

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

by Eva Broch Pierrakos

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***From this basic predicament [i.e., From this basic predicament of
struggling to overcome the duality between LIFE and DEATH]***

derive

all other

- problems,***
- difficulties,***
- fears, and***
- tensions***

you have to contend with.

***Whether this [i.e., Whether this struggle to overcome
the duality between LIFE and DEATH]***

manifests

directly as

fear

of

- death,***

of

- aging or***

of

- the unknown,***

it is always

fear of

the passing of time.

All [i.e., All FEARS]

are manifestations of

the same basic fear [i.e., the basic fear of THE PASSING OF TIME].

05

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

- philosophical,***
 - spiritual,***
 - religious***
- concepts.***

	<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"><i>• overcome fear</i><i>and</i><i>• reconcile the great duality [i.e., the great duality between LIFE and DEATH]</i> <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>

The

- *tension and*
- *disturbance*

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.

These people

may even have

- *made considerable progress*
- and
- *resolved certain inner conflicts,*

but

vast areas of their psyche remain unknown.

07

To the degree you are unaware of what goes on within you, you will fear

- *the passing of time*
- and
- *the "great unknown."*

When one is

young,

these fears

may be assuaged.

But sooner or later

every

human being

will be confronted

more directly

with

the fear of death.

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

For this barrier [i.e., For this barrier to UNION with a MATE, this barrier to UNION with the OPPOSITE SEX]

*indicates
a barrier to
areas within the self
that you
shy away from
• exploring
and
• understanding.*

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]

*indicates
• a resistance to
fully grown selfhood
and
• an insistence on
artificial
infancy.*

*This
carefully nurtured
parasitical state
prevents
liberation
through
overcoming the fear
which is a product of
duality.*

11

*When
all resistance to
unknown areas in oneself
has vanished
so that one
no longer fears oneself,
one cannot possibly
fear
• other human beings,
including
• the opposite sex.*

*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><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></p> <p><i>Let us consider this more closely.</i></p>
14	<p><i>Take first the barrier between</i></p> <ul style="list-style-type: none"><i>• consciousness</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• the unconscious:</i> <p><i>pride.</i></p> <p><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></p> <p><i>It [i.e., What you find in the unconscious] may not be</i></p> <ul style="list-style-type: none"><i>• flattering or</i><i>• compatible with</i> <p><i>your idealized self-image.</i></p> <p><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></p>

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

***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">• <i>safety and</i>• <i>one's very life</i> <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">• <i>pride,</i>• <i>self-will, and</i>• <i>fear</i> <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"><i>• pride and</i><i>• self-will,</i> <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"><i>• giving up the self</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• full possession of the self,</i> <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"><i>• union with the other sex</i> <p><i>and to</i></p> <ul style="list-style-type: none"><i>• death?</i>

*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">• <i>the great experience that you are</i><ul style="list-style-type: none">• <i>blessed and</i>• <i>privileged to have</i> <p><i>when you find your mate.</i></p> <p><i>And this will ultimately be</i></p> <ul style="list-style-type: none">• <i>the experience of going into</i> <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">• <i>onto others</i> <p><i>and</i></p> <ul style="list-style-type: none">• <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>

	<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"><i>• peace and</i><i>• liberation,</i> <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"><i>• reasons</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• excuses</i> <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"><i>• the clouds,</i><i>• the barriers,</i> <p><i>between</i></p> <ul style="list-style-type: none"><i>• you</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• this higher consciousness,</i><i>• the timeless stream.</i>

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	<p><i>Are there any questions?</i></p> <p>QUESTION: <i>What about a person who does not fear death for</i></p> <ul style="list-style-type: none"><i>• himself,</i><i>but just for</i><i>• people he loves.</i> <p><i>In other words, can the fear of death be for other people?</i></p>
30	<p>ANSWER: <i>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].</i></p> <p><i>It [i.e., This fear of death for other people] may also be a reversal of the fear of life.</i></p> <p><i>If one fears life, certain other people may represent the security one feels lacking in oneself.</i></p>

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>Attaching</p> <ul style="list-style-type: none">• <i>the fear, or</i>• <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>] <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>But <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>finding</p> <ul style="list-style-type: none">• <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>• <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> <p><i>and therefore</i> <i>no longer</i> <i>fear</i></p> <ul style="list-style-type: none">• <i>life</i><i>or</i>• <i>death.</i>

*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><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></p> <p><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></p>
32	<p><i>This projection [i.e., This projection onto others as one’s fear of the others’ death] applies both to the fear of</i></p> <ul style="list-style-type: none"><i>• living alone</i> <p><i>and to the fear of</i></p> <ul style="list-style-type: none"><i>• one’s own death.</i> <p><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></p>
33	<p><i>All this would have to be investigated.</i></p> <p><i>Wherever fear of</i></p> <ul style="list-style-type: none"><i>• life, or</i><i>• confronting a certain problem [i.e., a certain problem in life] exists,</i> <p><i>you will be disturbed by</i></p> <p><i>the fear of death</i></p> <p><i>in one form or another.</i></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><i>Be in</i> • <i>peace,</i> <i>be in</i> • <i>yourself,</i> <i>and therefore in</i> [<i>i.e., and therefore, by being in YOURSELF, be in</i>] • <i>God!</i></p>
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