

# Pathwork Lecture 129: Winner Versus Loser: Interplay Between the Self and Creative Forces

1996 Edition, Original Given: November 27, 1964

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

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

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

Gary Vollbracht

¶	Content
03	<p style="text-align: center;"><b><i>Greetings, my dearest friends.</i></b></p> <p style="text-align: center;"><b><i>God bless every one of you.</i></b></p> <p style="text-align: center;"><b><i>Blessed be this lecture.</i></b></p>
04	<p style="text-align: center;"><b><i>Last time [See Lecture 128 Limitations Created Through Illusory Alternatives, given October 30, 1964]</i></b></p> <p style="text-align: center;"><b><i>we discussed the</i></b></p> <p style="text-align: center;"><b><i>arbitrary</i></b></p> <p style="text-align: center;"><b><i>either/or concepts</i></b></p> <p style="text-align: center;"><b><i>that</i></b></p> <p style="text-align: center;"><b><i>all human beings</i></b></p> <p style="text-align: center;"><b><i>harbor.</i></b></p>

by Eva Broch Pierrakos

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*They [i.e., These ARBITRARY either/or concepts that ALL human beings harbor]  
are  
the very fences  
that hold you  
imprisoned.*

*Now I want to discuss  
one of your  
• greatest limitations,  
one of the  
• most common*

*either/or concepts:*

*the attitude toward life  
of  
• winning  
versus  
• losing.*

*According to this concept [i.e., According to this concept of winning versus losing],  
being a*

*• winner*

*means*

*to be*

- ruthless,*
- selfish,*

*to*

- trample and*
  - triumph*
- over others*

*and*

- belittle*
- them.*

*There is*

*no room for*

- consideration,*
- kindness, or*
- sympathy*

*[i.e., NO ROOM for consideration, kindness  
or sympathy FOR OTHERS].*

*If these emotions [i.e., If emotions of consideration,  
kindness, or sympathy toward others]  
were allowed,  
one would  
fear  
to become a  
loser.*

*Being a*

- *loser*

*means  
to be*

- *unselfish,*
- *self-sacrificing,*
- *good,*
- *kind, and*
- *considerate.*

*Some people adopt*

- *one alternative [i.e., adopt either the alternative of being a “winner”  
or the alternative of being a “loser”],*

*some*

- *the other,*

*but*

*all*

*fear*

*the consequences of*

*the opposite choice [i.e., “WINNERS” FEAR the  
CONSEQUENCES of exhibiting characteristics of “LOSERS” –  
being unselfish, self-sacrificing, good, kind, and considerate,  
AND “LOSERS” FEAR the CONSEQUENCES of exhibiting  
characteristics of “WINNERS” – being ruthless, selfish,  
trampling and triumphing over others and belittling them].*

	<p><i>Neither one of the two choices [i.e., Neither the choice to be a WINNER compared to others nor the opposite choice to be a LOSER compared to others]</i></p> <p><i>is</i></p> <p><i>"better"</i></p> <p><i>or</i></p> <p><i>"worse"</i></p> <p><i>than the other:</i></p> <p><i>both</i></p> <p><i>contain</i></p> <p><i>the identical misconception,</i></p> <p><i>and</i></p> <p><i>the results of</i></p> <p><i>both are</i></p> <ul style="list-style-type: none"><li><i>• loneliness,</i></li><li><i>• resentment,</i></li><li><i>• self-pity,</i></li><li><i>• self-contempt, and</i></li><li><i>• frustration.</i></li></ul>
05	<p><i>When two people</i></p> <p><i>involved in a relationship</i></p> <p><i>have adopted</i></p> <p><i>opposing choices [i.e., one choosing WINNER over the other as preferable, the other choosing LOSER to the other as preferable],</i></p> <p><i>the relationship</i></p> <p><i>must be fraught with</i></p> <p><i>friction</i></p> <p><i>to the point of</i></p> <p><i>hopelessness.</i></p> <p><i>Each</i></p> <p><i>resents</i></p> <p><i>in the other</i></p> <p><i>what he or she</i></p> <ul style="list-style-type: none"><li><i>• fears</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• fights</i></li></ul> <p><i>in himself.</i></p>

**The "winner"**

**fears** [i.e., The WINNER FEARS the CONSEQUENCES of exhibiting characteristics of "LOSERS" – being unselfish, self-sacrificing, good, kind, and considerate of others, and hence the "WINNER" FEARS the consequences of having]

- impulses of genuine affection

as much as

**fearing** [i.e., fearing the consequences of having]

- weakness and
- desire for dependency.

**The loser**

**fears** [i.e., The LOSER FEARS the CONSEQUENCES of exhibiting characteristics of "WINNERS" – fears being ruthless, selfish, trampling and triumphing over others and belittling them, and hence the "LOSER" FEARS the consequences of having]

the

- resentments and

the

- selfish impulses because

the striving for goodness

according to

- false,
- limited

concepts

and

- rigid
- outer

rules –

especially when combined with private pseudo-solutions –

may produce a need for

**total approval** [i.e., total approval for always being good, never selfish,] from others.

Thus the

"loser"

may be unable to stand any form of

**criticism** [i.e., criticism for being selfish, ruthless, belittling others], even if it is unjustified.

	<p><b>What these two resent most in the other is their own hidden tendency toward the opposite choice [i.e., the WINNER RESENTS in the LOSER the WINNER'S OWN hidden tendency toward characteristics of the LOSER – being unselfish, self- sacrificing, good, kind, and considerate, AND the LOSER RESENTS in the WINNER the LOSER'S OWN hidden tendency toward characteristics of the WINNER – being ruthless, selfish, trampling and triumphing over others and belittling them].</b></p>
06	<p><b>Most human beings harbor this false concept [i.e., this false either/or concept and attitude of being either a WINNER or a LOSER] at least in some measure.</b></p> <p><b>Some experience it as a</b></p> <ul style="list-style-type: none"><li><b>• general overall climate in their life,</b></li></ul> <p><b>others</b></p> <ul style="list-style-type: none"><li><b>• only in certain areas [i.e., others experience this false concept of being either a WINNER or a LOSER in only certain areas of their life].</b></li></ul> <p><b>They have a vague feeling which, translated into concise words, would be,</b></p> <p><b>"If I cannot have what I want, I must lose,"</b></p> <p><b>or,</b></p> <p><b>"In order not to lose, I must</b></p> <ul style="list-style-type: none"><li><b>• be tough and</b></li><li><b>• disregard others."</b></li></ul>

**The latter** [i.e., *The WINNER whose vague feeling, if translated into words, would be, "In order NOT to LOSE, I MUST be tough and disregard others,"*]  
**is convinced of**  
**ultimately**  
**losing too,**  
**unless**  
**he or she** [i.e., *UNLESS he or she, in order to WIN and NOT to LOSE,*]

**is willing to**  
**sacrifice**  
**the need for human**  

- **warmth,**
- **appreciation and**
- **love.**

**This** [i.e., *Sacrificing the need for human warmth, appreciation, and love,*]  
**is a**  
**high price to pay,**  
**even if it were**  
**true**  
**that then**  
**one could win.**

**But because**  
**one never allows oneself**  
**to**  

- **relax,**

**to**  

- **let one's guard down,**

**to**  

- **let go,**

**the "winner"**  
**cannot**

**experience**

**that the sacrifice of**  
**human warmth**  
**is motivated by**

**a false idea** [i.e., *the FALSE IDEA that one MUST WIN to have what one wants, and NEVER LOSE*].

	<p><b>The "winner"</b> <b>believes that there is</b> <b>a chance to</b> <b>win</b> <b>at the cost of crippling</b> <b>one's very being</b> [i.e., The "winner" believes that there is a chance to WIN even though the COST is the CRIPPLING one's VERY BEING: SACRIFICING the need for human WARMTH, APPRECIATION, and LOVE,].</p> <p><b>Since this</b> [i.e., Since crippling one's very being by sacrificing one's need for human warmth, appreciation and love]</p> <p><b>is</b></p> <p><b>no way to</b> <b>victory,</b></p> <ul style="list-style-type: none"><li>• <b>the negativity</b> <b>increases</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>one begins to</b> [i.e., and without warmth one is NOT WINNING, so one begins to] <b>doubt</b> <b>one's</b><ul style="list-style-type: none"><li>• <b>self,</b></li></ul><b>one's</b><ul style="list-style-type: none"><li>• <b>strength,</b></li></ul><b>one's</b><ul style="list-style-type: none"><li>• <b>adequacy.</b></li></ul></li></ul>
07	<p><b>It is of great importance</b> <b>in this phase of the pathwork</b> <b>to detect</b> <b>the subtle climate</b> <b>which causes you to</b><ul style="list-style-type: none"><li>• <b>assume,</b></li><li>• <b>anticipate,</b></li></ul><b>and therefore</b> <b>either</b><ul style="list-style-type: none"><li>• <b>fight</b> <b>in an unproductive way</b> <b>against</b> <b>losing,</b></li></ul><b>or</b><ul style="list-style-type: none"><li>• <b>resign yourself to it</b> [i.e., RESIGN yourself to LOSING].</li></ul></p>



**Do you feel you  
have to be the**  
• **cruel**  
**one,**  
**in order not to be the**  
• **poor,**  
• **stupid**  
**one?**

**Or do you  
resign yourself  
to the latter role [i.e., resign yourself to the role of being  
the “poor,” “stupid” one],**  
**priding yourself on  
your decency,**  
**while you are merely  
not daring to  
defy the**  
• **world**  
**and the**  
• **rules**  
**which seem to decree that**  
• **goodness**  
**means**  
• **deprivation?**

**In both attitudes [i.e., In both the attitude of FIGHTING AGAINST LOSING  
by being cruel and the attitude of RESIGNING  
yourself TO LOSING by being poor and stupid],**

• **guilt [i.e., guilt for being cruel  
in order to get what you want and not to lose]**  
**and**  
• **uncertainty [i.e., uncertainty about whether or not or how you will ever  
receive what you want]**  
**are**  
**inevitable.**

**The "winner"**  
**makes strenuous demands**  
**on the**  
**• self**  
**which are**  
**not only**  
**• impossible to realize,**  
**but**  
**• destructive for all concerned.**

**The "loser", on the other hand,**  
**makes demands**  
**upon the**  
**• world**  
**and on**  
**• others**  
**to reward the self**  
**for the**  
**sacrificed happiness.**

**Since the "loser"**  
**does**  
**not go out to obtain**  
**his or her**  
**own fulfillment,**  
**others**  
**must**  
**• obtain it [i.e., obtain his fulfillment]**  
**for him and**  
**• offer it [i.e., offer him fulfillment]**  
**as a reward for the**  
**• self-sacrifice**  
**and**  
**• "goodness."**

**This demand [i.e., This DEMAND for FULFILLMENT by the "loser," achieved by the "loser" DEMANDING that OTHERS GIVE him FULFILLMENT] cannot be fulfilled.**

08

**This**  
**"win or lose"**

**concept** [i.e., This concept where you *EITHER* aggressively and cruelly strive for fulfillment, if necessary triumphing over others to obtain it, *OR*, on the other hand where you resign yourself to "losing" and thereby demand that others and the world reward your "goodness" and "sacrifice" with fulfillment]

**is**  
**tragically wrong.**

**It** [i.e., This "win or lose" concept and attitude]

**is**  
**so unnecessary.**

**It** [i.e., This "win or lose" concept and attitude]

**is**  
**tragic**  
**because**  
**what you deeply believe** [i.e., because this "win or lose" concept and attitude that you *DEEPLY BELIEVE* to be *TRUE*]  
**must**

**appear**

**to be true,**

**since you have**  
**started out**  
**to shape your behavior**  
**according to**  
**this belief.**

**As you know,**

**images** [i.e., images or beliefs such as this "win or lose" image that you *DEEPLY BELIEVE* to be *TRUE*]

**always**  
**appear**  
**to confirm**

**their wrong conclusions** [i.e., here, this *IMAGE* you hold of the "win or lose" concept *APPEARS* to confirm that *EITHER* your striving and triumphing over others *DOES* indeed "win" fulfillment *OR*, on the other hand, *APPEARS* to confirm that your resigning to "losing" *DOES* indeed bring fulfillment from others as a reward for your "goodness" and "sacrifice"].

	<p><i>Whether you sacrifice</i></p> <ul style="list-style-type: none"><li>• <i>human decency</i></li></ul> <p><i>in order to gain your</i></p> <ul style="list-style-type: none"><li>• <i>rights and</i></li><li>• <i>fulfillments,</i></li></ul> <p><i>or whether you sacrifice</i></p> <p><i>the latter [i.e., sacrifice your rights and fulfillments]</i></p> <p><i>in order to gain</i></p> <ul style="list-style-type: none"><li>• <i>the former [i.e., to gain human decency],</i></li></ul> <p><i>you must lose.</i></p>
09	<p><i>The belief that</i></p> <p><i>only these two alternatives [i.e., The belief that ONLY these two alternatives, in which you must either 1) SACRIFICE human decency in order to GAIN your rights and fulfillments or you must 2) SACRIFICE your rights and fulfillments in order to GAIN human decency]</i></p> <p><i>exist</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>wrong and</i></li><li>• <i>very limiting:</i></li></ul> <p><i>it is indeed possible</i></p> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>assert your rights</i></li></ul> <p><i>and</i></p> <p><i>to</i></p> <ul style="list-style-type: none"><li>• <i>reach out for what you want</i></li></ul> <p><i>without</i></p> <ul style="list-style-type: none"><li>• <i>being cruel</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>depriving anyone of anything.</i></li></ul>

*In fact,  
it is necessary  
to reach out for  
what you want.*

*But when you are  
convinced of  
your limited wrong conclusion [i.e., your WRONG CONCLUSION that in  
reaching out for what you want you must strive to WIN, you must  
be aggressive and cruel and must thereby sacrifice human decency],  
it must make you  
feel guilty [i.e., make you feel guilty for your AGGRESSIVENESS and CRUELTY]  
as you reach out for  
what you wish –  
hence  
a subtle*

*no-current*

*will barricade the way [i.e., the way to fulfillment].*

10

*By the same token,  
it  
is  
possible occasionally  
to forfeit  
your own  
immediate  
advantage  
for the sake of  
a loved one,*

*without*

*forever*

*giving up  
all  
your  
• rights  
and  
• advantages.*

***It is indeed possible to say***  
***• yes***  
***to your own happiness without saying***  
***• no***  
***to consideration of others.***

***The more you are convinced on all levels of your being of this truth [i.e., this truth that you CAN say YES to your own happiness WITHOUT saying NO to the consideration of others],***  
***the less conflict will there be between the advantages of***  
***• the self***  
***and those of [i.e., and the advantages of]***  
***• others.***

***The more you***  
***• embrace reality***  
***and***  
***• widen your horizon,***  
***the more you break through the barrier which presents reality as much***  
***• harder and***  
***• harsher***  
***than it actually is.***

***The either/or choices [i.e., The either/or choices of EITHER 1) YOUR happiness and advantages and WINNING while the OTHER LOSES OR 2) the OTHER'S happiness and advantages and WINNING while YOU LOSE]***  
***shed a dismal light on life.***

*Both [i.e., BOTH the choice of you winning and the other losing AND  
the choice of the other winning and you losing]  
are  
poor  
and  
between the two  
it is impossible to find  
the right decision.*

*Neither alternative  
is preferable.*

*To discover that  
this kind of choice  
does not have to be made  
brings incredible liberation  
from*

- guilt,*
- unhappiness,*
- frustration,*

*from*

- helplessly waiting for  
something  
that others can  
never provide.*

*It [i.e., Discovering that this kind of EITHER/OR CHOICE (the choice of EITHER  
you winning and the other losing OR the choice of the other winning and  
you losing) DOES NOT have to be made]  
frees you  
from*

- weakness and*
- dependency,*

*from the need*

- to belittle and*
- to triumph  
over others.*

*When this widened outlook on life  
is assimilated by your  
innermost consciousness,*

- peace and*
- certainty*

*must fill you.*

11

*For some of you, my friends,  
it is possible to  
feel  
the subtle climate of  
the hidden atmosphere of  
either/or.*

*Extended progress on your path  
has brought you face to face with  
the climate  
you  
emanate.*

*Although it [i.e., Although the subtle CLIMATE of the HIDDEN  
atmosphere of either/or]*

*is  
very distinct,  
it will  
not  
be immediately accessible  
to your awareness*

- until*
- and*
- unless*

*you have explored  
the depths of  
your innermost self.*



12

**When you have**

- **reached**

**this awareness** [i.e., *When you have reached this awareness of the subtle climate of the hidden atmosphere of either/or in the depths of your innermost self*]

**and**

- **found the areas in which you take**

- **the limitation to two equally undesirable choices** [i.e., *the choices of EITHER 1) you winning and the other losing OR 2) the choice of the other winning and you losing*] –

**and**

- **the resulting hopelessness about**
  - **winning or**
  - **obtaining fulfillment –**

**for granted,**

**you will**

**clearly understand**

**why you**

- **are unfulfilled in certain areas,**

**why you**

- **have difficulties,**

**and**

**why life is**

- **so hard**

**and**

- **so fraught with anxiety.**

**It is this**

- **very negative,**
- **false**

**idea** [i.e., *It is this very negative and false idea that you are limited to only two equally undesirable choices: EITHER 1) the choice of you winning and the other losing OR 2) the choice of the other winning and you losing*]

**that creates the hardship.**

	<p><b>Bring out into the open</b> <b>how such a false concept of life</b> [i.e., <i>HOW such a false concept of life – the concept that you are limited to ONLY TWO equally undesirable choices: EITHER 1) the choice of you winning and the other losing OR 2) the choice of the other winning and you losing</i>] <b>exerts its influence on you.</b></p> <p><b>Translate your</b> <b>emotional reactions</b> <b>into concise words.</b></p> <ul style="list-style-type: none"><li>• <b>Analyze their</b> [i.e., <i>Analyze your EMOTIONAL REACTIONS</i>'] <b>significance</b></li></ul> <p><b>and then</b></p> <ul style="list-style-type: none"><li>• <b>compare the result</b> <b>with those areas of your life</b> <b>where you are</b><ul style="list-style-type: none"><li>• <b>healthier</b></li></ul><b>and</b><ul style="list-style-type: none"><li>• <b>fulfilled</b> <b>because you are</b> <b>in</b> <b>reality</b> [i.e., <i>in reality rather than in the either/or concept</i>].</li></ul></li></ul>
13	<p><b>Coming face to face with</b> <b>the inner expectancy</b> <b>of ending up as</b> <b>a "loser"</b> <b>one way or another</b> [i.e., <i>of ending up a "loser" either way – EITHER you "win" and the other "loses" (and thereby you lose human decency) OR the other "wins" and you "lose"</i>] <b>is a crucial step</b> <b>in the evolution of an individual.</b></p> <ul style="list-style-type: none"><li>• <b>The full realization</b> [i.e., <i>The full realization that you END UP a LOSER</i>] <b>of your limited outlook</b> [i.e., <i>of your outlook when limited to EITHER 1) winning and the other losing OR 2) the other winning and you losing</i>] <b>signifies a major inner transition,</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>the result</b> <b>is the</b> <b>giving up of the limited choice.</b></li></ul>

*It [i.e., The full realization that you END UP a LOSER either way when your choices are limited to either 1) you winning and the other losing or 2) the other winning and you losing]*

*means*

*knowing  
the truth  
that*

- love*
- and*
- self-assertion  
can coexist –*

*in fact, they [i.e., LOVE and SELF-ASSERTION]  
are interdependent.*

*You can then envisage*

*the many other choices [i.e., ENVISAGE the MANY choices OTHER THAN  
only two choices: EITHER 1) you win and the other loses  
OR 2) the other wins and you lose]*

*you have on  
any given issue.*

*You will then see  
how*

*the truth*

*has  
always existed –*

*that*

- reaching out for  
what should be yours,  
without*
- hesitancy*
- and*
- guilt,*

*and at the same time*

- opening yourself up  
to the other person,*

*no longer appear as  
contradictions.*

***In fact,***  
***you must then*** [i.e., you must then, when you see the TRUTH that reaching out  
for what should be yours and also opening yourself up to  
the other person are no longer contradictions,]  
***experience***  
***that***  
***the more***  
***you open yourself up for***  
***• your own fulfillment,***  
***the more***  
***you embrace***  
***that of others*** [i.e., you embrace the fulfillment of others],  
  
***being willing to***  
***grant***  
***and***  
***give***  
***it*** [i.e., grant and give fulfillment]  
***to them.***

***Conversely,***  
***the less***  
***you feel***  
***you deserve fulfillment yourself,***  
***closing up to it*** [i.e., closing up to your own fulfillment]  
***because of***  
***false concepts,***  
  
***the more***  
***you***  
***automatically***  
***prevent***  
***the fulfillment of others.***

***You must then*** [i.e., You must then, when you close up to reaching out for  
your own fulfillment,]  
***deprive others***  
***in order to***  
***fulfill yourself,***  
  
***for how can you***  
***give them***  
***the fulfillment***  
***that you feel***  
***you***  
***have no right to receive?***

	<p><i>After this particular transition [i.e., After this transition when you see the TRUTH that reaching out for what should be yours and simultaneously opening yourself up to the other person are no long contradictions, and further EXPERIENCE that the more you open up to your own fulfillment then the more you automatically embrace the fulfillment of others],</i> <b>you once again experience the great truth that does away with mutual exclusiveness.</b></p> <p><b>From an</b> • <i>either/or consciousness</i> <b>you change into</b> • <i>one of [i.e., you change into a consciousness of]</i> • <i>fullness</i> <b>and</b> • <i>inclusiveness.</i></p>
14	<p><b>My advice is to examine your winner/loser conflict as</b> • <i>your general attitude toward life,</i> <b>as well as</b> • <i>in specific areas of your personality.</i></p> <p><b>Humanity's tendency to escape reality is often not</b> • <i>based on the fear of</i> • <i>facing unpleasant aspects,</i> <b>but,</b> • <i>just as often and</i> • <i>on a deeper level,</i> <b>on people's fear of</b> • <i>happiness,</i> • <i>fulfillment, and</i> • <i>fullness of living.</i></p>

*In order to  
realize*  
• *personal expansion*  
*and*  
• *self-expression*  
*with its concomitant*  
• *bliss,*

*it is necessary*  
*to tap*  
• *one's own inner resources*

*and*  
*to find*  
• *the well of*  
*divine strength*  
*deep within the psyche,*  
*with all its*  
• *truth and*  
• *love.*

*Yet this [i.e., Yet tapping one's OWN inner resources and finding the well of  
DIVINE STRENGTH deep within the psyche, with all its TRUTH and LOVE]*

*seems such an*  
• *impossible*  
*and*

• *dangerous*  
*undertaking*  
*for many*  
*that they*

• *pretend*  
*that life is*  
• *dismal and*  
• *hopeless,*

*clinging to*  
*others*

*to*  
• *sustain and*  
• *save*  
*them,*

*rather than*  
• *forfeit*

*this false salvation [i.e., forfeit this FALSE salvation of  
clinging to OTHERS to sustain and SAVE them].*

**They** [i.e., Those for whom tapping one's OWN inner resources and finding the well of DIVINE STRENGTH deep within the psyche, with all its TRUTH and LOVE, seems to be an impossible and dangerous undertaking and hence who instead PRETEND that life is dismal and hopeless, clinging to OTHERS to sustain and save them rather than forfeiting this FALSE SALVATION, false because OTHERS cannot give them what they can obtain only through their own resources and well of divine strength,]

**can then**

**flatter themselves**

**that they are**

- realistic,

**because it often**

**appears**

**more realistic**

**to accept**

- suffering and

- pain

**than to**

**allow for**

- constructive living

**and**

- the possibility of happiness,

**which is**

**all too often**

**regarded as**

- unrealistic.

**For many,**

**it is so much harder**

**to face the fact**

**that**

**life**

**could be**

- meaningful and

- beautiful,

**because accepting that** [i.e., because ACCEPTING that life could be MEANINGFUL and BEAUTIFUL]

**requires**

**the courage**

**to look at**

**the truth**

**within**

**the self.**

15

*To the degree  
that*  
• *truth*  
is  
• *faced*  
*and*  
• *understood,*  
*you become*  
*a creator of*  
*your own life,*  
  
*thereby*  
*continuing*  
*the creative process*  
*of the universe.*

*There is*  
*no limit*  
*to how far you can go*  
*in expressing*  
• *beauty,*  
• *wisdom,*  
• *happiness,*  
• *fulfillment,*  
• *productivity –*  
*for*  
• *yourself*  
*and*  
*for*  
• *others.*

*To the degree*  
*that*  
*you liberate yourself from*  
*either/or concepts,*  
*fear*  
• *gives way to*  
  
• *truth,*  
*and*  
*you*  
  
• *expand.*



*[To the degree that TRUTH is faced and understood and  
to the degree that you LIBERATE yourself FROM EITHER/OR concepts]*

**Your**

- *psychic life processes*
- *reach out,*

**your**

- *individuality*
- *stretches*
- and*
- *expresses*  
*the potential*  
*beauty of life.*

**Your**

*readiness*  
*to express*  
*the dynamic process of life*  
*in its*

- *marvel and*
- *bliss*

*must*

*make*

- *bliss*
- a reality,*

*for you have become*  
*receptive to*

- *truth.*

16

*To realize this [i.e., To REALIZE this bliss  
in expressing the dynamic process of life]*

*it is important to*

- *understand*

*and*

- *express*

*the proper balance*

*between*

- *the self*

*and*

- *the universal powers*

*that are constantly at work  
in any creative process.*

*How do*

- *they [i.e., How do the universal powers]*

*interact with*

- *the self?*

*To what extent*

*is*

- *the self  
engaged?*

*To what extent*

*are*

- *universal powers  
engaged?*

***This equilibrium [i.e., This EQUILIBRIUM  
between the SELF and the UNIVERSAL POWERS]  
is essential  
for the creative process,  
whether this means  
the creation of  
• a living being,  
the creation of  
• art  
or  
• science,  
• a relationship,  
or  
• the particular  
• manner,  
• style, and  
• atmosphere  
of your personal fate.***

***Wherever  
creation  
takes place,  
universal powers  
must be at work.***

17

***People are often  
confused  
in this respect [i.e., confused in respect to HOW  
the UNIVERSAL CREATIVE POWERS and the SELF  
INTERACT in the CREATING PROCESS].***

***They sense that  
without  
these creative powers [i.e., without UNIVERSAL CREATIVE POWERS]  
nothing of value  
can come into existence.***

*On the other hand,  
every enlightened philosophy  
teaches that  
men and women*

- *are the masters of their fate*

*and*

- *must create their lives  
in accordance with  
their personal inclinations.*

- *Happiness or*
- *unhappiness  
is the result  
of*

- *the personality,*

*of*

- *beliefs,*
- *attitudes and*
- *concepts.*

*Again,  
you are confronted with  
an either/or:*

*you believe that you must make a  
choice  
between  
either*

- *disregarding these creative powers  
[i.e., disregarding these universal creative powers]*

*and*

- *trusting [i.e., trusting ONLY]  
the outer*

- *mind and*

- *will,*

*which*

- *cannot get you very far,*

*or*

- *not trusting the self at all,*

*and*

- *externalizing the universal powers  
into an outer deity,*

*which [i.e., this outer deity, which]*

- *must let you down.*

**Both alternatives [i.e., Both 1) the alternative of trusting only your outer mind and disregarding these universal creative powers and 2) the opposite alternative of not trusting the self at all and instead trusting the universal powers you now ascribe to and project onto an outer deity]**

**are disappointing,  
because**

**they [i.e., because these two opposite alternatives – either 1) trusting the SELF exclusively or 2) trusting GOD exclusively]**

- **are the result of**
  - **misunderstanding,**
  - **exclusiveness and**
  - **limitation**

**and**

- **result further in the inability to trust**

**either**

- **the self**

**or**

- **God.**

**The balance  
between**

- **the self-directing mind**

**and**

- **the creative universal powers**

**is upset**

**the moment the choice  
becomes a question of**

- **one**
- versus**
- **the other.**

18

**In order to comprehend**

**the proper balance [i.e., the proper between the SELF-DIRECTING MIND  
and the CREATIVE UNIVERSAL POWERS],**

**it is necessary**

**to understand**

**the function of**

- **both.**

*The part of the self  
is to*

*want  
the*

- *right,*
- *constructive  
thing.*

*I do not speak [i.e., I do NOT speak of the “right”]  
in moralistic terms.*

*I refer to [i.e., By “the right, constructive thing” I refer to]  
any simple human fulfillment  
that you  
deeply  
yearn for.*

*You are  
supposed to*

*experience it [i.e., You are SUPPOSED to EXPERIENCE  
ANY simple human fulfillment for which you DEEPLY yearn],*

*but you  
can't*

*if you have been conditioned to believe  
that*

*personal happiness*

- *is selfish,*
- *will extract from you a price*
  - *you are incapable of paying,*
- or*
- *which seems excessive.*

*Happiness  
must*

*further*

*not only individual*

- *self-expression,*
- *expansion, and*
- *the inner manifestation of the divine,*

*but must do the same*

*also for  
others*

*around such a happy person.*

	<p><i>If you manifest your inherent potential, • everything and • everyone you come in contact with must be positively affected.</i></p> <p><i>The more • intense the contact [i.e., The more INTENSE the CONTACT with OTHERS], the greater • the effect [i.e., the greater the effect of your inherent potential you manifest].</i></p> <p><i>This applies to happiness • of every kind, not just to • some socially approved forms.</i></p>
19	<p><i>A superficial desire for fulfillment  is not enough.</i></p> <p><i>Taking for granted that you want it [i.e., that you want fulfillment] because it [i.e., because fulfillment] seems the obvious aim  is not enough.</i></p> <p><i>Leaving the desire [i.e., Leaving the desire for fulfillment] in a • hazy, • unformulated fog  is not enough.</i></p>

*All*

- *unconscious countercurrents,*

*all*

- *misconceptions,*  
*must be dislodged.*

*I have often said that*

*the more*

- *tense and*
- *strenuous*  
*your desire,*

*the more an*

- *unconscious countercurrent*  
*must exist.*

- *Truly*

*and*

- *relaxedly*

*wanting*

*the desirable result*

*can only happen*

*when you*

- *find*

*and*

- *remove*

*unconscious*

- *reservations,*
- *limitations,*
- *doubts,*

*and*

- *opposite desires.*

*If you are*

*afraid of*

*not obtaining*

*the desired result,*

*you must*

*somewhere in your psyche*

*fear*

*the desired result [i.e., fear the desired result you fear not obtaining].*



	<p><b>Finding</b> <i>this contradiction [i.e., FINDING this CONTRADICTION where you CONSCIOUSLY WANT the desired result and are AFRAID of NOT OBTAINING it, yet UNCONSCIOUSLY FEAR this very same result you consciously WANT and that you are AFRAID of NOT OBTAINING]</i> <b>means</b></p> <ul style="list-style-type: none"><li>• <i>great liberation</i></li></ul> <p><b>and a</b></p> <ul style="list-style-type: none"><li>• <i>giant step</i></li></ul> <p><i>closer to the fulfillment.</i></p>
20	<p><b>You may ask</b> <i>why</i> <i>you should fear</i> <i>happiness.</i></p> <p><b>You may</b> <i>fear</i></p> <ul style="list-style-type: none"><li>• <i>the abandonment to it [i.e., the abandonment to happiness],</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li>• <i>that bliss</i> <i>will make you</i> <i>lose control of yourself.</i></li></ul> <p><b>You may</b> <i>fear</i></p> <ul style="list-style-type: none"><li>• <i>the obligation</i> <i>accruing from it [i.e., the obligation accruing from happiness].</i></li></ul> <p><b>Or, you may</b> <i>fear</i></p> <ul style="list-style-type: none"><li>• <i>your inadequacy to</i><ul style="list-style-type: none"><li>• <i>obtain or</i></li><li>• <i>maintain</i></li></ul><i>it [i.e., FEAR your inadequacy to obtain or maintain happiness].</i></li></ul> <p><b>Wanting</b> <i>a goal does</i> <i>not</i> <i>exclude the fact that</i> <i>in your unconscious</i> <i>something says</i> <i>no</i> <i>to it.</i></p>

*So, when I say that  
the self's part  
in the mutual interplay  
between*

- the self*

*and*

- the creative powers*

*is the  
wholehearted  
wanting  
of happiness,*

*that is  
not always  
as simple as it sounds.*

- How  
it [i.e., HOW happiness]  
is wanted,*
- what soul movements  
accompany this wanting [i.e., this wanting of happiness],  
  
has first to be determined.*

*In order to get to  
this point [i.e., this point of knowing HOW happiness is wanted and WHAT  
SOUL MOVEMENTS accompany this wanting of happiness],  
two factors  
are necessary:*

*the first  
is exploring*

- your most subtle reactions [i.e., emotional reactions],*
- where and*
- why*

*you say  
no  
to what you want most.*

*You must  
know  
that you  
say no in some fashion  
if the result  
remains unrealized.*

***The second factor [i.e., The second factor that is necessary to get to this point of knowing HOW happiness is wanted and WHAT SOUL MOVEMENTS accompany this wanting of happiness],***

***is to***

***clearly express***

- in so many words,***
- with your whole being,***

***that***

***this [i.e., that this happiness]***

***is***

***what you want.***

***Observe your  
inner reflexes***

***as you do so [i.e., as you clearly express with your whole being that this happiness IS what you WANT].***

***Are you  
relaxed***

***when you express it [i.e., when you express with your whole being that this happiness IS what you WANT]?***

***Do you assume***

***that it [i.e., that this happiness]***

***is***

- possible,***

***or do you assume***

***that it [i.e., that this happiness]***

***is***

- impossible?***

***If you can give yourself  
truthful answers to these questions  
by observing  
your soul-movements,***

***you are closer to  
eliminating the obstructions  
than when you***

- ignore them [i.e., than when you ignore your soul-movements]***
- and***

- believe yourself  
free from***

***any countercurrents.***

21

*Apart from  
this*

- *relaxed wanting,  
without*
- *urgency,*
- *compulsion,*
- *tension and*
- *fear,*

*it is necessary  
for the self  
to know  
the truth,*

*as we discussed in the lecture on that subject [i.e., to KNOW the  
TRUTH – as in Lecture 123: Liberation and Peace by  
Overcoming Fear of the Unknown, given April 3, 1964].*

*If you wish a  
particular fulfillment  
and do not have it –*

*whether it be an overall issue,  
like*

- *success in a career,*
- *health,*
- *a fruitful mutuality,*
- *good friends,*
- *liberation from an inner problem,*

*or a*

- *link in the chain  
toward attaining any of these results,*
- *the*

- *finding and*
- *dissolving*

*of*

- *obstructions,*

*of*

- *attitudes*

*that hinder you –*

*you must  
know  
that*

- *experiencing  
the fulfillment  
is within*

- *the scheme of Creation.*

- *It [i.e., You must know that experiencing this particular fulfillment]*
    - *is*
      - *good and*
      - *right*
- for all concerned,*
- and*
- *there is*
    - nothing*
      - *destructive or*
      - *wrong*
- about it.*

*You must contemplate*  
*its effects [i.e., the effects of your experiencing this particular fulfillment]*  
*on*

- *yourself and*
- *others*

*from*  
*every conceivable point of view*  
*in order to convince yourself*  
*that*  
*your*

- *wishing and*
- *striving*

*for fulfillment*  
*is constructive.*

*You must see*  
*that*  
*every generalization you have made*  
*about*  
*why*  
*you were*  
*not supposed to be entitled to it,*  
*was –*  
*perhaps because*  
*a mass image prohibited it –*  
*without*  
*any*

- *justification,*
- *logic, or*
- *meaning.*

22

***This conviction*** [i.e., *This CONVICTION that your experiencing this particular fulfillment is within the scheme of Creation and is right for all concerned, and that there is nothing destructive or wrong about it*]

- ***will strengthen***  
***your desire***

***and***

- ***will remove***  
***the false guilt***  
***which made you***  
***choose***  
***deprivation.***

***It*** [i.e., *This CONVICTION*]

- ***will enable you***  
***to firmly declare***  
***that***  
***you***  
***want***  
***to have fulfillment***  
***and***  
***you know it depends on***
  - ***you***  
***to obtain it.***

***You***

***not only***

- ***want it*** [i.e., *You not only WANT this particular fulfillment*],

***but***

- ***know***  
***that***  
***you are***  
***going to have it***

***and***

***that***

***you***

***must***

***have it***

***to the extent that you***  
***remove***

- ***doubt***
- and***
- ***negativity.***

**Declare that**  
**its results** [i.e., *Declare that the RESULTS of this particular fulfillment*]  
**must be**  
**beneficial**  
**for**  

- yourself

**and**  
**for**  

- others.

**Visualize**  
**how this**  
**will be so** [i.e., *VISUALIZE specifically HOW the results of this particular fulfillment will benefit both OTHERS and YOURSELF*].

**Strengthen your will**  
**to remove**  
**all**  

- obstructions within yourself,

**all**  

- false ideas that keep you fenced in.

**To the degree that you are**  

- relaxed

**and**  

- determined

**in such a declaration,**  
**you approach**  
**the fulfillment,**  
  
**because**  
**to the same degree**  
**you are**  
  
**living up to**  
**your end of the bargain.**

**With such a commitment** [i.e., *With such a relaxed and determined commitment to this particular fulfillment*]  
  
**you**  
**automatically**  
**set**  
**the creative powers**  
**in motion.**

*This [i.e., This setting the creative powers of the universe in motion through your relaxed and determined commitment to this particular fulfillment]*

*must*

*produce results,*

*which then  
justify*

*entrusting yourself to  
this creative process.*

*You then  
trust*

- *your ability  
to fulfill  
your role,*

*and*

*you  
trust*

- *these powers [i.e., the creative powers of the universe]  
to do theirs.*

*The more you*

- *trust,*

*the better*

- *results*

*you will have,*

*so that you  
have*

*more reason to trust,*

*and*

*a benign cycle  
is established.*



23

*Moreover,  
it is necessary  
for the self  
to summon,  
• deliberately and  
• consciously,  
  
the universal forces,  
  
not only to  
• help,  
• guide, and  
• inspire  
you  
to  
• fulfill  
your part of the partnership  
and  
to  
• remove  
all  
• obstructions  
and  
• reservations,  
  
but to  
• make the thing,  
whatever it is,  
grow.*

*These powers [i.e., These universal creative powers and forces]  
can be set in motion  
only  
by consciousness.*

*One has the choice of  
• letting the motion happen automatically,  
allowing one's  
unconscious  
attitude  
to affect the creative life force,*

*or one can  
• deliberately articulate  
the direction  
in which one  
wants the creative force to work.*

	<p><b><i>The self-directing mind sets the universal forces in motion;</i></b></p> <p><b><i>they [i.e., the universal forces] respond according to the direction set by consciousness.</i></b></p> <p><b><i>Once</i></b></p> <ul style="list-style-type: none"><li><b><i>• this is done [i.e., Once the consciousness of the self-directing mind sets the universal forces in motion],</i></b></li></ul> <p><b><i>once</i></b></p> <ul style="list-style-type: none"><li><b><i>• the personality fulfills the necessary conditions, the universal forces</i></b></li><li><b><i>• take over</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• know exactly what to do in any given moment.</i></b></li></ul>
24	<p><b><i>It should become clear that there is no contradiction between your being taught that</i></b></p> <ul style="list-style-type: none"><li><b><i>• you are responsible for your fate and also that</i></b></li><li><b><i>• powers beyond your • scope and • resourcefulness must complete the creative process.</i></b></li></ul> <p><b><i>Compare yourself with a gardener who must prepare the soil, but who does not make the plant grow.</i></b></p>

• *Preparing your own consciousness*  
*is like*  
*the gardener*  
• *preparing the soil.*

• *Eliminating wrong concepts*  
*is analogous to*  
*the gardener*  
• *pulling up weeds.*

• *Removing your blocks*  
*is like*  
• *removing rocks in the soil*  
*that hinder*  
*the spreading of*  
*the roots*  
*and later*  
*the plants.*

• *Implanting*  
*truthful concepts*  
*compares to*  
• *planting the seeds.*

• *Cultivating*  
*the proper attitude*  
*and*  
• *patiently waiting*  
*until the seed*  
• *has taken root and*  
• *can sprout*  
*compares to*  
*the gardener*  
• *tending the soil,*  
• *seeing that it has sufficient*  
• *light,*  
• *moisture, and*  
• *nourishment.*

*The gardener thus*  
*fulfills his job,*  
• *calling the creative process into existence,*  
• *making it possible for it [i.e., making it possible for the creative process]*  
*to take place.*

*But it is  
not  
the gardener  
who possesses the ability  
to make*

- a tree*

*out of*

- a seed,*

*or*

- a fruit*

*or*

- a flower.*

*If he wants  
a certain plant,  
he must sow  
the proper seed,*

*but it is  
not up to him  
to accomplish  
the growth.*

*There is nothing in the world he can do  
to actually bring about*

- the seed*

*developing into*

- the plant.*

*A creative process is at work  
that requires  
his cooperation.*

*There are certain conditions  
he alone can fulfill,*

*but  
he then  
must let  
nature  
do its job.*

25	<p><i>You often wish for</i></p> <ul style="list-style-type: none"><li>• <i>a specific result,</i></li></ul> <p><i>but what you sow</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>the seed for</i></li></ul> <p><i>the very opposite result.</i></p> <p><i>This [i.e., Planting the seed for the very opposite result of what you want and then having the seed grow into the very opposite of what you want]</i></p> <p><i>causes</i></p> <p><i>distrust of life.</i></p> <p><i>Seeing how you bring forth</i></p> <p><i>exactly</i></p> <p><i>what was sown,</i></p> <p><i>even the negative results,</i></p> <p><i>must strengthen</i></p> <p><i>your confidence in</i></p> <p><i>the principle of the creative process.</i></p>
26	<p><i>The same principle</i></p> <p><i>prevails</i></p> <p><i>in the healing process of</i></p> <p><i>the body.</i></p> <p><i>When you cut your skin,</i></p> <p><i>you have to</i></p> <p><i>wash the wound</i></p> <p><i>so that</i></p> <p><i>no dirt</i></p> <p><i>can prevent the healing process</i></p> <p><i>from taking place.</i></p> <p><i>You tend the wound</i></p> <p><i>to help the healing forces</i></p> <p><i>take their course.</i></p>

27

*When you regard  
any  
creative process  
on the*

- *physical,*
- *mental, or*
- *spiritual  
level,*

*you must find  
the same*

- *principle,*

*the same*

- *interrelationship.*

*There always is  
a period of*

- *growth,*

*its duration depending on  
the kind of seed planted.*

*It is the same on  
the mental level.*

*When you plant the seed  
of  
an outcome  
that your  
innermost self  
cannot quite accept,*

*or*

- *where  
powerful countercurrents  
have existed for a considerable time,*

*then the period  
of*

- *incubation,*

*of*

- *quiet growth beneath the surface,*

*is longer than  
when you plant something  
that your  
consciousness  
is ready for.*

	<p><i>You often</i></p> <ul style="list-style-type: none"><li>• <i>despair</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>cease to trust,</i></li></ul> <p><i>because</i></p> <p><i>having ignored</i> <i>the period of growth,</i></p> <p><i>you have</i> <i>torn out</i> <i>the seed you have planted.</i></p>
28	<p><i>The mutual interaction</i> <i>between</i></p> <ul style="list-style-type: none"><li>• <i>the self</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the creative forces</i></li></ul> <p><i>establishes</i> <i>a perfect balance</i> <i>between</i></p> <ul style="list-style-type: none"><li>• <i>the activity of the self –</i><ul style="list-style-type: none"><li>• <i>fulfilling all</i> <i>the necessary conditions –</i></li></ul></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>passivity [i.e., and the passivity of the self] –</i><ul style="list-style-type: none"><li>• <i>letting the universal powers do their work,</i></li><li>• <i>entrusting the self to them</i></li></ul></li></ul> <p><i>with a</i></p> <ul style="list-style-type: none"><li>• <i>full letting go of the self</i> <i>in total commitment.</i></li></ul>
29	<p><i>When you find</i> <i>the right balance [i.e., the right balance between the ACTIVITY and the</i> <i>PASSIVITY of the SELF, letting the UNIVERSAL POWERS do their work],</i> <i>there will be</i></p> <ul style="list-style-type: none"><li>• <i>no fulfillment</i> <i>missing in your life.</i></li></ul> <p><i>There will be</i></p> <ul style="list-style-type: none"><li>• <i>harmony</i> <i>in your soul.</i></li></ul>

*You will  
not be*

- *overactive,  
thinking  
you  
have to do it all,*

*nor will you be*

- *overpassive,  
entrusting yourself  
to a*
- *false,*
- *externalized  
God,  
who is supposed to do the work for you.*

*The proper balance  
is*

- *perfect activity  
in a*
- *relaxed,*
- *unstrained,*
- *stimulating,*
- *harmonious  
way.*

*Perfect self-responsibility  
comes from the recognition  
that*

- *you  
are the master of your life*

*and  
that*

- *how you prepare the soil  
depends on  
you.*

*This goes with*

- *a proper sense of  
limitation of your*
- *functions and*
- *powers,*

*and*

- *the humility  
to entrust the self  
to powers that are  
beyond the confines of the self.*



	<p><i>Such an attitude [i.e., Such an attitude of taking responsibility for your life AND doing so with the proper sense of your limitations and the humility to entrust the self to powers that are beyond the confines of the self] enlarges</i></p> <ul style="list-style-type: none"><li>• <i>the self</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>its powers,</i> <i>because it [i.e., because the SELF] uses the</i></li></ul> <p><i>life force</i> <i>as it is meant to be used,</i></p> <p><i>with proper recognition</i> <i>of</i></p> <p><i>the creation</i></p> <p><i>which constantly takes place</i></p> <ul style="list-style-type: none"><li>• <i>within you</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>around you.</i></li></ul>
30	<p><i>You set</i> <i>the creative process in motion</i> <i>in a marvelous way</i> <i>when you</i></p> <p><i>know</i></p> <p><i>that</i></p> <ul style="list-style-type: none"><li>• <i>the perfect possibility</i></li></ul> <p><i>exists</i> <i>as</i></p> <ul style="list-style-type: none"><li>• <i>a potential,</i></li></ul> <p><i>and therefore</i> <i>as</i></p> <ul style="list-style-type: none"><li>• <i>a still unrealized</i> <i>fact.</i></li></ul>

*This knowing [i.e., This KNOWING that the PERFECT POSSIBILITY exists as a POTENTIAL and therefore as a still-unrealized FACT]*

*makes it possible*

*for*

- *the potential to be realized*

*and*

*for*

- *the creative powers to enter into you as you remove the wall of*

- *doubt,*
- *fear,*
- and*
- *ignorance.*

*There comes a point*

*when*

- *you actually*
- *feel*
- and*
- *experience this wall*

*and*

- *you can slide it away, opening yourself to*
- *Creation with its manifold possibilities.*

*This act [i.e., This act of sliding away the wall, opening yourself to Creation with its manifold possibilities]*

*is*

*first*

- *feared,*

*later*

- *tentatively tried,*

*and*

*then*

- *experienced as the key to selfhood.*

	<p><i>The self</i> is realized in</p> <ul style="list-style-type: none"><li>• <i>choosing accountability</i></li></ul> <p>and</p> <ul style="list-style-type: none"><li>• <i>letting go of</i> <i>the tightness in the mind,</i> as you</li></ul> <ul style="list-style-type: none"><li>• <i>commit</i></li></ul> <p>and</p> <ul style="list-style-type: none"><li>• <i>give</i> <i>yourself fully.</i></li></ul>
31	<p><i>Usually</i> <i>a reverse situation exists.</i></p> <p><i>The little ego</i> is</p> <ul style="list-style-type: none"><li>• <i>lazy,</i></li></ul> <ul style="list-style-type: none"><li>• <i>unwilling to assume</i> <i>the necessary</i><ul style="list-style-type: none"><li>• <i>responsibility or</i></li><li>• <i>accountability,</i></li></ul></li></ul> <ul style="list-style-type: none"><li>• <i>unwilling to do</i> <i>what must be done</i> <i>in order</i> <i>to</i><ul style="list-style-type: none"><li>• <i>obtain a</i> <i>desirable result,</i></li></ul></li></ul> <p>to</p> <ul style="list-style-type: none"><li>• <i>lead a</i> <i>meaningful existence.</i></li></ul>

	<p><b>Where</b></p> <ul style="list-style-type: none"><li>• <b>activity</b> <i>should reign,</i></li></ul> <p>• <b>passivity</b> <i>prevails.</i></p> <p><b>Where</b></p> <ul style="list-style-type: none"><li>• <b>the ego must</b><ul style="list-style-type: none"><li>• <b>let go and</b></li><li>• <b>allow cosmic intelligence</b> <i>to create</i> <i>what is needed,</i></li></ul></li><li>• <b>it [i.e., the ego]</b> <i>is</i><ul style="list-style-type: none"><li>• <b>busy,</b></li><li>• <b>distrusting,</b></li></ul><b>and</b><ul style="list-style-type: none"><li>• <b>holding itself together in a tight knot.</b></li></ul></li></ul>
32	<p><b>When</b> <b>the individual</b> <i>re-establishes the balance [i.e., When the individual re-establishes the balance between the ego's ACTIVE and PASSIVE roles, and thereby allows the UNIVERSAL CREATIVE POWERS to play their role],</i></p> <ul style="list-style-type: none"><li>• <b>fences dissolve,</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>the expansion of the self</b> <i>becomes as limitless</i> <i>as you</i> <i>know</i> <i>the universe to be.</i></li></ul> <p><b>You</b> <i>can</i> <i>realize</i> <i>these limitless potentials.</i></p> <p><b>This is a</b><ul style="list-style-type: none"><li>• <b>truth,</b></li></ul><b>not</b><ul style="list-style-type: none"><li>• <b>wishful thinking</b></li></ul><b>or</b><ul style="list-style-type: none"><li>• <b>evasion of the self.</b></li></ul></p>

33

*When you meditate, my friends,  
embrace a  
truthful concept  
first  
in the outer regions of your mind  
as you  
remove  
the underlying  
• obstructions  
and  
• no-currents.*

*Gradually  
the knowing of  
the truth  
will spread to the  
inner layers of your being,  
so that  
your psyche,  
like a beautiful flower,  
will unfold  
in the rays of the sun.*

*As each layer  
is soaked through with  
• truth,  
it [i.e., each layer of your being]  
is  
nourished  
with  
• a new vitality  
flowing through the organism.*

*In hours of  
deep recognition,  
this can be distinctly felt.*

*Where you were first  
• tightly laced in,  
you  
• open up to the  
• liberation and  
• light  
that the infusion of  
• truth  
always brings about.*

34

*Are there any questions? Is everything I said clear?*

**QUESTION:**

*Not really.*

*I've heard that  
when one prays over plants,  
they come up better  
than  
the plants one leaves alone.*

*When I plant in my subconscious  
what I really want,  
I still feel that  
it can't come up.*

*My doubt  
makes me feel  
that I  
cannot do it,  
even when  
I enlist the universal forces.*

35

**ANSWER:**

*That is because  
you feel*

*a loser.*

*In the first place,  
let me help you understand  
what*

*prayer*

*really means.*

*It [i.e., Prayer]*

*means*

*straightening out*

- *your own*
  - *consciousness,*

*as well as*

- *your unconscious*
  - *attitudes,*
  - *concepts,*
  - *thoughts, and*
  - *feelings.*

*The truly integrated spirit*

*would not need to*

- *pray or*
- *meditate.*

*Every breath*

*would be a*

*prayer*

*in that it would be an*

*expression of*

*the entire personality,*

*which is*

*at one*

*with*

- *truth,*
- *love,*
- *purposefulness,*
- *creation –*

*with*

- *all the universal forces*  
*which would inevitably*  
*flow through*  
*the entire being*  
*in a most constructive way.*

*Prayer*

*means*

*shaping a*

*loose mass*

*of hazy*

- *thoughts and*
- *concepts,*

*of*

- *contradictory emotions.*

	<p><i>It [i.e., Prayer] means impregnating the self with</i></p> <ul style="list-style-type: none"><li><i>• truth, so that</i></li><li><i>• the individual knows the truth</i></li></ul> <p><i>and [i.e., and so that]</i></p> <ul style="list-style-type: none"><li><i>• the universal forces can automatically flow through this consciousness.</i></li></ul>
36	<p><i>As to your doubt, it is important for you to establish that you are afraid of giving up the doubt.</i></p> <p><i>Needless to say, this [i.e., this FEAR of giving up the doubt] is due to a wrong conclusion.</i></p> <p><i>But there is a very distinct reason that you feel</i></p> <ul style="list-style-type: none"><li><i>• threatened and</i></li><li><i>• truly endangered without the doubt.</i></li></ul> <p><i>It is as though doubt were an indispensable weapon for you.</i></p>



*Battling doubt  
directly  
in the way you have been trying,  
  
will hardly be successful,  
because  
you are  
too afraid of  
letting go of it [i.e., too afraid of letting go of the doubt].*

*It is necessary to establish  
first  
• that  
you fear giving up the doubt  
and,  
second,  
• the specific wrong conclusion  
about  
• why  
you do so [i.e., WHY you FEAR GIVING UP the DOUBT].*

*Ask yourself  
in your meditations,*

*"Why do I  
want to  
doubt?"*

*What is it  
that I fear would happen  
if I had  
no  
doubt?"*

37

*It will help all of you, my friends  
to realize  
that you  
hold on to doubt  
because  
you  
fear  
making a commitment.*

**You must understand  
the extent of such a fear [i.e., the extent of such a FEAR of  
making a COMMITMENT]  
more profoundly,  
with  
all its consequences [i.e., with all the consequences of  
FEARING to make a COMMITMENT].**

**• Committing  
and  
• entrusting  
oneself  
to  
• the universal powers –  
as well as  
to any  
• person or  
• cause –  
is feared  
because  
disappointment [i.e., DISAPPOINTMENT that the  
FAVORABLE OUTCOME one wants when  
one entrusts the universal powers, person, or  
cause WILL NOT HAPPEN]  
is taken for granted.**

**So  
the individual plays a game,  
acting as though  
the possibility of  
a favorable outcome  
were  
there,  
but  
not really believing it [i.e., but NOT really believing that  
the favorable outcome will actually come about].**

**The doubt [i.e., The DOUBT that the favorable outcome will actually happen]  
is so strong  
that one is  
not even willing  
to take a chance.**

*The doubt means,*

*"I pretend to  
expect*

- *a maybe,*

*but I am  
convinced of*

- *a no,*

*which I am unwilling to face*

*so that I can*

*go on pretending [i.e., go on PRETENDING that  
"maybe" the favorable outcome will happen]."*

*Because of*

*the game,*

*the fallacy*

*of the*

- *no*

*as well as [i.e., as well as the fallacy]*

*of the*

- *maybe*

*can never be proven.*

*The person remains*

*perpetually*

*in a temporary state,*

*on the fringes of*

- *being*

*and*

- *living,*

*never*

*settling down*

*to*

- *serious living,*

*to*

- *confronting*

*any issue*

- *wholly*

*and*

- *truthfully.*

*Such a person continually*

- *dabbles in theory,*

*rather than*

- *putting theory into practice.*

38

**Commitment**  
*is a very important topic,*

*for*  
*you*  

- *will get out of life*

*exactly as much as*  
*you*  

- *commit yourself to,*

*whether this means*  

- *shaping and*
- *creating*

*your life*  
*by*  
*committing yourself*  
*to*  
*the universal forces*  
*to cooperate with you,*

*or*  
*whether this means*  

- *committing*

*to an*  

- *undertaking,*

*to a*  

- *person,*

*or*  
*to a*  

- *relationship.*

*It makes*  
*no difference*  
*what it is [i.e., it makes no difference what it is*  
*to which you commit your life].*

*If you*  
*only commit yourself*  

- *with reservations,*
- *watching that you remain "safe,"*

  

- *bargaining*

*and*  

- *holding back,*

*life will*  
*pay you back*  
*exactly to that degree.*

*Life cannot be*  
• *cheated*  
*or*  
• *deceived,*  
  
*ever.*

*And this is where*  
*the person who keeps believing*  
*that one*  
*can*  
*"get by"*  
*is*  
*blind.*

*Holding back,*  
*you hope that*  
• *life*  
*will first give you a*  
• *big slice,*  
  
*and then,*  
*maybe,*  
• *you can muster the willingness*  
*to give back a*  
• *crumb.*

*You may even*  
*give much more*  
*than is*  
• *constructive*  
*or*  
• *helpful to others,*  
*out of the*  
*unconscious motive*  
*of*  
• *cheating life,*  
*to*  
• *get more from it [i.e., to get more from life]*  
*than you are willing*  
*to commit yourself to.*

*It does*  
*not*  
*work that way, my friends.*

39

*You fear a  
wholehearted  
commitment,  
because  
you falsely believe that it [i.e., that a wholehearted commitment]  
demands  
giving up  
your  
• intelligence,  
your  
• rights,  
your  
• self-preservation,  
your  
• ability to choose,  
your  
• self-determination.*

*That is not true.*

*It [i.e., A wholehearted commitment]  
simply means  
• full integrity,  
• direct purpose,  
• no evasions,  
• uncovered motivations,  
• doing the thing for its own sake,  
without subterfuge.*

*• It [i.e., A wholehearted commitment]  
does  
not mean  
• blind foolishness*

*and most certainly,  
• it [i.e., most certainly a wholehearted commitment]  
does  
not create  
• helplessness  
in the face of abuse.*

*[A wholehearted commitment does NOT mean BLIND FOOLISHNESS  
or create HELPLESSNESS in the face of ABUSE.]*

**Quite the contrary.**

**Full commitment  
presupposes**

- **wide-awake  
choosing,**
- **the freedom to do so [i.e., the freedom to CHOOSE]  
without**
  - **compulsion,**
  - **conflict, or**
  - **guilt.**

**But**

**such choosing  
requires you  
to be very much**

**aware,**

**and**

**you**

**cannot**

**be aware**

**if you**

**run away from yourself.**

- **General  
awareness  
is the result of**
  - **self-  
awareness.**

**It [i.e., Self-awareness]**

**must begin**

**with the**

- **truthful facing of  
the self,**

**with**

- **courageous confrontation  
of**

**the most ingrained  
emotional reactions.**

**Then** [i.e., Then, with SELF-AWARENESS gained through truthful facing of the self and courageous confrontation of the most ingrained emotional reactions,]  
awareness of

- life
- and
- others
- grows.

Through  
such

- awareness,
- reason,
- vision and
- freedom of choice,

commitment  
is

not a

- hazardous,
  - self-destructive
- process,

not a

- blind
- compulsion or
- drive,

but a

- wonderful extension of self,

a

- reaching out into life,
- toward

fulfillment

of

- self

and

of

- others.

**This** [i.e., This COMMITMENT, which is a result of deep AWARENESS of SELF, LIFE, and OTHERS, and results in a wonderful EXTENSION of SELF and a reaching out into life, toward FULFILLMENT of SELF and OTHERS]

is the

- real and
  - healthy
- power

resulting from  
spiritual growth.



***This [i.e., This COMMITMENT, which is a result of deep AWARENESS of SELF, LIFE, and OTHERS, and results in a wonderful EXTENSION of SELF and a reaching out into life, toward FULFILLMENT of SELF and OTHERS] is the***

- self-sufficiency that does not exclude***
  - love and***
  - deep relating with others.***

***This [i.e., This COMMITMENT, which is a result of deep AWARENESS of SELF, LIFE, and OTHERS, and results in a wonderful EXTENSION of SELF and a reaching out into life, toward FULFILLMENT of SELF and OTHERS]***

***is the fine point of balance where it is not***

***mutually exclusive***

***to***

- stand firmly***

***and***

***to***

- love,***

***to***

- be self-sufficient and***
- have a healthy***

***interdependence –***

***be it [i.e., be it healthy interdependence]***

***with the***

- cosmic forces,***

***or***

***with***

- other human beings.***

***But the commitment must exist, for otherwise you are***

- poor***
- and***
- empty.***

***Is that clear?***

40

**QUESTION:**

Yes,  
it [i.e., Yes, your answer to my question]  
is clear.

*I have even already found this in my  
private work.*

*I now know that I have  
never  
committed myself  
really  
to anything,  
out of fear.*

*I could  
feel  
that I  
can  
commit myself,  
but I  
fear  
that  
if  
• I do  
and  
• it will not work,  
I will  
• be lost,*

*so I do  
not  
dare to do it [i.e., I do NOT DARE to make a wholehearted commitment].*

41

**ANSWER:**

*You see,  
this is  
precisely  
the reason you  
feel  
unfulfilled  
in the important areas of your life.*

	<p><i>But now that you</i> • <i>observe</i> <i>and</i> • <i>understand</i> • <i>cause</i> <i>and</i> • <i>effect,</i> <i>you have</i> <i>the key</i> <i>to change.</i></p>
42	<p><i>Your</i> <i>impatience</i> <i>tears out</i> <i>every seed you plant.</i></p> <p><i>Because you</i> • <i>doubt,</i> <i>you</i> • <i>conclude too quickly</i> <i>that results are</i> • <i>negative,</i></p> <p><i>not allowing for</i> <i>the necessary time of</i> • <i>incubation,</i> • <i>the</i> • <i>inner,</i> • <i>invisible</i> <i>growth</i> <i>underground.</i></p> <p><i>The more</i> • <i>complicated</i> <i>the problem,</i> <i>the more</i> • <i>deep-rooted</i> <i>is</i> <i>the</i> • <i>negativity</i> <i>and</i> <i>the</i> • <i>conflict.</i></p>

*Therefore [i.e., Therefore, since complicated problems have  
deep-rooted negativity and conflict,]  
the healing forces  
have to work  
indirectly  
from*

- *link*

*to*

- *link,*

*until  
you can strive for  
the end result  
directly.*

*Thus  
when you find  
doubt,  
that [i.e., that doubt]  
must first be*

- *considered,*
- *understood in its*
  - *cause and*
  - *effect,*

*and*

- *eliminated*

*before  
you can get to  
the goal you wish to attain  
but cannot  
because of  
the doubt.*

*When a  
major fulfillment  
is blocked by  
innumerable little misconceptions,  
they [i.e., the innumerable little misconceptions]  
have to be tackled  
one by one,  
otherwise*

- *the obstructions*  
*cannot be removed*

*and*

- *working for the end result*  
*cannot be successful.*

43

*Now*  
*you are able to*  
*convince yourself of*  
*the unreasonableness*  
*of maintaining*  
*the non-commitment.*

*You are*  
*not a*  
*• prey to it [i.e., You are NOT a PREY to the NON-COMMITMENT],*  
*nor are you a*  
*• victim of*  
*your doubt.*

*It is necessary*  
*to take the chance*  
*of finding out*  
  
*the truth,*  
  
*even if*  
*the truth*  
*is*  
*what you fear it to be.*

*You must*  
*love*  
*• truth*  
*above all,*  
*instead of*  
*• preferring a*  
*• "maybe"*  
*and*  
*• never coming to terms with*  
*• life.*

*If you*  
*love*  
*truth,*  
  
*you will also*  
*give up*  
*impatience.*

***You will go***

- ***step by step***

***and give it [i.e., and GIVE “FINDING the TRUTH of your DOUBT and your NON-COMMITMENT causing the UNFULFILLMENT”]***

- ***time***

***like a scientist***

***who does the research***

- ***patiently and***

- ***laboriously,***

***without shying away from***

- ***effort,***

- ***time,***

- ***trial and error,***

***who does***

***not expect***

***the greatest of all truths***

***in a hurry.***

***I know that you have spent***

***many years on this [i.e., on “SEEKING FULFILLMENT, and the TRUTH of your DOUBT and your NON-COMMITMENT causing the unfulfillment”];***

***however,***

***it is***

***not***

***the number of years***

***you have labored in***

- ***non-commitment and***

- ***impatience,***

***but***

- ***the quality of***

***full commitment***

***with***

- ***patient effort***

***that alone***

***will bring results [i.e., bring fulfillment].***

***Neither***

- ***the years,***

***nor***

- ***the amount of effort***

***can replace***

***full inner commitment.***

44

*The universal forces  
have  
one aim,*

*and that is*  

- *wholeness,*
- *health,*
- *unfoldment, and*
- *expression*

*of  
divine aspects.*

*They [i.e., The universal forces]  
strive  
toward*  

- *healing the place where distortion exists,*

*toward*  

- *restoring*

*and*  

- *filling*

*the places of*  

- *disability*

*and*  

- *emptiness.*

*When  
the obstructions  
are too great,*

*this same power  
is*  

- *diverted*

*and temporarily  
appears as a*  

- *destructive*
- *downward*

*movement.*

***This [i.e., This TEMPORARY appearance of the universal forces as a  
DESTRUCTIVE DOWNWARD movement]***

***does  
not  
mean that***

***another,  
evil power***

***is at work:***

***it [i.e., the power at work temporarily creating a destructive downward movement]  
is***

***the same benign force  
which was  
forced [i.e., was FORCED by great obstructions]  
to make a detour.***

***The principle of  
indirect growth  
becomes obvious,  
once it is fully understood.***

***Then it [i.e., Then, when it is fully understood, the principle of INDIRECT growth]  
can be observed at work  
all around you.***

***You will  
not trust the growing principle  
any less  
because it requires  
a certain time span  
for***

- the seed  
to become  
a tree,***

***and  
for***

- the creations of the***
  - mind***
- and***
  - spirit***

***to unfold  
in all their glory.***



45	<p><i>Try to work on these soul-movements with the concepts I have given you, always first</i></p> <ul style="list-style-type: none"><li>• <i>finding</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>removing misconceptions.</i></li></ul> <p><i>Do not</i></p> <ul style="list-style-type: none"><li>• <i>superimpose the right concepts,</i></li></ul> <p><i>but [i.e., but rather]</i></p> <ul style="list-style-type: none"><li>• <i>evaluate</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>compare, using your own thinking capacity,</i></li></ul> <p><i>what is</i></p> <ul style="list-style-type: none"><li>• <i>truth</i></li></ul> <p><i>and what is</i></p> <ul style="list-style-type: none"><li>• <i>error.</i></li></ul>
46	<ul style="list-style-type: none"><li>• <i>Personal fulfillment</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>full expansion</i></li></ul> <p><i>are waiting for all of you.</i></p> <p><i>This [i.e., Realizing personal fulfillment and full expansion] is your destiny.</i></p>

*Every one of you  
must,  
sooner or later,  
come to the realization  
that  
while*

- *life*

*is*

*what you*

- *think*

*it is,*

- *temporarily,*

- *it*

*is*

*what you*

- *know*

*it is,*

- *ultimately.*

*This means that  
the*

- *potential,*

*the*

- *possibility,*

*even in this earth sphere,  
is  
indescribable happiness.*

*Once this [i.e., Once this potential and possibility for  
indescribable happiness, even in this earth sphere,]  
is  
envisaged,*

- *vast*

*and*

- *beautiful*

*possibilities  
are opened up.*

47	<p style="text-align: center;"><b><i>Be blessed, my dearest friends.</i></b></p> <p style="text-align: center;"><b><i>Be in • peace.</i></b></p> <p style="text-align: center;"><b><i>Be in • God.</i></b></p>
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