

# Pathwork Lecture 153: The Self-Regulating Nature of Involuntary Processes

1996 Edition, Original Given: June 2, 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

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03	<p><b><i>Greetings, my dearest friends.</i></b></p> <p><b><i>May you once again find blessings through the</i></b></p> <ul style="list-style-type: none"> <li><b><i>• help,</i></b></li> <li><b><i>• strength, and</i></b></li> <li><b><i>• enlightenment</i></b></li> </ul> <p><b><i>that these lectures can give you.</i></b></p> <p><b><i>This last lecture of the season will be a</i></b></p> <ul style="list-style-type: none"> <li><b><i>• summary [i.e., a summary of the past 1966-67 season]</i></b></li> </ul> <p><b><i>and will also shed light on</i></b></p> <ul style="list-style-type: none"> <li><b><i>• the next step you need to take – if not immediately at least as preparation – in understanding</i></b></li> <li><b><i>• where you are going and</i></b></li> <li><b><i>• why you are stuck in certain ways.</i></b></li> </ul>

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	<p><i>While rounding up</i></p> <ul style="list-style-type: none"><li>• <i>the season behind us,</i></li></ul> <p><i>it will also anticipate the work in</i></p> <ul style="list-style-type: none"><li>• <i>our next season together.</i></li></ul> <p><i>An attempt to understand –</i></p> <p><i>not only with your</i></p> <ul style="list-style-type: none"><li>• <i>mind,</i></li></ul> <p><i>but with your</i></p> <ul style="list-style-type: none"><li>• <i>heart –</i></li></ul> <p><i>will make what is to come</i></p> <p><i>on your path to</i></p> <p><i>self-discovery</i></p> <p><i>a lot easier.</i></p>
04	<p><i>To summarize</i></p> <ul style="list-style-type: none"><li>• <i>once again,</i></li></ul> <p><i>and perhaps with</i></p> <ul style="list-style-type: none"><li>• <i>a different approach,</i></li></ul> <p><i>the meaning of</i></p> <p><i>self-realization:</i></p> <p><i>self-realization</i></p> <p><i>means</i></p> <ul style="list-style-type: none"><li>• <i>to bring out into</i></li></ul> <p><i>reality</i></p> <p><b><i>all</i></b></p> <p><i>dormant potentials.</i></p> <p><i>It means</i></p> <ul style="list-style-type: none"><li>• <i>to integrate</i></li><li>• <i>the ego</i></li></ul> <p><i>with as yet</i></p> <ul style="list-style-type: none"><li>• <i>involuntary processes.</i></li></ul>

*The ego  
consists of the*

- *outer reasoning faculty*

*and the*

- *will faculty.*

*The involuntary processes  
comprise*

- *feelings,*
- *intuition*

*and,*  
*what is more,*

- *certain manifestations*  
*which operate according to*  
*the most*
  - *meaningful and*
  - *lawful*

*foundations of life.*

*One who has  
not*  
*approached the threshold of  
self-realization*  
*cannot grasp the*

- *wonder and*
- *beauty*

*of this part of creation.*

05

*The perennial  
human battle  
is holding on to  
the outer ego-faculties  
because of a  
desperate fear of  
the involuntary processes.*

*You fear  
everything  
about them [i.e., about the involuntary processes] –  
either*

- *consciously or*
- *unconsciously, or*
- *both.*

*You fear  
the spontaneity  
of your  
feelings.*

*You may ignore this fact [i.e., IGNORE this fact that you  
FEAR the SPONTANEITY of your FEELINGS]  
because you believe  
something is a*

- *feeling*

*when you merely  
register a*

- *sensation*

*or a*

- *reaction [i.e., or register an EMOTIONAL REACTION]  
to your surroundings.*

*Something that is  
not*

- *spontaneous and*
- *involuntary,*

*something that is*

- *directly*

*rather than*

- *indirectly*

*governable by  
the ego processes,*

*cannot rightfully be called a  
feeling.*

06

*Why do humans  
fear  
the involuntary processes?*

*Why, indeed, do you often  
fear  
them [i.e., fear the involuntary processes]  
more than  
practically anything else in life,  
when  
the best in life  
is a result of  
the involuntary creative process?*

*Nothing  
that is really*

- *worthwhile,*
- *meaningful and*
- *fulfilling,*
- *of lasting value,*

*can ever be a product  
of*

- *ego function,*

*of*

- *direct ego control.*

*Why  
is humanity  
bent on*

- *destroying,*
- *dominating,*
- *denying and*
- *manipulating*
  - *creative life –*

*that is, the*

- *involuntary processes –*

*and*

- *substituting them*

*with  
the ego faculties?*

	<p><b><i>These ego faculties are much less • adequate, much less • wise, • resourceful or • creative.</i></b></p> <p><b><i>They [i.e., These ego faculties] are but separated particles of the greater consciousness, operative through the involuntary functions.</i></b></p>
07	<p><b><i>Before answering this question [i.e., Before answering this question as to WHY humanity is bent on destroying, dominating, denying and manipulating creative life – that is, the involuntary processes – and SUBSTITUTING these INVOLUNTARY processes WITH EGO faculties], let me point out – also for the benefit of some new friends here for the first time – that the • overexertion of • ego control and • denial of • involuntary processes create a tremendous imbalance in the personality.</i></b></p>

*To a greater or lesser degree,  
depending on  
how much*

- *the ego controls*
- *the creative life within,*

*it [i.e., this imbalance where ego control overcontrols  
involuntary processes]*

*creates*

- *sickness*

*or –*

*if one prefers the expression –*

- *neurosis.*

*People proceed  
from the premise –*

*often*

- *quite consciously,*

*or at least*

- *semi-consciously,*

*not ever*

- *completely unconsciously –*

*that*

- *the healthier  
they are to be,*
- *the more control  
they ought to exert  
over  
their involuntary processes.*

***This misconception [i.e., This misconception that the healthier they are to be, the more control they must exert over their involuntary processes] makes them go off in a direction that is opposed to***

- inner balance –***

***to***

- the realization of their best potentials,***

***to***

- rich fulfillment of life on all levels of their being,***

***to***

- healthy well-being.***

***If you are to attain all that, you must reverse the direction [i.e., you must exert LESS EGO CONTROL over the INVOLUNTARY PROCESSES].***

08

***The more you are bent on***

- overcontrolling and***
- dominating***

***the inner involuntary processes***

***and***

***the more you fear***

***the latter [i.e., the more you FEAR the inner INVOLUNTARY PROCESSES],***

***the more***

- conflicted and***
- unhappy***

***you become***

***and***

***the emptier***

***your life must be.***



***In fact, [i.e., In fact, when you overcontrol and dominate  
your inner involuntary processes]***

***you become a***

- shallow,***
- lifeless  
shell,***

***held together by  
rigid guards***

***you dare not  
ever***

***relinquish.***

***You get into a  
vicious circle:***

***the more you  
press in the wrong direction,***

***the more you***

- lose***
- yourself and***
- your life,***

***the more***

- problematic your life becomes,***

***the less***

- capable you become of  
coping [i.e., coping with life's problems].***

***Since you believe that this [i.e., Since YOU BELIEVE this VICIOUS CIRCLE in  
which, by pressing in the wrong direction, you 1) lose yourself and your  
life, 2) make your life more problematic and 3) make yourself less and less  
capable of coping with life's problems that you are increasingly creating]***

***is a result of***

- insufficient ego control,***

***you try to***

- increase***

***rather than***

- decrease***

***it [i.e., INCREASE rather than decrease EGO CONTROL],***

***thereby getting***

***more deeply involved in***

***the vicious circle.***

	<p><b><i>The only way to reverse it [i.e., The only way to REVERSE this VICIOUS CIRCLE where you 1) lose yourself and your life, 2) create problems for yourself, and 3) find yourself incapable of coping with life's problems you increasingly create, and INSTEAD create a BENIGN CIRCLE]</i></b></p> <p><b><i>is, as mentioned, to</i></b></p> <ul style="list-style-type: none"><li><b><i>• let go of the rigid vigilance which rules out all inner creative life</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• use the ego faculties in another way, which I will explain shortly.</i></b></li></ul>
09	<p><b><i>The involuntary functions, which must be called into play, are operative at all times.</i></b></p> <p><b><i>Returning to the question why humans fear the involuntary processes, we have to consider it [i.e., consider this question] on two fundamental levels.</i></b></p> <p><b><i>When people are involved in the vicious circle, it is because they base certain assumptions about</i></b></p> <ul style="list-style-type: none"><li><b><i>• life and</i></b></li><li><b><i>• their relationship to it on false ideas.</i></b></li></ul> <p><b><i>These false ideas are often</i></b></p> <ul style="list-style-type: none"><li><b><i>• unconscious and form the • images we have talked about.</i></b></li></ul>

*The misconceptions,  
deeply lodged in the soul substance,  
compel people to  
act upon  
these premises.*

*Since the premises are  
false,  
the ensuing*

- actions and*
- emotions*

*are bound to be*

- destructive*

*and*  
*are geared to*

- defend something*

*that does not exist.*

*Hence, the results  
must be  
opposite from  
what people really want.*

*In short, they [i.e., people]  
act  
against  
their interests.*

10

*The soul substance  
is a powerhouse  
of*

- energy,*

*of*

- infinitely greater power*

*than you are even remotely aware of.*

*When an individual  
is driven to act according to*

- the images,*

*the power  
is used*

- negatively.*

*When you are  
free from*

- *illusion and*
- *misconceptions –*  
*and therefore,*  
*in contact*  
*with*
  - *your real self,*

*with a level of*

- *cosmic reality –*

*the power  
that is operative  
is*

- *constructive and*
- *positive.*

*This power [i.e., This POWER of the SOUL SUBSTANCE]*  
*is*

- *so highly charged*  
*that*  
*anything*  
*can be molded with it.*

*It [i.e., This POWER of the SOUL SUBSTANCE]*  
*is*

- *the creative force itself.*

*But it [i.e., But this POWER of the SOUL SUBSTANCE, the CREATIVE FORCE]*  
*is*

- *neutral*

*in the sense that  
it can only*

- *be used, or*
- *flow,*  
*in the direction which*

*the mind,  
with its concepts,*

*sets.*

**Thus** [i.e., Thus, being NEUTRAL in and of itself, and able to flow  
ONLY in the direction which the mind, with its concepts, sets]  
**the power** [i.e., the POWER of the SOUL SUBSTANCE, the CREATIVE FORCE]  
**operates**  
**automatically.**

**It** [i.e., This POWER of the SOUL SUBSTANCE, the CREATIVE FORCE]  
**seems as if**  
**it happens**  
**by itself.**

**In this way**  
• **the ingrained ideas**  
**work as**  
**the motor force of the power,**  
**and**  
• **the ideas**  
**become**  
**self-perpetuating.**

**They** [i.e., The ingrained ideas]  
**find their**  
**outer manifestation**  
**in the events**  
**the ideas create.**

11

**People**  
**who are as yet**  
**unaware of**  
• **what they really believe,**  
**and also**  
**unaware of**  
• **life's laws,**  
• **ignore these connections** [i.e., IGNORE these CONNECTIONS  
between their IDEAS and the EVENTS their ideas create]  
**and**  
• **think events**  
**have nothing to do with**  
**their ideas.**

*They [i.e., These people who are unaware both of  
what they REALLY BELIEVE and of LIFE'S LAWS]  
ignore*

- *the creative power  
in themselves*

*and*

- *the fact that it  
is set up so that it [i.e., so that their creative power, following  
ILLUSIONS and MISUNDERSTANDINGS of their  
mind's concepts]  
actually works  
negatively.*

*Such a path as ours [i.e., as pathwork]  
is aimed at  
bringing out the  
unconscious*

- *ideas and*
- *images.*

*They [i.e., Your ideas and images]  
are really  
unconscious  
to begin with.*

*But once you find  
that you harbor  
deep inside yourself*

- *equations and*
- *assumptions  
completely contrary to  
your  
conscious*

- *reasons and*
- *intelligence,*

*you begin to perceive  
that you have instituted,  
through  
the erroneous assumptions  
influencing  
the creative life energy,  
involuntary processes  
that are  
destructive.*

	<p><i>Since</i></p> <ul style="list-style-type: none"><li>• <i>the energy caught up in</i></li><li>• <i>the images works according to</i></li><li>• <i>the assumptions of the images,</i></li></ul> <p><i>the</i></p> <ul style="list-style-type: none"><li>• <i>involuntary,</i></li><li>• <i>unconscious process is destructive.</i></li></ul>
12	<p><i>The conscious mind</i></p> <ul style="list-style-type: none"><li>• <i>is an instrument of the</i></li><li>• <i>unconscious perceptions and</i></li><li>• <i>connections that actually exist,</i></li></ul> <p><i>but</i></p> <ul style="list-style-type: none"><li>• <i>is only able to translate them [i.e., is able to TRANSLATE these unconscious perceptions and connections ONLY] hazily.</i></li></ul> <p><i>The more a person becomes conscious of the</i></p> <ul style="list-style-type: none"><li>• <i>inner,</i></li><li>• <i>heretofore unconscious processes,</i></li></ul> <p><i>the more exactly will he or she understand the "messages" coming through.</i></p>

*When an individual  
is still driven by*

- *unconscious images –*

*thus also driven by*

- *the negatively operative  
involuntary processes –*

*he or she  
cannot help but  
fear them.*

*So, on one level,  
fear*  
*is explained by the fact that  
many of your  
involuntary processes  
lead you into*

- *negative experience,*

  
*due to the presence of  
unconscious*

- *false ideas.*

*You fear the*

- *self-perpetuating,*
- *involuntary  
forces.*

*You are  
not able to explain why.*

*You  
ignore that  
these forces  
are only*

- *dangerous or*
- *negative*

*because they [i.e., because these  
self-perpetuating involuntary forces]  
work according to  
your own  
ideas [i.e., YOUR OWN UNTRUE ideas  
and MISUNDERSTANDINGS].*



*You ignore that  
once the ideas  
are*

- *challenged and*
- *found to be  
untrue,*

*the same self-operative power  
can  
be trusted.*

*Instead,*

*your solution is to*

- *never  
trust*

*any*

*involuntary processes*

*and to*

- *guard yourself  
against them [i.e., against ALL involuntary processes]  
by*

*strict vigilance,  
using your  
ego-faculties.*

*Furthermore,*

*you ignore*

*how damaging  
this "solution" is.*

*In fact,*

*the average person  
has no idea*

- *what  
they are doing*

*and*

- *why.*

13

*People who follow a path of  
self-confrontation  
are bound to discover  
their*

- *ingrained,*
- *heretofore unconscious  
assumptions  
about important aspects of living.*

*Gradually  
they begin to  
dissolve*

*the images  
through*

- *recognition [i.e., through recognition of the images as untrue]*

*and*

*through*

- *installing  
truthful ideas  
into the soul substance.*

*They [i.e., People who follow a path of SELF-CONFRONTATION]  
begin to observe*

*the*

- *power of the images,*

*the*

- *energy involved in them,*

*the*

- *automatic,*
- *involuntary  
nature of these energies.*

*Little*

*by little,*

*through*

- *understanding and*
- *observation,*

*you can*

*reestablish  
the correct assumptions.*

	<p><i>They [i.e., The CORRECT assumptions about yourself, others, and life, as opposed to the distorted images by which you have heretofore been unconsciously and automatically living] will then begin to work constructively for you.</i></p> <p><i>You proceed to set off new energy currents which work according to a vaster law.</i></p> <p><i>You never need to fear them [i.e., You NEVER need to FEAR these NEW ENERGY CURRENTS, which work according to a VASTER LAW].</i></p>
14	<p><i>Nevertheless,</i> <i>when</i></p> <ul style="list-style-type: none"><li>• <i>this [i.e., when this setting off of NEW ENERGY CURRENTS within, which work according to a VASTER LAW] begins to happen, my friends,</i></li></ul> <p><i>when</i></p> <ul style="list-style-type: none"><li>• <i>images have been</i><ul style="list-style-type: none"><li>• <i>found and</i></li><li>• <i>dissolved</i></li></ul><i>to an extent –</i></li></ul> <p><i>when</i></p> <ul style="list-style-type: none"><li>• <i>self-acceptance and</i></li><li>• <i>observation</i></li></ul> <p><i>bring</i> <i>new</i></p> <ul style="list-style-type: none"><li>• <i>understanding and</i></li><li>• <i>harmony</i></li></ul> <p><i>into your inner life –</i> <i>you still, at this point [i.e., at this BEGINNING point of this new awareness], find yourself afraid of the involuntary processes.</i></p>

*At this juncture [i.e., at this BEGINNING juncture of this new awareness]  
you may have arrived at the  
theoretical understanding  
that  
the involuntary processes  
need  
not  
be destructive,  
that  
they  
are only destructive  
according to  
your hidden misconceptions.*

*Yet, in actuality,  
you still  
fear the*

- self-perpetuating,*
- involuntary*

*forces.*

*You still  
believe you need to  
guard against them.*

*And this [i.e., And this FEAR of the involuntary forces and belief that you  
have to GUARD AGAINST them]  
brings us to the  
second level of the problem.*

*In order to help you to  
move on from this point  
where many of you, my friends, now are,  
the following words  
can be exactly  
what you need,  
provided  
you work with them.*

15

*The résumé, of past material,  
approached in this particular form [i.e., in this particular form  
that I have just now expressed in this lecture],  
was necessary  
to lead up to what follows.*

*The next step is this:*

*How can you  
begin to  
trust  
the involuntary processes?*

*How can you  
be sure that –  
even after  
dissolving  
the false assumptions  
which formed certain images –  
the available  
free-flowing energy  
is not leading you into*

- danger and*
- destruction*

*once you let go of  
the sharp ego control?*

*Unless you  
trust  
the involuntary processes,*

- the exaggerated ego control  
cannot be relinquished*

*and*

- you can  
never convince yourself of  
the benign nature of  
the creative forces within you.*

- **Productive,**
- **creative**  
**involuntary processes**  
**cannot become operative**  
**as long as you do not**
  - **encourage them,****as long as you do not**
  - **wish them****and**
  - **give yourself to them.**

**If you do**  
**not**

- **let go**

**and**

- **permit them** [i.e., and permit the creative involuntary processes]  
**to happen**

**and**

- **get your whole being**  
**to want this** [i.e., and to get your **WHOLE BEING** to **WANT**  
**the CREATIVE involuntary processes to manifest and happen**],

**you can**  
**never**  
**prove**  
**the reliability of**  
**the involuntary creative processes**  
**contained in every human soul.**

**To get to this point** [i.e., To get to this point where you **KNOW** and **TRUST** the  
**RELIABILITY** of the involuntary creative processes],  
**you have to consider**  
**in a new way**  
**why**  
**the involuntary processes**  
**can be trusted.**

16

**The words I will speak now**  
**are designed to**  
**open up**  
**new understanding**  
**in this respect** [i.e., in respect to a new way of considering  
**WHY** the **INVOLUNTARY PROCESSES** can be **TRUSTED**].

*I realize,  
and  
I hope all of you realize,  
that it does  
not suffice  
to merely hear these words.*

*They [i.e., These words I now speak]  
need to be taken  
very seriously  
by giving them a  
great deal of attention  
with*

- *your innermost being,*

*with*

- *the best*
- *intentions and*
- *will.*

*Open yourself  
completely,  
let go of  
the defenses  
that make you so*

- *tight and*
- *rejecting of*

*new ideas  
that seem to threaten you.*

*When ego control  
is too tight,  
such words may indeed  
seem threatening.*

*That which is*

- *salvation*

*appears like your*

- *undoing.*

	<p><i>You have fought against this direction [i.e., fought against this direction of LETTING GO OF TIGHT EGO CONTROL] all your life.</i></p> <p><i>Now you are being told to do the very opposite of what you thought you needed to do.</i></p> <p><i>You cannot imagine that it [i.e., You cannot imagine that LETTING GO of TIGHT EGO CONTROL] will work.</i></p>
17	<p><i>Not even those of you who</i></p> <ul style="list-style-type: none"><li><i>• have been engaged in this pathwork for some time</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• have made significant progress</i></li></ul> <p><i>find it easy to</i></p> <ul style="list-style-type: none"><li><i>• cross the threshold</i></li></ul> <p><i>and to</i></p> <ul style="list-style-type: none"><li><i>• reach the state of mind that trusts what was hitherto the most threatening thing of all – life's involuntary processes within yourself.</i></li></ul> <p><i>You all have to fight against too tight an ego control where</i></p> <ul style="list-style-type: none"><li><i>• reason</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• will</i></li></ul> <p><i>crowd out the involuntary processes.</i></p>



18

*My friends,  
the only way  
the involuntary processes  
can be trusted  
is by realizing that  
they are  
  
self-regulating.*

*They [i.e., The involuntary processes]  
function as*

- *perfectly and*
- *completely*

*as*

*many of your biological processes*

- *which you take for granted*

*and*

- *the self-regulating nature of which  
you never even think about.*

*It would not occur to anyone  
to want to regulate  
their*

- *blood stream,*
- *nervous system,*
- *heart beat,*

*the functioning of their*

- *liver,*

*or*

- *any other inner organ.*

*The organs  
do their work  
perfectly  
by themselves.*

*It would not occur to you to try to*

- *control and*
- *govern*

*them*

*by your outer*

- *reasoning processes and*
- *will.*

***If you attempted  
such a thing [i.e., If you attempted to control and govern your organs  
by your reasoning processes and will],  
it would only create harm.***

***You would  
waste  
your  
• willpower,  
your  
• energy,  
to exert a pressure  
that would  
eventually  
affect the good functioning of your body  
negatively.***

***All wasted energy  
has that effect [i.e., ALL WASTED energy has the effect of affecting  
the good functioning of your body NEGATIVELY].***

***This is the background of  
all  
physical illness.***

***Which organs are affected  
depends  
on their  
• innate resistance to illness,  
on their  
• inherent health.***

***People are born with  
some organs  
that are  
more resistant to  
abuse.***

***In spite of consistent abuse,  
they continue to function for a considerable time.***

***Other organs  
• are much more delicate and  
• begin to give out as soon as the slightest thing goes wrong.***

19

*To return to this analogy,  
the attempt to  
control  
something that is not amenable to ego-control*

- *can only create*
- *imbalance,*
- *pressure,*
- *tension,*
- *anxiety,*

*and*

- *will finally manifest*
- *negative effects.*

*This applies  
not only to*

- *the body,*

*but to*

- *all levels of the personality.*

*When you realize  
that you do  
not have to exert  
any*

- *willpower,*

*any*

- *pressure*

*with your  
outer ego faculties,  
in order to have your  
biological functions work  
in their own perfect way,*

*you will then see  
that  
the same process  
applies to other levels.*

*Self-regulation  
exists in nature  
in every possible respect.*

*You  
do  
have to  
use your ego  
so as to*

- nurture and*
- cultivate*

*healthful habits  
regarding*

- food,*
- sleep,*
- exercise,*

*in order to  
maintain the*

- involuntary,*
- self-regulating*

*functions.*

*The ego's task  
is to  
choose  
to take care of  
the body  
so as to  
maintain health.*

*[Conversely,]  
It would be  
utter folly of the ego  
to control  
the functions  
that are  
not responsive to  
direct pressure.*

20

***The same relationship*** [i.e., *The same relationship that exists between the EGO and the involuntary, self-regulating BIOLOGICAL FUNCTIONS*],  
***my friends,***  
***exists***  
***between the***  

- ***ego***

***and the***  

- ***involuntary processes***  
***of the***
  - ***emotional life,***
  - ***creative functions within,***
- ***direction one's life is to take***  
***as a whole.***

***These involuntary processes*** [i.e., *These INVOLUNTARY PROCESSES of 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS within, and 3) the DIRECTION one's LIFE IS TO TAKE as a whole*]  
***are just as***  

- ***perfectly,***
- ***meaningfully***  
***regulated –***  
***according to***  
***lawful procedures –***

***as the***  

- ***biological ones.***

***If the ego***  
***does not interfere,***  
***self-regulation***  
***occurs***  

- ***effortlessly and***
- ***naturally.***

***Again,***  
***the ego***  
***has its role to play*** [i.e., *the EGO has ITS ROLE to play regarding these INVOLUNTARY PROCESSES of 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS within, and 3) the DIRECTION one's LIFE IS TO TAKE as a whole*].

***Its task [i.e., The EGO's TASK regarding these INVOLUNTARY PROCESSES  
of 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS  
within, and 3) the DIRECTION one's LIFE IS TO TAKE as a whole]***

***is to  
choose  
healthful habits  
regarding  
the activity of the mind,  
so as to set  
the proper direction.***

***Your mind  
can nurture***

- brooding thoughts  
which encourage***
- destructive emotions.***

***Or your mind  
can***

- choose honesty with the self;***

***it [i.e., your mind]  
can***

- choose to disclose  
all previous self-deceptions.***

***It [i.e., Your mind]  
can***

- cast off  
all the illusions  
nurtured about the self.***

***It [i.e., Your mind]  
can***

- determine  
to accept oneself***
- where and***
- how***
- one is  
now***

***and***

- give up  
the idealized version of the self  
one tries to enforce.***

	<p><b>These are</b></p> <ul style="list-style-type: none"><li>• <b>healthful habits,</b></li><li>• <b>necessary for the involuntary processes</b><ul style="list-style-type: none"><li>• <b>to be affected indirectly and</b></li><li>• <b>to work in a reliable way.</b></li></ul></li></ul> <p><b>Then [i.e., Then, when these HEALTHFUL HABITS of the MIND are in place]</b></p> <p><b>their self-regulating nature [i.e., the SELF-REGULATING NATURE of these involuntary processes related to 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS within, and 3) the DIRECTION one's LIFE IS TO TAKE]</b></p> <p><b>can reveal itself.</b></p> <ul style="list-style-type: none"><li>• <b>The temptation to evade the truth of the self must be as rigorously overcome</b></li></ul> <p><b>as</b></p> <ul style="list-style-type: none"><li>• <b>the rigor of ego control must be relinquished.</b></li></ul> <p><b>This is how balance [i.e., This is how BALANCE of the INVOLUNTARY PROCESSES related to 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS within, and 3) the DIRECTION one's LIFE IS TO TAKE]</b></p> <p><b>can be reestablished in the personality.</b></p>
21	<p><b>The cultivation of healthful mental habits chosen by the ego</b></p> <p><b>can be paralleled on the physical level.</b></p>

*As*

- *the body*  
*always responds favorably*  
*when it is treated constructively,*

*so does*

- *the level where*
  - *feelings and*
  - *intuition*  
*create*
    - *conditions**and*
  - *experiences*  
*of life.*

*When*

*the ego*  
*no longer dominates*  
*the involuntary processes,*

- *intuition*  
*will*

- *give a new security*  
*and*
  - *help to cope with life.*

- *Thoughts*

*will come*  
*from the*

- *deepest resources of*  
*the solar plexus,*

*rather than the*

- *volitional,*
- *artificial*  
*thought processes people use*  
*when overemphasizing the intellect.*

*You are*

*used to this imbalance [i.e., this imbalance of overemphasizing the intellect]*  
*without even knowing*  
*what you*

- *do*

*and*  
*what you*

- *miss.*



22

**Only when**  
• **you have**  
**experienced the**  
**self-regulating nature**  
**of the**  
**involuntary processes**

**and**  
• **the involuntary processes**  
**are integrated with**  
**the ego functions**  
**can life be truly**  
• **fulfilling and**  
• **rich.**

**A new freedom**  
**exists**  
**to receive**  
**what comes from**  
**within.**

**One is**  
**being lived**  
**from within,**  
**as it were.**

**This [i.e. This “BEING LIVED FROM WITHIN”]**  
**is**  
**self-realization.**

**Then [i.e. Then, when one is “SELF-REALIZED” and**  
**“BEING LIVED FROM WITHIN”]**  
**one can see**  
**that**  
**the involuntary processes [i.e., that the INVOLUNTARY PROCESSES**  
**related to 1) the EMOTIONAL LIFE, 2) the CREATIVE**  
**FUNCTIONS within, and 3) the DIRECTION one’s**  
**LIFE IS TO TAKE]**  
**are,**  
**in their healthy functioning,**  
**as**  
• **trustworthy and**  
• **self-regulating**  
**as a**  
**body [i.e., as a PHYSICAL, BIOLOGICAL BODY]**  
**functioning in health.**

	<p><i>An integrated full life is absolutely impossible if these involuntary faculties [i.e., IF these INVOLUNTARY FACULTIES related to 1) the EMOTIONAL LIFE, 2) the CREATIVE FUNCTIONS within, and 3) the DIRECTION one's LIFE IS TO TAKE] are not allowed to be.</i></p>
23	<p><i>How many times do you, my friends, say,</i></p> <p><i>"But</i></p> <ul style="list-style-type: none"><li><i>• if I give in,</i></li><li><i>• if I let go of ego control, what will happen?</i></li></ul> <p><i>My feelings may want something that is</i></p> <ul style="list-style-type: none"><li><i>• destructive or that I • disapprove of."</i></li></ul> <p><i>And I say to you, again and again, that this [i.e., that your FEELINGS indeed wanting something that is destructive or that you disapprove of] is quite possible.</i></p> <p><i>• Unhealthy desires and • negative emotions exist indeed.</i></p>

*They [i.e., Unhealthy desires and negative emotions that exist in you]  
are the result of the*

- *distortions,*
- *images,*
- *misconceptions,*
- *misunderstandings*

*of*

- *early painful experiences.*

*They [i.e., Unhealthy desires and negative emotions that do indeed exist in you]  
do  
not  
need, however,  
to destroy  
your life  
just because  
you have built  
general concepts  
around  
these early experiences.*

*The existence  
of these*

- *desires and*
- *emotions*

*is  
not affected  
merely because*

*you  
acknowledge  
what has actually  
always  
been there,  
only you have  
never admitted it.*

**Only**  
**after**  
**you have acknowledged**  
**the presence of undesirable material –**  

- **wishes and**
- **emotions –**

**can you**  
**begin to**  
**experience**  

- **the likewise ever-present,**
- **but still deeply hidden**
  - **constructive feelings,**
  - **the positive power**

**inherent in**  
**your deepest nature.**

**The latter feelings [i.e., The CONSTRUCTIVE feelings**  
**inherent in your deepest nature]**  
**have the**  
**self-regulating wisdom**  
**built into**  
**their very existence,**  
**just as**  
**the destructive**  

- **emotions and**
- **assumptions**

**become**  
**self-regulating**  
**in the**  
**automatic reflexes**  
**they force upon you.**

24

**Once you allow the**  

- **negative material**

**fully**  
**into your consciousness,**  
**you must soon see**  
**the power of**  

- **constructive material**

**in you.**

*Then [i.e., Then, when you see the POWER of CONSTRUCTIVE material in you,]  
you will discover  
what I keep mentioning,  
that you are  
even more afraid of*

- *the positive*
- *power in you*

*than you are  
of all*

- *the negative*
- *feelings and*
- *desires*

*put together.*

*Anyone who goes deeply enough  
in their path of  
self-confrontation  
cannot help but  
find this truth [i.e., this TRUTH that you are more afraid of the  
POSITIVE POWER in you than of all the NEGATIVE  
FEELINGS and DESIRES put together],  
no matter how*

- *preposterous and*
- *illogical*

*it may seem at first hearing.*

25

*If you  
fear  
the constructive forces  
in yourself,  
it is because you  
ignore  
the self-regulating nature  
of the cosmic flow  
that  
any constructive feeling  
is.*

*To let yourself be carried by it [i.e., To let yourself BE CARRIED BY  
the COSMIC FLOW]  
seems risky –  
even dangerous.*

*In this particular phase [i.e., phase of your development],  
your*

- *vague*
- or perhaps even*
- *distinct*
- fear,*

*once it is conscious at all,  
is,*

*"Where will it [i.e., Where will the COSMIC FLOW that this  
particular good CONSTRUCTIVE FEELING is]  
carry me?*

*Where will I go from here?*

*What will it [i.e., What will the COSMIC FLOW that this  
particular good CONSTRUCTIVE FEELING is]  
make me do?*

*I will lose*  
• *my individuality,*

*I will lose*  
• *control."*

*The good feelings [i.e., The GOOD CONSTRUCTIVE FEELINGS  
associated with the COSMIC FLOW]*

*seem to be  
even more threatening  
than  
the negative ones  
regarding  
the loss of*  
• *control*  
*and*  
• *individuality.*

26

*The fear  
may exist  
that  
the good feelings [i.e., that the GOOD CONSTRUCTIVE FEELINGS  
associated with the COSMIC FLOW]  
may be directed to  
someone  
who is*

- *not worthy of them,*

*who*

- *does not reciprocate in kind,*

*who will*

- *reject*

*and*

- *hurt*

*and*

- *take advantage.*

*These may indeed  
be valid objections,  
but only in connection with  
the object of affection.*

*Never do they [i.e., NEVER do these fears that the GOOD FEELINGS may go  
out to someone who is unworthy, who does not reciprocate, who  
rejects, hurts, or takes advantage of them]  
justify  
the denial of  
the good feelings themselves.*

*If the choice of  
the love object  
is inadequate,  
it is precisely a result of [i.e., a result of YOUR]  
• immaturity,  
• illusion,  
• lack of awareness of  
• self,  
hence of  
• others.*

*It is a temporary phase of  
growth [i.e., a temporary phase of YOUR GROWTH].*

27

**Growth [i.e., YOUR GROWTH]  
is stopped  
when feelings  
are stopped.**

**If the feeling is  
allowed to function  
by realizing that  
it has to  
grow into  
its**

- **self-reliable and**
  - **self-regulating**
- nature,**

**it [i.e., the feeling you allow to function and thereby grow]  
is bound to produce  
fulfillment.**

**The choice of  
love objects  
who**

- **leave you**
  - **unfulfilled and**
  - **frustrated,**
- or even**
- **produce**
  - **pain,**

**expresses  
the torn state  
of your  
inner direction.**



**You**  
    **want**  
        **the feeling** [i.e., *You WANT the GOOD CONSTRUCTIVE FEELINGS*  
                                *associated with the COSMIC FLOW*]

**and**

**you**  
    **do not want**  
        **it** [i.e., *You DO NOT WANT the GOOD CONSTRUCTIVE FEELINGS*  
                                *associated with the COSMIC FLOW*];

**you**  
    **desire**  
        **fulfillment** [i.e., *You DESIRE FULFILLMENT*]

**and**

**you**  
    **fear**  
        **it** [i.e., *You FEAR FULFILLMENT*].

**Precisely because**  
    **of this conflicting state** [i.e., *BECAUSE of this this conflicting state of BOTH*  
        *DESIRING good constructive feelings and fulfillment AND NOT*  
        *WANTING, even FEARING, constructive feelings and fulfillment*],  
    **experience**  
        **accrues**  
            **which seems to**  
                **warrant**  
                    **the fear of**  

- **letting go of**  
            **ego control**

**and** [i.e., *and warrant the fear of*]  

- **trusting the flow**

**of**  

- **involuntary processes,**
- of**
- **spontaneous feelings.**

**The difficult experience** [i.e., *The difficult experience that SEEMS to WARRANT*  
    *FEAR of letting go of ego control and to WARRANT FEAR of*  
    *trusting the flow of involuntary processes and spontaneous feelings*]

**should**  
    **never be taken as**  
        **proof**  
            **that feelings**  
                **are**  
                    **not trustworthy.**

*[Rather,]*

**It** *[i.e., The difficult experience that SEEMS to WARRANT FEAR of letting go of ego control and WARRANT FEAR of trusting the flow of involuntary processes and spontaneous feelings]*

**only proves  
the existence of  
conflicting wishes.**

**It** *[i.e., The difficult experience that SEEMS to WARRANT FEAR of letting go of ego control and WARRANT FEAR of trusting the flow of involuntary processes and spontaneous feelings]*

**results from  
ignoring the fact  
that**

- **feelings,**
- **intuition,**
- **spontaneous**
  - **thoughts and**
  - **inspiration,**
- **creative processes,**

**undergo  
their**

**law of growth  
as does**

**any other part of  
the human organism.**

**When**

**this part of human nature** *[i.e., When human nature's part that includes feelings, intuition, spontaneous thoughts and inspiration, and creative processes]*

**is fully grown,**

**the**

**self-regulating quality**

**manifests**

**more**

**and more.**

**Then a person is**

**self-realized.**

**Then he or she**

**lives on the level of the**

**real self,**

**where life is all good.**

28

*But people  
fear  
total surrender to  
the involuntary processes,  
so they  
cannot discover  
the perfection of  
the self-regulating law.*

*Most of you,  
as you are now,  
still  
fear  
letting go,  
although you  
long for it [i.e., although at the same time you  
LONG to LET GO].*

*You*

- *fear and*
- *distrust*

*it [i.e., You fear and distrust LETTING GO of EGO CONTROL and  
ALLOWING the free flow of involuntary processes and  
spontaneous feelings],  
although you  
theoretically  
understand the truth [i.e., the truth that this LETTING GO  
is NECESSARY to reach the level of the REAL SELF,  
where LIFE IS ALL GOOD].*

*You may recognize  
quite clearly  
the tightness with which  
you do  
not  
want to let go.*

**By consulting your**

- **emotional,**
  - **irrational**
- motive**

**as to**

**why**

**you still**

- **hold back**

**and**

- **distrust the**
- **flowing,**
- **creative**

**life processes within,**

**you may come up with**

**the feeling**

**that**

- **these processes**
- are**

- **chaotic,**

**that**

- **only your ego**
- is**

- **orderly and**

- **safe.**

**This feeling** [i.e., This feeling that feelings, intuition, spontaneous thoughts and inspiration, and CREATIVE PROCESSES are CHAOTIC and that only your EGO is ORDERLY and SAFE]

**is, again,**

**due to**

**ignoring**

**the self-regulating nature of  
the creative life processes.**

**Recognition of this** [i.e., Recognition of the fact that your FEAR of the CREATIVE LIFE PROCESSES is due to IGNORING the SELF-REGULATING nature of the creative life processes]

**must help you to come a step nearer to**

**the real life**

**that leads itself**

**from**

**within yourself.**

29

***It will help your transition [i.e., your TRANSITION from EGO OVERCONTROL to LETTING GO of ego overcontrol and instead TRUSTING the spontaneous, involuntary forces within from the REAL SELF]***

***to clearly understand  
that there is***

- ***a harmful way of***
- ***letting go,***
- ***a distorted version of it,***

***just as there is a***

- ***distorted and***
  - ***harmful***
- version of***
- ***discipline.***

***Self-realization –***

- ***the full bringing out of one's best,***
- ***the integration***

***of***

- ***the ego functions***

***with***

- ***the highly creative potentials***

***that are***

- ***still dormant***

***and***

- ***involuntary –***

***can only come about  
through***

***the constant***

- ***weighing and***
- ***testing***

***of***

- ***a relaxed discipline,  
alternating with***
- ***a proper letting go.***

*Neither attitude [i.e., Neither the attitude of having a RELAXED DISCIPLINE  
nor the attitude of having a PROPER LETTING GO]*

*can ever be harmful*

*if*

*practiced in an  
utterly truthful way,*

*by*

- self-revelation*
- and*
- self-confrontation.*

*Nothing dangerous  
can ever happen,  
provided*

*all*

*illusions about the self  
are rigorously given up.*

*This is the  
perfect way,*

*where*

- discipline*
- and*
- letting go*

*bring a harmony*

*which reconciles  
these two*

*apparently opposite*

*attitudes [i.e., these two apparently opposite attitudes  
of 1) having an attitude of DISCIPLINE on the  
one hand, and on the other hand of 2) having an  
attitude of LETTING GO].*

30

**When**

- *discipline*
- is used against*
- *letting go*

*because*

*letting go of ego vigilance*  
*would mean*

*the recognition of facts*  
*that contradict*

*cherished illusions about the self,*

*discipline*

*becomes a*

*rigid constriction*

*of*

*creative processes.*

**The personality**

*becomes*

- *stiff,*
- *unspontaneous,*
- *empty of*  
*real feelings,*
- *bound to*  
*outer*
  - *rules and*
  - *regulations,*
- *tight and*
- *fearful.*

**Discipline**

*is used*

***against truth,***

*not*

***for truth.***

***This [i.e., Using discipline AGAINST TRUTH and NOT FOR TRUTH]***

*is what*

*makes opposites of*

- *discipline*

*and*

- *letting go.*

**By the same token,  
letting go  
becomes  
destructive  
when it is used to**  
• **evade the truth,**  
**when it is a result  
of**  
• **self-indulgence,**  
**of**  
• **indulging in  
a destructive line of  
least resistance,**  
• **maintaining  
unhealthy attitudes.**

**Then [i.e., Then, when it is used to EVADE TRUTH, when it is a result of  
SELF-INDULGENCE, indulging in a destructive line of  
LEAST RESISTANCE, or maintaining UNHEALTHY ATTITUDES],  
letting go**  
• **leads  
away from  
the self**  
**and**  
• **truly becomes as dangerous as  
the wrong kind of discipline.**

**Both distortions [i.e., The distortions of both DISCIPLINE and LETTING GO]  
create  
a heavy defensive wall  
in the soul substance,**  
  
**for**  
**both [i.e., for distortions of both DISCIPLINE  
and LETTING GO]**  
**wish to  
avoid truth about  
the self.**



*[When DISTORTIONS are present of either DISCIPLINE or LETTING GO]*

*An inner*

- *tension and*
  - *rigidity*
- exist*

*that separate*

- *the personality*

*from*

- *the real self*
- which has*  
*all the*

- *vibrant energies,*
- *creativity and*
- *wealth of healthy strong feelings,*

*and*

*enough resiliency*  
*to cope with*  
*anything.*

*Instead [i.e., Instead of being integrated with the REAL SELF, which has all these vibrant energies, this creativity, and this wealth of healthy strong feelings AND enough resiliency to cope with anything]*

*there is*

- *a brittleness*

*and*

- *a need*
- to*

- *withdraw,*

*to be*

- *fearfully separate,*
- *over-controlled, and*
- *rigid.*

31

*When the heaviness*  
*of the*  
*false discipline*  
*imposes*  
*too much stricture,*  
*some personalities*  
*break.*

*The strain becomes too much.*

*[When the heaviness of the false discipline imposes too much stricture,]  
Other personality types  
choose,  
as a "way out,"  
evasion  
through indulgence.*

*This [i.e., This EVASION of false discipline's excessive stricture  
through INDULGENCE]  
is a frequent occurrence,  
particularly in these times.*

*It often takes place  
under the  
• guise and  
• pretense  
of  
real  
letting go.*

*When  
rigid over-discipline  
no longer works,  
or  
when  
it [i.e., or when rigid over-discipline]  
is rejected to begin with,  
evasion  
may lead to  
• drug addiction  
in one person;  
another may become a  
• derelict.*

	<p><i>What at first is merely a weakness [i.e., a weakness of having too little discipline where it is needed or is appropriate] takes on forever greater proportions, perpetuating itself until the personality truly loses itself.</i></p> <p><i>The personality</i></p> <ul style="list-style-type: none"><li><i>• can no longer stop the process</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• may even glorify it under various</i></li><li><i>• labels and</i></li><li><i>• pretexts – just as the over-disciplined person glorifies his way.</i></li></ul>
32	<p><i>The person who is fearfully</i></p> <ul style="list-style-type: none"><li><i>• overcontrolled and</i></li><li><i>• rigid</i></li></ul> <p><i>will use the example of the crass opposite –</i></p> <ul style="list-style-type: none"><li><i>• the</i><ul style="list-style-type: none"><li><i>• weak,</i></li><li><i>• self-indulgent person,</i></li></ul></li><li><i>• the derelict, one who negates all</i><ul style="list-style-type: none"><li><i>• discipline,</i></li></ul></li><li><i>all</i><ul style="list-style-type: none"><li><i>• responsibility – as a warning to justify his or her overcontrol.</i></li></ul></li></ul>

*They [i.e., People who are FEARFULLY OVERCONTROLLED and RIGID] will say,*

*"You see,  
this is what happens  
when one  
does not control oneself.*

*I cannot  
afford  
to let go,  
I might end up  
the same way."*

*On the other hand,  
the self-indulgent one,  
who  
evades self-honesty  
as much as  
the overcontrolled person,  
will claim the rightness of that course  
by saying  
the rigidly controlled person  
has lost contact with life.*

*The self-indulgent "solution"  
is no more in contact with  
the real self  
than  
the other extreme.*

33

*It is important for every one of you, my friends,  
to become very much aware of  
this internal see-saw [i.e., this internal SEE-SAW between  
OVERCONTROLLING on the one hand and  
OVERINDULGING on the other hand].*

**Realize**

*the extremes of the*

- *heavily guarded,*
- *overcontrolled,*
- *rigid,*
- *unspontaneous,*
- *unfeeling,*
- *overwatchful*

*person*

*as opposed to the one who is*

- *running away from the self*  
*by abandoning*  
*all*

*discipline.*

**The cohesive factor**

*that*

- *makes*  
*all danger impossible,*

*that*

- *removes*  
*all threats,*

*that*

- *combines*  
*the apparent opposites of*
  - *discipline**and*
  - *letting go*

*is the*

*ever-renewed*

*will*

*to be*

*truthful with*

*the self.*

**Face whatever**

*the self is,*

**give your**

*very best self to life –*

*all your*

- *honesty,*
- *integrity and*
- *constructiveness,*

*all your*

- *most sincere and*
- *total attention.*

	<p><i>The more this [i.e., The more FACING the SELF, the more GIVING the VERY BEST to LIFE – giving ALL HONESTY, INTEGRITY, and CONSTRUCTIVENESS, ALL sincere and total ATTENTION] becomes ingrained, the less there is to fear in letting go</i></p> <p><i>and</i></p> <p><i>the less you need to guard against anything.</i></p> <p><i>A</i></p> <ul style="list-style-type: none"><li><i>• relaxed,</i></li><li><i>• spontaneous being is at one with the cosmic flow of life.</i></li></ul>
34	<p><i>To the degree fear still exists of the unvolitional processes of inner life</i></p> <p><i>and</i></p> <p><i>to the degree</i></p> <ul style="list-style-type: none"><li><i>• they [i.e., the unvolitional processes] are still distrusted</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• their self-regulating reality ignored,</i></li><li><i>• self-deception must still exist.</i></li><li><i>• A will to be</i><ul style="list-style-type: none"><li><i>• destructive and</i></li><li><i>• negative must still exist.</i></li></ul></li><li><i>• A desire to cheat life must still exist.</i></li></ul>

*Conversely,  
to the degree  
a person cultivates the attitude,*

*"I want to  
look the truth  
in the face,  
whatever it is,  
• under all circumstances  
• at all times,  
whatever  
the momentary difficulty may be,"*

*fear of  
the good life  
must vanish.*

*When  
this  
• truthfulness,  
this  
• courage and  
• humility  
• are practiced  
and gradually  
• become second nature,*

*• there is  
nothing  
to fear  
and  
• all unfulfillment  
ceases.*

*By humility  
I mean that you  
know  
you  
do  
not  
know  
all the answers.*

**Do not always**  
• *assume,*  
**do not**  
• *say so readily,*

***"It is this or it is that."***

**It is**  
**not** [i.e., *It is NOT "this" or "that" that you say*] –  
**and even if it is,**  
**there is more to it** [i.e., *there is more to*  
*the "this" or the "that" that you say*]  
**than you**  
**now know.**

**If you**  
**knew it**  
**all,**  
• **you would be**  
**in harmony with life,**  
• **there would be**  
**no**  
• **anguish,**  
**no**  
• **bitterness,**  
**no**  
• **fear,**  
**no**  
• **emptiness.**

35

• **When you cultivate**  
**truthfulness,**  
**not just**  
• **once in a while,**  
**but**  
• **every day,**



- *when you take into consideration  
that you may be overlooking  
many aspects of yourself,  
even your relationship  
to*
  - *yourself,**to*
  - *others and*
  - *life;*
- *when you*
  - *extend and*
  - *expand**yourself  
in a  
relaxed search for answers  
coming from inside;*
- *when you*
  - use**your*
  - *ego faculties,**your*
  - *will faculties,**your*
  - *discipline,**to involve your total being  
in whatever you do  
in this self-search – for example,  
in finding the answers to  
whatever issue is in question –*
- *when you*
  - involve yourself*
  - constructively*
  - with*
  - *attention and*
  - *honesty**by giving  
always  
the best of yourself:*
- *when*
  - this discipline is cultivated,**then you have  
nothing to fear of  
letting go.*

*When you really  
want to give  
your best total self  
to everything you do,  
you have  
nothing to fear  
of the  
involuntary processes.*

*For then you will  
convince yourself  
of the deeply meaningful lawfulness  
of their self-regulating nature  
that just takes care of itself.*

*You will be able to flow  
in the  
great cosmic stream.*

*You will detect  
the wonder of*

- *life*

*and*  
*the wonder of*

- *your innermost self.*

36

*Once you focus your attention on it,  
you will see to what degree  
you still  
refuse  
this*

- *honesty,*

*this*

- *integrity*

*and, also, the*

- *desire to give your*
  - *best,*
  - *positive*

*self*  
*to*

- *a situation or*
- *an aspect of life.*

*In fact,  
precisely in the*

*areas of unhappiness,*

*the will  
to be*

- *negative and*
- *destructive –*
  - to*
  - *cheat,*
  - to*
  - *defy,*
  - to*
  - *pretend,*
  - not to*
  - *give*
  - but to*
  - *take,*
  - to*
  - *harbor*
    - *hostility and*
    - *self-pity –*

*exists.*

*Your discovery of this [i.e., Your discovery that precisely in the areas of UNHAPPINESS the WILL to be NEGATIVE and DESTRUCTIVE does indeed exist]*

*will facilitate  
your further progress greatly.*

*You will see that there is  
a lawfulness involved here  
that does*

*not*

*make you*

- *an innocent victim,*

*that does*

*not*

*make you*

- *helpless*

*to construct your life  
well.*

*The power to create your life  
is all there, my friends.*

*It is an  
immense power,  
once you  
stop pushing it away  
with  
ego control.*

37

*When you begin to  
sense the*

- richness and*
- treasure*

*locked up in you –  
in every one of you, my friends –*

*when you  
bring out  
this richness,  
you will*

*begin  
to live.*

*Only then*

*will you*

*begin  
to live.*

*This is possible, indeed,  
for each and every human being  
who is  
willing to  
follow these steps.*

*Find that in you  
where you  
not only*

- *refuse*  
to give your
- *best,*

*but secretly*

- *even wish*  
to give your
- *worst to living,*

*and*

- *you will have a key.*
- *You will have a*  
*freedom of choice*  
*you never possessed before.*

38

*The words given tonight,  
provided you*

- *truly and*
- *deeply*
  - *feel and*
  - *work*

*them through,*  
*will prove indeed*

- *a gate,*
- *a threshold*  
through which  
*you can move.*

*You can move into  
a new life  
where  
everything  
is*

- *different and*
- *vibrant with*
  - *joy and*
  - *meaning,*

*where*

- *fear and*
- *emptiness*

*have no more room.*

*You can  
approach the threshold  
through  
your understanding.*

*For this understanding  
will release  
more*

- *willpower in the right direction,*

*more*

- *energy,*

*more*

- *outlook,*

*a deeper*

- *sensing of*  
*what life could be.*

	<p><b><i>This is not only • a theory but • a directly • available and • accessible experience deep within yourself, once you reestablish the balance between the • involuntary processes and the • ego functions.</i></b></p>
39	<p><b><i>Be blessed, my friends, be in peace, be in God!</i></b></p>

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