

Pathwork Lecture 146: The Positive Concept of Life – Fearlessness to Love – The Balance Between Activity and Passivity

1996 Edition, Original Given: October 7, 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

¶	Content
03	<p style="text-align: center;"><i>Greetings, my dearest friends.</i></p> <p style="text-align: center;"><i>Be blessed, every one of you.</i></p> <p style="text-align: center;"><i>Blessed be this hour [i.e., Blessed be this time we now spend together in this lecture].</i></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted: 4/5/21

04

*I want to talk about
three topics:*

[1] a positive concept of
• *life and*
• *the universe*
that holds
a benign fate
for humanity,

[2] the
• *freedom and*
• *fearlessness*
to love,

and

[3] a healthy balance
between
• *activity*
and
• *passivity.*

*All these [i.e. All three of these topics]
form a*

comprehensive whole
which is the basis of
• *harmony*
with
• *oneself*
and
with
• *life,*

*and thus [i.e., and thus form a comprehensive whole
which is the basis of]*

• *self-fulfillment.*

*All three [i.e. All three of these topics]
depend on*

• *awakening*
and
• *activating*
• *your innermost center,*
• *the core that we call*

the real self.

05	<p><i>As long as the ego is the sole motivator of an individual's life</i></p> <ul style="list-style-type: none">• <i>it is impossible to have confidence in life's benign nature;</i>• <i>it is impossible to be fearless about loving;</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>it is impossible to establish a healthy balance between</i><ul style="list-style-type: none">• <i>activity</i><i>and</i>• <i>passivity.</i> <p><i>Let us look at this more closely.</i></p>
06	<ul style="list-style-type: none">• <i>A healthy concept of life means</i>• <i>a truthful concept of life.</i> <p><i>And</i></p> <ul style="list-style-type: none">• <i>a truthful concept of life means</i>• <i>the knowledge,</i>• <i>the experience of life as utterly benign.</i> <p><i>Whenever you stray from truth [i.e., from this truth that the experience of life is utterly benign], you must experience life as a</i></p> <ul style="list-style-type: none">• <i>hostile force,</i> <p><i>as</i></p> <ul style="list-style-type: none">• <i>something to defend yourself against.</i>

	<p><i>When on your path you reach the deeper regions of your innermost being, somehow you always find that negative concept of life [i.e., you find that NEGATIVE concept of life where you have STRAYED FROM THE TRUTH that LIFE is UTTERLY BENIGN, a straying away from which has led you to EXPERIENCE LIFE as a HOSTILE force that you have to DEFEND yourself against].</i></p>
07	<p><i>There is direct interaction between</i></p> <ul style="list-style-type: none"><i>• your faults</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• a negative concept of life.</i> <p><i>This interaction always works both ways.</i></p> <p><i>Because you are</i></p> <ul style="list-style-type: none"><i>• driven and</i><i>• controlled</i> <p><i>by the destructive force set in motion by your negative concept of life,</i></p> <p><i>your negative beliefs expand even if you are hardly aware of them.</i></p> <p><i>And because of your negative beliefs,</i></p> <p><i>you take a defensive position toward life,</i></p> <p><i>perpetuating the destructive trend.</i></p>

08

***In the last lecture [See Lecture 145-Responding to the Call of Life]
I discussed the necessity of
transforming
faults of character [i.e., faults of character, or character defects].***

***The first step toward this
transformation [i.e., transformation of these faults of character]
is always
awareness of
the faults [i.e., AWARENESS of the FAULTS of character
or of the CHARACTER DEFECTS].***

***This is
not easy,
but
not difficult either,
if approached
with the proper attitude.***

***Once you are
aware of
your specific faults [i.e., your specific faults or character defects],
the next step is to
understand***

- the reason for their existence,***
- and***
- why you cling to them.***

When you look

- objectively and***
- deeply***

***you will find that
in each instance
the fault
is supposed to
ward off something [i.e., something negative]
that
you assume
will happen to you.***

***In other words,
you take a
negative assumption [i.e., you take a negative assumption that something
BAD or PAINFUL, or INTOLERABLE will happen to you in life]
for granted.***

09

**Once you see this,
you are ready to take
the third step,
which is
to question
the validity
of this assumption** [i.e., question the **VALIDITY** of your
negative **ASSUMPTION** that something **BAD** or
PAINFUL, or **INTOLERABLE** will happen to you
in life that you need to defend yourself against].

Is your assumption [i.e., Is your negative assumption that **LIFE** is **DANGEROUS**]
true?

**What would actually happen
if you didn't have this fault** [i.e., if you didn't have this **CHARACTER FAULT**
by which you intend to **DEFEND** yourself
from this **ASSUMED DANGER** in **LIFE**]?

**These questions
must be
precisely posed.**

**The possibility
that your assumption** [i.e., The possibility that your negative **ASSUMPTION**
that something **BAD** or **PAINFUL**, or **INTOLERABLE** will happen
to you in life that you need to defend yourself against].

**might be
false
must be seriously considered.**

**At the same time,
expand your view of
the significance of**

- **the fault in question and**
- **its effect on
others,
whether it is expressed
only in**
 - **thinking and**
 - **feeling**

or also in

- **actual behavior.**

In order to

- *truly and*
- *sincerely*

want to shed a fault [i.e., to WANT to shed a fault or character defect]

it is essential to

- *comprehend its effect on others,*

as well as

- *question its protective value [i.e., QUESTION its protective value for YOU].*

When you

- *are no longer sure that the fault protects you,*

and possibly even

- *see that you are*
 - *harmed*
 - *rather than benefited*

by it,

when you also

- *see the harm it inflicts on others,*

then,

and only then, will you want to put the energy

invested in the fault [i.e., invested in the FAULT or CHARACTER DEFECT]

into a

- *new,*
- *constructive*

attitude

that will replace the

- *old,*
- *destructive*

one [i.e., replace the old, DESTRUCTIVE ATTITUDE].

10

This [i.e., THIS PROCESS of becoming AWARE of your faults or character defects, UNDERSTANDING how they came into existence and WHY you cling to them – namely, that you assume they will DEFEND you against life’s negative experiences, then seeing the NEGATIVE effect that your faults or character defects has on others AND yourself, and that your faults or character defects really do NOT PROTECT you as you intended, and hence concluding that you now want to put that energy invested in the fault or character defect into a NEW CONSTRUCTIVE attitude that will replace the old, DESTRUCTIVE attitude contained in the fault or character defect]

*is how transformation
must occur;*

*rarely, if ever,
does it occur any other way.*

*It is impossible to
transform
something that you do not even know exists.*

*It is impossible to
transform
an attitude*

- when you do
not know why
you hold onto it,*
- when you
ignore
its
• significance and
its
• effects.*

*As long as
such
• ignorance,
such
• glossing over,
such
• vagueness

exists,*

*transformation
cannot happen.*

11

***This work [i.e., This work of TRANSFORMING FAULTS or
CHARACTER DEFECTS and ATTITUDES]
is impossible to accomplish
without
the help of***

the real self,

***which must be
directly***

- contacted and***
 - activated***
- by***

- the ego faculties.***

***Without this help [i.e., Without this help of the REAL SELF],
the necessary***

- energy and***
 - stamina***
- are missing.***

- The ego faculties***

must

always

establish a connection with

- the real self***

for the necessary

- vision and***
- enlightenment.***

12

Let us now look at

- *fearlessness*

as a precondition to

- *love.*

*Any one of you on this path
has seen at one point or another
that*

fear of loving

underlies

most human

- *predicaments and*
- *conflicts.*

This [i.e., This fear of loving]

may take

- *different forms*

with

- *different people;*

even in the

same person

it [i.e., this fear of loving]

may appear under

- *different guises*

in

- *various situations.*

13

*The whole world
has generally been aware of*

*the importance of
love*

since time immemorial.

*All
truth teachings
postulate
that
love
means*

- *freedom,*
- *peace,*
- *life.*

*Lack of
love
means*

- *enslavement,*
- *conflict,*
- *death.*

*It [i.e., Lack of love]
creates*

- *restlessness,*
- *anxiety, and*
- *unhappiness.*

Even though

- *all important spiritual teachings,*

including

- *modern science in the form of*
- *psychology and*
- *psychiatry,*

*agree on this [i.e., agree that LOVE means freedom, peace and life
and that LACK OF LOVE means enslavement, conflict, and
death, creating restlessness, anxiety, and unhappiness]*

*people nevertheless
find it so hard
to give themselves*

- *wholeheartedly and*
- *fearlessly*

to

the stream

*that comes from
deep within.*

Why?

*The
natural
mode of existence
is
a state of love,
but people manage to
• cover it up
and
• contort it
into many
• unnatural and
• laborious
forms.
These twists and turns
alienate you from
your center,
where
love is a
• natural,
• effortless
stream
that flows as gracefully as
any
natural
phenomenon.*

14

*When you
hinder this flow [i.e., When you hinder this flow of the natural, effortless
stream which love is, deep in your center]
it is only because
you fear it.*

*There are many definitions of
love,
and
you grope for these definitions
on the assumption that
you have to*

- define and*
- understand
love
intellectually*

*in order to
make it
come into
your soul*

from the outside.

*This again is a
• twisted and
• erroneous
approach,*

- for*
- you do
not need an
intellectual
• concept or
• definition,*

and

- you certainly
cannot
produce love
from the outside.*

*Love
exists
in perfect form
within
yourself.*

15

***The only useful definition [i.e., The only USEFUL definition of love]
is that***

- ***whatever***
 - ***further***
 - ***unity,***
 - ***inclusion,***
 - ***expansion,***
 - ***union,***
 - and***
 - ***manifests***
 - ***the benign nature of the universe,***

is

- ***love***

and

perpetuates

- ***love.***

- ***Whatever***
 - ***ignores the***
 - ***divine and***
 - ***benign***
 - ***nature***
 - ***of***
 - ***the universe and***
 - ***life***
- and therefore***
 - ***moves toward***
 - ***exclusion and***
 - ***separateness***

is

- ***the opposite of love.***

16

The opposite of love

is

- *nonlife:*

it [i.e., nonlife, the opposite of love]

is

- *various degrees of death,*
for

there are many degrees of

- *death,*

just as

there are many degrees of

- *life.*

Yet you

- *fear*

the

- *life,*

the

- *peace, and*

the

- *freedom*

of

love

and

- *cling to*

the

- *separating forces*

of

nonlove

as a

protective device.

17

*It has become
increasingly urgent
to comprehend this point [i.e., this point that you FEAR the life, peace, and
freedom of LOVE and CLING TO the SEPARATING forces of
NONLOVE as a PROTECTIVE DEVICE],*

*for
the majority of my friends
who find themselves
successfully working on their path of
self-realization*

- have recently encountered,*
- or*
- will soon encounter,*

*something
they may have
totally ignored
until now.*

*They have deluded themselves
that*

*they
have
love,*

or

*they
may have vaguely
experienced
an inner refusal to love*

but never

- quite faced or*
- really understood*

*this fact [i.e., never faced or really understood this
vague experience of an inner refusal to love]
about themselves.*

*This [i.e., This vague experience of an inner REFUSAL to LOVE]
hardly ever applies to
the total personality,
except for
the insane.*

*Most people have
many areas
where they*

- *do love*
- and*
- *are unafraid to do so.*

But where

problems exist

in the

- *inner*

and

- *outer
life,*

they are due to

*the refusal to
love
in certain respects*

*connected
specifically
with those problems.*

18

*When you recognize this,
it is often
useful
to compare*

- *your refusal to love*

with

- *those areas where you
do love.*

The

- **analysis and**
- **comparison**

**of both attitudes [i.e., of both the attitude TO LOVE and
the attitude to REFUSE TO LOVE]**

with

**their results in your
outer life
as well**

will reveal

how

- **false**

the fear of loving is,

and

how

- **safe,**
- **secure, and**
- **beneficial**

it is

to love.

**Closer inspection of
the areas**

where you discover a determination

- **not to love**

will also disclose

that

- **coupled with –**

or rather

- **causing –**

**the resistance [i.e., the resistance in areas of life where
you discover a determination NOT to LOVE]**

is a

fear to love.

This realization [i.e., This realization that your resistance to love is a FEAR to love]

- **is crucial**

and

- **must not, under any circumstances,**

be

- **glossed over**

or

- **neglected**

in your self-confrontation.

*It is necessary that you put
precisely
into words,*

*"Here,
in this or that respect,*

*I do
not
love,*

and

*I refrain from
wanting to love
because*

I am afraid of it [i.e., afraid of LOVE]."

19

*At this point
you still do
not know
why [i.e., do not know WHY you are afraid to love].*

You may

- *feel consternation,*

you may

- *be puzzled,*

you may

- *ask yourself,*

"What do I fear?"

*Some answers may come
that are*

- *partly valid*

but also

- *partly glib theories*
that may strike you as
clichéd.

*Perhaps the answer [i.e., the answer to the question as to WHY you FEAR LOVE]
presents itself
that you are
more vulnerable to
hurt
when you love.*

*And yet, when you say this,
it is not really convincing.*

When you think

- *deeply and*
- *honestly*

*you will have to admit
that this [i.e., that you are more vulnerable when you love]
is not true at all.*

*Or you might come across the answer that
you indulge
in*

- *vindictiveness,*

in

- *striking out
at*
 - *others*

*and
at*

- *life as a whole.*

*This is, perhaps,
a little closer to
the point
you need to*

- *find,*

which also needs to be fully

- *recognized,*
- *accepted, and*
- *understood.*

*But it is
still

not the whole story.*

20

*You cannot come to the full understanding of this discussion
without the third topic [i.e., the third topic being
“healthy BALANCE between ACTIVITY and PASSIVITY”].*

*Before turning to it, however,
I want to remind you
that*

*just as it is impossible to transform
from a*

*• negative
to a*

• positive

• attitude,

• concept, or

• characteristic

by the exclusive use of

• the ego,

without help from

• the real self,

so it is with

• loving.

For

• love

*is not a quality
that resides in*

• the ego.

*The ego
has*

other functions.

It [i.e., The ego]

has functions of

• will,

• discrimination, and

• action,

but it does

not possess the faculty of

• love.

Love

is a

feeling

*that comes
totally
from the*

inner being.

This is

why

love

cannot be

- *intellectualized,*
- *conceptualized, or*
- *understood*

in terms of

intellectual processes,

as many people attempt to do.

It [i.e., Love]

is a

- *feeling*

that must be

- *permitted.*

To give the self

full permission

to love

includes

not only

- *the realization of
the inner being,*

but also

- *a positive concept of*

• *life and*

• *the universe.*

*For if it were
true
that life is*

- *hostile and*
- *depriving,*

*then
love
would indeed be
dangerous.*

*If it is
true, however,

that
life
is*

- *benign,*
- *liberating and*
- *giving;*

*if it [i.e., if life]
is*

- *for*

rather than

- *against*

*you,
love is
not only*

- *safe*

but it is [i.e., but love is]

- *the only possible way to exist in*
 - *peace and*
 - *harmony**with the universe.*

21

*So it is
absolutely necessary, my friends,
that you connect*

your
• *fear of loving*
with
your
• *negative concept of life
on the one hand,*

and
• *the freedom from
fear of loving*
with a
• *positive,*
• *benign*
• *concept and*
• *expectation
of life*
on the other.

Even when you
• *are in*
*total harmony with
reality*
and thus
• *have abiding trust
in certain areas of life,
resulting in
a well-developed ability to love,*

*the impulse rarely arises
to*

• *examine these areas [i.e., examine these POSITIVE areas of your life
where you are in total HARMONY with reality and thus have
abiding TRUST in these positive areas of life, resulting in a well-
developed ability to LOVE]*

and
• *compare them with
your unhappy life experiences,
where the exact opposite holds true.*

	<p><i>This</i></p> <ul style="list-style-type: none">• <i>direct interaction</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>causal connection</i> <p><i>[between POSITIVE attitudes in life and resulting ability to LOVE on the one hand, and NEGATIVE attitudes in life and the resulting LACK of ability to LOVE on the other hand]</i></p> <ul style="list-style-type: none">• <i>must be brought into awareness</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>should be observed as much as possible.</i>
22	<p><i>Only by testing</i> <i>can you convince yourself of</i></p> <p><i>the positive nature of life.</i></p> <p><i>Then</i> <i>[i.e., Then, when by TESTING you have convinced yourself of the POSITIVE nature of life,]</i></p> <p><i>you will abandon</i></p> <ul style="list-style-type: none">• <i>seclusion,</i>• <i>separateness,</i>• <i>hate and</i>• <i>fear.</i> <p><i>Open yourself up,</i> <i>tentatively at least;</i></p> <p><i>give yourself</i> <i>the chance</i></p> <p><i>to experience</i></p> <p><i>the benign nature of</i></p> <ul style="list-style-type: none">• <i>life,</i> <p><i>and therefore of</i></p> <ul style="list-style-type: none">• <i>humanity,</i> <p><i>for both</i> <i>[i.e., for both LIFE and HUMANITY]</i> <i>are the same.</i></p>

23

*The third member of this triad
is the healthy balance
between*

- *activity*

and

- *passivity.*

*Many of my friends
have encountered
in the course of their
self-search a*

- *strange and*
- *inexplicable*

distaste for

- *activity*

and an equally

- *strange and*
- *inexplicable*

hankering for

- *non-action.*

*These tendencies
are stronger in some people than others,
but*

- *in whatever form,*

or

- *to whatever degree
they appear,*

*it is necessary
to understand them.*

*This
hankering for passivity
means
that the person feels*

*passivity
to be a
desirable state.*

	<p><i>It [i.e., PASSIVITY, which a person feels to be a DESIRABLE state,] seems to promise</i></p> <ul style="list-style-type: none"><i>• the state of peace</i> <i>many unconsciously confuse with</i><i>• the state of being,</i> <p><i>while</i></p> <ul style="list-style-type: none"><i>• the state of activity</i> <i>represents</i><i>• a chore,</i><i>• a difficulty</i> <i>you</i> <ul style="list-style-type: none"><i>• fear you cannot live up to</i> <i>and therefore</i><i>• wish to avoid.</i> <p><i>Why is this so, my friends?</i></p>
24	<p><i>First of all,</i> <i>it is important to understand that this [i.e., that this preference for PASSIVITY, which seems to promise the state of PEACE (however this peace is misunderstood to be the state of BEING which it is not) whereas the state of ACTIVITY represents a difficult chore you wish to AVOID] is a distortion arising from duality.</i></p> <p><i>The error consists in</i></p> <ul style="list-style-type: none"><i>• confusing</i> <i>fragmentary aspects of</i> <i>the unitive state</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• separating them</i> <i>from their</i> <i>complementary fragments.</i> <p><i>In the dualistic mode of experiencing life,</i></p> <ul style="list-style-type: none"><i>• activity</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• passivity</i> <i>appear as</i> <i>opposites.</i>

	<p><i>But in the reality of</i></p> <ul style="list-style-type: none">• <i>the highest state of consciousness,</i>• <i>the state of</i> <p><i>being,</i></p> <ul style="list-style-type: none">• <i>activity</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>passivity</i> <p><i>intermingle.</i></p> <p><i>It is equally true to say that the healthy state of</i></p> <ul style="list-style-type: none">• <i>activity</i> <p><i>is also</i></p> <ul style="list-style-type: none">• <i>passive,</i> <p><i>and that</i></p> <p><i>the healthy state of</i></p> <ul style="list-style-type: none">• <i>passivity</i> <p><i>is also</i></p> <ul style="list-style-type: none">• <i>active.</i> <p><i>Only on the dualistic level</i></p> <p><i>does this [i.e., does “activity being passive” or “passivity being active”]</i></p> <p><i>appear to be</i></p> <p><i>a contradiction.</i></p>
25	<p><i>This point can best be demonstrated in your immediate everyday life by reminding you that</i></p> <ul style="list-style-type: none">• <i>every healthy activity you undertake</i> <p><i>is</i></p> <ul style="list-style-type: none">• <i>relaxed,</i>• <i>easy, and</i>• <i>effortless,</i> <p><i>which</i></p> <p><i>seem to be</i></p> <ul style="list-style-type: none">• <i>passive</i> <p><i>qualities.</i></p>

***In this relaxation [i.e., In this relaxation associated with HEALTHY ACTIVITY]
the outgoing movement of
action***

- ***is unstrained and***
- ***has the rhythm of
peace,
so to speak.***

This rhythm of

- ***peace [i.e., This RHYTHM of PEACE associated with healthy ACTIVITY],
if it is***

- ***fragmented and***
- ***experienced as a***
 - ***particle***
- ***and not as a***
 - ***whole,***

may

seem like

- ***passivity [i.e., may SEEM like PASSIVITY, but is
actually the PEACE or PASSIVITY
associated with HEALTHY ACTIVITY].***

26

We can also approach this concept from the other end.

***When you feel yourself in a
healthy passive state,
it is***

never

- ***static or***
- ***motionless.***

***• In healthy passivity –
or***

- ***in the state of being –***

***the action of movement
exists in***

- ***the rhythm of the universe,***
- ***the same unstrained motion of peace [i.e., the same unstrained
motion of PEACE associated with HEALTHY ACTIVITY].***

27

*The principle of
active-passive balance
must reign
in every
creative process.*

*A creative process
without
the*

- active*
- and*
- passive*

forces

- harmonizing,*
- complementing, and*
- furthering one another*

is
unthinkable.

*This applies to
every*

- healthy and*
- purposeful*

*activity in your life
on the plane of existence
where you function.*

*Even the crasser manifestations,
such as the balance
between*

- work*

and

- leisure,*

are regulated by this principle,

*each of these
seeming opposites [i.e., here, each of these seeming
opposites of WORK and LEISURE]*
containing
both

- active*

and

- passive*

elements.

	<p>• <i>Work</i> <i>coming forth from</i> <i>a healthy organism</i> <i>flows effortlessly,</i></p> <p><i>while</i></p> <p>• <i>leisure</i> <i>cannot possibly be</i></p> <ul style="list-style-type: none">• <i>invigorating and</i>• <i>revitalizing</i> <p><i>if it is</i> <i>static.</i></p> <p><i>If it [i.e., If LEISURE]</i> <i>were totally</i> <i>static,</i> <i>it would be</i> <i>death,</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>death</i> <i>does not invigorate;</i> <p><i>only</i></p> <ul style="list-style-type: none">• <i>life</i> <i>does [i.e., only LIFE INVIGORATES].</i> <p><i>Life</i> <i>must be</i> <i>movement,</i></p> <p><i>as I have said so many times.</i></p>
28	<p><i>In</i></p> <ul style="list-style-type: none">• <i>distortion and</i>• <i>duality,</i> <p>• <i>activity</i> <i>appears as</i></p> <ul style="list-style-type: none">• <i>movement,</i> <p>• <i>passivity</i> <i>as</i></p> <ul style="list-style-type: none">• <i>nonmovement.</i>

	<p><i>[In distortion and duality]</i></p> <ul style="list-style-type: none">• Activity <i>appears to exert strain;</i>• passivity <i>promises relief from strain.</i> <p><i>In other words,</i> <i>we return to the basic duality of</i></p> <ul style="list-style-type: none">• <i>good</i> <p><i>versus</i></p> <ul style="list-style-type: none">• <i>bad.</i> <p><i>One facet seems</i></p> <ul style="list-style-type: none">• <i>good,</i>• <i>desirable;</i> <p><i>the other</i> <i>[seems]</i></p> <ul style="list-style-type: none">• <i>bad,</i>• <i>undesirable.</i>
29	<p><i>Activity</i> <i>is often experienced as undesirable</i> <i>because it requires</i></p> <ul style="list-style-type: none">• <i>a goal direction,</i>• <i>a sense of responsibility.</i> <p><i>It requires</i></p> <ul style="list-style-type: none">• <i>the selfhood of a mature personality which copes with</i><ul style="list-style-type: none">• <i>personal limitations</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the difficulties of life in such a way that these limitations gradually eliminate themselves.</i>

*If you are
totally identified with*

your ego,

*action
must be
frightening
because*

*the ego is
not equipped
to undertake*

• purposeful action

without being

- motivated,*
- carried, and*
- guided*

by

the real self.

It [i.e., The EGO, when separated from the REAL SELF]

simply does

not have

*the requirements [i.e., the requirements to undertake purposeful action]
at its disposal.*

*So when people are
not in contact with*

the real self,

*no matter how much lip service they may pay it,
they must*

fear

all the demands

activity

makes on them.

	<p>The</p> <ul style="list-style-type: none">• <i>passive,</i>• <i>static</i> <p>state</p> <p>then seems desirable [i.e., <i>then seems MORE desirable than all the demands that ACTIVITY makes on them</i>]</p> <p>because</p> <p>it [i.e., <i>the passive, static state</i>]</p> <ul style="list-style-type: none">• does not make any demands; <p>it [i.e., <i>the passive, static state</i>]</p> <ul style="list-style-type: none">• does not hold any fearsome• <i>expectations or</i>• <i>obligations.</i>
30	<p>It is also true that</p> <p>when you</p> <ul style="list-style-type: none">• identify <p>exclusively with</p> <p>your ego</p> <p>and</p> <ul style="list-style-type: none">• avoid or• neglect <p>the existence of a</p> <p>more universal part in yourself,</p> <p>you are often</p> <p>equally</p> <p>afraid of</p> <ul style="list-style-type: none">• passivity. <p>For the passive state</p> <p>then implies</p> <p>helplessness.</p>

*The passive state
must
imply helplessness
when
activity
is*

- *rejected,*
- *feared, and*
- *avoided,*

*for then [i.e., for when activity is rejected and avoided]
helplessness
is*

- *a natural sequence,*
- *a direct result.*

*If you do not act
• purposefully,
• in the best interest of
the universal laws
within yourself,
you do become*

- *helpless;*

you do become a

- *prey to circumstances
beyond your control.*

*Consequently,
on one level,
you often find yourself in the position of
• avoiding activity
out of the fear
that you may*

not be capable of fulfilling the requirements for action,

while

*on another level
you fear*

- *the passive state, too,*
- even*
- *healthy passivity.*

	<p><i>Because you cannot distinguish between</i></p> <ul style="list-style-type: none">• <i>healthy</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>stagnant passivity,</i> <p><i>you become</i></p> <ul style="list-style-type: none">• <i>overactive</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>alienated from your real self.</i>
31	<p><i>With these ideas [i.e., With these ideas about the BALANCE between ACTIVITY and PASSIVITY],</i></p> <p><i>my friends,</i></p> <p><i>you may see a very important connection between</i></p> <ul style="list-style-type: none">• <i>them [i.e., connection between these ideas about the BALANCE between ACTIVITY and PASSIVITY]</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the negative concept of</i>• <i>life,</i> <p><i>which also implies [i.e., which also implies the connection between these ideas and</i></p> <ul style="list-style-type: none">• <i>that [i.e., the negative concept] of</i>• <i>your innermost self,</i> <p><i>since the two [i.e., since LIFE and your INNERMOST SELF] are identical.</i></p> <p><i>If you</i></p> <ul style="list-style-type: none">• <i>suspect and</i>• <i>fear</i> <p><i>your innermost self,</i></p> <p><i>how can you want to establish contact with it?</i></p>

[Since you do NOT WANT to establish contact with your INNERMOST SELF]

**The only solution then seems to be
to concentrate**

all

- **energies and**
 - **forces**
- in**

- **your outer ego-self,**

**so that you become
more**

and more disconnected from

- **your innermost being**
- and**
- **its life-giving powers.**

**You then proceed
to force yourself
into a loving state,**

not only

- **because you have learned that this is
expected by society,**

but also

- **to comply with the requirements of
your innermost conscience,
which can never be
completely squelched.**

Last but not least,

you do it [i.e., you proceed to FORCE yourself into a LOVING state]

- **to succeed in
gaining**
- **affection,**
- **love,**
- **approval,**
- **respect, and**
- **acceptance,**

**without which
it is not possible to live.**

32

*So you
force
yourself
to love
with*

your ego-self,

*which attempt, of course,
is doomed to
fail.*

*As I have said before,
the ego cannot possibly
give you these powers [i.e., these powers to love].*

*It [i.e., The ego]
cannot give
what it does not possess.*

Wherever you have

*genuine
love currents,*

they come from

your innermost being,

*whether or not
you admit*

*its existence [i.e., admit the existence of your INNERMOST BEING]
on a conscious level.*

Hence

*these currents [i.e., these LOVE currents]
come into your personality
almost by
the back door, as it were.*

But when this [i.e., But when the RECEIVING of these LOVE currents coming into your personality from the life stream of love of your innermost being] is impossible

because

the door [i.e., the door to the life stream of love of your innermost being] is too tightly locked,

you cut yourself off from the invigoration of

the life stream of love,

resulting in

increasing feelings of

- emptiness,***
- helplessness,***
- despair, and***
- isolation.***

You then try to

counteract these feelings [i.e., try to counteract these feelings of emptiness, helplessness, despair, and isolation]

with the laborious effort of

trying to love with your ego.

These efforts exhaust you,

and

the more exhausted you are,

the more you shrink from activity,

which seems an added strain to the exhausted ego.

*[After you have exhausted the ego by extreme effort to love, and then have further strained this already exhausted ego by then shrinking back from ALL effort]
You then flee into*

passivity,

which

- seems like relief and consequently*
- becomes the desirable state.*

But

passivity

never fulfills you;

it [i.e., passivity]

always leaves you

- empty,*
 - dissatisfied, and*
 - increasingly frightened,*
- as all false solutions do.*

The farther you flee,

the more

*apathetic you become,
for, naturally, at this point*

healthy passivity

*has converted into
its distorted form of*

apathy.

*By this time
you have
little invigorating
• life movement and
• action
left.*

*Anyone who has tasted such a state
knows that the
static lifelessness of apathy
contains
a much greater terror
than
any live
• hurt,
• pain, or
• unhappiness
ever could.*

33

*You see, my friends,
you must
• contact
the real self
and
• allow it to act,

regardless of how
• doubtful,
• resistant or
• frightened
you may be.*

*This [i.e., This CONTACTING the REAL SELF and ALLOWING it to ACT]
is the central point
you must work on
to consolidate
all difficulties
into
one
• simple
• unifying
inner movement.*

*Without your real self
it is
not possible
to find the*

- *abundance*

and

- *wide open expansion
of life*

that is

- *originally and*
- *essentially*

available to you,

where you can

- *move and*
- *grow*

without threat,

*finding
your own
real being.*

*Without
activating
the real self,
love
cannot come into you,*

*so you
not only
become*

- *isolated and*
- *distrustful,*

*but
your conscience [i.e., your conscience, because
without the real self you CANNOT LOVE,]
cannot ever
give you rest.*

*Even if
nonlove
is only a minute part of you,
compared with
the vast areas of your personality
where you do love,
your conscience
will still
not let you rest.*

*This [i.e., Your conscience not letting you rest due to
nonlove still being a part of you]
may take
all sorts of forms,
destroying
your best interests.*

34

*When you
do*

- identify*

and

- establish contact with*

the inner real self,

- activity*
can be
 - peaceful*

and

- passivity*
can be
 - regenerating.*

*When
the real self
is in charge,*

- *activity*
- and*
- *passivity*

*can meld
as one unit,
so that your*

- *reactions
become*

- *meaningful and*
- *relaxed,*

and

- *action*

becomes

- *something desirable in itself.*

By the same token,

- *passivity*

will hold

no threat of

helplessness,

since you

trust

- *yourself*

and

- *life.*

All this

rests upon the

- *deliberate,*
- *precise and*
- *direct*

activation

of

- *your innermost being.*

35

I often hear my friends say,

*"Oh yes,
if only I
could,
but I
am not yet capable of*

wanting

*to contact
my real self."*

*They then proceed
to wait for
a miracle to happen,*

either from

- *within*

or

- *without,*

*so that they will
suddenly
want
to act
constructively –
in this case
activate
the universal center within.*

*They wait
as though something
other than*

- *their own*
- *immediately available
conscious self*

*would intervene
to propel them.*

*But this can
never be.*

*You could wait forever
for the moment
when you could say,*

*"I will do it,
I want to,
I will try to,"*

regardless of

- *resistance,*
- *doubt, or*
- *fear.*

*Explore
the possibility of
finding*

this nucleus of

- *power,*
- *intelligence,*
- *feeling, and*
- *harmony*

[i.e., your REAL SELF]

*by giving it
every chance.*

*You must commit yourself to
this possibility [i.e., COMMIT yourself to this POSSIBILITY of finding your
REAL SELF, this nucleus of POWER,
INTELLIGENCE, FEELING, and HARMONY],*

*even if
at this moment
it is
only
a possibility.*

*How else [i.e., How else but by COMMITTING to the POSSIBILITY of FINDING
your real self, this nucleus of power, intelligence, feeling, and harmony]
can it
become an*

*experienced
reality?*

[How can your REAL SELF, this nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY become an EXPERIENCED REALITY?]

Not by

- **theory**

or by

- **anything that happens from**
 - **outside or**
 - **inside.**

You

must make it happen [i.e., YOU are the one that must make this REAL SELF, this nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY become an EXPERIENCED REALITY. How? By the ACTION of COMMITTING, with your CONSCIOUS EGO, to the POSSIBILITY of FINDING it].

With this approach

you will make contact possible,
even if
only tentatively to begin with,

so your

real self

will

gradually

reveal its reality to you.

This action

must be

the commitment

on

your part.

36	<p><i>Are there any questions about this topic?</i></p> <p>QUESTION: <i>Is the life center one commits oneself to located in</i></p> <ul style="list-style-type: none">• <i>the subtle bodies</i> <p><i>or is it in</i></p> <ul style="list-style-type: none">• <i>the physical</i><ul style="list-style-type: none">• <i>organs or</i>• <i>structure?</i> <p><i>Or where is it?</i></p>
37	<p>ANSWER: <i>It [i.e., This LIFE CENTER one commits to the POSSIBILITY of FINDING, the REAL SELF, the nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY]</i></p> <p><i>is in</i></p> <p><i>all of them [i.e., is in ALL these subtle and physical bodies].</i></p> <p><i>It [i.e., This LIFE CENTER, the REAL SELF]</i></p> <p><i>is</i></p> <p><i>life itself,</i></p> <p><i>which transcends everything</i></p> <p><i>wherever it can find an opening.</i></p> <p><i>It cannot be,</i></p> <p><i>by its own nature,</i></p> <ul style="list-style-type: none">• <i>more in</i> <i>one place</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>less in</i> <i>another,</i> <p><i>for it [i.e., for this LIFE CENTER, the REAL SELF]</i></p> <p><i>is actually</i></p> <p><i>not</i></p> <p><i>a fixed spot.</i></p>

In your illusory vision of

- *time,*
- *space, and*
- *movement,*

*the life center [i.e., the REAL SELF]
seems to be located
deep within the solar plexus.*

*This is
not*

*a complete illusion
in the sense that this [i.e., that deep within the solar plexus]
is actually
where it manifests most noticeably,*

*but only because this [i.e., but only because deep within
the solar plexus]*

*is where you are
most*

- *receptive,*
- most*
- *vulnerable,*
- and*
- most*
- *open.*

*It [i.e., This LIFE CENTER, the REAL SELF, this nucleus of POWER,
INTELLIGENCE, FEELING, and HARMONY]*

*actually flows
through*

- *every layer of your organism,*
- through*
- *everything that constitutes
your total entity,*

provided, of course,

*it [i.e., provided this LIFE CENTER, this nucleus of
POWER, INTELLIGENCE, FEELING, and HARMONY]
is*

both

- *activated*
- and*
- *not obstructed
by the organism.*

	<p><i>To the extent it [i.e., To the extent this LIFE CENTER, the REAL SELF, this nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY]</i></p> <p><i>is</i></p> <p><i>not activated,</i></p> <p><i>it</i></p> <p><i>cannot reach</i></p> <p><i>the outer layers of your personality.</i></p> <p><i>In physical sickness,</i></p> <p><i>the body</i></p> <p><i>remains</i></p> <p><i>inactive</i></p> <p><i>for some time</i></p> <p><i>in the places affected by illness,</i></p> <p><i>due to</i></p> <p><i>corresponding</i></p> <ul style="list-style-type: none"><i>• mental and</i><i>• emotional</i><i>• blocks,</i><i>• distortions and</i><i>• misconceptions.</i>
38	<p><i>When you are</i></p> <p><i>sick</i></p> <p><i>in your</i></p> <ul style="list-style-type: none"><i>• outlook,</i> <p><i>in your</i></p> <ul style="list-style-type: none"><i>• attitudes,</i> <p><i>and therefore</i></p> <p><i>in your</i></p> <ul style="list-style-type: none"><i>• life,</i> <p><i>• the real self</i></p> <p><i>is blocked off</i></p> <p><i>and</i></p> <ul style="list-style-type: none"><i>• its emanations</i> <p><i>cannot penetrate</i></p> <p><i>those psychic areas [i.e., the REAL SELF and its emanations cannot penetrate your OUTLOOK, ATTITUDES, and LIFE].</i></p>

[When the REAL SELF and ITS EMANATIONS, this LIFE CENTER, this nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY cannot penetrate your OUTLOOK, ATTITUDES, and LIFE].

One can then say that

it [i.e., that the REAL SELF, this LIFE CENTER]

• does

not reach

the outer personality levels

and

it [i.e., and the REAL SELF, this LIFE CENTER, this nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY]

• is then found

only

in the depth of

the spiritual subtle body.

This is why, years ago,

when my friends started on this path,

I said that you

must first penetrate

the mask self

that hides

your destructive attitudes.

You are

so afraid to do so [i.e., so afraid to penetrate the MASK self]

because you think

• this destructive self [i.e., this destructive self you uncover]

is your ultimate reality,

and

• the only good [i.e., and you think the only good in you]

exists in

your facade.

Only when this

first battle [i.e., this first battle to penetrate your MASK self]

is won

can the destructive currents

be let out

so they can

reconvert into

• their original form,

• the hidden real self,

which then begins to manifest.

39

This [i.e., This PROCESS of penetrating your MASK self so that the destructive currents can be let out and can then reconvert into their original form, the hidden REAL SELF, the LIFE CENTER, the nucleus of POWER, INTELLIGENCE, FEELING, and HARMONY, which then begins to manifest] is the only way the real self can become a reality.

It [i.e., The REAL SELF] can then

- *surge through the outer personality levels*

and

- *heal the distortions.*

A totally self-realized person will be enlivened by the real self on all levels,

- *physical*

as well as

- *emotional*

and

- *mental.*

40

QUESTION:
I have reached the point where I meditate to activate the real self in order to get love to come through, having found my misconception about

- *spirituality and*
- *the physical body.*

But it [i.e., But LOVE] is still dead.

I have not been able to activate it.

41

ANSWER:

***This [i.e., Your inability to activate LOVE]
is quite natural, my friend.***

***Do not forget
how deeply indoctrinated
this fear [i.e., this FEAR to experience LOVE]
is in you.***

***How many years
already in this lifetime,
not to speak of any others [i.e., not to speak of any other lifetimes],
have you conditioned yourself
to***

- a pattern of reaction,***

to

- an orientation***

and

- a way to operate,
which cannot be broken
suddenly?***

***This [i.e., This conditioning, causing you to FEAR the experience of LOVE,]
goes even deeper
than you are aware of.***

***You have just recently
reached the first inklings of this fact,
which is a tremendous victory on your path.***

***Little by little
you will begin to realize
how much deeper
this fear [i.e., this FEAR of the EXPERIENCE of LOVE]
is ingrained in you.***

***You will become aware of
more specific reasons for
this fear,
in addition to
the reasons that you already know
which you will
experience
on a deeper level.***

As you do so [i.e., as you become aware of more SPECIFIC reasons for your FEAR of experiencing LOVE, and EXPERIENCE this FEAR on a DEEPER level], little by little,

the

- *heavy wall,*

the

- *thick fog,*

the

- *mazes of confusion that covered*

the real self

with its [i.e., with the real self's]

- *strong,*
- *wonderful feelings,*

will dissolve.

You have already

gained some preliminary insight

into this fear [i.e., insight into this FEAR of EXPERIENCING LOVE],

and

this insight

will increase

as you observe

your reactions

when you

utter the wish to

feel

love

in your

- *whole person,*

also

in your

- *physical body.*

42	<p>QUESTION: <i>You relate</i> • <i>death</i> <i>to a lack of</i> • <i>love.</i></p> <p><i>How can you then</i> <i>explain</i> <i>physical death?</i></p>
43	<p>ANSWER: <i>The manifestation of</i> <i>physical death</i> <i>in this sphere of human existence</i> <i>is precisely the result of</i> <i>duality.</i></p> <p><i>Duality</i> <i>is a result of</i> <i>erroneous concepts.</i></p> <p><i>Error means,</i> <i>in the last analysis,</i> <i>a misunderstanding</i> <i>of</i> • <i>life</i> <i>and</i> <i>of</i> • <i>the universe.</i></p> <p><i>Therefore</i> <i>the individual</i> <i>believes life to be</i> • <i>dangerous,</i> • <i>hostile,</i> • <i>a force against which</i> <i>one needs to defend.</i></p>

	<p><i>This defense [i.e., This DEFENSE against the “dangerous and hostile place” that the individual BELIEVES life to be] must exclude all attitudes of</i></p> <ul style="list-style-type: none">• <i>openness,</i>• <i>inclusion,</i>• <i>movement</i> <p><i>toward the other – that is, love [i.e., this DEFENSE must EXCLUDE LOVE].</i></p> <p><i>When this movement [i.e., When this movement toward others and life] is lacking,</i></p> <ul style="list-style-type: none">• <i>stagnation,</i>• <i>stasis and</i>• <i>nonlife</i> <p><i>ensue – that is, death [i.e., that is, DEATH must ensue when this movement toward others and life is lacking].</i></p>
44	<ul style="list-style-type: none">• <i>Error equates with</i><ul style="list-style-type: none">• <i>nonlove.</i> • <i>Nonlove is directly opposed to</i><ul style="list-style-type: none">• <i>life</i><ul style="list-style-type: none">• <i>as it really is,</i>• <i>in its potential,</i>• <i>in its waiting readiness to unfold whenever it is allowed to do so because</i><ul style="list-style-type: none">• <i>appropriate and</i>• <i>truthful</i> <p><i>do not block the way [i.e., appropriate and TRUTHFUL concepts, unlike error and misconceptions, ALLOW LIFE to unfold as it really is, in its potential, and TRUTHFUL concepts NEVER BLOCK the way to such unfolding of LIFE].</i></p>

	<p><i>This life [i.e., This TRUE LIFE that is allowed to unfold as it really is, in its potential]</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <i>a continuum,</i>• <i>an eternally moving process, that can be sensed only when the personal psyche follows its own life-movement.</i> <p><i>This is a mathematical equation.</i></p>
45	<p>QUESTION: <i>I can see that, but I know that I am destined to</i></p> <ul style="list-style-type: none">• <i>die,</i> <p><i>even if I am able to</i></p> <ul style="list-style-type: none">• <i>love.</i>
46	<p>ANSWER: <i>No, this is a matter of degree.</i></p> <p><i>Humans are an interim stage of evolution.</i></p> <p><i>The entity does not come from a state of</i></p> <ul style="list-style-type: none">• <i>total nonlove where there is a very small amount of life.</i> <ul style="list-style-type: none">• <i>Inorganic life would be closest to that state of life with</i> <ul style="list-style-type: none">• <i>no love.</i>

• *Total love,*
on the other hand,
where there is no longer
any
• *split,*
any
• *division,*
any
• *false concept,*

is where
the universal consciousness
is
completely realized.

Where there is
no
• *duality,*
there is
no
• *life*
versus
• *death.*

To get there
the human entity
has to go through
very
slow
stages of
evolution.

47

QUESTION:
In my work on the path
I found out that
• *I never loved*
• *anything or*
• *anyone;*

• *my only way of loving*
is
• *neurotic.*

	<p><i>Listening to your lecture, I am interested to find</i></p> <p><i>my real self</i></p> <p><i>in this respect.</i></p> <p><i>Can you give me some help?</i></p>
48	<p>ANSWER: <i>I would advise you to ask yourself specifically to what extent you believe that</i></p> <ul style="list-style-type: none"><i>• life</i> <p><i>is</i></p> <ul style="list-style-type: none"><i>• against you, so that you do</i> <ul style="list-style-type: none"><i>• not dare to love.</i> <p><i>Put down the very specific ideas you have.</i></p> <p><i>In what particular respects do you assume that life is against you?</i></p>
49	<p>QUESTIONER: <i>In all ways.</i></p> <p>ANSWER: <i>Nevertheless, it does not suffice to admit this so generally, for that is not quite accurate either.</i></p>

*It [i.e., The ways you believe life is against you]
has to be made*

specific.

*After this is done,
look at the written statements [i.e., statements you have written
about life being against you],
then begin to wonder.*

Tell yourself,

*"Maybe I am mistaken,
maybe it is
not that way."*

You have to make allowances for

the possibility

that you may be mistaken.

*So often people
remain in a*

*bottleneck on their path
because*

*they do not move away from
the wrong conclusion.*

They have

*found it [i.e., They have FOUND their WRONG CONCLUSION],
they know*

*in principle
that it is
wrong,*

*but they remain with it,
telling themselves,*

"This is the way I feel,"

*waiting to
feel differently
without
any effort on their part.*

But resolution [i.e., But resolution of a WRONG CONCLUSION]

can come

only when

you

• seriously question your conclusions

and

• admit that

things

could be

different.

You must

challenge an assumption,

once it is put into

precise words,

such as

"I expect life to be

this or that way,

at least as far as I am concerned."

Then you make room for

• truth

that could

never

enter into

the closed chambers

of your

• dark,

• dismal

misconceptions

about

• life

and

• your own

innermost nature.

50	<p>QUESTION: <i>We have all lost a friend recently who was very close to this work.</i></p> <p><i>I wonder whether we could be in touch with him, somehow?</i></p>
51	<p>ANSWER: <i>The important thing is not being in touch with any specific individual in the nonphysical world, but that all beings, wherever they are, are in touch with that center of the innermost self that is universal.</i></p> <p><i>Everything else</i> • <i>falls into place</i> <i>and</i> • <i>unifies those who reach out in love.</i></p> <p><i>To establish contact that way [i.e., To establish contact by being in touch with any specific INDIVIDUAL in the nonphysical world]</i> <i>is</i></p> <ul style="list-style-type: none">• <i>not necessary,</i>• <i>nor really helpful for anyone concerned.</i>

*It [i.e., Trying to establish contact by being in touch with
any specific INDIVIDUAL in the nonphysical world]*

*shifts the emphasis
from what is*

- *important*

to something that is really

- *unimportant.*

I know that some people

- *may be disappointed with such an answer*

and

- *may erroneously believe that this is*
 - *a rebuff or*
 - *a lack of concern.*

*My response
seems
denying
because
the concept they still have
about*

- *life and*
- *the self*

*is not geared to
a universal understanding
as yet.*

*Eventually
they will see
that there is really
more*

- *truth*

*and
more*

- *love*

*in putting the emphasis on
all that furthers the contact with
the*

- *one and*
- *only*

thing that matters:

self-realization.

***Then [i.e., Then, with SELF-REALIZATION,]
love between individuals
happens***

- ***healthily and***
- ***naturally,***

in the best possible way.

***Contact with people
who are no longer in the body
cannot
be a
really fulfilling venture,
ever.***

***It [i.e., Contact with people who are no longer in the body]
must lead
in some fashion
to escape from
the very emphasis
that is so important.***

***It [i.e., Contact with people who are no longer in the body]
is often sought
to alleviate***

- ***doubt and***
- ***pain,***

***but it
never really does so
in a***

- ***genuine and***
- ***lasting***

way.

52

***QUESTION:
But wouldn't contact
give strength
to
the deceased person?***

53

ANSWER:

**No,
no.**

People who are oriented toward

- **striving and**
- **growth**

**will have all the contact necessary
in their own world.**

The same laws exist

- **there**
- as**
- **here.**

**When you
do**

**not
want to reach out
beyond your**

- **limitations and**
- **erroneous concepts,**

**no one in the world
can help you.**

You know this perfectly well.

**But the moment you do [i.e., the moment you DO want to REACH OUT beyond
your limitations and erroneous concepts],**

**help
comes from
all sides.**

**Why should this
be different in
another dimension of consciousness?**

	<p><i>Love</i> gives strength,</p> <p>and this can be</p> <ul style="list-style-type: none">• extended and• expanded <p>no matter where individuals are.</p> <p>For that [i.e., For LOVE that gives strength that can be extended and expanded,] a manifest contact is not necessary.</p>
54	<p>May the • love and the • strength and the • truth</p> <p>expand in • you, in • your own innermost being.</p>

*To the degree that you
let this happen [i.e., To the degree that you let the LOVE, STRENGTH, and
TRUTH EXPAND in YOU, in your own INNERMOST BEING]
you will be susceptible to
the
• love
and
the
• strength
and
the
• truth

that
• comes from others to you,
that
• is
in the air
• around you,
in the air
• you breathe.*

*Your
• gaze
will change.*

*Your
• realizations
and
• perceptions
will change
to the degree that
the
• love
and
the
• strength
and
the
• truth
from
your innermost being
unite with
those [i.e., unite with the LOVE, STRENGTH,
and TRUTH from the innermost being]
of others.*

	<p><i>Be in</i> • <i>peace.</i></p> <p><i>Be in</i> • <i>truth.</i></p> <p><i>Be in</i> • <i>yourself!</i></p>
--	--

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.