

Pathwork Lecture 124: The Language of the Unconscious

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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 every one of you.</i></p> <p><i>Blessed be this hour [i.e., Blessed be this time we spend together in this lecture].</i></p> <p><i>May this lecture help you again discover more of yourself, to</i></p> <ul style="list-style-type: none"><i>• widen and</i><i>• raise</i> <p><i>your consciousness, to</i></p> <ul style="list-style-type: none"><i>• strengthen</i> <p><i>your grasp on reality.</i></p>

by Eva Broch Pierrakos

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04

*The most powerful aspect in your life
is
the unconscious.*

Everything

- *favorable,*
- *pleasurable,*
- *advantageous,*

as well as your

- *hardships,*
- *suffering,*
- *disappointments,*
- *unfulfillments,*
- *so-called "bad luck,"*
- *the repetition of unfavorable patterns –*

*all
are determined by
your unconscious
• thinking
and
• feeling.*

*This [i.e., Your unconscious]
comprises
a great deal more
than is commonly understood.*

*When you speak
of
• your fate,
of
• what happens
or
• does not happen
to you
as if by fate,*

*the truth is
that these events
are caused by nothing else
but the governing force of
unconscious factors.*

05

*• The unconscious
is much stronger than
• the conscious mind
because
the absurdity of
conscious
• misconceptions
and
• unrealistic outlooks
is more easily
• detectable
and
can therefore
• be corrected.*

*Whatever is
hidden from awareness [i.e., whatever is in the unconscious]
continues to
govern you
without
your being able,
through your reason,
to change it.*

*Hence it is of
utmost importance
to detect
such hidden erroneous outlooks.*

06

*It is often forgotten
that
the unconscious
not only harbors*

- *petrified wrong conclusions,*
- *destructive behavior patterns
resulting from images,*

and

- *negative emotions
due to unresolved problems,*

but also

- *utter wisdom,*
- *divine truth,*

and

- *the most constructive elements in the universe,
constantly building them [i.e., building elements in the universe]
with
unending*
 - *creativity*

and
 - *love.*

*These wells of
positive energy
can be tapped
to the degree that
the obstructions
are let out of their hiding place –
the unconscious.*

*Then [i.e., Then, when the OBSTRUCTIONS are let out of the unconscious],
and then only,
will all the
productive elements
which are still hidden [i.e., will the PRODUCTIVE elements
which are still hidden in the unconscious]
rise to the surface.*

07

**Only when you are in a
dynamic process
of**

- **growth and**
- **development**

do these words [i.e., do these words about the wells of
POSITIVE energy coming forth from the unconscious
AFTER the OBSTRUCTIONS to growth
are let out of the unconscious]

**become
real.**

Until then [i.e., Until you are in a dynamic process
of growth and development],

they [i.e., these words about POSITIVE energy coming forth from the
unconscious AFTER the OBSTRUCTIONS to growth
are let out of the unconscious]

**represent a
theory
and no more.**

**Little by little,
as you begin to discover the**

- **strange,**
 - **exciting,**
- at times even**
- **slightly frightening**
- and yet**
- **exhilarating**

**reality of
your unconscious,**

**you will begin to have an inkling of
the powerful elements
that are buried in it.**

*So we must strive on this path
to detect as much as possible
not only what is*

- *erroneous,*

but also

- *all the productive elements
behind
the errors.*

*They [i.e., ALL the PRODUCTIVE elements of the
unconscious that are behind ALL the
ERRONEOUS elements of the unconscious]
all lie deep within yourself.*

*To the degree that you
liberate yourself from
the rubbish of
useless*

- *fears and*
- *misconceptions*

that divide you,

the

- *constructive,*
- *creative,*
- *productive*

*elements
you never knew existed
will be
freed.*

08

*Why do I repeat this fact,
after having discussed it*

- *so often*

and

- *in so many different forms?*

*My reason for doing so [i.e., My reason for repeating this fact about
the power of your unconscious]*

*is that none of you, my friends,
are really and truly
aware of*

*• the power of your unconscious
and*

*• how it still governs you in your daily lives,
in spite of
considerable progress.*

*I wish to help you
to become*

*more aware of this [i.e., more aware of the power of the unconscious],
to give you*

*even more effective tools
to discover*

*more of the forces
which govern you
without your knowing it.*

09

*Before we come to
more practical hints in this respect,
let me discuss the following.*

*Your personality
is a repetition,
in smaller form,
of
the whole universe.*

Both

• the individual

and

• the universe

exist

*because of
a certain distribution of
various cosmic energies.*

The way these energies [i.e., The way these various cosmic energies]

- *interact*
- and*
- *are arranged*

determines the

- *harmonious*

or

- *disharmonious*

existence of the created being –

- *human,*
- *universe,*
- *plant, or*
- *leaf.*

In their

ideal

- *creation*

and

- *state,*

these

- *energies*

and

- *forces*

work together

perfectly,

- *complementing one another*
- rather than*

- *hindering one another.*

Hence

the created being

emanates

one unified cosmic current.

Again,

this applies to

- *a stellar system,*
- *an individual planet,*

as well as

- *every entity*

inhabiting the individual planets,

from

- *mineral*

to

- *the highest spiritual creature.*

	<p><i>The regulating universal forces must be the same for all.</i></p>
10	<p><i>When a stellar system disintegrates, it is because contrary forces [i.e., it is because forces CONTRARY TO the ONE UNIFIED COSMIC CURRENT that the created being emanates] are at work – the opposite of</i></p> <ul style="list-style-type: none"><i>• truthfulness,</i><i>• realism,</i><i>• awareness, and</i><i>• consciousness.</i> <p><i>The two opposing forces create such tension through the pressure of two opposing energy currents that finally an explosion occurs and the entity annihilates itself.</i></p> <p><i>This is again applicable to</i></p> <ul style="list-style-type: none"><i>• a stellar system,</i><i>• a planet, or</i><i>• the decay of a leaf on a tree.</i> <p><i>To put it simply, the universe, up to a certain degree of</i></p> <ul style="list-style-type: none"><i>• development or</i><i>• awareness,</i> <p><i>consists of two primary currents:</i></p> <ul style="list-style-type: none"><i>• a yes-current</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• a no-current.</i>

*The yes-current
includes
every constructive energy
because it [i.e., because the YES-CURRENT]
accords with
truthful insight,
which cannot help but
breed
• love
and
• unity.*

*The no-current
is destructiveness
because it [i.e., because the NO-CURRENT]
inadvertently
deviates from
truthfulness,
thereby
breeding
• hate
and
• disunity.*

*This general explanation
applies to
• your individual daily life
as well as to
• great concepts in the history of creation.*

11

*You know, my friends,
from past experience
that I do not ask you
blindly to accept
spiritual teachings
you cannot verify
within yourself
right now.*

*For what applies to
• you personally
must, in principle, apply to
• all creation.*

It is
• *easy*
and
• *absolutely feasible*
to detect the
• *yes-*
and
• *no-*
currents
within yourself,
in your daily lives,

if you learn
to
• *understand*
and
to
• *interpret*

the language
of
your personal unconscious.

To do so
requires a certain technique,
the same as in learning
any new language.

It means
• *practice,*
• *perseverance,*
and
• *patience*
in order to
learn
the new symbols.

12

Language
in any shape or form
is a
conglomeration of
symbols.

What else is language?

*When you say the word
"table,"
it is a symbol for
the object you*

- use*

and

- know.*

*The same applies to
the language
of your personal
unconscious mind.*

*And it is just as possible
to learn its language
as to learn
any other language.*

But it also takes as much

- time,*
- effort,*

and

- practice.*

*It no more comes to you
by itself
than
suddenly learning a new language
without organized effort.*

*Only it is infinitely
more*

- rewarding,*

more

- essential*

for your personal life

to know the language of

- your unconscious*

than the knowledge of

- a dozen foreign earth languages.*

13	<p><i>The work of this path is manifold.</i></p> <p><i>We have</i></p> <ul style="list-style-type: none">• <i>described it in various analogies</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>defined it in several ways.</i> <p><i>Among many other things, this path is also the learning of the language of the unconscious.</i></p> <p><i>When you do so, you are bound to detect the yes- and the no- currents.</i></p>
14	<p><i>The yes-current is</i></p> <ul style="list-style-type: none">• <i>often,</i>• <i>but not always,</i> <p><i>the more noticeable of the two because it [i.e., because the yes-current] is mostly conscious.</i></p> <p><i>Whenever you find yourself</i></p> <p><i>disturbed</i></p> <p><i>because of</i></p> <p><i>a persistent unfulfillment,</i></p> <p><i>you can be sure that</i></p> <p><i>both currents [i.e., both the YES-current and the NO-current] must be strongly at work, thus inhibiting each other.</i></p>

Consciously
the yes-current
• is stronger
and
• blots out the
unconscious
no-current.

The more the latter [i.e., The more the unconscious NO-current]
is squelched
in the erroneous idea
that this [i.e., that this SQUELCHING of unconscious NO-current]
eliminates it,
the more it [i.e., the more the unconscious NO-current]
is driven underground,
where it continues to
do its work.

And
the more this [i.e., the more this unconscious NO-current is driven
underground, where it continues to do its work]
happens,
the more
• urgent
and
• frantic
the yes-current becomes.

The two currents
pull the personality
in two opposite directions,
creating
stronger
and stronger
• tension and
• pressure.

The way to
eliminate the short circuit
is to
• uncover the no-current,
• understand its faulty premises,
and thereby
• gradually shed the belief in
the necessity for its existence.

15	<p><i>It will be helpful for every one of you to approach</i></p> <ul style="list-style-type: none"><i>• yourself,</i><i>• your life,</i> <p><i>in this way [i.e., in this way of looking at your areas of unfulfillment and disharmonies, knowing there must be a no-current at play causing this, finding the no-current, and understanding its faulty premises, thereby gradually shedding the belief in the necessity for the no-current's existence].</i></p> <p><i>It sounds,</i> <i>and really is,</i> <i>simple,</i> <i>but it is not</i> <i>oversimplified.</i></p>
16	<p><i>In those areas of your life</i></p> <ul style="list-style-type: none"><i>• where things go easily,</i><i>• where you appear to be lucky,</i><i>• where most of the time you are fulfilled</i> <i>without any</i><ul style="list-style-type: none"><i>• problematic and</i><i>• confusing</i><i>crises,</i> <p><i>you can be sure</i> <i>that</i></p> <ul style="list-style-type: none"><i>• there is very little no-current</i> <i>and</i><i>• the yes-current predominates</i> <i>without a</i><ul style="list-style-type: none"><i>• contradictory</i><i>• hidden</i><i>undercurrent.</i> <p><i>To put it differently:</i> <i>not only is the</i><ul style="list-style-type: none"><i>• surface attitude,</i><i>but the</i><ul style="list-style-type: none"><i>• attitude of your entire being</i><ul style="list-style-type: none"><i>• undivided</i><i>and</i><ul style="list-style-type: none"><i>• in accord with reality.</i></p>

	<p><i>[Where things go well and easily and you are fulfilled, without any problematic and confusing crises]</i></p> <p>You are not split in • motivation and in • desire.</p>
17	<p>But in areas where you are repeatedly "unlucky,"</p> <p>the no-current must be at work in one form or another.</p> <p>Of course, the reasons [i.e., the reasons for the no-current to be working] may vary with each individual,</p> <p>but the underlying causes have to be clearly defined in order to inactivate them.</p> <p>Most of you have begun to detect them [i.e., detect the causes of the no-current] at least in part.</p>
18	<p>Any goal you</p> <ul style="list-style-type: none">• consciously desire <p>and nevertheless</p> <ul style="list-style-type: none">• do not attain <p>is</p> <p>proof that an undetected no-current is at work.</p>

*It is
not
sufficient to*

- *gain, or*
- *have gained,*

understanding of

- *your*
 - *images and*
 - *misconceptions,*

nor

- *how*

and

- *why*

*they came into existence
in the particular circumstances
of your childhood.*

*Important work
as that is,
it is only one step.*

*In this respect [i.e., In respect to understanding of your images and
misconceptions and how and why they came into
existence in particular circumstances in your childhood],
most of you
have made considerable progress.*

*But it is
not sufficient,

for you are
all
mistaken
when you believe that
having found*

- *the misconceptions,*
- *the erroneous conclusions,*

*will
automatically
change your*

- *innermost,*
- *subtle*

emotional reactions.

It does not work that way [i.e., Any assumption that MERELY FINDING your misconceptions and erroneous conclusions AUTOMATICALLY results in CHANGING your innermost, subtle EMOTIONAL REACTIONS does NOT WORK],

because

***this assumption
only leads to
the illusion
that***

your

• finding

and

your

• momentary relief

has already liberated you,

while you continue

to react in

• the old way

without being aware of it.

Sooner or later,

this [i.e., this condition that, although having found your misconceptions and erroneous conclusions, you UNCONSCIOUSLY continue to REACT in the OLD WAY]

is bound again

to produce

negative results,

which then come as a

double

• disappointment and

• discouragement.

19	<p><i>The only way change can come about is through detection of how the no-current continues to work, even prohibiting the very change [i.e., the very change from the old reaction to a new reaction to situations you encounter in life] so ardently striven for by the yes-current.</i></p> <p><i>For that purpose [i.e., For the purpose of CHANGING your EMOTIONAL REACTIONS to situations you encounter in life], you really have to master the language of the unconscious.</i></p>
20	<p><i>Let us assume you wish for a certain fulfillment in your life you have lacked until now.</i></p> <ul style="list-style-type: none"><i>• You may have been aware of a strong desire for this fulfillment and in your pathwork</i><i>• you have discovered unconscious</i><ul style="list-style-type: none"><i>• misconceptions,</i><i>• false guilts, and</i><i>• destructive attitudes that prohibit it.</i><i>• You may even have discovered</i><ul style="list-style-type: none"><i>• a fear of the very fulfillment you wish and consequently</i><i>• a subtle attitude of rejecting it.</i>

- ***The fear [i.e., The fear of the very fulfillment you wish]***
 - ***may be based on
an entirely illusory premise
and therefore***
 - ***be unnecessary.***

- ***It [i.e., The fear of the very fulfillment you wish]***
 - ***may be due to
the childish desire of
not wanting to pay the necessary price
connected with the fulfillment.***

- ***It [i.e., The fear of the very fulfillment you wish]***
 - ***may be a feeling of
not deserving this happiness.***

- ***It [i.e., The fear of the very fulfillment you wish]***
 - ***may be***
 - ***any number of further reasons, or***
 - ***a combination of all of them.***

***Whatever they are [i.e., Whatever the reasons are
for the fear of the very fulfillment you wish],
you have in essence
discovered what stands in your way.***

You may experience the discovery

- ***as a one-time nucleus,
as it were,***
- ***like a package of disturbance.***

***But it rarely occurs to my friends
that this package [i.e., that this package of disturbance giving rise to the
fear of the very fulfillment you wish]
continues to send forth
its expressions
in spite of having been detected.***

***And this [i.e., And this fact that AWARENESS ALONE of what factors block your
fulfillment does NOT prevent them from sending forth their expressions]
is the important part of the work,
without which
real liberation cannot be achieved.***

21

*In view of all this, it is necessary to
renew your efforts in
daily
detection of
the no-current at work.*

*Its manifestations [i.e., The manifestations of the NO-current]
may be*

- *ever so*
- *subtle,*
- *diffuse,*

and

- *almost too elusive to catch.*

But, if you

*set out to do so [i.e., if you set out DAILY to detect the NO-CURRENT at work],
what was*

once so hazy

as to be almost impossible to formulate

- *will become obvious.*

It

- *will stand out in clear contour.*

You will discover

how you

slightly cringe at

*the thought of the fulfillment
whenever it approaches.*

*When it [i.e., When the thought of the FULFILLMENT]
is playful fantasy,
all may be well.*

You may detect

a vague feeling of

familiar uneasiness

which you used to push aside,

when you thought about the fulfillment.

*Is it [i.e., Is this vague feeling of uneasiness at the very thought of the fulfillment]
a feeling of*

- *fear*

or

- *false guilt that you do not deserve it?*

*Whatever it is [i.e., Whatever this vague feeling of uneasiness
at the very thought of the fulfillment is],*

try to take these

- *vague,*

- *hazy*

emotional impressions

and

question them

in the daylight of consciousness.

Examine

the faraway fantasy

when,

apparently,

only

the yes-current

is at work.

But in this fantasy,

do you wish for

the impossible

in that

you do not take into consideration

the human imperfections

in all concerned?

Do you fantasize

in the spirit of

having it all your way,

which

may not be

- *bad or*

- *wrong,*

but, upon closer examination,

is

- *rigid,*

- *one-sided,*

- *unreal?*

*In this fantasy,
do you expect
being favored,
at the expense of
flexibly adjusting to
new circumstances?*

*In these circumstances [i.e., In these NEW circumstances]
you could
give of yourself
as you*

- *compromise*

and

- *renounce*

your expectations.

*Or [i.e., Or, instead of compromising and renouncing YOUR expectations],
do you
subtly
feel that life should furnish you with
the ideal fulfillment
without necessitating*

- *change,*
- *adjustment,*

and

- *relinquishing*

on your part?

*This prevalent attitude
may*

- *be extremely subtle*

and

- *require all your discernment*

to discover it.

When you
do [i.e., *When you do discover this attitude in you*
that life should furnish you the IDEAL FULFILLMENT WITHOUT
necessitating change, adjustment, and relinquishing on your part],
you will have found
a reason for the existence of
the no-current
which
functions exclusively
when it comes to

- **reality,**
- but not in**
- **your one-sided fantasy.**

In such one-sided fantasy,
you may even be willing to
give of yourself,

but only because
in the fantasy
you

- **direct the play**
- and thus**
- **determine**
 - **how,**
 - **when,**
 - **in what way,**

you are giving.

In reality
you cannot
determine all that.

Reality
requires you to be ready with
your flexibility
when necessary.

Because you
unconsciously
know all that,
you block
the fulfillment,
somehow waiting for
the impossible.

22

*When you become aware of the
constantly working no-current,
even
before
fully understanding
its presence,*

- *you will find
relief from*
- *hopelessness*

and

- *the way out
will be in sight.*

- *You will understand
why*

*your life
has*

not

changed

in spite of

extensive recognitions of

- *images*
- and*

- *childhood lessons.*

*You will now
detect*

the destructive feelings

in the service of

the no-current:

- *fear,*
- *guilt,*
- *anger,*
- *frustration,*
- *hostility,*
- etc.*

These feelings [i.e., These now-detected DESTRUCTIVE FEELINGS in service to the NO-CURRENT: FEAR, GUILT, ANGER, FRUSTRATION, HOSTILITY, etc.]

continue to smolder,

but they may be

- ***artfully camouflaged,***
- ***explained away by***
apparently
real provocations,

and

- ***"successfully" projected onto others.***

Discovering

all these mechanisms

is

learning the language of
the unconscious.

This [i.e., This process of DISCOVERING all these DESTRUCTIVE FEELINGS in service to the NO-CURRENT: FEAR, GUILT, ANGER, FRUSTRATION, HOSTILITY, etc., as you find and uncover them artfully camouflaged and explained away by apparently real provocations and “successfully” projected onto others]

is a

successful translation of it [i.e., a successful process of translation of the LANGUAGE OF THE UNCONSCIOUS].

23

No matter how many
findings
you make,
nothing will really change in your life
until you observe the
no-current
in action,
daily,
again
and again;
until you

- ***interpret its messages***
- ***decipher its codes.***

24

*Before you can discover the
no-current
behind a
strong
unfulfilled wish,
you may often be
puzzled
because the
yes-current
is so
desperately
urgent.*

*Instead of letting this [i.e., Instead of letting this
DESPERATE URGENCY of the yes-current]
mislead you into
assuming
that this [i.e., that this URGENCY of the yes-current in itself]
proves
the absence of a
no-current,
you may be
certain
that the urgency
proves
its presence [i.e., that the URGENCY itself of the yes-current
actually PROVES the PRESENCE of the no-current].*

*The frantic fear
that the desperate urgency
will
not
be fulfilled

always heralds an

underground
no
to the fulfillment.*

*Absence of
such a
no
produces an*

- *easy,*
- *relaxed*

*yes-current,
without a
tinge of
desperation.*

*It is a
yes-current
that*

- *wants the fulfillment,*
- *is wholly ready for it,*

but

- *is quite capable of
leading a constructive life without it,
regardless of
how welcome
the fulfillment would be.*

*If the fulfillment
cannot take place
for various outer reasons,*

*if the detection of
the no-current
happened too late,*

*the person will
still know
that
other ways are open
for the experience of a
productive life.*

25

*Let us now be more specific about
the detection of a
no-current.*

You may be sure it exists [i.e., You can be sure a NO-CURRENT exists]

if

- *frustration remains in your life
in spite of
having found relevant images.*

You may also be sure about its existence [i.e., the NO-CURRENT'S existence]

if

- *you are desperate in
your yes-current;*

if

- *you fear that the fulfillment
will never come;*

if

- *you believe
your life is dismal without it.*

*After having thus determined
that the no-current*

*must
exist,*

*it is now a question of
experiencing it [i.e., EXPERIENCING the NO-CURRENT] –*

not just once,

but

whenever it is at work.

26

*To become
more acutely aware of
its [i.e., the NO-CURRENT'S]
existence,
the practice of
the daily review,
as you have learned,
• is immensely helpful
and
• has to be applied
in this direction [i.e., in this direction of finding
ever-deeper and more hidden no-current].*

*• Observation
and
• questioning
of your
emotional reactions
must extend in
• width
and
• depth
on the path,
instead of
• diminishing.*

*If you
progress
in the right direction,
you will
now
observe
• more,
rather than
• less –
contrary to the mistaken idea
that there is less to see
because of your improvement.*

*Close scrutiny of your emotions
is a
number one prerequisite [i.e., prerequisite to finding
and working with the no-current].*

27

*It is equally important
to stir up
the petrified part of
the unconscious.*

If

- *left alone,*
 - *untouched,*
- and*
- *unchallenged,*
 - *the obstructions [i.e., the obstructions to fulfillment],*
 - *the no-current [i.e., the no-current opposing the yes-current for fulfillment],*
do not manifest.

- *They [i.e., the OBSTRUCTIONS to FULFILLMENT, i.e., the NO-CURRENT]
slumber quietly,*
and only when shaken up
 - *do they react
in a more noticeable fashion.*

*Such stirring [i.e., Such stirring or arousing of the OBSTRUCTIONS to
FULFILLMENT, i.e., such stirring of the NO-CURRENT]
occurs through the*

- *frustrations*

and

- *difficulties
life brings.*

*It [i.e., Such stirring or arousing of the OBSTRUCTIONS to
FULFILLMENT, i.e., such stirring of the NO-CURRENT]
also occurs through
constantly*

- *questioning the self*

and

- *trying to get through the*
 - *outer,*
 - *rational
shell*

in a spirit of

*penetrating
inner search.*

28

*Stirred-up emotions
reveal
the no-current
if
they [i.e., if these stirred up emotions]
are*

- *investigated,*
- *questioned, and*
- *understood.*

*As I have said,
this stirring [i.e., this stirring up of emotions that REVEAL the NO-CURRENT]
occurs
partly through the*

- *unavoidable life circumstances*

*and
partly through*

- *deliberate processes in the pathwork.*

*To observe
productively
what the
unconscious
expresses,
it is important to
separate the*

- *healthy*

*part of yourself
from the*

- *unhealthy,*
- *confused,*
- *involved*

part.

*Detached observation
of
something*

- *obscure*

and

- *strange*

is

*the most healing procedure
on the path of liberation.*

*When your
yes-current
observes the
no-current
without
frantic self-accusations,
it becomes possible
to translate
the latter [i.e., the no-current]
into
concise human language.*

*The concise formulation of
previously vague feelings*

- *is*
invaluable

and

- *needs to be learned*
in the early stages of this path.

29

*You are erroneously convinced
that
to understand
what occurs in your unconscious
means
merely
finding
hitherto unknown elements.*

*You expect
completely unknown facts.*

*This is true
only
in the rarest instances.*

*It is
not necessary
to go through*

- *gyrations and*
- *distortions*

*to seek after
novelties.*

*Nothing
unfeasible
is required
to discover
what needs to be discovered
for living
a meaningful life.*

*You do
not
have to wait for something*

- *faraway*

and

- *completely hidden.*

*First,
observe
those layers that are easily accessible
when you focus your attention on them.*

*There are
the*

- *half-conscious thoughts,*

the

- *vague and*
- *diffuse*
 - *attitudes and*
 - *expressions*

that are

- *almost second nature*

and therefore

- *so easily overlooked*

because

they have become a part of you.

*But
none
of the
half-conscious*

- *feelings,*
- *reactions, and*
- *concepts*

*are clearly formulated into
concise thoughts.*

	<p><i>If you watch the half-conscious reactions in the problem areas of your life, you will learn all you need to know about yourself.</i></p> <p><i>This is a vital part of learning the language of your unconscious.</i></p>
30	<p><i>I will now not discuss dream interpretation, which deals with the translation of deeper layers.</i></p> <p><i>For this [i.e., For dream interpretation], more help is needed than</i></p> <ul style="list-style-type: none"><i>• the observation of half-conscious material</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• its translation into your known language.</i> <p><i>The half-conscious material comprises your</i></p> <ul style="list-style-type: none"><i>• immediate emotional reactions</i> <p><i>as well as your</i></p> <ul style="list-style-type: none"><i>• fantasy life.</i> <p><i>Comparison of both [i.e., Comparison of your IMMEDIATE EMOTIONAL REACTIONS with your FANTASY LIFE] often demonstrates your</i></p> <ul style="list-style-type: none"><i>• discrepancies and</i><i>• contradictions,</i> <p><i>as well as your</i></p> <ul style="list-style-type: none"><i>• immature expectations.</i>

31	<p><i>The more clearly you see how you</i></p> <ul style="list-style-type: none">• <i>push away, or</i>• <i>withdraw from,</i> <p><i>the very fulfillment you crave – as you see it again and again in action –</i></p> <p><i>the closer you come to eliminating the no-current.</i></p> <p><i>You weaken it [i.e., You weaken the no-current] merely by observing it.</i></p>
32	<p><i>When the petrified part of the unconscious is sufficiently badgered – partly from the</i></p> <ul style="list-style-type: none">• <i>petrification itself</i> <p><i>which you experience as</i></p> <ul style="list-style-type: none">• <i>frustration and</i>• <i>pain,</i> <p><i>and partly from</i></p> <ul style="list-style-type: none">• <i>your pathwork –</i> <p><i>the hardness becomes sufficiently fluid to let go of some of its substance.</i></p> <p><i>This [i.e., This petrified part of unconscious softening and becoming sufficiently fluid to LET GO OF some of its substance] causes the no-current to appear strongly on the surface, less and less disguised, making it more and more difficult to rationalize.</i></p>

This [i.e., This strong appearance of the NO-CURRENT on the surface of your consciousness, less and less disguised, and more and more difficult to ignore and rationalize away]

*can lead to
a turning point,
provided the ego
does
not
lapse in its vigilance,
allowing [i.e., thereby, through its
lapse in vigilance, allowing]
the no-current
to become strong again.*

*Please test yourself
as to this possibility [i.e., as to this possibility of being led to a turning point
where you see the NO-CURRENT so clearly that you cannot ignore it],
at least in
certain areas.*

33

*It is
essential
that you
pay more attention to
the no-current
in its
exact
form.*

*A certain type of
meditation
can help [i.e., A certain type of meditation can help you to be led to a
turning point where you see the NO-CURRENT in its exact
form and see it so clearly that you cannot ignore it].*

[For this certain type of meditation in which you can see the NO-CURRENT clearly]

Become

very

- **quiet and**
- **relaxed**

and

begin by

observing your

- **thinking process,**

and even your

- **initial inability to do so [i.e., observing even your initial inability to observe your thinking process].**

This eventually

leads to

- **keeping thoughts out for a short while**

and

- **making yourself utterly empty.**

In the emptiness

it is possible for

hitherto

- **checked and**
- **repressed**

material

to surface,

if you

- **express this purpose and**
 - **desire it**
- strongly enough**

without shying away from the effort

to reach the goal [i.e., the goal of seeing the NO-CURRENT clearly].

*Though difficult at the beginning,
such effort
will after a while
establish a channel to
a part of you
that you could not previously tap.*

*At first,
you see the
• destructive
elements
floating up,
and then
you will be able to tap the
• constructive
elements,
hidden deeply within.*

*Often, however,
the process
does not follow this sequence.*

*In other words,
it is
not
that "good"
follows
after
all
the "bad"
has come out;
it fluctuates.*

*This [i.e., This FLUCTUATION
between times that "good" comes out and times that "bad" comes out]
may represent
an additional test for you
because it may lead you to
• wishful thinking
and an
• overestimation of yourself.*

*Someone
who has experienced
some previously unmanifested*

- *creative,*
- *constructive*

*soul material
may
not be
further advanced
than another
who has not yet tapped
the divine channel.*

*They [i.e., These two people]
just have a different rhythm.*

34

*In occult literature,
the expression
"the third eye"
is often used.*

Through

- *establishing contact with
the hidden unconscious*

and

- *understanding
the language of your
unconscious obstructions,*

*you develop
"third"
perceptive*

- *organs*

and

- *forms of communication
in every respect,
not only*
 - *eyes with which to see more clearly,*

but

- *ears and*
- *other senses of perception*

as well as a new form of

- *speech.*

35	<p><i>Metaphysical practices have succeeded in providing adequate</i></p> <ul style="list-style-type: none">• <i>training and</i>• <i>disciplines</i> <p><i>in this respect [i.e., in respect to developing “third” perceptive organs and forms in every respect, including “third” eyes, ears, and other senses of perception as well as a new “third” form of speech],</i></p> <p><i>but only rarely are they [i.e., are these metaphysical practices] used in the right direction.</i></p> <p><i>People are always tempted into the ideal state they have not yet reached, so that</i></p> <p><i>newly acquired faculties are put into the service of</i></p> <ul style="list-style-type: none">• <i>escaping,</i>• <i>self-detection</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>understanding the meaning of destructive elements.</i>
36	<p><i>All this does require</i></p> <ul style="list-style-type: none">• <i>a certain discipline,</i> <p><i>as well as</i></p> <ul style="list-style-type: none">• <i>unflagging willpower.</i> <p><i>The difficulty is that behind the lack of willpower needed on your path is</i></p> <p><i>the very no-current creating the problem you wish so much to resolve.</i></p>

*In other words,
the brakes*

*you inadvertently put
on your consciously desired fulfillment
because of some
unknown fear*

*manifest in your pathwork
in various ways:*

- *lack of*
 - *energy and*
 - *desire,*
 - *laziness,*
 - *being blocked,*
 - *not understanding,*
 - *projecting anger on those who help,*
 - *dramatizing*
- and*

- *exaggerating
actual difficulties*

until the pathwork

- *is no longer possible,*

or

- *can continue*

only in such a way

that

the real problems

remain

untouched.

*Important also
is the*

*negative insistence on
concentrating on
issues
that*

*the pathwork
does not*

organically

bring to your attention

through your

life circumstances.

37

To

- *realize and*
- *be on the lookout for*
such delaying tactics [i.e., delaying tactics in your pathwork]
from the
no-current

is essential to your work of
self-realization.

Although

a substantial part of you
is eager

to

- *detect,*

to

- *grow out of,*

to

- *change*
the problems

with the help of the
yes-current,

there is also a

deep fear of
change,

showing the

no-current

at work.

It [i.e., The deep fear of change]
exists

in proportion to
the difficulty of
the

- *problem*

and

the

- *work.*

***The no-current
cannot be eliminated
unless***
• *the deep fear*
and
• *its concomitant misconceptions,
which call it [i.e., which call the fear]
into existence*

become conscious,
and your
• *reason and*
• *intelligence*
***can examine their validity [i.e., can examine the validity of your
misconceptions which call the fear into existence].***

Therefore,
it is most advisable
not to
• *disregard*
the no-current
and
• *act as though*
it did not exist.

It [i.e., The no-current]
must be heeded [i.e., must be noticed and paid attention to],
for it contains
the key to
the problem itself.

38

***The important no-current
is also called
"resistance."***

***But this word [i.e., But this word RESISTANCE]
has lost its meaning for you,
so the mere mention of it [i.e., the mere mention of "resistance"]
may only
increase
your
no-current.***

	<p><i>If you realize that the no-current is a universal factor, present in your world in many forms, it might be easier for you to go about detecting it [i.e., detecting the no-current] in yourself.</i></p>
39	<p><i>Every one of you is constantly involved in a no-current.</i></p> <p><i>It is not a question of whose no-current is stronger and whose [no-current] is weaker.</i></p> <p><i>The determining question is whether it is</i><ul style="list-style-type: none"><i>• detected,</i><i>• observed,</i><p><i>and</i><ul style="list-style-type: none"><i>• followed</i><p><i>in its machinations,</i></p><p><i>which must be clearly understood.</i></p></p></p>

• *A stronger
no-current
is
constantly
weakened by your awareness
and
is
less harmful
than*
• *a puny
but
sluggishly obstinate
one
that
clings to the personality
in a most damaging fashion
because
it goes
unobserved.*

*The latter [i.e., The puny, sluggishly obstinate no-current that goes unobserved]
is more difficult to find,
especially when
the yes-current
is strong.*

*So please, my friends,
set out to*
• *discover your
no-current,*
• *find*
• *in what way it manifests,*
as well as
• *on what misconceptions it is based.*

40

*Your
unconscious
speaks
steadily,
my friends.*

*It [i.e., Your unconscious]
speaks
without your hearing it [i.e., without your hearing your unconscious],
so you*

- do not
communicate with it [i.e., with your unconscious]
and therefore*
- miss a
very important part of your work.*

*So often you go on
searching for an
intellectual understanding
of
one-time misconceptions,
thereby
overlooking*

- the steady flow of
the no-current,
and*
- how it works.*

Instead,

- focus on it [i.e., focus on the steady flow of the NO-CURRENT],*
- make it [i.e., make focusing on the steady flow of the NO-CURRENT]
your task,*

and

- put the emphasis on
self-observation.*

*If
every day
you devote a little time to
this all-important issue [i.e., this all-important issue of observing
the steady flow of the NO-CURRENT within you],
the results
will be
most wonderful.*

41

(1) Ask yourself:

- *What goal do I want now?*
- *Where am I dissatisfied?*
- *What would I want to be different?*

(2) How much do I want it [i.e., How much do I want this goal]?

(3) To what extent is there something in me that

- *does not want it*
- or
- *fears it*

or, for one reason or another,

- *says no to it?*

(4) If the no-current exists regarding the very thing I wish, it must also exist in my pathwork itself.

How does it manifest there [i.e., How does my NO-CURRENT manifest in my PATHWORK itself]?

(5) How can I detect the various

- *forms and*
- *manifestations of the no-current in my daily life?*

42

If you
• *clearly formulate these five questions*
and
• *begin truthfully to answer them,*
• *your work on the path*
will be
most dynamic
and
• *your progress*
will
• *astound*
and
• *delight*
you.

Again, the
truthful answer to
these questions,

through steady
• *observation,*
• *formulation of vague feelings,*
and
• *meditation exercises,*

cannot be a
permanent one.

Do not believe
that what you
now
find
• *suffices*
and
• *needs no further attention;*

rather,
it [i.e., rather, the no-current]
has to
be observed

continuously.

	<p>Only then [i.e., Only then, when the no-current is <i>OBSERVED CONTINUOUSLY,</i>] will the no-current slowly weaken.</p> <p>Each observation [i.e., Each observation of the no-current] may bring</p> <ul style="list-style-type: none">• deeperand• wider understanding.
43	<p>To be very</p> <ul style="list-style-type: none">• quiet and• relaxed <p>during the periods of self-confrontation is, as you know, essential.</p> <p>But</p> <ul style="list-style-type: none">• if you have difficulty in this respect [i.e., difficulty being very quiet and relaxed during the periods of self-confrontation],• if you feel too<ul style="list-style-type: none">• tense,too<ul style="list-style-type: none">• harassed and• impatient,• if you believe that you are missing something else that is important without being able to name it, <p>you can be sure that this is</p> <p>a typical manifestation of</p> <p>the no-current.</p>

*That [i.e., That no-current]
is what prohibits you
from*

- *becoming quiet*

and

- *listening to yourself.*

*If you can
acknowledge this,
calmly stating to yourself,*

"I'm too

- *nervous and*
- *restless*

to

- *relax and*
- *do this part*

*of the very process [i.e., to do this part of the process
of OBSERVING the NO-CURRENT]*

I want,"

*your restlessness
will abate
because
you are
in the truth of
the now.*

The next step will be easier.

*You can then
observe
in action
how you
react
when you try to
work on your problem.*

*If you continue to observe
how,
perhaps at another time,
the no-current
manifests
in an entirely different way,
but [i.e., but this time you]
observe it*

- *calmly,*
- *with all the
keen one-pointed attention you can muster,*

• *your efforts
must be crowned with success,
and eventually*

- *you will eliminate
what is
most destructive
in your life.*

*Instead,
you often
storm ahead
in your flights of fantasy
to a faraway goal of perfection,*

*while underneath
you*

- *actually
fear
this very goal*

and thus

- *overlook
what stands in your way.*

44

*The yes-current
must
observe
the no-current.*

Let this be your motto!

*To the degree
that you are successful in*

- communicating with
your own unconscious*

and

- understanding its language,*

*you will establish a
connection with a*

- deeper,*
- wiser*

*part of your
unconscious.*

*It [i.e., This deeper, wiser part of your unconscious]
will
eventually*

- take over*

and

- guide you
through all phases of your life,
also
those [i.e., also those phases of your life]
where you have
not yet
been successful.*

*The helpful part
of your unconscious
must
constantly
furnish you
with*

- regenerative strength,*
- creative energy,*
- resourcefulness,*
- harmony.*

	<p><i>But this help [i.e., But this help from the helpful part of your unconscious] can come only when you have learned to become</i></p> <ul style="list-style-type: none"><i>• aware of,</i><i>• observe, and</i><i>• decipher</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• petrified</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• destructive</i> <p><i>part of the unconscious.</i></p>
45	<p><i>When you learn to do this with calm detachment, you will not only learn to communicate consciously with the constructive part of</i></p> <ul style="list-style-type: none"><i>• your unconscious,</i> <p><i>but will also consciously communicate with the</i></p> <p><i>unconscious of</i></p> <ul style="list-style-type: none"><i>• other people.</i> <p><i>This [i.e., This ability to CONSCIOUSLY communicate with the UNCONSCIOUS of OTHER PEOPLE] means a great deal, my friends.</i></p>

*You have begun to discover
the truth of what I keep on saying,
namely that
all human beings
constantly
affect one another
on their
unconscious levels.*

*The communications
you are
unaware of
determine the relationship.*

*Being in a
state of ignorance about this [i.e., Being in a state of IGNORANCE about
the fact that the communications you are unaware of
determine the relationship with other people],*

*and
not being able to
grasp what is going on [i.e., going on with other people],
must leave you
hanging in the air.*

*You often
fail to understand
what really happens
in relationships.*

*You
both
fail
to
• understand
and
to
• make yourself understood.*

*Therefore,
when you learn to
consciously perceive
the unconscious of others,
thus understanding
your interactions [i.e., thus understanding
your interactions with others],
you will
experience a
revolutionary liberation.*

*This [i.e., This being able to consciously perceive the UNCONSCIOUS of others,
thus understanding your INTERACTIONS with others]
is, indeed,
a vital threshold in your development.*

46

*When
this [i.e., When being able to consciously perceive the UNCONSCIOUS
of others, thus understanding your INTERACTIONS with others]
happens,
you will see
that there is
no word
to describe the phenomenon.*

*It will be as though
a dark curtain
fell away from you.*

- *Misunderstandings,*
 - *hurts,*
 - *fears,*
- must
cease to exist.*

*You will see that
what*

- *threatens you
in others,*

and

- *makes you*
 - *tense and*
 - *defensive,*

*can be observed
calmly,
in the way you have learned to do
with
your own self.*

*[When you are able to consciously perceive the UNCONSCIOUS
of others, thus understanding your INTERACTIONS with others]*

You will learn to

interpret it [i.e., interpret the UNCONSCIOUS]

in

- ***others***

as you have done with

- ***yourself.***

You will learn to

interpret

what

this

- ***gesture,***

that

- ***emphasis,***

this

- ***expression,***

that

- ***action,***

this

- ***utterance,***

that

- ***tense muscle***

mean,

unknown to the person [i.e., to the other person].

You will

- ***hear,***

- ***see, and***

- ***perceive***

what other people

- ***really mean,***

what they

- ***want to express***

in spite of

their disguise,

what they

- ***are governed by***

behind

their

conscious

- ***attitudes and***

- ***facades.***

*[When you are able to consciously perceive the UNCONSCIOUS
of others, thus understanding your INTERACTIONS with others]*

*You will know
what
their unconscious says,
when they behave
in such and such a way.*

*When you arrive at
this point,
you have
nothing further
to fear.*

*But this is an
organic development
that cannot happen
before
you have done it with yourself [i.e., cannot happen before you are
able to consciously perceive YOUR OWN UNCONSCIOUS].*

47

*As long as
you are
frightened,
you
lack
the necessary
calm observation
to perceive
truthfully,*

*whether this [i.e., whether this LACK of the
necessary CALM observation]*

concerns

fright of

• what others might do to you,

or

fright of

• your own unconscious.

*In the last lecture [see Lecture 123: Liberation and Peace by Overcoming
Fear of the Unknown, given April 3, 1964]*

I discussed

- *the fear of your own unconscious,*
- *fear in connection with
the fear of letting go in union with a mate
and, the third in the triad,*
- *the fear of death.*

It is this

fear of

one's own

unconscious [i.e., the first fear of the triad]

that makes the

no-current

so strong.

You will see here

the interconnection of

- *the triad of the last lecture [i.e., Lecture 123: Liberation and Peace by
Overcoming Fear of the Unknown]*

and

- *the liberation I just discussed in this lecture –
[i.e., the liberation]*

when you

no longer

fear

others,

because you can

- *quietly take them in*

and

- *use all your*

- *observing functions and*

- *organs*

to see them

in reality.

Hence, this lecture can be truly understandable

only if you verify

the fear of

your own unconscious.

*As you lose this fear [i.e., As you lose this fear of your own unconscious]
you will learn to
interpret the language of
your unconscious.*

*Thus [i.e., Thus, by interpreting the language of your unconscious,]
you perfect yourself more
and more
in the technique
that establishes a
fearless relationship
with others.*

48

Are there any questions now?

QUESTION:

If

- *people become aware of
the fear
behind
their wishes*

and

- *the wish
then diminishes
because
they fully realize
the fear,*

what can they do then?

ANSWER:

*The question is really
not*

*what
one can
do,*

but

*what
this means [i.e., the question REALLY is what this FEAR
behind their conscious wishes MEANS].*

*If the wish for fulfillment
recedes
because of
the fear,
it means
that
the fear is
not
understood,
since*

- *the misconceptions*

and

- *the unreal outlook
behind it [i.e., behind the fear]*

*are
not yet seen
in all their*

- *connections and*
- *ramifications.*

*If the fear
were fully understood,
it [i.e., the fear]
would most certainly
diminish,
not by*

- *being covered up,*

but by

- *really*

and

- *truly
dissolving.*

*This [i.e., If the wish for fulfillment recedes because of the fear, this]
means that
the whole territory [i.e., the whole territory causing the fear of fulfillment]
is
not fully explored.*

- *There are so many loose ends*
- and*
- *much remains to be done.*

Do you understand?

49

QUESTION:

*Yes, I do,
but I still have the feeling....*

Can I give an example?

I have always wanted to be an actress.

*I couldn't do it
because*

I

- *feared that I
wouldn't be as perfect
as I wanted to be*

and

- *wouldn't want to take
the risks [i.e., the risks of being less than I wanted to be].*

*Now being older,
I realize also
that I couldn't do it anyway any longer.*

*Now
the wish
still exists,
but also
the fear,
and also
the knowledge that
it is too late.*

50

ANSWER:

*You see,
you have discovered here
a relatively
superficial
cluster of*

- *emotions,*
- *reactions, and*
- *attitudes.*

*The wish [i.e., The wish to be an actress],
with all that is attached to it,
is a manifestation of
something much deeper.*

*We might truly say that it [i.e., that the wish to be an actress]
is a
displacement.*

*It is a manifestation of a
deeper*

- *wish*

*and a
deeper*

- *fear.*

*It is impossible
to resolve a problem
when one deals with
the displacement of it.*

*It [i.e., The DEEPER PROBLEM that has been displaced to the manifestation of
the more superficial problem regarding becoming an actress]
must be*

- *dealt with,*
- *felt,*
- *experienced,*

*in its
deep
original
manifestation.*

*In order to make this possible,
many*

- *restrictions,*
- *inhibitions –*

*the no-current –
must become
fully conscious
in most of its aspects.*

Then only [i.e., *Then only, when the NO-CURRENT has become FULLY CONSCIOUS in most of its aspects,*]

can you
relive the
• frustration
and
• pain
you
• suffered as a child,
and therefore
• still suffer often,

only now
it is
not necessary to do so.

It [i.e., *The PAIN you still suffer often, for example here in your UNFULFILLED WISH to be an actress*]

happens
because
you have instituted
very destructive defenses
against
the original
• pain and
• frustration.

One of them [i.e., *One of your very DESTRUCTIVE original DEFENSES*]
is an unusually strong
no-current.

It is the latter [i.e., *It is the unusually strong no-current*]
which makes it
so difficult for you
to
• unroll
the whole process
and
• become
vibrantly alive.

51

QUESTION:

*I understand that very well,
I know that the*

*displacement [i.e., I know that the DISPLACEMENT of the original
problem to my more SUPERFICIAL DISPLACED problem of my
UNFULFILLED WISH to be an actress]
contains
exactly the same thing.*

I feel

*the no-current [i.e., I FEEL the no-current in the
SUPERFICIAL DISPLACED problem of my
UNFULFILLED WISH to be an actress].*

ANSWER:

Not fully, no [i.e., No, you do NOT feel the no-current FULLY].

It is

essential

*that you become
more*

• acutely

and

• specifically

*aware of it [i.e., aware of the NO-CURRENT everywhere],
as it manifests*

in your

• daily living,

in your

• reactions,

• contacts,

• attitudes,

in the work on

• the path itself.

Only then

will it be possible

to penetrate

where your

consciousness

has so far

not been able

to do so.

52	<p>QUESTION: <i>I have a question from a missing friend.</i></p> <p><i>She would like to know what the metaphysical mechanics are concerning the hardening of the brain arteries, impairing a patient's mental capacities?</i></p> <p><i>Why does it happen?</i></p> <p><i>What can be done to help?</i></p>
53	<p>ANSWER: <i>It [i.e., The hardening of the brain arteries thereby impairing one's mental capacities] happens because of a protective mechanism in the human psyche.</i></p> <p><i>It enables a person on the border between</i><ul style="list-style-type: none"><i>• this manifestation of life</i><i>and</i><ul style="list-style-type: none"><i>• a different dimension of life</i><p><i>to make the period of transition less painful</i><ul style="list-style-type: none"><i>• physically,</i><i>as well as</i><i>• mentally.</i><p><i>Mental pain exists in individuals who are filled with</i><ul style="list-style-type: none"><i>• fear and</i><i>• uncertainty.</i></p></p></p>

When
inner problems
remain unsolved, as you know,
the fear of
the unknown
is very strong.

It [i.e., The hardening of the brain arteries
thereby impairing one's mental capacities]
could almost be likened to
a form of
anesthesia
that
nature
administers
if necessary.

This is a blessed thing indeed.

This already answers
your second question [i.e., What can be done to help?],
because
when you
• understand [i.e., understand this situation of impaired mental capacities]
and
• see it
in this light [i.e., see this situation as a BLESSING to the patient],
understanding
will eliminate
an inner current of anxiety,
which in turn
would be picked up by
the patient's unconscious.

Fears
become
burdens,
but here
the absence of
apprehension [i.e., absence of apprehension brought about by
the patient's impaired mental capacities]
will bring
further relief.

If you
• *no longer*
• *push and*
• *press*
 against
 the natural process,
but
• *gratefully see it*
 as
 what it is,
there will be
 no pressure
 from you
 on
 the unconscious of
 the patient.

This will make it easier
for the patient
to
• *give in to*
 relief,
instead of
• *fighting against it* [*i.e., instead of fighting against relief made*
 possible by the natural impairing of the patient's mental capacities]

in shame

spurred on by
a false conscience.

This [*i.e., This fighting against relief made possible*
 by the natural impairing of the patient's mental capacities]
may happen
in an ever so subtle way.

54

Please preserve the questions
that come up spontaneously
after these lectures.

• *A question*
or
• *a parallel*
out of your own pathwork
may occur to you
as you
• *listen or*
• *read.*

Do give
all other friends
the benefit of
• *sharing,*
and
yourself
[the benefit of]
• *a further elaboration*
on a point that might prove very helpful for you,

by jotting down what occurs to you.

55

Let us hope
that this lecture,
in spite of much repetition in essence,
conveyed something
new to you,
thus giving you
a new
• *incentive and*
• *motor force*
to approach yourself
in a spirit of
detached observation.

	<p><i>When you find it difficult to do so [i.e., When you find it difficult to approach yourself in a spirit of detached observation],</i></p> <p><i>do not</i></p> <ul style="list-style-type: none"><i>• override the difficulty,</i> <p><i>but</i></p> <ul style="list-style-type: none"><i>• take it in itself [i.e., but take the difficulty in itself]</i> <p><i>as</i></p> <ul style="list-style-type: none"><i>• language,</i> <p><i>as</i></p> <ul style="list-style-type: none"><i>• expression,</i> <p><i>and</i></p> <p><i>interpret it [i.e., and interpret the language or expression of the difficulty itself].</i></p>
56	<p><i>Be blessed, all of you, in</i></p> <ul style="list-style-type: none"><i>• body,</i> <p><i>in</i></p> <ul style="list-style-type: none"><i>• soul,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• spirit.</i> <p><i>Be in peace, my dearest friends.</i></p> <p><i>Be in God!</i></p>

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