

Pathwork Lecture 148: Positivity and Negativity: One Energy Current

1996 Edition, Original Given: December 2, 1966

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

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

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

Gary Vollbracht

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03	<p><i>Greetings, my dearest friends.</i></p> <p><i>May the blessings of creative intelligence, existing</i></p> <ul style="list-style-type: none"> <i>• all around and</i> <i>• within</i> <p><i>you,</i></p> <ul style="list-style-type: none"> <i>• strengthen and</i> <i>• enlighten</i> <p><i>you</i></p> <p><i>so that these words</i></p> <ul style="list-style-type: none"> <i>• will echo</i> <p><i>in you</i></p> <p><i>and</i></p> <ul style="list-style-type: none"> <i>• will serve as material to</i> <p><i>help you</i></p> <p><i>continue successfully</i></p> <p><i>your path toward finding</i></p> <p><i>your real self.</i></p>

by Eva Broch Pierrakos

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04

*Many of you, my friends,
have now found
a layer within your selves
where you are
face to face with
your own
destructiveness.*

*And I am referring to
more than
the discovery of an*

- emotion,*

the acknowledgement of a

- momentary
hostility;*

I mean an

- overall,*
- pervasive,*
- essential,*
- lingering*

destructiveness

that has been

- dormant all along
and merely
• covered up.*

*It is
quite a different experience
to*

- find this layer,*

to

- feel it,*

*and
to*

- ascertain
the condition you were in
before
you had this
new awareness [i.e., BEFORE you had this new
awareness of this pervasive destructiveness].*

	<p><i>You are now in a state in which you can observe yourself</i></p> <ul style="list-style-type: none"><i>• thinking,</i><i>• feeling,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• acting</i> <p><i>destructively,</i></p> <p><i>while before you were at best</i></p> <ul style="list-style-type: none"><i>• only theoretically aware of such destructiveness</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• could merely surmise its presence by the unpleasant manifestations in your life.</i> <p><i>Now you are coping with the problem of how to get out of this condition [i.e., this condition of being destructive].</i></p>
05	<p><i>You are puzzled because you do not like being this way [i.e., being DESTRUCTIVE].</i></p> <p><i>You even</i></p> <ul style="list-style-type: none"><i>• know and</i><i>• comprehend</i> <p><i>quite profoundly</i></p> <p><i>that</i></p> <ul style="list-style-type: none"><i>• this condition is</i><ul style="list-style-type: none"><i>• useless and</i><i>• senseless,</i> <p><i>that</i></p> <ul style="list-style-type: none"><i>• destructiveness does not serve one good purpose.</i> <p><i>Nevertheless, you find yourself in the situation of being unable to let go of this destructiveness.</i></p>

06

*It is
not easy to
reach an awareness
where you can*

- *see yourself*
- *think,*
- *feel, and*
- *act*

*destructively;
where you are furthermore*

- *aware that*
this causes you misery,

*and yet
are*

- *unable and*
- *unwilling*
to give up
this way of being.

*It is
a great measure of success,
if this word [i.e., if this word “success”]
can be used,
to be aware of
being in this state [i.e., of being in this state pervasive destructiveness].*

*But to accomplish
the second part of this phase of your evolution,
namely
the letting go of
destructiveness,*

*the nature of destructiveness
must be
better understood.*

07

*The whole human problem of
a dualistic concept of life
has a great deal to do with
humanity's
lack of comprehension of
its own destructiveness.*

*Human beings
are geared to think of a*

- *destructive
force*

as something opposed to a

- *constructive
force.*

*Even those of you who
theoretically
know quite well
that there is*

*no such division [i.e., NO such division between DESTRUCTIVE
and CONSTRUCTIVE forces]*

tend to think,

*"Here are my
negative feelings.*

*I wish I could have
positive feelings
instead."*

*Or you believe that
after*

*the negative emotions
are dissipated,
a new set of feelings
will follow,
as though*

*this new set of feelings
consisted of*

an entirely different

- *energy or*
- *psychic material.*

*When you speak of
the two*
• *forces [i.e., the POSITIVE as opposed to NEGATIVE forces],*
the two sets of
• *feelings [i.e., the POSITIVE as opposed to NEGATIVE feelings],*
it is merely
• *a figure of speech,*
• *a way of expressing*
two different kinds of

experiences.

However,
this figure of speech
is an expression of the

dualistic misconception

operative within
all human consciousness.

08

Actually,
there is
only

one

power.

This is very important to understand, my friends,
particularly when
you come to deal with
your own
• *destructiveness and*
• *negativity.*

There is
one
life force
which energizes
every
expression of life.

	<p><i>The same life force can flow in a</i></p> <ul style="list-style-type: none">• <i>constructive,</i>• <i>positive,</i>• <i>affirming</i> <p><i>way,</i></p> <p><i>or it [i.e., OR this SAME LIFE FORCE]</i></p> <p><i>can turn into a</i></p> <ul style="list-style-type: none">• <i>destructive,</i>• <i>negating</i> <p><i>current.</i></p> <p><i>In order to understand this process in a</i></p> <ul style="list-style-type: none">• <i>specific and</i>• <i>personal</i> <p><i>way,</i></p> <p><i>I will discuss it from the point of view of</i></p> <ul style="list-style-type: none">• <i>an individual</i> <p><i>in relation to</i></p> <ul style="list-style-type: none">• <i>his or her life.</i> <p><i>I will not give a discourse on general spiritual principles here, but only touch upon them [i.e., only touch upon general spiritual principles] when it is necessary to the understanding of the whole topic.</i></p>
09	<p><i>First I will state that the life force as such, when untampered with, is totally</i></p> <ul style="list-style-type: none">• <i>constructive,</i> <p><i>totally</i></p> <ul style="list-style-type: none">• <i>positive and</i>• <i>affirming.</i>

Therefore it [i.e., Therefore, because, when it is NOT TAMPERED WITH, the LIFE FORCE is TOTALLY constructive, positive, and affirming, it] produces

total pleasure

for

any

- **living,**
 - **feeling,**
 - **perceiving**
- consciousness.**

The more fully

this consciousness

is developed,

the fuller

the pleasure

it [i.e., this consciousness]

can experience

• **from**

and

• **through**

the pure life force,

in whatever way

this [i.e., this PLEASURE]

may find expression.

The pure life force

cannot be anything

but

beauty.

10

Every life organism

tends to

realize this

potentiality [i.e., potentiality for life, beauty, pleasure, creativity, love]

in nature –

- **a newborn baby,**
- **a plant,**
- **a cell.**

When this natural flow [i.e., When this natural flow of the LIFE FORCE] is interfered with,

• *the energy current [i.e., the energy current of the LIFE FORCE] seeking expression is*

• *blocked*

and

• *prohibited*

from flowing to its destiny [i.e., prohibited from flowing to the FULL positive POTENTIAL beauty, creativity, love, and PLEASURE of its DESTINY];

• *the natural flow is stopped by*

conditions.

These [i.e., These conditions that STOP the natural flow of the life force] may be

either

• *outer*

or

• *inner*

conditions –

or

• *both.*

When young children encounter conditions in the outer environment that prohibit the natural flow of the life force,

the extent of

the damage [i.e., the extent of damage that results from blocking the life force] depends upon

how free they [i.e., how FREE the young children] are

from

inner blockages.

If
inner blockages [i.e., **If INNER blockages in a young child**]
• **exist**
and
• **lie dormant**
because
they have not been eliminated
in previous existences [i.e., **in previous incarnations**],
the
outer
negative conditions
will create [i.e., **will create and result in**]
a severe blockage,
• **freezing**
the floating energy current
and
• **petrifying it into**
a hardened psychic mass.

When
no previous blockages exist,
the outer negative conditions
will create
only a
temporary disturbance
in the flow of the life force.

People's
persistent problems in life
result from
such blocked energy.

Unblocking
can occur
only when
the relationship
between the
• **inner**
and the
• **outer**
negative conditions
responsible for the blockage
is thoroughly understood.

The child's

*immature
ego faculties*

make

*adequate
dealing with
the negative condition*

impossible.

An

outer

*negative condition
can therefore
never be
totally*

*responsible
for the*

• condensation of energy

and

for the

• paralysis of the life stream.

*It [i.e., An OUTER negative condition]
can only be*

the final activating factor,

bringing

the dormant negative

inner

*condition [i.e., the dormant INNER BLOCKAGE
brought into this incarnation]*

to the fore.

11

*The place in the soul
where*

- *outer
negative conditions*

activate

the dormant

- *inner
negative condition [i.e., the inner blockages]*

is the very point at which

- *the positive life force
turns into a
• destructive non-life force.*

- *Feelings turn
from*

- *love*

to

- *fear and
• hostility,*

from

- *trust*

to

- *distrust,*

and so on.

Finally,

*the negative power [i.e., the negative power or condition]
becomes*

so unbearable

that

the feelings

*connected with it [i.e., the FEELINGS connected with the
negative power or condition]*

are numbed altogether.

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*When human beings
find themselves on such a path [i.e., such a path as this pathwork],
it is very important for them
to understand specifically
that a*

- negative
emotion
cannot be replaced by a*
- different*
- positive
emotion.*

*It [i.e., A negative emotion]
must be
reconverted
to its
original state [i.e., to the NEGATIVE emotion's
original, untampered with, undistorted POSITIVE state].*

How do we go about this, my friends?

*Each individual
must find the way
to
reconvert this energy flow [i.e., revert this UNPLEASURABLE flow]
into
its original state [i.e., into its original PLEASURABLE state].*

*Each life manifestation
you experience
that is*

- unpleasant,*
- problematic, or*
- anxiety-producing*

*is the result of
a repetition of
the original event
in
this life [i.e., in THIS incarnation],
when the positive pleasure force was*

- blocked,*
- hindered, or*
- prohibited*

*and has therefore turned into
unpleasure.*

13

*Now,
it cannot be stated
accurately
that
in this*

• unpleasure,

• pleasure

*is
totally
absent.*

*I mentioned this before
in a different context,
but this condition [i.e., but this condition in which UNPLEASURE arising from
NEGATIVITY and DESTRUCTIVENESS is accompanied by PLEASURE]
is as yet
not sufficiently understood,
and so I am returning to it
from a new angle.*

*When you find yourself
stymied in your attempt
to overcome
negativity,
it is extremely important
to sense deep within yourself
the*

• pleasurable aspect

of this

• negativity,

*regardless of
how much*

• pain

*you feel
in your
surface consciousness.*

*The difficulty of
ridding yourself of
destructiveness
is, of course,
also due to
other reasons
which you have already verified:*

the desire to

- punish*

or to

- use the forcing current that says,*

*"If I am sufficiently unhappy,
that will show the world
how wrong it is
not to give me
what I want."*

*But
these reasons
do not constitute*

*the deepest difficulty
in dissolving negativity.*

It is necessary to

- sense intuitively,*

and then to

- feel very specifically,*

*that
in your negativity,
paradoxically,*

both

- pleasure*

and

- unpleasure*

are simultaneously present.

14

***This [i.e., This fact, that in your NEGATIVITY and DESTRUCTIVENESS
BOTH pleasure AND unpleasure are SIMULTANEOUSLY present,]
is very understandable
when you look at the process
in terms of
the explanation I have given.***

***The pleasure principle
cannot possibly be
completely
absent
even though it
appears
in a distorted form.***

***The basic ingredients of the life energy [i.e., The basic ingredients of
the LIFE ENERGY – its POWER, CREATIVITY, and EXPANSIVENESS,]
must
always remain,
no matter
how
• distorted
its manifestation
and consequently
how
• difficult
the detection
of
the original nature [i.e., the DETECTION of the
original POSITIVE CONSTRUCTIVE nature]
of the life current.***

***This [i.e., This FACT that basic ingredients of the LIFE ENERGY remain, although
DISTORTED in its NEGATIVE manifestation, all making DETECTION
of the original POSITIVE nature of the LIFE ENERGY difficult]
is precisely
why
negativity
seems so difficult to shed.***

***The pleasurable aspect of it [i.e., The PLEASURABLE aspect of
the NEGATIVITY]
always
exists.***

*When you have understood that
only the*

- *form of expression*

*must be changed,
so that*

- *the identical life current*

*can reconvert itself [i.e., RECONVERT itself back into its
ORIGINAL, POSITIVE, CONSTRUCTIVE
FORM of expression],*

*negativity
can be left behind.*

*When you have
understood
that the*

- *painful aspects,
meaning the*
- *negative expression,
can be abandoned,*

while the

- *pleasurable aspect
grows stronger,*

*negativity
can transform itself.*

*When you have
understood
that a*

*new set of emotions
will not
come from
out of nowhere,*

but

that the

*same current [i.e., the SAME current manifesting NEGATIVELY]
will manifest differently [i.e., will manifest POSITIVELY],*

then

*what seems
hard*

will happen by itself.

15

*When you
meditate on this,
it will become possible for you
to be aware of the*

pleasure

*attached to
your destructiveness.*

Instead of

*• feeling guilty about
this pleasure [i.e., Instead of feeling GUILTY about this PLEASURE
attached to your DESTRUCTIVENESS]*

and consequently

*• repressing it [i.e., instead of REPRESSING the PLEASURE
attached to your DESTRUCTIVENESS],*

*you will be in a position to
allow*

*the destructive current
to*

- unfold,*
- express itself,*

and

- reconvert itself [i.e., RECONVERT itself back into
its ORIGINAL CONSTRUCTIVE form].*

The

- attachment
of*

or

- connection
between*

- pleasure*
- and*
- destructiveness*

*has been instrumental
in the widespread
guilt
human beings feel
about
all*

experiences of pleasure.

This [i.e., This GUILT humans feel about ALL experiences of PLEASURE
because of their connecting PLEASURE and DESTRUCTIVENESS]
in turn
is responsible for
numbing
all
feelings [i.e., numbing both POSITIVE and NEGATIVE feelings].

For
how can
• pleasure
be liberated from
• destructiveness
if both [i.e., if BOTH PLEASURE AND DESTRUCTIVENESS]
are considered
equally wrong?

And yet,
human beings
cannot live

without
pleasure

even if they have to have it [i.e., have to have PLEASURE]
in secret,

for
• life
and
• pleasure

are
one and the same.

When
• pleasure
is linked to
• destructiveness,
destructiveness
cannot be given up.

It [i.e., Giving up DESTRUCTIVENESS]
feels as if
• life
were given up.

***This [i.e., This LINKING of DESTRUCTIVENESS and PLEASURE]
brings about a situation***

where,

on one level of

your inner life

you hold on

equally to

• pleasure

and

• destructiveness,

feeling

• guilty

and at the same time

• afraid

***of both [i.e., feeling GUILTY and AFRAID
of BOTH PLEASURE and
DESTRUCTIVENESS].***

***On a more conscious level [i.e., On a level of consciousness where you are MORE
AWARE than you are at the level of consciousness where you feel
GUILTY and AFRAID of both pleasure and destructiveness],***

you

are

• numbed

and

feel

• little or

• nothing.

16

It is

not sufficient

to know this [i.e., to know that you connect PLEASURE and

DESTRUCTIVENESS and feel GUILTY and AFRAID of BOTH]

• generally;

this knowledge [i.e., this knowledge of where you connect PLEASURE and

DESTRUCTIVENESS and feel GUILTY and AFRAID of BOTH]

must be brought back to

• your specific circumstances.

What is the

*outer manifestation
at this moment*

that causes you
• *continuous anguish?*

*It [i.e., This outer manifestation I am discussing here]
is*

not a
• *momentary experience
caused by
a one-time condition
that then
dissolves
when new conditions arise.*

*No,
these are the problems in your life
you cannot come to terms with.*

*To truly resolve these conditions
which we call*

• *images and
which forever*
• *recreate*
• *similar conditions and*
• *new situations,*

the
• *blocked*
and
• *paralyzed*
energy
must be made
fluid again.

*And this [i.e., And making the blocked and paralyzed energy fluid again]
can only happen*

*when you begin,
as the first step in this particular phase of your development,
to ascertain the*

• *pleasurable aspect*
in your
• *destructiveness.*

	<p><i>You must feel</i></p> <ul style="list-style-type: none">• <i>the pleasure attached to</i>• <i>the unpleasure of the problem.</i> <p><i>This must be a distinct realization.</i></p>
17	<p><i>Since</i></p> <ul style="list-style-type: none">• <i>the pleasure current in the life force</i> <p><i>primarily manifests itself in your life as</i></p> <ul style="list-style-type: none">• <i>sexuality,</i> <ul style="list-style-type: none">• <i>destructive,</i>• <i>blocked energy contains blocked</i> <ul style="list-style-type: none">• <i>sexual energy.</i> <p><i>It follows that</i></p> <ul style="list-style-type: none">• <i>outer problems</i> <p><i>must be</i></p> <ul style="list-style-type: none">• <i>symbolic or</i>• <i>representative of how</i> <ul style="list-style-type: none">• <i>sexual energy</i> <p><i>was first blocked [i.e., first blocked in THIS incarnation] by</i></p> <ul style="list-style-type: none">• <i>outer conditions.</i>

**The pain
of this blockage [i.e., The PAIN of this FIRST blockage in THIS incarnation
of SEXUAL energy by OUTER conditions]
has caused**

- **destructiveness**

**which at the same time
contains aspects of**

- **the pleasure principle.**

Therefore,

- **every
difficult situation in life**

represents a

- **sexual fixation [i.e., a fixation or an obsession with a
difficult, painful sexual experience]**

**in the innermost psyche
that you**

- **fear**

and

- **run away from.**

Because you

**do not face up to this [i.e., Because you do not face up to the fact that EVERY
difficult situation in life represents a SEXUAL FIXATION or
obsession with a DIFFICULT SEXUAL experience],**

- **the outer conditions [i.e., the outer conditions giving rise to
a difficult situation in life]**

become

- **unresolvable;**

the situation [i.e., the difficult situation]

becomes more

and more alienated from

its inner cause [i.e., its inner cause, which is the SEXUAL FIXATION]

where it is still

enlivened by

**the pleasure aspect [i.e., enlivened by the pleasure aspect of
the fixation with a painful, difficult sexual experience].**

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*You on this path [i.e., You on this path of pathwork]
must therefore
go back in, as it were,
and permit yourself to*

feel

- *the pleasure*

in the

- *destructiveness [i.e., FEEL the PLEASURABLE aspects of the DESTRUCTIVENESS in the painful, difficult sexual experience].*

Then

and only then

*will you truly comprehend
the painful outer situation
which,*

offhand, may have

nothing to do with

- *your emotional life*

or with

- *any sexual problems.*

*I have often mentioned
that*

*in your most secret sexual fantasies
lie*

the secrets of

your conflicts [i.e., of ALL your conflicts or difficulties in life],

as well as

the key to

their resolution.

*When you find
the parallel*

between

- *the outer problem*

and

- *the pleasure current*

in your sexuality [i.e., the pleasure current attached to

a difficult sexual experience],

you will be able to

make

the frozen energy

fluid again.

	<p><i>This [i.e., This making frozen energy fluid again by finding the parallel BETWEEN the OUTER PROBLEM and its cause, AND the PLEASURABLE aspects of the DESTRUCTIVENESS in the DIFFICULT SEXUAL experience]</i> <i>will enable you to</i> <i>dissolve</i> <i>the</i><ul style="list-style-type: none"><i>• negativity,</i><i>the</i><ul style="list-style-type: none"><i>• destructiveness,</i><p style="text-align: center;"><i>and this of course</i> <i>is essential</i> <i>for the elimination of</i> <i>the outer problem.</i></p></p>
19	<p><i>Your inability to</i> <i>feel</i> <i>the pleasure [i.e., Your inability to FEEL the PLEASURE CURRENT]</i> <i>in</i> <i>the unpleasure [i.e., in the actual UNPLEASURE of your PAINFUL, DIFFICULT SEXUAL EXPERIENCE]</i> <i>is the result of</i> <i>your</i><ul style="list-style-type: none"><i>• fighting against yourself</i><i>and</i><ul style="list-style-type: none"><i>• not liking yourself</i><p style="text-align: center;"><i>for this particular distortion [i.e., not liking yourself because of this distortion that is bringing you PLEASURE in the actual UNPLEASURE of your painful, difficult sexual experience].</i></p></p>

	<p>Consequently [i.e., As a consequence of not liking yourself because of this distortion that is bringing you PLEASURE in the actual UNPLEASURE of your PAINFUL, DIFFICULT SEXUAL EXPERIENCE],</p> <p>there is</p> <ul style="list-style-type: none">• denial,• repression, and• further alienation from <p>the nucleus</p> <p>where these conditions [i.e., where these conditions bringing you PLEASURE in the actual UNPLEASURE of your PAINFUL, DIFFICULT SEXUAL EXPERIENCE]</p> <p>can be</p> <ul style="list-style-type: none">• experienced <p>and</p> <ul style="list-style-type: none">• gradually altered.
20	<p>Every problem [i.e., EVERY OUTER PROBLEM] must have such a</p> <p>nucleus,</p> <p>where the</p> <p>original current [i.e., ORIGINAL positive, constructive, unifying and PLEASURABLE current in a SEXUAL experience]</p> <p>has been</p> <p>blocked</p> <p>and is therefore</p> <p>distorted,</p> <p>and</p> <p>where the</p> <p>pleasure/unpleasure dichotomy [i.e., where this dichotomy or division involving these apparent incompatible opposites of pleasure and unpleasure]</p> <p>produces an</p> <p>unconscious</p> <p>fixation of</p> <ul style="list-style-type: none">• the pleasure experience <p>on</p> <ul style="list-style-type: none">• a negative situation.

**You then
fight against this [i.e., against this experience of feeling PLEASURE
in a PAINFUL, DIFFICULT NEGATIVE SEXUAL SITUATION]
for any number of reasons,
with the further consequence
that**

outer problems

**begin to form
and then
repeat and
repeat.**

**They [i.e., These OUTER PROBLEMS]
cannot be overcome
until**

**this nucleus [i.e., this nucleus where you EXPERIENCE feeling
PLEASURE in a NEGATIVE DIFFICULT SEXUAL situation]**

is experienced.

This applies to

**all
stubborn problems,**

**whether or not
they seem to have
anything to do with**

sexuality.

21

**Now, my friends,
the chain reaction I have just explained
must be
personally**

- understood**

and

- worked through.**

***You must stop running away from
this distortion [i.e., this distortion causing you to feel PLEASURE
in a DIFFICULT NEGATIVE SEXUAL situation]
in yourself.***

***You must
allow yourself
to***

- see it [i.e., to SEE this distortion causing you to feel PLEASURE
in a DIFFICULT NEGATIVE SEXUAL situation],***

to

- let it unfold
within you [i.e., to let this distortion causing you to feel PLEASURE
in a NEGATIVE SEXUAL situation UNFOLD WITHIN YOU],***

to

- live it through
within yourself [i.e., to LIVE THROUGH WITHIN YOURSELF this
distortion causing you to feel PLEASURE in a
DIFFICULT NEGATIVE SEXUAL situation] –***

***and then
you will
see the dichotomy [i.e., then you will see the dichotomy or division
involving these apparent incompatible opposites]***

between

- pleasure***

and

- unpleasure.***

You will

- understand***

and

- experience***

- why***

and

- how***

destructiveness,

in whatever

- shape or***
- form***

it manifests in your life,

seems

so difficult to abandon.

	<p><i>At the same time it [i.e., At the same time the DESTRUCTIVENESS you manifest] will loosen up far more than before, when you tried to force it [i.e., tried to FORCE the DESTRUCTIVENESS you manifest] away without this understanding [i.e., without this understanding of the PLEASURE/UNPLEASURE dichotomy].</i></p>
22	<p><i>All this may sound very theoretical to the person who is still far from this point, but many of you, my friends, are</i></p> <ul style="list-style-type: none"><i>• near</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• at</i> <p><i>the point where these words can be put into action.</i></p> <p><i>This will be a turning point in your</i></p> <ul style="list-style-type: none"><i>• inner</i> <p><i>and consequently your</i></p> <ul style="list-style-type: none"><i>• outer</i> <p><i>life, after which it will no longer be a problem to abandon destructiveness.</i></p> <p><i>For one cannot succeed by forcing it away [i.e., by FORCING one's own destructiveness away] with the surface will, without a deep comprehension of the forces within that constitute this very destructiveness.</i></p>

*Yes,
the will
must of course be there in principle,
but at the same time,
as I have said in so many other contexts,
• the outer will
should only be used
for the purpose of

liberating
• the inner powers
that
make the development a
• natural,
• organic,
• harmonious
process.*

*Thus
destructiveness
dissolves
itself.*

*It [i.e., Destructiveness]
is
not deliberately
dropped
like a cloak,
nor are
• constructive feelings
produced by
a similar act of will.*

*It [i.e., The process of the DISSOLVING of DESTRUCTIVENESS and
the RISING of CONSTRUCTIVE feelings]
is an
evolutionary process
within
yourself,
right
• here
and
• now.*

23

*Another area
where you human beings find yourselves
extremely*

- *blocked,*
 - *hindered, and*
 - *impatient*
- with*

your own

- *evolution or*
- *development,*

*concerns
envy.*

*This is a
much more important topic
than most of you realize.*

*Here again,
a number of my friends
have begun to see
that
wherever their life is
problematic,
• envy
exists.*

*Wherever there is
no problem,
they are
• free from it [i.e., free from envy].*

*Envy
gives rise
to
• self-hatred
and
to
• running away from
that point
within the envy-current
which has to be
transcended
in order to really and truly
reconvert it [i.e., reconvert ENVY]
to
its original nature.*

24

*What causes
envy
is again
the dualistic concept,
in which life is understood
in terms of
either/or.*

*"Either
• I
have
or
• the other
has"*

*is the nature of
all envy.*

This points to the

• limitation

*with which humanity
experiences
the universe.*

The universe is

*• infinite
in its abundance,*

*and really knowing this
makes
envy
impossible.*

*What
the other person has
is not taken away from
you.*

*What
you have
was never taken away from
another.*

***The dualistic misconception
presents innumerable problems.***

***It [i.e., The dualistic misconception]
not only creates***

- envy,***

but also

- guilt;***

***it [i.e., the dualistic misconception]
paralyzes***
***the relaxed powerful flow
of
reaching toward the good
that can be yours.***

It [i.e., The dualistic misconception]

- makes you
very hesitant to
express and
experience
the best that is possible***

and

- makes you
see problems
in a distorted fashion.***

It [i.e., The dualistic misconception]

- produces
guilt
for
wanting what others have
and at the same time
envying them.***

25

***This distorted perception of life conditions
is also responsible for***
***the endemic competitive attitude
that afflicts humanity.***

*This [i.e., This endemic COMPETITIVE attitude due to
a distorted dualistic perception of life conditions]
is manifest
particularly strongly*

- *in some civilizations*
- *at certain periods of their history.*

*However,
understanding the
spiritual truth
in this matter
makes it impossible
for people to
measure themselves
against
any other person.*

*Comparison between two people
is totally unrealistic;*

*it [i.e., COMPARISON between two people]
measures
what cannot be measured.*

*The person
who is no longer caught in this error [i.e., this error of comparison
and competitiveness]
will be free from
a specific strain of
destructiveness.*

*Once you comprehend
the uniting principle,
that
good
is never divisible,
a number of problems
are eliminated.*

*You will
not be
envious
and therefore
you will not feel guilty.*

[Once you comprehend the UNITING principle, that GOOD is NEVER DIVISIBLE,]

*You will not be faced with
the apparent necessity of
renouncing something
in favor of someone else,
because*

*you will know deeply
that*

- what is yours
is yours*
- and*
- what is the other person's
is his or hers.*

That very fact

will make the

- selfishness and*
- dishonesty*

existing in

the childish nature,

where

*the tendency to
cheat life*

always prevails,

impossible.

You will

not have to

- try to get away with anything,*

nor will you have to

- see yourself
as*

special

when you compare yourself with others.

26

In the last question and answer session [See Q&A 147 given November 18, 1966] we discussed this topic [i.e., this topic of the UNITING PRINCIPLE by which one realizes that GOOD is NEVER DIVISIBLE, hence one will NOT have to see oneself as SPECIAL]

in connection with a question about the harm of

- *desire or*
- *need*

to be special.

In connection with the topic of this lecture [i.e., with THIS lecture titled, Positivity and Negativity: One Energy Current],

I say that this need [i.e., this need to be SPECIAL] is due to confusing

- *the rightful tendency toward,*
- and*
- *the inner need to bring about,*

full self-realization.

What is the confusion here?

Full self-realization

always

enhances the

uniqueness of the individual.

It [i.e., Full self-realization]

does not

level off

- *individuality,*

nor does it

imply

- *mediocrity in the least.*

Quite the contrary.

[Since full SELF-REALIZATION always ENHANCES UNIQUENESS of the individual and does NOT level off INDIVIDUALITY and does NOT imply mediocrity,]

**Why, then,
is it believed that**

**not needing to
be special**

means

- **giving up
individuality**
- or even
- **accepting
mediocrity?**

**The answer is
that**

**when the need to
be special
contains a desire to
triumph over others,
it marks an
attitude
of being**

- **against others.**

*[When the need to be SPECIAL contains a
desire to TRIUMPH OVER others,]*

**It implies that
self-enhancement
can only exist**

- **at the expense of others.**

**This [i.e., This desire to TRIUMPH OVER OTHERS that marks an attitude of being
AGAINST OTHERS, that implies that self-enhancement can
exist only at the EXPENSE of OTHERS]**

**is
the either/or
resulting from
the erroneous dualistic concepts
which are
always
destructive.**

It [i.e., This DESIRE to TRIUMPH OVER OTHERS]

actually

does destroy

the other's value,

at least in terms of

your

- *desire and*
- *aim,*

if not

in

- *actual fact.*

The further consequence

is that

the deep-seated self-regulating process of

conscience

- *says*
no

*to this endeavor [i.e., says, "NO," to this endeavor to
TRIUMPH OVER OTHERS]*

and

- *stops*
the outgoing energy current.

The current

then becomes

either

- *negative*
- or*
- *numbed.*

This means that you are

either

- *passive,*
- *paralyzed and*
- *held back,*

or you are

- *ruthless,*
with the
• *inevitable guilt*

and

- *outer consequences.*

27

- *The truth of the matter and*
- *the solution to this confusion*
can only be found
when you
distinguish between
two
totally different ways
of
 - *measuring or*
 - *evaluating**what amounts to*
two
totally different
 - *goals.*

When you want to
be special
in order to

- *triumph over*
others,

when
your uniqueness

- *exists*
at the expense of
others

and

- *measures itself*
against
others,

this uniqueness
is

- *destructive*

and
must lead to

- *innumerable problems.*

*But when you realize
that
your own specialness
can be unlocked
without measuring yourself against others,
you will have
no problem whatsoever.*

*You will be
free to*

- *unblock and*
- *unfold*

*the best in yourself
without infringing upon
other people's*

- *rights or*
- *needs.*

Quite the contrary,

- *your best*
will
- *contribute to others*
rather than
- *take away from them,*

and

- *you will*
give your best
without the need
to
- *cheat,*
to
- *get by,*
to
- *get more than you give.*

*The freeing of
the power
will activate
more power.*

*There will be
no need
to put the brakes on.*

	<ul style="list-style-type: none">• <i>Envy,</i>• <i>guilt,</i>• <i>dishonesty,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the belittling of others</i> <p><i>create the need</i> <i>to put the brakes on</i> <i>one's</i> <i>most constructive</i> <i>outgoing power current.</i></p>
28	<p><i>When you are</i></p> <p><i>ignorant</i></p> <p><i>of the fact</i> <i>that you have within you</i> <i>the possibilities for</i> <i>self-fulfillment,</i></p> <p><i>the only way you can</i> <i>conceive of</i> <i>expressing yourself</i> <i>is by</i></p> <ul style="list-style-type: none">• <i>measuring and</i>• <i>comparing</i> <p><i>yourself</i> <i>with others.</i></p> <p><i>When you know that,</i> <i>regardless of whether you</i> <i>are</i></p> <ul style="list-style-type: none">• <i>better or</i>• <i>worse</i> <p><i>than others,</i> <i>you have</i> <i>your own quota of growth to fulfill</i> <i>for yourself,</i></p> <p><i>you will</i> <i>not have</i> <i>any conflict about this issue.</i></p>

*Of course
you should give your best,

but if in any way,
no matter how secretly,
your best
is designed to*

- lord it over others*

or to

- get special unfair privileges, and*
- obtain something for nothing,*

*you will
get yourself
in trouble.*

*Then
individuality
cannot unfold
because*

- ego,*
- vanity, and*
- ruthlessness*
 - take its place*

and automatically

- hinder*

the positive power at work
and

- convert it into*

destructive power.

29

*When you
feel*

- envy,*

or –
looking at the other side of the same coin –

- a need to*
 - impress others or*
 - be better than they are,*

*try to
feel*
*the constructive power
behind the need.*

	<p><i>For this need [i.e., For this need to impress others or be better than they are] is only a distortion of the inborn urge to realize the best in you.</i></p> <p><i>When you do this [i.e., When you FEEL the CONSTRUCTIVE power BEHIND the need to IMPRESS others or to BE BETTER THAN they are, or the constructive power BEHIND your ENVY of others], you will no longer find yourself</i></p> <ul style="list-style-type: none"><i>• blocked and</i><i>• paralyzed.</i>
30	<p><i>Are there any questions?</i></p> <p><i>QUESTION:</i> <i>What makes the perception of</i></p> <ul style="list-style-type: none"><i>• pleasure</i> <p><i>so</i></p> <ul style="list-style-type: none"><i>• unique</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• specific</i> <p><i>in relation to the</i></p> <ul style="list-style-type: none"><i>• unpleasure?</i>
31	<p><i>ANSWER:</i> <i>This is a very important question and the answer may not seem to be a direct one, but it is.</i></p>

*It is known that
you human beings
fear
pleasure
when you are still full of*

- *conflicts and*
- *problems*

the nature of which you do not understand.

*Any of you on this path [i.e., on this pathwork path]
who go deeply enough
to probe your reactions [i.e., your emotional reactions]
discover this startling fact:*

*you are
more afraid of*

- *pleasure*

than of

- *pain.*

*If you have
not verified this reaction in yourself
you may find this contention
unbelievable,
for you
consciously*

- *resent*

*the unpleasure
and*

- *wish it away.*

*And there is also
truth to this [i.e., truth that you consciously resent and wish away unpleasure],
for
unpleasure
cannot really be wanted.*

*You cannot resolve this dichotomy [i.e., You cannot RESOLVE this dichotomy or
division involving these apparent incompatible opposites of
PLEASURE and UNPLEASURE]*

*unless
you go deep into your psychic processes
to feel*

- *the pleasure*

in

- *the unpleasure.*

32

*Total pleasure
is
feared
for a very important reason:*

*the pleasure supreme
of the cosmic energy current
must
seem*

- *unbearable,*
 - *frightening,*
 - *overwhelming,*
- and almost*
- *annihilating*

*when the personality
is still geared to*

- *negativity and*
- *destructiveness.*

*To put it differently,
to the degree that*

- *the personality
has impaired its integrity,*

and

- *impurity,*
- *dishonesty,*
- *cheating, and*
- *malice*

still exist in the psyche,

- *pure pleasure*
- must be rejected.*

Hence the

- *negative pleasure*
- is the only way
the entity
can experience a
modicum of pleasure
at all.*

*When you who are on your path
find that
deep within yourself
you fear pleasure
as
a danger,
you must ask yourself,*

*"Where am I
not
honest
with
• life
or
with
• myself?"*

*Where do I
• cheat?*

*Where do I
• impair
my integrity?"*

*These areas [i.e., These areas where I am NOT HONEST with life and myself,
where I CHEAT, and where I am NOT in INTEGRITY]*

*show precisely
• where,
• why,
and
• to what degree*

pure pleasure

*must be
rejected.*

*When you ascertain
in yourself
that*

- *you*
- *fear and*
- *reject*

*pleasure,
and it is [i.e., and ascertain in yourself it is]
not that*

- *life*

*deprives you of it,
you can
do something
by*

- *asking yourself
the pertinent questions
and subsequently*
- *finding
the elements of impairment
in
you.*

This is the way out.

*When you find
where you
violate*

your sense of

- *decency and*
- *honesty,*

*you can
unlock the door
which has*

- *closed your access to
transforming the negative pleasure*

and

- *forced you to
reject pleasure
that is unhampered by
pain.*

33

QUESTION:

Would you define

- *pleasure*

as

- *expansion*

and

- *pain*

as

- *contraction?*

ANSWER:

Yes, that is quite true.

- *Pain*

is a

- *contraction*

in the sense that

- *it [i.e., in the sense that PAIN]*

is a

- *cramp.*

But in

- *pure pleasure*

there is also

- *contraction,*

only

in a

- *rhythmic*

- *smooth*

motion,

in a

- *harmonious way.*

- *Unpleasure*

is an

- *extended*

- *cramp-like*

contraction.

34	<p>QUESTION: <i>The way I experience fear of pleasure is by experiencing a fear of losing myself in pleasure.</i></p> <p><i>Is that what you meant?</i></p>
35	<p>ANSWER: <i>Yes, this is precisely what I meant.</i></p> <p><i>This [i.e., This experiencing FEAR of PLEASURE due to FEAR of LOSING YOURSELF in PLEASURE] can be explained when you think about it in terms of trust.</i></p> <p><i>When you,</i></p> <ul style="list-style-type: none"><i>• consciously or</i><i>• unconsciously,</i> <p><i>deeply sense the hidden little mechanisms by which you avoid being straightforward with life itself,</i></p> <p><i>when your response to life is negative in any form and consequently your sense of integrity is impaired [i.e., when consequently you are OUT of INTEGRITY], you cannot trust yourself.</i></p>

*Nor can you trust
yourself
when you run away from
the nucleus of
your negative pleasure principle [i.e., You CANNOT TRUST
YOURSELF when you run away from this nucleus where you
EXPERIENCE feeling PLEASURE in a NEGATIVE,
PAINFUL, and DIFFICULT SEXUAL situation],
as explained in this lecture.*

*It [i.e., This nucleus where you EXPERIENCE feeling PLEASURE in a
NEGATIVE, PAINFUL and DIFFICULT SEXUAL situation]
has to be*

- accepted,*
- understood, and*
- inwardly lived through
in full self-acceptance
before you
can
trust yourself to
be
unguarded.*

36

*As I have often said,
• your innermost self,
• your own psychic energies,
and
• the life energies
are of
one and the same substance;*

*you
cannot
trust
• yourself
without
trusting
• life.*

If you

distrust

yourself
on some level
for any reason –
right or wrong –

how can you
abandon yourself
to plunge
into

- *your inner depths*

and
into

- *the stream of life?*

To lose yourself
in this way [i.e., To lose yourself by PLUNGING into
your INNER DEPTHS and into the STREAM of LIFE],

trust

must
exist
and
this trust [i.e., this TRUST in YOURSELF and TRUST in LIFE]
is, in principle,
absolutely justifiable.

But

- *in practice,*
- *in specific manifestations,*

it [i.e., this TRUST in YOURSELF and TRUST in LIFE]
is often
not
justifiable.

Full self-acceptance
must be established

before
trust
can exist.

	<p><i>Then [i.e., Then, when self-acceptance has been established so that this TRUST in YOURSELF and this TRUST in LIFE can exist,] there will no longer be any fear of losing yourself [i.e., losing yourself in PLEASURE], because such loss of self [i.e., such loss of self in PLEASURE] will be experienced as bringing you back to yourself, richer than ever.</i></p>
37	<p>QUESTION: <i>Is the principle of</i><ul style="list-style-type: none"><i>• pain</i><i>and</i><ul style="list-style-type: none"><i>• pleasure</i><i>[i.e., Is the principle of experiencing PAIN and PLEASURE as SEPARATE OPPOSING forces] characteristic of this earth sphere?</i></p>
38	<p>ANSWER: <i>It is [i.e., Yes, the principle of experiencing PAIN and PLEASURE as SEPARATE OPPOSING forces IS characteristic of this earth sphere], but this does not merely apply to</i><ul style="list-style-type: none"><i>• incarnated beings,</i><i>but to</i><ul style="list-style-type: none"><i>• all who are in this specific state of consciousness [i.e., who are in this DUALISTIC state of consciousness], whether they are</i><ul style="list-style-type: none"><i>• in the flesh</i><i>or</i><ul style="list-style-type: none"><i>• out of the body.</i></p>

***It [i.e., The principle of experiencing PAIN and PLEASURE
as SEPARATE OPPOSING forces]***

applies to all those

- whose consciousness
is geared to
the concept of
dualism,***
 - who cannot perceive the***
 - conciliating,***
 - unifying
way
of
of
of***
 - creation,***
 - life,***
- and so [i.e., and so cannot perceive the conciliating, unifying way]
within***
- themselves.***

In all these cases,

- pleasure***
- and***
- pain***

must exist as

opposites.

*As I said at the beginning of this lecture,
on this plane*
• *the good*
and
• *the bad*
forces,

• *pleasure*
and
• *pain,*

are thought of as
• *two separate forces,*
not
• *one and the same energy current.*

39

QUESTION:
It seems to me that
when I do something I don't like,
which is
meant to invite [i.e., which is meant to invite from someone else]
• *anger*
or
• *guilt*
or
• *jealousy,*

that I have
someone else
whom I hold responsible for
my being the way I am.

• *Is this*
a valid observation
and
• *what should I*
do about it?

40

ANSWER:

Even if

some of the blame

**put on the other person's doorstep [i.e., if some of the blame for your own
ANGER, GUILT or JEALOUSY that you invite from someone else]
is partially justified –**

and this is usually the case with sane human beings –

there must be

something in

you

that

• you ignore

and

that

• bothers you,

for otherwise

there could be

no

• problem or

• disharmonious feeling

in you.

It would be

relatively easy

to accept

the other person's

• shortcomings or

• failings.

Otherwise

you would

not be involved in situations

which must affect the self

negatively.

**The very existence of such disturbances [i.e., such disturbances in you as ANGER,
GUILT or JEALOUSY that you put on the other's doorstep]**

points to

unknown elements

which must be ascertained

in order to

eliminate

destructive feelings.

Hence
this anger
is essentially
directed against
the self.

You may be angry
because
• you are angry
and
• you cannot accept this emotion in yourself.

You may become angry
because
• whatever angers you
in the other person
may exist
in a slightly different form
in yourself
and
• you cannot accept that.

In short,
the question must be asked,

"What is it
in me
that has produced this situation?"

How am I
a co-producer
of this situation?

In what way
do I contribute to it?"

41

Again,
the dualistic concept of life
• hinders and
• confuses
you.

*If one attempts to
solve such a problem [i.e., such a problem as ANGER]
in an attitude of
finding
either*

- the one*

or

- the other person
at fault,*

no solution exists.

*Neither of
the two alternatives [i.e., Neither the alternative of YOU are at fault
nor the alternative that THE OTHER is at fault]
satisfies,
for it must
be
either*

- off the mark*

or

- based on a superficial evaluation.*

*True enlightenment
can only come
when the
unconscious interaction
of*

- one's inner problem
affecting*
- the other person's inner problem
is seen as*

*interacting
vicious circles.*

*When you truly realize
that the situation
must be a
co-production,
then
you can begin to make
serious headway
in the right direction.*

42

**The second thing is
that you often cannot find the answer [i.e., the answer to a problem
such as ANGER in you toward another]**

**because
you look for the
cause
in a**

- **limited or**
- **moralizing**

way.

**The way
you
may contribute to the situation [i.e., the situation such as
ANGER you hold toward another]
may be altogether different from
what you feel defensive about.**

**For example,
you might try to
exonerate yourself
because you sense a
badness in yourself.**

**Actually
your contribution [i.e., Actually, YOUR contribution to the situation such as
holding ANGER toward another]**

may not be anything

- **bad or**
- **mean**

at all.

**It [i.e., YOUR contribution to the situation such as holding ANGER toward another]
may be rather**

**that you
underestimate
your**

- **values,**

your

- **rights,**

your

- **entire person.**

You may be

- *weak,*
- *submissive,*
- *not assertive enough*

and thus

encourage

a negative situation

in a very different way

from that which you

vaguely defend against

in yourself.

Such weakness

- *is always a result of*
some disturbance of
the psyche
on a deep level

and

- *cannot help*
but create
 - *negativity and*
 - *destructiveness.*

The way to

eliminate

the weakness

is

not

by forcing

the destructive feelings away.

This cannot succeed.

**One must work
on a very deep level
with these problems [i.e., with these problems such as WEAKNESS].**

Often
• *weakness*
is confused with
• *goodness,*

and
• *strength*
with
• *ruthlessness or*
• *selfishness.*

**When caught in
these confusions,
you do**
not find the way to
• *resolve the problem*
and
• *find the clear truth.*

43

**Therefore [i.e., Therefore, with problems such as WEAKNESS],
I suggest the following
meditation
that reaches deep into the self:**

**"I do want to see
where I possibly
• *violate*
some spiritual law,
where I am
• *wrong in the usual sense of the word,*
but I would also like to know
where I am
• *weak and*
• *confused*
and therefore
where
• *negative emotions*
come into existence.**

*Where is it
that*

- *I am perhaps
not aware of
my true values,
and because of this lack of awareness,*
- *I fight in
the wrong way?*

I would like to

- *see these elements [i.e., see these elements of where perhaps I
violate some spiritual law, or am wrong, or am weak
and confused and let negative emotions come into
existence, or am not aware of my true values and
therefore fight in the wrong way]*

and

- *straighten them out.*

I want to see all sides."

*The different sides
usually interact;
they [i.e., the different sides of the matter]
are
not
unconnected elements.*

*Lack of self-assertion
on one level*

may induce an

*angry over-assertion
on the surface.*

*When the meditation
is directed into such channels,
new vision may come –
vision that was hitherto blocked.*

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*May your understanding grow
so that you
sense*
• *your own distortions*
and
• *how these distortions*
are
*a valuable life energy
that can be activated
in the specific way I showed here.*

*Be blessed,
every one of you;*

receive the
• *strength*
and the
• *power*
that flows into you.

• *Make use of it [i.e., Make use of the strength and power that flows into you],*

• *travel this path to
the very nucleus of
your own inner being.*

Be in God!

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