

Pathwork Lecture 145: Responding to the Call of Life

1996 Edition, Original Given: September 9, 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>Greetings, my dearest friends.</p> <p>The blessings given are</p> <ul style="list-style-type: none">• strengthand• power <p>coming from</p> <ul style="list-style-type: none">• the sincere wishesand• the love <p>of all involved in this venture – both</p> <ul style="list-style-type: none">• those in the bodyand• those outside it.

by Eva Broch Pierrakos

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04	<p><i>At the beginning of this new working year [i.e., working year 1966/67] I should like to set up a sort of blueprint that will also constitute a reformulation of</i></p> <ul style="list-style-type: none">• <i>our work and</i>• <i>its purpose.</i> <p><i>People always need a clarification of their</i></p> <ul style="list-style-type: none">• <i>motives and</i>• <i>concepts:</i><ul style="list-style-type: none">• <i>where they are going</i>and• <i>why.</i>
05	<p><i>As long as you</i></p> <ul style="list-style-type: none">• <i>identify exclusively</i> <i>with your</i> <i>ego-self</i> <p><i>and</i></p> <p><i>as long as you</i></p> <ul style="list-style-type: none">• <i>ignore</i> <i>the other part of yourself,</i> <p><i>you will remain trapped in a painful struggle</i></p> <ul style="list-style-type: none">• <i>that tears you apart</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>for which you see</i> <i>no solution.</i> <p><i>This [i.e., This painful STRUGGLE that comes when you IDENTIFY WITH your EGO-SELF and IGNORE your REAL SELF, your CENTER WITHIN] often causes</i></p> <p><i>unbearable</i></p> <ul style="list-style-type: none">• <i>tension and</i>• <i>anxiety.</i>

***This basic mental insecurity,
with all its byproducts,
can be overshadowed
by all sorts of pursuits.***

***But although
these aims [i.e., although aims and pursuits that cover this basic INSECURITY]
in themselves
may be worthy,
they cannot relieve***

- the basic fear***

or

- the sense of***
 - meaninglessness and***
 - waste.***

Only when you

- find and***
- activate***

***your center,
deep within yourself,***

can you
fulfill
your

- destiny,***

your

- reason for existing.***

***Whatever else you accomplish
serves only,
if you so choose,
to make you
more aware of***

- your real self***
- and therefore of***
- the reality of being.***

***Then [i.e., Then, when you are more aware of your real self, the reality of being],
and only then,
will you find a
genuine***

- security and***
- peace***

coming from within.

	<p><i>In order to find it [i.e., In order to find your real self], you must relinquish your hold on the outer ego.</i></p> <p><i>That is, you have to</i></p> <ul style="list-style-type: none"><i>• give up trusting the ego exclusively,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• use it [i.e., and use the ego] as a tool to activate the universal self slumbering within.</i>
06	<p><i>Now, my friends, many people</i></p> <ul style="list-style-type: none"><i>• know this [i.e., KNOW they must GIVE UP TRUSTING the EGO, and instead USE the ego to ACTIVATE the UNIVERSAL SELF within]</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• pay it lip service frequently.</i> <p><i>But to</i></p> <ul style="list-style-type: none"><i>• understand this theoretically</i> <p><i>and to</i></p> <ul style="list-style-type: none"><i>• live it are two entirely different things.</i> <p><i>The work on this path is destined to help you accomplish the awakening of</i></p> <ul style="list-style-type: none"><i>• a new self you have not consciously experienced before.</i> <p><i>This path [i.e., Pathwork] gives you the means to actually bring this about [i.e., the means to awaken a NEW SELF, the UNIVERSAL SELF within].</i></p>

07

Life
issues
a call;
it [i.e., life's call]
• makes a demand
on every living individual.

Most people
do not
sense this call.

Only as you
become aware of
• your own illusions
can you simultaneously
become more aware of
• the truth
within
• yourself,
and therefore [i.e., and therefore more aware of the TRUTH]
in
• life.

Consequently [i.e., Consequently, as a result of this deepened AWARENESS
of the TRUTH within YOURSELF and of the TRUTH in LIFE],
you will understand
in each moment
what

the call of life

wants to convey to you.

How do you respond to it [i.e., How do you RESPOND to the CALL of LIFE]?

	<p><i>Do you respond with [i.e., do you respond to the CALL of LIFE with]</i></p> <ul style="list-style-type: none">• <i>your total being?</i> <p><i>Or do you respond</i></p> <ul style="list-style-type: none">• <i>half-heartedly?</i> <p><i>Or do you</i></p> <ul style="list-style-type: none">• <i>resist responding at all</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>make yourself deaf to it?</i> <p><i>That [i.e., HOW you RESPOND to the CALL of LIFE]</i> <i>is the</i> <i>big question, my friends.</i></p>
08	<p><i>What I say here,</i> <i>simple as it sounds,</i> <i>can become</i> <i>very important</i> <i>in helping you</i> <i>honestly</i> <i>question yourself:</i></p> <ul style="list-style-type: none">• <i>Do you truly wish to understand the call of life?</i>• <i>What does it require of you?</i> <p><i>And</i></p> <ul style="list-style-type: none">• <i>are you wholeheartedly responsive?</i>
09	<p><i>The call of life</i> <i>is a</i></p> <ul style="list-style-type: none">• <i>dynamic movement</i> <p><i>that can be also</i></p> <ul style="list-style-type: none">• <i>felt as a stream.</i>

***This stream of life
manifests differently
to each individual.***

***It [i.e., This stream of life]
is at once***

- universal***

and

- intensely personal.***

***It [i.e., This stream of life]
is universal in the sense that
it aims exclusively at
awakening***

- the real self,***
- absolute reality.***

***It [i.e., This stream of life]
goes about this [i.e., goes about this awakening of
the REAL SELF, of ABSOLUTE REALITY]
in a
totally un sentimental way [i.e., in a way totally independent from
personal feelings and emotions].***

***It [i.e., This stream of life]
disregards***

- personal attachments,***
- social considerations,***

and

- any other***
 - peripheral values,***

including

- personal***
 - pain or***
 - pleasure.***

10	<p><i>If awakening the real self requires what temporarily seems like destruction, this destruction will turn out to be rather [i.e., rather, this “destruction” will turn out to be]</i></p> <ul style="list-style-type: none"><i>• the groundwork of the real inner life,</i><i>• the preparation needed to awaken the inner center.</i> <p><i>[Conversely] If the awakening brings what also happens to be most joyful to you, the very experience of joy proves that you are more attuned to your real self than you realize.</i></p>
11	<ul style="list-style-type: none"><i>• Moralistic</i><i>• self-defeating attitudes often induce you to reject whatever may lead you to</i> <ul style="list-style-type: none"><i>• your destiny and</i><i>• self-fulfillment just because it [i.e., just because realizing your destiny and self-fulfillment]</i> <p><i>brings joy, since you have the mistaken idea that self-realization must automatically mean</i></p> <ul style="list-style-type: none"><i>• deprivation and</i><i>• self-sacrifice.</i>

	<p><i>If your life-conditions will not, sooner or later, promote your coming into your real self, they [i.e., your life-conditions] will inevitably be destroyed.</i></p> <p><i>Conditions that promote the awakening of the real self bring</i></p> <ul style="list-style-type: none"><i>• peace,</i><i>• joy,</i><i>• well-being, and</i><i>• intense pleasure.</i> <p><i>Such is the stream of life, which is often blocked by humanity's stubborn resistance to see it.</i></p>
12	<p><i>The call of life is universal.</i></p> <p><i>The attitude necessary to awaken the inner center follows universal values.</i></p> <ul style="list-style-type: none"><i>• Truth,</i><i>• love, and</i><i>• beauty</i> <p><i>are universal aspects of the real life stream.</i></p>

*The isolated ego-existence
is also
a general state
affecting all people,
but
how
the ego blocks
the real self
is a
personal question;
what is universal
is the fact
that
transformation of one's character
is necessary
to permit the life stream
to flow freely.*

*We shall return to the subject of
transformation [i.e., transformation of one's character]
a little later.*

13

*These universal principles [i.e., These universal principles or values
(TRUTH, LOVE, BEAUTY) which are aspects of the real life stream]
can be
• intellectually
recognized,
but they are
not necessarily
• felt and
• experienced.*

*This [i.e., This FEELING and EXPERIENCING these universal principles]
can happen
only when the
personal
experience
of the life stream [i.e., PERSONAL EXPERIENCE
of TRUTH, LOVE AND BEAUTY]
is
• recognized and
• responded to.*

*Therefore,
any path leading to
genuine self-realization
must be*

- *intensely personal*

*and
has to deal with*

- *intensely personal problems.*

Those who believe that

- *imbibing general truth and*
- *collecting more truthful beliefs
can accomplish the goal
delude themselves.*

*They do so [i.e., They imbibe in general truth and collect more truthful beliefs]
because
they do not want to look at
the truth
of who they
are
at the moment;
they prefer
an idealized notion of themselves.*

*Their very evasion [i.e., Their very evasion of INTENSELY PERSONAL problems]
alienates them more from the goal
than the honest admission
that they
do not want to*

- *look at themselves,*

*and
do not want to permit themselves to*

- *experience emotions*

they

- *fear or*
- *disapprove of,*

*and above all,
do not wish to*

- *transform
their
character defects.*

*The actual –
not theoretical –
activation of
the real self
with its*

- *vibrating life,*
- *limitless abundance,*
- *infinite possibilities for good,*

and its

- *supreme*
 - *wisdom and*
 - *joy*

*happens to the exact degree
that you dare take a look at
the temporary truth of yourself.*

This means

- *feeling*
 - what you feel;*
- *having the courage to
transform yourself
into a better human being
for no other reason
than*
 - a desire to*
 - *contribute to life,*
 - rather than to*
 - *make an impression and*
 - *grasp for approval.*

When
*the immediate barriers to
transformation*

for its own sake

are overcome,

then
*the real self
with all its treasures
will
clearly manifest.*

14

*One of those barriers [i.e., One of those barriers to TRANSFORMATION of
CHARACTER DEFECTS]*

*is
shame of
what you are now.*

*This shame
makes you set up
a wall of secrecy
that makes you
lonely.*

*The loneliness
may be*

- denied or*
- rationalized;*

*• other circumstances
may be blamed [i.e., blamed for your loneliness].*

*In reality,
it is your wish to
hide
yourself
from*

- yourself*
- and*
- others*

that separates

- you*

from

- them.*

*In the deep recesses of your mind
you fear
that you are*

- different from others,*

that you are

- worse,*

*and
the shame
of your difference
cannot be exposed.*

This very secret conviction [i.e., this very SECRET conviction that you are DIFFERENT from others, that you are WORSE than others] traps you in the particular illusion of your separateness, depriving you of the benefit of discovering your universality that offers its healing climate for your psyche.

Again, this [i.e., this realizing the benefit of discovering your UNIVERSALITY that offers its healing climate for your psyche] cannot be accomplished by
• theoretical understanding,
but only
by
• actually experiencing those areas where you still hide yourself [i.e., EXPERIENCING those areas where you still hide yourself from yourself and others, fearing you are different from and worse than them, thus separating yourself from them].

These [i.e., These areas where you still hide yourself from yourself and others, fearing you are different from and worse than them, thus separating yourself from them] are precisely the main barriers separating you from the life stream.

The solitude of inner secretiveness cannot be relieved, no matter how favorable your outer circumstances.

Such loneliness [i.e., Such loneliness in the solitude of your inner secretiveness in areas where you still hide yourself from yourself and others, fearing you are different from and worse than them, thus separating yourself from them] can be relieved

***only when you
overcome
the pride
hidden by
your shame.***

***The
intensely personal work
of overcoming your pride***

***leads to
the realization of***

***the universal values [i.e., the realization of the universal values
or principles (such as TRUTH, LOVE, BEAUTY)]***

***which alone can give you
the courage
to go with the life stream.***

15

*The universal self
often contradicts
outer rules
which come from
humanity's ego self.*

*Hence, no matter how much people
rebel against*

- *conformity and*
- *social laws,*

*they still find themselves
confined within
the ego-self,
deeply immersed in its
dualistic struggle
between*

- *conformity*

and

- *the submission it requires,*

versus

- *rebellion and*
- *defiance.*

*True emancipation
from the ego's
outer rules
requires
neither*

- *conformity*

nor

- *rebellion.*

*It [i.e., True emancipation]
acts on*

- *inner values*

that

- *may*

or

- *may not*

coincide with

- *the dictates of society.*

	<p><i>In neither case [i.e., In neither conforming with nor rebelling against the dictates of society] will the person using inner values be damaged.</i></p> <p><i>He or she will become more whole, even in a temporary upheaval.</i></p>
16	<p><i>The key is not as hidden as it may seem.</i></p> <p><i>Only ask whether you</i></p> <ul style="list-style-type: none"><i>• are motivated by</i><i>• love and</i><i>• truth</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• have totally committed yourself to a course of</i><i>• honesty and</i><i>• integrity</i> <p><i>in this particular issue, regardless of public opinion.</i></p> <p><i>Do you</i></p> <ul style="list-style-type: none"><i>• let go the</i><i>• fear, the</i><i>• pride, the</i><i>• self-will of your ego</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• strive toward the voice of the divine within you, again, regardless of appearances?</i>

	<p><i>This way [i.e., THIS WAY of operating from INNER UNIVERSAL VALUES INSTEAD OF from fear, pride, and self-will of the EGO, which is always motivated by OUTER APPEARANCES]</i> <i>is always open,</i> <i>and</i> <i>whenever you</i> <i>choose it,</i> <i>it will</i> <i>emancipate you from</i> <i>the ego-struggle.</i></p> <p><i>Its solutions [i.e., The solutions of the way of operating from INNER UNIVERSAL VALUES of the DIVINE within]</i> <i>will bring you</i> <i>less</i> <ul style="list-style-type: none">• <i>pain and</i>• <i>anxiety.</i></p> <p><i>Answers</i> <i>will inevitably follow</i> <i>that</i> <ul style="list-style-type: none">• <i>reconcile your conflict</i>and• <i>bring peace.</i></p>
17	<p><i>The call of life</i> <i>disregards</i> <i>the superficial morality</i> <i>most people</i> <i>ardently</i> <ul style="list-style-type: none">• <i>adhere to,</i>or <i>equally ardently</i>• <i>fight against.</i></p> <p><i>This morality [i.e., This SUPERFICIAL MORALITY that most people ardently either adhere to or fight against]</i> <i>is based on</i> <i>the fear of</i> <i>disapproval.</i></p>

	<p>People may fight it [i.e., People may fight this superficial morality] because in their minds</p> <ul style="list-style-type: none">• goodness <p>is equated with</p> <ul style="list-style-type: none">• deprivation [i.e., in people's minds, APPEARING GOOD in this superficial morality is equated with APPEARING to SACRIFICE and to deprive themselves, which people naturally fight against]. <p>The call of life disregards</p> <ul style="list-style-type: none">• outer appearances <p>and</p> <ul style="list-style-type: none">• shortsighted sentimentality [i.e., shortsighted emotional idealism]. <p>It [i.e., The call of life] surges toward bringing all individuals into their birthright, since it is based entirely on universal values.</p> <p>Everything that matters is contained within it [i.e., is contained within the CALL of LIFE].</p>
18	<p>Why does humanity put up such a struggle against fulfilling its destiny, when such destiny brings nothing but good?</p> <p>Why do you resist hearing the call of your life stream when it brings you all that is</p> <ul style="list-style-type: none">• safe,• good,• productive, and• joyful?

This [i.e., This FIGHTING against one's own destiny that brings one all GOOD] is the tragic battle of humanity.

*On the one hand,
you are
very disturbed by
the insecurity of
your existence.*

*You sense
the waste of your life
as long as you
pay exclusive allegiance to*

- the outer self,*
- and therefore to*
- outer values.*

*On the other hand,
you do everything in your power
to maintain
your unhappy state.*

*In fact, you seek
more and
more means
to reinforce
your ego-identification:
more
outer*

- ways,*

outer

- activities,*

outer

- beliefs, and*

outer

- escapes.*

*At times you may
succeed
only in
making yourself
deaf to
the voice from deep within.*

	<p><i>At other times [i.e., At other times when you seek more and more means to reinforce your EGO IDENTITY: more OUTER ways, activities, beliefs and escapes],</i></p> <p><i>you</i></p> <ul style="list-style-type: none"><i>• feel</i> <p><i>the deep unrest,</i></p> <p><i>but</i></p> <p><i>you</i></p> <p><i>refuse to</i></p> <ul style="list-style-type: none"><i>• understand it.</i>
19	<p><i>Only those who</i></p> <ul style="list-style-type: none"><i>• consciously and</i><i>• deliberately</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• make the decision</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• commit themselves once and for all to living their life</i> <p><i>for</i></p> <p><i>the primary purpose</i></p> <p><i>of</i></p> <p><i>activating the real self</i></p> <p><i>can find</i></p> <p><i>the deep inner peace</i></p> <p><i>that exists</i></p> <p><i>even while</i></p> <p><i>inner errors</i></p> <p><i>still prevent</i></p> <p><i>total self-realization.</i></p>
20	<p><i>Let every one of you</i></p> <p><i>who reads these words</i></p> <p><i>question</i></p> <ul style="list-style-type: none"><i>• why</i> <p><i>you are on this path.</i></p> <ul style="list-style-type: none"><i>• What is your aim in life?</i>

- *Do you live
just to make do
as best you can?*
- *Do you work on this path
because
there are
certain symptoms
you wish removed
which you feel
interfere unpleasantly with your life?*

*Certainly, you are
free to do so [i.e., Certainly you are FREE to work on this path simply and
solely “because there are certain SYMPTOMS you wish REMOVED
which you feel INTERFERE UNPLEASANTLY with your LIFE”].*

*But realize
the deeper meaning of this [i.e., the deeper meaning of working solely on these
symptoms you wished removed in order to have a more pleasant life].*

*For as long as you
aim solely
to remove
certain effects
of identifying with your ego
because you*

- *ignore or*
- *fear*

*the activation of the
real self,*

*other symptoms
of this principal disease [i.e., of this principal disease of
identifying solely with your ego]
will appear.*

*Total well-being
cannot be accomplished,
even if you
succeed
in removing
temporary states of*

- *pain and*
- *deprivation.*

***There is a
vast difference
between these two goals [i.e., between 1) the goal of activating your REAL
SELF and 2) the goal of solely identifying with your EGO and from
there trying to remove symptoms keeping you from pleasure].***

***As long as you
fail to orient yourself
completely
toward
activating the inner center of your real self,
you cannot know
real***

- safety,***
- peace, and***
- well-being.***

Nor can you

- use
the storehouse of potential within yourself,***

or

- experience your freedom to use
the unlimited resources of the universe
for your benefit.***

Not being able to

- do any of this [i.e., not being able to FIND safety, peace, and well-being, nor
to USE the potential within yourself, nor to EXPERIENCE your FREEDOM
to USE the unlimited resources of the universe for your BENEFIT],***

not being able to

- be what you can be,***

***is an
endless pain***

***that you need to
allow yourself to
experience consciously***

***in order to have the incentive
to do something about it.***

21	<p><i>By contrast [i.e., By contrast to the GOAL of ACTIVATING your REAL SELF], the pursuits of the ego, no matter how great your accomplishments, will never give you</i></p> <ul style="list-style-type: none"><i>• peace and</i><i>• security,</i> <p><i>nor</i></p> <ul style="list-style-type: none"><i>• the sense of being the best you can be.</i> <p><i>The ego-drive may appear to give you power over others,</i></p> <p><i>but it [i.e., but the ego-drive] cannot ever give you</i></p> <ul style="list-style-type: none"><i>• autonomy and</i><i>• independence,</i> <p><i>so that, sooner or later, the illusion of power over others is exposed as fake.</i></p>
22	<p><i>I advise all those</i></p> <ul style="list-style-type: none"><i>• who seek help,</i> <p><i>as well as those</i></p> <ul style="list-style-type: none"><i>• who are helpers,</i> <p><i>very clearly to define your aim.</i></p> <ul style="list-style-type: none"><i>• What is your aim?</i><i>• How far do you wish to go?</i><i>• Do you commit yourself completely?</i>

*Then visualize
the specific symptoms
you wish to remove.*

*Any disturbance [i.e., Any disturbance or disharmony in your life]
is merely a
symptom of
the basic ill of*

exclusive ego-identification,

no matter what name you give it:

- *neurosis,*
- *sickness,*
- *distortion,*
- *unhappiness.*

*You are [i.e., You are certainly]
free
merely to remove symptoms.*

*Consider
what the removal of the symptoms
alone
means for your future.*

*What can you envisage
afterwards?*

*Can you envisage that
more is possible?*

*What is
this more?*

*How would your life be with
this more?*

*Or do you commit yourself
totally
to finding*

- *who you really are,*
- *what is possible for you?*

23	<p><i>I believe that those who</i></p> <ul style="list-style-type: none">• <i>really think about it and</i>• <i>properly grasp</i> <p><i>the whole meaning of this important question, clearly questioning themselves without delusions,</i></p> <p><i>will respond to life with their total being.</i></p> <p><i>Let us discuss this commitment to the real self.</i></p>
24	<p><i>You have all experienced to some degree through certain meditations that the universe contains unlimited good, available to you if you open yourself to it.</i></p> <p><i>There are times when you</i></p> <ul style="list-style-type: none">• <i>vividly experience</i> <p><i>this truth [i.e., vividly EXPERIENCE this truth that the universe contains UNLIMITED GOOD, AVAILABLE to YOU]</i></p> <p><i>and you</i></p> <ul style="list-style-type: none">• <i>know, without the shadow of a doubt, that your experience is not coincidence nor illusion;</i> <p><i>you</i></p> <ul style="list-style-type: none">• <i>know it to be a fact.</i>

When this is so [i.e., When you EXPERIENCE and KNOW this truth that the universe contains UNLIMITED GOOD, AVAILABLE to YOU],

- *your entire attitude is*
 - *clear,*
 - *free, and*
 - *relaxed.*

- *You*
 - *are deeply convinced of your truth**and*
 - *trust it [i.e., and you TRUST YOUR TRUTH];*

- *you*
 - *feel deserving*
and hence
 - *do not cringe away from fulfillment;*

- *hence it [i.e., hence fulfillment] comes.*

- *Your whole being resonates with a*
 - *positive,*
 - *constructive vibration**without any conflict.*

- *You do not feel selfish for wishing to experience beauty,*

- *nor do you withhold the best of yourself.*

25

***But then there are
also those occasions
when things do not work that way [i.e., when things do NOT
result in positive manifestations, fulfillment and peace].***

Even though

- in certain areas of your life
you have already experienced
such positive manifestations [i.e., such positive manifestations,
fulfillment and peace],***
- in other areas
you cannot break through.***

Trying to attain

***this undifferentiated good [i.e., the GOOD that is NOT the “good” of duality]
with
your ego-self
does not work.***

***Where your real self
is not activated,
the doors to
the benign universe
are closed.***

***This [i.e., This LACK of fulfillment in this particular area of your life]
is not because
some forbidding authority
decided that
you are not worthy of
this or that particular fulfillment;***

***it [i.e., this LACK of fulfillment in this particular area of your life]
is simply because
something
within you
bars the way,***

and

***this something

has to be found
so you can
eliminate it.***

26

*Whatever
the obstruction is,
it [i.e., this obstruction in you]
makes you
afraid of
letting go of the ego,*

*so you
remain*

- *centered in,*
- and*
- *oriented to,*

the outer ego.

This outer ego

is incompatible with

*the unified world of
all good*

since it is split off from it

*in duality [i.e., in DUALITY the outer EGO is split off from
the unified world of ALL GOOD].*

*It [i.e., This outer ego, split off in duality from the unified world of ALL GOOD,]
can be open
only to*

partial good

*to which there exists –
as always in dualities –*

- *another,*
- *undesirable,
side.*

*This undesirable side
may weaken
the wish for
the good –
entirely unconsciously.*

Also,
whatever stands in the way of letting go of the ego
is always,
when fully

- *exposed and*
- *understood,*

something that

- *impairs one's integrity*

and

- *deforms the character structure.*

Hence [i.e., Hence, NOT being in INTEGRITY and with CHARACTER DEFECTS],
the deep inner conscience

- *feels*
undeserving of
all good

and

- *cringes from it.*

That very character defect
makes the personality
unable to cope with
the good
even where it [i.e., even where the GOOD of the UNIFIED world]
exists.

27

Only
the total self
can

- *relate to*

and

- *unite with*
total good [i.e., with the TOTAL GOOD of the UNIFIED WORLD].

You can test this
right now.

Take any problem you are working on,
be it an

- *outer problem you wish changed,*

or an

- *inner condition you wish to overcome.*

	<ul style="list-style-type: none">• <i>Meditate,</i>• <i>expand yourself,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>reach for</i> <i>the total goal.</i> <ul style="list-style-type: none">• <i>Claim</i> <i>this total goal.</i> <p><i>How often does it happen</i> <i>that you feel it is</i> <i>impossible to do so!</i></p> <p><i>Test it right now.</i></p>
28	<p><i>Although you really</i> <i>want to claim your goal,</i> <i>you still</i> <i>feel it is</i> <i>impossible.</i></p> <p><i>There is</i> <i>some wall</i> <i>that does not let you get through.</i></p> <p><i>This wall [i.e., This wall that separates you from your goal]</i> <i>must never, under any circumstances,</i> <i>be</i></p> <ul style="list-style-type: none">• <i>disregarded or</i>• <i>glossed over.</i> <p><i>You must</i> <i>never use</i></p> <p><i>pressure</i> <i>from</i> <i>your will</i></p> <p><i>to overcome</i> <i>the "no" of this wall.</i></p>

Such forcing [i.e., Such forcing from your WILL to overcome the “no” of this wall that separates you from this goal you so ardently seek]

*will remove you
further from*

- your real self within*

and hence from

- the reality of the life
where
all good
is available.*

*Instead,
you have to
interpret
the meaning of
the wall.*

*Translate it [i.e., Translate the MEANING of the WALL]
into clear words.*

Whether you

- doubt that you can have your goal*

or

- feel guilty about getting it,*

or

- have a sense of not deserving it,*

or

- are afraid of life's demands when you do have it,*

*these [i.e., these factors making up the wall that separates you from your goal]
still do not add up to
the final answer.*

*The reservation within yourself
must be linked with*

a character defect

- you have not really faced,*
- nor do you wish to,
because you do not want to abandon it [i.e., you do NOT WANT to
ABANDON this CHARACTER DEFECT that is part
of the wall that separates you from your goal].*

29

***Character transformation
is an absolute necessity
in order to
shed
the ego identification.***

When I say

"shed,"

I do

not mean it in the sense of

- ***giving the ego up***

but of

- ***using it as a [i.e., using the EGO as a]
tool***

to find

the inner being,

and then

- ***allowing
the ego***

to integrate with it [i.e., allowing the EGO

to integrate with the INNER BEING].

***It should be clearly understood
that***

***such integration [i.e., such integration of the EGO with the INNER BEING]
is possible***

only when

- ***certain character defects
have been already transformed***

or when

- ***the person
is truly willing to
transform them***

- ***in all sincerity***

and

- ***without subterfuge [i.e., without trying to deceive
evade, or conceal].***

	<p><i>There must be a total commitment [i.e., a TOTAL COMMITMENT to TRANSFORMING any and all CHARACTER DEFECTS inhibiting the EGO from fully integrating with the INNER BEING, with the REAL SELF], without</i></p> <ul style="list-style-type: none"><i>• pretense or</i><i>• playacting.</i> <p><i>When this is your total response to life,</i></p> <ul style="list-style-type: none"><i>• the life stream will become discernible</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• its wise guidance meaningfulness will become a powerful presence in your life.</i>
30	<p><i>For the longest time we have concentrated on finding the</i></p> <ul style="list-style-type: none"><i>• errors,</i><i>• misconceptions, and</i><i>• defects</i> <p><i>which are, of course, interdependent.</i></p> <p><i>In fact, we were always careful to point out that you must not</i></p> <ul style="list-style-type: none"><i>• judge or</i><i>• moralize</i> <p><i>with yourself,</i></p> <p><i>because such self-moralizing was</i></p> <ul style="list-style-type: none"><i>• a hindrance,</i> <p><i>not</i></p> <ul style="list-style-type: none"><i>• a help.</i>

	<p><i>The time has now come when the difference</i></p> <p><i>between</i></p> <ul style="list-style-type: none">• <i>moralizing</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the desire to transform yourself</i> <p><i>should be clearly recognized.</i></p> <p><i>I believe that most of you are now in a position to understand with your heart this difference –</i></p> <p><i>and this understanding [i.e., this understanding WITH your HEART] is what really counts.</i></p>
31	<ul style="list-style-type: none">• <i>Judging,</i>• <i>moralizing, and</i>• <i>perfectionism</i> <p><i>occur</i></p> <p><i>when values are based on outer standards.</i></p> <p><i>Such behavior aims</i></p> <p><i>to</i></p> <ul style="list-style-type: none">• <i>please or</i>• <i>impress others,</i> <p><i>to</i></p> <ul style="list-style-type: none">• <i>conform with outer standards.</i> <p><i>Moralizing</i></p> <p><i>always tends to show to others how</i></p> <ul style="list-style-type: none">• <i>right,</i>• <i>good, or</i>• <i>superior one is.</i>

*When you
moralize,
you always
need to
prove something.*

*To whatever extent
moralizing exists,
it exists*

- only for the sake of
appearances,*

and

- not because
the individual is
really concerned with
a moral issue as such.*

*You may
pay lip service
to the*

- feelings and*
- rights
of others*

or to the

- liberation of
the
• real self*

*or
the
• self of others,*

*but deep inside
this is
not the motive.*

*The motive [i.e., The true motive deep inside]
is*

to

- appear*
- right or*
- good –*

to

- prove something.*

32

*A person who
genuinely desires to
transform
character defects
is not in the least concerned with
• outer appearances
or with
• what others think,
but exclusively with
• the transformation itself,
whether others
• see and
• admire
it
or
• not.
• False,
• damaging,
• tortured
moralizing
and
• self-accusation
always
hides
a deep inner insistence
not
to change.
Hence,
moralizing
is a tortured inner movement;
recognizing
the fault in question
is unbearably painful
only because
the person
refuses
to give it up.*

*Since the moralizer
refuses
to give up
his or her
negative trend,
moralizing
brings
more negativity
in its wake,
even though
it [i.e., even though such moralizing]*

seems

to convey

an honest intent to

• see the fault

and

• observe

high standards of morality

because one is

so unhappy about the defect.

33

*The genuine desire to
transform defects
is never burdened by
an unpleasant admission of a fault,
no matter what it may be,
precisely because
the wish to
change
is so genuine.*

*In this desire [i.e., In this desire to TRANSFORM a CHARACTER DEFECT]
you express
your love for
the universe
because
you wish to
contribute to life
by your very being.*

***Such resolution [i.e., Such resolution to TRANSFORM a CHARACTER DEFECT
because one WISHES to CONTRIBUTE to LIFE by one's VERY BEING]
lightens the heart,
even if
one may
not be capable of the transformation
right away,
because
there are still
missing links
which have to be understood.***

***Let this be a measure for you, my friends,
in the continuation of your pathwork.***

When the distortion you discover

- cuts deeply into your soul and***
- makes you***
 - hopeless about yourself or***
 - despair about***

***your ability to transform the defect,
know that
on a deeper level of your being
you do
not wish
to give up this very trend.***

***Then go ahead
and find out
why not.***

34

***When your personality
is geared to
a positive soul movement,
there will be
no obstruction to***

- transforming a character defect,***

***and consequently
no obstruction to***

- the unlimited abundance of good
available in the universe
for every single individual.***

*Try to perform
this inner movement*
• *by letting yourself
stream forth
in complete affirmation*
instead of
• *the old negation.*

*When this
inner movement
can take place,
when you move toward the world
with a relaxed attitude of
being equally ready to*
• *give*
and
• *receive,*
*transformation
will not seem
hazardous.*

*It [i.e., Transformation]
will seem like
a wonderful venture.*

35

*So when you find yourself
stuck
in your desire to reach*
• *unlimited good*
and
• *creative power
within yourself,*
*find a key
not only to
where you are*
• *negative in expressing your desire,*
*but also
where you are*
• *connected with
a persisting negativity.*

	<p><i>[Where you are connected with a PERSISTING NEGATIVITY]</i> There must be a corresponding character defect that is equally difficult to give up.</p> <p>For as long as it [i.e., For as long as the corresponding CHARACTER DEFECT] is not seen, the negativity must remain.</p> <p>This negativity [i.e., This negativity that is connected to an as yet unseen corresponding CHARACTER DEFECT] excludes</p> <ul style="list-style-type: none">• unfoldment,• self-expression, and• fulfillment, <p>as well as the</p> <ul style="list-style-type: none">• creative powers within you. <p>This thought could be a key for many of you.</p>
36	<p>For a long time we had to be primarily concerned with uncovering your</p> <ul style="list-style-type: none">• defects and• illusions, <p>your</p> <ul style="list-style-type: none">• negativity or• destructiveness, <p>which you</p> <ul style="list-style-type: none">• deny and• negate. <p>This was very important.</p> <p>Now a second major phase of the work can be envisaged:</p> <p>the phase in which you practice extending yourself into the universe.</p>

37	<p><i>Wherever you succeed because you are inwardly free you will see new manifestations in your life as never before.</i></p> <p><i>Where you still feel yourself</i></p> <ul style="list-style-type: none">• <i>blocked,</i>• <i>unable to believe,</i>• <i>unable to follow through,</i> <p><i>you will find deeper aspects of yourself</i></p> <ul style="list-style-type: none">• <i>that you could not bring out before and</i>• <i>which you will now recognize as deformations of your character structure without incurring the past danger of closing the door through your damaging moralizing.</i> <p><i>Your freedom in this respect [i.e., Your FREEDOM from MORALIZING] will set the stage for the decision for transformation which can again be tested for its inner sincerity by your meditation.</i></p>
38	<p><i>How deeply do you want this transformation?</i></p> <p><i>Why do you still refuse to transform these defects?</i></p>

**The moment you are
truly ready
to transform them** [i.e., truly ready to transform these defects, which
BLOCK you from NEW MANIFESTATIONS in your life],
**you will find the door
no longer closed** [i.e., no longer closed by your DAMAGING MORALIZING].

**You will feel it
swing into
the unlimited universe.**

You will be able to
• extend yourself
into the universe
and consequently
• feel
• worthy
and
• capable
of receiving from it [i.e., receiving from the UNIVERSE].

Then
**no good you desire
needs to have**
a shadow side [i.e., Then, on the unitive plane no GOOD you desire
needs to have a shadow side as it would in the
dualistic plane of “good” versus “bad”].

39

**At that time
you
will also understand**
• the real values
and
will do away with
• all false morality.

	<p><i>The more you are willing to truly transform defects, the less necessary the</i></p> <ul style="list-style-type: none">• <i>outer,</i>• <i>superimposed values become.</i> <p><i>They [i.e., The outer, superimposed values] are often senseless, especially from the point of view of life's call, which requires your total</i></p> <ul style="list-style-type: none">• <i>response and</i>• <i>commitment.</i>
40	<p><i>Now, why are you</i></p> <ul style="list-style-type: none">• <i>so afraid of</i>• <i>this total commitment to life?</i> <p><i>Of</i></p> <ul style="list-style-type: none">• <i>relinquishing ego-identification?</i> <p><i>Of</i></p> <ul style="list-style-type: none">• <i>the positive manifestations that can enrich you?</i> <p><i>Why do you</i></p> <ul style="list-style-type: none">• <i>resist the good</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>battle to maintain</i>• <i>painful struggle</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>insoluble conflict?</i> <p><i>Why do you</i></p> <ul style="list-style-type: none">• <i>fear</i> <p><i>the good that liberates you?</i></p>

And why do you
• put your faith in
the imprisoning ego
of
the little outer
• self
and
the little outer
• values?

There are
several answers to these questions,
depending on the angle.

Let us first choose
the following approach.

41

When you
• doubt
a larger reality

and
• do not
take a
chance on it,

you stay in a
world of
duality.

*As you know,
this dualistic world
is characterized by
the following conflict:*

*"If I am
unselfish,
I must
suffer.*

*I do not want
to suffer.*

*But if I am
selfish,
I will be*

- rejected,*
- despised,*
- not loved,*
- left alone.*

*And that
is suffering too."*

*In this struggle
you go back and forth,
seeking a solution.*

*The more you believe in
the inevitable
"truth"
of these two alternatives,
the more you are
bound to
experience life
according to them.*

*You do not
dare to be
unselfish;*

*you cannot
wholly want to be
unselfish
since it means
giving up
what you
believe is
personal*

- fulfillment and*
- happiness.*

*Nor can you
fully commit yourself to a life of
selfishness –
partly due to the*

- ever-present existence of
your real self,*

partly because

- you fear
the world's opinion.*

*This is the
tragedy
of this senseless struggle.*

*You cannot extricate yourself from its meshes
as long as you*

- identify with*

and

- entrust yourself to
the*
 - values,*
 - rules, and*
 - concepts
of
ego logic.*

42

*When you
want
to be
transformed,
you must
want
to give up*

- selfishness*
- and*
- the desire to
cheat*
 - life,*
 - yourself,*
- and*
- others,*

in whatever form.

*You cannot
wholly risk this [i.e., You cannot wholly RISK giving up SELFISHNESS]
when it spells
the sacrifice of
all you want.*

*But the
most painful state
is*

indecision,

*and this holds true
on all levels.*

*It [i.e., This most painful state of INDECISION]
is your
fate
as long as
you have not transcended
the ego level of reality.*

You cannot

reconcile

- fulfillment

and

- unselfishness,

so you remain

undecided;

you continue to vacillate

between two camps [i.e., on the one hand the camp of striving for personal FULFILLMENT, which feels SELFISH, or on the other hand the camp of committing to a life of UNSELFISHNESS, thereby seemingly giving up personal FULFILLMENT].

If many people were capable of

totally

committing themselves

to a life of

selfishness,

they would soon come out of it

because

they would recognize

that it

leads

- nowhere,

that it does

not lead to

- the salvation

they half-heartedly seek

in both camps.

43

You are all in this struggle,

every one of you.

All your problems

are an

- expression and
- direct outcome

of this duality.

	<ul style="list-style-type: none">• <i>Look at your problems,</i>• <i>go deeply enough into them,</i> <p><i>and</i> <i>you will see that this is so [i.e., that ALL your PROBLEMS are a result of the STRUGGLE between EITHER striving for personal FULFILLMENT, which feels SELFISH, OR committing to a life of UNSELFISHNESS, thereby seemingly giving up personal FULFILLMENT altogether].</i></p> <p><i>You fear the impulses of the</i><ul style="list-style-type: none">• <i>larger,</i>• <i>wiser</i><i>self,</i></p> <p><i>but cannot want wholeheartedly to commit yourself to it [i.e., to the larger, wiser self, the REAL SELF] as long as you believe that some disadvantage will result from your decision.</i></p>
44	<p><i>That you are capable of</i><ul style="list-style-type: none">• <i>reaching for</i><i>and</i><ul style="list-style-type: none">• <i>receiving</i><i>the good of the universe only when your defects are being overcome may, at first glance, appear like the concept of</i><ul style="list-style-type: none">• <i>reward</i><i>and</i><ul style="list-style-type: none">• <i>punishment.</i></p>

	<p><i>I might say that</i> <i>this concept [i.e., this concept of reward and punishment of being REWARDED by receiving the good of the universe ONLY when you are overcoming your defects and being PUNISHED by NOT receiving the good of the universe when you are NOT overcoming your defects]</i> <i>is a distortion of</i> <i>the process I have explained.</i></p> <ul style="list-style-type: none">• <i>Reward</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>punishment</i> <p><i>suppose</i></p> <p><i>an outer authority</i></p> <p><i>who hands out</i> <i>the just deserts of</i> <i>the individual's</i></p> <ul style="list-style-type: none">• <i>actions and</i>• <i>attitudes.</i> <p>• <i>Reward</i></p> <p><i>or</i></p> <ul style="list-style-type: none">• <i>punishment</i> <p><i>are often supposed to take place</i> <i>only in a</i> <i>hereafter.</i></p>
45	<p><i>What I explain, however,</i> <i>is a mechanism</i> <i>taking place</i> <i>within</i> <i>the personality.</i></p> <p><i>The innermost self</i> <i>is aware of</i> <i>the incongruity of</i> <ul style="list-style-type: none">• <i>reaching for</i> <i>the best</i><i>while</i> <ul style="list-style-type: none">• <i>refusing to</i> <i>give the best.</i></p>

Moreover,
• *obtaining the best*
is a burden
one fears
when one is
not willing
to also
• *give the best.*

Conversely,
giving one's best
is impossible
when one associates it with
• *sacrifice*
and
• *disadvantage.*

The very existence of
a belief in
• *punishment*
and
• *reward*
covers up
the deep despair
that
• *unselfishness*
brings
• *deprivation,*

so one is
forced to hold back
the total desire
to
• *love*
and
to
• *give.*

• *Rewards*
and
• *punishments,*
in whatever forms they exist,
are compensations for
the unbearable reality perceived in
• *duality.*

46

When
the real self
is activated,
this conflict [i.e., **this CONFLICT** between **EITHER** striving for
personal **FULFILLMENT**, which feels **SELFISH**, **OR** committing
to a life of **UNSELFISHNESS**, thereby seemingly giving up
personal **FULFILLMENT** altogether]
no longer exists.

It is possible
to activate
the real self
when this particular conflict in you
is brought out of hiding.

Inside
the reality
of
the inner center,
the split
no longer exists.

You will find that it is
equally possible

- to**
 - **give of yourself wholeheartedly,**
- to**
 - **love,**
- to**
 - **be unselfish,**
- to**
 - **be humble,**
- to**
 - **relinquish the egocentricity of**
the frightened child,
- to**
 - **allow others to be free**
no matter what this means for you,

and yet

- not be a**
 - **loser.**

*Soon
the feeling of*

- *not necessarily having to be
a loser*

*will change into
a conviction that*

- *being
a winner
is possible.*

*First, you will
understand
that*

- *being a winner
is possible;*

*later, [i.e., later, you will understand]
that*

- *it [i.e., being a WINNER]
is inextricably connected with
decency.*

*This will be so
because
you are free enough
to want*

*both [i.e., to want BOTH – to WANT to be DECENT
AND to WANT to be a WINNER].*

47

*When you take on
the transformation of
your defects,
you will
like yourself sufficiently
to open yourself to
all the good
that wants to come to you.*

*When you begin to
succeed
in this transformation [i.e., this transformation of your character defects]
you will
be strong enough
to stand

happiness.*

*You can
claim*

the best

*when you are
in the process of transforming
whatever makes you
dislike yourself,
whether or not*

- you are aware of
this self-dislike,
whether or not*
- you are still projecting
your self-hate
onto others.*

Then

*you will realize
the truth of*

- absolute reality*

and of

- your real self:
which is
that there is
no limit to
expansion.*

*Through this
unfoldment*

*your
intuition
will become*

- strong and*
- reliable.*

*You will then
heed
the demand of
your personal life stream.*

*You will have
the courage
to go with it [i.e., COURAGE to GO WITH your personal LIFE STREAM]
whether or not
it [i.e., whether or not your personal life stream]
seems to conform with
outer*

- expectations,*
- rules, and*
- values.*

*As long as you are
very determined
to follow*

- the inner values,*

- the outer values
will cease to be important,
either in*
 - your own mind**or in*
 - the outer manifestation of your life.*

*You will therefore
no longer
fear
when your life
does not conform to convention.*

Soon

- outer life
will follow suit*

and

- no friction
will accrue.*

*The world
will fall into step with you.*

48	<p><i>There are two important keys for you in this lecture, which may be the very points you seek in order to come out of a momentary bottleneck.</i></p> <p><i>I recapitulate them briefly:</i></p>
49	<p><i>(1) [i.e., The FIRST key for you in this lecture:]</i></p> <ul style="list-style-type: none">• <i>What is your aim in life?</i>• <i>What is your aim on this path?</i>• <i>How far do you wish to go?</i>• <i>Do you want to remove only a few symptoms?</i> <p><i>Or</i></p> <ul style="list-style-type: none">• <i>do you wish</i>• <i>total self-realization,</i>• <i>the activation of an inner center in which</i><ul style="list-style-type: none">• <i>all good,</i>• <i>salvation from</i><ul style="list-style-type: none">• <i>anxiety,</i>• <i>insecurity, and</i>• <i>confusion exist?</i> <p><i>If so [i.e., If you DO wish TOTAL SELF-REALIZATION],</i></p> <ul style="list-style-type: none">• <i>are you willing to pay the price of</i><ul style="list-style-type: none">• <i>perseverance,</i>• <i>of</i><ul style="list-style-type: none">• <i>total commitment?</i>

	<p><i>The total commitment [i.e., The TOTAL commitment to SELF-REALIZATION] brings out your total possibilities.</i></p> <p><i>The unlimited potentials of your innermost being enable you to realize unlimited good.</i></p>
50	<p><i>(2) [i.e., The SECOND key for you in this lecture:]</i></p> <ul style="list-style-type: none"><i>• Find the exact point where your positive wishes are blocked, and then</i><ul style="list-style-type: none"><i>• question</i><p><i>what particular character defect</i></p><p><i>does not permit you to abandon a</i><ul style="list-style-type: none"><i>• self-destructive,</i><i>• self-denying attitude?</i></p><i>• State clearly that you wish to find it [i.e., that you wish to FIND this PARTICULAR DEFECT that does not permit you to abandon a self-destructive, self-denying ATTITUDE].</i><i>• Once you see it, there is still time to decide whether or not you want to give it up.</i><i>• If you do not [i.e., if your do NOT want to give up this PARTICULAR DEFECT], find out why not.</i>

• *The insistence upon
holding onto something
that violates*

your
• *integrity*
and
your
• *decency*

holds back
the best
• *you have to offer*
and
the best
• *you can be.*

*This [i.e., This HOLDING BACK your BEST you can OFFER and BE]
impairs your*

self-respect.

*It may not be
a crass
outer manifestation;*

*it may be
a hidden little deviation
that does not seem to harm anyone,
but
it always does,
whether or not you are aware of it.*

51

*The progress that is
vividly experienced
by quite a few of you
is
in exact proportion to
your*
• *willingness*
and
• *openness.*

*There is
no mystery about
what brings the progress,*

*for
this path
must work
when*

- *willingness and*
- *openness*

exist.

*Those of you
who are
not satisfied with your progress
should question themselves*

- *deeply and*
- *sincerely:*

*"Where have I
• held back?"*

*Where did I
• not want to go
all the way?*

*Where have I
• lost the clarity of the aim?*

*And where have I
• disconnected the aim
from where I am
at this moment
because
I do not want to expose myself?"*

*You avoid seeing that you
hold back in*

- *fear and*
- *shame;*

*they [i.e., FEAR and SHAME]
are unnecessary obstacles you use
to barricade the doors
to liberation.*

52

*Those of you
who*

- *have progressed and*
- *sense*
the excitement of a new life to come

*have much more to look forward to,
for you will now
fortify
your own powers.*

*You will be able to activate them [i.e., You will be able to activate your own powers]
more*

- and more*
- *to remove the obstacles
of your remaining illusions*

and

- *to orient yourself to*

*what is
eternal
within yourself,*

*what is
never*

- *conflicted or*
- *tortured.*

*You will learn to
experience it [i.e., learn to EXPERIENCE what is ETERNAL within yourself]
as a living reality.*

53

Be blessed.

Receive

- *the strength*
- and*
- *the love*
that stream forth.

Be in peace.

Be in God!

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The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
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