

Pathwork Lecture 122: Self-Fulfillment through Self-Realization as Man or Woman

1996 Edition, Original Given: February 7, 1964

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

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

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

Gary Vollbracht

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03	<p style="text-align: center;"><i>Greetings, my dearest friends.</i></p> <p style="text-align: center;"><i>God bless all of you.</i></p> <p style="text-align: center;"><i>Blessed be this hour [i.e., Blessed be this time we spend together in this lecture].</i></p>
04	<p style="text-align: center;"><i>To fulfill one's • life, one must fulfill one's • self.</i></p>

by Eva Broch Pierrakos

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- *Self-fulfillment*
- or*
- *self-realization*
takes place
on many
 - *levels*
and
in many
 - *different areas*
of one's life.

In order to
fulfill
yourself,
you need to

- *find your*
 - *primary vocation,*
- *develop*
it [i.e., DEVELOP your primary VOCATION],
- *grow*
 - *in*
and
 - *through*
it [i.e., GROW IN and THROUGH your primary VOCATION],

and

- *cultivate it [i.e., CULTIVATE your primary VOCATION]*
in every possible respect.

You also need to

- *find*

and

- *develop*
all
your potentials –
your
 - *individual assets*
as well as
all
 - *the general human potentialities*
with which
every living human being
is fundamentally endowed.

***It [i.e., Fulfilling yourself]
requires***

***• building up
the personality***

and

• integrating

***• the parts [i.e., integrating the parts of your personality]
which are
free from obstructions***

into

• the rest of the personality.

***In order to do that [i.e., in order to integrate the parts of your personality
that are FREE from obstructions into the rest of the personality],
it is essential to***

• find

and

• transform

***the destructive aspects of oneself
which obstruct
true fulfillment.***

***This [i.e., Finding and transforming the destructive aspects of oneself
so that the aspects of the personality that are free from obstructions
can be integrated into the personality]***

is what is meant by

self-fulfillment.

05

***All who fulfill themselves
contribute something to life.***

***They [i.e., Those who fulfill themselves]
enrich life***

not merely by

using their vocational abilities

but also through their ability to

• relate to other human beings

and

• have fruitful contacts with them.

	<p><i>As</i> <i>self-development</i> <i>proceeds,</i> • <i>barriers fall;</i></p> <p>• <i>fear of others,</i> <i>and</i> • <i>fear of oneself</i> <i>in connection with others</i> <i>vanishes,</i></p> <p><i>and therefore</i> • <i>true relatedness</i> <i>becomes possible.</i></p>
06	<p><i>Self-fulfillment</i> <i>also means something</i> <i>much more specific.</i></p> <p><i>Humanity consists of</i> • <i>men</i> <i>and</i> • <i>women.</i></p> <p><i>Human beings</i> <i>cannot reach</i> <i>self-fulfillment</i> <i>if they</i> <i>do not fulfill</i> <i>their</i> • <i>manhood</i> <i>or</i> <i>their</i> • <i>womanhood.</i></p>

	<p><i>This [i.e., This FULFILLING one's MANHOOD or WOMANHOOD] must be the primary aim on which everything else is hinged either</i></p> <ul style="list-style-type: none"><i>• very directly</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• indirectly,</i> <p><i>which is why I want to discuss this subject in more detail.</i></p>
07	<p><i>These lectures</i></p> <ul style="list-style-type: none"><i>• are predominantly destined for those of you who follow this path of intensive self-development,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• are meant to affect those areas in you which are not accessible unless such a path is taken.</i> <p><i>Hence,</i> <i>many of my friends feel</i></p> <ul style="list-style-type: none"><i>• an inner echo</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• an understanding of these words which go beyond a mere</i> <ul style="list-style-type: none"><i>• intellectual</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• theoretical grasp of the subject.</i>

***Sometimes this understanding [i.e., this understanding which goes beyond
a mere intellectual and theoretical grasp of the subject]
comes only a bit later,
when
the necessary layers of consciousness
become free.***

***However,
all those***

- who do
the deep inner work on their path
can
sooner or later
make use of these lectures
in an entirely different way***

than those friends

- who merely***
- listen***

and

- read
the lectures.***

***This difference [i.e., This DIFFERENCE between the understanding by those
who DO the DEEP INNER WORK gain from the lectures and the
understanding that those who merely LISTEN and READ the lectures gain]
is***

- distinct***

and

- real,***

***but can be ascertained
only when
you know
both kinds of understanding.***

When the
• inner experience
of truth
is lacking

because
self-development
in its vital form
is not practiced,

these lectures
may appear
either as
• merely interesting
or
• self-evident
material,
or [as]
• far-fetched
theory.

When you
allow yourself
to be deeply affected
inside your being,

then
hearing the lecture
is a helpful
experience
that enables you
to
• further transcend yourself,
to
• understand your problems
in a more profound way.

Self-exploration
makes
forever new layers of
your psyche
accessible to
your awareness.

The lectures are
directly aimed at these layers [i.e., aimed at these forever new layers]
as they come up.

08	<p><i>No path of self-realization can exist without bringing forth</i></p> <ul style="list-style-type: none">• <i>one's attitude toward one's own</i>• <i>manhood or</i>• <i>womanhood,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>one's</i>• <i>approach and</i>• <i>attitude</i> <p><i>to</i></p> <p><i>the opposite sex.</i></p> <p><i>Many a different path is taken when a person wants to skirt around this issue, hoping it can be avoided because it [i.e., because one's attitude toward one's own manhood or womanhood and toward the opposite sex]</i></p> <p><i>is</i></p> <p><i>so unpleasant to look at;</i></p> <p><i>even the most obvious signs coming from the psyche are disregarded.</i></p> <p><i>The greater the resistance to openly face a problem, the more important is it to do so.</i></p>
09	<p><i>You all know the common fact that</i></p> <p><i>all human beings possess both</i></p> <ul style="list-style-type: none">• <i>masculine</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>feminine traits.</i>

*But there is still
so much*
• *lack of clarity,*
so much
• *confusion*
regarding this topic [i.e., regarding this topic of sexuality]
among
almost all human beings.

*There are some people
whose*
conscious
concepts
are quite
• *reasonable and*
• *truthful,*
but
unconsciously
almost all human beings
harbor some
distorted ideas
on this subject [i.e., on this subject of sexuality].

These [i.e., These UNCONSCIOUS]
distorted concepts
create
fear of
• *the other sex*
and
fear of
• *not fulfilling one's proper role*
as a man or a woman.

Such fears
are quite naturally
barriers
that prevent
relating to
the opposite sex,

which is one of the important aspects of
self-fulfillment.

**Relating to
other human beings
is always
a gauge to
one's own
inner**
• **freedom**
and
• **integration.**

**The relationship
between the sexes,
which is
the most intense form of
human communication [i.e., MOST INTENSE form of relating
and communicating with other human beings],
is therefore
even more influenced
by
inner**
• **conflict and**
• **strife**
*[i.e., The relationship between the sexes
is therefore even more influenced by the
ABSENCE of inner freedom and integration,
by the PRESENCE of inner conflict and strife
than is non-sexual relating between human
beings].*

10

**When
a barrier exists
to the opposite sex,
a similar barrier
must primarily exist
to oneself
regarding one's
own sex.**

When a man
• **fights against**
his own masculinity
and
• **is confused about it,**
a barrier is created
which makes him
fight against
women.

The same applies, of course,
to a woman.

Age-old misconceptions
handed down from one generation to the next
have a tragic influence
on humanity,
particularly in this respect [i.e., in respect to fighting against one's
own sex and being confused about it, creating a barrier
that makes one fight against one of the opposite sex].

People
either
• **consciously**
or
• **unconsciously**
reverse the facts [i.e., reverse the **FACTS** about
relationships between the sexes]
into
exact opposites [i.e., into exact opposites of the **FACTS** about
relationships between the sexes];

whatever is
• **healthy,**
• **constructive, and**
• **good**
[concerning relationships between the sexes]

appears as
• **undesirable,**

and vice versa
[i.e., whatever is **UNHEALTHY, DESTRUCTIVE,**
and **BAD** concerning relationships between the
sexes appears as **DESIRABLE**].

Hence

- *their attitude toward themselves is distorted in this respect [i.e., distorted in respect to their own sexuality],*
- and**
- *their entire value system [i.e., their entire sexual value system] suffers from unrealistic reflexes.*

To be more specific,

if the drive

toward union

is experienced

a priori

as something

wrong,

it will

inevitably

- **discourage**

the healthy striving of the soul,

so that it [i.e., so that this HEALTHY striving of the soul]

- **will be**

- **confused about**

the union of

its [i.e., union of the soul's healthy striving's]

- **masculine**

and

- **feminine**

sides

and

- **will feel**

- **isolating**

- **separative**

tendencies [i.e., will feel the tendencies to ISOLATE

and to SEPARATE the masculine and

feminine sides of this healthy striving]

as being

more

- **constructive or**

- **mature**

than the

- **unitive**

drive [i.e., than the unitive drive toward union of

the masculine and feminine sides of this striving].

**Hence one
fears
all
natural impulses
toward
union.**

One
• **fears**
the self
which
produces
the impulses [i.e., One fears the SELF, which PRODUCES
the natural impulses toward union between the sexes]
and then, as a protection,
one
• **creates**
a barrier to
the opposite sex.

This [i.e., This barrier to the opposite sex]
not only

- **separates**
 - **man**
- from**
- **woman,**

but it [i.e., but this barrier to the opposite sex also]

- **splits**
the great cosmic force
within [i.e., SPLITS the great cosmic force WITHIN the SELF],
separating
 - **affection** [i.e., SEPARATING feelings of AFFECTION
toward a person of the opposite sex]
- from**
 - **the procreative urge** [i.e., from the PROCREATIVE URGE
toward a person of the opposite sex].

*When human beings
experience
the sex force
as something
wrong,
regardless of how unconscious this feeling may be,
they must
fear*

- *their own sex,*
- *fear themselves as*
- *men or*
- *women.*

*They must
distrust
themselves in this respect [i.e., distrust themselves in respect to their
own sexual drives and affections as men or women].*

*They
can
never
afford to be*

- *free and*
- *spontaneous;*

*instead
they
constantly
hold themselves in check.*

*How can
true overall growth
occur
with such
inner*

- *timidity and*
- *lack of freedom?*

*How can
an entity
learn an
all-encompassing love
which knows
no barriers?*

11

*The universe
strives toward
union
in every possible respect.*

*All
the forces
of
• nature
and
all
the forces
within
• the human being
reach out toward
union
on
all
levels of being.*

*But
where there is
• error and
• blindness,

• fear
must come into existence

and consequently

• this universal flow [i.e., this universal flow toward UNION]
must stop,

and thereby

• evolution
is halted.*

12

***One of the
tragic human conflicts
is that human beings***

- ***desperately yearn for
their fulfillment
as***
 - ***men***
 - and***
 - ***women***
- through union with
their counterparts,***
- and often***
 - ***equally desperately
they flee from union
in unreasonable fear.***

***This fear [i.e., This unreasonable FEAR of union with the opposite sex],
without which
the tragic conflict would
not exist,
is
unnecessary.***

***It is as though
nature
constantly
showed that
the happiness of self-fulfillment
is a part of life
which***

- ***cannot be denied***
- and***
- ***should not be squashed.***

***But humanity
in its***

- ***blindness and***
- ***false modesty***

does not understand.

	<p><i>It [i.e., Humanity]</i> <i>misinterprets this benign voice [i.e., misinterprets this benign voice of nature]</i> <i>that</i></p> <ul style="list-style-type: none">• <i>invites it to follow</i> <i>its blissful destiny [i.e., invites humanity to follow humanity's blissful destiny],</i> <p><i>and often</i></p> <ul style="list-style-type: none">• <i>ascribes it to [i.e., ascribes this voice calling humanity to humanity's blissful destiny to]</i> <i>"the devil's temptation."</i> <p><i>As long as human beings</i> <i>cannot discriminate</i> <i>between what is</i></p> <ul style="list-style-type: none">• <i>constructive</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>destructive,</i> <p><i>they must be in a</i></p> <ul style="list-style-type: none">• <i>tragic</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>unnecessary</i> <p><i>conflict</i> <i>that</i> <i>obstructs</i> <i>their self-realization.</i></p>
13	<ul style="list-style-type: none">• <i>Life</i> <i>speaks so clearly,</i> <p><i>but</i></p> <ul style="list-style-type: none">• <i>human beings,</i> <i>impregnated with</i> <i>false concepts,</i> <p><i>do</i> <i>not</i></p> <ul style="list-style-type: none">• <i>hear</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>see.</i>

*For example,
my friends on the path
experience again
and again
that
whenever a*

- real insight or*
- deep recognition*

*is made,
a surge of*

- new*

- strength and*
- energy,*
- joy of life,*
- hopefulness*

and

- brightness*

come forth.

*And also,
specifically,*

- the erotic element*
manifests in this experience;

- it [i.e., the erotic element]*
is an

- integral*

and

- inseparable*
part of
the life force.

*So whenever you
gain truth about yourself,
a channel
opens within you,
tuning you into
this life-giving force [i.e., tuning you into
this life-giving EROTIC force].*

Only when

- *misgivings,*
 - *apprehension,*
- and**
- *the*
 - *old,*
 - *as yet unresolved*
- problems**

regain an upper hand,
will this channel [i.e., will this open channel tuning you into the EROTIC element
that is part of the life-giving force]
close up,
leaving you once again
separate.

Then [i.e., Then, when this channel tuning you into the EROTIC element that is
part of the life-giving force closes up, leaving you feeling separate,]

- *stagnation*
- and**
- *gray hopelessness*
- set in again.**

But when you
move in
truth,

you are

- *enveloped by*
- and**
- *permeated with*
- the**
 - *vibrant,*
 - *life-giving*
- force**

that knows

no

- *barriers*

and

no

- *fear.*

14

*When you ponder
this phenomenon,
you
must come to the realization
that
what I say here
is truth.*

If

- *truth*
brings
- *eros,*

and

- *eros*
brings
- *union,*

and

- *these three [i.e., truth, eros, and union]*
make
- *fear,*
- *distrust and*
- *insecurity*
disappear,

- *life's unity is plain to see*

and

- *the untruth of concepts*
which have bred
separateness
becomes evident.

*If you
truly
meditate on this topic
you
personally
will make some
very significant recognitions.*

15

*The world harbors
many untruthful ideas
about
what is
specifically
• masculine
and
[what is
specifically]
• feminine,
making it
even more difficult
to overcome
the basic fear of
transcending oneself
in union with
the other sex.*

*Each sex
• feels unfairly put upon
and
• resents
its own
supposed disadvantages,
competing with
the other sex
for its advantages.*

*Hence
men
secretly envy
women
for their
privileged position of
not having to fight
to quite the same degree
as the man has to
in order to survive.*

*A man
feels
that
• his responsibilities are heavier,
that
• his failure
to be successful
is much more
indicative of
his personal failure*

*and
that
• more is expected of him [i.e., more expected of him than of women].*

*Women, in turn,
envy
men
their privileged position*

*of having
• greater freedom,
of being considered by the world
• as the superior sex.*

*But these
• envies
and
• resentments
are
superficial
in comparison with
the deeper fear
of
losing oneself.*

16

*Many distinctions
between
the sexes
are*

- *arbitrary*
- and
- *unrealistic,*

*but there are also some [i.e., but there are some distinctions between the sexes]
which
are*

- *true*
- and
- are
- *wholeheartedly embraced by
the healthy person.*

*The more these
true distinctions [i.e., The more these true distinctions between the sexes]
are embraced,
the smaller is
the barrier
between*

- *the self*

and

- *one's sexual role*

and, consequently,

*the more
complete
the union with
the opposite sex.*

Such
lack of
• **anxiety,**
lack of
• **distrust**
*[i.e., Such lack of anxiety and distrust regarding
TRUE distinctions between the sexes]*

and
absence of
• **barriers** *[i.e., and such absence of barriers between
the self and one's sexual role]*
sets a healthy flow in motion

which causes the entity to
• **come out of itself**
and
• **be capable of**
the true relatedness

which makes the
• **distinctions**
and
• **differences**
*[i.e., makes the true distinctions and
true differences between the sexes]*
disappear.

In
rare moments of bliss,
this *[i.e., this state of TRUE RELATEDNESS which makes
the true distinctions and differences between the sexes disappear]*
can be

experienced

right in this life on earth.

*The
disappearance of
distinction between the sexes
is not to be confused with
its distorted counterpart
in which*

- *men become*
- *feminine*

and

- *women*
- *masculine.*

*You all know that
every divine truth
can be distorted;
so it is here.*

Fear of

- *one's own sex*
- *the opposite sex*

*leads one to
level off
the difference [i.e., level off the true difference between the sexes]
by*

- *diminishing
one's own*
- *masculinity*

and

- *femininity*

and

- *assuming the traits
of the very sex
one fights against.*

*However,
embracing yourself
as
the sex you represent –
and consequently
becoming more able
to embrace
the other sex –*

- *makes you
more*
 - *masculine or
more*
 - *feminine,*
- *unifies you
through*
 - *acceptance,*
 - *understanding,*
 - *strength,*
 - *love,*

and

- *truth.*

17

To recapitulate:

- *the fear of
losing himself
is the main barrier
a man puts up
against
his masculinity.*
- *He fears
self-loss
not only because
the necessary discipline
of fulfilling his responsibilities in life
appears as a*
 - *disadvantage and*
 - *sacrifice**and therefore as*
 - *loss of self.*

- *He also fears
having to
let go of himself
in a full relationship.*

*It seems to him
that
his discipline
will have to be given up,
which he considers perilous.*

Therefore,

- *he is confused
by thinking that
he has to choose
between*
 - *discipline*
- and
- *the ability to
let go of himself.*

In his

- *fear and*
- *misconception,*
he uses
*both [i.e., he uses BOTH discipline and self-responsibility
AND the ability to let go of himself]*
in the wrong way.

He

- *holds on
where*
 - *letting go
would be*
 - *productive and*
 - *harmonious*

and he

- *refuses*
 - *discipline and*
 - *self-responsibility*
*where this would be
functional
for his self-realization.*

*If one [i.e., If EITHER self-responsibility and discipline OR letting go]
is out of kilter,
one's
entire inner balance
must be upset.*

*To the degree
a man
learns to be responsible for himself
in the
• true,
• deeper
sense of the word,
to that degree
must his fear of
letting go of himself
disappear;*

*then
• letting go of himself
and
• disciplining himself
both
function in a
unifying way.*

*Any person
who remains isolated
behind barriers*

*also practices
both these inner activities of
• discipline
and
• letting go,*

*but in reverse [i.e., practices discipline and
self-responsibility but does so where letting
go is required, and practices letting go but
does so where discipline and self-
responsibility are required],
which necessarily
impedes self-fulfillment.*

18

*The same fear
applies to a woman,
but from a different angle.*

*A woman
fears
the
apparent
helplessness
of*

- giving herself up,*
- of*
 - surrendering herself.*

She thereby

- defeats her femininity*

and in the end

- becomes*
 - more*
 - helpless and*
 - dependent.*

The more

- control she exerts,*

and

- the more*
 - false discipline she uses*
 - in order to*
 - prevent*
 - the dreaded self-loss,*

• the weaker

and

- more dependent*
 - she becomes*
 - on other levels of her personality.*

She
either
becomes

- *emotionally dependent in her excessive need of being*
 - *loved and*
 - *approved,*

or

- *mentally dependent in order to excel over others,*

or even

- *physically and*
- *materially dependent.*

Her resourcefulness as a human being suffers to the degree that she

- *defeats*

and

- *discourages the functioning of her femininity.*

So she, too [i.e., So she, too, like a man], fluctuates between

- *discipline*

and

- *letting go of herself,*

- *exercising both in the wrong way*

and thereby

- *prohibiting her self-fulfillment.*

*When
a man
refuses
responsibility,
not only in his*

- vocational or*
- everyday*

*life,
but more specifically in his*

- emotional*

*life,
out of
fear of
carrying too great a burden,*

he

- burdens himself*

*more
and simultaneously*

- isolates himself from*

all that his spirit yearns for.

*When
a woman
refuses the
apparent
helplessness
of self-surrender
by
exerting an*

- artificial and*
- unhealthy*

control,

*she
becomes
even more helpless,
while at the same time*

- isolating herself*

and

- forfeiting her destiny.*

*For such is
the spiritual law.*

19

*In a healthy state,
the two primary aspects of*
• *discipline*
and of
• *letting go –*
they might well be termed as
the prototypes of
• *masculine [i.e., discipline]*
and
• *feminine [i.e., letting go]*
aspects –
exist in
both sexes
but are arrived at
from opposite sides.

When a
man
accepts
his full responsibility
on all levels of his being,
with all that this entails,
he can then
let go of himself
without danger.

When a
woman
does
not
out of
• *fear,*
• *pride, and*
• *self-will*
fight her destiny,
she must gain the
• *strength*
and
• *selfhood*
which give her
full security
in herself.

*She
finds herself
by
losing herself.*

*He
loses himself
by
finding himself.*

*And
they are
both
the same!*

20

When

- *discipline*

and

- *letting go*

of oneself
occur
through

- *wisdom,*
- *truth,*
- *strength,*
- *freedom, and*
- *love,*

the result is

- *unity*

and

- *self-fulfillment.*

• *Harmony*
with
the universal forces
is established;

- *continuous supply of*
the life force

- *regenerates*

and

- *unifies*

all levels of the personality.

	<p>When</p> <ul style="list-style-type: none">• discipline and• letting go <p>of oneself occur through</p> <ul style="list-style-type: none">• blindness,• weakness,• fear,• lack of inner freedom, <p>and</p> <ul style="list-style-type: none">• error, <p>the result must be</p> <ul style="list-style-type: none">• separateness <p>and</p> <ul style="list-style-type: none">• stagnation.
21	<p>These two principles [<i>i.e., The principle of discipline and self-responsibility, or the MASCULINE principle AND the principle of letting go of oneself, or the FEMININE principle</i>] might be visualized as the primary motivating cosmic forces of the human entity.</p> <p>It all depends on the manner in which they are used.</p> <p>The disharmony caused by the misuse of these forces creates</p> <ul style="list-style-type: none">• unrest <p>and</p> <ul style="list-style-type: none">• inner worry.

[The MISUSE of these two forces – the forces of the MASCULINE principle of discipline and self-responsibility and the forces of the FEMININE principle of letting go of oneself – CREATES UNREST and INNER WORRY]

For [i.e., For, or Because,]

the deep knowledge

- *that the soul cannot fulfill itself to its maximum potential,*
- *that it is missing out on what is available for all beings,*

can never be entirely squelched.

It is only a question of understanding

the inner message [i.e., It is only a question of UNDERSTANDING the INNER MESSAGE about the USE of these two forces – the forces of the masculine and feminine principles].

22

These words are, of course, very

- *theoretical*
- and*
- *abstract;*

just

- *reading or*
 - *hearing*
- them*

merely opens you up to a philosophical concept.

	<p><i>But</i> <i>when you are seriously engaged in</i> <i>doing the pathwork,</i> <i>you will</i> <i>fill in the gaps</i> <i>by deep personal experience</i> <i>of</i></p> <ul style="list-style-type: none"><i>• how these words [i.e., how these words concerning the use of the forces of the MASCULINE principle of discipline and self-responsibility and the forces of the FEMININE principle of letting go of oneself]</i> <p><i>apply to</i> <i>you,</i></p> <ul style="list-style-type: none"><i>• in what way,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• why.</i> <p><i>Many of my friends</i> <i>have already made</i> <i>very important recognitions in this respect [i.e., in respect to the proper use of the MASCULINE and FEMININE principles].</i></p>
23	<p><i>The</i></p> <ul style="list-style-type: none"><i>• masculine</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• feminine</i> <p><i>principles of</i></p> <ul style="list-style-type: none"><i>• discipline and</i><i>• strength</i> <p><i>versus</i></p> <ul style="list-style-type: none"><i>• self-surrender and</i><i>• letting go of the self</i> <p><i>• meet in the last analysis</i></p> <p><i>and</i></p> <ul style="list-style-type: none"><i>• become one.</i>

Each [i.e., *Each of the two principles – the masculine and feminine principles*]
• *becomes*
the other
and
each
• *helps*
the other
to integrate
more
• *fully*
and
• *harmoniously.*

Through
• *healthy strength,*
• *flexible discipline, and*
• *mature self-responsibility*
the entity
becomes
• *strong enough*
not to fear
self-surrender,
and
• *wise enough*
not to do so [i.e., *not to surrender the self*]
indiscriminately.

Through
• *healthy,*
• *relaxed*
• *openness*
and
• *outgoingness,*

the personality
finds the
• *strength and*
• *discipline*
required
to live
• *productively*
in union,
• *by living self-sufficiently*
as an individual.

24

*To begin establishing
this
benign cycle
of
interflowing movement
between the*

- *masculine*

and the

- *feminine*

principles,

*you have to determine
your
specific fears [i.e., your specific fears
regarding your own sex as well as
well as your fears of the opposite sex]
first.*

*This is
not always easy,
for they [i.e., for your specific fears regarding sexuality]
are so hidden.*

*They [i.e., These specific fears you have regarding the masculine and feminine
principles, your fears regarding your own sex as well as the opposite sex]
manifest*

- *subtly*

and yet

- *distinctly*

*once you begin to
be aware of them.*

Try to ascertain

- *to what extent*

and

- *in what respect*

you

- *fear*

and

- *resent*

the role of your own sex,

*and therefore
avoid contact with
the opposite sex.*

Examine
what you believe
are the
injustices,

which you
unconsciously
exaggerate
in order to
hold on to yourself,
so as
not to risk the danger of
self-forgetting [i.e., not to risk the danger
of self-forgetting and
letting go of yourself].

This [i.e., This belief that there are the injustices that offer advantages to the
opposite sex and bring disadvantages to your own sex, injustices which you
exaggerate in order not to risk the danger of self-forgetting and letting go
of yourself]
is a much more fundamental aspect
of the problem [i.e., the problem of sexual injustice]
than the more superficial
rebellion against
sexual injustice.

Try to reach
the level of awareness
in which
a much deeper fear of
losing yourself
exists.

Once you are aware of it,
you can truly
• examine
and
• overcome
the obstructing fear [i.e., overcome the obstructing fear of
losing yourself in your sexual relating to the opposite sex
due to the injustices you perceive that offer advantages to the
opposite sex and bring disadvantages to your own sex,]
which divides you
within yourself.

25

*You may well argue that
it is justified
to be on guard [i.e., to be on guard against self-forgetting
in letting go of yourself].*

*Aren't many people
out to take advantage of
one's
• love,
or
one's need to
• love
and
• be loved?*

*Doesn't
self-forgetting
create
stronger needs
which may be frustrated?*

*Does this not mean
more intense pain
when rejection occurs?*

*The answer to the first question [i.e., the question, “Aren't many people
out to take advantage of one's love?"]
is
yes.*

*It is true
that many people
are too childishly selfish
not to abuse
• openness and
• outgoingness,*

*especially if
the latter [i.e., especially if one's outgoingness]
• is blind
and
• comes from wishful thinking.*

	<p><i>The answer to the other two questions [i.e., the questions, “Aren’t many people out to take advantage of one’s NEED to love and one’s NEED to BE loved?”] is no.</i></p> <p><i>Healthy involvement does not bring more pain than isolation.</i></p> <p><i>Fulfilling one's needs only partially does not make them more stringent [i.e., FULFILLING one’s NEED to love and to BE loved only PARTIALLY does not make one’s needs for being loved and loving more restrictive or limited] than when they [i.e., than when these needs for love and loving] are denied altogether.</i></p>
26	<p><i>There is a never-failing key to this problem [i.e., this problem of self-forgetting in fulfilling your needs to LOVE and to BE LOVED] however, which, when used, will eliminate the conflict.</i></p> <p><i>It [i.e., This never-failing key to this problem of self-forgetting in fulfilling your needs to LOVE and to BE LOVED] makes possible to use cautious wisdom while not having to</i></p> <ul style="list-style-type: none"><i>• hold on to yourself</i> <p><i>and thus</i></p> <ul style="list-style-type: none"><i>• restrain your best</i><i>• qualities</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• outgoing forces.</i>

	<p>Once you have</p> <ul style="list-style-type: none">• found <p>and</p> <ul style="list-style-type: none">• used <p>this key [i.e., this never-failing key to this problem of self-forgetting in fulfilling your needs to LOVE and to BE LOVED],</p> <p>your life</p> <p>must change drastically.</p> <p>The key is</p> <p>the willingness to</p> <p>see</p> <p>the reality,</p> <p>even if</p> <p>you</p> <p>do not welcome it.</p>
27	<p>If you are</p> <p>unaware of</p> <ul style="list-style-type: none">• your needs [i.e., your REAL NEEDS to LOVE and to BE LOVED] <p>or</p> <ul style="list-style-type: none">• their intensity <p>because you have</p> <p>displaced them [i.e., displaced them by creating FALSE NEEDS],</p> <p>this blindness to them [i.e., this blindness to your REAL NEEDS</p> <p>to LOVE and to BE LOVED]</p> <p>must make you</p> <p>equally blind to</p> <p>other people around you</p> <p>who are supposed to</p> <p>fulfill your needs.</p> <p>Using this key [i.e., Using this never-failing key to this problem of self-forgetting in fulfilling your needs to LOVE and to BE LOVED by seeing REALITY]</p> <p>is nowhere near</p> <p>an insurmountable feat.</p> <p>It is</p> <p>very possible</p> <p>to utilize it.</p>

Becoming aware of

• **your needs** [i.e., your needs to LOVE and to BE LOVED]
and

• **their**

original

• **direction**

and

• **force**

**directly leads you to
an awareness of**

how much

others are

• **capable**

or

• **willing**

to fulfill them.

If you can

face these facts [i.e., If you can face these facts, the REALITY of your needs to LOVE and to BE LOVED, and their ORIGINAL direction and force],

being able to

first

stand the possible frustration of your will,

then

• **wisdom**

and

• **perception of truth**

will

forever

be your guiding lights,

showing you

to what extent

it is

• **reasonable**

and

• **productive**

in any given instance

• **to have expectations** [i.e., to have positive expectations that a love relationship could be possible with this person],

and therefore

• **to let go of yourself.**

*Basically, most human beings
fight,
often blindly,
against
four inner conditions.*

These are [i.e., These four inner conditions against which humans fight are]:

(1) the lack of awareness of

- real and*
 - specific*
- needs;*

(2) the

- extent and*
 - urgency*
- of such needs;*

(3) the frequent

- lack of awareness of*
 - specifically who is supposed to fulfill the needs*
- and*
- in what particular way,*

since all the

*original desires [i.e., since all the ORIGINAL REAL
desires for loving and being loved in a relationship]
have been displaced;*

*(4) the extent of
the*

- ability*
- or*
- disability,*

the

- willingness*
- or*
- unwillingness,*

*of the other person
to satisfy your needs
to the full extent.*

*Because you
do not have clarity on
these four points,
your relationships
become fraught
with*

- friction,*

with

- misunderstandings,*

with

- hurts,*

with

- real*

or

- imagined*

rejections.

*This must lead to
withdrawal
in one form or another.*

*Yet,
if you are aware of these four aspects,
even if only to a partial degree,
you will become
instantly capable of
evaluating
the interaction
between*

- yourself*

and

- the others in question.*

The intensity of your need [i.e., The INTENSITY of your need to LOVE and to BE LOVED in your relationship with the others in question]
may
not
be automatically diminished,
but
to the degree
that you are
aware of your need,
it [i.e., AWARENESS of your need to LOVE and BE LOVED
in your relationship with the others in question]
will become
bearable.

As it [i.e., As REALITY]
becomes bearable,
you no longer need
• illusion
and
• wishful thinking.

You can
• look the truth in the face
and
• accept

what is,

no matter
how
• imperfect or
how
• far it is from
what you wish at present.

Your
• blind needs
issue
• blind,
• unconscious
demands
which are often
quite impossible to fulfill.

**The moment you
are aware of
your need [i.e., your need to LOVE and BE LOVED
in your relationship with the others in question],**

- you can also
envisage
the fact
that someone else
may be
personally
unsuited
for filling your need**

and

- you may
relinquish
your demands [i.e., RELINQUISH your DEMANDS on that other
person in question, realizing that that person is personally
UNSUITED to fulfill your needs in a specific way].**

**No longer
displacing your needs [i.e., No longer displacing your ORIGINAL need to
LOVE and BE LOVED by creating FALSE NEEDS]
will generally
mature you sufficiently
to be able to
tolerate frustration
if need be.**

	<ul style="list-style-type: none">• <i>This discipline of self-awareness</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the self-responsibility of facing the real situation</i> <ul style="list-style-type: none">• <i>makes you grow;</i> <p><i>it inevitably [i.e., facing the REAL SITUATION]</i></p> <ul style="list-style-type: none">• <i>increases your</i><ul style="list-style-type: none">• <i>self-respect,</i>• <i>self-liking,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>gives you a sense of security in yourself.</i>
28	<p><i>Apart from the frequent unreasonableness of unconscious excessive demands on your part, it may also happen that your demands are in themselves quite reasonable, but other people</i></p> <ul style="list-style-type: none">• <i>may be driven into a different direction</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>are incapable of fulfilling them.</i> <p><i>This has nothing to do with rejecting you.</i></p> <p><i>Once you</i></p> <ul style="list-style-type: none">• <i>truly see the truth</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>gain the insight into these interplays, the freedom you will have gained cannot be measured in words.</i>

*Your ability to
observe*
• *yourself*
and consequently
• *others*

*in a spirit of
objective detachment,*

*ascertaining trouble spots
without*

- *guilt*
- or*
- *anger,*

*is the healthiest way conceivable
of practicing*

- *discipline and*
- *self-responsibility.*

In this way
• *you can face*
the reality of the relationship in question
and
• *your fear will vanish.*

*If you can
accept
a "no"
without becoming an*

- *angry or*
- *hurt*

*child
within yourself,*

then your

- *independence*

and

- *self-respect*

should

- *consistently grow and*
- *give you sufficient security*

to truly

let go

to the extent

- *commensurate with the occasion*

and

to the extent

- *healthy at any given phase of your life.*

*The limits [i.e., The LIMITS to one's LETTING GO],
however,*

- *are not set by*
mechanisms of
 - *fear and*
 - *distrust,*

but

- *are simply*
one's
presently active potentials
in this respect [i.e., in respect to one's LIMITS to LETTING GO].

	<p><i>• Your present readiness to tolerate the frustration of your will and to relinquish it [i.e., relinquish your will] if need be,</i></p> <p><i>together with</i></p> <p><i>• your ability to face</i></p> <p><i>what is,</i></p> <p><i>rather than</i></p> <p><i>• closing your eyes in wishful thinking and • persisting in applying a forcing current because you do not wish to give up your will,</i></p> <p><i>as well as</i></p> <p><i>• your capacity to objectively evaluate the unreasonableness of your demands,</i></p> <p><i>will open the flow of true relating.</i></p>
29	<p><i>So, my friends, let us briefly recapitulate:</i></p> <p><i>• self-fulfillment is dependent on</i></p> <p><i>fulfilling yourself as</i></p> <p><i>• a man or • a woman.</i></p>

- **Both**
 - **manhood****and**
 - **womanhood****can only be fulfilled by**
 - recognizing your**
 - **barriers to****and**
 - **fears of****the full functioning of**
 - your**
 - **manhood****or**
 - **womanhood.**

- **This recognition [i.e., This recognition of your barriers to and fears of the full functioning of your manhood or womanhood] will make it clear that the barrier to the other sex must go.**

- **In order to accomplish this [i.e., In order to REMOVE the BARRIER to the other sex],**
 - **determine****and**
 - **experience****the extent of**
 - your**
 - **fear****or**
 - your**
 - **holding back**
which are a result of
 - your**
 - **blindness****and**
 - **unwillingness to objectively evaluate**
 - **others****and**
 - **yourself.**

Even those who are

- *most actively engaged in the work of this path*
- and*

- *have made most remarkable progress*
- are as yet*

*utterly unaware of
the strength of
their unreasonable*

- *demands and*
 - *commands*
- that,*

*like the rest of humanity,
they issue into their surroundings.*

*It [i.e., the strength of their unreasonable demands and commands]
is all so easily*

- *rationalized,*
- *covered up,*
- *explained away.*

But

if you can only

- *bear to look at*

the raw demands you issue forth,

if you can just

- *face that [i.e., if you can just FACE the raw demands you issue forth],*

my dearest friends,

you will
no longer fear
the demands
others make on you

because

then [i.e., because then, when you can bear to look at
the raw demands YOU issue forth],

and only then,

can you cope with them [i.e., can you cope with
the demands OTHERS make on you].

*If you can look at
these raw demands of yours
with a little laughter at
your childishness,*

*you can begin to evaluate the situation [i.e., the situation in regard to
demands – yours and other's –]*

in relation to
• *reason,*
• *justice,*
and
• *fairness.*

A large step will be taken forward

*if this capacity [i.e., IF this capacity to evaluate demands
in relationship to reason, justice, and fairness]
is acquired;*

*a step leading directly to
freedom from*

- *fear,*
- *distrust,*
- *insecurity,*
- *isolation,*
- *separateness, and*
- *stagnation.*

*Such objectivity
must open the door*

- *to*
full
 - *relating*
- and*
 - *living,*

- *to that*
immeasurable happiness
which every individual human soul
so desperately yearns for.

30

*I cannot emphasize strongly enough
that you need to
look at your demands
without
excuses.*

*Then you will be able to withstand
the demands of others.*

*Do you not know
that
your
unconscious
excessive demands

make you prone to the
unconscious
excessive
demands of
others?*

*And these two forces [i.e., the forces of your unconscious excessive demands on
others and the forces of the other's unconscious excessive demands on you]
make a
real relatedness
absolutely impossible.*

*For as long as
lack of awareness of
one's own needs
creates*

- *excessive*
- *one-sided*

demands,

- *disappointment*

and

- *fear*

*must create a
barrier of separateness.*

*Follow through this sequence,
my dearest friends.*

31	<p><i>Are there any questions?</i></p> <p>QUESTION: <i>Our demands are so hard to find.</i></p> <p><i>We all know that we have them, and yet it is very hard to find what they are.</i></p>
32	<p>ANSWER: <i>It is not as hard as you think if you approach it in the following way:</i></p> <p><i>Whenever there is friction between</i><ul style="list-style-type: none">• <i>you</i><i>and</i><ul style="list-style-type: none">• <i>others,</i></p> <p><i>look at your naked feelings by asking yourself what you</i><ul style="list-style-type: none">• <i>expect of the other,</i><i>what you</i><ul style="list-style-type: none">• <i>would want,</i><i>or</i> <i>what you</i><ul style="list-style-type: none">• <i>fear that they would</i><ul style="list-style-type: none">• <i>demand or</i>• <i>want</i><i>from you.</i></p>

If you look at

- ***confused,***
- ***disturbed, and***
- ***disharmonious***
feelings,

you must

- ***dare to let out***
the irrational [i.e., dare to let out the irrational feelings]

and

- ***have the courage***
to allow
your unreasonable inner child
to manifest on the surface.

To the extent you can do so,

you will gain information about
your innermost self,
unadorned by
superimposed rationalizations.

In this way

you will

- ***find your demands***

and

- ***be able to subsequently***
come to terms with them.

Face your

anger

about the fact
that
your demands
often remain unfulfilled.

Also face

your apprehension [i.e., your apprehension, fear, or anxiety]
of other people's demands
on you

which may vaguely feel like
a stream rushing toward you.

	<p><i>The more you realize what your own demands are, the better you can cope with those</i></p> <ul style="list-style-type: none">• <i>silent,</i>• <i>subtle</i> <p><i>currents of demands flowing toward you which in the past have made you</i></p> <ul style="list-style-type: none">• <i>compulsive,</i>• <i>guilty,</i>• <i>confused, and</i>• <i>wavering.</i>
33	<p><i>A disharmonious mood will so often yield information about unconscious</i></p> <ul style="list-style-type: none">• <i>needs</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>demands,</i> <p><i>either</i></p> <ul style="list-style-type: none">• <i>your own</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>those of others</i> <p><i>you feel you cannot cope with.</i></p> <p><i>Sometimes both [i.e., Sometimes both unconscious NEEDS and unconscious DEMANDS, both YOUR OWN and those of OTHERS] occur.</i></p>

*It is impossible to cope with
something
whose existence
one*

- *consciously ignores*

and

- *only feels*

as a

- *dull,*
- *vague*

force.

*The minute you can
pinpoint
in clear-cut terms
what you previously
did not
dare to acknowledge
because
it was*

- *uncomfortable*

or

- *beneath your dignity*

to do so,

you will become

- *strong*

and

- *capable.*

*The procedure is
simple,
provided
you take the daring step
to own up to*

your unreasonable

- *feelings and*
- *requests,*

your unfair

- *demands,*

and

your

- *childish selfishness.*

*Let the
irrational voice
reach
your surface awareness.*

*View it [i.e., View the irrational voice]
with
a little*

- distance and*
- detachment*

and
a maximum of

- honesty.*

*You are all
so indoctrinated with
a compulsion to cover up
this little voice.*

- Relatedness,*
- the true flow of union,
is determined
directly
by the following chain-reaction:*

facing the

- selfish,*
- greedy*

child within you

brings

- liberation,*
- dignity, and*
- strength*

*which, in turn,
makes it possible
to relate
in the most satisfying way.*

Thus you will truly become

- men*

and

- women,*

*each fulfilling the destiny
of your own sex.*

34

*The factors discussed in this lecture
appear to be far apart from one another.*

On the one hand, I discussed
• *self-fulfillment*
in a cosmic sense;
on the other, I spoke about
• *the immediacy of the selfish child*
dwelling to some extent in all individuals.

But these two aspects of human life
are
so
• *interwoven,*
so
• *interconnected!*

Only when you
honestly face
this inner little child,
as it
truly exists,
can it
begin to grow
• *beyond itself*
and into
• *its spiritual potentials.*

Its growth [i.e., The growth of this inner selfish little child]
will enable you to
dare take
personal risks.

You will no longer have to hold on to
self-protective behavior
in the pseudo-safety of
isolation.

*However,
you cannot risk
revealing yourself
if you cannot
trust others.*

*How can you trust others
if you do not even know*

- what they ask of
you*

and

- what you ask of
them?*

*And how can you trust
yourself
if you persist in
blinding yourself
to*

- your*
 - real needs,*
- your*
 - real demands,*
- the*
 - childish voice within you
that keeps
demanding more,*
 - angrily*
 - and*
 - endlessly?*

*Only when you
know this aspect of yourself
can you
trust yourself.*

*Only when you
perceive
reality*

- *around you*

and

- *in others,*

at least as far as your needs are concerned,
*can you
come to terms with
reality*
and
*trust your ability
to do so [i.e., and can you TRUST your ABILITY
to come to terms with REALITY].*

*When you are capable of
enduring
the frustration of your will
with*

- *equanimity and*
- *harmony,*

- *you can indeed*
- *trust life,*

and therefore

- *you can*
- *relate well to others*

and

- *fulfill yourself.*

What is more,

- *you are then equipped
to find the partner you need
because
your eyes are open.*

- *You do not keep them deliberately shut
because you prefer to cling to
a rosy illusion
due to your
unwillingness
to tolerate frustration.*

*So, my friends,
look at this inevitable chain reaction.*

35

*It would be useful
if my friends participated more actively
in the discussions following the lectures.*

*That you
do not do so
is to your detriment.*

*Even if
you have not reached these specific levels of awareness
in your private work,*

it is possible to

- *study the lectures*
- and
- *determine*
 - *when you are confused*
- and
- *in what respect you remain unresponsive.*

*Determining this [i.e., Determining when you are CONFUSED and in what
respect you remain UNRESPONSIVE]*

*will prove
very revealing
for your immediate problems.*

*When you come with a question about
something you do not really understand,
the answer
may help to open the way.*

*Even if there is
no personal inner response to something said in a lecture,
that should
not in the least
deter you from participating;*

*quite to the contrary,
it should furnish you with
material for participation.*

36

Now, my dearest friends,
• *study,*
• *meditate, and*
• *try to assimilate in your work*
the material I have given to you.

Even if you can
experience these words
only to a partial extent,
what you gain
can still mean
the beginning of a
• *new life*
as well as a
• *new inner understanding of*
self-fulfillment.

For
only when you are fulfilled
can you
contribute to life
in the true sense of the word.

People can contribute to life
through
their work,
but this still leaves
something to be desired.

Some
spark of aliveness
will be missing
if
the self
is not fulfilled.

For this [i.e., For the FULFILLED SELF]
is indeed
the life-flow
without which
all
• *actions,*
all
• *contributions to living*
remain somewhat stale.

37

***Be blessed,
every one of you.***

Receive

- ***love and***
- ***strength***

***from the
universal forces
which are***

- ***all around you***
- and***

- ***deep within you,
if you but tap this source***

***through
doing the inner work
of such a path as this.***

Be in

- ***peace,***
- be in***
- ***God!***

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