

Pathwork Lecture 149: Cosmic Pull Toward Union – Frustration

1996 Edition, Original Given: January 13, 1967

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 data-bbox="391 898 695 968">Greetings, my dearest friends.</p> <p data-bbox="391 1010 667 1079">Be blessed, every one of you.</p> <p data-bbox="391 1121 862 1409">A great stream of divine<ul data-bbox="505 1192 862 1409" style="list-style-type: none">• strength and• blessings<ul data-bbox="545 1268 797 1304" style="list-style-type: none">• is permeating youand<ul data-bbox="545 1339 862 1409" style="list-style-type: none">• flows around you as a powerful force.</p> <p data-bbox="391 1451 862 1625">Be aware of this force, attune yourself to it, and you will perceive its reality.</p>

by Eva Broch Pierrakos

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	<p><i>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.</i></p>
04	<p><i>There is a great pull in the manifest universe in which you live.</i></p> <p><i>This pull is part of the creative principle.</i></p> <p><i>Since every individual consciousness</i><ul style="list-style-type: none"><i>• is also part of the same creative principle,</i><i>• is made of the same substance in fact,</i><p><i>this pull must exist in every individual.</i></p><p><i>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.</i></p></p>

	<p><i>What does union really mean?</i></p> <p><i>What does union with</i> <ul style="list-style-type: none">• <i>God,</i><i>or with</i> <ul style="list-style-type: none">• <i>the divine self,</i><i>really mean?</i></p> <p><i>What does union with another individual mean?</i></p> <p><i>How does this [i.e., How does this word, “union,”] apply to a human being?</i></p>
05	<p><i>First of all, the whole plan of evolution aims at</i></p> <ul style="list-style-type: none">• <i>uniting individual consciousnesses,</i> <p><i>for only in this way can</i></p> <ul style="list-style-type: none">• <i>separateness</i> <p><i>be eliminated.</i></p> <p><i>Union as a</i> <ul style="list-style-type: none">• <i>cerebral process, or</i><i>with an</i> <ul style="list-style-type: none">• <i>intangible God,</i><p><i>is not really union.</i></p></p>

*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].*

	<ul style="list-style-type: none">• <i>Life,</i>• <i>pleasure,</i> <p>• <i>contact</i> <i>and</i> • <i>oneness</i> <i>with others</i></p> <p><i>are</i> <i>the goal</i> <i>of the</i> <i>cosmic plan.</i></p>
06	<p><i>The pull</i> <i>toward unity</i> <i>aims</i> <i>to bring you out of</i> <i>seclusion.</i></p> <p><i>It [i.e., The pull toward unity, the goal of the cosmic plan]</i> <i>moves</i> <i>toward</i><ul style="list-style-type: none">• <i>contact and</i>• <i>melding.</i></p> <p><i>To follow the cosmic pull [i.e., To follow the cosmic pull toward union]</i> <i>is therefore</i></p> <ul style="list-style-type: none">• <i>blissful;</i> <p><i>it [i.e., to follow the cosmic pull toward union]</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <i>exhilarating</i> <p><i>and, at the same time,</i></p> <ul style="list-style-type: none">• <i>peaceful.</i>

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.

07

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,*

from

- misinterpretations of childhood events,*

from

- 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.***

08

***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.*

	<p><i>The distrust [i.e., The DISTRUST of the GREATEST SPIRITUAL FORCE in the universe: the FORCE PULLING toward UNION and toward LIFE itself] creates a</i></p> <p><i>deep guilt</i></p> <p><i>that often manifests</i></p> <p><i>on the surface</i></p> <p><i>as</i></p> <p><i>unjustified</i></p> <p><i>guilts</i></p> <p><i>you cannot give up.</i></p>
09	<p><i>The conflict [i.e., The CONFLICT arising from FEAR OF and OPPOSITION TO the force PULLING you toward UNION and toward LIFE itself]</i></p> <p><i>also manifests as a</i></p> <p><i>fear of</i></p> <p><i>your</i></p> <p><i>deepest instincts</i></p> <p><i>so that you</i></p> <p><i>cannot</i></p> <p><i>ever</i></p> <ul style="list-style-type: none"><i>• relax</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• be unguarded</i> <p><i>about yourself.</i></p>

*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.

10

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.

	<p>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.</p>
11	<p>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].</p> <p>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.</p>

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.

12	<p><i>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.</i></p> <p><i>But one thing can be said with certainty:</i></p> <ul style="list-style-type: none"><i>• the greater the conflict between</i><ul style="list-style-type: none"><i>• 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]</i><i>and</i><ul style="list-style-type: none"><i>• opposing it [i.e., AND OPPOSING the cosmic force pulling you toward UNION and LIFE itself],</i><i>• the greater the extent of your</i><ul style="list-style-type: none"><i>• pain</i><i>and</i><i>• problems.</i>
13	<p><i>If you cannot</i></p> <p><i>allow yourself to flow freely with</i></p> <p><i>the cosmic stream [i.e., IF you CANNOT allow yourself to FLOW FREELY WITH the cosmic stream pulling you toward UNION],</i></p> <p><i>in the deepest level of your being,</i></p> <p><i>you must</i></p> <p><i>distort</i></p> <p><i>the cosmic stream within you.</i></p>

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.

	<p><i>For how could</i></p> <ul style="list-style-type: none">• <i>nature,</i> <p><i>including</i></p> <ul style="list-style-type: none">• <i>the depth of your own nature,</i> <p><i>be opposed to</i></p> <p><i>the divine evolutionary plan?</i></p>
14	<p><i>It is</i></p> <p><i>the counter-pull [i.e., the counter-pull AWAY FROM UNION and TOWARD SEPARATION]</i></p> <p><i>in this struggle that creates</i></p> <p><i>layers [i.e. creates layers SEPARATING you from your UNDERLYING CORE]</i></p> <p><i>which seem to</i></p> <p><i>justify</i></p> <p><i>your distrust of your instinctual self.</i></p> <p><i>Only the courage to explore</i></p> <p><i>these layers within yourself [i.e., Only the courage to explore these layers within yourself that SEPARATE you from your UNDERLYING CORE]</i></p> <p><i>will lead you to the</i></p> <p><i>truth</i></p> <p><i>of your underlying core,</i></p> <p><i>which is wholly trustworthy.</i></p>

*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,*
- *evolution,*
- *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].*

15

*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].***

16

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].

	<p><i>Since the pleasure principle always remains an element in the life stream,</i></p> <p><i>it [i.e., the pleasure principle]</i></p> <p><i>then necessarily attaches itself to</i></p> <p><i>the distorted form of contact.</i></p>
17	<p><i>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,</i></p> <p><i>but where</i></p> <ul style="list-style-type: none"><i>• this force [i.e., but where this GREATEST SPIRITUAL FORCE that is PULLING one toward UNION and toward LIFE]</i> <p><i>is</i></p> <ul style="list-style-type: none"><i>• distorted,</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• pleasure becomes • negative.</i> <p><i>Since</i></p> <p><i>contact [i.e., Since contact with others] appears to hurt,</i></p> <ul style="list-style-type: none"><i>• pleasure manifests either in • hurting or in • being hurt, to a greater or lesser degree.</i>

**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.*

18

*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.*

19

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].

20

***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.**

	<p><i>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</i></p> <ul style="list-style-type: none"><i>• develop the</i><i>• courage and</i><i>• honesty</i> <p><i>to transcend the blocks that deform</i></p> <ul style="list-style-type: none"><i>• creative energy and</i><i>• divine substance</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• reconvert them into creativity.</i>
21	<p><i>It is impossible to trust</i></p> <ul style="list-style-type: none"><i>• God,</i> <p><i>to trust</i></p> <ul style="list-style-type: none"><i>• life,</i> <p><i>to trust</i></p> <ul style="list-style-type: none"><i>• nature,</i> <p><i>if one distrusts</i></p> <ul style="list-style-type: none"><i>• one's own deepest instincts.</i> <p><i>For where do these instincts [i.e., where do one's own deepest instincts] come from?</i></p>

*These instincts [i.e., One's own deepest, innermost instincts]
cannot be*

- *crushed,*

neither
can they be

- *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.*

22

*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.*

23

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.

24

*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].*

25	<p><i>It is by no means true that the only alternatives [i.e., that the only alternatives to dealing with frustration]</i></p> <p><i>are</i></p> <ul style="list-style-type: none"><i>• intense insistence,</i><i>• rigid demands,</i> <p><i>or [i.e., or, at the other extreme]</i></p> <ul style="list-style-type: none"><i>• renunciation of</i><ul style="list-style-type: none"><i>• happiness and</i><i>• fulfillment.</i> <p><i>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]</i></p> <p><i>are equally erroneous,</i></p> <ul style="list-style-type: none"><i>• leading to</i> <i>very similar results</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• stemming from</i> <i>the same underlying problem.</i> <p><i>The wrong attitude about frustration is harmful for obvious reasons.</i></p> <p><i>It impairs</i></p> <ul style="list-style-type: none"><i>• relationships,</i><i>• self-respect, and</i><i>• inner peace.</i>
26	<p><i>I shall now discuss frustration as it relates to the pleasure principle.</i></p> <p><i>The infant, striving for its pleasure, is</i></p> <p><i>in its blindness incapable of tolerating frustration because it ignores future possibilities.</i></p>

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.***

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.*

27

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.

28

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.*

29

*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.*

30

*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,"
they [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.*

31

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.*

32

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.**

33

*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.*

34

*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.*

35

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.*

36

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,**

while

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.*

37

*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.*

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*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.***

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***I have given you a topic
with which you can again,
if you choose to do so,
make a
deep 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.*

	<p><i>The more you run away from yourself, the more</i></p> <ul style="list-style-type: none">• <i>superficial,</i>• <i>troublesome,</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>unsatisfactory</i> <p><i>such contact must be.</i></p>
40	<p><i>Be in peace, my friends,</i></p> <p><i>be blessed,</i></p> <p><i>be in God!</i></p>

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