

Pathwork Lecture 125: Transition from the No-Current to the Yes-Current

1996 Edition, Original Given: May 29, 1964

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

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

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

Gary Vollbracht

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03	<p><i>Greetings, my dearest friends.</i></p> <p><i>God bless every one of you.</i></p> <p><i>Blessed be this hour [i.e., Blessed be this time we now spend together in this lecture].</i></p> <p><i>Over the years, we have from time to time given you a brief overall view that helped to establish a link between certain lectures, even if some of these lectures were delivered long ago.</i></p> <p><i>Such overviews always indicate a new phase on the path, and their timing often coincides with</i></p> <ul style="list-style-type: none"> <i>• the end of an old, or</i> <i>• the beginning of a new working season.</i>

by Eva Broch Pierrakos

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04	<p><i>This time, I should like to combine the lectures on</i></p> <ul style="list-style-type: none"><i>• inner will and</i><i>• outer will,</i> <p><i>on</i></p> <ul style="list-style-type: none"><i>• the soul substance in connection with the images, and the one about</i><i>• the yes- and no- currents.</i> <p><i>Some of my friends will</i></p> <ul style="list-style-type: none"><i>• immediately be affected by these words, others may benefit</i><i>• only later when further obstructions are overcome, but this does not mean that they cannot catch up.</i> <p><i>That [i.e., That, namely overcoming obstructions in order to be affected by the words of this lecture,] is always entirely up to them.</i></p>
05	<p><i>Such summaries must at first appear repetitious,</i></p> <p><i>but when you experience the truth within your innermost self, you will realize that the combining of these topics is a new approach – and can, indeed, become a revelation.</i></p>

	<p><i>It [i.e., Summarizing and combining topics from previous lectures] must</i></p> <ul style="list-style-type: none">• <i>deepen</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>widen</i> <p><i>the knowledge you have gained so far.</i></p> <p><i>It [i.e., Summarizing and combining topics from previous lectures] must make it [i.e., must make the knowledge you have gained so far]</i></p> <ul style="list-style-type: none">• <i>an integral part of your being,</i> <p><i>rather than</i></p> <ul style="list-style-type: none">• <i>an outer knowledge.</i>
06	<p><i>Let us first recapitulate the meaning of the</i></p> <ul style="list-style-type: none">• <i>yes-</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>no-</i> <p><i>currents.</i></p> <p><i>The</i></p> <ul style="list-style-type: none">• <i>yes-current</i> <p><i>is the expression of the</i></p> <ul style="list-style-type: none">• <i>supreme intelligence</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>creative universal force.</i> <p><i>It [i.e., The yes-current] is the</i></p> <p><i>life force,</i></p> <p><i>whose aspects have been discussed in a separate lecture.</i></p> <p><i>It [i.e., The yes-current] is</i></p> <p><i>all</i></p> <p><i>that strives toward</i></p> <ul style="list-style-type: none">• <i>union,</i>• <i>wholeness,</i>• <i>harmony,</i>• <i>fulfillment,</i>• <i>fruition.</i>

It [i.e., The yes-current]
is
• *truth*
and
• *love*
in its [i.e., in the yes-current's]
• *substance and*
• *manifestation.*

It [i.e., The yes-current]
is
life-
• *embracing*
and
• *accepting.*

Its [i.e., The yes-current's]
movements
are
• *smooth*
and
• *harmonious.*

All those
adapting themselves to the yes-current
must be in
equally
• *smooth harmony,*
must reach
• *perfection and*
• *fulfillment*
on higher levels,
must extend the
• *range*
and
• *experience*
of a
consciousness
unbroken by
• *untruthful concepts*
and
• *contradictory currents.*

07

*The
no-current
affects us
in the opposite manner,

but
not
in the sense that
it is itself
• evil,
manifest in
the scheme of creation
as an
equal principle
to
the life force.*

*It [i.e., The no-current]
consists
rather of
• ignorance,
• blindness,
• distortion, and
• lack of awareness.*

*Ignoring
truth,
it
must
• be in fear,
and
• spread fear.*

*Hence
it [i.e., Hence the no-current]
is
the opposite

of
• love,

of everything that leads toward
• union
and
• fulfillment.*

It [i.e., The no-current]

is

- ***discord,***

and

spreads

- ***disharmony***

and

- ***isolation.***

Those

who are enmeshed in it [i.e., Those who are enmeshed in the no-current]

follow a

- ***harsh,***
- ***disharmonious,***
- ***rocky,***
- ***shrinking or***
- ***rejecting***

soul movement

that

leads to

- ***greater blindness,***
- ***error, and***
- ***half-truths, and***

puts the emphasis on

aspects of

- ***the self***

and

- ***others***

which,

even though perhaps

correct in themselves,

do

not

lead out of

the no-current.

08	<p><i>The yes-current is</i></p> <ul style="list-style-type: none">• <i>the root of all.</i> <p><i>It [i.e., The yes-current] is</i></p> <ul style="list-style-type: none">• <i>the cause.</i> <p><i>It [i.e., The yes-current] is the</i></p> <ul style="list-style-type: none">• <i>inner source,</i> <p><i>and provides you with a</i></p> <ul style="list-style-type: none">• <i>realistic,</i>• <i>comprehensive grasp of things, so that</i> <ul style="list-style-type: none">• <i>outer manifestations are seen in proportion.</i>
09	<p><i>The no-current does not</i></p> <p><i>open a further vista than the</i></p> <ul style="list-style-type: none">• <i>periphery,</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>effect,</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>outer manifestation – and therefore it [i.e., therefore the no-current] does not lead to</i> <ul style="list-style-type: none">• <i>truth,</i>• <i>liberation,</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>harmony.</i>

	<p><i>No matter how much truth one believes one sees,</i></p> <ul style="list-style-type: none">• <i>disturbance,</i>• <i>chaos,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>destruction</i> <p><i>remain.</i></p>
10	<p><i>You cannot find a way out of the</i></p> <ul style="list-style-type: none">• <i>hopelessness and</i>• <i>destruction,</i> <p><i>the</i></p> <ul style="list-style-type: none">• <i>temporary and</i>• <i>pseudo- satisfaction of</i> <p><i>no-current manifestations,</i></p> <p><i>unless you become deeply aware of it [i.e., deeply aware of the no-current].</i></p> <p><i>This [i.e., Becoming deeply aware of the no-current] is the</i></p> <ul style="list-style-type: none">• <i>primary</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>essential</i> <p><i>step.</i></p>

*And there is certainly
nothing
negative about
discovering your*

- life-defeating,*
- destructive*

*attitudes
that
your No
consists of.*

*Many people
believe that a
positive attitude toward life
means
ignoring
the negative
in oneself,
but nothing
could be further from the truth.*

*This [i.e., This belief that a POSITIVE attitude toward life
MEANS IGNORING the NEGATIVE in oneself]
is a
misunderstanding of
the processes of*

- growth*
- and*
- development.*

*It is impossible
to adopt a*

- truthful concept*

*and
to replace the old*

- untruthful one*

*unless one
clearly understands
why
the old concept
is
untruthful.*

*The real impetus to
transform
oneself
can never come
unless
one*

- *sees the
destructive nature of
a false image*

and

- *evaluates its [i.e., evaluates the false image's
destructive nature's]
effects on*
- *self and*
- *others.*

*This [i.e., This seeing the destructive nature of a false image
and evaluating its EFFECTS on self and others]
alone*

*will make you
summon
all your resources*

*to bring about
a change.*

*Vague knowledge of
the general principles of
this process*

*cannot suffice
when you deal with
a deeply imprinted
no-current.*

11

*When you discover
specifically
how
you say
No
to a special
• desire
or a
• cherished fulfillment,
you reach a
major transition
in your
• entire development,
in your
• outlook toward life.*

*After such a discovery,
you can never be the same.*

*For the first time,
you comprehend the fact
that
you do
not
have to depend on
circumstances outside your control,
that
you are
not a
persecuted victim of an
• unfair and
• unkind
fate,
that
you do
not
live in a chaotic world,
where the law of the jungle
seems the most appropriate.*

Such discoveries [i.e., discoveries that 1) you do NOT have to depend on circumstances outside your control, or that 2) you are NOT a persecuted victim of an unfair, unkind fate, or that 3) you do NOT live in a chaotic world where the law of the jungle seems to operate]

*must
lead away from
the false concept of a*

- punishing*

or

- rewarding*

deity up in the sky,
and
from the equally false idea
that there is
no

- order,*

no

- superior intelligence*

in the universe.

12

When you discover that
you
say
No
to the very thing
you desire
most,

you can no longer be

- insecure*

and

- frightened*

and

- hanging on to the*

misconception
that
you are

- unlucky and*
- inferior.*

*Suddenly
the truth of
divine order
will come
so near
that you can
grasp it –
and this, indeed, is
a wonderful experience,
even if at first
you may
not
be able to hold on to it.*

*It [i.e., GRASPING the TRUTH of DIVINE ORDER that happens when you see that
the CAUSE of your unfulfillment is YOU saying
“NO!” to the very thing you desire most]*

means

- the extension of
your grasp [i.e., extension of your grasp of the TRUTH of divine order],*
- the deepening of
your understanding [i.e., deepening of your UNDERSTANDING of
the TRUTH of divine order].*

*You are becoming
more acutely aware of
the fact
that
all
your
• unhappiness and
• unfulfillment
is
not
a remote effect of
a remote cause,
even remote in
your self,*

*but a
very direct effect of
a cause
that is right in front of your eyes,
if
you choose to look at it.*

*Of course it [i.e., Of course, seeing the CAUSE of your NO to what you most desire]
requires
the training of
becoming aware
of*

- hidden
emotional reactions,*

of

- subtle,*
- elusive,*
- vaguely felt
emotional movements.*

*But once your mind
is accustomed to
observing
these reactions,
such awareness
is not far away.*

*The
No
that*

- you,*

and

- you alone,*

can recognize

*is as distinct
as any object in your
outer
environment
you wish to*

- grasp,*
- touch and*
- see.*

13

Finding

such a No [i.e., FINDING a “No,” the CAUSE of which is found hidden in subtle, elusive, and vaguely felt emotional reactions and movements,]

must

not be a

- **superficial,**
- **glib**

acknowledgement.

Allow yourself to

feel

the full

- **impact and**
- **significance**

of it [i.e., feel the full impact and significance of such a “No”]

by

first

- **acknowledging that**
it [i.e., that this “No”]
exists at all,

and then

- **ascertaining**

- **why**
it exists,

and

- **on what specific misconceptions**
it is based.

When this [i.e., When this WHY the NO EXISTS and
on what SPECIFIC MISCONCEPTIONS it is based]

is perceived

for the first time,

- **hopelessness,**
- **defeatism**

will make room for

- **genuine –**
not superimposed –
hope,

and a

- **positive attitude**
toward life.

**You will glean that
what
has
• refused to
come to you**

**and [and hence, you will glean that what has]
• made you more hopeless**

**now
has a chance to do so [i.e., NOW
has a chance to COME to you]**

**because
you begin to envision
the**

**possibility of
a change in
yourself –**

**even before [i.e., and has a chance to
come to you EVEN BEFORE]
you are capable of
changing.**

**The prospect [i.e., The PROSPECT that what has REFUSED to come to you
NOW in fact DOES have the possibility to COME to you]
then exists
in a realistic way.**

**The more
this change [i.e., The more this change in you]
is
envisioned
the more can
the will
to change
be
cultivated.**

14

*Before you gain a
clear vision of the
specific area
of its operation,
the no-current
will act
against
the very endeavor of*

- discovery*
- and*
- change.*

*Hence, a
strongly negative attitude
will manifest
in any number of ways
toward
the pathwork itself.*

*Some of my friends
have already found
that
the moment
they successfully*

- fought and*
- overcame*

*their resistance
against the work
at a particular phase,
they found a
corresponding
No
toward life in general.*

	<p><i>While on a conscious level an</i></p> <ul style="list-style-type: none">• <i>urgent,</i>• <i>frantic,</i>• <i>hopeless</i> <p><i>Yes – not the yes-current –</i></p> <ul style="list-style-type: none">• <i>clamors,</i>• <i>cries</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>trembles,</i> <p><i>the underlying</i></p> <p><i>No</i></p> <ul style="list-style-type: none">• <i>defeats all efforts</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>makes the entire process truly hopeless.</i>
15	<p><i>Many of my friends have experienced that so often</i></p> <ul style="list-style-type: none">• <i>before one comes to the most crucial point of transition,</i> <ul style="list-style-type: none">• <i>the battle against it [i.e., the battle AGAINST the change and transition] is equally crucial.</i>

The temptation

to

- ***blind oneself to the true issue,***

to

- ***project and***
- ***displace,***

often blurs one's memory

of

- ***past victory;***

of

- ***the proper procedure of***
 - ***prayer,***
 - ***meditation, and***
 - ***daily review;***

of

- ***formulating***
 - ***confusions,***
 - ***unanswered questions,***
 - ***vague uneasy feelings***
in a concise way and
- ***tackling them***
as they barricade the way;

of

- ***asking for help;***

of

- ***cultivating one's***
inner will to overcome
all barriers toward
 - ***seeing the truth about oneself and***
 - ***having the willingness to change;***

of

- ***registering***
the inner No
during these endeavors;

of

- ***tackling these No's***
in the only productive way,
namely with the intent of
wanting to
 - ***see and***
 - ***understand***
the truth about the matter.

	<p><i>We have discussed all this extensively.</i></p> <p><i>Wherever</i></p> <ul style="list-style-type: none">• <i>crisis,</i>• <i>doubt, and</i>• <i>dissatisfaction</i> <p><i>exist,</i></p> <p><i>these procedures [i.e., these procedures that you know give you VICTORY over crises, doubt, and dissatisfaction]</i></p> <p><i>must have been neglected,</i></p> <p><i>and</i></p> <p><i>the temptation of the</i></p> <p><i>outer</i></p> <p><i>direction of</i></p> <ul style="list-style-type: none">• <i>displacement,</i>• <i>projection,</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>emphasis –</i> <p><i>even on a truth –</i></p> <p><i>but an</i></p> <p><i>unrelated truth,</i></p> <p><i>has been too powerful to resist.</i></p>
16	<p><i>Opening oneself</i></p> <p><i>to</i></p> <p><i>the truth</i></p> <p><i>is a decisive step toward</i></p> <p><i>bringing the personality</i></p> <p><i>into</i></p> <p><i>the yes-current.</i></p>

Change,

such as transformation of
• *character structure,*

as well as of
• *false imprints or*
• *images,*

is hardly possible

as long as
one does
not understand

why

such a change
is truly desirable.

Therefore,
the path can roughly be divided into
two major phases:

first, enlisting

divine help

for
• *recognition of*

truth;

second, enlisting

this same agency [i.e., enlisting this same divine help]

for the
• *strength,*
• *stamina, and*
• *ability*

to change.

*These two fundamental desires [i.e., 1) the DESIRE to SEE TRUTH,
and 2) the DESIRE to CHANGE]*

*being part of
the great yes-current,*

must be cultivated

*in the
details of
daily*

- *living,*
- *reactions,*
- *thoughts, and*
- *feelings.*

This

detail work

*is
the most important aspect of
the willingness to change.*

*What you
concentrate on
• today*

*is surely not the same as
what it was
• last month*

*or as it
will be
• a month from now,*

*provided
your pathwork
is
• dynamic
and not a
• superficial endeavor.*

17

*Some time ago,
when we discussed the images,
I also mentioned the*

soul substance

which is

*the material
that registers
an individual's*

- *outlook on*
- and*
- *attitudes to*

life.

When

- *these attitudes [i.e., these attitudes that the soul substance has registered] derive from a*
- *truthful impression [i.e., When a TRUTHFUL impression is molded onto the surface of the soul substance]*

and a

- *constructive attitude prevails,*

*the soul substance
is molded in such a way
that the person's life
is*

- *meaningful,*
- *fulfilling and*
- *happy.*

*When the impressions [i.e., When the impressions molded onto
the surface of the soul substance]*

*are based on
wrong conclusions,
the molds in the soul substance
create*

- *unfavorable,*
- *destructive
situations.*

*In short,
a man's and woman's*

fate

*is nothing more or less than
the sum total of*

- *their
personalities,*

- *what they*
 - *express and*
 - *emanate,*

*which, in turn,
determines how the soul substance
is molded*

in terms of

- *reality*

or

- *unreality.*

*Human consciousness
is*

- *the sculptor,*

*the soul substance
[is]*

- *the material
which it [i.e., which the human consciousness, the “sculptor,”]
molds.*

It is

*the entire personality,
including all levels,*

which determines

the fate.

If a person has a

- *healthy,*
- *constructive,*
- *realistic,*
- *truthful*

concept
but only in
some
levels of the personality
while
other
levels
express the opposite,
such a contradiction
affects the soul substance
negatively,
even if
the positive attitude
is

- *stronger and*
- *conscious,*

while
the negative one
remains

- *hidden.*

It is therefore essential
that
the hidden areas of the soul substance
be uncovered

in order to
understand,

from
seeing
the imprints,

why

the desired fulfillment
is still missing in life.

18	<p><i>Some of you, my friends on the path, have recently discovered</i></p> <p><i>a hidden</i></p> <p><i>No</i></p> <p><i>you could never have felt before.</i></p> <p><i>On the contrary, you were convinced</i></p> <p><i>that you wanted with all your being what remained unfulfilled,</i></p> <p><i>that you certainly did not want an undesirable experience.</i></p> <p><i>The mere suggestion that there might be an</i></p> <ul style="list-style-type: none"><i>• unconscious</i><i>• contrary</i> <p><i>striving would have seemed preposterous to you.</i></p>
19	<p><i>Such</i></p> <p><i>No's</i></p> <p><i>are directly connected with the</i></p> <ul style="list-style-type: none"><i>• original image,</i> <p><i>the</i></p> <ul style="list-style-type: none"><i>• false concept</i> <p><i>which molded the image into the soul substance.</i></p>

It is
this basic misconception [i.e., this ORIGINAL IMAGE, this FALSE CONCEPT
which molded into the soul substance]
which makes one
reject
what one
wants most,
subtly
acting in such a way
that the image
inevitably
appears to be
confirmed.

For example,
if you are under the basic misconception
that you

- are inadequate and**
- cannot succeed,**

this conviction
will make you
behave
in such a way
that you will
indeed
act
inadequately.

What is more,
you will
fear success,
because
your conviction of
not being able to live up to it [i.e., NOT being able to
live up to SUCCESS]
will make it [i.e., will make SUCCESS]
frightening.

Once you find

- **your particular No** [i.e., your PARTICULAR “NO!” to SUCCESS],

and

- **how it** [i.e., and HOW your PARTICULAR “NO!” to SUCCESS],
influences
your behavior,

whether

- **obvious**

or

- **subtle,**

you come to understand

that you

lack success

not because you are
inadequate,

but you are
inadequate

because you

- **think you are** [i.e., you THINK you are INADEQUATE]

and

- **fear**

any occasion

that might put you to the test [i.e., put you to the
TEST of your ADEQUACY for SUCCESS].

20

*Changing
from a
 deeply engraved
 no-current
to a
 yes-current
 can occur
 only
 when
 this entire process
 is profoundly understood;
 when
 the subtle shrinking away from
 a desirable goal
 is observed
 and finally
 changed into,*

*"I want this goal
 with all my heart.*

*I have
 nothing to fear from
 it [i.e., from pursuing this GOAL]."*

*Meditation on
 why
 • there is
 nothing to fear,
 why
 • the old fear
 was false,
and
 why
 • the new
 accepting attitude to life
 is entirely safe,*

*is the
 final step
 in moving
 from a
 • no-current
 to a
 • yes-current.*

This [i.e., This three-part meditation on
1) *WHY* there is nothing to fear,
2) *WHY* the old fear was false, and
3) *WHY* the new accepting attitude to life is entirely safe]

should be done as
daily meditation work,

creating a
new mold
in

the soul substance –
this time a

- **flexible,**
- **light,**
- **truthful**

one [i.e., this time a flexible, light, and
truthful mold in the soul substance]

which

finally

erases the

- **old,**
- **rigid,**
- **heavy,**
- **untruthful**

one [i.e., which **FINALLY ERASES** the old, rigid,
heavy, and untruthful mold in the soul substance].

21

When misconceptions of

"not deserving"
all that happiness

are found,

they are often connected with

the faulty God-image.

*Such false ideas [i.e., Such false ideas (connected with the faulty God-image)
of “not deserving” all that happiness]*

*make your
wish capacity
weak,
preventing it [i.e., preventing your wish]
from
issuing forth the*

- strong,*
- clear,*
- unbroken*

consciousness of

- wanting*

and

- deserving*

the desired experience.

*The misconception
that
striving for
personal fulfillment*

*is identical
with*

- selfishness and*
- greed*

*is another obstacle to
a healthy
yes-current.*

*When
such wrong conclusions
mingle with
personal images,
they are
stubborn hurdles
which can be eliminated
only
by full recognition of
all connected aspects and
by formulating a
new*

- outlook and*
- attitude.*

22

*On this path,
you have learned
to*

- review your life
in the light of
progress already made,*

*and
to*

- determine
not only in what respect*
 - you have outgrown
old obstructions,*
- but also*
 - what remains
to be accomplished.*

*When you examine
the still unfulfilled areas of your life,
finding
the underlying
no-current,
compare these areas [i.e., compare these UNFULFILLED areas of your life]
with
the aspects of your life
in which you
are
fulfilled.*

*Then consider
the underlying
yes-current:
the*

- subtle*

but

- distinct
expression of
certainty
that
this good thing*
 - is yours,*
 - will always easily be yours,*

*that
it does not present a difficulty and
that
you are not afraid
that you may lose it.*

*It might be wise to also investigate
the areas
in which you*

- feel deserving,*

where you are

- willing to*
 - pay the price*

and to

- give.*

*You will then realize that
your attitudes in
those healthy areas
vastly differ from
your*

- feelings and*
- expectations*

*in the
unfulfilled areas.*

*Making such a comparison
will yield
much understanding.*

*Feel
distinctly
the difference
between your*

- approach,*
- emotions, and*
- subtle expressions*

in your

- healthy,*
- fulfilled,*
- happy*

life situations

and
*those [i.e., and your approach, emotions, and subtle expressions
in those life situations]*

*in which you
consistently find a*

- frustrating,*
- unhappy*

pattern.

23

It is

- *not easy,*
- but certainly*
- *feasible*
- to come*
- from the*
- *no-current*
- into the*
- *yes-current.*

You

cannot possibly
come out of the
no-current

as long as
you cling to the conviction

that
you
have nothing to do with
your problem,

that
you are helpless
to change
your predicament.

But when

you realize that
the final decisive factor

is
• *you –*

your
• *will*
and
your
• *determination –*

then
the end of your suffering
is near.

Say,

"I want to come out of it [i.e., I WANT to come out of my NO-CURRENT].

In order to do so,

I want to know

specifically

what obstructs

the way [i.e., the WAY OUT of my NO-CURRENT]

at

this

moment.

I know

that

• my real self,

that

• the constructive universal forces

• help

and

• guide

me

the moment

I

decide to

**do something about it [i.e., to DO something
myself about coming out of
the NO-CURRENT in me].**

I will be

ready to

see

what is inside me."

Continue your activities

in this direction,

and

what

had seemed

• impossible

will suddenly

• become feasible.

	<ul style="list-style-type: none">• <i>Relaxed meditation,</i>• <i>concentration,</i> <p><i>and a minimum of</i></p> <ul style="list-style-type: none">• <i>daily self-observation</i> <p><i>cannot possibly be dispensed with.</i></p> <p><i>They are</i></p> <p><i>the tools,</i></p> <p><i>learning to use them</i> <i>in the appropriate way</i></p> <p><i>is part of</i> <i>your growing process.</i></p>
24	<p><i>I have often mentioned that</i> <i>nothing in itself</i> <i>is</i></p> <ul style="list-style-type: none">• <i>right</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>wrong,</i> <ul style="list-style-type: none">• <i>healthy</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>unhealthy,</i> <ul style="list-style-type: none">• <i>constructive</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>destructive.</i> <p><i>It is the same with</i></p> <ul style="list-style-type: none">• <i>feeling,</i>• <i>experiencing, and</i>• <i>expressing</i> <p><i>the attitude of</i></p> <p><i>"I want to,"</i></p> <p><i>regarding a particular fulfillment.</i></p>

*The mere fact of
its existence [i.e., The mere fact of the EXISTENCE of the attitude of
“I WANT TO” regarding a particular fulfillment]
is no guarantee
that
your wanting it
is a yes-current.*

*Apart from
the opposite desire
on an unconscious level,*

such a

"yes"

*may come out
of*

- greed and*
- fear,*

of

- too much wanting,*

and

- greed and*
- fear*

*are products of
the no-current.*

*If there were
no hidden no-current,*

*there would be
no doubt that
you could have it,*

therefore

*there would be
no fear that
you could
not
have it.*

*You need not
be greedy,*

for
if you are
• in truth
and
• in harmony with the cosmic forces,

*the yes-current
will function as a*
• natural

and
• easy

and
• calm

*flow
within you.*

You can issue the
"I want"
into the yes-current
with a
• fullness
and
• wholeness

*which is
devoid of*
• anxiety

and
• doubt

and
• greed.

	<ul style="list-style-type: none">• <i>Yes</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>no,</i> <ul style="list-style-type: none">• <i>"I want to"</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>"I do not want to,"</i> <p><i>can only be determined as expressions of the</i></p> <ul style="list-style-type: none">• <i>yes-</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>no-</i> <i>current</i> <p><i>if these wishes are closely observed, if one listens to any</i></p> <ul style="list-style-type: none">• <i>harsh or</i>• <i>disturbing emotion</i> <p><i>contained in them.</i></p>
25	<p><i>I have also often mentioned that contact with</i></p> <ul style="list-style-type: none">• <i>the divine spark,</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>your real self,</i> <p><i>is an outcome of this pathwork.</i></p> <p><i>Some of my friends are beginning to experience this indescribable event [i.e., beginning to EXPERIENCE this INDESCRIBABLE event: CONTACT with the DIVINE SPARK or YOUR REAL SELF].</i></p>

The

- **safety,**
- **security,**
- **conviction of truth,**

the

- **harmony and**
- **rightness**

of it [i.e., of CONTACT with the DIVINE SPARK or YOUR REAL SELF]

**are worth
all the effort of
overcoming
resistance.**

It alone [i.e., ONLY the DIVINE SPARK or YOUR REAL SELF]

can

**truly
guide you.**

It [i.e., The DIVINE SPARK or YOUR REAL SELF]

not only

- **is**
the yes-current,

but it

- **inspires you**

**to strengthen
the already existing
yes-current,**

**to correct
all faulty impressions;**

and it

- **gives you**
 - **all the insight you need,**
- and**
 - **the strength to**
 - **change and**
 - **transform**
 - **yourself.**

*In order to have
the divine spark [i.e., the DIVINE SPARK or YOUR REAL SELF]
manifest,
you must
deliberately*

- *contact it*

and

- *require it to*
 - *answer you*

and

- *show you the way.*

*But the ego-mind
so often stands in the way.*

*It [i.e., The EGO-MIND]
believes that
it alone*

- *exists*

and

- *determines.*

*It [i.e., The EGO-MIND]
must decide
to let
the greater brain
determine your life.*

*Many of you have
experienced*

*that
your real self
responds –*

sometimes

- *instantly,*

sometimes

- *later,*

*but
it*

*always does [i.e., but YOUR REAL SELF or the DIVINE SPARK
ALWAYS responds].*

Yet
this [i.e., Yet this fact that YOUR REAL SELF or the DIVINE SPARK
ALWAYS responds],
too, is
• forgotten,
as are
your victories
after
overcoming resistance.

Let
this
• innermost self,
this
• greater intelligence within you,

• answer
your confusions,

• guide you to
the truth you need to know about yourself
and
• strengthen you to
• change
• false images,
• misconceptions,
and to
• swing
from the
• no-current,
that has a
• deeply hopeless,
• doubting,
• destructive,
• dark,
• negative
outlook,

into the
• yes-current
with its
promise
which will be
inevitably
fulfilled.

26

**When you discover
the persistence of**

a

- *subtle*

but

- *distinct*

No

to a cherished fulfillment,

a

- *fearful*

cringing from it [i.e., cringing away from a cherished fulfillment]

that you

- *cannot explain*

and

which

- *can only be detected by
looking very closely,*

it is of the greatest importance

that you

- *do not argue it away [i.e., not argue the NO or fearful cringing away],*

that you

- *are not impatient with yourself,*

that you

- *do not deny its existence [i.e., do not deny
the existence of the NO-current]*

in the wishful thinking

that by doing so

it will go away [i.e., the NO-current will go away].

This never works.

Rather,

- *acknowledge it [i.e., acknowledge the NO-current],*
- *draw it out further into consciousness*

and

- *prepare yourself for
finding the answer to the barrier.*

*Pose the proper questions,
realizing that
you must not shy away from
any effort,*

*for without divine help
you are incapable of
accomplishing any great goal.*

*What appears like
the greatest contradiction
to the*

- *spiritually and*
 - *emotionally*
- immature
person*

*becomes
self-evident truth
for the*

- *spiritually and*
 - *emotionally*
- mature
individual.*

One must be

fully self-sufficient

*in order to come into
the full realization
that*

- *God's help is essential,*

and

that this help [i.e., and that this help from God]

- *has to be requested by
the independent person
as an act of will.*

*The immature
refuse
to stand on their own feet.*

They [i.e., The immature]
• *desire*
a higher authority
to be responsible for them,
but
• *lack the humility*
to recognize that

their greatness
lies in
their divine self.

The divine self, however,
is
not
• *up in heaven,*
but
• *deep within*
where it can be
• *summoned*
and
• *consulted.*

More
and more
it will be
• *this divine self*
that manifests
and
• *the little self*
will integrate into it.

27

An additional source of help
is
the method of talking things out.

This [i.e., This “talking things out”]
has proven to be true
in other phases of the work,
and it [i.e., and this “talking things out”]
is of equal importance in this phase [i.e., this phase of
transitioning from the NO-CURRENT to the YES-CURRENT].

Talking out

- *what you want,*
 - *what your obstruction is,*
- and*
- *the reason for your no-current*

*has a therapeutic value
beyond your present comprehension.*

As you

*talk to another person,
things will*

- *take shape*

and

- *gain a clarity*

*that you
missed*

*as long as you
merely*

*• thought about them [i.e., thought about them by yourself],
even if you*

- *wrote them down.*

Also,

the insight

an uninvolved outsider may

- *gain and*
- *point out to you*

is often

*impossible to attain
by oneself*

because one is too deeply involved.

Talking it out

relieves pressure

and that

sets valuable energy free.

- *You gain a new perspective*

and

- *something begins to change inside
before*

you even know it.

*Something is set in motion
when you*

- *deliberately*
tap
your divine self
for
 - *answers*
and
 - *guidance,*

and
when you

- *release the pressure*
by
talking about it openly.

*The effect of
these two important activities [i.e., The effect of 1) deliberately tapping your
divine self (your real self) for answers and guidance
and of 2) releasing the pressure by talking about it openly]
will be*

experienced

by anyone who follows this advice.

*Again, I emphasize,
no one needs to
blindly accept my word for it.*

28

*You may also need to
overcome a
no-current
against
the process of
self-exposure.*

*For
wherever
the trouble festers,
a deep shame
exists.*

Whatever

- *the misconception,*
- *the original image
with its*
 - *false premises and*
 - *negative emotions*

*causes
deep shame.*

Whether you are

- *frightened*
- or*
- *hurt,*
- your sense of being
isolated*

with a

- *guilty,*
- *shameful
secret*

*that makes you
different from others*

*can best be
exposed*

as

*false
by*

talking to another person.

*As one gets started,
the shame begins to
vanish*

*until it shows itself as
the illusion
it always was,*

*an illusion
which has caused*

so much suffering.

	<p><i>I should like to point out a difference between</i></p> <p><i>talking</i></p> <ul style="list-style-type: none">• <i>about</i>• <i>the problem,</i>• <i>your</i>• <i>feelings and</i>• <i>reactions,</i> <p><i>and</i></p> <p><i>talking</i></p> <ul style="list-style-type: none">• <i>all of them out.</i> <p><i>The former [i.e., talking ABOUT the PROBLEM, talking ABOUT your FEELINGS and REACTIONS]</i></p> <p><i>is often a</i></p> <ul style="list-style-type: none">• <i>necessary and</i>• <i>good</i> <p><i>beginning,</i></p> <p><i>but the latter [i.e., TALKING OUT ALL the PROBLEM, TALKING OUT ALL your FEELINGS and REACTIONS]</i></p> <p><i>is much closer to the goal of swinging into the yes-current.</i></p>
29	<p><i>The</i></p> <ul style="list-style-type: none">• <i>wise,</i>• <i>inner</i> <p><i>self</i></p> <ul style="list-style-type: none">• <i>knows what is needed</i> <p><i>and subtly</i></p> <ul style="list-style-type: none">• <i>nudges</i> <p><i>the outer personality.</i></p>

When
close contact with
this inner self [i.e., *When CLOSE contact with this INNER self that knows what is needed and subtly nudges the OUTER personality accordingly*]
is
not
established

on
all
levels,
such nudging
is misinterpreted.

The accumulated pressure of
the need to talk
is put into
unproductive channels

because
the little ego

- **fears and**
- **wants to avoid –**
often unconsciously –
uncovering
the "shame."

The no-current
is at work.

When
the pressure to talk
is relieved inappropriately,
one will concentrate on
matters that are
not connected with
one's personal area of trouble.

This may have
destructive side-effects,
apart from
hindering
the personal growth process.

[When the “pressure to talk” is relieved inappropriately and one concentrates on matters that are not connected with one's personal area of trouble,]

**Disharmony
may be spread
unintentionally,
often**

- **out of goodwill**

and

- **with partly correct insights into matters
that have nothing to do with
the self.**

**If one is
not connected with
one's inner self
a most
truthful observation
will be but a
half-truth,
whereas
any observation
will have the ring of truth
if one
does
not
avoid something in oneself.**

**If the pressure from
the inner need
to talk out one's afflicted area
is diverted into
other channels,**

- **disorder**

and

- **stagnation**

follow.

**The momentary relief
from having to deal with
the troubled area
is like the fleeting pleasure of
giving in to
any destructive impulse.**

30

*The real relief
of being in*

truth

*can become
yours*

*the moment you are
on the road of*

*overcoming
the shame of
the*

*deepest inner lesions
of your soul.*

Again,

*this [i.e., this act of being on the road of overcoming the shame of
the DEEPEST INNER LESIONS or wounds of your SOUL]*

cannot be done

immediately,

but

*if you tackle
your resistance
by*

- *constant*
- *honest*
self-observation,

- *acknowledging
the fact of it [i.e., acknowledging
the FACT of your SHAME]*

*without
self-deception,*

and

- *requesting the help
of your higher self,*

*success
will come.*

You will then [i.e., *You will then, by OVERCOMING the SHAME of
the DEEPEST INNER LESIONS or wounds of your SOUL*]

***know
what it means***

to live

without
• ***shame,***

without
• ***the need to
be isolated,***

without
• ***the burden of
hiding your true self.***

***Do not dissipate the energy
by letting yourself***

be tempted away from it [i.e., *tempted away from the work of overcoming
the shame of the deepest inner lesions of your soul*],

***depriving yourself
of a***

very necessary
• ***spiritual***
and
• ***emotional
medication.***

31

Every
• ***tight***
or
• ***too firm
conviction***

***in connection with
your work on the path***

should be examined.

Are you
truly open to
consider
an opposite view [i.e., *Are you TRULY open to CONSIDER*
a view that is OPPOSITE to every tight conviction
you hold in connections with your work on the path]
as well?

Only then
can you
perceive
the voice of

your higher self

should it wish to convey
something
different [i.e., *different from your very tight convictions*].

And
only then [i.e., *only then, when you are truly open to CONSIDER a view that is*
OPPOSITE to the tight conviction you hold regarding your
work on the path]
will you
know
whether
your

first conviction

was indeed
right
for you.

Such
deep inner certainty
can only come
when you are

- **willing and**
- **ready**

to accept something
other than
your preference.

32

*As you must
deeply want
the truth about
yourself
in order to obtain it,
so must you
deeply want to
transform.*

*Is there a
hidden
No [i.e., Is there a hidden NO to TRANSFORMATION in you]?*

Why [i.e., WHY is there a NO to TRANSFORMATION in you]?

What is the fear [i.e., What is the FEAR of TRANSFORMATION in you]?

The unwillingness to

- *transform*

what is

- *inside*

is the
same No
that exists to

- *the fulfillment*

you wish
from the

- *outside.*

33

*I would now like to discuss a point
which has puzzled some of my friends,
although
their confusion
is not always
conscious.*

*It is the fact that
the pathwork,
at a certain point,
appears
to aggravate
negative feelings.*

***I know that you know
some answers
to this question [i.e., SOME answers to this question as to WHY pathwork,
at a certain point, APPEARS to aggravate NEGATIVE FEELINGS],

such as the obvious one [i.e., such as the obvious answer, namely]
that
hitherto
• unconscious
material
has now become
• conscious.***

***This is [i.e., This new material that was unconscious but is NOW CONSCIOUS is]
temporarily
bothersome.***

***But there is
another factor [i.e., But there is another additional factor that is]
important to understand.***

34

***A young human being
starts out in life
with personal
• images and
• misconceptions,
having fabricated
certain "remedies"
against
the illusory dread.***

***These [i.e., These fabricated "remedies" or defenses AGAINST the illusory dread]
are the
pseudo-solutions,
connected with
the idealized self-image.***

***With these [i.e., With these fabricated "remedies" against the illusory dread]
the person hopes to
defend against
what he or she
is afraid of in life.***

While you are
• *young and*
• *vigorous,*
you do not yet realize
that your
pseudo-solutions
don't work.

When you are

successful,

you believe that it is

• *because of them* [i.e., *BECAUSE* of
your fabricated pseudo-solutions you have been successful],
rather than

• *in spite of them* [i.e., *rather than IN SPITE* of
your fabricated pseudo-solutions you have been successful].

You are
not yet
discouraged by
repeated disappointments.

The

• *hopelessness,*

• *depression,*

and

• *sense of futility*

are still absent.

If you continue to live with
the burden of error,

you

gradually
come to the point of

utter discouragement.

*Each time the pseudo-solutions
fail
to work

you
despair,
but
since*

- the entire process of
having formed
pseudo-solutions*

and

- what they are supposed to avoid [i.e., and the PAIN, FRUSTRATION,
UNFULFILLMENT and DISAPPOINTMENT in life that
the pseudo-solutions are supposed to enable you to avoid]*

*is

unconscious,
there is
no way of
remedying the situation [i.e., no way of remedying the situation of
having failed to be successful].*

*In fact,
you are

convinced
that
you have

not
worked hard enough

to*

- make
the pseudo-solutions work,*

to

- get the
• false,
• idealized
self
across.*

*Then you believe that
you
are
so inadequate
that

you cannot even
successfully
pretend;

yet
if you could only get to
perfecting
these imagined "solutions,"*

- *all would be well.*
- *You would be saved.*

*The idea of
giving them up [i.e., giving up your fabricated pseudo-solutions],
seems like a*

- *tremendous danger,*
- *utterly exposing you to*
 - *annihilation,*
 - *humiliation and*
 - *shame.*

*Needless to say,
all
these feelings
are
unconscious.*

*The no-current
is used to

avoid

the imagined threat.*

35

When the pathwork

demolishes

- *this pretense*

and

- *the inefficient pseudo-solutions –*

instead of

strengthening them

as one unconsciously hopes –

there is panic.

One

- *fights for one's life,*

and

- *feels*

- *losing ground,*

rather than

- *gaining,*

because

the old ways of coping

can no longer be used.

The conscious self

*now sees their preposterousness [i.e., now sees the PREPOSTEROUSNESS of
one's fabricated pseudo-solutions]*

and they [i.e., and hence, your fabricated pseudo-solutions]

can no longer be employed.

But the

new concepts

are not yet formed.

In this interim stage,

one finds oneself in a vacuum

which one often

unwittingly prolongs

by

fighting against

going forward.

Truthful concepts

*cannot mold life
as long as*

one

precariously balances

on

*the point
of*

• confusion,

• despair,

and

• stubborn refusal to

• open up

and

• go further.

*I wish that all of you, my friends,
would*

deeply meditate on this,

seeing whether it

already

applies to you.

If not [i.e., If this precarious state does not already apply to you],

it could

still come to pass.

Are you prepared to

meet this vacuum

in the most

• constructive,

• wise,

and

• knowing

way?

36

False

- *solutions and*
- *means*
to cope with life
create
false
 - *strength,**false*
 - *security,**false*
 - *happiness –*

or, for that matter,
if it seems expedient,

- false*
 - *unhappiness*
in order to
 - *manipulate,**or*
 - *punish*
others.

The

- *false,*
- *superimposed*
tendencies
have to
disappear
before
genuine
 - *strength,*
 - *security, and*
 - *happiness*
can become a part of the self.

How can a
genuine
yes-current
exist, if
part of your personality
is expressing
false
emotions?

*It is exactly the same
with the*

- *true*

and the

- *false*

God concept.

The

- *false*

God-image

*has to be dissolved
before the*

- *genuine*

God concept

can become part of the psyche.

*It is an
unrealistic expectation
that
when*

the

- *new*

is built,

the

- *old,*
- *obsolete*

*attitudes
disappear.*

	<p><i>The degree of pain at dissolving the</i> <ul style="list-style-type: none">• <i>false,</i>• <i>old</i><i>ways and transforming them into</i> <ul style="list-style-type: none">• <i>new</i><i>attitudes</i></p> <p><i>depends on the</i> <ul style="list-style-type: none">• <i>strength of the no-current opposing the process [i.e., the strength of the NO CURRENT OPPOSING this PROCESS of DISSOLVING old ways and TRANSFORMING them into new ways],</i></p> <p><i>and on the</i> <ul style="list-style-type: none">• <i>degree to which this no-current can be inactivated by</i> <ul style="list-style-type: none">• <i>awareness and</i>• <i>observation,</i></p> <p><i>and</i> <ul style="list-style-type: none">• <i>the measure of subsequent appropriate</i> <ul style="list-style-type: none">• <i>activity and</i>• <i>treatment.</i></p>
37	<p><i>For the yes-current to express in any area of your</i> <ul style="list-style-type: none">• <i>life and</i>• <i>personality,</i><i>your entire being must be</i> <ul style="list-style-type: none">• <i>of one piece,</i>• <i>a wholeness.</i></p>

*Your consciousness
cannot be
divided,
with
different
• levels
expressing
different
• goals,
• opinions,
• concepts, and
• emotions.*

*The yes-current
cannot manifest by
talking yourself into it.*

- *Systems*
- and*
- *approaches*
are often
 - *misunderstood*
- and*
- *abused;*

people are
misled
into a
temporary

- *hopefulness,*

into
temporary

- *success,*

but it
cannot be

- *real*

and

- *permanent*

unless

- *all*
levels of your being
are filled with
one expression

and

- *no area*
is left
that
 - *does not*
know
the truth,

that

- *still nurtures*
 - *doubts*

and

- *fears,*

and
that

- *fails to*
express
the truth.

*Nor can this
wholeness
be accomplished
unless
some parts of the character structure
are*

- *truly transformed –
"reborn," as Jesus said.*

*Such complete reorientation of
the personality
cannot be
a slipshod affair.*

*It [i.e., Such a COMPLETE REORIENTATION of the personality]
does not come easily.*

*It [i.e., Such a COMPLETE REORIENTATION of the personality]
requires
your total*

- *involvement and*
- *investment
in the process.*

*It [i.e., Such a COMPLETE REORIENTATION of the personality]
demands*

- *fierce overcoming of*
- *stubborn,*
- *easily misleading
resistance,*

and

- *refusal to yield to
temptation.*

*There is
no shortcut,
except that it
appears
easy
when*

- *the transformation has already taken place*

and

- *the psyche is free from*
- *division and*
- *contradiction.*

38	<p><i>When you reach the state of oneness with</i></p> <ul style="list-style-type: none"><i>• yourself,</i> <p><i>with</i></p> <ul style="list-style-type: none"><i>• your innermost divine self,</i> <p><i>in the</i></p> <ul style="list-style-type: none"><i>• flow and</i><i>• harmony</i> <p><i>of the yes-current,</i></p> <p><i>you have nothing to fear.</i></p> <p><i>You stand on firm ground.</i></p> <p><i>Fulfillment of any expression of your self can easily be yours.</i></p>
39	<p><i>When you allow yourself</i></p> <p><i>to shed all falseness,</i></p> <p><i>expressing your will to grow,</i></p> <p><i>you must come to see that the God you unconsciously feared does not exist.</i></p>

*The God
who
does
exist

knows
no limitation
in
squandering
happiness
that is
all yours
for the asking.*

*You do
not have to choose –
as you often unconsciously believe –
between
• one form of fulfillment
or
• another.*

*You may dare to
express fulfillment
in
• health and
in a
• happy
• partnership and
• relationship,
but you may feel
• selfish and
• greedy
if your consciousness
also expresses the wish for a
• fruitful career.*

*The false God-image,
also existing in those who
consciously deny a
superior Creator,
makes them
miserly with
their own
fulfillment.*

But this [i.e., But this being MISERLY with your OWN FULFILLMENT]

is

not

- ***God's***
 - ***way or***
 - ***will.***

It [i.e., This being MISERLY with your OWN FULFILLMENT]

is

- ***your***
 - ***way and***
 - ***will,***

***born out of
your
inner limitations.***

***Once they [i.e., Once YOUR INNER limitations]
are shed,
one by one,***

- ***paradise
can be on earth,***

just as

- ***hell
can be –***

***always according to
your
inner
state of being.***

***Those limitations
are the
wrong ideas you have
about
• life,
about
• yourself,
and
about
• your role in life.***

*When you understand
that*

- *selfhood and*
- *self-government*

are synonymous with

- *following*
 - *the voice*
- and*
- *the will*
 - of*
 - *your divine self,*

that

- *these two concepts [i.e., 1) selfhood and self-government and 2) following the voice and the will of your divine self]*

are not

- *mutually exclusive*

and

- *contradictory*

but

- *interdependent,*

*you will comprehend
the vast difference
between*

- *the real self*

and

- *the insignificant outer brain,*

the difference

between the

- *tight,*
- *anxious,*
- *doubtful,*
- *greedy*

pseudo-yes-current

and the

- *relaxed,*
- *calm*

inner knowledge

of

- *all the good things in life belonging to you,*

of

- *the real yes-current.*

*And you will
experience
the truth of
true spiritual awakening:*

that the

- *tremendous power and*
- *immanence*

*of the divine
is at your
immediate disposal;*

that
*without it [i.e., without the power and immanence of the divine],
you cannot truly
accomplish anything;*

and,
*in order to contact it [i.e., and that to contact the divine],
you have to
stand on your own feet,*

*dispensing with
the necessity of having
another authority
responsible for you.*

*Every
effect
in your life
can be traced to*

*your inner
causes,*

*but the human being
struggles against this truth
often more than
reason warrants.*

In all sorts of

- *obvious or*
- *subtle*

*ways,
you seek
the reason for your life circumstances
outside
yourself.*

40

*Many of you have
experienced
an immediate answer*

to the
• *godself in you,*

to the
• *manifestation of
the yes-current,*

to the
• *liberation of
resistance overcome.*

*Do
not forget
the truth of
your wonderful recognitions,
for
recollecting them
will make it easier to proceed.*

*Every time you
ask for
the manifestation of
the divine within yourself
it comes,
whether*

to
• *know the truth about yourself,*

to
• *resolve a difficult situation,*

or
to
• *transform
your self
into a more*
• *truthful,*
• *productive
person.*

Utilize this contact [*i.e., this contact with the godself in you, the divine within*]
more
and more,

let it
• instruct you

and
• open new ways for you.

It [*i.e., This godself in you, the divine within*]
is

- unlimited**
- wisdom**

and
• power,

- infinite**
- love.**

If you
use

this great power
more
• specifically

and
• regularly,

rather than only
• occasionally,

you will
all

come to the

full realization

that

this path [*i.e., this pathwork*]

brings you to
true
liberation.

41

*Nothing
stands in the way of a*

- *full,*
- *fulfilled,*
- *rich*
life.

*These are
not empty
promises.*

*All the tools you need
are
given to you,*

and

*you alone
can use them.*

*Often,
instead of
• fully using these tools,*

*instead of
• wanting to change
the attitudes
that
cause
your unhappiness,*

*you
• grumble
and
• blame the pathwork
for
not living up to its promises –
as though it ever promised
to do the work*

for

you!

*No approach
can
ever
do that [i.e., NO approach can ever DO the work FOR you],
it [i.e., this pathwork or any other approach]
can only
show you*

- what
you
must do,*
- how
you
must change,*

*so that
your life
can change
for the better.*

*But those of you
who steadfastly make progress,
• fighting against
the No within,
• doing the work
• day in
and
• day out,
register
the growing conviction
that you are
slowly
stepping
out of
• confinement and
• darkness
into the
• freedom and
• light
of truth.*

*Anyone who claims
that he or she
has done
their
best*

*but has
not
succeeded
is*

- *not
in truth,*
- is
- *suffering from
self-delusion.*

*He or she
may make
good efforts
in areas of
lesser importance,
but refuses to
see the truth
where it [i.e., where the truth]
• hurts most,
where the person
• still misses liberation.*

42

Are there any questions, now?

QUESTION:
In connection with this lecture,

I found that

- *my no-current
is more
superficial,*

while

- *inwardly
there is more of a
yes-current
than I thought.*

Could you explain this?

43

ANSWER:

Yes,
this is very true.

With
you
the process is reversed.

Your astounding progress
in a relatively short time,

especially in view of
the seriousness of
your problems when you entered this path,

accounts for the fact [i.e., accounts for this fact that
your NO-current is more SUPERFICIAL while
INWARDLY there is MORE of a YES-current].

I always try to convey to all my friends
that

• the unconscious [i.e., the unconscious, for you more a YES-current]

is the more potent force,
determining the outcome
regardless of

• the conscious will [i.e., the conscious will, for you a
more superficial NO-current].

The latter [i.e., The CONSCIOUS will]
is of
immeasurable importance,

but it [i.e., but the CONSCIOUS will]

must be geared to
make

the unconscious
conscious

in order to

remove all

- obstacles and***
- division***

within the self.

44

*The reason for this [i.e., The reason that the CONSCIOUS will
MUST MAKE the UNCONSCIOUS conscious]*

*in your case
is that
by nature
you are a much more*

- constructive,*
- accepting,*
- positive*

*person
than you
artificially
make yourself.*

*Once the artifice [i.e., Once the artifice by which you deceptively pretend that you
are a much less constructive, much less accepting, and a
much more negative person than you are by nature]*

is shed,

*this truer self [i.e., this truer self, which is much more constructive,
accepting, and positive person than you pretend to be]*

- appears*

and

- expresses itself more freely.*

You

*cling to
the artificially negative side,
almost as a sort of
superstition,
as though you believed
that you can ward off*

- real unhappiness*

by indulging in

- a false one [i.e., by indulging in a FALSE unhappiness].*

*You express it [i.e., You express this FALSE UNHAPPINESS]
with this attitude:*

*"If I
say No,
life
will not say No to me
and
will not treat me too badly."*

45	<p>QUESTION: <i>I feel that I have the no-current</i> • inward and • outward;</p> <p><i>everything is No.</i></p> <p><i>Can you help me understand why?</i></p>
46	<p>ANSWER: <i>Yes,</i> <i>and I can also help you to come out of it.</i></p> <p><i>This is the reason [i.e., This is the reason that for you, EVERYTHING is NO]:</i></p> <p><i>You fear that if you do not say No, a specific</i> • inadequacy and • shame <i>would have to be tackled.</i></p> <p><i>It is, of course, no</i> • real inadequacy or • real shame, <i>but you unconsciously think so.</i></p> <p><i>The No seems to eliminate the necessity of looking closer [i.e., The NO seems to eliminate the necessity of looking closer at WHY you unconsciously THINK that you have an inadequacy for which you would feel shame].</i></p>

	<p><i>You may not be able to feel this yet [i.e., You may not be able to feel your FEAR of being inadequate and hence shamed should you dare to say Yes], but you will if you proceed with your pathwork.</i></p> <p><i>Once you do, it will become easier to tackle</i></p> <ul style="list-style-type: none"><i>• the inner enemy – the No.</i>
47	<p><i>As for immediate advice on how to proceed:</i></p> <ul style="list-style-type: none"><i>• Take any of the many little No's coming up in your work in your daily life</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• enter into your private meditation, all alone, • peaceful and • relaxed.</i> <p><i>Such meditation might be somewhat like this, but use your own words:</i></p> <p><i>"Why do I say No [i.e., Why do I say NO even to finding out that my No is coming up in my work in my daily life]?"</i></p> <p><i>I have the power not to say No.</i></p> <p><i>And I now say Yes to</i></p> <ul style="list-style-type: none"><i>• really and truly wanting to find out my particular No's."</i>

Take one at a time [i.e., **Take one No**
coming up in your work in your daily life at a time].

**"With all my heart
I say Yes to
wanting to understand
the No."**

First you will feel
a strong negative pull against it [i.e., *against wanting to understand the No*],
but, expecting it,

you
• **are prepared**
and
• **do not allow it to dissuade you.**

You go on saying:

**"The truth
cannot harm me,
although something ignorant in me
rebels against it** [i.e., *rebels against seeing the TRUTH*].

In spite of it [i.e., *in spite of something ignorant in me
rebellng against seeing the TRUTH*],
I say Yes.

It [i.e., *This ignorant part in me that rebels against seeing the truth*]
has
**no power over
the way I direct**
• **my will and**
• **my endeavors.**

**This very same No
has brought much**
• **destructiveness and**
• **misery,**
**and I do not allow it
to rule over me any longer.**

I take the reins in my hands."

- *Do this
daily for a while*
- and*
- *open yourself up to
what comes,
in the spirit of*

*"for better or worse,
I want to find out
why
the No stops me
from
all that could bring me happiness.*

*I no longer wish to
reject
all that is*

- *life-giving,*
- *outgoing,*
- *unifying.*

*I no longer wish to
embrace*

- *isolation*

and

- *hostility."*

48

*When you meditate in such a way,
enlisting
the divine forces inside your being,
you will indeed
experience
a great transformation.*

*The first time
will be difficult,*

*but if you persevere,
it will*

- *become easier and*
- *yield more
and more results.*

And, I beg of you,

choose to

remember

the many times

you were in a

- *fierce and*
- *fearful*

No,

but after you

overcame it,

the

- *relief and*
- *release,*

the

- *renewed energy,*

the

- *increased understanding and*
- *health,*

and also the

- *knowledge and*
- *certainty*

that

- *what you had feared before*
was entirely groundless,

- *all that [i.e., all that you had feared before]*
was in proportion

to the

- *fear and*
- *resistance*

that you had harbored.

Make use of

the considerable progress already made,

rather than

letting yourself slide into inertia again.

Then [i.e., Then, when you do not let yourself fall into inertia again,]

you

will yet experience

the greatest

- *victory and*
- *liberation*

so far!

*When you follow this advice,
you will truly
make the transformation
from a*

- downward curve,*

from

- the no-current,*

to a

- building up,*

to the

- upward life-giving stream,*

to the

- yes-current.*

49

*My dearest friends,
you are
all
blessed.*

*May these words
be more than words,
may they*

- remain not theory,*

but

- become the tools they are meant to be.*

*Thus
you will finally
allow yourself to be happy,
you will
no longer
cringe from
fulfillment.*

*Be in
peace.*

*Be in
God!*

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