

# Pathwork Lecture 123: Liberation and Peace by Overcoming Fear of the Unknown

1996 Edition, Original Given: April 3, 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

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03	<p style="text-align: center;"><b><i>Greetings, my dearest friends.</i></b></p> <p style="text-align: center;"><b><i>Blessings for each one of you.</i></b></p> <p style="text-align: center;"><b><i>Blessed be your every effort in the direction of</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>self-development,</i></b></li> <li>• <b><i>liberation, and</i></b></li> <li>• <b><i>self-realization.</i></b></li> </ul>
04	<p style="text-align: center;"><b><i>One of the fundamental human predicaments is the struggle to overcome the duality between</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>life</i></b></li> </ul> <p style="text-align: center;"><b><i>and</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>death.</i></b></li> </ul>

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Edited by Judith and John Saly; Devotional Format posted 8/5/21

	<p><i>From this basic predicament [i.e., From this basic predicament of struggling to overcome the duality between LIFE and DEATH] derive all other</i></p> <ul style="list-style-type: none"><li>• <i>problems,</i></li><li>• <i>difficulties,</i></li><li>• <i>fears, and</i></li><li>• <i>tensions</i></li></ul> <p><i>you have to contend with.</i></p> <p><i>Whether this [i.e., Whether this struggle to overcome the duality between LIFE and DEATH] manifests directly as fear</i></p> <ul style="list-style-type: none"><li><i>of</i></li><li>• <i>death,</i></li><li><i>of</i></li><li>• <i>aging or</i></li><li><i>of</i></li><li>• <i>the unknown,</i></li></ul> <p><i>it is always fear of the passing of time.</i></p> <p><i>All [i.e., All FEARS] are manifestations of the same basic fear [i.e., the basic fear of THE PASSING OF TIME].</i></p>
05	<p><i>In order to assuage these fears [i.e., to assuage these FEARS of DEATH, AGING, and the UNKNOWN, or the fear of THE PASSING OF TIME], humanity has created</i></p> <ul style="list-style-type: none"><li>• <i>philosophical,</i></li><li>• <i>spiritual,</i></li><li>• <i>religious</i></li></ul> <p><i>concepts.</i></p>

	<p><i>But concepts [i.e., But philosophical, spiritual, and religious CONCEPTS], even if they result from attempts of one individual to pass on a true experience, will not relieve the real tension [i.e. the real tension created by this duality].</i></p> <p><i>The only way to truly</i></p> <ul style="list-style-type: none"><li><i>• overcome fear</i></li><li><i>and • reconcile the great duality [i.e., the great duality between LIFE and DEATH]</i></li></ul> <p><i>is to delve into the first unknown you fear so much: your own psyche.</i></p>
06	<p><i>This [i.e., Delving into your own psyche] sounds simpler than it really is.</i></p> <p><i>To explore the unknown corners of one's own mind is by no means just a question of resolving dualities.</i></p> <p><i>There are many who ardently pursue a path of self-exploration yet shy away from certain facets of their innermost selves.</i></p>

	<p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>tension and</i></li><li>• <i>disturbance</i></li></ul> <p><i>is then [i.e., The tension and disturbance that arise when certain facets of their innermost selves are shielded away from, is then] glibly explained away.</i></p> <p><i>These people</i> <i>may even have</i></p> <ul style="list-style-type: none"><li>• <i>made considerable progress</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>resolved certain inner conflicts,</i></li></ul> <p><i>but</i> <i>vast areas of their psyche</i> <i>remain</i> <i>unknown.</i></p>
07	<p><i>To the degree you are</i> <i>unaware of what goes on within you,</i> <i>you will</i> <i>fear</i></p> <ul style="list-style-type: none"><li>• <i>the passing of time</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>the "great unknown."</i></li></ul> <p><i>When one is</i> <i>young,</i> <i>these fears</i> <i>may be assuaged.</i></p> <p><i>But sooner or later</i> <i>every</i> <i>human being</i> <i>will be confronted</i> <i>more directly</i> <i>with</i> <i>the fear of</i> <i>death.</i></p>

***I want to emphasize it again:  
to the degree that  
you  
know  
yourself,  
you  
fulfill***  

- your  
life,***
- yourself,***
- your  
dormant potential.***

***And to that degree [i.e., to that degree you fulfill your life, yourself, and  
your dormant potential, all because you KNOW YOURSELF]***  
***death  
will***  

- not be feared***

***but***  

- experienced as  
an organic development.***

***The unknown  
will no longer pose a threat.***

08

***The path of  
self-discovery  
embodies  
this struggle [i.e., embodies this struggle of engaging the FEAR of  
the UNKNOWN, of engaging the FEAR of DEATH],  
my friends.***

***The avenues of escape [i.e., The avenues of ESCAPE from this struggle of engaging  
the FEAR of the UNKNOWN, of engaging the FEAR of DEATH],  
even within the framework of this path,  
are too varied to enumerate.***

	<p><b>Only by your unceasing willingness to</b></p> <ul style="list-style-type: none"><li>• <b>see,</b></li><li>• <b>evaluate,</b></li><li>• <b>comprehend,</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>unify yourself by</b></li></ul> <p><b>ruthless truthfulness</b> <b>will you ultimately succeed [i.e., succeed in this struggle of overcoming the FEAR of the UNKNOWN, of overcoming the FEAR of DEATH].</b></p>
09	<p><b>One of the main obstacles to overcoming the fear of</b></p> <ul style="list-style-type: none"><li>• <b>death</b></li></ul> <p><b>is</b></p> <p><b>the fear of</b></p> <ul style="list-style-type: none"><li>• <b>letting go of the barriers</b></li></ul> <p><b>which separate you from the opposite sex.</b></p> <p><b>As long as these barriers [i.e., these barriers that separate you from the opposite sex]</b></p> <p><b>exist, the fear of death</b></p> <p><b>must also be there just as strongly.</b></p>

***There is a  
very direct connection  
between these three:  
fear of  
• one's own unconscious,  
the fear of  
• love with the opposite sex,  
and  
fear of  
• death.***

***The connection between  
the first two [i.e., the connection between fear of one's own UNCONSCIOUS  
and the fear of LOVE with the OPPOSITE SEX]  
is beginning to dawn on you,  
but the third part of the triad [i.e., the fear of DEATH as the third part of this triad]  
may still be a novel idea.***

***It [i.e., How the fear of DEATH connects to BOTH the fear of one's own  
UNCONSCIOUS AND to the fear of LOVE with the OPPOSITE SEX]  
will cease to be an  
arresting theory, however,  
once you***

***experience***

***the connection yourself,  
in the effort of  
self-understanding.***

***[By EXPERIENCING the fear of DEATH connecting with BOTH the fear of one's  
own UNCONSCIOUS AND with the fear of EXPERIENCES of  
LOVE with the OPPOSITE SEX]***

***You will  
then  
know  
the truth of  
these words.***

10

*Self-fulfillment  
depends on  
fulfilling yourself  
as a*

- *man*

*or*  
*as a*

- *woman,*  
*respectively.*

*Ultimately,  
you  
cannot fulfill  
yourself  
without overcoming  
the barrier  
between*

- *you*

*and*

- *the opposite sex,*

*thus [i.e., thus, by OVERCOMING the barrier  
between you and the opposite sex,]*

*truly  
becoming*

- *a man*

*or*

- *a woman.*

*Of course, there are also  
other aspects of  
self-fulfillment.*



*You may be  
unaware of  
certain potentials you possess:  
your*

- talents,*

*your*

- strength,*

*your*

- inherent good qualities,  
such as*

*your*

- courage and*
- resourcefulness,*

*your*

- broadmindedness,*

*your*

- creativity.*

*However,  
none of these can  
truly unfold  
in their inherent splendor  
unless  
a man  
truly becomes  
a man,  
and  
a woman  
truly becomes  
a woman.*

*The self-realization  
that takes place  
while  
the barrier to  
union with a mate  
remains  
can be  
only*

- partial*

*and*

- conditional.*

	<p><i>For this barrier [i.e., For this barrier to UNION with a MATE, this barrier to UNION with the OPPOSITE SEX]</i></p> <p><i>indicates</i></p> <p><i>a barrier to</i></p> <p><i>areas within the self</i></p> <p><i>that you</i></p> <p><i>shy away from</i></p> <ul style="list-style-type: none"><li><i>• exploring</i></li><li><i>and</i></li><li><i>• understanding.</i></li></ul> <p><i>It [i.e., This barrier to UNION with a MATE, this barrier to UNION with the OPPOSITE SEX due to areas within the self that you shy away from exploring and understanding]</i></p> <p><i>indicates</i></p> <ul style="list-style-type: none"><li><i>• a resistance to</i></li><li><i>fully grown selfhood</i></li><li><i>and</i></li><li><i>• an insistence on</i></li><li><i>artificial</i></li><li><i>infancy.</i></li></ul> <p><i>This</i></p> <p><i>carefully nurtured</i></p> <p><i>parasitical state</i></p> <p><i>prevents</i></p> <p><i>liberation</i></p> <p><i>through</i></p> <p><i>overcoming the fear</i></p> <p><i>which is a product of</i></p> <p><i>duality.</i></p>
11	<p><i>When</i></p> <p><i>all resistance to</i></p> <p><i>unknown areas in oneself</i></p> <p><i>has vanished</i></p> <p><i>so that one</i></p> <p><i>no longer fears oneself,</i></p> <p><i>one cannot possibly</i></p> <p><i>fear</i></p> <ul style="list-style-type: none"><li><i>• other human beings,</i></li><li><i>including</i></li><li><i>• the opposite sex.</i></li></ul>

*A great  
inner*  
• *freedom and*  
• *trust,*  
*born out of an*  
• *objective,*  
• *realistic*  
*attitude*

*releases*  
*the tight grip of control*  
*that stands in the way of*  
*letting oneself go into*  
*the state of*  
*being.*

*When you*  
*fulfill yourself,*  
*there is*  
*no longer*  
• *a barrier,*  
*no more*  
• *holding on*  
*in fear of*  
• *the unknown,*  
*in distrust of*  
• *the self or*  
• *the other.*

*The same*  
*holding on [i.e., The same holding on that you experience in fear of the*  
*unknown, or that you experience in distrust of the self or the other]*  
*prevents you from*  
*entering into*  
*the cosmic stream of timelessness*  
*that you*  
*experience*  
*in the highest bliss of*  
• *union with a mate,*  
*and*  
*that you*  
*experience*  
*in the highest bliss in what you call*  
• *death.*

12

**Death**  
*has many faces.*

**Those who are**

- **afraid,**  
*tightly holding onto  
the little self,*  
**may**  
*experience  
death  
as fearful*
  - **seclusion and**
  - **separateness,**

**but for those who are**

- **not afraid**  
*of*
  - **living fully,**
  - **reaching out**

**and**

- **no longer preserving  
the little self,**
    - **death**  
*is*  
*the glory  
that*
      - **union on this earth  
can be**
- and**
- **more!**

**Therefore,  
the struggle of  
self-realization,  
in the last analysis,  
must mean:**

**first,**

**removal of the barriers  
between**

- your consciousness**
- and**
- the hidden areas of your psyche.**

**These hidden areas  
are not always**

- covered up**
- and**
- unconscious –**

**they**

**are often**

**right in front of your eyes**

**if you but choose to look at them.**

**Second,**

**removal of the barriers  
between**

- you**
- and**
- your counterpart,  
whoever he or she may be  
at a given phase.**

**And**

**the third barrier**

**is**

**between**

- you**
- and**
- the cosmic stream.**

**Whenever this stream carries you,  
you will experience its rightness.**

**It [i.e., The cosmic stream]**

**is functional at this stage of your being,**

**it [i.e., the cosmic stream]**

**is organic.**

***But people  
fearing***  
• *themselves,*  
• *the other,*  
***and therefore***  
• *the stream of being,*

• *do*  
***not***  
***trust***  
***the passing of time.***

*They [i.e., People fearing themselves, the other, and the stream of being]*

• ***hold on***  
***with the little self***  
***and***  
• ***create a wall of clouds***  
***between***  
• ***their higher consciousness***  
***and***  
• ***their momentary awareness.***

13

***The three basic hindrances [i.e., the three hindrances creating a WALL of CLOUDS  
BETWEEN one's HIGHER CONSCIOUSNESS, the cosmic stream  
of being, AND one's MOMENTARY temporary AWARENESS]***

***are***  
• ***pride,***  
• ***self-will, and***  
• ***fear.***

***All***  
• ***faults,***  
• ***problems,***  
• ***confusions,***  
• ***distortions,***  
• ***conflicts, and***  
• ***misconceptions***  
***derive from***  
• ***pride,***  
• ***self-will, and***  
• ***fear***  
***in one form or another.***

	<p><b><i>The same triad [i.e., The triad or PRIDE, SELF-WILL, and FEAR] constitutes the barriers to the three avenues of self-expansion [i.e., self-expansion into the three avenues of EXPANSION: 1) expansion into the UNCONSCIOUS of the psyche, 2) expansion in losing the self in the experience of LOVING a mate, and 3) expansion in giving up self-direction in DEATH].</i></b></p> <p><b><i>Let us consider this more closely.</i></b></p>
14	<p><b><i>Take first the barrier between</i></b></p> <ul style="list-style-type: none"><li><b><i>• consciousness</i></b></li></ul> <p><b><i>and</i></b></p> <ul style="list-style-type: none"><li><b><i>• the unconscious:</i></b></li></ul> <p><b><i>pride.</i></b></p> <p><b><i>It [i.e., Pride] bars the way [i.e., bars the way of consciousness to the unconscious] because you may not like what you will find if you venture into the unknown [i.e., venture into the unconscious] within yourself.</i></b></p> <p><b><i>It [i.e., What you find in the unconscious] may not be</i></b></p> <ul style="list-style-type: none"><li><b><i>• flattering or</i></b></li><li><b><i>• compatible with</i></b></li></ul> <p><b><i>your idealized self-image.</i></b></p> <p><b><i>Even if your finding [i.e., Even if what you find in your unconscious] proves not to be derogatory, you will fear it might be [i.e., you fear what you find in your unconscious might be derogatory].</i></b></p>

	<p><i>The importance of being admired makes you adopt the</i></p> <ul style="list-style-type: none"><li><i>• standards</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• values</i></li></ul> <p><i>of others whose approval you seek.</i></p> <p><i>This [i.e., This adopting of standards and values of others whose approval you seek] creates</i></p> <ul style="list-style-type: none"><li><i>• a block of pride,</i></li><li><i>• a wall,</i></li><li><i>• a cloud that hinders insight [i.e., hinders insight about what is in your unconscious].</i></li></ul>
15	<p><i>Self-will causes apprehension that what you find [i.e., that what you find in your unconscious] may force you</i></p> <ul style="list-style-type: none"><li><i>• to do something your little ego is not inclined to do,</i></li></ul> <p><i>or</i></p> <ul style="list-style-type: none"><li><i>• to give up something which it [i.e., which your little ego] is unwilling to surrender.</i></li></ul> <p><i>Self-will wants the little ego to be</i></p> <p><i>in control,</i></p> <p><i>so you can cling to the known.</i></p>



16

*Fear*  
bars the way  
when  
both  
• pride  
and  
• self-will  
indicate  
a lack of trust;

then  
• fear  
makes you believe  
that  
the final reality  
is not to be trusted.

*Cosmic reality*  
is embedded in  
your deep unconscious  
as  
the stream of cosmic events.

*If you enter into*  
*this stream,*  
*it [i.e., this stream of cosmic events]*  
*cannot help but be*  
• benign,  
bringing  
• happiness,  
• fulfillment, and  
• meaningfulness.

• *Distrusting this stream [i.e., Distrusting this stream of cosmic events]*  
*and therefore*  
• holding on to  
what you  
know,  
in the belief  
that you might fare better  
than by taking the chance  
of entering the unknown,  
creates walls of fear.

*It is this fear that*  
blocks  
full self-recognition.

17

*The triad of*

- *pride,*
- *self-will, and*
- *fear*

*also applies to the barrier  
between*

- *the self*

*and*

- *losing the self in love  
to a mate.*

*Pride enters*

*because,*

*whether you are*

- *man*

*or*

- *woman,*

*you fear*

*the apparent*

- *helplessness –*

*and therefore*

- *shame –*

*of being given up to*

*a force of experience greater than  
your little ego.*

*Love*

*between the sexes*

*is*

- *a humbling experience*

*and therefore*

- *the enemy of pride.*

*Your pride*

*wants to*

- *direct and*

- *control;*

*it [i.e., your pride]*

*does not want*

*to give over to*

*any force,*

*even if this force*

*is most desirable.*

	<p><b>Even though</b></p> <ul style="list-style-type: none"><li>• <b>you and</b></li><li>• <b>everyone else</b></li></ul> <p><b>go through life</b> <b>desiring to</b> <b>love,</b></p> <p><b>you still</b></p> <ul style="list-style-type: none"><li>• <b>block it [i.e., you still block love]</b></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <b>find ways toward a compromise between</b> <b>both contradictory drives or directions [i.e., between BOTH the drives</b> <b>pushing AWAY FROM love AND the drives pulling TOWARD love]</b> <b>of your soul.</b></li></ul> <p><b>The force</b> <b>driving you into</b> <b>love</b> <b>is great indeed,</b> <b>for it derives from</b> <b>your innermost nature.</b></p> <p><b>The drive</b> <b>deriving from</b></p> <ul style="list-style-type: none"><li>• <b>pride,</b></li><li>• <b>self-will, and</b></li><li>• <b>fear</b></li></ul> <p><b>pushes you away from</b> <b>love.</b></p>
18	<p><b>Self-will</b> <b>is opposed to the experience of love</b> <b>because</b> <b>it [i.e., because self-will]</b> <b>wants all control;</b> <b>it [i.e., self-will]</b> <b>cannot give itself up.</b></p> <p><b>It seems to you –</b> <b>erroneously, of course –</b> <b>that only when you</b></p> <ul style="list-style-type: none"><li>• <b>obey and</b></li><li>• <b>are governed by</b> <b>the little self</b> <b>are you safe.</b></li></ul>

***You are under the misapprehension  
that***

***giving yourself over to  
the love force***

***is the same as***

- ***heedless and***
- ***headless***

***greed [i.e., as heedless and headless greed for PLEASURE  
in the experience of love and UNION with a mate],***

***and***

- ***lack of realism.***

***This is not so.***

- ***Realism,***
- ***objectivity,***
- ***the ability to relinquish,***

***and***

- ***fearless willingness***

***to enter love [i.e., to enter the EXPERIENCE of LOVE***

***with the opposite sex]***

***are not only***

- ***compatible***

***but***

- ***interdependent.***

***You block***

***the experience [i.e., the experience of pleasure in love and UNION with a mate]  
out of fear of***

***losing***

***your dignity –***

***meaning pride –***

***and***

***your selfhood –***

***meaning self-will –***

***when, in reality,***

***true***

- ***dignity and***
- ***selfhood***

***can be gained***

***only by***

***giving up***

- ***pride and***
- ***self-will.***

19	<p><i>The fear of losing</i></p> <ul style="list-style-type: none"><li>• <i>safety and</i></li><li>• <i>one's very life</i></li></ul> <p><i>is not so different from the fear that blocks the blissful experience of self-forgetfulness in union with a mate.</i></p> <p><i>Some of you may sense the similarity, at least occasionally.</i></p>
20	<p><i>The triad of</i></p> <ul style="list-style-type: none"><li>• <i>pride,</i></li><li>• <i>self-will, and</i></li><li>• <i>fear</i></li></ul> <p><i>also influence one's attitude to death.</i></p> <p><i>Dying ultimately means giving up self-direction – and this surrender, strange as this may seem, appears humiliating.</i></p>

	<p><i>In order to avoid the humbling truth that the little self is not all-powerful, you hold onto it [i.e., you hold onto the LITTLE SELF] in</i></p> <ul style="list-style-type: none"><li><i>• pride and</i></li><li><i>• self-will,</i></li></ul> <p><i>thereby creating ever stronger waves of fear.</i></p>
21	<p><i>In order to resolve this erroneous duality, particularly the conflict between</i></p> <ul style="list-style-type: none"><li><i>• giving up the self</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• full possession of the self,</i></li></ul> <p><i>I would like to present what may indeed sound like a paradox:</i></p> <p><i>are you finding yourself on such a laborious path of self-realization [i.e. on a path such as pathwork]</i></p> <p><i>only to become capable of</i></p> <p><i>giving yourself up to</i></p> <ul style="list-style-type: none"><li><i>• union with the other sex</i></li></ul> <p><i>and to</i></p> <ul style="list-style-type: none"><li><i>• death?</i></li></ul>

*The truth is  
that you  
cannot give up  
successfully  
what you have not found,  
  
for you  
cannot freely let go of  
something you have never really possessed.*

*Only when you can  
freely  
give up  
• your selfhood  
will you gain  
• more selfhood.*

22

*Now, if  
• death,  
or  
• dying,  
can be such a blissful experience,*

*why then is it [i.e., why then is DEATH]  
perceived  
so darkly?*

*Why doesn't  
• a death  
instinct,  
• a yearning for  
death  
exist,*

*as, for example,  
the strong instinct  
to lose oneself  
in love?*

*Why must  
death  
be encountered*

*without  
the help of  
instinctual drives [i.e., WITHOUT the help of  
instinctual drives TOWARD DEATH],*

*and*

*why must human beings  
work so hard  
to overcome  
the barrier of fear [i.e., the barrier of the fear of death]?*

*You may ask,  
why is it that we, on this earth,  
have to battle against  
this great unknown [i.e., this great unknown: DEATH]?*

*At first glance, such questions seem*

- justified and*
- logical,*

*but when you take a closer look,  
you will understand*

*that things  
must be  
as they are.*

*You see, my friends,  
it would be*

*so easy to*

*wish for death*

*because  
you cannot  
cope with  
life  
when life  
is*

- painful and*
- unfulfilled.*



***In this***

- ***unfinished,***
- ***ignorant, and***
- ***blind***

***state of terror [i.e., this state of terror in which you cannot cope with life,  
times when life is PAINFUL and UNFULFILLED],***

***you would all too easily***

***escape into***

***death,***

***even though,***

***in this case,***

- ***death***

***would not prove any different***

***than***

- ***life –***

***for both [i.e., for both***

***LIFE and DEATH]***

***are intrinsically***

***the same.***

***In order to***

***avoid***

***such a destructive escape [i.e., In order prevent one choosing DEATH***

***as an ESCAPE FROM a painful and unfulfilled LIFE],***

***the life instinct***

***must be very strong.***

***And it can operate [i.e., And the LIFE INSTINCT can operate]***

***only as long as***

***death***

***remains***

***an unknown.***

***No***

***words***

***can remove***

***your fear of***

***the unknown,***

***so***

***your life instinct***

***can prevent you from***

***choosing death***

***out of***

- ***negative,***
- ***destructive***

***motivations.***

*This [i.e., This strong life instinct and the fact that death is an unknown and hence is feared, both facts which prevent one from choosing death as an escape from pain and an unfulfilled life]*

*strengthens the stamina*

*to try [i.e., to TRY LIFE rather than escape life]*

*and try again,*

*until*

*life is*

*finally*

*mastered*

*though*

*understanding*

*• the self,*

*and hence*

*• the universe.*

*Only in this endeavor [i.e., Only in this endeavor to MASTER LIFE]*

*will the*

*inner*

*understanding*

*finally*

*dawn*

*• that death*

*is not to be feared –*

*or,*

*• that it [i.e., or that DEATH]*

*is feared*

*only in exact proportion to*

*the still existing fear*

*of*

*• living*

*and*

*• loving.*

*Hence*

*• the sharp cleavage*

*between*

*• life*

*and*

*• death,*

*• their illusory opposition,*

*begins to*

*dwindle.*

***The true understanding of  
these words  
can come  
only  
when  
life***

***• is no longer a  
threat***

***and***

***• no longer needs to be  
fled***

***so***

***• your life instinct  
will no longer have to***

***oppose***

***• the death instinct;***

***they [i.e., the LIFE instinct and  
the DEATH instinct]***

***will be***

***one and the same.***

***You will then  
not need to***

***• rush ahead [i.e., rush ahead TOWARDS DEATH  
to escape a painful LIFE],***

***nor will you need to***

***• hold back [i.e., hold back from facing DEATH, FEARING the unknown].***

23

*If you look at your*  
• *conscious*  
*and*  
• *unconscious*  
*attitudes*  
*toward*  
• *the passage of time,*  
*toward*  
• *life*  
*and*  
• *death,*  
*you will find that*  
*they [i.e., you will find that your conscious and unconscious attitudes*  
*toward the passage of time, and toward life, and death]*  
*are identical*  
*with*  
• *one another*  
*and*  
*with your*  
• *innermost,*  
• *hidden*  
*attitudes*  
*toward*  
• *love,*  
*regardless of*  
*your*  
• *conscious,*  
• *healthy*  
*desires.*

*You will find that*  
  
*the fear of*  
*the unknown*  
  
*plays a role*  
*in all these attitudes.*

*You will find  
that you  
constantly  
fluctuate  
between*

- trying to hold back time  
in a fear-cramped motion,*

*and*

- rushing ahead  
because you  
cannot stand  
the moment.*

*Very rarely indeed  
are you  
in harmony with  
the cosmic stream of  
your*

- particular life manifestation,*

*your*

- individuality.*

*This [i.e., This being in harmony with the COSMIC STREAM of  
YOUR own PARTICULAR life manifestation, YOUR own INDIVIDUALITY]  
is what*

- being in peace with  
oneself,*
- being in harmony with  
God,*

*really means:*

*not*

- holding back,*

*not*

- pushing toward,*

*but*

- dissolving*

*in*

*the life stream,*

- in full possession of yourself,*

*yet*

- without fear of  
giving up self-possession.*

	<p><i>This [i.e., Being in harmony with the cosmic stream of YOUR own PARTICULAR life manifestation, of your own INDIVIDUALITY, being in PEACE with ONESELF, being in HARMONY with GOD – not holding back, not pushing forward, but DISSOLVING IN the LIFE STREAM, in full possession of yourself, yet without fear of giving up self-possession]</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>the great experience that you are</i><ul style="list-style-type: none"><li>• <i>blessed and</i></li><li>• <i>privileged to have</i></li></ul></li></ul> <p><i>when you find your mate.</i></p> <p><i>And this will ultimately be</i></p> <ul style="list-style-type: none"><li>• <i>the experience of going into</i></li></ul> <p><i>a new form of consciousness.</i></p>
24	<p><i>The key to all this lies in self-discovery on the many levels from which you still shy away.</i></p> <p><i>When you avoid parts of yourself, you cannot help but project outwardly</i></p> <ul style="list-style-type: none"><li>• <i>onto others</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>into the outside life what seems like a terrifying self-confrontation [i.e., project outwardly onto other what seems like a terrifying self-confrontation of parts of yourself you want to avoid].</i></li></ul>

	<p><i>Hence the projection [i.e., Hence the projection onto others and into the outside life what seems like a terrifying self-confrontation of those parts of yourself you wish to avoid]</i></p> <p><i>cannot yield</i></p> <ul style="list-style-type: none"><li><i>• peace and</i></li><li><i>• liberation,</i></li></ul> <p><i>regardless of how much precarious temporary satisfaction it [i.e., PROJECTION onto others and into outside life] appears to give.</i></p> <p><i>You always find</i></p> <ul style="list-style-type: none"><li><i>• reasons</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• excuses</i></li></ul> <p><i>outside yourself to hedge what most needs to be tackled [i.e., tackled within yourself].</i></p> <p><i>This applies to practically all my friends, at least occasionally.</i></p>
25	<p><i>But</i></p> <p><i>all of you also make progress,</i></p> <p><i>and</i></p> <p><i>each little step in the right direction will finally dissolve</i></p> <ul style="list-style-type: none"><li><i>• the clouds,</i></li><li><i>• the barriers,</i></li></ul> <p><i>between</i></p> <ul style="list-style-type: none"><li><i>• you</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li><i>• this higher consciousness,</i></li><li><i>• the timeless stream.</i></li></ul>

*This consciousness [i.e., This higher consciousness, the timeless stream from which you are separated by clouds and barriers that are finally dissolved] furnishes you with all the*

- *wisdom,*
- *truth, and*
- *rightness*

*you need for your everyday life.*

*Some of you have occasionally*

- *tapped this source [i.e., tapped this source, this higher consciousness, this timeless stream]*

*and*

- *experienced it, only to lose it again.*

*When you contact this inner source of*

- *peace,*
- *truth, and*
- *highest bliss,*

*you will deeply comprehend the significance of Creation.*

26

*The truth is like the sun, around which all other planets revolve while it remains*

- *constant and*
- *bright,*

*even though it is often covered by clouds.*



*The clouds [i.e., The clouds that separate you from  
the constant brightness of the sun]*

*are*

*your*

- *pride,*

*your*

- *self-will,*

*and*

*your*

- *fear,*

*your*

- *ignorance*

*and*

*your*

- *stemming against,*

*or*

- *hurrying ahead of,  
time.*

*But in the moments*

*you perceive*

*your*

*truth –*

*be it ever so*

- *banal or*

- *apparently insignificant*

*in terms of cosmic development –*

- *the clouds*

*disperse*

*and*

- *the warm sun of*

*your higher consciousness*

*regenerates you*

*with*

- *strength*

*and*

- *well-being,*

*with*

- *joyfulness*

*and*

- *peace.*

*This sun  
within yourself  
is constantly ready to*

- *warm and*
- *enliven*

*you,*

*but you, my dearest ones,  
must overcome  
much more.*

*Then [i.e., Then, when you have overcome much more,]  
all*

- *fears,*

*all*

- *pride,*

*and*  
*all*

- *self-will*

*will fall away.*

*To say that they [i.e., To say that all fears, pride, and self-will]  
already have [i.e., already have fallen away]  
will  
not  
make it so.*

*If it were so [i.e., If all your fears, pride, and self-will  
HAD already fallen away]*

*many of your*

- *reactions,*
- *feelings, and*
- *expressions,*

*as well as*

- *the effect*
  - *you have on others*

*and*

- *they on you*

*would be  
drastically  
different.*

27

***This [i.e., This topic concerning HIGHER CONSCIOUSNESS, this  
INNER SOURCE of peace, truth, and highest bliss, the timeless stream  
from which you are separated by clouds and barriers of PRIDE, SELF-  
WILL, and FEAR that are finally dissolved]***

***is not  
an easy topic to understand.***

***It [i.e., This topic]  
needs more than  
a searching for understanding with  
your mind,  
which,  
in itself,  
will accomplish little.***

***It [i.e., This topic]  
needs  
the keener understanding of  
  
your being,  
  
which can come  
only when  
you look at  
• the feelings  
that keep you from  
• happiness  
at this moment.***

***If you look at  
your  
• desires,  
• fears, and  
• needs,  
your  
• apprehensions and  
• reactions –  
right  
or  
wrong –  
at  
• this and  
• every  
moment,  
you will find  
the eternal now.***

*In it [i.e., In the ETERNAL NOW]*

*you can  
live*

- *fearlessly*
- *with rightful confidence in  
the unknown.*

*You do  
not*

*have to  
become  
perfect;  
you*

*are*

*perfect,  
in a sense,*

*when you can  
calmly*

- *face,*
- *acknowledge,*

*and*

- *come to terms with*

*your*

*present  
imperfection.*

28

*When you*  
• *no longer*

*struggle against*  
*the self,*

*thus*  
*shedding your*  
• *pride and*  
• *pretense,*

*and*  
• *become*

*willing to*  
*change,*

*thus*  
*shedding your*  
• *self-will,*  
*together with*  
• *all fears*  
*of*  
• *self,*  
*of*  
• *others,*  
*of*  
• *life,*  
*of*  
• *love*  
*and*  
*of*  
• *dying –*

*all these [i.e., ALL pride, pretense, self-will,*  
*and fears of self, others, life,*  
*love, and dying]*

*evaporate*  
*like ice*  
*in the sun.*

29

*Are there any questions?*

**QUESTION:**

*What about a person  
who does  
not fear  
death  
for*

- himself,*
- but just for*
  - people he loves.*

*In other words,  
can  
the fear of death  
be for  
other people?*

30

**ANSWER:**

*This [i.e., This fear of death for other people]  
may easily be  
a projection [i.e., a projection of YOUR fear of death ONTO other people].*

*It [i.e., This fear of death for other people]  
may also be  
a reversal of  
the fear of life.*

*If one  
fears  
life,  
certain other people  
may represent  
the security  
one feels lacking  
in oneself.*

*One may fear*  
• *loneliness,*  
• *lack of*  
    • *actual or*  
    • *irrational*  
    *protection,*  
    *by the loss of*  
    *others.*

*Just because these considerations*  
*are not faced,*

*out of a sense of*  
*shame*  
*that one may*  
*really mourn*  
*not so much*  
*out of*  
    • *love*  
*as*  
*out of*  
    • *self-concern,*

*the fear [i.e., the FEAR of the death of others]*  
*becomes*  
*increasingly*  
    • *persistent and*  
    • *disturbing.*

*If you have the*  
*courage*  
*to look at*  
*all these possible emotions,*  
*after overcoming the initial reluctance,*  
*fear of*  
*the death of others*  
*will diminish;*

*the bitter frightening aspect of it [i.e., aspect of this fear of the death of others]*  
*will disappear,*  
*and you can then*  
*look at the causes*  
*of*  
*your own helplessness.*

	<p><b>Attaching</b></p> <ul style="list-style-type: none"><li>• <i>the fear, or</i></li><li>• <i>other negative emotions,</i> <i>to where they</i> <i>really belong</i> [i.e., <i>where they really belong – here actually</i> <i>experiencing the real fear of HELPLESSNESS</i>]</li></ul> <p><i>rather than</i> <i>experiencing them</i> <i>in displacement</i> [i.e., <i>here, RATHER THAN experiencing the actual fear of</i> <i>HELPLESSNESS in DISPLACEMENT as an experience of</i> <i>fear of LOSS of others in DEATH</i>], <i>is always a relief.</i></p>
31	<p><b>But</b> <i>the work</i> <i>begins</i> <i>only then</i> [i.e., <i>But only AFTER placing the fear where it</i> <i>belongs – here in facing the real fear of helplessness – can</i> <i>the REAL WORK begin, namely</i>]:</p> <p><b>finding</b></p> <ul style="list-style-type: none"><li>• <i>why</i> <i>one</i> <i>fears life so much</i> <i>that one has to</i> <i>cling to</i> <i>others;</i></li><li>• <i>why</i> <i>one</i> <i>does not use</i> <i>the inborn faculties</i> <i>to</i> <i>live</i> <i>fully</i></li></ul> <p><i>and therefore</i> <i>no longer</i> <i>fear</i></p> <ul style="list-style-type: none"><li>• <i>life</i></li><li><i>or</i></li><li>• <i>death.</i></li></ul>



*If you  
fear*  
• *life,*

*you must also  
fear*  
• *death,*

• *whether you  
consciously  
experience it [i.e., experience fear of DEATH]  
in incidents  
when your life*  
• *is, or*  
• *seems,  
endangered,*

*or*  
• *whether you  
fear  
the loss of others.*

*Fear of  
coping with life  
can manifest as  
fear of  
the loss of a loved one.*

*And so can  
fear of  
losing one's life [i.e., so can fear of losing one's life manifest as  
fear of the loss of a loved one].*

*The approaching death of  
others  
triggers the reminder  
that*  
  
*one day  
death will come to  
the self, too.*

	<p><b><i>But this fear [i.e., But this fear that “one day” death will come to the self, too, when this reminder is triggered by the approaching death of others] is still so hazy that one experiences it only through the other person.</i></b></p> <p><b><i>Only when an actual confrontation [i.e., an actual confrontation of one’s own death] occurs can one really gauge whether or not one is afraid of dying.</i></b></p>
32	<p><b><i>This projection [i.e., This projection onto others as one’s fear of the others’ death] applies both to the fear of</i></b></p> <ul style="list-style-type: none"><li><b><i>• living alone</i></b></li></ul> <p><b><i>and to the fear of</i></b></p> <ul style="list-style-type: none"><li><b><i>• one’s own death.</i></b></li></ul> <p><b><i>Both these [i.e., Both the fear of living alone and the fear of one’s own death] indicate the same thing [i.e., indicate the same thing: one’s fear of HELPLESSNESS in living one’s own LIFE].</i></b></p>
33	<p><b><i>All this would have to be investigated.</i></b></p> <p><b><i>Wherever fear of</i></b></p> <ul style="list-style-type: none"><li><b><i>• life, or</i></b></li><li><b><i>• confronting a certain problem [i.e., a certain problem in life] exists,</i></b></li></ul> <p><b><i>you will be disturbed by</i></b></p> <p><b><i>the fear of death</i></b></p> <p><b><i>in one form or another.</i></b></p>

**Often**  
**the real root –**  
**in what respect**  
**fear**  
**of**  
**• self and**  
**of**  
**• life**  
**exists –**  
**cannot be recognized**  
**at once.**

**It [i.e., The real ROOT – in what respect FEAR of SELF and FEAR of LIFE exist –]**  
**may manifest**  
**only by**  
**symptoms,**

**and**  
**one has to**  
**• look for these symptoms**  
**and**  
**• investigate them**  
**for their significance.**

**Take for example**  
**one's**  
**• attitude to**  
**• this pathwork,**  
**• professed and**  
**• actual;**  
**one's**  
**• attitude to**  
**• the opposite sex –**  
**again**  
**• professed and**  
**• actual;**  
**one's**  
**• reactions to**  
**• current life circumstances –**

**all this has to be looked at**  
**with a penetrating**  
**spirit of**  
**truthfulness.**

*When you can determine a*

- *fear of,*

*or to use a more psychological term,*

- *resistance to,*
- *your innermost self,*

*you can be sure that*

- *fear of*
- *death*

*must exist  
in equal measure.*

*And so does the*

- *fear of*
- *loving,*
- of*
- *letting go of yourself  
in this great experience [i.e., in this great experience of loving a mate].*

*Find it [i.e., FIND this FEAR of letting go of yourself  
in this GREAT EXPERIENCE of LOVING a mate];*

*see it [i.e., SEE this FEAR of letting go of yourself  
in this GREAT EXPERIENCE of LOVING a mate]*

*in  
yourself,*

*and you will have  
conquered  
a great deal.*

34

*Of course,  
these words  
are directed to  
everyone.*

35

***It is also important to note  
that you are often  
misled in this respect [i.e., misled in respect to this FEAR of letting go of  
yourself in this GREAT EXPERIENCE of LOVING a mate]  
because  
in your fantasy life [i.e., in your life in your sexual fantasies]  
these fears [i.e., these FEARS of letting go of yourself in this  
GREAT EXPERIENCE of LOVING the OPPOSITE SEX]***

***do not exist.***

***You may  
deny the existence of  
the fears  
of***

- loving [i.e., deny the FEARS of EXPERIENCES of LOVING the  
OPPOSITE SEX]***

***and  
of***

- self-surrender [i.e., deny the FEARS of SELF-SURRENDER in  
the EXPERIENCES of LOVING the OPPOSITE SEX]***

***because***

***you***

- are acutely aware  
that you***

***ardently desire***

***this fulfillment [i.e., this fulfillment in  
EXPERIENCES of LOVING  
the OPPOSITE SEX]***

***and***

- can experience it [i.e., can EXPERIENCE this  
fulfillment of LOVING the OPPOSITE SEX]  
without inhibition***

***in***

***fantasy.***

*You then believe*

*• that*

*outer reasons*

*are responsible for*

*your incapacity*

*to actually realize*

*this fantasy life [i.e., You believe OUTER reasons are*

*responsible for your INCAPACITY to actually*

*EXPERIENCE this fulfillment of LOVING the*

*OPPOSITE SEX that you experience in your fantasy life]*

*and*

*• that these reasons*

*have*

*nothing to do*

*with*

*you.*

*But*

*if you*

*cannot*

*realize [i.e., But if you cannot realize or actualize]*

*this fantasy life,*

*there must be*

*an opposing current*

*of fear in you*

*that prevents the experience.*

*To*

*• find it [i.e., To FIND this opposing current of FEAR],*

*to*

*• lift it [i.e., to LIFT this opposing current of FEAR]*

*out of hiding,*

*is so very important.*

*It is a vast step forward*

*compared to*

*the belief*

*that one is*

*free from obstructions*

*while all the time*

*they [i.e., while all the time these INNER obstructions that are responsible for*

*your incapacity to actually EXPERIENCE fulfillment of LOVING*

*the OPPOSITE SEX that you experience in your fantasy life]*

*continue to exist*

*underground.*

36

*Through this lecture  
I have given you various avenues  
to explore the  
actual  
state of your soul  
regarding*

- life,*
- love,*

*and*

- death.*

*I showed that the  
conscious*

- conviction and*
- feeling*

*regarding*

- life,*
- love and*
- death*

*may be only one side,  
while the other side  
has to be that of  
becoming aware of  
unconscious  
opposing*

- conviction and*
- feeling*

*in order to  
unify  
the opposing  
• currents and  
• forces.*

*I showed the  
various symptoms  
by which the*

- hidden,*
- opposing*

*currents  
can be detected.*

*Discovering them*

- is of the very greatest importance and*
- may lead you out of a  
temporary bottleneck in your work.*

37

**QUESTION:**

*Wouldn't a  
fear of*

*being left*

*also account for  
the fear of  
losing dear ones?*

**ANSWER:**

*Yes, this is what I said at first.*

*The*

*• insecurity,*

*the*

*• fear of having to confront life alone –*

*hence the*

*• fear of life*

*in pure form,*

*once it is broken down and analyzed.*

38

*Where there is  
fear*

*of*

*• life,*

*there must be*

*fear*

*of*

*• love*

*and*

*of*

*• death.*

*Where*

*one of these fears exists,*

*the other two*

*must exist as well.*



*When you establish  
this link [i.e., this link among fear of LIFE, fear of LOVE, and fear of DEATH]  
within yourself,  
you are bound to  
experience*

- *growth,*
- *liberation,*
- *strength,*
- *confidence.*

*It cannot be otherwise.*

39

*Blessings  
for each one of you.*

*Do not despair, my friends,  
when you sense  
the barriers  
I discussed tonight.*

*They are  
removed more effectively  
through*

- *awareness of  
their existence*

*than  
through*

- *ignorance.*

*Please*

- *realize and*
- *understand*

*this important truth.*

*Make it your own  
by testing it,  
and  
you will rejoice.*

*Be blessed  
in this  
new awareness,  
each one of you.*

	<p><b><i>Be in</i></b> • <i>peace,</i> <b><i>be in</i></b> • <i>yourself,</i> <b><i>and therefore in</i></b> [<i>i.e., and therefore, by being in YOURSELF, be in</i>] • <b><i>God!</i></b></p>
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For information to find and participate in Pathwork activities world wide, please write:

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Charlottesville, VA 22906-6010, USA  
Call: 1-800-PATHWORK, or  
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