

# Pathwork Lecture 159: Life Manifestation Reflects Dualistic Illusion

1996 Edition, Original Given: January 12, 1968

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

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

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

Gary Vollbracht

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03	<p data-bbox="391 947 802 1016"><b><i>Greetings, all my dearest friends here.</i></b></p> <p data-bbox="391 1056 886 1125"><b><i>May this coming new year [i.e., 1968] be a</i></b></p> <ul data-bbox="505 1131 678 1201" style="list-style-type: none"><li data-bbox="505 1131 678 1161">• <b><i>blessed and</i></b></li><li data-bbox="505 1167 678 1201">• <b><i>successful</i></b></li></ul> <p data-bbox="545 1207 618 1236"><b><i>one –</i></b></p> <p data-bbox="602 1243 1341 1383"><b><i>successful from the only point of view that really counts, which is finding your true self.</i></b></p> <p data-bbox="391 1423 591 1457"><b><i>The expression</i></b></p> <p data-bbox="448 1497 776 1530"><b><i>"finding of the real self"</i></b></p> <p data-bbox="505 1570 1008 1640"><b><i>has been used so much that it has lost some of its meaning.</i></b></p>

by Eva Broch Pierrakos

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	<p><i>This [i.e., This fact that when an expression is used repeatedly it gradually loses some of its meaning]</i></p> <p><i>always happens when one uses an expression</i></p> <ul style="list-style-type: none"><li>• <i>often,</i></li><li>• <i>mechanically and</i></li><li>• <i>unthinkingly.</i></li></ul> <p><i>It is therefore necessary to contemplate deeply the real meaning of this word [i.e., the real meaning of an expression used so often, here, the expression the “real self,” or, “true self”].</i></p>
04	<p><i>When you find</i></p> <ul style="list-style-type: none"><li>• <i>your true self</i></li></ul> <p><i>you inevitably find</i></p> <ul style="list-style-type: none"><li>• <i>the true meaning of life;</i></li></ul> <p><i>you begin to</i></p> <ul style="list-style-type: none"><li>• <i>understand life in an entirely new way.</i></li></ul> <p><i>Therefore [i.e., Therefore, when you find your true self and thereby begin to understand LIFE in an entirely new way,]</i></p> <p><i>you also begin to comprehend the outer</i></p> <ul style="list-style-type: none"><li>• <i>life</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>death manifestation.</i></li></ul> <p><i>When this [i.e., When the OUTER life and death manifestation] is understood, nothing can</i></p> <ul style="list-style-type: none"><li>• <i>frighten and</i></li><li>• <i>faze you.</i></li></ul>

***You can only understand this [i.e., You can understand how NOTHING can frighten or faze you when you understand the true meaning of the OUTER manifestation of LIFE and DEATH and the true meaning of the REAL SELF only]***

***when you***

- ***perceive***

***and***

- ***experience***

- ***the***

***inner***

***life processes***

***and***

- ***the laws of life emotionally.***

***This [i.e., PERCEIVING and EXPERIENCING the INNER life processes and the laws of life EMOTIONALLY],***

***in turn,***

***cannot be done in an***

- ***abstract,***
- ***general or***
- ***philosophical way.***

***It [i.e., PERCEIVING and EXPERIENCING the INNER life processes and the laws of life EMOTIONALLY]***

***can only happen***

***in an***

- ***ultra-personal way,***

***in a***

- ***direct approach to***

- ***yourself***

***and***

- ***your subjective reactions.***

05

***One of the great difficulties in life is the inevitable***

***downward curve***

***in all growth process.***

*Life is  
growth,  
  
and  
growth  
is a continuum of  
movement  
that goes in a  
  
fluctuating line.*

*Each  
• down  
brings a  
• new up;  
each  
• up  
must bring a  
• new down  
in order to  
• go up again.*

*There can be  
no  
• upward movement  
unless there is  
first a  
• downward one.*

*Thus, there can be  
no  
• life  
unless it has  
gone through a  
• form of death.*

*This rhythm [i.e., This up and down rhythm, this life and death rhythm]  
prevails  
until  
the consciousness  
is no longer split within itself  
as a result of  
illusory  
dualism.*

*The*  
• *down movement –*  
*death –*  
*represents*  
• *one side of the dualism,*  
*the*  
• *upward movement –*  
*life –*  
• *the other.*

*Conciliation*  
*takes place*  
*when these movements [i.e., when these upward (life) movements and*  
*downward (death) movements]*  
*are*  
*fully*  
• *followed through,*  
• *tasted,*  
• *assimilated and*  
• *accepted as a*  
*creation of the self.*

*When one*  
• *fears*  
*the down curve,*  
• *struggles and*  
• *fights*  
*against it,*  
*one*  
• *fights against*  
*one's own creative output*  
*and*  
• *is thus*  
*at war with*  
*oneself.*

*This [i.e., This fighting against the down curve and hence*  
*against one's own creative output]*  
*means*  
*total lack of comprehension of*  
• *the laws of life*  
*and*  
• *the facts of creation*  
*within one's own consciousness.*

*Fear of  
the down curve  
means  
fear of  
change,*

*thus you seek  
stagnation*

*as a means*  
• *of safety,*

*as a means*  
• *to avoid the  
apparent danger  
of moving into  
the self-produced curve.*

*The curve can  
lead out of  
strife*

*only when it [i.e., only when  
the fluctuating downward and upward curve of life]*

*is*  
• *understood,*  
• *accepted,*  
*and thus*  
• *transcended.*

06

*The change of*  
• *downward*  
*and*  
• *upward*  
*curves*  
*manifests in millions of ways.*

*The crassest one*  
*is the*  
*physical*  
• *life*  
*and*  
• *death*  
*curve.*

*It [i.e., The physical LIFE and DEATH curve]  
is the  
most frightening  
only because  
the blind little self  
cannot see beyond  
the next curve,  
so that  
the whole view  
is concealed.*

*Thus it [i.e., Thus the physical LIFE and DEATH curve]  
appears  
to be an  
• end –  
an end in  
• death, at that,  
and not in  
• life.*

*In reality it [i.e., In REALITY the physical LIFE and DEATH curve]  
is a part of a chain  
which  
ends in  
• life  
without  
the down curve.*

*Struggle against  
the perpetual change in movement  
only worsens  
the subjective experience.*

*However, the  
• fight and  
• fright  
exist also in  
the less crass manifestations  
of this law of life.*

*Take, for example,  
• a journey,  
• a change of domicile.*

*People invariably experience  
depression  
when they terminate  
one phase of existence,  
although they may even  
look forward to  
the new beginning.*

*Every new beginning  
presupposes  
the termination of  
the last phase,  
thus*

- ending it,*
- "dying it,"  
as it were.*

*This applies to  
all levels of  
one's being.*

07

*On the  
physical level  
this is obvious.*

*Even though  
you are able to  
see  
the new beginning  
after the end of the old phase,*

*you nevertheless  
stem against it.*

*How much more so [i.e., How much more you stem against the new beginning]  
when  
the new beginning  
cannot  
be seen!*

*The identical law [i.e., The identical law regarding the fluctuating upward and downward movement of life on the PHYSICAL level also]*

*applies to  
inner*

- *growth and*
- *movement.*

*The*

• *new life,*  
*the*  
• *new beginning*  
*of a phase,*  
*can only follow*  
*the dying of*  
*the old,*

*which is often painful.*

*It [i.e., In INNER growth and movement, the dying of the old life, which is painful, and the beginning of new life]*

*means*

*battling through the*

- *waste and*
- *mud*

*of one's*

- *misconceptions and*
- *destructiveness.*

*You all know that [i.e., You all know that INNER growth and movement, the dying of the old life and the beginning of new life means battling through the waste and mud of one's misconceptions and destructiveness]*

*and experience it*

*again*

*and again on your path.*

*No new expansion*

*can come*

*unless it follows*

*the downward movement of the spirit.*

**Translated,**  
**this** [i.e., this fact that no NEW expansion in INNER MOVEMENT can come unless it follows the downward movement of the spirit]  
**means**  
**dipping into**  
**the depths of**  
**one's inner being.**

**If pain**  
**resides in those depths** [i.e., If PAIN resides in those depths of one's INNER being],  
**it must come out,**  
**otherwise it**  
**cannot be dissolved.**

**The pain** [i.e., The PAIN that resides in those depths of one's INNER being]  
• **obstructs**  
**the light**  
**and**  
• **must therefore be dug out.**

08

**The identical movement**  
**exists in breathing, as I explained before.**

**This is**  
**the breathing of the**  
• **spirit,**  
  
**the breathing of the**  
• **universe,**  
**as it applies to**  
**each individual life manifestation.**

09

*When you look at  
your*

- *life and*

*your*

- *moods,*

*see your*

- *bad moods*

*as the*

- *downward curve*  
*that presages*  
*the next*
  - *upward curve.*

*Make the best of both [i.e., the best of both your LIFE and your MOODS]  
by tuning into  
the next upward curve.*

*Make the best of both [i.e., the best of both your LIFE and your MOODS]  
by tuning into the  
subliminal intelligence  
that is always perceivable  
when it is truly desired.*

*Then [i.e., Then, when you make the best of both your LIFE and your MOODS by  
tuning into the subliminal intelligence,]  
you will  
not stem against the  
downward curve  
and thus [i.e., and thus, by NOT stemming against  
the DOWNWARD curve, you will also NOT]  
delay  
the coming through into  
the upper movement  
of your*

- *spiritual breathing and*
- *growing.*

*You will embrace it [i.e., You will EMBRACE the bad mood of the downward curve]  
by fully*

- *accepting it [i.e., ACCEPTING the bad mood of the downward curve],*

*by fully*

- *being*
  - *in it and*
  - *with it [i.e., being IN and WITH the bad mood of the downward curve].*

	<p><b>There can be no more</b></p> <ul style="list-style-type: none"><li>• <b>constructive and</b></li><li>• <b>effective</b></li></ul> <p><b>way of doing this</b> [i.e., <i>There can be no more constructive and effective way of embracing, accepting, and being in and with the bad mood of the downward curve</i>]</p> <p><b>than</b></p> <ul style="list-style-type: none"><li>• <b>to seek</b> <b>to understand</b> <b>the personal meaning</b> <b>of your down curve,</b> <b>approach it</b> [i.e., <i>to approach your down curve</i>] <b>as</b> <b>your own creation</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>to try to reach</b> <b>far enough into your own depths,</b> <b>asking:</b></li></ul> <ul style="list-style-type: none"><li>• <b>"What</b> <b>did I create</b> <b>and</b> <b>what does it</b> <b>mean?"</b></li></ul>
10	<p><b>What does your life mean in terms of the inner</b></p> <ul style="list-style-type: none"><li>• <b>laws and</b> <b>inner</b> <b>life processes?</b></li></ul> <p><b>What does</b></p> <ul style="list-style-type: none"><li>• <b>your unfulfilled longing</b> <b>mean in these terms</b> [i.e., <i>What does your UNFULFILLED LONGING mean in terms of the INNER LAWS and INNER LIFE PROCESSES?</i>]</li></ul> <p><b>What do</b></p> <ul style="list-style-type: none"><li>• <b>your frustrations</b> <b>mean</b> [i.e., <i>What do your FRUSTRATIONS mean in terms of the INNER LAWS and INNER LIFE PROCESSES?</i>]</li></ul>

*Needless to say, all of these [i.e., all of these unfulfilled longings and frustrations experienced in the down curve of your life, and their meaning] can only be fully tackled when you first admit to yourself the*

- unfulfilled longings,*
- your*
- discontent,*
- your*
- hurts and*
- fears,*
- your*
- real desires.*

*Once this is done [i.e., Once you ADMIT to YOURSELF your unfulfilled longings, discontent, hurts, fears, and real desires],*

- squarely and*
- honestly,*

*you can begin to seek an understanding of*

- why*

*they exist*

*and*

- why*

*the desires are not fulfilled.*

*Their very existence in your life [i.e., The very existence in your life of unfulfilled longings, discontent, hurts, fears, and real desires] is as much a creation of yours as*

- a masterpiece,*
- an accomplishment of any other admitted creative act.*

***The only difference [i.e., The only difference BETWEEN 1) your creation of a masterpiece or an accomplishment of any other admitted creative act AND 2) your creation of unfulfilled longings, discontent, hurts, fears, and real desires]***

***is that***

***the one you create [i.e., the POSITIVE one of the upward curve you create]***

- ***consciously and***
- ***deliberately,***

***the other [i.e., the NEGATIVE one of the downward curve you create]***

- ***unconsciously and***
- ***inadvertently.***

***So you must***

***seek to understand  
the negative creation***

***as***

***your own product.***

***Unless you do this***

***you cannot***

- ***undo the negative creation,***

***nor can you ever***

- ***find the***

***glory of life***

***and***

- ***its riches,***

***constantly***

***at your disposal.***

11

***Not***

***seeing***

***that the***

***negative creations***

***are***

***your own product***

***makes you***

***inevitably***

***rebel against them [i.e., makes you rebel against your***

***negative creations since you do NOT***

***SEE that YOU yourself created them].***

*Thus [i.e., Thus, by rebelling against the negative creations since you do NOT SEE that YOU YOURSELF produced and brought them about,]  
you find yourself  
in the peculiar position of  
quarreling with  
yourself.*

*What one hand  
• produces  
the other  
• denies and  
• fights,  
not realizing what is happening.*

*You thus  
quarrel  
with  
• fate,  
with  
• life,  
with  
• all the good  
that could work for you  
if you were only ready  
to take your blinders off.*

12

*Typically,  
in this state of rebellion [i.e., Typically, in this state of rebellion against the negative creations that you do not realize YOU YOURSELF created,]  
you blame  
• someone or  
• something  
else.*

*When you do so  
you are not connected with the  
• causes and  
• processes  
within the self –  
and  
that is the root of  
all suffering.*

*No matter*

- *how many times, and*
- *in what different words I say so,*  
*this is still*  
*not fully observed*  
*by any of my friends*  
*working on this path.*

*Almost all of you still overlook*

- how many times you*
- *feel unhappy*
- and*
- *only vaguely*  
*face your unhappiness.*

*Therefore [i.e., Therefore, because you ONLY VAGUELY FACE your unhappiness,]*

*you are*  
*unable to connect it [i.e., unable to connect your unhappiness]*  
*with*  
*yourself.*

*Even when you*  
*do know*  
*that*

*you*  
*are*  
*unhappy,*

*and*

*even when you*  
*have faced*  
*the exact reasons for it,*

*you still*

*rebel against it [i.e., you still rebel against your unhappiness]*  
*as though it were produced by*  
*something other than*  
*you.*

*Hence,*

*you are still*  
*alienated from*  
*your own powers of creation,*  
*in spite of*  
*having faced up to your feelings [i.e., having faced up to*  
*your feelings of unhappiness that YOU YOURSELF created].*

	<p><i>The magnificent creative process, constantly at work within yourself, often reveals itself first in its negative manifestation.</i></p>
13	<p><i>Even when you believe in</i></p> <ul style="list-style-type: none"><li><i>• the creative powers,</i></li></ul> <p><i>in</i></p> <ul style="list-style-type: none"><li><i>• their unlimited possibilities,</i></li></ul> <p><i>you still imagine them coming as a special reward after you have overcome your</i></p> <ul style="list-style-type: none"><li><i>• blindness,</i></li><li><i>• disconnectedness, and</i></li><li><i>• difficulties.</i></li></ul> <p><i>You must become a "finished product," as it were, before you can partake of the universal creative powers.</i></p> <p><i>This is the vague belief most people have and it is a distortion of reality.</i></p> <p><i>The very unhappiness you suffer from is as much a creative output as the creation of the good you dream about.</i></p> <p><i>As long as this is not wholly understood, it is quite impossible</i></p> <ul style="list-style-type: none"><li><i>• to partake of creating,</i></li><li><i>• to mold one's fate,</i></li><li><i>• to feel</i></li><li><i>• safe and</i></li><li><i>• at peace with the world.</i></li></ul>

14

*You see, my friends,  
the creative power at work within yourself  
is*

*so*

- *immense,*

*so*

- *constantly operative,*

*that you cannot have  
any notion of it so far.*

*It operates  
according to  
the state of your consciousness.*

*This [i.e., This state of your consciousness]  
includes, of course,  
the*

- *conscious*

*and*

- *unconscious*

*mind –*

*your total being.*

*What you*

- *have,*

*or*

- *do not have,*

*is a direct creation of  
all you*

- *think,*

*all you*

- *feel,*

*all you*

- *want.*

*You may  
not want it  
• wisely,  
and  
you certainly may  
not want it  
• consciously,  
but  
• unconsciously  
you  
do  
want it.*

*When this is  
fully perceived,  
the law of  
• life,  
the law of  
• creation within you,  
will be understood.*

*The tremendous power  
at your disposal  
will begin to be  
vaguely sensed.*

15

*It [i.e., The tremendous power at your disposal]  
is a  
magnificent power.*

***Do not permit it [i.e., Do not permit the tremendous power at your disposal]  
to work***

- *inadvertently,*
- *arbitrarily,*
- *haphazardly*

*by*

*your*

- *unwise,*
- *destructive and*
- *sloppy thinking processes,*

*your*

- *fears,*

*your*

- *misconceptions,*

*your*

- *ignorance –*

*in short,*

*by allowing so much material  
to remain*

- *unconscious*

*and thus*

- *disconnected from  
you.*

***If you***

*do [i.e., If you do allow so much material to remain unconscious  
and thus disconnected from you],*

***destructive processes***

*will determine*

*the creation of*

- *yourself and*
- *your life*

*to the exact degree*

*they [i.e., to the exact degree such destructive processes]  
exist.*

***Again***

*and again,*

*you react*

*as though your  
unconscious  
did not exist.*

*You are aware of  
desiring something.*

*It still does not occur to you  
that your own unconscious  
must work  
in the opposite direction  
from this desire,*

*if  
the desire  
remains unfulfilled.*

*You  
do not search within  
for the  
reason  
of the unfulfillment.*

*You  
do not see  
your state  
as a  
• product,  
or  
• creation,  
of yourselves.*

16

*Seek  
the forms  
within  
your own powerful soul substance  
that bring you  
everything you  
• have  
and  
everything you  
• do not have.*

*The separation  
between your  
• conscious  
and  
• unconscious  
mind  
is your  
greatest enemy.*

*The moment the separation [i.e., The moment the SEPARATION between  
your CONSCIOUS and UNCONSCIOUS mind]  
is eliminated  
you are no longer  
governed by  
inner forces  
you  
• do not know  
and therefore  
• fear.*

*Yet, your  
greatest  
• fear and  
• resistance  
is the  
elimination of  
this separating wall [i.e., your greatest FEAR is the  
ELIMINATION of this SEPARATING WALL between  
your CONSCIOUS and UNCONSCIOUS mind].*

*You struggle  
so fiercely  
against it [i.e., You STRUGGLE so FIERCELY AGAINST the  
ELIMINATION of this SEPARATING WALL between  
your CONSCIOUS and UNCONSCIOUS mind].*

***This [i.e., This FIERCE STRUGGLE AGAINST the ELIMINATION of this  
SEPARATING WALL between your CONSCIOUS and  
UNCONSCIOUS mind]***

***is such folly,  
for***

***only in this separation [i.e., only in this SEPARATION between your  
CONSCIOUS and UNCONSCIOUS mind]  
are you helpless.***

***And***

***only in this separation [i.e., only in this SEPARATION between your  
CONSCIOUS and UNCONSCIOUS mind***

***are you practically forced  
to ascribe your unhappiness  
to dark powers  
that seem to have nothing to do with you.***

***Thus you  
fear***

- the world,***
- as well as***
- your own inner being.***

***Because you  
fear***

***your own  
inner being,  
you do  
not want to look at it.***

***Because you do***

***not want to look at it [i.e., Because you do not want to look at  
your own inner being],***

***you separate yourself  
from it,***

***and it therefore seems as if  
it [i.e., it seems as if your own inner being]  
needed  
to be feared.***

*Not wanting to look at it [i.e., Not wanting to look at your own inner being]  
logically results in  
lack of*

- *awareness,*

*lack of*

- *knowing what is going on,  
not only about one's*
- *inadvertent destructiveness,  
but also about*
- *the creative power  
that could work*
- *for,*

*not*

- *against  
you.*

*This is one of the  
important*

- *vicious circles*

*you stubbornly refuse to change  
into a*

- *benign one.*

17

*The creative power  
within  
is not only*

- *constructive,*
- *benign,*
- *good and*
- *wise.*

*It [i.e., The creative power within]  
is also*

- *destructive,*
- *vicious,*
- *evil and*
- *stupid.*

*This [i.e., This fact that the creative power within is also  
destructive, vicious, evil, and stupid]  
does not make it  
any less divine  
as far as its*

- *origin and*
- *essence*

*are concerned.*

*It [i.e., The creative power within]  
is just as much*

- *error,*
- *misconception and*
- *evil wishes*

*as it*  
*is*

- *truth,*
- *reality and*
- *love.*

*It is so [i.e., The creative power within is as much ERROR, MISCONCEPTION,  
and EVIL WISHES as it is truth, reality, and love]  
in its  
present manifestation  
due to  
the entity's  
temporary  
state of mind.*

*It [i.e., The creative power within]  
is not inherently so [i.e., is NOT INHERENTLY as much ERROR,  
MISCONCEPTION, and EVIL WISHES as it is truth, reality, and love].*

*The power [i.e., The creative power within]  
works*

- *eternally,*
- *neutrally and*
- *unquestioningly,*

*according to  
the entity's*

- *consciousness*

*and*

- *direction.*

18

*The creative power  
expresses through you  
according to  
what you  
are  
at any given moment.*

*It [i.e., The CREATIVE POWER WITHIN]*

- *penetrates  
your entire being*
- and
- *is molded  
by*
  - *all you are,*
- by
- *what*
- and
- *how*
  - you breathe*
    - *in*
  - and
  - *out,*
- by
- *all you*
  - *think,*
  - *feel,*
  - *will and*
  - *desire.*

*It [i.e., The CREATIVE POWER WITHIN]*

- is an expression of  
all your attitudes,  
the*
- *crassest and*
  - *most obvious*
- as well as  
the*
- *most*
    - *subtle and*
    - *concealed.*

*All this [i.e., All this CREATIVE POWER WITHIN]*

*is so*

*powerfully creative*

*that*

- *dynamite and*
  - *atomic energy*
- are nothing in comparison.*

*These physical energies [i.e., Dynamite and atomic energy]*

*create*

- *a single impact,*
- *a tremendous physical effect.*

*The energy of*

*life [i.e., The energy of LIFE by contrast]*

*is a*

- *constantly working,*
  - *powerfully*
    - *imprinting,*
    - *molding,*
    - *directing,*
- dynamic force.*

*You use it [i.e., You use this creative power within, this energy of life]*

*whether you know it or not.*

*Each*

- *thought,*

*each*

- *desire,*

*each*

- *hidden fear,*

*each*

- *shrinking away from experience*

*is using it [i.e., is using this CREATIVE POWER WITHIN,  
this ENERGY of LIFE].*

19	<p><b><i>A path such as this [i.e., A path such as this Pathwork] primarily aims at</i></b></p> <ul style="list-style-type: none"><li><b><i>• the realization of this truth [i.e., the realization of this truth that a SEPARATING WALL exists between your CONSCIOUS and UNCONSCIOUS mind and that BOTH conscious and unconscious thoughts, desires, fears and other aspects of you use this CREATIVE POWER WITHIN, this ENERGY of LIFE, to create your life],</i></b></li><li><b><i>• the understanding of this fact of life,</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• the elimination of the separating wall between the</i></b><ul style="list-style-type: none"><li><b><i>• conscious</i></b></li></ul></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• unconscious mind.</i></b></li></ul>
20	<p><b><i>You must not imagine that the</i></b></p> <ul style="list-style-type: none"><li><b><i>• conscious and</i></b></li><li><b><i>• unconscious</i></b></li></ul> <p><b><i>are two different minds.</i></b></p> <p><b><i>They [i.e., The conscious and unconscious] are one and the same [i.e., one and the same consciousness].</i></b></p> <p><b><i>They [i.e., The conscious and unconscious] only appear as different when the unconscious part [i.e., when the unconscious part of the ONE consciousness] is first discovered.</i></b></p>

***It [i.e., The unconscious part of the ONE consciousness, when it is first discovered] appears then to be a creature completely unconnected from conscious***

- ***aims and***
- ***desires.***

***Only little by little, when these two parts [i.e., when these two parts (the CONSCIOUS part and the UNCONSCIOUS part of the ONE consciousness)] of the individual unite, does it become obvious that they [i.e., that the CONSCIOUS part and the UNCONSCIOUS part of the ONE consciousness]***

- ***have been one [i.e., have been ONE CONSCIOUSNESS] all along***

***and***

- ***were split asunder artificially.***

***One part was then "forgotten," its existence denied.***

21

***It is the same as far as the universal mind is concerned.***

- ***Human consciousness is not separate from***
- ***universal consciousness.***

*In fact,  
there is  
no distinct borderline  
to delineate  
the difference [i.e., to delineate the difference  
between HUMAN and UNIVERSAL consciousness].*

*As with the*  

- *conscious*

*and*  

- *unconscious*

*of the personality,*  
*so with*  

- *individual*

*and*  

- *universal*

*consciousness.*

*This [i.e., This fact that there is no distinct borderline to delineate the difference]  
applies both  
to the*  

- *aware and*
- *unaware*

*parts of it [i.e., both the aware and unaware parts of consciousness].*

*It is impossible  
to determine  
where*  

- *individual consciousness*

*ends*  
*and*  

- *universal consciousness*

*begins.*

*Your own  
immediate conscious mind,  
right now at your disposal,  
is the  
fringe of  
the vast universal mind.*

*To express the thought  
that  
humanity  
is connected with  
the universal mind  
does not properly convey the truth,  
for this [i.e., for this statement, “the HUMAN mind is  
CONNECTED WITH the UNIVERSAL mind,”]  
might imply  
that  
two  
different things  
are connected.*

*This is misleading,  
for the two [i.e., for “the HUMAN mind (or consciousness)” and  
“the UNIVERSAL mind (or consciousness)”]  
are not different in*

- *nature,*
- *essence, or*
- *origin.*

*They [i.e., “The HUMAN mind (or consciousness)” and  
“the UNIVERSAL mind (or consciousness)”]  
are the same.*

*As with*

- *conscious*

*and*

- *unconscious,*

  

- *the human [i.e., the human mind]*

*and*

- *the universal mind*

*are merely separated by  
lack of awareness.*

22

**The conscious mind  
you express in your daily living  
is separated from**

- **the vast whole,**
- **the universal mind,**

**only by  
an illusory  
belief  
that you are separate.**

**You**

- **do not  
possess an aspect of  
this universal mind,**
- **you are not even  
a separated part of it [i.e., you are NOT even a SEPARATED PART of this  
universal mind].**

**You are it [i.e., You ARE universal mind].**

23

**What is  
now**

- **unconscious**

**was**

- **conscious  
at one time.**

**[i.e., The fact]  
That one part of you  
became  
unconscious,  
is not something  
that happened  
to  
you.**

**It [i.e., One part of you becoming unconscious]  
is something  
you  
made [i.e., you made one part of you unconscious that was conscious].**

*You  
made it [i.e., You MADE one part of you]  
unconscious,*

*as you still continue  
to make material  
unconscious –  
daily.*

*This [i.e., This fact that you made and are MAKING material UNCONSCIOUS]  
applies  
even to material  
you have known  
before this life.*

*Even that [i.e., Even material that you have known before this life  
but that you have now MADE UNCONSCIOUS]  
is but  
"momentarily forgotten"  
because  
you thought it  
more expedient  
to forget it.*

*No matter  
how unaware you are  
of what goes on within,*

*when you find it [i.e., when you find what goes on within],  
it is nothing more or less  
than a  
rediscovery.*

*It usually even  
feels as though  
one had known it all along.*

*This applies as much to*

- repressed psychological material  
from this life*
- as to*
- great metaphysical truths.*

	<p><i>All knowledge in the universe is essentially in you.</i></p> <p><i>Your consciousness</i></p> <ul style="list-style-type: none"><li><i>• has separated itself from this knowing</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• has therefore "forgotten."</i></li></ul> <p><i>This [i.e., This fact that your consciousness has separated itself from ALL KNOWLEDGE in the universe, knowledge that is essentially IN YOU] is true for the</i></p> <ul style="list-style-type: none"><li><i>• erroneous,</i></li><li><i>• destructive</i></li></ul> <p><i>part [i.e., for the erroneous, destructive part of this ALL KNOWLEDGE] as well as for</i></p> <ul style="list-style-type: none"><li><i>• the universal mind.</i></li></ul> <p><i>You are a manifestation of the latter [i.e., You are a manifestation of the UNIVERSAL MIND].</i></p>
24	<p><i>When the separation [i.e., When the SEPARATION of your consciousness from ALL KNOWLEDGE in the universe, knowledge that is essentially IN YOU] vanishes, the illusion vanishes as well – namely [i.e., namely the ILLUSION] that you are a separate being.</i></p>

*Your fear of  
giving up this illusion [i.e., Your FEAR of GIVING UP this ILLUSION  
that you are a SEPARATE BEING]*

*is so tragic  
because  
you believe  
only  
in this*

- illusory,*
- separate  
state*

*as being*

- real,*

*as having*

- identity.*

*You believe that  
you*

*lose*

- your identity,*

*thus [i.e., thus you believe you lose]*

- your very life,*

*when you  
lose  
your separation.*

*This [i.e., THIS BELIEF that you lose your identity, that you lose your very life,  
when you LOSE your SEPARATION]*

*is  
totally false.*

*The separation  
must  
vanish.*

*The separation exists  
due to  
innumerable errors,  
which in the course of such a path  
you begin to*

- discover*

*and*

- uncover.*

25

*The main error  
in this separated state  
is  
dualism –  
all  
either/or.*

*We have talked about  
many  
• dualistic aspects,  
many  
• false alternatives  
human beings  
• belabor  
and  
• suffer from.*

*You get  
more  
and more lost  
in a trap  
because you think  
you  
must make a choice  
between  
• dualistic –  
therefore  
• erroneous –  
alternatives,  
based on  
completely false premises.*

*I have discussed many of them [i.e., many of these completely false premises]  
and you,  
in your individual pathwork,  
have found many more than we can discuss here.*

26

***Tonight***

***I shall discuss a***

- specific,***
  - extremely important,***
- and***

- very fundamental***
- dualism –***

***based, as usual, on  
erroneous concepts.***

***This particular duality***

***is***

***universal.***

***In one way or another***

***it applies to some degree***

***to***

***all***

***human beings.***

***It [i.e., This duality I shall discuss tonight]***

***is the following:***

- pleasure***

***versus***

- goodness.***

***The word***

***"pleasure"***

***includes***

***all***

***personal***

- happiness,***
- fulfillment,***
- gratification***  
***on all levels,***
- self-interest,***
- self-assertion.***

***In this duality [i.e., In this duality of PLEASURE versus GOODNESS],***

***all these [i.e., all these aspects of personal happiness, fulfillment,  
gratification on all levels, self-interest, and self-assertion]***

- ***contradict***
  - ***goodness***
- and***
- ***unselfishness***
- and must therefore***
- ***be***
  - ***sacrificed.***

***The opposite facet***

***of this same duality [i.e., of this duality of PLEASURE versus GOODNESS],  
is***

- ***self-deprivation***
    - for the sake of***
      - ***decency,***
      - ***honesty,***
      - ***morality:***
  - ***"You must  
be good,  
or else!"***
  - ***Goodness***
  - and***
  - ***unselfishness***
- then mean  
renunciation of  
bliss.***

27

***The harmfulness***

***of the misconception***

***of this duality [i.e., of this duality of PLEASURE versus GOODNESS]***

***is impossible to fully grasp***

***unless***

***one contemplates its ramifications***

***very carefully.***

*Sacrificing  
pleasure  
includes  
everything [i.e., includes sacrificing EVERYTHING].*

*Since  
• life  
is  
• pleasure,*

*[In sacrificing pleasure]  
• life itself  
is thus  
• renounced.*

*Since  
• health  
is not possible  
without  
allowing the  
• life force*

*with all its pleasurable effects*

*to surge through the system,*

*• ill health  
is a result of  
this duality [i.e., of this duality of PLEASURE  
VERSUS GOODNESS].*

*• Intense physical pleasure  
is a  
legitimate  
• need*

*and  
legitimate  
• longing  
because it [i.e., because INTENSE PHYSICAL PLEASURE]  
is part of*

*the universal law of life.*

- *Selfhood,*
- *autonomy,*
- *self-assertion*  
*are aspects of*
  - *maturity and*
  - *self-responsibility.*

*They [i.e., Selfhood, autonomy, and self-assertion]*  
*are*

- *intensely pleasurable*
- and*  
*must also*
  - *be forsaken*  
*when*  
*pleasure*  
*is supposed to be*
    - *wrong*

*and therefore*
  - *denied.*

*Thus*

- the individual*  
*remains in a*  
*painful state*  
*of*
  - *dependency and*
  - *lack of identity,*
- of*
  - *weakness and*
  - *helplessness,*

*because*

*he or she feels remotely*

*as though this [i.e., as though this SACRIFICING*  
*of selfhood, autonomy, and self-assertion]*

*were the*

*more*

- *"decent"*

*and*

- *"unselfish"*  
*way to be.*

*The other [i.e., The PLEASURE of selfhood, autonomy and self-assertion, RATHER THAN SACRIFICE of selfhood, autonomy and self-assertion]*

*seems to be  
too*

- *"aggressive,"*
- *vigorous,*
- *forbidden.*

*Hence,*

*the spiritual pleasure of  
knowing*

- *the power within and*
- *one's own potentials to  
create destiny*

*must also be  
forsaken*

*in this duality [i.e., must be forsaken in this duality of  
PLEASURE versus GOODNESS].*

*It [i.e., The spiritual pleasure of knowing the power within  
and one's own potentials to create destiny],*

*too, seems  
too*

- *pleasurable,*

*too*

- *presumptuous,*

*not*

- *meek enough.*

*All these delights  
are abandoned  
in the distorted belief  
that they are  
wrong.*

*People believe  
that*

*if they*

- *assert themselves in such a way,*

*if they*

- *arrogate to themselves powers –*

*powers that were actually theirs to begin with –*

*they are*

- *"selfish and sinful."*

	<p><b>Yet</b> <b>only because they</b> [i.e., <b>Yet ONLY BECAUSE</b> these people who hold back from asserting themselves and do not claim powers that were actually theirs to begin with, believing such powers and behaviors are “selfish and sinful” and hence to be avoided] <b>are really</b></p> <ul style="list-style-type: none"><li>• <b>selfish and</b></li><li>• <b>sinful</b></li></ul> <p><b>in other respects –</b> <b>and not</b> [i.e., <b>and NOT</b> selfish and sinful] <b>because of</b> <b>their need for</b></p> <ul style="list-style-type: none"><li>• <b>selfhood and</b></li><li>• <b>ecstasy –</b></li></ul> <p><b>must they</b> <b>believe this falsity</b> [i.e., <b>MUST</b> they <b>BELIEVE</b> this <b>FALSITY</b> that <b>ASSERTING</b> themselves healthily and <b>CLAIMING</b> <b>POWERS</b> that were actually theirs to begin with <b>ARE</b> really “<b>SELFISH AND SINFUL</b>” and to be avoided].</p> <p><b>Believing the falsity,</b> <b>they can</b> <b>not shed</b> <b>the real</b></p> <ul style="list-style-type: none"><li>• <b>selfishness,</b></li><li>• <b>greed and</b></li><li>• <b>cruelty</b></li></ul> <p>[i.e., they cannot shed the <b>REAL</b> selfishness, greed, and cruelty they <b>DO</b> manifest and which <b>ARE</b> truly selfish and sinful].</p>
28	<p><b>The moment you</b> <b>truly understand</b> <b>your</b></p> <ul style="list-style-type: none"><li>• <b>freedom</b></li></ul> <p><b>and</b> <b>your</b></p> <ul style="list-style-type: none"><li>• <b>power,</b></li></ul> <p><b>you do not need to be</b></p> <ul style="list-style-type: none"><li>• <b>selfish,</b></li><li>• <b>cruel and</b></li><li>• <b>greedy.</b></li></ul>

*At that point [i.e., At that point where you  
truly understand your freedom and your power],*

*there is*

*no*

*• false alternative,*

*no*

*• split, or*

*• choice*

*to be made*

*between*

*• pleasure*

*and*

*• goodness.*

*But as long as you*

*believe*

*that in order to be*

*• good*

*you must renounce*

*• pleasure,*

*you must*

*fluctuate*

*between*

*these two alternatives [i.e., you must fluctuate BETWEEN being good  
by renouncing pleasure AND being bad so you  
can experience pleasure].*

*You cannot possibly*

*commit yourself*

*wholeheartedly*

*to either course [i.e., to EITHER the course of being good by renouncing  
pleasure OR the course of being bad so you can experience pleasure].*

*It is impossible*

*for you to find*

*peace*

*while this choice [i.e., this choice of being good OR having pleasure]  
seems to be imposed on you.*

*Therefore you are*

*both*

*• selfish [i.e., selfish in order to experience “pleasure”]*

*and*

*• pleasure-denying [i.e., pleasure-denying in order to be “good”].*

	<p><i>The more you feel compelled to deny yourself pleasure, the more selfish you must become in order to blindly fill the void [i.e., fill the void created by denying yourself pleasure].</i></p> <p><i>The more selfish you become, the more you must</i></p> <ul style="list-style-type: none"><li><i>• punish yourself for the selfishness and</i></li><li><i>• convince yourself that you do not deserve pleasure.</i></li></ul>
29	<p><i>The delight of</i></p> <ul style="list-style-type: none"><li><i>• loving,</i></li></ul> <p><i>the delight that</i></p> <ul style="list-style-type: none"><li><i>• life is</i></li></ul> <p><i>in its very essence, must remain concealed</i></p> <p><i>as long as this duality exists [i.e., as long as this duality of PLEASURE VERSUS GOODNESS exists].</i></p> <p><i>You chafe under those impossible alternatives as long as you think –</i></p> <p><i>even if only in your secret self-evaluation –</i></p> <p><i>that you must choose between</i></p> <ul style="list-style-type: none"><li><i>• giving up your hope for complete fulfillment for the sake of</i></li><li><i>• decency and</i></li><li><i>• goodness,</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• having to bear the burden of badness for the sake of tasting some of the delights life</i></li><li><i>• offers and</i></li><li><i>• intrinsically is.</i></li></ul>

30

*This is a  
very deep duality.*

*When you look closely  
within yourself  
you will find that  
you are influenced by it  
to a greater extent  
than you may believe.*

*This duality  
does not merely come from  
personal influences  
in an individual's early surroundings.*

*They [i.e., These personal influences in an individual's early surroundings]  
existed, of course,  
but only because this [i.e., but existed only because this duality  
of PLEASURE versus GOODNESS]*

*is such a*  

- *general,*
- *universal*

*distortion.*

*The destructive part  
of the universal consciousness*  

- *is deeply imprinted with  
this duality [i.e., this duality of PLEASURE versus GOODNESS],*
- *is imbued with  
its false divisions [i.e., its false divisions of PLEASURE  
versus GOODNESS].*

31

*When you come to the point  
where you deeply  
experience  
the original unity of life  
in this respect [i.e., in respect to GOODNESS and PLEASURE],  
you discover  
the tremendous truth  
that there is  
no such choice [i.e., no such choice  
between GOODNESS and PLEASURE]  
to be made.*

**Then** [i.e., Then, when you experience the original UNITY of life in respect to GOODNESS and PLEASURE and discover the tremendous truth that there is NO such CHOICE that needs to be made between EITHER GOODNESS OR PLEASURE]

**you can**

- **reach for every possible**
  - **delight,**
  - **pleasure,**
  - **fulfillment,**
  - **gratification,**
  - **ecstasy,**

**and**

- **be, at the same time, a totally**
  - **generous,**
  - **giving,**
  - **self-surrendering person.**

**In fact,**

- **self-surrender**
- and**
- **giving**
- are not only**
- **not depriving –**
- as one fears when one still lives in duality –**
- they** [i.e., self-surrender and giving]  
**are**
- **enriching.**

**You may already accept this in theory,**

**but**

**when the emotional awakening comes,**  
**it** [i.e., the fact that self-surrender and giving are not only NOT depriving but are actually ENRICHING experiences]  
**is**  
**world-shaking.**

***It [i.e., The world-shaking fact that self-surrender and giving  
are not only NOT depriving but are actually ENRICHING experiences]***

***is as though***

***you have***

- ***shed the burden of  
unnecessary shackles***

***and***

- ***discovered  
the great freedom  
of the world –  
of***

- ***growing,***
- ***being,***
- ***reaching out***

***and***

- ***experiencing life.***

***Then***

***nothing***

***stands in the way any longer***

***of***

- ***growing***

***and***

- ***continuing to grow  
in***

- ***strength and***
- ***integrity,***

***in***

- ***love and***
- ***wisdom,***

***in***

- ***power to create,***

***in***

- ***awareness of things  
as they really are,***

***in***

- ***the ability to  
experience  
pleasure supreme.***

32

*My friends,  
you may be surprised  
at the expression*

*"the destructive part  
of the universal consciousness,"*

*for it is usually assumed that  
the universal consciousness  
is  
only  
constructive.*

*Here again,  
arbitrary divisions  
are made  
that do not exist.*

*As you have a*  
• *personal*  
• *constructive*  
*and*  
• *destructive*  
*unconscious,*  
*so it is with*  
*the consciousness*  
*of*  
• *this earth sphere,*  
  
*of every*  
• *nation,*  
  
*of every*  
• *city,*  
  
*of every*  
• *group.*

***Just as with the individual,  
this consciousness [i.e., this consciousness  
of this earth sphere, of every nation, city, and group]***

***is  
partly  
• constructive,  
partly  
• destructive;***

***what is contained in it [i.e., contained in this consciousness of  
this earth sphere, of every nation, city, and group]***

***is  
partly  
• aware,  
partly  
• not [i.e., partly not aware].***

***Just as  
individuals***

***• are an expression of  
the divine***

***and***

***• can manifest the  
unified  
• power and  
• goodness***

***of it [i.e., can manifest the UNIFIED power and goodness  
of the divine]***

***when they  
reach into their  
depths –***

***transcending the***

***• waking,  
• conscious  
mind***

***as well as the [as well as transcending the]***

***• destructive  
• unconscious  
[mind] –***

***so***

***• can  
group  
consciousness.***

	<p><i>Larger bodies of people whose combined creative life substance forms one unit can also accomplish such a change [i.e., can also manifest the unified power and goodness of the DIVINE when they reach into their depths – TRANSCENDING the waking, conscious mind, as well as the destructive unconscious mind].</i></p>
33	<p><i>The more</i></p> <ul style="list-style-type: none"><li>• <i>individuals</i></li><li>• <i>dissolve their destructive</i></li><li>• <i>conscious</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>unconscious processes</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>transcend them by reaching into the unified divine depths,</i></li></ul> <p><i>the more</i></p> <ul style="list-style-type: none"><li>• <i>the world consciousness must change.</i></li></ul> <p><i>Thus</i></p> <p><i>each individual contributes much more to the shape of the world by his or her own</i></p> <ul style="list-style-type: none"><li>• <i>development and</i></li><li>• <i>growth</i></li></ul> <p><i>than he or she can possibly appreciate.</i></p>

*There is  
no other  
salvation  
than  
the discovery of  
the ground of one's own being  
which is  
so*

- *alive,*

*so*

- *powerful,*

*so full of*

- *potentials and*
- *possibilities –*
  - infinite in*
    - *good,*
  - infinite in*
    - *abundance.*

*If the ego-intelligence  
can*

- *accept this*
  - as a possibility and*
- *work with it*
  - by deliberately activating*
    - this power,*

*the in-between layer of*

- *error,*
- *destruction and*
- *suffering*
  - will give way*
    - much faster than otherwise.*

*Little  
by little  
you will see that  
the substance [i.e., the substance of life]  
is all  
the same,  
it [i.e., the substance of life]  
is all essentially  
identical life stuff.*

*There is a parallel  
between  
the discovery of*  
• *the self,*  
*consisting of an*  
• *apparently  
quite separate*  
• *destructive,*  
• *self-willed  
part*  
*and*  
• *a still more hidden  
infinite divine power –*  
*both [i.e., both this apparently quite separate  
destructive, self-willed part AND a still more  
hidden infinite divine power]*  
*being essentially of  
the same life substance  
as the conscious mind --*

*and*  
*the discovery of*  
• *the unity of*  
• *pleasure*  
*and*  
• *personal goodness.*

34

*Are there any questions about this topic?*

**QUESTION:**

*I have a personal question  
which might very well pertain to this topic.*

*It includes two things  
that I would like you to comment on.*

*First, I have been in a  
highly energized state lately,  
which seems to be related to my job.*

*It [i.e., This highly energized state that seems related to my job]  
has*

- prevented me from sleep*

*and*

- forced me to resort again  
to taking tranquilizers.*

*Second,  
I will see a person very soon  
whom I have been close to in the past.*

*I*

- am extremely*
- frightened and*
- ambivalent*

*about this person*

*and*

- feel that*
  - I can't remain in control  
when in this person's presence.*

*I think the  
sexual terror  
I have is  
very strong in this situation.*

35

**ANSWER:**  
*Yes, this indeed pertains very much  
to the topic of this lecture.*

*Both these facets [i.e., 1) your highly energized state related to your job  
and 2) your fear and sexual terror when with this person with whom you  
were once close and with whom you are now ambivalent]*

*• are connected with one another,  
they*

- are interdependent.*

*Your highly energized state [i.e., your highly energized state related to your job]  
is a direct result of  
displacing  
the natural sexual force.*

*It [i.e., The natural sexual force]  
has no way of finding expression  
in pleasure,  
which is what it [i.e., finding expression in PLEASURE is  
what the natural sexual force]  
is meant to do.*

*The deprivation of pleasure  
renders you ill to some degree.*

*The fact that you  
forbid yourself  
on all levels  
the intense pleasure  
you are meant to experience –  
[i.e., and that you forbid]  
out of  
false  
• fears and  
• ideas –  
creates an energy  
you cannot properly assimilate.*

*There must be a  
perpetual turnover of energy  
in a healthily functioning person.*

*This cannot take place  
when the destiny of  
the pleasure current  
is  
• willfully and  
• artificially  
stopped.*

*Pleasure comes about  
when the stream of energy [i.e., when the stream of energy, or pleasure current]  
is followed.*

*It [i.e., The stream of energy, or pleasure current of the natural sexual force]  
leads to  
• loving,  
• giving and receiving,  
• uniting,  
• opening up to the forces of life.*

*It [i.e., The stream of energy, or pleasure current, of the natural sexual force] leads to*

- *the innermost self*  
*with all its powers [i.e., with all the powers of the innermost self],*

*as well as to*

- *another person*  
*with whom*  
*one shares these delights.*

*When this [i.e., When this pleasure current of the natural sexual force] is followed through,*  
*the human system*  
*functions well.*

*Every energy unit*  
*has*  
*its own*  

- *metabolism,*

*its own*  

- *rhythm or*
- *turnover.*

36

*The fright of*  
*meeting this person*  
*is due to the energy of*  
*the pleasure principle in you*  
*being strongly activated.*

*Thus*  
*your misconception*  
*that*  

- *union with the other sex,*
- *pleasures of this union,*

*are*  

- *bad and*
- *dangerous*

*comes to the surface*  
*more directly.*

	<p><i>This [i.e., This experience of your MISCONCEPTION regarding union with the other sex and PLEASURE of this union as being BAD and DANGEROUS now COMING TO THE SURFACE MORE DIRECTLY]</i></p> <p><i>is good,</i></p> <p><i>for it permits you</i></p> <ul style="list-style-type: none"><li>• <i>to look at it [i.e., to look at this MISCONCEPTION],</i></li><li>• <i>to see it in action [i.e., to see this MISCONCEPTION in action],</i></li><li>• <i>to see its power [i.e., to see the POWER of this MISCONCEPTION] within your consciousness,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>to convince yourself how preposterous this fear is.</i></li></ul> <p><i>That experience can be made into a further steppingstone of growth for you if you understand what happens to you.</i></p>
37	<p><i>Even in your work situation the problem is essentially the same.</i></p> <p><i>This [i.e., This experience of having a HIGHLY ENERGIZED STATE related to your job]</i></p> <p><i>is a new experience for you.</i></p> <p><i>It is a good experience in that it shows</i></p> <ul style="list-style-type: none"><li>• <i>you have mastered a handicap.</i></li></ul> <p><i>It [i.e., This experience of having a HIGHLY ENERGIZED STATE related to your job]</i></p> <p><i>shows</i></p> <ul style="list-style-type: none"><li>• <i>you are coping successfully with reality to a much greater degree than ever before.</i></li></ul>

	<p><i>It [i.e., This experience of having a HIGHLY ENERGIZED STATE related to your job]</i></p> <p><i>shows you can</i></p> <ul style="list-style-type: none"><li><i>• take</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• accept</i></li></ul> <p><i>certain aspects of life you had never been willing to take and accept before.</i></p> <p><i>You</i></p> <p><i>not only</i></p> <ul style="list-style-type: none"><li><i>• do good work as such,</i></li></ul> <p><i>but you</i></p> <ul style="list-style-type: none"><li><i>• have overcome</i></li><li><i>• blocks and</i></li><li><i>• difficulties</i></li></ul> <p><i>within yourself.</i></p> <p><i>Only a short time ago they [i.e., Only a short time ago these blocks and difficulties related to your job]</i></p> <p><i>seemed insurmountable.</i></p>
38	<p><i>Your</i></p> <p><i>personal</i></p> <ul style="list-style-type: none"><li><i>• strength and</i></li><li><i>• goodwill</i></li></ul> <p><i>have led you to this growth, which must be experienced as</i></p> <p><i>pleasurable.</i></p> <p><i>Finding out</i></p> <p><i>one's</i></p> <ul style="list-style-type: none"><li><i>• strength,</i></li><li><i>• resources,</i></li><li><i>• abilities,</i></li><li><i>• resiliency,</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• any asset you can name,</i></li></ul> <p><i>is</i></p> <p><i>pleasure.</i></p>

*It [i.e., Finding out your strengths, resources, abilities, resiliency,  
and any asset you can name]*

*could be*

*experienced*

*as*

- *a knowledge of one's  
infinite possibilities for good,*

*as*

- *shrugging off  
an unnecessary confining straitjacket.*

*Yet*

*you deny yourself*

- *this pleasure [i.e., you deny yourself this pleasure in your job] –*

- *the pleasure of*

*your own accomplishment –*

*as you deny yourself*

*all*

*pleasure.*

*It is as though there were a*

*film*

*between*

- *you*

*and*

- *experience,*

*a*

- *thick,*

- *glazed*

*film,*

*like a*

- *plastic wall.*

*This wall*

*separates you from*

*the ability*

*to be touched by*

*experience.*

*This [i.e., This having a plastic wall separating you from the EXPERIENCE of life]*

*does*

*not apply*

*only*

*to you, of course.*

**Growth**

*means, among other aspects,  
the*

- *gradual thinning*
- and
- *eventual dissolution*

*of this film [i.e., thinning and eventual dissolution of this thick film  
that separates you from the experience of life],*

*so that you  
experience  
directly.*

*The meaning of this  
is profound,*

*for as long as you  
shrink back from*

- *direct,*
- *naked*

*experience,*

*you must be*

- *in trouble with  
yourself.*

*You must be*

- *weak,*
- *dependent,*
- *afraid*

*and, above all,*

- *deprived.*

*The more one*

- *sheds misconceptions*

*and*

- *wakes up to life,*

- *the thinner*  
*this film [i.e., the thinner this film that separates you  
from the EXPERIENCE of life]*

*becomes,*

*and*

- *the more directly one*
- *experiences  
life.*

**The thicker  
the film** [i.e., *The thicker the film separating you from the experience of life*]  
is,  
**the more  
aware you should become:**

**"Here I am,  
behind a transparent glazed wall,  
and  
through it, outside,  
I see  
experience,  
but it** [i.e., *but this experience I see outside the wall*]  
**does not touch me."**

39

**Whenever  
experience  
does  
touch you,  
you shrink back from it  
in fright.**

**The fright** [i.e., *The fright that leads you to shrink back from the experience of life*]  
**is caused by  
a wrong conclusion.**

**Experience  
of  
• pleasure,  
as well as  
of  
• unpleasure,  
cannot  
ever  
harm you,  
unless  
you  
believe  
it** [i.e., *unless you BELIEVE that EXPERIENCE  
of pleasure and unpleasure*]  
**will  
harm you.**

	<p><b><i>The harm [i.e., The harm that comes from experiences of pleasure and unpleasure] comes exclusively from defending yourself against experience, by closing yourself up.</i></b></p> <p><b><i>The anxiety you experience is exclusively a result of fearing</i></b></p> <ul style="list-style-type: none"><li><b><i>• pleasure,</i></b></li><li><b><i>as well as</i></b></li><li><b><i>• unpleasure –</i></b><ul style="list-style-type: none"><li><b><i>• fearing to be touched by experience</i></b></li></ul></li></ul> <p><b><i>and therefore</i></b></p> <ul style="list-style-type: none"><li><b><i>• building a defensive wall against it [i.e., against experience].</i></b></li></ul>
40	<p><b><i>In order to come out of this state [i.e., In order to come out of this state of fearing and defending against the EXPERIENCE of pleasure and unpleasure], you have to recognize that your</i></b></p> <ul style="list-style-type: none"><li><b><i>• unconscious [i.e., your unconscious mind]</i></b></li></ul> <p><b><i>is not yet as willing as your</i></b></p> <ul style="list-style-type: none"><li><b><i>• conscious mind.</i></b></li></ul> <p><b><i>Accept this [i.e., Accept that your UNCONSCIOUS mind is NOT as willing as your CONSCIOUS mind to fully EXPERIENCE pleasure and unpleasure] for the moment,</i></b></p> <p><b><i>for this [i.e., for this ACCEPTANCE] is the prerequisite for influencing it.</i></b></p>

*Deal with your  
resisting unconscious  
in an intelligent way.*

*Speak to it in a  
relaxed manner.*

*Say to it:*

*"I am wrong  
in fearing experience.*

*Nothing bad can happen to me  
if I have*

- pleasure, or*

*if I am*

- hurt or*
- disappointed.*

*These [i.e., These fears I have of experiences of either  
pleasure or hurt or disappointment]  
are illusory fears.*

*I do want  
the resiliency  
that is essentially mine.*

*I do call upon  
powers deeper within me  
than the  
false*

- fears and*
- ideas.*

*I no longer wish to  
reject experience.*

*My fear of so-called*

- good or*
- bad*

*happenings  
is based on  
illusion."*

*Thus you will learn,  
little  
by little,  
to let yourself  
experience  
whatever  
comes your way.*

*Let it  
come to you;  
  
do not  
ward it off.*

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*May you all gain  
more truthful understanding of  
the glory of life,  
which will make you  
recognize  
more  
and more  
that there is  
nothing  
to fear,  
absolutely  
nothing.*

*Your fear  
is illusion.*

*• Fear  
and  
• illusion  
are  
synonymous,  
as  
• life  
and  
• pleasure  
are.*

*Be blessed,  
be in God!*

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