

Pathwork Lecture 147: The Nature of Life and Human Nature

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

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

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

Gary Vollbracht

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03	<p><i>Greetings, my dearest friends.</i></p> <p><i>May this lecture be a</i></p> <ul style="list-style-type: none"><i>• help</i><i>and an</i><i>• inspiration</i> <p><i>for every one of you.</i></p> <p><i>In this discussion I should particularly like to stress the relationship</i></p> <p><i>between</i></p> <ul style="list-style-type: none"><i>• the nature of life</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• human nature,</i> <p><i>for there is a very direct link between the two.</i></p> <p><i>I have often mentioned this [i.e., this relationship between the nature of LIFE and HUMAN nature];</i></p> <p><i>it is not new to you.</i></p>

by Eva Broch Pierrakos

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*Very few people
truly understand
the full significance of
the connection, however [i.e., the FULL SIGNIFICANCE of this
connection between the nature of LIFE and HUMAN nature, however].*

*Their concept of
life
as an entity in itself is
so
• confused
and
so
• alien to their innermost personality [i.e., to their HUMAN nature]*

*that
they feel they are dealing with
unrelated phenomena
when looking [i.e., when looking, on the one hand,]
at*

*their
• personality,
their
• concepts,
their
• feelings
or the lack of them,*

*and [i.e., and, on the other hand, when looking]
at*

*the way
• life unfolds for them.*

04

*Let us first discuss
the nature of life [i.e., the nature of LIFE itself, the
way LIFE unfolds for individuals]*

*from an
• absolute,
as well as
from a
• relative
point of view.*

*Speaking of
life,
what do we really mean?*

- *The stretch of years one spends on this planet?*

Or

- *the wonder of
living as one among other existing organisms?*

- *Are we thinking of life
as having a particular*

- *meaning or*

- *purpose,*

as postulated

by the various

- *philosophies or*

- *religions?*

Or

- *do we regard life as
merely a chore
one has to get through as best one can?*

- *Is life essentially
favorable?*

Or

- *is it a [i.e., Or is LIFE a]
• hostile force,
• working against you,
from which
you need to defend yourself?*

Or, finally,

- *is life
• neutral and
• indifferent?*

Which is true?

05

*Now, life is
all
of these, my friends,
on a
• relative plane [i.e., a RELATIVE rather than an ABSOLUTE plane].*

*That is,
life [i.e., on a RELATIVE plane]
will manifest
exactly as
you
• believe and
• conceive of it –
not one iota differently.*

*If
your life
• experience
and
your
• conscious concepts [i.e., and your CONSCIOUS concepts of life]
are at variance [i.e., are at variance with each other],*

*this is proof that
your
• unconscious concepts [i.e., that your UNCONSCIOUS concepts of life]
must accord with
your
• actual life experience.*

*I cannot stress this [i.e., stress this fact that your life EXPERIENCE must agree
with your ACTUAL, but often UNCONSCIOUS, concepts of life]
emphatically enough,
for it is constantly glossed over.*

*Nothing
could be a better yardstick of
your real [i.e., your REAL, both CONSCIOUS AND UNCONSCIOUS,]
• concepts,
• attitudes, and
• feelings
[regarding any given area of life]
than how your
• outer life
manifests
in any given area.*

*The moment the
correspondence
between
the hitherto unconscious*

- *concepts and*
- *feelings*

[regarding LIFE]
and
the manifest life

- *experience*

is established,
you are much closer to
the nucleus of life
within yourself.

You no longer flounder in

- *ignorance and*
- *alienation,*

believing

- *life*

and

- *you*

are two separate factors,
not seeing
how

your

- *life*

is a direct effect of

your

- *feelings and*
- *attitudes*

which, in turn,
are the sum of

• *your secret convictions about life.*

06

*To discover the
discrepancy
between your
• conscious
and
• unconscious
beliefs*

*must always be
the first step
in the direction toward*

full selfhood.

Life's

relative nature

is therefore

neutral:

- life itself
consists of a*
- highly potent,*
- creative, and*
- impressionable
substance*

*that is exactly
as*

- malleable and*
- moldable*
- as the*
- soul substance,*

for, in fact,

*they [i.e., the LIFE SUBSTANCE and the SOUL SUBSTANCE]
are*

*one and the same [i.e., BOTH the LIFE SUBSTANCE
AND the SOUL SUBSTANCE consist of a “highly
potent, creative, and impressionable” as well as
“malleable and moldable” substance – moldable
by one’s CONSCIOUS and UNCONSCIOUS beliefs,
concepts, convictions, attitudes, and feelings].*

Hence,
when an individual
is convinced
that
life itself
is a
certain
• fixed,
• unchangeable
thing,
life
must turn out to be
exactly that
for this individual [i.e., LIFE, since it consists of that “highly potent, creative, and impressionable” as well as “malleable and moldable substance” MUST turn out to be EXACTLY that CERTAIN FIXED, UNCHANGEABLE thing this individual BELIEVES it to be].

This [i.e., This one CERTAIN FIXED, UNCHANGEABLE thing that this individual is convinced LIFE ITSELF is]

is
not the
• absolute reality
of life;

it [i.e., this one CERTAIN FIXED, UNCHANGEABLE thing that this individual is convinced LIFE ITSELF is]

is
the
• relative reality
of the particular individual.

Needless to say,
this [i.e., this fact that life turns out to be exactly that certain fixed, unchangeable thing that an individual is convinced life is]
does not apply
only to the
• general definition of life,
but
also to
• every particular belief
within one's
practical everyday life.

***The limits one sees [i.e., The LIMITS one sees in one's life]
must
seem
real.***

Therefore

***the rules [i.e., the RULES and LIMITS one consciously or unconsciously
BELIEVES about how LIFE IS and WORKS that]***

one

• establishes,

or

• blindly follows,

***find their confirmation [i.e., The limits one sees, and therefore the
rules one establishes or blindly follows about how live is, find
their CONFIRMATION in one's actual LIFE EXPERIENCE].***

***Yet the moment a person
discovers***

that these

• limits or

• rules

• are

not

unalterable law

and

• can be

questioned,

the

• limits recede

and

• new laws

are proven,

***according to [i.e., are proven in that NEW LIFE EXPERIENCES
align according to]***

the

• new beliefs.

07

What is the

- *absolute*
nature of life,

as opposed to this

- *relative,*
- *moldable*
one?

The answer [i.e., The answer to, “What is the ABSOLUTE nature of life?”]
will become apparent

when it is

- *thought,*
- or rather*
- *sensed,*
through
to its very essence.

Since

the life stuff
is so moldable,

the absolute nature of life
must be

as limitless as
the reach of
consciousness [i.e., reach of consciousness that molds absolute life].

Hence

life [i.e., Hence ABSOLUTE life, being molded by LIMITLESS consciousness]

is limitless
in its possibilities
for

- *good,*
- for*
- *unfoldment,*
- for yet*
- *richer and*
- *greater*
experience.

It [i.e., However, ABSOLUTE Life]

is

**not limitless in
its possibilities
for**

• evil,

for the limit [i.e., for the limit of ABSOLUTE LIFE for EVIL]

is set

when

life ceases –

or

seems

to cease.

The

dreaded ultimate [i.e., The dreaded, most deeply feared ultimate EVIL]

is always

non-life.

There is

nothing

beyond

non-life.

This limit of non-life

could exist [i.e., This limit of non-life could exist or be reached]

only

on the

• relative plane,

never

on the

• absolute plane.

On the

absolute plane

• life

is

• life,

therefore

• it [i.e., therefore LIFE on the ABSOLUTE plane]

cannot be

• non-life.

08

*So, what humanity fears most
is always*

*non-life
in one form or another.*

We shall come back to this a little later.

Let us for the moment dwell on

*the nature of life
on the*

absolute plane.

Human consciousness

is

*incapable of
conceiving of
the possibilities that exist
for*

• good,

for

• expansion,

for

• unfoldment,

for

• pleasure.

The human scope

is just

*too limited for this [i.e., too limited even to conceive of the LIMITLESS
possibilities for GOOD, for EXPANSION, for
UNFOLDMENT, or for PLEASURE].*

Only
those forms of consciousness
• which have evolved
beyond
the human scope
and
• whose
experience
of life
is
• infinitely
• greater,
• wider,
• deeper and
• fuller,
• limitless in
• creative experience and
• joy,

can embrace
• the limitless vistas,
and
• the more expansive concepts.

09

Yet most human concepts

are

expandable
way beyond

their present state,

so that
human experience

could be

infinitely richer
than it is.

	<p><i>When human beings</i></p> <p><i>suffer from</i></p> <ul style="list-style-type: none">• <i>discontent and</i>• <i>inner tension</i> <p><i>they,</i></p> <p><i>fundamentally,</i></p> <p><i>always do so</i></p> <p><i>because they</i></p> <p><i>deeply sense</i></p> <p><i>that</i></p> <p><i>more expansion is possible</i></p> <p><i>than they avail themselves of.</i></p> <p><i>And all too often</i></p> <p><i>their searching [i.e., their searching for this deeply sensed more expanded life]</i></p> <p><i>goes in the wrong direction.</i></p>
10	<p><i>Let us now turn to</i></p> <p><i>where it</i></p> <p><i>is</i></p> <p><i>possible</i></p> <p><i>to widen one's horizons,</i></p> <p><i>according to</i></p> <p><i>the potentials of</i></p> <p><i>each of you</i></p> <p><i>who follow this path,</i></p> <p><i>so that</i></p> <p><i>your life</i></p> <p><i>can become</i></p> <ul style="list-style-type: none">• <i>richer and</i>• <i>fuller.</i> <p><i>In order to make this possible [i.e., In order to make possible</i></p> <p><i>the widening of your horizons, according to your POTENTIALS],</i></p> <p><i>your</i></p> <p><i>feelings</i></p> <p><i>must come</i></p> <p><i>alive.</i></p>

• *In this work,*
and
• *in these lectures,*
we have often discussed the issue of
feelings
from various angles.

But how exceedingly difficult it is
for humans
even to

find

the

- *subtle,*
- *hidden*
area

where they

- *discourage*
the full natural flow of feelings,

where they

- *deliberately*
numb them [i.e., DELIBERATELY NUMB the
the full natural flow of feelings].

It is usually
easier
to become aware of
an

- *apparent*
inability to feel
more,

although, at first, this, too [i.e., although this
APPARENT INABILITY to FEEL MORE, too],
may be covered up
by

- *counterfeit*
feelings.

11

*After the first superficial layer [i.e., After the first superficial layer
of COUNTERFEIT, pretended, masky, false feelings]
is removed –
and many people
do not even wish to do this –
you encounter a
sadness
about
the "true" lack of feelings.*

*You feel like a
cripple
who is*

- *different from others,*
- *born with*

less capacity for

- *rich,*
- *warm*

feelings.

*But this [i.e., But being born with LESS CAPACITY for rich, warm feelings]
is
never so,
and
there is always a
more hidden level
where
the numbness
is
very deliberately
instituted.*

*When this [i.e., When this layer
where you VERY DELIBERATELY numb your feelings]
is finally uncovered,
you have
indeed
proceeded very well on your path.*

12

**The deliberate numbing [i.e., the DELIBERATE numbing of your feelings]
occurs**

because

you believe

• life

is your enemy,

and

• your life-affirming feelings

would deeply involve you with

this feared enemy [i.e., this feared ENEMY – LIFE itself].

**In order to avoid this [i.e., to avoid being DEEPLY INVOLVED with
this FEARED ENEMY – LIFE itself],**

the feelings

must be

• clipped,

• stilted,

• hindered.

With some individuals

**this [i.e., this hindering of feelings to AVOID the “feared enemy” – LIFE itself]
is true**

in certain aspects only,

while they are

free in others [i.e., free in other aspects of life],

finding a

harmony

between their

• unhampered,

• spontaneous

feelings

and

• life.

With others,

**this [i.e., this hindering of feelings to AVOID the “feared enemy” – LIFE itself]
is true**

as an overall attitude to life.

Whatever the case may be,

the following

• preposterous,

• paradoxical

situation

arises in the human soul.

13

*You
fear
life
as an enemy.*

*This [i.e., This FEARING LIFE as an ENEMY]
takes
your life
from you.*

*Since
the feelings
naturally
affirm life,
your feelings
become your enemy also.*

*Consequently,
you proceed to*

- deaden them [i.e., you deaden feelings in order to prevent them from engaging and affirming LIFE, since engaging and affirming life would engage and affirm the ENEMY, which is LIFE]*

and

- deliberately institute non-life [i.e., institute non-life by this act of DEADENING FEELINGS], out of fear of non-life [i.e., out of your fear of non-life, which comes from the discontent with your life now, deeply sensing that a richer and fuller life is possible and for which you are searching, not wanting to suffer from the current discontent of non-life you fear you are stuck in].*

*As with every issue in the human psyche,
this misconception [i.e., this misconception that both LIFE and FEELINGS are ENEMIES and must be avoided, denied, and blocked]
is bound to bring about
the very aspect [i.e., to bring about that very “much more LIMITED EXPERIENCE of life” that one believes is possible, that very “much more limited experience of life” that]*
one

- fears*

and

- tries to avoid.*

- ***The defense [i.e., The DEFENSE itself, which is NUMBING your FEELINGS] against a dreaded misconception [i.e., against the dreaded MISCONCEPTION that LIFE and FEELINGS are the ENEMY]***

must be as erroneous as

- ***the misconception itself:***
[i.e., the erroneous misconception]
that
 - ***life,******as well as***
 - ***feelings,******are hostile forces***
you need to guard yourself against.

The

- ***natural feelings***
are always
 - ***life-affirming,***
 - ***outreaching,***
 - ***joyous***

and so is

- ***life's essence,***
unhampered by
false ideas.

Anyone observing a child
can see

- this natural quality of***
 - ***joyful outreaching******and***
 - ***gusto.***

Only when

- ***pain,***
- ***misconception***

and

- ***misinterpretation of pain***
arise,

is the

- ***natural flow***
 - ***diverted***
- or***
 - ***stopped altogether.***

14

As
• *life*
 is
 essentially
 • *buoyant,*
so are
 • *the feelings.*

As
• *life*
 is
 essentially
 • *positive,*
so are
 • *the feelings.*

As
• *life*
 is
 essentially
 • *rich and*
 • *involving,*
so are
 • *the natural feelings*

when they are

not

tampered with.

*There [i.e., There, when NATURAL FEELINGS
are NOT TAMPERED with,]*

the immediate

*correlation [i.e., correlation between
NATURAL FEELINGS and LIFE]*

is obvious.

	<p><i>To the extent people allow themselves to • feel in any given area of life, they are • fearless, • trustful, and • positive, and to the extent they consequently • involve themselves with their total being, bringing the most • positive and • constructive aspects of their personality to bear on the situation, their experience in this particular area will be correspondingly • joyful and • positive.</i></p>
15	<p><i>When you • fear life because you suspect it to be against you, you proceed to • numb your feelings.</i></p>

As I have said before,

you fear

- *life [i.e., you FEAR LIFE, believing it to be hostile and dangerous]*

because

you fear

- *non-life [i.e., you fear NOT experiencing the richness and fulness of life that you sense is available beyond the LIMITED life you DO have].*

If you analyze

the naked fear of

- *life,*

it is really

a fear of

- *its opposite [i.e., a fear of nonlife or death].*

I have often mentioned that

people who

fear

- *life*

must

fear

- *death,*
and vice versa.

But

any

apprehension,

aside from death,

when you truly analyze it,

always boils down to

a personal

- *annihilation,*

a personal

- *form of*
nonlife.

Perhaps you fear

a negation

of your

- *dignity,*

of your

- *essential value;*

or perhaps

a denial of

- *wishes.*

***Your original wishes [i.e., Your ORIGINAL wishes and deepest LONGINGS]
are always
for
a greater aliveness.***

Even though

the form

these

wishes [i.e., the form these WISHES for GREATER ALIVENESS]

take

in an

• immature being

may be

• damaging

and

• unrealizable,

their essence [i.e., the ESSENCE of these WISHES for GREATER ALIVENESS]

always remains

• intact and

• realizable,

provided one takes the trouble to

crystallize it [i.e., takes the trouble to CRYSTALLIZE the

ESSENCE of these WISHES for GREATER ALIVENESS].

Any fear

is actually

the opposite of life,

in one form or another.

16

The struggle

between

• acceptance of

and

• fear of

life

is going on

in practically every human being on this planet.

Only the degree varies.

***There are rare individuals
for whom this***

- ***preposterous and***
- ***tragic***

***situation [i.e., the preposterous and tragic situation where the struggle
between ACCEPTANCE of life and FEAR of life is going on]
is much less true***

***than
for the average person,***

***but it [i.e., but the preposterous and tragic situation where the struggle
between ACCEPTANCE of life and FEAR of life is going on]
still must exist***

***to some minor extent;
otherwise,***

***this individual
would not
assume
human form.***

***The consciousness
would not***

***seek this particular expression [i.e., The consciousness
would not seek this HUMAN expression,
would not seek to incarnate as a human being].***

17

*When you go deep enough
in your work of self-search, my friends,
sooner or later
you will discover
where*

- *you hold back,*

where,

instead of

- *affirming*
- *life*

and

- *your feelings,*

and

instead of

- *expanding*

*with your feelings
into life,*

- *you*

- *negate*
- *life and*
- *your feelings*

and

- *retract*

from

- *life,*

from

- *your feelings,*

and consequently

- *lose contact with them [i.e., lose contact with
LIFE and your FEELINGS].*

- *You do
not
feel at home
in your life.*

- *You feel*

- *anxious,*
- *persecuted,*
- *ill at ease.*

Negation of
• *life,*
negation of
• *feelings,*
and
negation of
• *self*

are all
one and the same.

And because
• *negation*
implies
• *non-life,*

fear arises.

Out of fear
one proceeds to do
the very thing
that aggravates
the condition of
• *non-life and*
• *non-self.*

18

When you
find these areas [i.e., these areas where you NEGATE
LIFE, FEELINGS and SELF],

within yourself,
you have taken
a major step
that leads you
directly back into

yourself.

*The many possibilities existing on this earth
for human*

- *concern and*
- *philosophies*

*can all be
abused*

to avoid facing

*where
you,
and you alone,*

*deny
life.*

*Often such avoidance [i.e., such avoidance of LIFE, FEELINGS and SELF]
is present*

*in one's
conscious beliefs.*

But often,

*where the human experience
requires the most*

- *direct,*
- *spontaneous*
freedom of feelings,

where

- *the joy and*
- *the involvement*

is

most

- *immediate and*

least

- *conceptualizable,*

you

*resist seeing
your impoverishment,*

*so that you are
unable to*

find

the self-induced stoppage.

	<p><i>Blessed are those who are</i></p> <ul style="list-style-type: none"><i>• are aware of what they miss in life</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• proceed to remedy the situation.</i>
19	<p><i>In what area of your life do you deny life?</i></p> <p><i>How do you do this?</i></p> <p><i>In what way does the denial take place?</i></p> <p><i>Strangely enough, it seems painful to admit such denials,</i></p> <p><i>until you have reached the total vision of yourself.</i></p> <p><i>The moment you can really see yourself in this negating process, you are already in a more affirming process, because you no longer delude yourself about yourself.</i></p>

20

*In order to avoid seeing the
negation
of*

- *the self,*

of

- *feelings*

and
of

- *life,*

*you produce
a false*

- *self,*

false

- *feelings,*

*and therefore a
false*

- *life.*

*This [i.e., Because, to AVOID seeing their NEGATION of the self, feelings and life,
people PRODUCE a FALSE self, FALSE feelings, and hence a FALSE life]*

*is why people
who know about*

*the correlation
between*

- *self*

and

- *life,*

[between] one's

- *concepts*

and one's

- *experience,*

*often wonder
why
their*

- *experience [i.e., actual, real experience]*

varies so much from their

- *conscious notions [i.e., conscious false notions
they created to avoid seeing real notions].*

21

The
• *real*
is denied

and
the
• *false [i.e., the false, fake, masky, pretended]*
substituted –

and this
is the answer [i.e., the answer as to why there is a LACK of
CORRELATION between one's CONSCIOUS but FALSE,
PRETENDED CONCEPTS and one's ACTUAL LIFE
EXPERIENCE].

This [i.e., This fact that the REAL is DENIED and the CONSCIOUS but FALSE
(pretended, masky) is SUBSTITUTED for it]

explains
the conflicts arising from
the false feelings.

This [i.e., This fact that the REAL FEELINGS are DENIED
and FALSE FEELINGS are SUBSTITUTED for the real feelings]

is why
conflicts
seem to be created
when one
trusts
the feelings.

It is never the
real feelings
that produce conflicts.

There must always be a
denial of something
in the
• *self*
and
in the relationship
between the
• *self,*
• *life, or*
• *others.*

22

***False feelings [i.e., False, pretended, make-believe, masky feelings]
are created
because
nothing is as frightening as***

numbness [i.e., as frightening as having NO FEELINGS].

Even though

you

***created the numbness
to protect yourself from
the supposed dangers of life,***

you

do not know this [i.e., you do NOT know that YOU created the numbness]

and

***you are compelled to
go on numbing
your
real
feelings.***

***You are just as much
frightened of***

***awakening
• your feelings***

as you are

[frightened] of

***their [i.e., your feelings']
• deadness.***

***You then proceed
to create***

***false feelings [i.e., you create false, pretended,
make-believe, masky feelings].***

These false feelings [i.e., These illusory false feelings you create to avoid numbness] parallel other illusions – about your

- spiritual development,*

your

- character,*

your

- fulfillment,*

your

- sufferings,*

your state of

- happiness or*
- unhappiness,*

the

- reactions of other people to you.*

Then you believe these reactions [i.e., the other's emotional reactions] to be either

- better*

or

- worse*

than they really are.

23

Being aware of the

- deliberate intent to numb feelings,*

and of the

- poverty-range of the feelings,*

constitutes a major step in self-realization, because the most difficult thing for you is to penetrate these illusions.

Most people
would rather do anything
than that [i.e., would rather do ANYTHING rather than penetrate these
ILLUSIONS about their feelings, spiritual development, character,
fulfillment, or sufferings, about their state of happiness or
unhappiness, or about the emotional reactions of others to them].

Some find
certain facets of
their idealized self-image, for example,
and content themselves with that [i.e., content themselves with finding
these facets of their idealize self-image],

not wanting to see
the rest of their illusions,
which they
unconsciously believe
they cannot live without.

Those people
who have reached the point where they
no longer fear facing
any illusion they may have
are fortunate indeed.

Their path lies before them
unobstructed.

From then on
the work becomes a question of
• building up,
for the
• tearing down
is over.

What must be
torn down
are only
• illusions,
• falseness;
never
• real
• positivity,
• affirmation, or
• constructiveness.

	<p><i>Those who are most confused about the</i> • <i>real</i> <i>and</i> <i>the</i> • <i>false</i> <i>in themselves</i></p> <p><i>therefore</i> <i>often believe</i> <i>this pathwork</i> <i>to be</i> • <i>destructive or</i> • <i>negative.</i></p> <p><i>It [i.e., Pathwork]</i> <i>must appear that way</i> <i>from the viewpoint of</i> <i>their illusions [i.e., Pathwork must APPEAR to be destructive or negative</i> <i>since all their ILLUSIONS about themselves, others, and life itself,</i> <i>ILLUSIONS they LIVE BY, ARE being DESTROYED in pathwork].</i></p>
24	<p><i>When you</i> <i>suffer an</i> <i>unfulfillment,</i> <i>you</i> • <i>hesitate</i> <i>and often even</i> • <i>battle against</i> <i>recognizing it.</i></p> <p><i>For recognizing it [i.e., For recognizing an UNFULFILLMENT]</i> <i>would be</i> <i>admitting to</i> • <i>nonlife,</i> <i>admitting</i> • <i>unhappiness or</i> • <i>some form of deadness.</i></p>

***This [i.e., This recognizing UNFULFILLMENT, and thereby ADMITTING to
NONLIFE or this admitting UNHAPPINESS or some form of DEADNESS],
in turn,
brings you face to face with***

***the fact
that you
• fear
life
and
• run from
• it [i.e. run from LIFE]
and
• yourself.***

***Facing this [i.e., Facing the FACT that you FEAR LIFE and RUN FROM
both LIFE and YOURSELF]
would require you to***

stop doing so [i.e., to STOP RUNNING from life and yourself],

***which
you are too fearful to risk.***

***Hence you
• remain in***

the status quo

***and
• cling to***

an illusory life,

***not being sufficiently aware of
its [i.e., not being sufficiently aware of this illusory life's]
• pain and
• waste.***

***You do
not permit
your inner voice
to convey to you
the awareness of
this pain [i.e., this pain and waste of your ILLUSORY LIFE].***

You do not dare risk it [i.e., You do not dare risk allowing your inner voice to make you aware of the PAIN and WASTE that result from your living an ILLUSORY LIFE]

*because
you assume
that the*

ultimate reality of

• life

is

• negative,

as you fear the

ultimate reality of

• yourself

also to be

• negative.

This [i.e., Your firm assumption and belief that the ULTIMATE REALITY of both LIFE and YOURSELF is NEGATIVE]

*is so hard to face
that you*

cover it [i.e., you cover your firm assumption and belief that the ULTIMATE REALITY of both LIFE and YOURSELF is NEGATIVE]

with

illusions [i.e., ILLUSIONS about LIFE and YOURSELF]

to which you cling.

25

Therefore,
when you penetrate the illusion [i.e., when you penetrate the **IDEALIZED ILLUSION** about your feelings, spiritual development, character, fulfillment, or sufferings, about your state of happiness or unhappiness, or about the emotional reactions of others toward you]

and at last
see

the negativity
lodged in

yourself,

you are
much nearer to

salvation

than those
who cling to
the false theories about life –

false because
in their hearts
they do not really believe
either the
• fake good feelings
or the
• negative ones
they produce
to avoid
• death and
• nothingness.

26

*It is impossible to
eliminate
the illusions
unless one comes face to face
with
the discrepancy
between
what one*

- *consciously believes*

*or
what one*

- *thinks one*
 - *believes and*
 - *pays lip service to,*

*and
what one*

- *believes deep down
in one's
soul
where the*
 - *emotions,*
 - *attitudes, and*
 - *concepts*
 - *form*
 - a specific*
 - *expectation of life*

and

- *create*
 - a specific*
 - *emotional climate.*

*Wherever
such negativity exists [i.e., Wherever such negativity exists underneath
the superficial illusions behind which one hides] –*

• hidden

or

• overt –

*one does
not trust in
the ultimate good
of*

- *one's own personality*

nor, consequently,

- *anyone else's.*

27

There is a great deal of difference

between

- ***facing the negativity,***
- ***understanding that***
here I am
 - ***negating***
rather than
 - ***affirming;***
here I
 - ***express the negation***
in this specific way,

and

- ***a justification of***
this negation,
while denying
its existence.
- ***The denial [i.e., The denial of negativity in oneself, hidden or overt]***
manifests
in a continuous effort
to talk oneself into
the opposite state.
- ***The justification [i.e., The justification of negativity in oneself, hidden or overt]***
manifests as a
 - ***destructive,***
 - ***negative***
world view
to justify
a personal fear.

The fear
is therefore
denied

in its real form [i.e., The fear is denied in its real form –
the REAL FORM of fear NOT being fear of a destructive and
negative world “out there” but rather the REAL FEAR being FEAR
of one’s OWN hidden or overt NEGATIVITY WITHIN].

*It [i.e., The FEAR of LIFE and NONLIFE within]
must always lead back to a*

• personal experience,

never to a

• general one.

*In other words,
when people try to expound*

a nihilistic world view,

they hide

their

private

- fears,*
- disappointments, and*
- suffering,*

their

distrust

in their own

- innermost self,*

in their

- feelings,*

*by making a
general rule that*

life

is, supposedly,

bad.

*The
personal
experience*

must be unearthed.

28

Therefore
this path must be concerned with
penetrating illusions –

the illusion that says,

- **"I am fulfilled"**
when one feels
 - **unfulfilled;**

the illusion that

pretends

- **the world**
is bad

when one believes that
one's feelings
are

- **unacceptable or**
• **dangerous;**

the illusion that

ignores

- **a particular unhappiness;**

the illusion that
makes one

- **unaware of**
how one

holds back

the spontaneous flow of natural feelings,

and

the illusion that
does

- **not want to see**

in what devious ways

this [i.e., this holding back of

the spontaneous flow of natural feelings]

can be accomplished.

29

Illusion
does not refer
only
to

- glorifying or***
- beautifying***

facts
by falsely making them
more positive.

Nor does it [i.e., Nor does ILLUSION]
refer
only
to
ignoring vague factors
that would need
concise acknowledgement
in order to
bring the personality
into

- balance and***
- truth.***

It [i.e., ILLUSION]
means
more than

- denial and***
- failure to ascertain***

an inner state.

Even this failure to ascertain [i.e., this failure to ascertain an inner state]
may be
subtle,
for a state
may be
half-admitted
without your fully seeing it.

Illusion also means
producing unreal
negative
emotions.

This [i.e., This producing of unreal NEGATIVE emotions],
too, may be subtle.

30

Both
• *positive*
and
• *negative*
false emotions
can be
so subtle
that it is easy
not to admit them.

It is rather
obvious
that false feelings are produced
when one talks oneself into
a feeling
that one does not have at all.

It is
less obvious
that the feelings are false
when
the rudiments [i.e., when the rudiments or basic form or roots]
of the particular feeling
• *actually exist*
and on one level of consciousness
• *the person would very much*
want
to feel
this particular emotion,
but cannot,
due to blockage.

Hence,
the feeling is
• *manipulated,*
• *artificially exaggerated or*
• *dramatized.*

Again, this may apply to
• *positive*
or
• *negative*
emotions.

31

- **Dramatizing**
negative emotions
is just as frequent as
- **pretending**
positive feelings.

*Usually they [i.e., Usually dramatizing negative emotions and
pretending positive feelings]*

- *go hand in hand*
and
- *can be found together*
in the same psyche.

One hangs onto

- *hurts,*
which may be
just as illusory as
 - *pretended fulfillment**or a*
 - *denied unfulfillment.*

- *Anger,*
- *hurt,*
- *suffering*
may all be
 - *dramatized and*
 - *clung to.*

Artificial feelings,
both

- *positive*
and
 - *negative,*
- serve to*
alleviate
the terror of

- *non-feeling,*

which is a state of

- *nonlife.*

32

*Now, how can you tell
the difference*

between

- *the real feelings*

and

- *the false feelings,*

[between]

- *the genuine wellspring of
spontaneous life*

and

- *the*

- *drummed up,*

- *manufactured
emotions,*

*instituted as a means of
averting a terror?*

*The manufactured feelings
are*

always

- *troublesome and*
- *problematic.*

*They [i.e., The manufactured feelings]
do*

not bring

- *enlightenment and*
- *clarification.*

*They [i.e., The manufactured feelings]
do*

not bring

- *peace of mind.*

***They [i.e., The manufactured feelings]
are a means to***

avoid

an opposite state,

***hence they [i.e., hence, the manufactured feelings]
must produce***

more

• opposites,

more

• irreconcilable poles.

For example,

***a false feeling of
excitement***

is supposed to ward off

• numbness,

• dullness,

• boredom.

The real feeling of

• aliveness and

• vibrancy

does not avoid anything.

It [i.e., The REAL feeling of aliveness and vibrancy]

just

is.

Therefore it [i.e., Therefore the REAL feeling of aliveness and vibrancy]

contains

both

• stimulation

and

• peace.

The false feeling

cannot

***combine apparent opposites,
such as***

• excitement

and

• peace.

They [i.e., With a FALSE feeling of ALIVENESS and VIBRANCY,
the apparent opposites of EXCITEMENT and PEACE]
must seem
incompatible opposites
that cannot be
reconciled,
so that the person is faced with
a choice [i.e., here the choice between EITHER having
FALSE feelings of ALIVENESS, VIBRANCY, and
EXCITEMENT on the one hand OR on the other hand,
having a FALSE feeling of PEACE].

Often you
• alternate between
the two choices
and
• are driven from one extreme to the other.

For a
false feeling
creates
• a lack of freedom,
• enslavement to
the false processes set in motion.

One no longer
chooses
either
• excitement
or
• peace;

one is driven to
choose
the distortions [i.e., to choose between EITHER the DISTORTIONS of
aliveness, vibrancy, and excitement OR the DISTORTIONS of peace].

	<p><i>Being alive becomes a • chore, a • peace-robbing and • difficult endeavor;</i></p> <p><i>being peaceful becomes • lifeless and finally ends in • fright.</i></p>
33	<p><i>False feelings always create problems on the dualistic level.</i></p> <p><i>Let us take the example of</i></p> <p><i>• love.</i></p> <p><i>The false feeling of love</i></p> <ul style="list-style-type: none"><i>• breeds and</i><i>• results in</i><ul style="list-style-type: none"><i>• the conflict of</i><ul style="list-style-type: none"><i>• submission and</i><i>• slavery,</i><i>• loss of dignity for the sake of giving in,</i><i>• giving up one's own</i><ul style="list-style-type: none"><i>• rights and</i><i>• desires for the</i><ul style="list-style-type: none"><i>• rights and</i><i>• desires of the loved one.</i>

	<p><i>So the way out [i.e., So the way out of these negative results of FALSE love (submission, loss of dignity, and giving up one's own rights and desires for those of the loved one)]</i></p> <p><i>seems to</i></p> <ul style="list-style-type: none"><i>• deny love</i> <p><i>in order to have</i></p> <ul style="list-style-type: none"><i>• one's selfhood intact</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• one's freedom unhampered.</i> <p><i>This is the typical conflict of false love, which, in turn, is produced because one fears the state of nonlife.</i></p>
34	<p><i>There are many, many other such conflicts, and all are the result of false feelings.</i></p> <p><i>Artificial production of</i></p> <ul style="list-style-type: none"><i>• positive</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• negative</i> <p><i>feelings are both equally damaging,</i></p> <p><i>but each breeds different manifestations on the practical level.</i></p> <p><i>False positive feelings breed irreconcilable conflicts.</i></p>

False
negative feelings,
after a time,
appear as
real
negative feelings.

They [i.e., False negative feelings]
begin to
• envelop you
and
• involve you
so deeply
that,
although the whole construction is invented,
you find yourself
unable to escape from it.

This happens
despite your awareness
that you, in a sense,
• played a game
and deliberately
• constructed
the false feelings,

let us say
• fear
or
• anger.

These feelings [i.e., These false feelings of “fear” or “anger”]
seem to keep the psyche
alive, as it were.

The aliveness is
not
real life,

but it [i.e., but the false “aliveness,” of false “fear,” or of false “anger”]
seems
better than
deadness.

*Although it [i.e., Although the FALSE “fear” or “anger”]
is initiated*

- *purposefully,*
- *playfully,*
- *deliberately,*

*this [i.e., this fact that the FALSE “fear” or “anger” was initiated
purposefully, playfully, and deliberately by YOU yourself]
is soon*

- *forgotten,*
- *pushed away,*

and what was a

- *false anger*

or a

- *false fear*

- *appears
real*

and

- *becomes much more*
- *frightening and*
- *peace-robbing*
- than a
real*

negative feeling.

35

*You all know that
on this*

*temporary plane of existence [i.e., on this earth-plane]
real*

*negative feelings
do exist,*

real

- *anger,*

real

- *fear,*

real

- *hurt.*

***But they [i.e., But REAL anger, fear, and hurt]
never rob the person of***

peace,

***at least not for any length of time,
beyond the
immediate purpose
of the
specific
real feeling.***

***They [i.e., REAL anger, fear, and hurt]
never
weaken the individual.***

***They [i.e., REAL anger, fear, and hurt]
never
drive the individual into a trap
from which
there is no way out.***

***Real anger
can be expressed.***

It will clear the air.

***Real fear
is a purposeful warning
that serves to make the individual
cope with
a particular situation successfully;***

***when that situation is over,
the person has become
stronger.***

***This is
not so
with false emotions.***

	<p><i>A real hurt</i></p> <ul style="list-style-type: none">• mellows and• makes a wiser person; <p><i>it [i.e., a REAL hurt]</i> <i>makes you</i></p> <ul style="list-style-type: none">• grow <p><i>and</i></p> <ul style="list-style-type: none">• expand your horizons. <p><i>A</i></p> <ul style="list-style-type: none">• false,• dramatized <p><i>hurt</i> <i>can never accomplish this.</i></p>
36	<p><i>Any superfluous emotion</i> <i>always</i> <i>causes the greatest</i></p> <ul style="list-style-type: none">• pain and• suffering. <p><i>No emotion</i> <i>that is</i></p> <ul style="list-style-type: none">• spontaneously and• honestly <p><i>experienced,</i></p> <ul style="list-style-type: none">• unhampered by the• fearful,• distrustful or• cunning <p><i>ego,</i> <i>can ever be a waste.</i></p> <p><i>Only</i></p> <ul style="list-style-type: none">• numbing <p><i>the real feelings</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• creating <p><i>false feelings,</i> <i>no matter how subtle they are,</i> <i>is a waste.</i></p>

*False feelings
are the result of a
chain reaction
that must*

- weaken
the self,*
- waste
life,*

and

- alienate
the self
from
the limitless inner life center.*

37

*It is essential, my friends,
that all of you working on this path
pay attention to
the false emotions
you initiate.*

*Note how you
do not question yourself,
with a
relaxed attitude,*

*"Now, do I
really
feel
what I
think I feel?"*

*Do I not perhaps
put it on?"*

Once it [i.e., Once the feeling]

is put on,

it [i.e., the feeling you put on]

*controls
you.*

*You must
come face to face with
the mechanisms
which
deny
natural life,
so that you
find yourself
actually holding back
the*

- *natural process,*

the

- *feelings*
*that want to
stream out of you,*
 - *beautifully alive,*
 - *whole.*

*Instead,
you*

- *wastefully and*
- *ignorantly*
*think you
protect yourself
by denying them* [i.e., *by denying the natural processes, by
denying the FEELINGS that want to stream
out of you, beautifully alive, whole*].

You think

the life process

- *is not safe,*

that

it [i.e., *You think that the life process*]

- *does not have its own inner wisdom.*

38

*Here [i.e., Here, in the area of true and false feelings and the natural life process]
is where you must be concerned with*

your

- *development,*

your

- *growth,*

your

- *search.*

*When you come to this area [i.e., this area of true and false feelings]
in yourself,*

you can

truly proceed

to

- *unlock the door,*

and

- *learn how you
make yourself sick
needlessly,*

sometimes

out of a

- *misunderstanding*

and, very often, my friends,

out of a

- *subtle spitefulness.*

The spite comes from

hurts

you have misinterpreted;

it [i.e., the spite]

- *was originally directed
against*

- *your parents*

- *but now manifests*

toward

- *life*

and

toward

- *anything and
anyone*

you encounter.

39

Those who

- *are face to face with
their negativity,*

and

- *see how they
stop the life process
by denying
the life stream,*

are nearer to

the solution

than those who

- *deny and*
- *ignore
their unfulfillments*

and

- *are oblivious
to having created
their own lack of fulfillment
through
false feelings.*

People

who

live a

false

- *life*

with

false

- *feelings*

often believe themselves

further advanced

than those who

battle with

*the actuality of
their negation.*

40

Now, my friends, are there any questions in this respect?

QUESTION:

Regarding

unrequited love

between a

• man

and a

• woman,

I sometimes feel that

it is enough

if I

love this person.

But sometimes I

don't feel that way

and I would like

my love

returned.

I would like to know

whether there is something in me

that is wrong.

41

ANSWER:

Whenever there is something

amiss in an

• outer situation,

it indicates

a corresponding

• inner problem.

*Since there is
no mystery about this [i.e., no mystery about the fact that when something is
AMISS in an OUTER situation, it indicates an INNER problem],
there can only be
one answer:*

*there must be something
in you
that does*

not

want

real fulfillment.

*You must be
divided.*

*There must be a part in you
that very much*

wants

• the feelings,

wants

*• the experience of
feeling yourself*

• alive and

• vibrant

with

the beauty of such feelings,

as only

*the most dynamic experience
on this earth-plane
can bring –*

love

between

• a man

and

• a woman.

***But there is
another part
where you fear it [i.e., where you FEAR this
most dynamic experience you can have on this earth-plane –
love between a man and a woman],
perhaps for any number of reasons.***

***If you did
not
• fear and
• deny
it [i.e., If you did not FEAR and DENY this most dynamic experience],
you truly would
not find yourself
in such a situation.***

***Your feelings
would be directed
toward a person
who is
• willing and
• eager
to reciprocate.***

***In fact,
it would be
unthinkable
that
your feelings
could be
• elicited,
could be
• ignited
in a situation that is
one-sided.***

***That [i.e., That you are in a negative and painful situation that is ONE-SIDED]
in itself
indicates an area [i.e., an area in you]
where there is
• fear
and a
• denial
of life.***

42

*There may be
many reasons for this [i.e., many reasons for why you are in a negative and
painful situation that is ONE-SIDED].*

*Often in such cases,
people find that*

- *if and*
- *when*

*their feelings [i.e., their love feelings for the other person]
are unexpectedly
returned [i.e., returned and reciprocated by the other person],
their own feelings cool off.*

When they [i.e., When their love feelings for the other person]

- *are*

*not returned,
when the other*

- *is*
- *unreachable,*
- *unattainable,*

the feelings [i.e., the love feelings for the other person]

- *increase*

and

- *reach out.*

*It is as though
the psyche tried to find
a compromise
between*

- *wanting to*
 - *be alive,*
- *wanting to*
 - *feel*

the

- *sweetness and*
- *fullness*

of life,

but

- *dared to do so*

only in fantasy.

*It [i.e., The psyche]
lacks the courage to create it [i.e., to create such love feelings toward another]
in reality.*

43

You have to ascertain

- *how*
- and*
- *why*

*you are frightened of
the real love feelings
that may come your way [i.e., come toward you from another].*

You have to ascertain

*that you
feel more at ease
when
the reality is*

less

- *stimulating,*

less

- *conducive to
loving feelings*

than the fantasy is.

*Recognize that you
feel*

more reassured

when you feel

less alive,

while this

more intense state of feeling

- *threatens you*
- and*
- *makes you doubtful you can cope with it.*

*This doubt results
from your reluctance
to trust
your feelings.*

44	<p>QUESTION: <i>How can a person who has a great problem with those manipulated feelings differentiate between the</i><ul style="list-style-type: none"><i>• false</i><i>and the</i><ul style="list-style-type: none"><i>• genuine feelings?</i></p>
45	<p>ANSWER: <i>The easiest way [i.e., The easiest way to differentiate between the false and the genuine feelings] would be to</i> <i>express</i> <i>every day,</i> <i>deep into the psyche,</i> <i>the wish</i><ul style="list-style-type: none"><i>• to become aware of them [i.e., to become AWARE of both the false and the genuine feelings];</i><i>• to face where false feelings arise.</i> <i>The attention will then focus itself,</i> <i>with the help of the inner guidance</i> <i>that</i> <i>automatically manifests when it is truly wanted.</i></p>

When one

- *truly wants*
 - *to become aware of the false feelings,*
 - *to deceive oneself no longer,*

and

- *states the intent*
 - *simply and*
 - *firmly,*

something is set in motion that will bring the awareness.

The clearer

you state the

- *desire and*
- *intent*
 - to want to*
 - *live in reality*

and

- *feel real feelings,*

the more this will become possible.

The more

the personality is willing to

- *dispense with deceit*

and

- *courageously look at what is,*

the more the guidance from

- *the innermost life forces,*
- *the inner wisdom,*

will manifest without any doubt.

The

- *awareness*
will grow,

the

- *attention*
will focus
 - *more clearly,*
 - and*
 - *with more understanding*

the

- *difference [i.e., the difference between FALSE and GENUINE feelings]*
will become
more obvious.

You will see

how

the false is

- *laborious*

and

the true is

- *easy;*

how

the false

- *leaves one flat*

and

the true

- *brings a*
 - *warmth and*
 - *vibrancy,**no matter*
how small

the feeling may be to begin with.

True feelings

warm

- *the whole*
system,
- *the whole*
person:
 - *body,*
 - *mind,*
 - *soul, and*
 - *spirit.*

When you decide,

"This is what I

• want,

this is what I

• am going to do:

to live in

• reality,

to see the

• false,

to stop it [i.e., to STOP the FALSE],

and

to allow

the real

to come out,

and I know

that this decision [i.e., I know this DECISION to live in REALITY,

to see and STOP the FALSE, and to allow the REAL to come out]

must bear its fruits,

I know it [i.e., I KNOW this decision]

will [i.e., WILL BEAR FRUIT],"

something already

begins to change within.

This is the way

to go about it [i.e., This is the way to DIFFERENTIATE

between the FALSE and the GENUINE feelings].

Each day

• intend it,

• say it,

• mean it,

and

• look at

what is.

Decide to call upon

the subliminal forces

lodged deep within

the real self.

46

*May this lecture
give you a
new incentive
to
see
what is
essential:*

to see your

nonlife;

*for then,
and then only,
can you
• become alive;
to see yourself in*

nonfeeling.

*For then,
and then only,
can your
• real feelings manifest.*

*• See this [i.e., SEE your NONLIFE and SEE yourself in NONFEELING]
and
• live it [i.e., LIVE your LIFE, LIVE your REAL FEELINGS];*

*proceed in this direction,
and your life
will truly be
lived purposefully.*

*It [i.e., Your life]
will not be
lived in vain.*

*It [i.e., Your life]
must have its
deep fulfillment,
no matter what
• exists or
• does not exist
outwardly.*

	<ul style="list-style-type: none">• <i>Those who live this way [i.e., who live SEEING their NONLIFE and SEEING themselves in NONFEELING, who thereby LIVE their LIFE and LIVE their REAL FEELINGS]</i><i>live in reality,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>reality will</i>• <i>adapt itself eventually</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>mold itself in an entirely new way.</i>
47	<p><i>Be in</i></p> <ul style="list-style-type: none">• <i>peace, my friends.</i> <p><i>Be in</i></p> <ul style="list-style-type: none">• <i>God!</i>

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