

Pathwork Lecture 143: Unity and Duality

1996 Edition, Original Given: May 13, 1966

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><i>Greetings, my dearest friends.</i></p> <p><i>May this evening be</i></p> <ul style="list-style-type: none"><i>• a blessing</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• an enrichment</i> <p><i>for</i></p> <ul style="list-style-type: none"><i>• every one of you here</i> <p><i>and</i></p> <p><i>for</i></p> <ul style="list-style-type: none"><i>• all who read these words.</i> <p><i>May you open your</i></p> <ul style="list-style-type: none"><i>• minds</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• hearts</i> <p><i>so you can deeply understand yourselves.</i></p>

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*And if you cannot understand [i.e., if you cannot understand
this lecture and thus cannot understand yourselves]
immediately,
some of these words
may*

- take root in your psyche*

and

- come to fruition later.*

*Full understanding of this lecture
may reach you
only as you work your way through
the deep layers of your
unconscious
where what I say here
will apply.*

04

*There are
two basic ways to approach*

- life*

and

- the self.*

*Or, to put it differently, there are
two fundamental possibilities for
human consciousness:*

- the dualistic*

and

- the unified
plane.*

*The majority of human beings
live predominantly
on*

- the dualistic plane,
where you*
- perceive
and*
- experience
everything
in opposites:*

either/or;

- good
or bad;*
- right
or wrong;*
- life
or death.*

*In other words, practically
everything*

- you encounter,
every*
- human problem,
is shaped by
this dualism.*

*The unified principle
combines
the opposites of dualism.*

By

- transcending
dualism
you will also*
- transcend
the pain it causes.*

*Few human beings
transcend
the dualistic plane,
so most people
experience
only an occasional taste of
the*

- limitless outlook,*

the

- wisdom*

and

- freedom*

of the unified plane.

05

*On
the unified plane of consciousness
there are
no
opposites.*

*There is
no*

- good*

OR

- bad,*

no

- right*

OR

- wrong,*

no

- life*

OR

- death.*

*There is
only*

- good,*

only

- right,*

only

- life.*

*Yet it [i.e., Yet, on the unitive plane of consciousness, the “good,” “right” or “life”]
is*

not the kind of

- *good, or*
- *right, or*
- *life*

that comprises

*only one pole [i.e., that comprises ONLY the “POSITIVE” pole]
of the dualistic opposites.*

It [i.e., On the unitive plane of consciousness, the “good,” “right” or “life”]

- *transcends them both [i.e., transcends BOTH the “POSITIVE” AND
“NEGATIVE” poles of the dualistic plane of consciousness]*

and

- *is completely different from*

*either one [i.e., is COMPLETELY DIFFERENT from either the “POSITIVE”
or the “NEGATIVE” pole of the dualistic plane of consciousness].*

The

- *good,*

the

- *right,*

the

- *life*

that exist on

the unified plane of consciousness

combine

*both dualistic poles [i.e., both the “positive” and “negative” poles],
so no conflict exists.*

This [i.e., Because there is NO CONFLICT on

the UNIFIED STATE of consciousness]

is why

living

in a

- *unified state,*

in

- *absolute reality,*

creates

- *bliss,*
- *unlimited freedom,*
- *fulfillment, and*
- *that unlimited realization of potentials
which religion calls*
- *heaven.*

	<p>Heaven <i>is usually thought to be a place in</i> • <i>time</i> <i>and</i> • <i>space.</i></p> <p><i>This, of course, is not so.</i></p> <p>Heaven is <i>a state of consciousness that can be realized</i> • <i>at any time</i> • <i>by any entity, whether</i> • <i>a human being in the flesh,</i> <i>or</i> • <i>one who does not live in a material body.</i></p>
06	<p><i>The unified state of consciousness is attained through</i> • <i>understanding or</i> • <i>knowingness.</i></p> <p>Life <i>on the dualistic plane is a continuous problem.</i></p> <p><i>You have to struggle with the</i> • <i>arbitrary,</i> • <i>illusory</i> <i>division of</i></p> <p><i>the unified principle,</i></p> <p><i>through which [i.e., through the arbitrary, illusory DIVISION of the UNIFIED PRINCIPLE]</i></p> <p><i>things become opposites that impose conflicts.</i></p>

	<p><i>This creation of irreconcilable opposites [i.e., This creation of irreconcilable opposites on the dualistic plane of consciousness] generates a tension</i></p> <ul style="list-style-type: none"><i>• within</i> <p><i>and therefore [i.e., and therefore also generates a tension]</i></p> <ul style="list-style-type: none"><i>• with the outside world.</i>
07	<p><i>Let us understand</i></p> <ul style="list-style-type: none"><i>• this particular struggle [i.e., this struggle of irreconcilable opposites on the dualistic plane of consciousness], and therefore</i><i>• the human predicament, a little better.</i> <p><i>You already have, in your real self, a unified state of mind, regardless of how</i></p> <ul style="list-style-type: none"><i>• unconscious and</i><i>• ignorant</i> <p><i>you may be of it.</i></p> <p><i>This real self [i.e., This REAL SELF, with a UNIFIED STATE of MIND,] embodies the unified principle.</i></p> <p><i>Now,</i></p> <p><i>even those who have never heard of such a thing have</i></p> <ul style="list-style-type: none"><i>• a deep longing and</i><i>• a mostly unconscious sense of a different</i><i>• state of mind</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• life experience [i.e., and of a different way of experiencing life] than the one they know.</i> <p><i>They yearn for the</i></p> <ul style="list-style-type: none"><i>• freedom,</i><i>• blissfulness and</i><i>• mastery of life</i> <p><i>that the unified state of consciousness affords.</i></p>

08

This longing [i.e., This longing for the FREEDOM, BLISSFULNESS and MASTERY OF LIFE that the UNIFIED state of consciousness affords] is misinterpreted by the personality, partly because it [i.e., because this longing for a different state of mind and a different way of experiencing life than the one now known] is an

unconscious

yearning for

- ***happiness and***
- ***fulfillment.***

But let us understand precisely what is really meant by these words.

They mean the unification of the dualistic opposites, so that there is no longer any

- ***tension,***
- ***conflict, or***
- ***fear.***

Consequently [i.e., Consequently, without ANY tension, conflict, or fear],
• ***the world becomes alive***

and

• ***the self is master, not in a***

- ***tight,***
- ***tense,***
- ***hostile***

way,

but in the sense that

- ***life can be exactly***

what the individual determines it to be.

	<p><i>This</i></p> <ul style="list-style-type: none">• <i>freedom,</i>• <i>mastery, and</i>• <i>bliss,</i> <p><i>this</i></p> <ul style="list-style-type: none">• <i>liberation</i> <p><i>are sought after</i></p> <ul style="list-style-type: none">• <i>consciously</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>unconsciously.</i>
09	<p><i>The misinterpretation of</i> <i>this longing [i.e., The MISINTERPRETATION of this LONGING for</i> <i>freedom, mastery, bliss, and liberation]</i></p> <p><i>occurs</i> <i>partly because</i> <i>it [i.e., partly because this LONGING for</i> <i>freedom, mastery, bliss, and liberation]</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <i>unconscious –</i> <p><i>only a</i> <i>vague feeling</i> <i>deep within the soul.</i></p> <p><i>But even when</i> <i>the theoretical knowledge</i> <i>of such a state [i.e., even when THEORETICAL KNOWLEDGE of this</i> <i>unified state of consciousness where there is NO tension, conflict,</i> <i>or fear and ONLY freedom, mastery, bliss, and liberation]</i> <i>exists,</i></p> <p><i>it [i.e., this LONGING for the UNIFIED STATE of CONSCIOUSNESS]</i> <i>is still misinterpreted</i> <i>for yet another reason.</i></p>

When

- *freedom,*
 - *mastery,*
 - *unification,*
- and the resulting*
- *bliss*
- of*

- *the unified state of consciousness*
- are pursued*

on the dualistic plane,
a tremendous conflict
must ensue
because

they [i.e., because freedom, mastery,
unification, and the resulting bliss]

are absolutely impossible to accomplish
on that plane.

You

strive for

the fulfillment of
your deep longing to

- *transcend and*
- *find,*

deep within yourself,
a new state of consciousness
where all is one.

When you seek this [*i.e., When you SEEK FULFILLMENT of your deep longing to transcend and find, deep within yourself, a NEW state of consciousness where you experience freedom, mastery, unification, and the resulting bliss*]
on a plane

where all is divided,
you cannot ever find
what you seek.

You will

- *despair*
- and*

- *split yourself further apart*
- in conflicts,*
for

- *illusion*
- creates*
- *duality.*

10	<p><i>This [i.e., This seeking for a NEW state of consciousness where you experience freedom, mastery, unification, and the resulting bliss, but doing so on the dualistic plane of opposites where all is divided]</i></p> <p><i>happens overwhelmingly among people who are</i></p> <ul style="list-style-type: none"><i>• ignorant of these possibilities,</i> <p><i>but it also happens among people who are</i></p> <ul style="list-style-type: none"><i>• more spiritually enlightened yet are nevertheless ignorant both of</i><i>• the difference between these two planes [i.e., ignorant of the DIFFERENCE between the DUALISTIC and UNITIVE planes]</i> <p><i>and of [i.e., and ignorant of]</i></p> <ul style="list-style-type: none"><i>• how they can learn to transcend the dualistic plane in their practical daily existence.</i>
11	<p><i>When</i></p> <ul style="list-style-type: none"><i>• the vague longing for,</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• the precise theoretical knowledge of</i> <p><i>the unified plane of consciousness</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><i>• misread</i> <p><i>and therefore</i></p> <ul style="list-style-type: none"><i>• sought on</i> <p><i>the dualistic plane,</i></p> <p><i>here is what happens:</i></p>

*You sense
that there is
only*

- *good,*
- *freedom,*
- *right,*
- *beauty,*
- *love,*
- *truth,*
- *life,*

*without
a threatening opposite,*

*but
when you apply this
on the dualistic plane,
you will immediately
be plunged into
the very conflict
you seek to avoid.*

*You then fight
for*

- *one of the dualistic aspects [i.e., FOR the “POSITIVE” aspect]*

*and
against*

- *the other [i.e., AGAINST the “NEGATIVE” aspect].*

*Such a fight
makes transcendence
impossible.*

12

*Let me demonstrate this
in a familiar everyday human problem,
so that you can understand these words more concretely.*

***Let us assume that you are
quarreling with a friend.***

***You are convinced,
from where you sit,
that
you are***

- right;***

***therefore, immediately,
the friend becomes***

- wrong.***

***With
dualistic understanding
issues can only be
either/or [i.e., can only be EITHER “ALL RIGHT” OR “ALL WRONG”].***

***The outcome [i.e., The OUTCOME of whether one is all RIGHT or all WRONG]
seems to matter
more than
the issue itself,***

***for when
the intensity of emotions
is truly tested
it [i.e., the INTENSITY of EMOTIONS]
often has
no relationship to***

- the issue at stake.***

***It [i.e., The INTENSITY of EMOTIONS]
would rather be
commensurate with***

- a life-or-death issue.***

Although you may think this [i.e., you may think that having the intensity of emotions on the REAL ISSUE at stake being commensurate with the intensity of emotions on a LIFE-OR-DEATH ISSUE]

irrational
on a
• conscious level,
on an
• unconscious level
being wrong
truly means
being
• dead,

for
being
• wrong
means
being
• denied by the other.

On the dualistic plane,
your sense of identity
is associated
with
• the other person [i.e., with how the other person sees you],
not with
• your real self.

As long as you
experience yourself
only as
the outer ego-self,
you will
depend on
others.

Only when you have
realized
the center of your being,
which
embodies unification,
does your life
cease to depend on
others.

*Hence,
a slight quarrel
truly becomes
a matter of life or death,

which explains
the intensity of emotions
when it comes to
proving
• your
rightness
and
• the other's
wrongness.*

13

*On the dualistic plane
each issue
ends with
either
• life
or
• death.*

*• Life
becomes terribly important
in order to
avoid
• death.*

*Often people
fear death so much
that they run into it
head on.*

*Such individuals
do not
escape
• fear of death.*

Quite the contrary.

Their constant struggle with life [i.e., For those who FEAR DEATH so much that they run into it head on, their constant STRUGGLE with LIFE],

which results from their

- fear and***
- struggle***

against

death,

renders them

so unhappy

that they [i.e., that, because they are SO UNHAPPY in life anyway, they]

believe

they don't fear death.

This [i.e., This believing that they DON'T FEAR DEATH]

is an illusion

as long as

- life***

is experienced

on the dualistic plane,

as long as

- one side***

• is viewed as important

and

- is fought***

for,

and

- the other side***

• is seen as a threat

and

- is fought***

against.

*As long as you feel
that
you
must win
because
your side is
• true,
while
the other's is
• false,
you are
deeply involved in
• the world of duality,
and therefore in
• illusion,
• conflict, and
• confusion.*

*The more
you fight this way,
the greater
the confusion becomes.*

14

*• Human beings
are habitually trained by
upbringing,
and
• everything they learn
from their surroundings
agrees
that
one must
fight
for
• one
and
against
• the other
of any number of opposites.*

*This [i.e., This training and reinforcement that one must FIGHT
FOR one and AGAINST the other of any number of opposites]*

*applies
not only to*

- *material issues*

but even more to

- *concepts.*

*Every truth
can thus be divided into
two opposites,
one
being adhered to as the*

- *"right"*

*and
the opposite aspect
being declared the*

- *"wrong"*

idea.

*In reality, however,
the two complement one another.*

*On the
unified plane,
neither aspect
is thinkable
without
the other.*

*There [i.e., There, on the UNIFIED plane of consciousness,]
the complements*

*are
not*

- *"enemies" or*
- *negations*

of each other;

*only on
the dualistic plane of consciousness
are they [i.e., are the two complements]
so opposed.*

*There [i.e., There, on the DUALISTIC plane of consciousness,]
every conflict
multiplies into
intricate subdivisions
of
the primary dualistic split.*

*Since all this [i.e., Since all this multiplying of conflicts into intricate subdivisions
of the primary dualistic split]
is a product of
illusion,
the longer
the conflict continues,
the less
it [i.e., the less the conflict]
can be solved
and the more
hopelessly enmeshed you become in it.*

15

Let us now return to our example and demonstrate how this is so.

*The more you
prove your friend
wrong,*

- the more friction exists*

and

- the less you obtain
what you thought you would
by proving*
 - yourself
right*

and

- your friend
wrong.*

*You believe that
by proving*

- *yourself
right*

and

- *your friend
wrong,*

- *your friend
will finally*

- *accept*

and

- *love*

you again

and

- *all will be well.*

*When you
do not succeed,*

you

- *misinterpret that [i.e., you misinterpret your lack of success in winning]*

and

- *try harder,*

for you think you have

*not sufficiently
proven*

that

- *you are
right*

and

- *the other is
wrong.*

*The rift [i.e., The rift between you and your friend]
widens,
your anxiety
increases,*

*and
the more weapons you use
to win the fight,
the deeper
your difficulties,*

*until
you actually*

- damage*
- yourself*

and

- the other*

and

- act against
your own best interest.*

*You are then faced with
a further conflict,
which arises out of
the first dualistic split.*

*In order to avoid a
total rift,
with all its*

- real and*
- imagined*

*threats –
for
real damage
has begun to be wrought –
you are now faced with
the alternatives of*

- having to give in
in order to*
- appease your friend*

and

- avoid further damage to yourself,*

or to

- continue fighting.*

*Since you are still convinced
that there is*
• *a right*
versus
• *a wrong,*
such appeasement
robs you of
• *self-respect*
and you
fight against that.

*Whether you use
this "solution" or not,*
you will be torn
between
• *fighting*
or
• *submitting.*

Both
create
• *tension,*
• *anxiety,*
and
• *inner*
and
• *outer*
disadvantages.

16

Thus,
a second duality
develops out of
the first.

The first is [i.e., The first duality in this example is]:

*"Who is right
and who is wrong?*

*Only I can be
right.*

*Otherwise
all is bad."*

*The second is [i.e., The second duality is]
either*

- *giving in to a wrong
that you cannot admit,
for it is a
total wrong,*

or

- *continuing the fight.*

*Admitting a wrong [i.e., Admitting MY position is WRONG, at least in some way,]
means
death,
in a sense.*

*So you are faced with
the alternatives of*

- *admitting a wrong [i.e., admitting YOUR position is WRONG,
at least in some way,],*

*which means
death in the deep psyche,
in order to
avoid*

- *dreaded consequences and*
- *the possibility of a
real risk,
putting your life
at a grave disadvantage,
again death,
in the deepest sense,*

or

- *insisting on
your
total rightness.*

*Any way you turn
you find*

- *death,*
- *loss,*
- *annihilation.*

*The harder you
fight*

- *for*

and

- *against,*

*the less there is to
fight*

- *for*

*and the more
all*

- *alternatives*

turn against you.

*The illusion
that*

- *one side was*
- *good and*
- *the other was*
- *bad*

*has brought you to the
inevitable next step
on this road of illusion,
which is that*

all

- *alternatives*
- *are*
- *bad.*

*All dualistic struggle
is fated to lead you into
further traps,
which are all
products of illusion.*

17

*When the road to the
unified principle
is chosen,
soon
what at first appeared as
one
certain
• good
and
one
obvious
• bad
ceases to be so,
and
you inevitably encounter
• good
and
• bad
on
both ends.*

*When this road [i.e., When this road TO the UNIFIED principle]
is pursued still further,
no longer is there
any
• bad,
but
only
• good.*

*The road leads [i.e., This road TO the UNIFIED principle leads]
deep inside
the real self,
into
• truth
that goes way beyond
the fearful little ego's interests.*

*When
this truth
is sought
deep inside the self,
one approaches
the unified state of consciousness.*

Our example [i.e., Our example of the hopeless and intensifying conflict that results when two or more parties are operating from the either/or positions of dualistic consciousness]

- is a banal one***
- and***
- can be translated into many everyday issues,***
 - big or***
 - small.***

It [i.e., This hopeless and intensifying conflict that results when two or more parties are operating from the either/or positions of dualistic consciousness] can take shape

- as a***
 - small squabble between mates***
- or***
- as a***
 - conflict between countries at war.***

It [i.e., This hopeless and intensifying conflict that results when two or more parties are operating from the either/or positions of dualistic consciousness] exists in

- all***
- difficulties***
- humanity encounters,***
 - individually***
- and***
- collectively.***

As long as you find yourself in this illusory dualistic conflict, you will experience hopelessness, for

there is no way out on the dualistic plane of thinking.

*As long as
your very existence
is identified with*

- the ego-self*

and therefore with

- the dualistic approach to life,*

*you cannot help but despair,
no matter how much
this despair
is*

- covered up*

or

- momentarily alleviated*

by
*occasional success
with the
desirable alternative
of the two opposites.*

The

- helplessness*

and

- hopelessness,*

the

- wasted energy*

*of the
dualistic struggle,
rob you of
your birthright.*

*You can
find
your birthright
only
on the
plane of
unification.*

18

*Since everything you learn
from your*
• *education*
and
• *environment*
is geared to
dualistic standards,
it is
not surprising
that you are
totally
• *attached*
and
• *adapted*
to this state of consciousness [i.e., to this
DUALISTIC state of consciousness].

And even when
you learn about
this other possibility [i.e., this UNITIVE state of consciousness],
you are frightened of it.

You
cannot believe in it [i.e., you cannot believe and trust in
this UNITIVE state of consciousness with which you are NOT familiar]
and
you
cling to
what you know [i.e., you cling to the DUALISTIC state of consciousness
with which you are familiar and which you know and believe in].

This [i.e., This clinging to the DUALISTIC state of consciousness that you believe in]
creates a
vicious circle,
in that
the dualistic
• *rules and*
• *precepts,*
which condition you to this way of life,
are themselves
a result of
your fear of
giving up the egotistical state
that alone
seems to guarantee life.

It appears that

*giving up
this ego state*

*means
annihilation of*

*your
individuality,*

*which, of course,
is utterly erroneous.*

So,

*• you have these
dualistic rules
because of
your*

*• erroneous fears [i.e., your erroneous fears that giving up your
ego state of separation, your SEPARATE INDIVIDUALITY,
means ANNIHILATION of your very BEINGNESS],*

and

*• you cling to
the false fears
because of
your*

*• indoctrination [i.e., your indoctrination that you ARE indeed
a separate ego, a separate individual, whose very BEINGNESS
would be ANNIHILATED if you gave up this separate identity].*

19

Before we discuss in greater detail

why

*you cling to the painful dualistic state,
despite*

*the immediate accessibility of
the unified plane of consciousness,*

I would like to say more about

how to

realize

unification

within yourself.

The

- *real self,*
- the*
- *divine principle,*
- the*
- *infinite intelligence,*

or whatever you wish to call

- *that deep inner center*
existing in
every human being,

contains
all

- *wisdom*
- and*
- *truth*

you can possibly envisage.

The truth is

so

- *far-reaching and*

so

- *directly accessible*

that

no further conflict exists

when

this truth

is allowed to take effect.

The ifs and buts
of the dualistic state
cease to exist.

The knowledge

of this inborn intelligence [i.e., The knowledge that is in this inborn intelligence]

far surpasses

the ego intelligence.

It [i.e., The TRUTH, or knowledge, of this inborn intelligence]
is completely
• **objective;**

it [i.e., the TRUTH, or knowledge, of this inborn intelligence]
disregards the
• **small,**
• **vain**

self-interest –

and this [i.e., and this fact that this deep INBORN INTELLIGENCE
DISREGARDS the small, vain SELF-INTEREST]

is one of the reasons you

- **fear and**
- **avoid**

contact with it [i.e., you fear and avoid contact with
this TRUTH of this inborn intelligence].

The truth

that flows out of it [i.e., The truth that flows out of this TRUTH, or flows out of
this KNOWLEDGE that is in one's INBORN INTELLIGENCE]

equalizes

- **the self**
- with**
- **others.**

*Far from being the
annihilation
that the ego fears,
that truth [i.e., that truth that flows out of the TRUTH in one's inborn intelligence]
opens up the
storehouse
of vibrant*

- life force and*
- energy*

that you usually

- use to only a minor degree and*

which you

- misuse in*

directing your

- attention and*
- hopes*

*to the dualistic plane,
with its
tightly held*

- opinions,*
- false ideas,*
- vanity,*
- pride,*
- self-will, and*
- fear.*

*When
this live center
activates you,
you begin*

your limitless unfoldment,

*a process
whose accomplishments
become possible
precisely because
the little ego*

no longer wants to

*misuse them [i.e., no longer wants to misuse these
accomplishments coming from the limitless
unfolding activated by the live center within]*

in order to find

life, as it did,

on the dualistic plane.

20

***The unified real self
can always be contacted.***

***Let us again return to our example [i.e., our example of the hopeless and
intensifying conflict that results when two or more parties are
operating from the either/or positions of dualistic consciousness]***

in order to see how [i.e., to see HOW to contact the unified real self].

***The hardest act
to perform,
which, in reality, is the
easiest act possible,
is to ask,***

***"What is
the truth
of the matter?"***

***The moment you are
more intent on
• the truth
than on
• proving that
you
are
right***

***you contact the
divine principle of
• transcendent,
• unified
truth.***

*If the
desire to be in truth
is genuine,
the inspiration
must come forth.*

*No matter how strongly
circumstances
seem to point in
one direction,
you must be willing
to*

- relinquish*

and to

- question
whether what
you
see
is all there is to the issue.*

*This generous act of integrity
opens the way
to
the real self.*

21

*It will be easier to follow through
when you consider
that it is
not necessarily a question of
either/or,
but that there may be
aspects of*

- right
in the other person's view*

and of

- wrong
in yours,
aspects that, so far,
you have not seen
because your attention
was not even directed to
this eventuality.*

	<p><i>This approach to a problem [i.e., This approach of seeking the TRUTH of the matter regarding a problem RATHER than PROVING you are RIGHT] immediately opens the way to rise to</i></p> <ul style="list-style-type: none"><i>• the unified plane of existence</i> <p><i>and to be moved by</i></p> <ul style="list-style-type: none"><i>• the real self.</i> <p><i>It [i.e., This approach of seeking the TRUTH of the matter regarding a problem] immediately releases an energy that is distinctly felt</i></p> <p><i>when this act is done with a</i></p> <ul style="list-style-type: none"><i>• deep and</i><i>• sincere</i> <p><i>commitment.</i></p> <p><i>It [i.e., This approach of seeking the TRUTH of the matter regarding a problem] brings release from tension.</i></p>
22	<p><i>What you then find out is always</i></p> <p><i>totally different both from what you</i></p> <ul style="list-style-type: none"><i>• hoped for [i.e., totally different from the “POSITIVE” side you hoped for]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• feared [i.e., and totally different from the “NEGATIVE” side you feared]</i> <p><i>on the dualistic plane.</i></p>

*You find that
you are not as*

- *right and*
- *innocent*

*as you thought,
nor as*

- *wrong*

as you feared.

*Neither is
your opponent.*

*You soon discover
aspects of the matter
you never saw before,
although they were
not necessarily concealed.*

You understand exactly

- *how the quarrel*
came into existence in the first place,
- *what led to it,*
- *what its history was*
long before its actual manifestation.

*With such discoveries
you gain insight into*

- *the very nature of the relationship [i.e., nature of the RELATIONSHIP
between you and the other].*

You learn about

- *yourself*
- and*
- *the other,*

you increase your understanding of

- *the laws of communication.*

The more vision [i.e., The more VISION about 1) new aspects of the CONFLICT of which you were not aware, 2) YOURSELF and 3) the OTHER 4) the nature of the RELATIONSHIP and 5) the nature of COMMUNICATION itself] you gain,

the

- ***freer,***
- ***stronger and***
- ***more secure***
you feel.

This vision [i.e., This EXTENDED, EXPANDED and BROADER VISION] not only

- ***eliminates this particular conflict***
and
- ***shows the right way to straighten it out,***
but it also
- ***reveals important aspects of***
your general difficulties
and
- ***makes their elimination easier***
through this understanding.

The vibrant peace
that comes from this
extended understanding
is of
lasting value.

It [i.e., This vibrant PEACE that comes from having an EXPANDED VISION about 1) new aspects of the CONFLICT, 2) YOURSELF, 3) the OTHER 4) the nature of the RELATIONSHIP and 5) the nature of COMMUNICATION itself]

affects
your

- ***self-realization and***

your

- ***daily life.***

What I described is a typical example
of

- ***unified,***
- ***intuitive***
understanding:

of

- ***knowing the truth.***

After the

- *initial
apparent
need for
courage*

and the

- *momentary resistance to
seeing a wider truth
than the egotistic one,*

*your path becomes
so much easier
than*

*the struggle that ensues
on the
either/or plane of
the dualistic life.*

23

*Before you can bring yourself
to the
unified way of*
• *thinking and*
• *being,*

the tension will mount,

*for as long as you
remain on
the dualistic plane,
you struggle
against
unification*

*because you falsely believe
that
the moment you*
• *admit and*
• *see*
where
you are
• *wrong*
and
the other is
• *right,*

• *you*
• *submit and*
• *enslave*
yourself.

• *You become*
• *nothing,*
• *worthless,*
• *pitiful –*
and from there
it is only a
step to
annihilation
in your fantasy life.

*Hence, you feel that
leaving your dualistic plane
is the greatest danger.*

*The tension
will mount
as your conflicts escalate.*

*But
the moment you are*

- willing to be in
truth,*

the moment you are

- eager and*
- prepared,*

not merely

- to see
your
way,
your
little truth,*

nor

- to give in to
the other's
little truth
in fear of the consequences
if you do not,*

but rather wish

- to possess the*
- larger,*
- more encompassing
truth,*

*which transcends
both of your
little truths,*

*a specific tension
will be removed in your psyche.*

*The way toward
the manifestation of
the real self
will have been prepared.*

24

Let me recapitulate here:

*The two most significant obstructions to
the real self
are*

- *ignorance of*
 - *its existence*
- and*
 - *the possibility of connecting with it;*

and a

- *tight,*
- *cramped*
psychic state
with
 - *tight,*
 - *cramped*
soul movements.

These two factors

make contact

impossible

with

- *the real self,*

and therefore

with

- *a unified state of existence.*

As long as

you are on a

dualistic plane,

you

must be in a

constant

soul cramp.

You may remember

how often I discussed

the importance of

observing

your soul movements.

When you
• *fight against*
one dualistic aspect
and
• *press for*
the other,
observe
your soul movements.

Superficially,
you may lean on
the apparent justification of
the position
you press for.

You may say,

"Am I not
perfectly justified in
combating
this wrong in the world?"

On the dualistic plane
this may indeed be so.

But with this limited outlook
you ignore
that this very wrong
exists
only because of
• *your dualistic approach to the problem*
and
• *your prevalent ignorance*
that there is
another approach.

The resulting tension
blurs the view that
other aspects exist
which
unify
• *that which you deem right*
and
• *that which you deem wrong,*
regardless of what the wrong actually is.

25

*This simple act of
wanting the truth
requires
several conditions,
the most important being
the willingness to
relinquish
what one holds on to,
whether this be*

- *a belief,*
- *a fear, or*
- *a cherished way of being.*

*When I say
relinquish,
I merely mean*

- *questioning it*

and

- *being willing to see
that there is something else
beyond
this outlook.*

*This brings us back to
why
you are terrified*

*to relinquish
the*

- *ego state,*

hence [i.e., hence terrified to relinquish]

the

- *dualistic,*
- *painful
way of life.*

*Why do you resist
so much
committing yourself to
this deep inner center,
which*

- *unifies all good*

and

- *is instantly accessible?*

	<p><i>It [i.e., The REASON that you resist so much committing yourself to this deep inner center, which unifies all good and is instantly available], is however,</i> <i>beyond the</i><ul style="list-style-type: none">• <i>personal,</i>• <i>little</i><i>considerations of the ego.</i></p>
26	<p><i>The dualistic plane</i> <i>is</i> <i>the plane of</i><ul style="list-style-type: none">• <i>the ego.</i></p> <p><i>The unified plane</i> <i>is</i> <i>the world of</i><ul style="list-style-type: none">• <i>the divine center,</i>• <i>the larger self.</i></p> <p><i>The ego</i> <i>finds its whole existence</i> <i>on the plane in which</i> <i>it is at home.</i></p> <p><i>To relinquish this plane</i> <i>means</i> <i>to give up the claims of</i> <i>the little ego.</i></p> <p><i>This does</i> <i>not</i> <i>mean</i> <i>annihilation,</i></p> <p><i>but to the ego</i> <i>it [i.e., but to the EGO, giving up its claims]</i> <i>seems to mean</i> <i>just this [i.e., to mean exactly this: ANNIHILATION].</i></p>

Actually,
the ego is

- **a particle,**
- **an isolated aspect**

of
the

- **master intelligence,**

the

- **real, inner self.**

It [i.e., The ego]
is not different from
it [i.e., The EGO is NOT different from the master intelligence, the real self];
there is simply
less of
the real self
in it [i.e., less of the REAL SELF in the EGO].

Since it [i.e., Since the ego]
is

- **separate and**
- **limited,**

it [i.e., the ego]
is less reliable than
what it stems from [i.e., less reliable than
the master intelligence, the real self it stems from].

But this does
not
mean that
the ego
has to be
annihilated.

In fact,

- **the ego**

will eventually integrate with

- **the real self**

so that there is

- **one self,**

which will be

- **fuller,**
- **better equipped,**
- **wiser.**

	<p><i>It [i.e., the ONE SELF, which is the result of the EGO eventually INTEGRATING WITH the REAL SELF,] will have</i></p> <ul style="list-style-type: none"><i>• more and</i><i>• better</i> <p><i>assets than you can imagine.</i></p>
27	<p><i>But the separated ego thinks this development [i.e., the EGO thinks this development by which it, the SEPARATED EGO, integrates with the REAL SELF] means annihilation.</i></p> <p><i>In its</i></p> <ul style="list-style-type: none"><i>• ignorant,</i><i>• limited</i> <p><i>way,</i></p> <p><i>the ego exists only as a separated being;</i></p> <p><i>hence, it [i.e., hence, the EGO, while it is in a dualistic plane of consciousness, and hence while it believes that it exists ONLY as a SEPARATED BEING,] pursues further separateness.</i></p>

Since
the limited consciousness [i.e., *Since the ego's limited consciousness on the dualistic plane*]
ignores the existence of
the real self –
even if it [i.e., *even if the existence of the REAL SELF*]
is accepted as a theory,
its living reality
will be
doubted
as long as
personal misconceptions
are not eliminated –

it [i.e., *the limited consciousness of the SEPARATED EGO*]
fears
• letting go
and
• relaxing
its tight hold,
[i.e., fears the letting go and relaxing that is]
the very soul movement
that leads to
the real self.

This [i.e., *This fearing and resisting letting go and relaxing its tight control*]
is the constant struggle
of the ego

until it
ceases fighting against
an opposite
through repeated recognitions of
a wider truth
in every small personal issue.

28

The real self
cannot manifest
as long as
personal problems
are not straightened out.

But

- *the process of doing this [i.e., the process of straightening out personal problems by finding, accepting, and dissolving images, distortions, misconceptions and other negativities]*

and

- *the first inklings of self-realization*

often overlap;

- *the one [i.e., say, straightening out personal psychological problems on the plane of DUALISTIC CONSCIOUSNESS]*

further

- *the other [i.e., here, furthers the first inklings of self-realization, or furthers the first tastes of UNIFIED CONSCIOUSNESS,*

AND VICE VERSA: the first inklings of self-realization, the first tastes of UNIFIED CONSCIOUSNESS further straightening out personal problems on the plane of DUALISTIC CONSCIOUSNESS]

*Many of my friends
can use these words
to take a*

*new approach to
their problems,
although there is
nothing new in my words
as such;*

however,

*this way of looking at
your basic human struggle
may help you considerably.*

*As long as you are
totally identified with your ego,
you will continue
to cultivate
more
separation,*

and

*self-idealization
must be the consequence.*

• *Self-glorification*
and
• *idealization*
seem,
from this point of view [i.e., from this point of view of
the SEPARATED EGO],
the apparent
• *salvation*
and
• *guarantee*
to assuage your
existential fears.
The ego thinks,

"If everyone around me
considers me
• *special,*
• *better than others,*
• *smart,*
• *beautiful,*
• *talented,*
• *happy,*
• *unhappy,*
or even
• *bad," –*
or whatever specialty you have chosen
for your idealized self-glorification –
"then I will receive
the necessary
• *approval,*
• *love,*
• *admiration,*
• *agreement*
that I need
in order to live."

This argument means
that somewhere deep down
you believe that you can exist
only through being
• *noticed,*
• *affirmed, and*
• *confirmed*
by others.

*You feel that
if you go by
unnoticed,
you
cease to live.*

*This may sound
exaggerated,
but
it is not.*

*It [i.e., The fact that you feel that if you go by unnoticed, you cease to live]
explains
why your idealized self-image
is so destructive.*

*You feel
more confident
when you make yourself
• noticed
than
when you make
• positive efforts.*

29

*So your salvation
seems to lie in*

others

*who would
acknowledge your existence
only if
you are*

special.

At the same time [i.e., At the same time that you are trying to build your life by striving to be SPECIAL in the eyes of OTHERS], the misinterpreted message from the real self wants you to master life,

but you

- *master it*

on the wrong plane [i.e., but you master it on the DUALISTIC PLANE of SEPARATION and SPECIALNESS rather than the unitive level of ONENESS]

and [i.e., and you]

- *believe that you*

must vanquish every resistance

that is in your way [i.e., in your way of BEING SPECIAL].

Each personal

pseudo-solution

is a way you have to

eliminate your obstructions

on the way to specialness.

Which pseudo-solution

you have chosen

depends

on

- *individual character traits,*

on

- *circumstances and*
- *early influences.*

Whatever they are [i.e., Whatever pseudo-solutions you have chosen]

– and there are three basic ones:

- *the aggressive,*
- *the submissive, and*
- *the withdrawal*

solutions –

they are destined to

- *triumph over others and*
- *establish your*
 - *freedom and*
 - *fulfillment.*

30

*Your existence
seems to be
guaranteed
when you are
totally*

- loved,*
- accepted, and*
- served
by others,*

*and you hope to attain this
by triumphing over them.*

*You can now see that you
are governed by
a succession of
wrong conclusions,
which are all
completely different
in reality.*

31

*Of course,
all your*

- reactions [i.e., all your emotional reactions]*

and

- beliefs
can be ascertained
only when
you have learned to
admit them.*

You also need to

- question
the meaning of a particular reaction [i.e., a particular emotional reaction]*

and

- look
behind the
• facade,
beyond what it
• pretends
to mean.*

**Once you admit this [i.e., Once you ADMIT this particular BELIEF or
EMOTIONAL REACTION and discern its true MEANING],**

**it is easy to verify that
all these misconceptions**

- govern you and
- rob you of
the beauty of
reality.

You will further come to see –

- not as a
 - theory,
- but as a
 - reality –

that

**your life
does**

not

depend on

other people's affirmation of your existence;

that you

do

not

need to be

- special

and

- separate from others;

that

this very claim [i.e., this very claim that you are

in some way SPECIAL and SEPARATE from others]

traps you in

- loneliness and

- confusion;

that others

will give you

- love and

- acceptance

only

when you do

not

wish to be

- better than they are, or

- special or

- different from them.

	<p><i>Also</i> <i>this love [i.e., this love from others that you long for]</i> <i>will come</i> <i>when</i> <i>your very life</i> <i>no longer depends on it.</i></p>
32	<p><i>When you have</i> <i>truly attained</i> <i>knowledge,</i> <i>your accomplishment</i> <i>in whatever field this may be,</i> <i>cannot have</i> <i>the effect on others</i> <i>that it has</i> <i>when</i> <i>accomplishment</i> <i>serves to set you apart.</i></p> <p><i>In the one case [i.e., In the case when you have TRUE KNOWLEDGE</i> <i>and are in a state of UNITIVE CONSCIOUSNESS]</i> <i>your accomplishment</i> <i>will be a</i> <i>• bridge to others,</i> <i>because</i> <i>it is [i.e., because your accomplishment is]</i> <i>not</i> <i>a weapon against them.</i></p> <p><i>In the other instance [i.e., In the instance when you need to be SPECIAL and</i> <i>SEPARATE and are in a state of DUALISTIC CONSCIOUSNESS]</i> <i>it [i.e., your accomplishment]</i> <i>will create</i> <i>• antagonism</i> <i>because</i> <i>you wish to be accomplished</i> <i>in order to</i> <i>be better than others,</i> <i>which always means</i> <i>that others</i> <i>should be less.</i></p>

*When you need to be
better
through your accomplishments,
what you give to the world
must turn against you
because you offer it
in a spirit of war.*

*When you
give of your accomplishments
in order to
enrich*

- *life and*
- *others,*

• *you*
and

- *your life*
will be enhanced by it
because
what you offer
is given in a spirit of
peace.

*In the latter case [i.e., In the case where you GIVE of your
ACCOMPLISHMENTS in order to ENRICH LIFE and OTHERS],
you become
a part of life.*

In

- *taking from*
 - *life –*

and

- *the live center within yourself –*

and in

- *giving back to life*
as an integral part of it [i.e., as an INTEGRAL PART of LIFE],

you act according to

- *the unified principle.*

33

Whenever you believe that

"in order to live

I must be

- *better than others,*

I must be

- *separate,"*

disappointment

is inevitable.

*This belief [i.e., This belief that "in order to live I MUST be BETTER than others
and SEPARATE from others"]*

cannot

bring the desired result

because

it [i.e., because this belief that I MUST be BETTER than others]

is based on

illusion.

The dualistic concept

is

- *"me*

versus

- *the other."*

*This illusory belief [i.e., This ILLUSORY belief that I MUST be
BETTER than others, that life is about "ME versus THE OTHER"]*

makes the transition

from the

- *dualistic*

to the

- *unified*

plane of consciousness

so difficult,

for giving up this

- *"fight against the other"*

appears to imply

- *self-annihilation.*

*The more
you fight others,
the less
they will comply with
your demand
to affirm
your self
and the more
you will experience this [i.e., the more you will EXPERIENCE
the others' REFUSAL to AFFIRM you]
as a
danger
equal to
giving up the fight itself.*

*So every way you turn
seems to be
blocked.*

*You make yourself
utterly dependent on
others
with your illusory concept
that
unless
they approve of you
you
are lost,*

*while, at the same time,
trying to*

- overrun them*

and

- triumph.*

You will

- resent the former [i.e., You will RESENT that you are
utterly DEPENDENT on OTHERS' approving you]*

and

- feel guilty about the latter [i.e., feel GUILTY about
OVERRUNNING and TRIUMPHING over others].*

	<p>Both [i.e., BOTH the RESENTMENT you feel because you are utterly DEPENDENT on OTHERS' approving you AND because of the GUILT you feel from OVERRUNNING and TRIUMPHING over them] create intense</p> <ul style="list-style-type: none">• frustrations <p>and</p> <ul style="list-style-type: none">• anxiety; <p>both yield no salvation whatever.</p>
34	<p>Notice the initial disinclination to question your assumptions concerning any problematic issue in your life.</p> <p>The</p> <ul style="list-style-type: none">• outer issue is so painful only because the<ul style="list-style-type: none">• inner quarrel is between<ul style="list-style-type: none">• lifeand• death – or so you believe. <p>The fallacy of this [i.e., The FALLACY of this BELIEF that the outer PAIN of FRUSTRATION and of ANXIETY is caused by a matter of truly LIFE-AND-DEATH importance] can be established only when you dare question your reactions [i.e., dare to question your EMOTIONAL REACTIONS]</p> <ul style="list-style-type: none">• honestly and• precisely.

*Even though some of you
are*

- *quite accomplished in this pathwork,*
- *self-facing to a degree,*

*you still manage to
hide from issues
when they become
really*

- *painful and*
- *frightening.*

*This [i.e., HIDING from issues when they become really PAINFUL and frightening]
is your
very stumbling block*

*because
your shying away from
what appears so*

- *painful and*
- *frightening*

*makes it impossible
to uncover
the fallacy
of your hidden belief.*

*You hold on to it [i.e., You hold on to your HIDDEN BELIEF]
secretly,
born out of your
dualistic outlook*

*but the ensuing
inner battle
gives you
the cramped inner movement
that debilitates you.*

*It [i.e., The CRAMPED inner movement caused by the INNER BATTLE]
• *paralyzes*
your free-flowing energies
and

- *makes the transition to
the unified plane
impossible.**

When you look at your problems

in as

- ***objective and***
- ***detached***

***a way as you can muster,
expressing***

- ***the wider outlook
of the real self,***

as you turn

your best

- ***intent and***
- ***will***

***to the matter that disturbs you
with***

- ***a genuine wish for
impartiality,***

you will first notice

- ***a shrinking back from***

***such a desire [i.e., a shrinking back from such a desire to look at your
problems in a detached and objective way and with a
genuine wish for impartiality]***

and

- ***a more or less***

- ***overt***

or

- ***subtle***

way

of covering up

***your desire for flight [i.e., desire for flight from looking
objectively at the problems at hand].***

- ***Catch yourself in this act***

and

- ***courageously forge on,
questioning yourself***

- ***further***

and

- ***deeper.***

*You will then come to see
that, finally,
• the outer difficulty
is a symbolic representation of
• your inner quarrel
where you fight
for
• life
against
• death,
for
• existence
against
• annihilation.*

*You will see
what you evidently believe
is
required
from
• others
in order for
• you
to exist.*

35

*When you have arrived at
this level of your being [i.e., at this level of your being, that is, at the level of
your REAL SELF where you see from a broader
perspective and can be objective and detached],
you will be able to
question your precepts
that lay the foundation for this [i.e., the FOUNDATION for this belief that
you MUST HAVE something from OTHERS in order for YOU to EXIST].*

*And this is
the first step
to make possible
the transition
from
• dualistic error
to
• unified truth.*

[At this level, the level of your REAL SELF where you see from a broader perspective and can be objective and detached,]

You will further notice that

relinquishing

- **ideals and**
- **convictions**

**also feels like
annihilation,**

for

being

- **wrong**

means

- **dying,**

and

being

- **right**

means

- **living.**

The moment you

- **go through this
movement of opening up**

and

- **have the courage to
want the**

- **truth,**

- **a more complete truth**

**than you can see at the moment
in whatever issue,**

you will come to a

new

- **peace**

and a

new

- **intuitive knowledge
about the way things are.**

Something in

your hardened psychic substance

- **will have loosened up**

and

- **will further prepare the way for
total self-realization.**

36

*Each time you
loosen up the climate
in your psyche
will be*

*more auspicious [i.e., will be more promising, suggesting that
future success is likely]*

for the

- *final,*
- *total,*

awakening

to your inner center,

which contains

all

- *life,*

all

- *truth,*

all

- *the unified goodness of creation.*

*Every step in this direction
abandons*

*another misconception,
and each misconception
represents
another burden.*

*The giving up of
what first seemed like*

*protection from
annihilation*

will now be disclosed as

what it [i.e., disclosed as what this

“protection from annihilation”]

really is:

- *burden,*
- *suffering,*
- *imprisonment.*

*You then comprehend
the preposterous fact
that you are actually
opposed to
leaving
the dualistic life,
with all its
• hardship
and
• hopelessness.*

37

*Perhaps you can now understand
some of this,
and it will help you in your personal path.*

*When you apply this to
your everyday life,
you will see that
the abstract-sounding words I use here
are
not
something far away,
but
accessible
for every one of you.*

*You will see that these words are
• practical and
• concrete,*

*if only you are willing to
see yourself
in relationship to life
in a wider truth
than you are as yet
willing
even to contemplate.*

38

***On the dualistic plane
you must have
everything
your way.***

***You must
win
over
• life,
over
• others,
over
• circumstances.***

***You must
prove yourself
to be stronger than
all other forces in your life
that may oppose you.***

***• Opposing you
means that
• you lose,
and
• losing, in the last analysis,
means
• annihilation.***

***That [i.e., Believing that OPPOSING YOU means YOU LOSE and that
YOUR LOSING, in the last analysis, means YOUR ANNIHILATION]
is
• what you are frightened of
and
• why you are
so intense in this struggle.***

***That [i.e., Believing that OPPOSING YOU means YOU LOSE and that
YOUR LOSING, in the last analysis, means YOUR ANNIHILATION]
is
• why
you always feel as though
something much larger were at stake
than the actual issue.***

	<p><i>This [i.e., This fact that what is ACTUALLY AT STAKE for you is NOT your ANNIHILATION as you unconsciously firmly believe, and which is why, as a result of your unconscious belief, your emotional reactions are so strong] is why you deny the intensity of your emotions [i.e., the intensity of your emotional reactions] knowing that what takes place on the</i></p> <ul style="list-style-type: none"><i>• conscious level [i.e., what is ACTUALLY at stake for you]</i> <p><i>is not commensurate with</i></p> <ul style="list-style-type: none"><i>• your real reactions [i.e., not commensurate with your REAL EMOTIONAL REACTIONS. which lead, in the final analysis, to the FEAR of your ANNIHILATION].</i> <p><i>If, at times, you win over the circumstances is it really enduring peace you gain?</i></p> <p><i>Not really, my friends.</i></p>
39	<p><i>At the moment [i.e., At the moment when you do WIN over circumstances or over others],</i></p> <p><i>you may be</i></p> <ul style="list-style-type: none"><i>• gratified</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• appeased</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• feel safe.</i> <p><i>But how long can you retain mastery over life as you cling to dualistic thinking?</i></p>

***Each new issue
endangers you all over again,
and deep inside you know this,***

***only you know it [i.e., only you know you are endangered by
this new issue]
in the false way;***

***you believe it [i.e., you again believe your being endangered by this new issue]
to be your undoing.***

***You must therefore
constantly
live in
fear that you
cannot
always
win.***

***In this dependency [i.e., In this dependency on ALWAYS WINNING over OTHERS]
you need life
to move
always
according to
• your needs,
or rather
• your imagined needs.***

***You then become
resentful of
those who
prohibit your gratification.***

***You must become
resentful of
life,
which seemingly
does not let you be.***

*The message coming from
the real self says,*

*"Your birthright is
perfect*

- happiness,*
- freedom, and*
- mastery over life."*

*When you
fight for
this birthright
according to
dualistic principles,
you remove yourself
further
and further from
self-realization,
in which you could
truly have*

- mastery,*
- freedom, and*
- total fulfillment.*

*You seek all this [i.e., You seek mastery over life, freedom, and total fulfillment]
with
false means.*

*They [i.e., These FALSE MEANS by which you seek all this]
are as varied as
each individual's character.*

40

*We have often discussed
pseudo-solutions.*

*If you restudy them
in light of this lecture,
you will
understand
on a deeper level
what this [i.e., what all your striving using pseudo-solutions]
is all about.*

*You will see how
you personally
try to set up
the false fight
leading into
more*

- *confusion and*
- *pain.*

*The three basic pseudo-solutions [i.e., The AGGRESSIVE, SUBMISSIVE, and
WITHDRAWAL pseudo-solutions]
are simply
means
for conquering life
on the dualistic plane
to guarantee your existence.*

*The overt fight [i.e., the AGGRESSIVE pseudo-solution]
is*

- not a bit
more opposed to*
- *truth and*
- *peace,*

*not one iota
more aggressive*

*than the
submissive solution,
whose
hostility
always smolders underground.*

*In whatever way
you try to win,
you are*

- *dependent
on*
- *others and*
- *on*
- *circumstances
often
way beyond your actual control*

and therefore

- *doomed to failure.*

	<p><i>This futile struggle [i.e., This futile struggle to WIN over circumstances and others] hardens your psychic material.</i></p> <p><i>The more brittle it [i.e., The more brittle your psychic material] becomes the less you are able to contact the center of your inner being where everything you could possibly need is found:</i></p> <ul style="list-style-type: none">• vital• well-being and• productivity <p><i>and</i></p> <ul style="list-style-type: none">• inner peace, <p><i>which is a byproduct of finding the real self.</i></p>
41	<p><i>The only way you can truly enter the unitive state where you can truly achieve mastery, is by letting go of the false need to</i></p> <ul style="list-style-type: none">• win, <p><i>to be</i></p> <ul style="list-style-type: none">• separate, <p><i>to be</i></p> <ul style="list-style-type: none">• special, <p><i>to be</i></p> <ul style="list-style-type: none">• right, <p><i>to</i></p> <ul style="list-style-type: none">• have it your way.

Discover
the good
in all situations,
whether
you
deem them
• good
or
• bad,
• right
or
• wrong.

Needless to say,
this [i.e., DISCOVERING the GOOD in ALL situations]
does
not
mean
• resignation,
nor does it
mean
• fearful giving in
or
• weakness.

It [i.e., DISCOVERING the GOOD in ALL situations]
means
• going with
the stream of life
and
• coping with
what is
as yet
beyond your immediate control,
whether or not
it is according to your liking.

It [i.e., DISCOVERING the GOOD in ALL situations]
means
• accepting
• where you are
and
• what life is for you
at this moment.

It [i.e., DISCOVERING the GOOD in ALL situations]

means

- ***being in harmony***

with

your own inner rhythm.

This procedure [i.e., This procedure for DISCOVERING the GOOD in ALL situations – 1) going with the STREAM OF LIFE, 2) COPING WITH what is as yet BEYOND your immediate CONTROL (whether or not it is according to your liking), 3) ACCEPTING where you are and what life is for you at this moment, and 4) BEING IN HARMONY with your OWN INNER RHYTHM]

will

open the channel to

your Godself,

so that

finally

total self-realization

takes place.

All your expressions in life

will be

- ***motivated and***

- ***lived through***

by

the divine principle

- ***operating in you***

and

- ***expressing itself***

through

your

individuality,

- ***integrating***

your

- ***ego faculties***

with

- ***its universal self [i.e., integrating YOUR EGO faculties with the DIVINE PRINCIPLE'S UNIVERSAL SELF].***

	<p><i>Such integration [i.e., Such integration of YOUR EGO faculties with the DIVINE PRINCIPLE'S UNIVERSAL SELF]</i></p> <ul style="list-style-type: none">• <i>enhances your individuality;</i> <p><i>it [i.e., such integration]</i></p> <ul style="list-style-type: none">• <i>does not diminish it [i.e., does NOT DIMINISH your INDIVIDUALITY].</i> <p><i>It [i.e., Such integration]</i></p> <ul style="list-style-type: none">• <i>enhances every one of your pleasures;</i> <p><i>it [i.e., such integration]</i></p> <ul style="list-style-type: none">• <i>takes nothing away from you whatever.</i>
42	<p><i>May every one of you comprehend that</i></p> <ul style="list-style-type: none">• <i>the truth is in you.</i>• <i>Everything you need is in you.</i> <p><i>May you find that you actually do not have to struggle, as you constantly do.</i></p> <p><i>All you have to do is recognize the truth, wherever you stand now.</i></p>

*All you have to do, at this time,
is*

- *acknowledge
that there may be
more in you
than you see [i.e., there may be an INNER CENTER in you],*
- *call upon
this inner center,*

and

- *allow yourself
to be open to
its intuitive messages to you.*

*May you
find this [i.e., May you find that ALLOWING yourself to BE OPEN TO the
INTUITIVE MESSAGES to you FROM this INNER CENTER]
possible
exactly where
you need it
most
at this particular moment.*

*Your gauge [i.e., Your GAUGE as to whether or not
you are ALLOWING yourself to BE OPEN TO the INTUITIVE
MESSAGES to you FROM this INNER CENTER]
is always
what feels*

- *most uncomfortable,*

what you are

- *most tempted to look away from.*

43

*Be blessed,
continue on
your wonderful path,
which will bring you to the realization
that you already*

- *have what you need*

and

- *are where you need to be.*

*You merely look away
because you are geared in the opposite direction.*

	<p style="text-align: center;"><i>Be in peace.</i></p> <p style="text-align: center;"><i>Be in God.</i></p>
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