being,*

*forget
in ninety-five percent of
your daily lives*

that
this creative being [i.e., the real self]

- *lives and*
- *moves*

in you

and
you

- *live and*
- *move*

*in it [i.e., you live and move in
this creative being, in
the real self].*

*You forget
its existence [i.e., You forget the existence of the real self, this creative being].*

*You do not reach for
its wisdom.*

*You stake
all your reliance on
your*

- *limited*
- *outer*

ego self.

*You neglect
to open yourself
for the deeper self's [i.e., for the real self's]*

- *truth*

and

- *feelings.*

	<p><i>You go blithely ahead as though there really were nothing else but</i></p> <ul style="list-style-type: none">• <i>your conscious mind,</i>• <i>your ego self</i> <p><i>with its immediately accessible</i></p> <ul style="list-style-type: none">• <i>thinking processes</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>will force.</i> <p><i>With that attitude [i.e., With the attitude that there is nothing but the conscious ego] you shortchange yourself greatly.</i></p>
10	<p><i>Such forgetfulness [i.e., Such forgetfulness of the real self's truth and feelings] inevitably has various consequences.</i></p> <p><i>The first one is [i.e., The first consequence of forgetting the real self's truth and feelings is] the question of</i></p> <ul style="list-style-type: none">• <i>identification.</i> <p><i>When you identify yourself exclusively with</i></p> <ul style="list-style-type: none">• <i>the ego or</i>• <i>outer conscious self,</i> <p><i>when your sense of self is predominantly associated with</i></p> <ul style="list-style-type: none">• <i>the ego functions,</i> <ul style="list-style-type: none">• <i>you become completely imbalanced</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>your life becomes emptied of</i> <ul style="list-style-type: none">• <i>substance and</i>• <i>meaning.</i>

*Since the ego
cannot*

- *replace,*
- or in any way*
- *come near,*
- the resourcefulness of*
- the real self,*

it is inevitable that

*such people [i.e., such people who are identified exclusively with the ego] –
and they comprise the majority of human beings –
become*

- tremendously*
- *frightened and*
- *insecure.*

• *They must feel inadequate,*
and

- *their sense*
- of*
- *life,*
- of*
- *living,*
- of*
- *self*

*must become
very*

- *flat and*
- *unenjoyable.*

Substitute pleasures

*are then [i.e., When the ego is cut off from the resources of the real self
and your sense of life, living, and self is very flat and
unenjoyable, then substitute pleasures are] –*

often frantically –

*looked for,
which*

- *are hollow*
- and*
- *leave you*
- *exhausted and*
- *dissatisfied.*

*The ego
cannot add
• deep feelings
and a
• deep flavor
to living.*

*Nor can it [i.e., Nor can the ego, disconnected from the real self,]
produce
• profound and
• creative
wisdom.*

*The ego
can only
• memorize,
• learn,
• collect
other people's
creative knowledge,
• repeat, and
• copy.*

*It [i.e., The ego]
is equipped
to
• remember,
to
• sort out,
to
• select,
to
• make up the mind,
to
• move in a certain direction –
• outward
or
• inward.*

*These
are its [i.e., These are the ego's]
functions.*

*But it is
not
the ego's function
to
• feel,
to
• experience deeply and
to
• know deeply,
which is
to be creative.*

*When I say
creative,
I do
not merely mean
artistically
creative.*

*Every simple act of living
can be
creative,
provided you are
activated by
the real self.*

*Every act is
uncreative
when you are
cut off from
the real self,
no matter
how much effort
you put into it.*

*In fact,
the real self
is effortless.*

*Wherever it manifests [i.e., Wherever the real self manifests],
effort exists,
but it is
always
effortless effort.*

*This, too, may
appear
a contradiction.*

11

*Let us come back to
those fundamental human fears
I listed before [i.e., FEAR of LIFE, fear of DEATH, fear of PLEASURE,
fear of GIVING UP CONTROL, fear of FEELINGS,
and fear of BEING as such]*

*and consider them
in the light of this information.*

*As I said,
these fears
come into being
as a result of*

- cutting off from
the real self*

and

- remaining in
ignorance,*
- living with
false ideas.*

*Let us begin with
the fear of
death,
since it is this particular fear
that casts such a shadow into everyone's life.*

*If you predominantly
identify with your
ego,
your fear of death
is really quite justified,
for
the ego
dies indeed.*

*This may sound like a
frightening statement
for those who have not experienced yet
the*

- truth and*
- reality
of their inner being.*

*It [i.e., This statement, "the ego DIES,"]
is frightening
precisely for the reason I just mentioned,
namely
that a sense
of
• being,
of
• existing,
a sense
of
• self,
exists for so many
by identifying
only
with the ego.*

*This [i.e., Because ONLY the EGO dies,]
is why
no human being
who
• has activated his real self
and
• experiences it [i.e., EXPERIENCES his real self]
as a
daily
reality
is ever afraid of death.*

*[When one experiences one's real self as a daily reality]
One
• feels and
• knows
one's immortal nature,
one is
filled with
its eternal quality;
it [i.e., the real self, one's eternal quality,]
can only be a
continuum,
for this is its [i.e., for being an eternal continuum is the real self's]
inherent nature.*

	<p><i>This [i.e., This fact that the real self, one's immortal nature, can only be a continuum and cannot ever die] cannot be explained by the logic the ego is used to; such logic is much too limited to comprehend this.</i></p>
12	<p><i>A vicious circle comes into existence when the ego is given undue importance in one's sense of being alive.</i></p> <p><i>If one cannot conceive of any other reality of</i></p> <ul style="list-style-type: none"><i>• thinking,</i><i>• feeling, and</i><i>• being in oneself</i> <p><i>but the reality of the ego, one cannot, of course, experience</i></p> <ul style="list-style-type: none"><i>• the higher faculties</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the greater reality of the real self.</i> <p><i>Therefore, hearing that the ego-faculties, which one considers the only real ones, cease to exist must seem frightening.</i></p>

*But for those of you
who have
experienced
the stark reality of the real self,
this statement [i.e., this statement that the ego does indeed die]
can never be frightening.*

*You then know perfectly well
how*

- inferior,*
- fleeting, and*
- insufficient*

*the ego is
as compared to
the reality of
the inner eternal being,
which you will
experience
as eternal
whenever you encounter it.*

*Therefore,
fear of death
must exist
only when
one's sense of self
is exclusively attached to
the ego self.*

13

*I want to add here that an
intellectual
acceptance of
the real self
as a philosophical precept
will
not alleviate
fear of death
because it [i.e., because mere INTELLECTUAL
ACCEPTANCE of the existence of the real self]
cannot give*

- a sense of reality and*
- true experience
of the real self.*

	<p><i>This [i.e., This sense of reality and true EXPERIENCE of the real self] requires more.</i></p> <p><i>It [i.e., This sense of reality and true EXPERIENCE of the real self] requires an</i></p> <ul style="list-style-type: none"><i>• actualization of the faculties of the real self.</i> <p><i>This [i.e., This ACTUALIZATION of the faculties of the real self], as you know, necessitates certain very definite stages of development.</i></p> <p><i>I will say more about this later.</i></p>
14	<p><i>The next fear on the list would be fear of life.</i></p> <p><i>You have heard me say innumerable times that</i></p> <ul style="list-style-type: none"><i>whoever fears</i><ul style="list-style-type: none"><i>• life</i><i>must fear</i><ul style="list-style-type: none"><i>• death,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>whoever fears</i><ul style="list-style-type: none"><i>• death</i><i>must fear</i><ul style="list-style-type: none"><i>• life,</i> <p><i>because they [i.e., because life and death] are really both the same.</i></p>

This statement [i.e., This statement that life and death are really the same thing] can also be truly understood only when one experiences the real self, which reconciles [i.e., an EXPERIENCE of the real self RECONCILES] all apparent opposites.

Then [i.e., Then, when one EXPERIENCES the real self,] one sees that

- life***

and

- death***

are the

- sunny***

and the

- shadow***

sides –
if I may put it this way –
of
a certain manifestation of consciousness,
nothing
more
nor
less.

15

Now,
the fear of
life
is justified
when one's sense of identification
is exclusively attached to
the ego.

For the ego's capacities

- to cope with life***

and

- to live life productively***

are extremely limited.

***In fact, they [i.e., In fact, the ego's capacities
to cope with life and to live life productively]***

- ***are downright insufficient***
- and***
- ***must leave the individual***
 - ***uncertain,***
 - ***insecure,***
 - ***inadequate.***

***The real self,
on the other hand,
always has***

- ***answers,***

always has

- ***solutions,***

no matter what the problem is;

it [i.e., the real self]
always makes
any experience,
regardless of how

- ***unnecessary and***
- ***futile***

it may seem at first,
a deeply meaningful
steppingstone toward
further expansion.

It [i.e., The real self]
increases

- ***the experience of life***

and

- ***the realization of one's inherent potentials.***

It [i.e., The real self]
therefore
has the capacity
to render you
more

- ***alive,***

more

- ***fulfilled,***

and

- ***steadily stronger.***

16

*Certainly,
none of this
can be said about
the ego.*

*The ego
is constantly ensnared
in apparently insoluble
• situations,
• problems, and
• conflicts.*

*The ego
is adapted
exclusively
to the level of duality:
• this
versus
• that,
• right
versus
• wrong,
• black
versus
• white,
• good
versus
• bad.*

*As you know,
this [i.e., this either/or duality]
is inadequate
for approaching
most of life's problems.*

*Apart from the fact that
no truth
can be found
if one looks at
• one side as
• black
and
• the other as
• white,
the dimensions of these problems
include many other considerations.*

*The ego
is incapable
of*

- *transcending the dualistic level,*

of

- *bringing into harmony
the truth of
both sides,
as it were.*

Therefore it [i.e., Therefore the ego]

- *cannot find solutions*

and

- *is perpetually*
 - *trapped and*
 - *anxious.*

*Thus,
an ego identification
brings
fear of life
automatically
in its wake.*

17

*The next on the list [i.e., The next fear on the list of fears]
might be
fear of*

- *pleasure.*

*For those of you
whose self-exploration
is still not extremely deep,
such a statement [i.e., such a statement as “one fears pleasure”]
may sound absolutely incredible –
just as
fear of*

- *happiness
would.*

***You would then [i.e., then, in thinking fear of pleasure to be absolutely incredible,]
say to yourself,***

***"This [i.e., This "having fear of pleasure"]
has no application to me."***

***But let me tell you that
everyone,***

to the degree they feel

- unhappy,***
- unfulfilled, and***
- empty,***

fears

- happiness,***
- fulfillment, and***
- pleasure,***

no matter how much they

- strain and***
- yearn***

for it

on the conscious level.

***It [i.e., The statement that to the degree one feels unhappy, unfulfilled, and empty
to that degree one must FEAR happiness, fulfillment, and pleasure]***

must

be so;

***it is the equation [i.e., it is the equation relating one's level of EXPERIENCE of
UNhappiness to one's level of FEAR of HAPPINESS]***

that must come out even.

Your life

demonstrates the fact,

for your life

is never a product

of

- circumstances beyond
your control,***

or

of

- causes beyond
those you
inwardly***

set in motion.

*It [i.e., Your life]
is always
a product of
your own inner consciousness.*

*You know this [i.e., You know that your life is ALWAYS a product of
your own inner consciousness]*

in
• *theory*
as well as
in
• *practice.*

*At least
those of you
who have made some self-discoveries
come more
and more
to see
that,
in one way or another,
you
• have created
and
• are creating
whatever is amiss.*

Don't you ever forget this.

18

*Now then,
fear
of
• pleasure,
of
• happiness,
of
• fulfillment,
is a reality
applicable to
all
human beings.*

*At first, it [i.e., At first, FEAR of pleasure, happiness, fulfillment being a REALITY]
is only a question of
connecting consciously with this fear.*

*The moment you do so [i.e., the moment you connect consciously with this FEAR
of pleasure, happiness, fulfillment as being a REALITY in you],
you will then, at last,
understand
why your life
does not yield
what another part of you
so ardently wishes.*

*The more
the ego
cramps up
to get
what you want consciously,

forgetting that
it is
not the ego
alone
that can attain it,

the less
can fulfillment
be possible.*

*Yet it is
not the conscious ego
that necessarily obstructs it,
but
some other part of your being,
which is
neither the
• ego
nor the
• real self.*

**However,
the conscious ego
is often
blindly driven
to act the way the**

- **unconscious,**
- **fearful,**
- **life-refusing**

**part
dictates.**

**This [i.e., This fact that the conscious ego is often driven to act the way the
unconscious, fearful, life-refusing part of your being dictates]
is then**

- **rationalized and**
- **explained away.**

**Even when one pays allegiance
only
to the active ego self
with its consciousness,
even then
the ego self
is no more than
an obedient agent,
whether you know it or not.**

**The question is only
whether
the ego follows**

- **erroneous destructive drives**

**or whether
it is activated by**

- **the real self.**

19

**Hence, it is absolutely essential
that you be open to
your own inner reactions
which
shrink from**

- **happiness and**
- **pleasure.**

*To understand this in context,
I should like to say to you now:*

*If you derive your sense of self
only
from
the ego faculties,
giving up the ego
must seem
terribly frightening.*

*And right here
is where you are
caught in an
insoluble conflict
as long as
you remain stuck in it:*

- *unfoldment and*
 - *pleasure,*
 - *delight and*
 - *creative living,*
 - *fulfillment and*
 - *happiness,*
 can exist
 only
 when
 - *the real self*
 is activated,
 when
 - *you do not identify*
 exclusively with
 the ego,
 but [i.e., but instead]
 when
 - *you are*
 - *connected and*
 - *identified*
 with the
 - *real self,*
 - *eternal,*
 - *creative*
- substance of your being.*

And here is what is important:

this [i.e., this attainment of unfoldment, pleasure, delight, creative living, fulfillment, and happiness, that comes from connecting and identifying with the real self, with the eternal, creative substance of your being.]

***necessitates
letting go of
the
direct
ego controls.***

It requires

- trust and***
 - courage***
- to surrender to
an inner movement
that is
not responsive to
the outer***
- thinking and***
 - willing***
- faculties.***

20

It is easy to ascertain

the truth of this statement [i.e., the truth of this statement that attainment of unfoldment, pleasure, delight, creative living, fulfillment, and happiness requires the trust and courage to surrender to the real self, to the eternal, creative substance of your being]

***when you ponder a minute
the heightened moments in your life.***

*Whatever was
truly*

- *pleasurable,*
- *inspired,*
- *effortless,*
- *fearless,*
- *creative, and*
- *deeply joyful*

was precisely due to this

- *letting go and*
- *being animated by*

*something other than
the usual faculties*

*under the direct determination of
the outer self.*

*Then [i.e., Then, when you let go of direct ego control and are animated
by the real self, by the eternal, creative substance of your being]*

*happiness is
not only*

- *possible*

but is

- *a natural byproduct.*

- *You cannot be
the real self
without
being happy,*

and

- *you cannot be
happy
unless you are*
 - *integrated with, and*
 - *enlivened by,
the real self.*

*This [i.e., This happiness that happens when you are integrated with and
enlivened by the real self]*

*is the kind of happiness
that knows no*

- *fear of ending or*
- *loss or*
- *unwelcome byproducts.*

*It [i.e., This happiness that happens when you are integrated with and
enlivened by the real self]*

*is the kind of happiness,
as I said elsewhere,
that is,
at one and the same time,*

- *dynamic,*
- *stimulating,*
- *exciting,*
- *vibrantly alive,*

and yet

- *peaceful.*

*There is no longer
any split from*

• *separating these concepts [i.e., There is no longer any split from
SEPARATING (happy feelings of excitement and vibrancy) on the
one hand from (happy feelings of peacefulness) on the other]*

and

• *making them [i.e., and making feelings of excitement and feelings of peace]
mutually exclusive,
which is what
the dualistic ego
does.*

In the split way of experiencing life,

• *peacefulness*
excludes

- *excitement*

and brings

- *boredom.*

Excitement

excludes

- *peace*

and
brings

- *anxiety and*
- *tension.*

*You are confronted, as in so many other instances,
with a choice that is no longer necessary
when you enter the realm of
the unified real self.*

21

*How can you embrace
fearlessly
a state that
must dispense with
the ego faculties
when your sense of being alive
seems to come
exclusively
from these ego faculties?*

This is just where you are trapped.

*Unless you see
your fear of
happiness
in this light [i.e., in this light of being exclusively identified with the ego],
you will
not find your way out of this trap.*

*You will be
constantly
vacillating.*

*On the one hand,
you will be terrified of
letting go of the ego.*

*On the other,
you will be
constantly
in a state of greater or lesser
hopelessness
that may be more or less conscious.*

*A feeling
of*

- missing out on your life,*
- of*
 - lacking something essential,*

*will haunt you,
because
what is necessary to alleviate this condition
cannot come about until you
let go of
the ego's predominance.*

22

*This brings me to the next very much related fear on the list,
and that is
the fear of letting go.*

*If, again,
one's sense of self
derives exclusively from the ego,
the personality
is unable to let go.*

*Letting go
would then mean
annihilation.*

*But for those
who have begun,
• first here or there,
• little by little,
to see the
• truth and
• reality
of the real self,*

*letting go
will not only be
• without danger,
it [i.e., letting go]
will be
• life itself.*

23

*Only gradually
do you become acclimated to
the new
• condition,
the new
• vibrations,
the new ways of
• the real self's functioning.*

*But this is certainly [i.e., But the real self's new way of functioning is certainly]
not incompatible with
living in a body
on this earth sphere.*

Not at all.

*It [i.e., This living in this new way of the real self's functioning]
merely means
harmonious interaction
between*

- *the ego*

and

- *the real self.*

*It [i.e., This living with harmonious interaction between the ego and the real self]
means
knowing
the ego's*

- *functions,*

its [i.e., the ego's]

- *limitations,*

as well as

- *its [i.e., the ego's]*
- *power.*

I shall return to this issue.

24

*First, I should like to say that
whenever
one fears*

- *the real self,*

one must fear

- *life*

and

- *death,*

- *pleasure*

and

- *fulfillment,*

- *happiness*

and

- *unfoldment,*

- *one's feelings*

and

- *the creative process itself.*

*Second,
it is self-evident
that*

- *feelings
cannot be controlled by*
- *the ego.*

*Those who attempt this [i.e., Those who attempt to control feelings with the ego]
merely deceive themselves.*

*They [i.e., Those who attempt to control feelings with the ego]
kill the*

- *spontaneity and*
- *freedom
of the real self.*

*This is why
feelings
can never respond to
any
must,
issued
either by*

- *other people*
- or by*
- *the self.*

They [i.e., Feelings]

- *come about
indirectly*
- and*
- *seem to have*

their own,

- *independent life,*

their own

- *laws,*

their own

- *logic*

and

- *wisdom.*

You would do better to

- ***explore and***
- ***understand***

this

- ***law and***
- ***wisdom***

[i.e., this law and wisdom of the world of FEELINGS]

rather than

- ***deny the feelings***

and

- ***superimpose over them***

your puny

ego

- ***logic,***

ego

- ***law, and***
- ***pseudo-wisdom.***

For

feelings

***are an expression of
the creative process itself.***

Anyone knows that

***this process [i.e., this creative process]
cannot be forced either.***

It [i.e., The creative process]

can only be

- ***encouraged or***
- ***discouraged,***

***just as feelings can [i.e., just as feelings can only be
encouraged or discouraged].***

- ***Feelings***

and

- ***the creative process
are inner movements,***

which I also term

soul movements.

	<p><i>They [i.e., SOUL MOVEMENTS, which is the term I use for the inner movements of FEELINGS and the CREATIVE PROCESS] have their</i></p> <ul style="list-style-type: none">• <i>messages</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>signs</i> <p><i>that cannot be heeded too much [i.e., the messages and signs of the SOUL MOVEMENTS, FEELINGS and the CREATIVE PROCESS MUST be heeded]</i></p> <p><i>if the individual is</i></p> <p><i>to</i></p> <ul style="list-style-type: none">• <i>effect self-realization and</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>establish contact with the real self.</i>
25	<p><i>The real self</i></p> <ul style="list-style-type: none">• <i>exudes and</i>• <i>transmits</i> <p><i>a vital flow of energy, consisting of many distinct streams.</i></p> <p><i>It [i.e., The vital FLOW OF ENERGY exuded and transmitted by the REAL SELF] is what I usually call the life force.</i></p> <p><i>This life force is not only a</i></p> <ul style="list-style-type: none">• <i>tremendous power:</i> <p><i>it [i.e., this LIFE FORCE] is</i></p> <ul style="list-style-type: none">• <i>consciousness.</i> <p><i>It [i.e., This LIFE FORCE] contains</i></p> <ul style="list-style-type: none">• <i>deep wisdom</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>inexorable lawfulness,</i><ul style="list-style-type: none">• <i>eternal and</i>• <i>immutable.</i>

	<p><i>It is necessary to</i></p> <ul style="list-style-type: none">• <i>explore and</i>• <i>understand</i> <p><i>these laws [i.e., to explore and understand these eternal and immutable laws contained in the life force].</i></p> <p><i>Such understanding enriches life</i></p> <ul style="list-style-type: none">• <i>in a most wondrous manner,</i>• <i>to a degree you cannot imagine.</i>
26	<p><i>Denying the intense ecstasy of this life force which manifests</i></p> <ul style="list-style-type: none">• <i>in some areas more intensely than in others</i>• <i>on all levels of existence,</i> <p><i>means courting various degrees of death.</i></p> <p><i>[Conversely,] Embracing this life force means living deathlessly.</i></p> <p><i>The denial of the pleasure supreme of life is death.</i></p> <p><i>The fact that</i></p> <ul style="list-style-type: none">• <i>the ego</i> <p><i>came into existence means that</i></p> <ul style="list-style-type: none">• <i>death</i> <p><i>came into existence.</i></p> <p><i>I cannot go into details about this now, for this would lead us too far afield.</i></p>

*It suffices to say that
the ego
is a split-off particle of
the vaster consciousness,

which still remains
in all human beings.*

*Unless
this split-off part [i.e., Unless the EGO, this split-off part of the vaster
consciousness,]
is integrated with
its origin [i.e., integrated with the ego's origin, the vaster consciousness],
it dies [i.e., the ego dies].*

Therefore
• *splitting off [i.e., splitting off from the vaster consciousness]*
and
• *dying*
are related,
as
• *reunification [i.e., reunification with the vaster consciousness]*
and
• *living*
are
• *related and*
• *interdependent.*

• *Ego existence,*
• *pleasurelessness,*
and
• *death*
are directly connected,

as
• *the real self,*
• *pleasure supreme, and*
• *life*
are directly connected.

Therefore
whoever
• fears
• letting go of the ego,
who
• fears and
• denies
• pleasure
because of this fear [i.e., who fears and denies pleasure
because of this fear of letting go of the ego],
must
court death.

This is the
true meaning of
death.

It [i.e., Death]
is a denial of the
• true,
• original
life kernel [i.e., Death is a denial of the true, original life kernel, that
is, a denial of the vaster consciousness of which the ego is a part].

27

All this, my friends,
may lead to
the misunderstanding
that
the ego
should be dispensed with.

Unfortunately,
many a spiritual teaching
• has made this error
and thus
• brought confusion to its adherents.

Nothing can be further from the truth
than a
• disregard or
• neglect
of the ego.

**Doing this [i.e., Disregarding or neglecting the ego]
would merely lead to
the opposite extreme [i.e., the extreme opposite to valuing ONLY the ego],
and
both extremes [i.e., both the extreme of valuing ONLY the ego and
the opposite extreme of disregarding the ego altogether]
are always
equally**

- **wrong,**
- **damaging, and**
- **dangerous.**

28

**People who have
throughout a lifetime –
nay, often during several lifetimes –
overemphasized
the ego,
in the mistaken idea
that it [i.e., that the ego]
is not only**

- **safety**

but

- **life itself,**

become tired.

**They become tired
because
every soul movement
based on
misconceptions
is exhausting
by its very nature.**

**It [i.e., Every soul movement based on misconceptions]
makes people
cramp up
in order to
hang on desperately.**

*The various false ways
of relief from
a cramped ego
always mean
the weakening of the ego.*

*If, on the one hand,
the ego is too strong,
it [i.e., the ego]
inevitably must be
too weak
on the other.*

*I put this in practical terms
for you who are working on this path:*

*To the extent you are
frightened of
letting go of ego control
because you believe
the false idea
that letting go
makes you lose strength,
to that extent you are
unable to
assert yourself
because you are afraid.*

*The more capable you are of
self-surrender,
to
• your feelings,
to
• the creative process,
to
• the unknown qualities of life itself,
to
• a mate –
the stronger
you must be.*

You will then [i.e., When you are capable of self-surrender to your feelings, to the creative process, to the unknown qualities of life itself, to a mate, you will then]

not fear
to make
• decisions,
to make
• mistakes,
to meet
• difficulties.

You
will rely on
• your own resources,
will have the
• integrity of your own views,
will pay the price for
• selfhood,
will
• assert your rights
as you fulfill your obligations
• freely and
• willingly,
not out of fear of
• authority
or of [i.e., or not out of fear of]
• the consequences of disapproval.

The ego strength
of such healthy self-assertion
makes
• self-surrender
possible.

Conversely, the weakness
of an ego that fears self-responsibility
makes
• self-surrender,
and thus
• pleasure,
impossible.

*The person
who habitually*

- *overcharges*

and

- *exhausts*

*the ego faculties
will then seek
false relief.*

*Such false relief
can take many forms.*

One of the more crass forms is

- *insanity,*

*where the ego is
completely disabled.*

*In less crass cases it [i.e., In less crass cases such false relief used by the person
who habitually overcharges and exhausts the ego faculties]
takes the form of*

- *neurotic manifestations,*

*where the ego
is unable to use its faculties of*

- *strength,*
- *selfhood, and*
- *self-responsibility.*

*Or it [i.e., Or such false relief used by the person
who habitually overcharges and exhausts the ego faculties]
can take the form of*

- *alcoholism,*
- *drug addiction,*

and

- *all the artificial ways of
obtaining relief from an overtense ego
that is deprived of pleasure
because it is too frightened
to surrender to the creative process.*

29

*It is therefore of primary importance
to comprehend*

- *what the ego faculties are,*
 - *how to use them,*
- and*
- *where the ego's limitations are.*

*We shall go into greater detail in the future;
all I want to say at the moment is this:*

*the ego must know
that it is only a
servant to
the greater being within [i.e., servant to the real self within].*

*Its main function [i.e., The ego's main function]
is to
deliberately
seek contact with
the greater self within.*

*It [i.e., The ego]
must know its position.*

*It [i.e., The ego]
must know
that its*

- *strength,*
- *potentiality, and*
- *function*

is

- *to decide to
seek contact [i.e., to seek contact with
the greater self, the real self],*
- *to request help from
the greater self,*
- *to establish contact
permanently
with it [i.e., establish PERMANENT contact
with the greater self, the real self].*

Moreover,
the ego's task
is to discover
the obstructions
that lie
between
• it
and
• the greater self [i.e., discover obstructions
between the ego and the real self].

Here, too,
its task [i.e., Here too, the ego's TASK of discovering the obstructions
that lie between it and the greater self, the real self]
is limited.

The realization [i.e., The realization of the obstructions that lie
between the ego and the greater self, the real self]
always comes
from
• within,
from
• the real self,

but it [i.e., but the realization of the obstructions that lie between the ego
and the greater self, the real self]
comes
as a response to [i.e., comes as the REAL SELF's RESPONSE to]
the ego's

wish
to
• comprehend

and [i.e., and the ego's WISH]

to
• change
• falseness,
• destructiveness,
• error.

***In other words,
the ego's task
is to formulate
the***

- thought,***

the

- intent,***

the

- desire,***

the

- decision.***

***But its [i.e., But the ego's]
limitation
is in
the execution of
the***

- thought,***

the

- intent,***

the

- desire.***

30

***After it [i.e., After the ego]
has fulfilled its task of
deciding for***

- truthfulness,***
- integrity,***
- honesty,***
- effort, and***
- good will,***

***it [i.e., the ego]
must***

- step aside***

and

- allow***

***the real self [i.e., the real self or greater self]
to come forth with its***

- intuition and***
- inspiration***

that

- set the pace and***
- direct the individual path.***

*The ego must,
again
and again,
• select,
• decide,
• intend,
in order to
follow this development.*

*It must be willing
• to learn from within
and
• to comprehend
the deeper language of
the unconscious,
which
is first
• quite obscure
but
later becomes
• increasingly more obvious.*

*It [i.e., The ego]
must learn to
interpret
the messages
of
• the destructive unconscious,
as well as
of
• the still more deeply unconscious real self,
with all its wonderful
• creativity and
• constructiveness.*

*The ego
must lend
its
• wholehearted support,
its
• one-pointed effort,
its
• most constructive attitude and
• undivided attention to
the inner path.*

It [i.e., The ego]

- *must know*

its limitation

as to

the

- *deep wisdom,*

the

- *individual rhythm of the path,*

the

- *timing,*

the

- *strength to persevere in difficult times,*

and

- *call upon*

the unlimited resources

of the real self.

It [i.e., The ego]

must develop a

finesse

to sense

the subtle interplay

between

- *the increasingly alert ego*

and

- *the increasingly more manifest real self,*

so that it [i.e., so that the ego]

may learn

when to be

- *strong and*

- *assertive*

in overcoming resistance,

in disclosing

- *excuses and*

- *rationalizations,*

and

when to

- *step aside*

in a more

- *passive,*

- *listening and*

- *learning*

attitude.

	<p><i>The ego can be likened to hands and arms that</i></p> <ul style="list-style-type: none"><i>• move toward the source of life</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• stop moving when their function is no longer anything else but to receive.</i>
31	<p><i>May you all truly benefit by this lecture.</i></p> <p><i>May you</i></p> <ul style="list-style-type: none"><i>• study it deeply,</i><i>• meditate about it.</i> <p><i>Study sentence by sentence as it applies to you.</i></p> <p><i>Meditate with the wish to make use of it [i.e., with the WISH to make use of this lecture], not only by</i></p> <ul style="list-style-type: none"><i>• understanding it theoretically,</i> <p><i>but by</i></p> <ul style="list-style-type: none"><i>• truly seeking that part of yourself that is</i> <ul style="list-style-type: none"><i>• eternal,</i> <p><i>that is</i></p> <ul style="list-style-type: none"><i>• truly adequate, and</i> <p><i>that is</i></p> <ul style="list-style-type: none"><i>• always in</i> <ul style="list-style-type: none"><i>• wonderful,</i><i>• ecstatic delight.</i>

	<p><i>For this [i.e., For finding that part of yourself that is eternal, truly adequate, and always in wonderful, ecstatic delight]</i> <i>is your birthright.</i></p> <p><i>The price is [i.e., The price for claiming your birthright is]</i> <i>some effort of</i> <i>overcoming</i> <ul style="list-style-type: none">• <i>laziness,</i>• <i>resistance,</i><i>and</i> <ul style="list-style-type: none">• <i>false safety devices.</i></p>
32	<p><i>It [i.e., The price for finding that part of yourself that is eternal, truly adequate, and always in wonderful, ecstatic delight]</i> <i>also includes</i> <i>exploring</i> <i>the conditions</i> <i>that make</i> <i>a connection with</i> <i>the real self</i> <i>possible.</i></p> <p><i>The ego self</i> <i>must be compatible with</i> <i>the real self.</i></p> <p><i>The real self</i> <i>transcends</i> <i>the flat laws</i> <i>of outer morality,</i> <i>therefore</i> <i>you must have the courage</i> <i>to be in</i> <i>your own truth,</i> <i>rather than</i> <i>paying allegiance</i> <i>to</i> <ul style="list-style-type: none">• <i>public opinion,</i><i>to</i> <ul style="list-style-type: none">• <i>an authority,</i><i>to</i> <ul style="list-style-type: none">• <i>society at large.</i></p>

*Such submission [i.e., Such submission to public opinion, to an authority,
or to society at large]*

only happens out of

- *fear and*
- *greed,*
- *cowardice and*
- *opportunism.*

Thus

- *outer*
morality

is not necessarily a sign of

- *real,*
- *inner*
morality.

However,

the real self
has extremely exacting standards
of

- *real morality,*
of a far deeper nature
than

*the former kind [i.e., of a far deeper nature than
the nature of outer morality].*

One must see

where

- *selfishness,*
- *cruelty,*
- *self-centeredness,*
- *greed,*
- *dishonesty*

exist,

*if only in minute form,
in the soul.*

*Every such particle [i.e., Every such particle of selfishness, cruelty,
self-centeredness, greed, and dishonesty],
no matter how diluted by
genuine goodness,
stands in the way –
particularly
when it is*

- *not recognized,*

*when [i.e., when each particle of selfishness, cruelty,
self-centeredness, greed, and dishonesty is]*

- *denied or*
- *excused.*

*If you
cheat*

- *yourself*

*by trying to
cheat*

- *life,*

*you make yourself
incompatible with the*

- *laws and*
- *power*

*of your own
innermost creative being.*

*So discover the areas
where you cheat.*

*They [i.e., Areas where you cheat life]
may be hidden, indeed,
but they always exist
to the extent of*

- *unhappiness and*
- *discontent,*

*hence
to the extent you
are separated from
your real self.*

*Be in peace,
be blessed,
be in God!*

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