Pathwork Lecture 149: Cosmic Pull Toward Union – Frustration

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

<table>
<thead>
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<th>03</th>
<th>Content</th>
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<td>Greetings, my dearest friends.</td>
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<td>Be blessed, every one of you.</td>
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<tr>
<td>A great stream of divine</td>
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<td>• strength and</td>
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<td>• blessings</td>
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<td>• is permeating you and</td>
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<td>• flows around you as a powerful force.</td>
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<tr>
<td>Be aware of this force, attune yourself to it, and</td>
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<td>you will perceive its reality.</td>
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With its help [i.e., With the help of this powerful force, this great stream of
divine strength and blessings that is permeating
you and is flowing around you],

a deep understanding of this lecture
will enable you
to make another step forward
on your path toward
finding
yourself.

There is a
great pull

in the manifest universe
in which you live.

This pull
is part of the

creative principle.

Since
every individual consciousness
• is also part of
  the same creative principle,
• is made of
  the same substance in fact,
this pull
must exist
in
every individual.

It [i.e., This great pull in the manifest universe in which you live]
is directed toward

union,

as the term is usually used,

but the term
loses its meaning after a while.
What does union really mean?

What does union with
• God,
or with
• the divine self,
really mean?

What does union with another individual mean?

How does this [i.e., How does this word, “union,”]
apply to a human being?

First of all, the whole plan of evolution aims at
• uniting individual consciousnesses,

  for only in this way can

• separateness be eliminated.

Union as a
• cerebral process, or
with an
• intangible God,
is
not really union.
Only the actual contact of
  • one individual
  with
  • another
  establishes
  the requisite conditions in the personality
  for
  • true
  • inner
  union.

Therefore this pull toward unity manifests as a tremendous force,
  • moving individuals toward each other,
  • making separateness painful and empty.

The life force therefore consists not only of
  • the pull toward others,
  but also of
  • pleasure supreme.

• Life and
  • pleasure are one.

Lack of pleasure is
  • the distortion of the life force and
  comes from
  • opposing the creative principle [i.e., opposing the creative principle, and opposing the pull toward union].
• Life, 
• pleasure, 

• contact
and
• oneness
with others

are
the goal
of the
cosmic plan.

The pull
 toward unity
      aims
       to bring you out of
       seclusion.

It [i.e., The pull toward unity, the goal of the cosmic plan]
      moves
      toward
      • contact and
      • melding.

To follow the cosmic pull [i.e., To follow the cosmic pull toward union]
    is therefore

    • blissful;

it [i.e., to follow the cosmic pull toward union]
   is

   • exhilarating

   and, at the same time,

   • peaceful.
**Individual consciousness**

opposes

this force [i.e., opposes this force of the cosmic pull toward union],

however,

out of the erroneous idea

that giving in to it [i.e., the erroneous idea that GIVING IN to this force of the COSMIC PULL toward UNION],

means

• annihilation.

**Thus** [i.e., By knowing on the one hand that FOLLOWING the force of the COSMIC PULL toward UNION results in an EXHILARATING yet PEACEFUL LIFE, yet on the other hand, erroneously believing that following the force of the cosmic pull toward UNION means ANNIHILATION, which you OPPOSE, you therefore OPPOSE the COSMIC PULL toward UNION, and thereby oppose an exhilarating yet peaceful LIFE that following the cosmic pull toward union would bring]

you put yourself in the paradoxical position

of believing that

• life
comes from

• opposing life.

Consequently,

you live in a

very deep conflict

that runs even deeper than

the psychological reasons [i.e., deeper than the psychological reasons for the inner conflict between being drawn to life on the one hand yet opposing life on the other, psychological reasons that]

you uncover

in the course of

self-exploration.
All these reasons [i.e., All these PSYCHOLOGICAL reasons for the inner conflict between being DRAWN TO LIFE on the one hand yet OPPOSING LIFE on the other]

are valid in themselves, as far as they go.

They [i.e., These PSYCHOLOGICAL reasons for this INNER CONFLICT between being DRAWN TO LIFE on the one hand yet OPPOSING LIFE on the other] may result from

• negative childhood experiences,
• misinterpretations of childhood events,
• hurts and fears you have not properly understood and assimilated.

All this [i.e., All these PSYCHOLOGICAL reasons for the inner conflict between being DRAWN TO LIFE on the one hand yet OPPOSING LIFE on the other]

must be explored in order to

• meet and face a deeper

• universal,
• metaphysical conflict –

the one I am discussing [i.e., the conflict I am discussing in this lecture: the inner conflict between FOLLOWING the COSMIC PULL toward UNION on the one hand, and on the other hand OPPOSING this cosmic pull toward union, believing that UNION results in ANNIHILATION].
The conflict [i.e., The deeper universal CONFLICT I am discussing here] exists because the pull [i.e., the PULL to UNION and LIFE] cannot be eliminated.

It [i.e., The PULL to UNION and LIFE] is
- the evolutionary force itself,
- the reality in all that
  - lives
  and
  - breathes.

It [i.e., The PULL to UNION and LIFE] permeates every particle of existence and
- must thus also exist deep in your psyche, whether or not you are aware of it.

The conflict arises from
- fear of and
- opposition to this pull [i.e., FEAR OF and OPPOSITION TO this PULL toward UNION, believing that UNION results in ANNIHILATION];

the personality bucks the natural flow [i.e., the personality BUCKS the natural flow of the life stream toward UNION].
To the degree that,
  • consciously
  or
  • unconsciously,
you equate
  • the life force [i.e., the life force that pulls you toward UNION]
  with
  • annihilation,
[to that degree]
you struggle against
life itself.

This [i.e., Because you EQUATE the LIFE FORCE, the pull toward UNION, with ANNIHILATION]
is the
  most profound
  reason
for your
  • misconceptions,
  • false
    • fears and
  • guilts,
  • negativity
and
  • destructiveness.

Deep within,
you
know
that you

distrust
  • the greatest spiritual force [i.e., DEEP WITHIN you KNOW you DISTRUST the greatest spiritual force in the universe, the FORCE PULLING you toward UNION]
and thus [i.e., and thus you KNOW that you DISTRUST]
  • life itself.
<table>
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<tr>
<th>The distrust</th>
<th>i.e., The DISTRUST of the GREATEST SPIRITUAL FORCE in the universe: the FORCE PULLING toward UNION and toward LIFE itself</th>
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<td>creates a</td>
<td>deep guilt</td>
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<td>that often manifests</td>
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<td>on the surface</td>
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<td></td>
<td>as</td>
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<td>unjustified guilts</td>
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<td>you cannot give up.</td>
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<th>The conflict</th>
<th>i.e., The CONFLICT arising from FEAR OF and OPPOSITION TO the force PULLING you toward UNION and toward LIFE itself</th>
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<td>also manifests as a</td>
<td>fear of your deepest instincts</td>
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<td>so that you cannot ever • relax • be unguarded about yourself.</td>
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Since you are part of the life you distrust, you must also distrust your own innermost self.

This is why people insist on dividing body and spirit and why the dualistic concept [i.e., the dualistic concept of EITHER ALL GOOD (spirit) OR ALL BAD (body)] is perpetuated from generation to generation.

You seem to find your salvation in this very division [i.e., this DUALISTIC division of things being EITHER ALL good (spirit) OR ALL bad (body), EITHER ALL right (spirit) OR ALL wrong (body)] because through it you can justify your rejection of the life principle as it manifests within you [i.e., as it manifests within your BODY].

You thus stamp that which you fear [i.e., that which you fear as it manifests within your BODY] as wrong and bad, while claiming that the denial of your very nature [i.e., while claiming that the DENIAL OF your very nature as it manifests within your BODY] is right and good.
You justify this irrational attitude [i.e., this irrational attitude that what you FEAR (your BODY) is WRONG and BAD while the DENIAL of your VERY NATURE (DENIAL of your BODY) is RIGHT and GOOD]

by pointing to the most distorted manifestations [i.e., most distorted manifestations in your BODY]
of the
• life principle,
of the
• pleasure current,
as though they [i.e., as though these DISTORTIONS of the life principle or pleasure currents arising in your BODY] were proof of its [i.e., PROOF of your BODY’S PLEASURE CURRENT’S] badness.

Thus people have preached through the centuries that
• the body is sinful,
while
• the spirit is supposed to be
  • the opposite of the body and therefore
  • good.

It is not true that all your difficulties come from these misconceptions [i.e., these MISCONCEPTIONS that the BODY is SINFUL while the SPIRIT is GOOD], which you embrace as the final spiritual truth.
It is closer to the truth that these misconceptions [i.e., these DUALISTIC misconceptions by which one uses DISTORTIONS of the LIFE and of the PLEASURE principles as they manifest in the BODY as PROOF that the life and pleasure principles as manifested in the BODY are ALL WRONG and ALL BAD]

stem from the deep spiritual conflict [i.e., stem from the deep spiritual conflict arising from one’s FEAR OF and OPPOSITION TO the GREAT LIFE PRINCIPLE that is PULLING one toward UNION, since one believes that such UNION ends ultimately in one’s ANNIHILATION]

that motivates you to accuse the great life principle of being the opposite of what it really is.

The misuse of this powerful force [i.e., The MISUSE of this POWERFUL SPIRITUAL FORCE PULLING one toward UNION]

by no means proves an acceptance of and trust in it [i.e., One’s willingly MISUSING this powerful force BY NO MEANS PROVES one’s ACCEPTANCE OF and TRUST IN this POWERFUL SPIRITUAL FORCE PULLING one toward UNION].

It [i.e., The MISUSE of this POWERFUL SPIRITUAL FORCE PULLING one toward UNION]

is rather a variation on the struggle that ensues when one opposes life with [i.e., when one opposes life with, or by using]

• one’s own nature.
Part of you
• moves toward others
and
• accepts your
• instincts and
• nature,
but
another side
• shrinks back from this movement [i.e., this movement TOWARD others].

• Deprivation,
• emptiness,
• meaninglessness, and
• a sense of waste
ensue [i.e., ENSUE from this SHRINKING BACK from OTHERS and thereby REJECTING INSTINCTS and NATURE pulling TOWARD OTHERS].

You may then overcompensate [i.e., overcompensate for your sense of deprivation, emptiness, meaninglessness, and a sense of waste]
by
• blindly,
• rebelliously,
  misusing
  your life force.

This [i.e., This blind, rebellious MISUSE of your LIFE FORCE]
• leads to
  pleasureless experiences
and
• seems to
  justify
  your sense of
  • wrongness and
  • danger
  [i.e., seems to justify your sense of WRONGNESS and DANGER of TRUSTING your LIFE FORCE, since doing so BLINDLY and REBELLIOUSLY leads to PLEASURELESS experiences].

Here is truly
a kind of
• life
and
• death
  conflict.
This conflict [i.e., This deep LIFE and DEATH spiritual CONFLICT arising from one’s FEAR OF and OPPOSITION TO the GREATEST SPIRITUAL FORCE PULLING one toward UNION and toward LIFE itself] manifests differently in each individual.

But one thing can be said with certainty:

• the greater the conflict between
  • giving in to the cosmic force [i.e., the greater the CONFLICT BETWEEN GIVING IN TO the cosmic force pulling you toward UNION and LIFE itself]
  and
  • opposing it [i.e., AND OPPOSING the cosmic force pulling you toward UNION and LIFE itself],

• the greater the extent of your
  • pain and
  • problems.

If you cannot allow yourself to flow freely with the cosmic stream [i.e., IF you CANNOT allow yourself to FLOW FREELY WITH the cosmic stream pulling you toward UNION], you must distort the cosmic stream within you.
Since you oppose and distrust the cosmic force [i.e., Since you OPPOSE and DISTRUST the cosmic force pulling you TOWARD UNION and LIFE itself],

and since the cosmic force [i.e., and since the cosmic force pulling you TOWARD UNION and LIFE itself]

manifests within yourself,
you do not trust yourself.

But if you are to trust yourself and your own innermost nature,
you must first trust the pull toward unity.

Therefore when you separate

• nature from the divine principle,
or
• your own innermost nature from spiritual trust,
you are engaged in the greatest error, leading to the greatest of confusions.
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<th>For how could</th>
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<td>• nature,</td>
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<td>including</td>
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<td>• the depth of</td>
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<td>your own nature,</td>
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<tr>
<td>be opposed to</td>
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<td>the divine evolutionary plan?</td>
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<th>It is</th>
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<td>the counter-pull [i.e., the counter-pull AWAY FROM UNION and TOWARD SEPARATION]</td>
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<td>in this struggle</td>
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<td>that creates</td>
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<td>layers [i.e. creates layers SEPARATING you from your UNDERLYING CORE]</td>
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<td>which seem to</td>
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<td>justify</td>
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<td>your distrust of your instinctual self.</td>
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Only the courage to explore these layers within yourself [i.e., Only the courage to explore these layers within yourself that SEPARATE you from your UNDERLYING CORE] will lead you to the truth of your underlying core, which is wholly trustworthy.
But this [i.e., this TRUTH of your UNDERLYING CORE being TRUSTWORTHY], as I said, can be experienced only when the deep pull of
• nature,
of • evolution,
of • the creative principle,
is understood.

Although the
• intellectual understanding is helpful at first,
it is less important than the
• intuitive understanding,
for only
• intuitive understanding will allow you to dissolve this conflict [i.e., dissolve this deep spiritual CONFLICT arising from one’s FEAR OF and OPPOSITION TO the GREATEST SPIRITUAL FORCE in the universe that is PULLING one toward LIFE itself and toward UNION].

The conflict congests the creative force, which is compatible with
• you and [i.e., and is compatible with]
• your destiny.
Even though you
  • block and
  • oppose
    the pull [i.e., Even though you BLOCK and OPPOSE the GREATEST SPIRITUAL FORCE in the universe that is PULLING you toward UNION and toward LIFE itself],

you nevertheless
cannot avoid it [i.e., cannot avoid this great pull toward UNION and LIFE].

It [i.e., The GREATEST SPIRITUAL FORCE in the universe that is PULLING you toward UNION and toward LIFE itself]
  always
  leads
  toward
  contact with others.

Strong fear
  of such contact [i.e., STRONG FEAR of such contact with others]
  leads some individuals
  into
  temporarily
  withdrawing [i.e., temporarily WITHDRAWING from OTHERS].

Of course,
  withdrawal
  can take many forms:

it
  can manifest in your
  outer
    • life and
    • behavior,

but it
  can also manifest in
  a much more subtle form.

  • Outwardly
    you may
      • engage in contacts [i.e., engage in contacts with others]
  but
    • inwardly
      you remain
        • uninvolved,
        • isolated,
        • separate.
• This isolation [i.e., This INNER ISOLATION from others] cannot be maintained for long, because ultimately it will become • unbearable.

Nothing that opposes the life principle [i.e., Nothing that OPPOSES the LIFE principle that is PULLING you toward UNION and toward LIFE]

can be maintained forever.

After all, • the life principle [i.e., the LIFE principle that is PULLING you toward UNION] represents • ultimate reality, and • fear of it [i.e., FEAR of the life principle that pulls toward UNION] is based on • illusion.

Illusion cannot be maintained indefinitely.

The anxiety arising out of illusion can be eliminated only when this deep conflict [i.e., this deep spiritual CONFLICT arising from one’s FEAR OF and OPPOSITION TO the LIFE FORCE that is PULLING one toward UNION and LIFE] is • understood and • honored and when • you finally allow yourself to harmonize with the creative principle [i.e., harmonize with the creative principle that is pulling you toward UNION].
Even when

the opposition [i.e., Even when the OPPOSITION TO the life force
that is pulling one toward UNION and LIFE]

is great,
the pull toward

• contact and
• melding

with another

must remain,

for that [i.e., for the LIFE FORCE PULLING one
toward LIFE and UNION]

is a

fundamental fact of creation.

But the counter-pull [i.e., But the counter-pull AWAY FROM UNION and LIFE],

with its

• fear,
• distrust, and
• other destructive feelings,

must then

create

negative contact [i.e., MUST create NEGATIVE contact with others].

All

human beings

experience some counter-pull [i.e., ALL human beings experience
SOME counter-pull AWAY FROM UNION and LIFE],

even relatively

• integrated,
• healthy

individuals.

But let us take the individuals

whose counter-pull [i.e., whose counter-pull AWAY FROM
LIFE and UNION]

is relatively weak

and

whose predominant personality

• affirms
• life and
• their own deepest instincts,

and

• is therefore

relatively free of

conflict.
**Their contact with others** [i.e., The contact with others by those whose counter-pull AWAY FROM LIFE and UNION is relatively WEAK] will be relatively
• blissful and
• unproblematic.

Their pleasure principle will create
• mutuality,
• genuine love, and
• pleasure supreme.

To the degree that opposition to the cosmic pull [i.e., To the degree that OPPOSITION to the COSMIC PULL toward UNION and LIFE]
• creates
  blocks
and
• throws the cosmic stream off course,
[to that degree]
• negative
  and
• painful contact [i.e., NEGATIVE and PAINFUL CONTACT with OTHERS] has to [i.e., MUST] ensue.

The pleasure principle will be attached to a negative situation, born out of childhood experiences.

This makes
• fulfillment impossible because
  the experience of pleasure is always threatened by the
    • attached
    • negativity.
[Since FULFILLMENT has become IMPOSSIBLE because the EXPERIENCE of PLEASURE born out of painful CHILDHOOD EXPERIENCES is ALWAYS threatened by the attached NEGATIVITY.]

The individual thus
• becomes a helpless straw between the two pulls [i.e., 1) the COSMIC PULL TOWARD UNION and LIFE and 2) the FEARFUL OPPOSITIONAL COUNTER-PULL AWAY FROM LIFE and UNION],

and
• is driven into painful contact.

Thus the • pull toward contact [i.e., Thus, the COSMIC PULL TOWARD CONTACT],
and the • fear of it [i.e., the FEAR of CONTACT, since a CHILDHOOD EXPERIENCE of CONTACT, which should have been pleasurable, was PAINFUL], which manifests as a • pull away from it [i.e., a PULL AWAY FROM CONTACT], are both present.

The latter [i.e., The pull AWAY from contact], engenders two fundamental defensive reactions: either the desire • to hurt [i.e., desire to HURT the other]

or the sense of • being hurt [i.e., sense of BEING HURT by the other]

which are • inevitable byproducts of the contact [i.e., the contact with the other].
Since the pleasure principle always remains an element in the life stream, it [i.e., the pleasure principle] then necessarily attaches itself to the distorted form of contact.

The pleasure embodied in the greatest force in human life [i.e., the GREATEST SPIRITUAL FORCE that is PULLING one toward UNION and toward LIFE] cannot be eliminated, but where this force [i.e., but where this GREATEST SPIRITUAL FORCE that is PULLING one toward UNION and toward LIFE] is distorted, the pleasure becomes negative. Since contact [i.e., Since contact with others] appears to hurt, pleasure manifests either in • hurting or in • being hurt, to a greater or lesser degree.
The connection between
• hurt and
• pleasure [i.e., PLEASURE from HURTING others or BEING HURT] engenders a vicious circle.

The more painfully
the pleasure principle of the cosmic pull manifests [i.e., The MORE PAINFULLY – either in inflicting more pain on the other or in enduring more pain being inflicted by the other – the PLEASURE principle of the COSMIC PULL manifests],

the greater the
• fear,
the
• guilt,
the
• shame,
the
• anxiety, and
the
• tension.

Opposition [i.e., OPPOSITION to CONTACT with the other]
• grows [i.e., GROWS because of the fear of being hurt, guilt for hurting, shame for hurting, anxiety, and tension when in CONTACT],

conflict [i.e., CONFLICT in CONTACT with the other]
• increases,

and the vicious circle [i.e., the vicious circle of the irresistible SPIRITUAL FORCE PULLING one toward UNION and toward LIFE, but in DISTORTION (FEAR of LIFE and UNION leading to DEFENSES such as hurting the other by inwardly withdrawing or enduring hurt in submission to pain inflicted by the other)]
• continues.
The evolutionary problem for every single conscious being is therefore to deeply comprehend and experience this vicious circle without misjudging the negative connection between contact, pain, and the pleasure principle.

You must look beyond it [i.e., You must look BEYOND the NEGATIVE CONNECTION between CONTACT, PAIN, and the PLEASURE PRINCIPLE] by committing to search with an open attitude for • your deepest nature.

Do not mistake the negative emotions you first encounter for the ultimate reality of your instinctual life.
The layer of
- destructiveness,
- blind selfishness,
- dishonesty,
as well as
- the shameful attachments
  of
    - the pleasure principle
  to
    - negative situations

is
not
your deepest nature.

It [i.e., This LAYER of DESTRUCTIVENESS, selfishness, dishonesty, and
the shameful attachments of the pleasure principle to negative situations]
is merely
a
• demonstration,
a
• result,
of
  this specific
  conflict, my friends [i.e., the specific conflict, my friends,
of on the one hand being PULLED TOWARD the
pleasure of UNION by the life force and, on the other
hand, simultaneously being PULLED AWAY FROM
CONNECTION because of EARLY DIFFICULT
and PAINFUL experiences through which PLEASURE
became attached to these early negative experiences
resulting in PLEASURE from CONTACT being
experienced only when one is BEING HURT or when
one is INFlicting HURT and hence causing one to
OPPOSE CONTACT altogether].
I cannot emphasize this [i.e., this fact that the layer of destructiveness, blind selfishness, dishonesty, as well as the shameful attachments of the pleasure principle to negative situations, all aspects that you despise about yourself, COVERS OVER, BUT is NOT your deepest nature] strongly enough, for when you distrust
• your innermost nature [i.e., when you distrust your innermost nature, thinking this innermost nature IS this separating layer of destructiveness, blind selfishness, dishonesty, etc., which overlays, but is NOT in fact your DEEPEST nature]
you distrust
• the whole spiritual universe.

One [i.e., Your INNERMOST NATURE] cannot exist without the other [i.e., the WHOLE SPIRITUAL UNIVERSE, and vice versa].

A point comes on the path toward liberation when the problem [i.e., the PROBLEM of TRUSTING NEITHER your INNERMOST NATURE NOR the WHOLE SPIRITUAL UNIVERSE] must be tackled from both ends [i.e., from the ends of coming to TRUST BOTH your INNERMOST NATURE AND the WHOLE SPIRITUAL UNIVERSE]:
Only when you have the
• courage and
• honesty
to face
what you
do not like in yourself [i.e., thinking that what you do not like in yourself are ultimately parts of your INNERMOST NATURE]
can you
discover
that the very
• energy and
• substance
of these attitudes [i.e., discover that the energy and substance of these ATTITUDES you do NOT LIKE about yourself]
is essentially
• constructive and
• trustworthy.

This realization [i.e., This REALIZATION that attitudes you do not like about yourself are ultimately, at the level of your INNERMOST NATURE essentially CONSTRUCTIVE and TRUSTWORTHY]
can convert them.

Consequently,
life’s processes will
• become trustworthy
and
• need no longer be opposed.
Conversely [i.e., Conversely, from the end OPPOSITE TO your innermost nature], when you consider the possibility that the entire creative process [i.e., the entire creative process of the WHOLE SPIRITUAL UNIVERSE] is trustworthy, you will

- develop the courage and honesty to transcend the blocks that deform
- creative energy and divine substance

and

- reconvert them into creativity.

It is impossible to trust
- God,
- life,
- nature,
if one distrusts
- one's own deepest instincts.

For where do these instincts [i.e., where do one’s own deepest instincts] come from?
These instincts [i.e., One’s own deepest, innermost instincts] cannot be
neither
can they be
   • crushed,
   • denied,
   • uprooted,
or
   • forcefully supplanted by
     foreign elements
     that seem
     more palatable to
     the fearful soul.

The only way out
is to understand
that
the innermost instincts
are
   • good
     if they are [i.e., so long as they are]
     not interfered with;

they [i.e., the innermost instincts]
are
   part of
     • the most divine power
     and
     not in the least hostile to
     • spiritual growth.

This [i.e., This thinking that these INNERMOST INSTINCTS are NOT part of the
the most DIVINE POWER and ARE HOSTILE to SPIRITUAL GROWTH] is one of the
most tragic errors
of humanity,
because
nothing delays the evolutionary plan
as much as
this misconception,
held by
   • well-meaning
   and otherwise
     • quite enlightened individuals.
These instincts [i.e., One’s deepest, innermost instincts]
will prove themselves as
bearers of light
when they are
not
• misjudged,
• denied, and
• split off from
  their divine origin
  in an artificial duality
    that
      • presupposes they are
evil and
      • regards them as the
        opposites of
          • divine life,
            or
              • spiritual life.

So you
  can come into your own
  only when
  you
    • understand this
      and consequently
        • cease to
          • fear and
            • fight
              against
                • yourself,
                  your
                    • instincts,
                      your
                        • body,
                          your
                            • nature –
                              and
                                against
                                  • nature as such.
• **This** [i.e., *This STRUGGLE* of, on the one hand, thinking that these INNERMOST INSTINCTS are NOT part of the most DIVINE POWER and are in fact HOSTILE to SPIRITUAL GROWTH, and, on the other hand, FEELING these INNERMOST INSTINCTS to be a part of an individual’s VERY BEING]

  is the
great struggle of humanity

and

• **once it** [i.e., and once this GREAT STRUGGLE]
  is generally understood
  by
  all spiritual leaders,

individual
struggle
will be helped considerably.

• **Not knowing this** [i.e., *NOT KNOWING* these DEEPEST, INNERMOST INSTINCTS are part of the most DIVINE POWER and are NOT HOSTILE to SPIRITUAL GROWTH],

• **continuing**
  the blind involvement  
  of the struggle [i.e., the struggle created by thinking these deepest, innermost instincts that are part of your very nature ARE HOSTILE to SPIRITUAL GROWTH],

  makes you
  incapable of
  relinquishing
  your separateness.

You thus
bar yourself
from
completing
your spiritual destiny.

You prevent yourself
from
making peace with
your innermost
• physical and
• emotional
instincts.
The peace between
• body
and
• soul
is an inevitable product of self-realization.

It is erroneous to believe that the body can simply be left aside in the great venture of integration.

When the body is shed before integration [i.e., before the integration of body and spirit] has taken place, the integration [i.e., the integration of body and spirit] remains incomplete.
This conflict [i.e., This CONFLICT of, on the one hand, thinking that INNERMOST INSTINCTS are NOT part of the most DIVINE POWER and are HOSTILE to SPIRITUAL GROWTH, and, on the other hand, FEELING these INNERMOST INSTINCTS are very much a part of an individual’s VERY BEING]

is so

• deep and
• universal
that often
the most
• enlightened,
• evolved,
and otherwise
• unprejudiced
individuals
become uneasy
when they meet it in themselves.

Even if
they do
not conform to
• small-minded and
• life-denying
views,
the deep inner anxiety
stemming from this conflict
induces them to
blind themselves
to what goes on within.

Whenever your courage
falters
in facing the conflict,
as it manifests
nakedly
deep in the recesses of
the self,
you remain
isolated
to some extent.
You remain
• involved in painful negativity and
• split within yourself,

until your further evolution brings you to the point where you no longer fear the great stream • of which you are a part and • which is part of you,

• leading you toward others and • dissolving the wall of • separateness and • defense.

You will then find that not only • do you not lose your individuality,

but, • quite the contrary:

you • expand and • become more yourself.
Now I would like to discuss a feature of the human personality that seems • relatively insignificant, • merely psychological, yet it has a • deep meaning and • connection with the pull toward union, which I will point out later.

The feature I want to talk about is frustration.

Like all human attitudes, frustration can easily be distorted into two opposites, both equally destructive.

Everyone knows that the inability to tolerate frustration • constitutes a severe personality disturbance and • impairs one's character.
When frustration is not handled properly, it inflicts pain on • the self and on • others.

The traits that impede coping with • frustration are • greed, • self-centeredness, • blindness, and • fear.

In order to avoid revealing these negative traits [i.e., In order to AVOID REVEALING these negative traits of greed, self-centeredness, blindness, and fear], the person who believes himself enlightened without really being so, postulates • resignation, • martyrdom, and • abstinence as the means to learn the • great, • important attitude of inner relaxation [i.e., inner RELAXATION in the face of FRUSTRATION].
It is by no means true that the only alternatives [i.e., that the only alternatives to dealing with frustration] are:

- intense insistence,
- rigid demands,

or [i.e., or, at the other extreme]

- renunciation of
  - happiness and
  - fulfillment.

Both extremes [i.e., Both the extreme of intense insistence and making rigid demands to overcome frustration and the opposite extreme of resignation and thereby letting frustration win by renouncing happiness and fulfillment] are equally erroneous,

- leading to very similar results
  and
   - stemming from the same underlying problem.

The wrong attitude about frustration is harmful for obvious reasons.

It impairs

- relationships,
- self-respect, and
- inner peace.

I shall now discuss frustration as it relates to the pleasure principle.

The infant, striving for its pleasure, is

in its blindness incapable of tolerating frustration because it ignores future possibilities.
When the psyche fails to mature [i.e., When the psyche fails to mature as the infant grows up], the same attitude [i.e., the infant’s attitude of never tolerating any frustration] continues, and an apparent contradiction ensues:

the less one can endure frustration, the less one experiences the pleasure.

R rigidly insistent people lose the pleasure they strive for, either because • their very striving makes attainment impossible, or, even when they succeed, • their inner state makes enjoyment [i.e., makes enjoyment of their “success”] impossible.

Such people cannot win.

For real pleasure to be felt, a relaxed inner state is necessary.

A flexible inner climate must prevail, producing a • life-affirming, • positive, • inclusive attitude.
The person who,
• inwardly
or
• outwardly, rebels against postponed gratification is
• angry,
• exclusive,
• negative,
• tense, and
• stubborn.

All these traits defeat
• the life principle
and
• the pleasure stream.

It is human error to assume that
• what you want [i.e., that the FULFILLMENT you want]
is more
• important and
• pleasure-producing than
• your state of mind.

When you misunderstand the importance of tolerating frustration, distorted responses [i.e., distorted responses to frustration], such as
• martyrdom,
• abstinence, and
• resignation
• are adopted in a so-called spiritual guise, and
• render pleasure impossible.
Instead [i.e., Instead of FEELINGS of PLEASURE, when a person misunderstands the importance of TOLERATING frustration and delayed gratification and instead uses distorted responses to his or her frustration, adopting a so-called spiritual guise such as MARTYRDOM or ABSTINENCE],

feelings of
• hopelessness and
• waste
set in.

Since pleasure
is a byproduct of
the cosmic stream
it [i.e., pleasure]
cannot possibly
be considered
unimportant.

But
the other distorted response to frustration,
• insistence, and
• rigidity
with a "do or die" attitude,
are equally erroneous.

Only when individuals learn
to
• let go,
to
• allow the self to postpone
having
its own way
right now
without renouncing fulfillment,
then,
and only then,
is the necessary climate established
to let
the cosmic flow stream forth.
In other words, everyone has to seek the inner experience of • letting go and • relaxing.

This does not mean • relinquishing forever, but • relaxing into pleasure through the power of gentle letting go.

My words will sound • obscure or even • contradictory if you have never experienced this feeling [i.e., never experienced this FEELING of relaxing into PLEASURE through the power of GENTLE LETTING GO].

But those of you who have occasionally had an inkling of it • will grasp the power of what I am saying and • will use this information • consciously and • deliberately.
Such a gentle letting go applies to
• anything,
• on all levels of existence.

It may apply to any
• little or
• big wish,

any
• fulfillment you desire.

If you feel inwardly tense and
• are unwilling to relax into an attitude of
• wise,
• positive
• reasonableness and
• humility,
without ceasing to seek complete fulfillment,
you separate yourself from
• feeling good.

But often the temptation to remain in the tense state is great,

for
• anger and
• self-pity
offer a substitute gratification [i.e., a substitute gratification instead of the real gratification possible in fulfilling the need by receiving what you really want].
The ego
must make its
most constructive
inner effort
to let go of this [i.e., to let go of this TENSE state of
ANGER and SELF-PITY].

A tiny point of effort [i.e., A tiny point of effort to LET GO OF anger and self-pity] is often
all you need.

The rest
follows by itself,

and
the ego
is carried by
the inner forces
activated
in the process.

Once
the tension
is abandoned,
pleasure
follows.
*The flexibility of relaxing into what is,*

even if what is at the moment is not what you want,

must ultimately bring you what you want — first, by giving you a

• good feeling about yourself

and by putting you

• in harmony with the cosmic movement within your psyche.

Later, the thing you want will also come;

it must come, as a matter of course,

according to the law of

• cause

and

• effect.
This climate [i.e., This climate of FLEXIBILITY, of RELAXING into WHAT IS.] is essential to establish the inner knowledge that all fulfillment • is potentially yours and • can actually be yours through your knowing this [i.e., through your KNOWING that ALL FULFILLMENT IS POTENTIALLY YOURS].

But only when you know this [i.e., ONLY when you KNOW that ALL FULFILLMENT IS POTENTIALLY YOURS]
in an atmosphere of • letting go, of • relaxation, can your wishes materialize.

When you are in a state of "I must have it,"
you know this [i.e., your wishes]
cannot materialize.

The tension itself [i.e., The tension itself in this state of, “I MUST HAVE IT!”] is hostile to the necessary harmony that has the potential for fulfillment.
These ideas [i.e., These IDEAS about KNOWING that ALL FULFILLMENT is POTENTIALLY yours and will BE YOURS if you RELAX and LET GO into the LIFE STREAM]

are not easy to grasp when you first hear them.

They will require not only • study but • seeing how you yourself are inwardly tense about not getting your way.

Or, perhaps, you have embraced the opposite extreme [i.e., the extreme that is opposite to tension held in the attitude, “I MUST get my way and get my way right NOW”]:

resignation.

It [i.e., BEING RESIGNED to NOT having what you want when you want it] is simply the reverse of the same coin [i.e., reverse to the tension held in the attitude, “I MUST get my way and get my way right NOW”].

When you see • either or • both of these attitudes fluctuating, then you can proceed to reach for the experience of • letting go, • relaxing into the pleasure of letting go.

Little by little, you will remove the blocks that constrict you.
The topic of
  • frustration
    is directly linked with
    our first topic [i.e., the topic of “The COSMIC PULL toward UNION”].

When you

block

the stream

of
  • the creative principle,

which brings you into

  • the pleasure supreme
    of
      giving up
      separateness,

you

frustrate yourself

on the

most important level of life [i.e., you FRUSTRATE yourself by
  NOT FULFILLING your DEEPEST, conscious or unconscious,
    LONGING: PLEASURE SUPREME of UNION].

If this

were not so [i.e., IF BLOCKING the STREAM of LIFE did NOT PREVENT you
  from FULFILLING your DEEPEST LONGING:
    PLEASURE SUPREME of UNION],

you would [i.e., you would EXPERIENCE PLEASURE SUPREME of UNION,
  even when blocking the stream of life, and]

not ever have to fear
  • frustration,
  • unfulfillment, or
  • emptiness
    [i.e., never have to fear or experience frustration, unfulfillment or
      emptiness for NOT having FULFILLED your deepest longing: pleasure
      supreme of union. BUT this is NOT the case – blocking the stream of
      life DOES IN FACT PREVENT you from fulfilling your deepest
      longing: pleasure supreme of union; therefore, blocks must be removed].
Since you
• fear
and
• block
  the fulfillment of
  the cosmic stream [i.e., Since you fear and block the fulfillment of the cosmic stream, the COSMIC PULL toward UNION, and thereby block the experience of pleasure supreme of UNION],
you must
inevitably
experience
the fear of
nonfulfillment [i.e., the FEAR of nonfulfillment of your DEEPEST LONGING: PLEASURE SUPREME of UNION].

Inability to tolerate frustration
actually results from
the fear of nonfulfillment.

Fear of
nonfulfillment
exists
in precise proportion to
your resistance to fulfillment [i.e., FEAR of NONFULFILLMENT of your DEEPEST LONGING exists in precise proportion to your RESISTANCE to FULFILLMENT – your resistance both to letting go of separateness and your resistance to going with the COSMIC PULL toward UNION, which is the ONLY WAY to FULFILL your deepest longing: pleasure supreme of union].

These connections [i.e., These connections BETWEEN FEAR OF nonfulfillment AND your RESISTANCE TO fulfillment – your RESISTANCE both to letting go of separateness and your RESISTANCE to going with the cosmic pull toward union, which is the only way to fulfill your longing] are immeasurably important.
They [i.e., These connections BETWEEN your FEAR OF nonfulfillment
AND your RESISTANCE TO fulfillment]

apply to
everything in your life;

primarily to the great issue of
• cosmic union with another person,
of
  • trusting
and
  • following
one's own deep instincts
and consequently
• experiencing
  the highest state of bliss.

They [i.e., These connections BETWEEN your FEAR OF nonfulfillment
AND your RESISTANCE TO fulfillment]

also apply to
• mental issues
and to
• everyday accomplishments.

The
often experienced
fear of
• failure
results from
fearing
• success.

Success
seems
as
• vaguely dangerous
as
• any other kind of happiness.

Fear of the
• smaller happinesses
is a minor manifestation of
the fear of
the major happiness.
When individuals fear fulfillment, they block it, so they will justifiably fear nonfulfillment. Consequently [i.e., Consequently, since they fear and block fulfillment and hence, manifest nonfulfillment], they cannot endure the emptiness [i.e., the emptiness that inevitably follows nonfulfillment], and they struggle against any frustration.

The adamant demand for instant gratification says, "I want to be happy and feel good without having to trust and give over to the universe."

This is, of course, utterly impossible.
Frustration would not be an issue if 
• the cosmic flow were 
  • understood and 
  • accepted 
and 
• one's own innermost nature were not 
  • feared and 
  • resisted.

Try, my friends, to 
• feel these things in your personal life and 
• work with them.

Now, are there any questions regarding this topic?

QUESTION: 
I don't quite understand.

What is this inner pull you are talking about?
ANSWER:
It is a pull toward
• another individual,
toward an expression of your instincts,
toward an integration of the instincts
with your conscious mind,
your concepts,
and your acceptance of life,
of self,
and of others.

QUESTION:
You discussed the cosmic pull that becomes negative in the individual at a certain period of his development.

Could you explain this further?
ANSWER:
When people
• oppose
  their cosmic pull
  and
• struggle against
  it [i.e., struggle against their cosmic pull toward contact and union],
conflict arises.

The cosmic pull
always
remains stronger
than
the counter-pull,
since it [i.e., since the cosmic pull toward union and contact]
is a
• primary force,

the struggle
against it [i.e., while the struggle against
the cosmic pull toward union and contact]
is
• secondary
  and
• superimposed.

So you
are still pulled
toward
contact.

But
your counter-pull
denies
the primary force,
so
• the negation [i.e., so the negation of and struggle against
  the PRIMARY FORCE: the cosmic pull toward union and contact]
combines with
• the original force [i.e., combines with the PRIMARY FORCE, the original
  cosmic pull toward union and contact],
and
• negative contact [i.e., and CONTACT, which MUST happen (the cosmic pull
  toward union being the primary force), but is now
  expressed as a NEGATIVE CONTACT]
ensues.
The actual contact taking place expresses
the pull toward others;
the pain arising from it expresses
the counter-pull.

To the degree you
fear
• the cosmic pull
and
• its destiny,
love –
which can grow
only in a climate of
fearlessness –
must be
absent from
the contact.

The fear [i.e., The FEAR of cosmic pull toward union and contact]
produces
• defenses,
• hurts,
• anger –
  all these
  • enter the contact
  and
  • combine with the pleasure principle.

This [i.e., This resulting negative contact, which is combined with the pleasure principle]
may manifest
  on any level of the personality.
Negative contact
manifesting
in the desire
to hurt
expresses itself
in
• quarrelsomeness,
• hostility,
• aggression.

On the sexual level,
such an individual
is
sadistic.

Negative contact
that manifests
in being hurt,
expresses itself
in a tendency
to be taken advantage of;

you will always manage
to put yourself at a disadvantage;

you will be driven into
damaging behavior patterns.

On the sexual level,
such an individual
is
masochistic.

Now, of course,
no one
is simply
• one
or
• the other;
both elements
are always represented in a personality,
but only one of them
may predominate
on the surface.
For example, just because you fear
  • your cruelty,
  • your need to derive pleasure from hurting others,
you may reverse it and direct it [i.e., and direct your cruelty] against yourself.

Since all this takes place on a
  • blind,
  • unconscious level,
you do not know
  • what you are doing;
you do not know
  • how you are driven,

  so you are unable to stop the destructive process.

This lecture aims to help you understand that your psychological makeup has a much deeper origin than usually assumed.

This deeper origin is the
  • profound,
  • metaphysical conflict [i.e., the conflict BETWEEN the cosmic PULL toward UNION resulting in pleasure supreme AND one’s FEAR that following the force of the cosmic pull toward union and pleasure supreme means one’s ANNIHILATION] in all human beings.
When this [i.e., When this profound, metaphysical CONFLICT BETWEEN the cosmic PULL toward UNION resulting in pleasure supreme AND one’s FEAR that following the force of the cosmic pull toward union and pleasure supreme means one’s ANNIHILATION]

is
  • perceived and
  • experienced

it is
  much easier
to eliminate
  the psychological distortions
    that
      appear
        to have originated in
          this life.

On the other hand,
  it must also be realized
    that
      the cosmic struggle
        cannot become
even vaguely conscious
  unless you gain considerable
    • insight into
      and
    • awareness of
      your unconscious.

I have given you a topic
  with which you can again,
    if you choose to do so,
      make a
depth inroad
      into your innermost self.

  • Use it,
  • explore it;
  • do
  not fear your
    innermost self.
Running away from your innermost self is tragic because you inflict upon yourself so much unnecessary pain.

Nothing else can ever create as much pain as running away from the self.

You have nothing to fear, nothing whatever.

Always look deep into yourself, without
  • defensiveness,
  without
  • anxiety.

And the more you look into yourself, the more equipped you will be to establish contact with others.
The more you run away from yourself, the more
  • superficial,
  • troublesome,
or
  • unsatisfactory
  such contact must be.

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Be in peace,
  my friends,

  be

  blessed,

  be in

  God!

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