

Pathwork Lecture 56: Capacity to Wish – Healthy and Unhealthy Motives in Desire

1996 Edition, Original Given: September 25, 1959

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

¶	Content
03	<p>Greetings,</p> <p>God bless all of you, my dearest friends,</p> <p><i>blessed is this hour [i.e., blessed is this time we spend together in this lecture].</i></p>
04	<p>The creative life</p> <ul style="list-style-type: none"> • force <p>or</p> <ul style="list-style-type: none"> • principle <p>is</p> <ul style="list-style-type: none"> • all around you. <p>It [i.e., The creative life force or principle]</p> <p>is</p> <ul style="list-style-type: none"> • all-powerful <p>and</p> <ul style="list-style-type: none"> • all-good.

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Format posted 12/28/21

*If you
could but tune in on it [i.e., tune in on the creative life force or principle],
you
on this earth plane
could enjoy
perfect happiness
in every possible respect.*

*For
the creative life force
does not wish you
anything but good –
if I may put it this way.*

*It [i.e., The creative life force]
is ready to give you*

- *joy,*
- *strength,*
- *vitality, and*
- *happiness.*

*As far as the universe is concerned,
there need be*

no

- *hardship*

or

- *unhappiness.*

I would like to discuss tonight

- *the prerequisites
that enable you to
tune in on
this force,*

and

- *the conditions
that keep you
away from it.*

	<p><i>One of these [i.e., One of these PREREQUISITES that ENABLE you to tune in on this creative life force OR, on the other hand, one of these CONDITIONS that KEEP YOU FROM tuning in on this creative life force]</i></p> <p><i>is</i></p> <p><i>the capacity to</i></p> <p><i>wish.</i></p> <p><i>Whenever</i></p> <p><i>your capacity to wish</i></p> <p><i>is hindered,</i></p> <ul style="list-style-type: none"><i>• consciously</i><i>or</i><i>• unconsciously,</i> <p><i>fulfillment</i></p> <p><i>cannot</i></p> <p><i>come to you.</i></p> <p><i>You may</i></p> <p><i>desire</i></p> <p><i>this particular fulfillment</i></p> <p><i>with all your</i></p> <ul style="list-style-type: none"><i>• might,</i><i>with all your</i><i>• outer will,</i> <p><i>yet</i></p> <p><i>some unconscious factors within</i></p> <p><i>work against</i></p> <p><i>the fulfillment of this wish.</i></p>
06	<p><i>First of all,</i></p> <p><i>let us determine the difference</i></p> <p><i>between the</i></p> <ul style="list-style-type: none"><i>• healthy</i><i>and</i><i>• unhealthy</i> <p><i>motives</i></p> <p><i>in desires.</i></p>

	<p><i>We will not concern ourselves with the motives of desires which are obviously unhealthy because they are destructive.</i></p> <p><i>Instead, we will delve into the deeper regions of the</i></p> <ul style="list-style-type: none"><i>• mind and</i><i>• soul</i> <p><i>where the deviations [i.e., where the deviations from healthy motives] exist in</i></p> <ul style="list-style-type: none"><i>• very subtle and</i><i>• unobtrusive</i> <p><i>ways.</i></p>
07	<p><i>You may have a perfectly legitimate desire, yet it may be unhealthy.</i></p> <ul style="list-style-type: none"><i>• Unhealthy</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• tense</i> <p><i>desires are always linked with fear.</i></p> <p><i>In certain teachings you hear much about a state of desirelessness,</i></p> <p><i>but on the plane where most of you are it [i.e., a state of DESIRELESSNESS] is an impossibility.</i></p>

	<p><i>So here we can only try to find the difference between what makes desires • healthy and what makes them • unhealthy.</i></p>
08	<p><i>One rule is that whenever you desire something • for the sake of itself, the desire is • healthy.</i></p> <p><i>But when you desire something • as a means to an end, it may be • unhealthy.</i></p> <p><i>If this is the case [i.e., if your MOTIVE in desiring something is AS A MEANS TO AN END], your desire automatically becomes • tense.</i></p> <p><i>It [i.e., Your MOTIVE in desiring something as a means to an end rather than for its own sake] becomes • a need [i.e., becomes a NEED for something that is necessary to reach a different DESIRED END], and therefore fear [i.e., FEAR of not reaching the desired end if the need is not fulfilled] must follow in its wake.</i></p>

09

Let me give you an example:

If you desire

- **financial security**

for the sake of

- **enjoying that state** [i.e., if your MOTIVE for desiring financial security is so that you can ENJOY financial security and all that this financial security brings and makes possible],

there is

nothing

unhealthy about it,

even though many of you

may think this is a selfish desire.

We will discuss this separately a little later.

But if you desire [i.e., But, now looking at your MOTIVES, if you DESIRE]

- **financial security**

for the sake of

- **impressing others,**

or to

- **alleviate an inherent feeling of inferiority,**

then it [i.e., then the motive for your desire for financial security]

is

- **unhealthy:**

then it [i.e., then the motive for your desire for financial security]

becomes

a need for something

other than

what financial security

is in itself [i.e., the MOTIVE for desiring financial security is to fill a NEED to impress others or to alleviate a feeling of inferiority, rather than to enjoy financial security].

The goal [i.e., The goal for financial security]

then is distorted

to serve a need [i.e., to serve a NEED to impress others or to alleviate inferiority, that is, to serve a need]

other than

that which the goal [i.e., other than the goal financial security]

was supposed to fill

in a

healthy way [i.e., healthily enjoying financial security].

This circumstance [i.e., This circumstance in which the MOTIVE or healthy desire for something FOR ITS OWN SAKE is distorted, and the real MOTIVE for desiring this something is now to fill a NEED other than what the stated desire is (in this example, the MOTIVE for desiring financial security is NOT for its own sake but rather the MOTIVE for desiring financial security is instead to fill a NEED to impress others or relieve inferiority feelings)]

*may be
entirely unrecognized.*

*You may feel
only
a pressing need.*

*You may find
abundant*

- rational and*
- valid*

*explanations
as to
why
the desire is so pressing,
while underneath
the true motive [i.e., the true motive for the desire being so pressing]
remains hidden.*

*And the
hidden motive
always
causes
the fear that
you might not get
what you need.*

The more

- unconscious*

the motive,

the more

- unhealthy*

the desire,

*and
the more it [i.e., and the more UNCONSCIOUS the MOTIVE for your desire]
• will stand in the way of
your fulfillment.*

10

You may say,

*"Why, I know
many people
who certainly desire money
for very unsavory purposes
and yet
they are successful.*

They use their wealth

- for power over other people,*
- to be important,*

yet they seem to succeed."

*This may be so, my friends,
but there are
many reasons for it.*

*It may be that
such a person
has less of a conscience.*

*The farther
your development
has progressed,
the stronger
your conscience
becomes,
and it [i.e., and your stronger conscience]
registers
wrong motives
very accurately.*

*Thus
the conscience [i.e., Thus the stronger conscience
of the one whose development has progressed]
puts prohibitive currents
in the way of fulfillment.*

*With a person of
lesser development,
this intervention of the conscience
may be absent.*

***In that case
the wish-capacity
can function
even though
the motive
may be impure [i.e., In that case of the lesser-developed person
where the conscience is less developed or even absent,
the wish-capacity can function unimpeded even though the
motive may be impure].***

***The mere fact
that the
• impure and
• selfish
motives
are conscious [i.e., are conscious and unopposed by conscience
in the lesser-developed person]
causes
the wish capacity
to function better.***

***Because, as I said,
the more
unconscious
the wrong motives,
the more
powerful
the prohibition is [i.e., the more UNCONSCIOUS the wrong motives
are, as may be the case in someone who is more fully developed and
whose more-fully-developed conscience is real and powerful, yet he
or she may deny or not be aware or conscious of his or her impure
and selfish motives, and because his or her impure and selfish
motives are unconscious, rather than conscious as are those of the
less developed person with a less developed conscience, would
serve as a powerful prohibition to the fulfillment in this more
developed person].***

11	<p><i>Or the person [i.e., or the person who desires money for impure or unsavory motives and yet is very successful] may be constituted so that the</i></p> <ul style="list-style-type: none"><i>• self-punishing and</i><i>• self-destructive forces, put in motion by wrong motives,</i> <p><i>affect not so much</i></p> <ul style="list-style-type: none"><i>• the financial,</i> <p><i>but</i></p> <ul style="list-style-type: none"><i>• another area of the person's life.</i> <p><i>However, you are not able to trace the connection between the two [i.e., you are not able to trace the connection BETWEEN self-destructive forces put in motion by wrong motives in the FINANCIAL area AND ANOTHER area of the person's life that is affected by these wrong motives in the financial area], and probably the person in question cannot see it either.</i></p>
12	<p><i>The constructive life force has its counterpart in a negative force, emanating from</i></p> <ul style="list-style-type: none"><i>• confusion,</i><i>• ignorance, and</i><i>• wrong motives.</i>

Your personality registers extremely accurately all

- *desires,*
- *tendencies, and*
- *motives.*

You may not be consciously aware of it registering,

yet it [i.e., yet the registering in your personality of ALL desires, tendencies, and motives] is there in the unconscious.

If you have

- *wrong and*
- *confused motives that*
- *are self-serving and*
- *cause detriment to others – may they be ever so subtle –*

destructive currents result.

These destructive currents either

- *prohibit the fulfillment of the particular conscious wish itself,*

or they may

- *affect negatively another area of fulfillment, the desire for which may or may not be conscious.*

But deep within yourself

- *you know there is something wrong with your wish and therefore*
- *you say to yourself – though not in conscious thought – “I do not deserve that which I wish.”*

13

Humanity
is very confused about
what is
• selfish
and
what is
• unselfish.

Suppose you desire
perfect health.

In your
• praying for it,
or simply in your
• awareness of
desiring such a state,
you may have thoughts like this:

"This is selfish.

I have no right to desire something so strongly
that benefits
just me.

Who am I to deserve this?"

Given these reservations,
your wish capacity
does not function fully.

In such reasoning –
unconscious as it may be –
there is
much
• falsity
and
• error,
my friends.

14

*You often believe something is
selfish
that in reality
has nothing to do with
selfishness.*

*But when,
in your petty vanity,
you place disproportionate importance on
your own person,
you haven't an inkling
that you are*

- egocentric or*
- selfish.*

*To desire health
because
in your full*

- strength,*
- vigor, and*
- vitality*

*you
can*

- fulfill more*

*and
can*

- give more –*
to
 - others and*
 - to*
 - yourself –*

*is certainly
not selfish in the least,
even though
it seems to serve
just you.*

*But if you do
not actually desire health*

- in order to benefit others directly*

but because

- you just want to enjoy it,*

*even this wish
need not be selfish.*

15

*But should you
desire health
for the purpose of
harming others,
be it ever so subtly,
then
it would be selfish.*

*When I say
harm,
I do
not mean it
in the obvious sense.
I mean, that, for instance,
the desire to
impress others
is also harmful.*

*What happens
when you set out to impress others?*

*You might
trigger off envy –
and you may
enjoy this envy.*

*It [i.e., Others envying you]
makes you feel*

- strong and*
- powerful*

*at the expense of
another person's smallness.*

*Now, this may
not often apply to
health,
but this
is the kind of thing that happens
whenever you have the need
to show off to others.*

16

Thus we come back to the point we first raised;

when the goal

- *is not desired
for its own sake,*

but

- *serves something else –
namely your need*
 - *to impress others,*
 - *to make yourself*
 - *"bigger" and*
 - *"better,"*
 - *enviable in the eyes of others.*

You see, a

- *wrong and*
 - *harmful*
- motive*

in a desire

need not be

- *outright wicked,*
- or*
- *a wish to inflict*

material disadvantage on another person.

Your

- *petty vanity,*

your

- *need to be above others,
even if it exists
only in a subtle way,*

suffices to

- *twist your motives*
- and*
- *make them unhealthy.*

Hence

your

- *fulfillment is
blocked,*

your

- *wish capacity
hampered.*

17	<p><i>In order to avoid all possible misunderstanding,</i></p> <p><i>let me emphasize again that not in all cases do the self-punishing currents affect a conscious desire, even though this desire [i.e., this conscious desire] may contain</i></p> <ul style="list-style-type: none"><i>• unhealthy motives</i><i>in addition to</i><i>• healthy and</i><i>• conscious ones.</i> <p><i>• Self-destructive and • self-punishing forces, brought forth by the psyche the moment a wrong motive is registered, may affect another wish-fulfillment you cherish.</i></p> <p><i>It may even concern a fulfillment of a wish you are not conscious of.</i></p>
18	<p><i>You may be burdened with certain difficulties in your life which you take for granted, although this [i.e., although this “taking difficulties for granted”] does not preclude your</i></p> <ul style="list-style-type: none"><i>• resentment</i><i>and</i><i>• rebellion against them.</i>

	<p><i>It just never occurs to you to desire a different state of affairs [i.e., to DESIRE a state of affairs DIFFERENT FROM the state of having DIFFICULTIES in life that you take for granted and resent having and that you rebel against] in a</i></p> <ul style="list-style-type: none"><i>• constructive and</i><i>• positive</i> <p><i>way –</i></p> <p><i>which includes</i></p> <ul style="list-style-type: none"><i>• seeking</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• understanding</i><ul style="list-style-type: none"><i>• the inner block and</i><i>• the prohibition</i> <p><i>you set up.</i></p> <p><i>Only then [i.e., Only then, when you have found and understand the INNER BLOCK and the PROHIBITION that YOU have set up,] can you truly express a wish</i></p> <ul style="list-style-type: none"><i>• that is free of hindrances stemming from your misconceptions.</i>
19	<p><i>You, who are on this path, will find it very useful to clarify what your</i></p> <p><i>true desires</i></p> <p><i>are.</i></p>

	<p><i>You will then find quite often that what you consciously desire you do not desire</i></p> <ul style="list-style-type: none">• <i>completely,</i>• <i>without</i><ul style="list-style-type: none">• <i>doubt and</i>• <i>restriction,</i>• <i>without</i><ul style="list-style-type: none">• <i>misgivings and</i>• <i>compromises.</i> <p>• <i>A part in you wants the fulfillment,</i></p> <p><i>but</i></p> <ul style="list-style-type: none">• <i>another part does not.</i> <p><i>The purpose of this search is to become aware of the latter part [i.e., the part of you that does NOT want the fulfillment] and investigate the reasons for</i></p> <ul style="list-style-type: none">• <i>the hesitation and</i>• <i>the uncertainty.</i>
20	<p><i>Self-punishment for hidden wrong motives is only one reason that prohibits your wish-capacity.</i></p>

*There is, for instance,
the further reason [i.e., the further reason that prohibits your wish-capacity]
that whatever you desire
requires a price.*

*Unconsciously
you may not be completely ready
to pay the price –*

- the true price,*
- not*
- the outer one.*

*The outer one [i.e., The OUTER price of what you desire]
is often overemphasized
as a compensation for
the inner
disinclination to pay the price
in a*

- deeper and*
- real*

sense.

*Thus,
the problem is twofold:*

- outwardly and*
- consciously*

*you tensely desire something,
while*

- inwardly and*
- unconsciously*

you

- hesitate and*
- do not wish a certain part of it [i.e., do NOT wish a part of
what you consciously desire].*

*The stronger
this unconscious part is
the tenser
your outer straining becomes.*

	<p><i>You are unaware that unconsciously you do not find the fulfillment worth having if you cannot have it without paying the particular price it requires.</i></p> <p><i>The goal thus becomes of doubtful value.</i></p>
21	<p><i>Wherever you have such hidden reasoning in your unconscious, you are immature.</i></p> <p><i>You know that very well by now.</i></p> <p><i>And the immature person wants the impossible.</i></p> <p><i>A child cannot have an adult sense of responsibility which includes at all times the awareness that</i></p> <p><i>everything requires a price.</i></p> <p><i>The immature part of your personality hopes against hope that perhaps after all it will be possible to get what it wants without the necessity to pay the price.</i></p>

	<p><i>Until you become certain that this [i.e., Until you become CERTAIN that getting something without paying the necessary price] cannot be, you postpone the wish-fulfillment by setting up blocks.</i></p>
22	<ul style="list-style-type: none">• <i>Find these</i><ul style="list-style-type: none">• <i>inner,</i>• <i>hidden</i><i>reasonings,</i>• <i>investigate them closer</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>come to terms with them on the basis of your more mature intellect.</i> <p><i>Find specifically:</i></p> <ul style="list-style-type: none">• <i>What are your desires?</i>• <i>Why do you desire them?</i>• <i>What would be the required price?</i>• <i>Are you ready,</i><ul style="list-style-type: none">• <i>completely,</i>• <i>without reserve,</i><i>to pay this price?</i> <p><i>Do not force yourself to say,</i></p> <p style="text-align: center;"><i>"Yes, I am ready,"</i></p> <p style="text-align: center;"><i>when</i></p> <p style="text-align: center;"><i>emotionally</i></p> <p style="text-align: center;"><i>you are not.</i></p>

	<p><i>As long as you are not truly ready to pay the price without forcing yourself, it [i.e., forcing yourself to say, “Yes, I am ready to pay the price,” when emotionally you are NOT ready] would not work anyway.</i></p> <p><i>But at least you will now understand why you cannot have what you desire with only part of your personality.</i></p>
23	<p><i>You will realize that no one but you prohibits the fulfillment.</i></p> <p><i>This recognition will be</i></p> <ul style="list-style-type: none"><i>• healthy and</i> <p><i>will help you</i></p> <ul style="list-style-type: none"><i>• avoid further wrong impressions about</i><ul style="list-style-type: none"><i>• God,</i><i>• fate, and</i><i>• life.</i> <p><i>You will give yourself time to grow into the necessary state of development, where to pay the price will not</i></p> <ul style="list-style-type: none"><i>• be something difficult</i> <p><i>or</i></p> <ul style="list-style-type: none"><i>• seemingly disadvantageous.</i>

	<p><i>You will be able to work calmly on the reasons, now out in the open, why it seems so hard</i></p> <ul style="list-style-type: none">• <i>to pay a particular price</i> <p><i>or</i></p> <ul style="list-style-type: none">• <i>to accept the principle [i.e., WHY it is hard for you to accept the principle of paying the price for what you desire] in general.</i>
24	<p><i>When you investigate yourself along these lines, you will also find</i></p> <ul style="list-style-type: none">• <i>wrong,</i>• <i>impure,</i>• <i>selfish, and</i>• <i>unhealthy</i> <p><i>motives in your desires that are not directed toward the goal itself.</i></p> <p><i>By</i></p> <ul style="list-style-type: none">• <i>finding</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>facing them squarely, you will automatically eliminate a certain degree of self-destructiveness.</i>
25	<p><i>I realize that those friends who are not active on this path of self-search will interpret what I am saying on an outer level.</i></p> <p><i>Therefore it may seem repetitious to them, for I have often said similar words.</i></p>

But those who

- are continuously working and***
- are approaching***
the deeper levels of their souls

will find
new

- meaning and***
- value***
in them [i.e., in my words].

So check your
emotional reactions to
specific desires.

I cannot stress
emphatically enough
how important this will be for you.

Then [i.e., Then, when you have checked your EMOTIONAL REACTION to
SPECIFIC DESIRES]
you can go on from there.

You will
not find relief
until and unless
you discover
that in you
which prohibits fulfillment.

Though there may be
several additional reasons for it [i.e., for unfulfilled desires],
• feeling undeserving
and
• disinclined to pay the price
are the two basic factors
that stand in the way [i.e., stand in the way of
fulfillment of your desires].

All other obstacles –
• directly
or
• indirectly –
stem from these two.

26

*Let us get back to
the feeling of being undeserving,
which is nothing but
an inferiority feeling.*

*Such feelings
are rarely based on
what you
consciously
think of yourself.*

*Often
you do not even know
why you have such feelings of
inferiority.*

*They [i.e., Your feelings of inferiority]
may not coincide at all
with your
conscious
opinion of yourself.*

*Not knowing
why
you feel so inferior
makes you feel
so hopeless.*

*If you only knew
why [i.e., If you only knew WHY you feel so inferior],
you could
adjust to it [i.e., you could adjust to and accept this aspect in you
that makes you feel so inferior]
if it is something in you
that you
cannot
change.*

*Accepting it [i.e., Accepting this aspect in you that you cannot change and that
makes you feel so inferior],
you would
cease to have
the gnawing feeling of
inferiority.*

	<p>Or, if it [i.e., Or, if this aspect in you that makes you feel so inferior], can be altered, you could go about changing it.</p> <p>But since you do not know what it is [i.e., since you do NOT KNOW what it is that makes you feel so inferior], you remain hopeless.</p> <p>No</p> <ul style="list-style-type: none">• certainty is ever as hard to bear as• uncertainty.
27	<p>Let me tell you, my friends, that you never have inferiority feelings because of something that you cannot change.</p> <p>No matter how hard it may be, it [i.e., what you cannot change] does not in itself push you into the despair triggered by inferiority feelings – provided your attitude about it [i.e., provided your attitude about something you cannot change] is</p> <ul style="list-style-type: none">• healthy and• without hidden elements. <p>Remember this.</p>

*The real reasons for
your inferiority feelings
are
the little deviations
that result from
your
trying
to deceive yourself.*

*These deviations [i.e., These deviations that result from
your trying to deceive yourself]
are registered,
but as long as
the registering takes place
in the unconscious only,
they manifest as
a feeling of inferiority.*

*That is why one
loses one's inferiority feelings
as one*

- finds one's
unconscious deviations*

and

- comes to terms with them.*

28

*Let me return to the example of
desiring financial security.*

*Suppose you desire it [i.e., you desire financial security]
to impress those*

- who have humbled you –*

or

- who you think have [i.e., who you think have humbled you].*

	<p><i>This wrong motive [i.e., This wrong motive for desiring financial security – desiring to impress others in order to eliminate your feelings of inferiority], which you may be unaware of, will then cause inferiority feelings in you, even though the very goal of this desire [i.e., the very goal of this desire for financial security] is to eliminate these feelings [i.e., to eliminate these feelings of inferiority].</i></p> <p><i>In other words, you seek the wrong remedy [i.e., you seek the wrong remedy (financial security) to your problem of having feelings of inferiority] in</i></p> <ul style="list-style-type: none"><i>• blindness,</i><i>• ignorance, and</i><i>• immaturity.</i>
29	<p><i>You can be quite certain, my friends, that the only reason for inferiority feelings is self-deception about your motives: why you</i></p> <ul style="list-style-type: none"><i>• want or</i><i>• do</i> <p><i>certain things [i.e., in this example, the self-deception of your motive about financial security – not realizing that your real motive for financial security is to impress others and thereby eliminate your feelings of inferiority].</i></p>

	<p><i>When you face squarely that which is in you, imperfect as the</i></p> <ul style="list-style-type: none"><i>• desire,</i><i>• action, or</i><i>• attitude</i> <p><i>may be,</i></p> <p><i>the inferiority complex must cease to the degree that you gain objective clarity about yourself.</i></p> <p><i>You will then no longer find it necessary to desire things [i.e., in the example, to desire financial security]</i></p> <ul style="list-style-type: none"><i>• as a means to an end [i.e., as a means to impress others],</i><i>• in order to accomplish something else [i.e., in order to eliminate feelings of inferiority].</i>
30	<p><i>If you desire wealth because you want to be wealthy, it is [i.e., your desire for wealth is] not a means to an end.</i></p> <p><i>But if you desire wealth so as to alleviate an inferiority complex, then you want wealth to fulfill something that stands in no direct relationship to the goal itself [i.e., to the goal itself: to alleviate an inferiority complex].</i></p>

***By so doing [i.e., By desiring wealth so as to alleviate an inferiority complex],
you are running around in
one of those famous vicious circles:
the wrong motive [i.e., the wrong motive of wanting to
impress others so as to alleviate an inferiority complex]
makes you feel
even more inferior.***

***Then, on the next turn,
in order to eliminate
this feeling [i.e., to eliminate this feeling of being even more inferior],
you strengthen
the wrong motive [i.e., wanting to impress others even more by
building up even more wealth],
believing that
more of the same [i.e., believing that building up
even more wealth]
might be the remedy [i.e., remedy to feeling inferior].***

***To break this
hopeless running around in circles,
begin to see clearly
your
• motives,
your
• desires,
and
what you
• want them [i.e., what you want the fulfillment of your desires]
to do for you.***

***Do this
with
• clear vision
and
with
• all the honesty you can muster.***

31

*You see, my friends,
nothing
needs to stand in your way
to
complete fulfillment,*

but the

- *deviations*

and

- *self-deceptions*

do [i.e., do stand in your way, preventing complete fulfillment].

If you could but

*clear that up [i.e., If you could but clear that situation of having
deviations and self-deceptions in your wish-capacity],*

you could tune in on the

- *great,*

- *invigorating*

cosmic force

at your disposal.

It [i.e., This great, invigorating COSMIC FORCE]

is

- *all around you*

and

- *within you.*

It [i.e., This great, invigorating COSMIC FORCE]

exists

impersonally,

as do

all spiritual laws.

The person

who can tune into it [i.e., tune into this great, invigorating COSMIC FORCE]

can

- *have access to it*

and

- *benefit from it.*

	<p><i>Those who have not found the</i> • <i>means,</i> <i>the</i> • <i>currents and</i> <i>the</i> • <i>switches</i> <i>in themselves</i> <i>which would enable them to tune in,</i></p> <p><i>will pass by this force</i> <i>without being able to</i> <i>be affected by it.</i></p>
32	<p><i>Can you see the implications of this?</i></p> <p><i>If you could truly understand what I am saying, you would realize that these impersonal laws are</i> • <i>kind</i> <i>and</i> • <i>completely good.</i></p> <p><i>It is no unkindness that it is left to</i> <i>your own free will</i> <i>to</i> • <i>seek contact with them [i.e., that it is left to your own FREE WILL to seek contact with the COSMIC FORCE and other IMPERSONAL LAWS, all of which are KIND and COMPLETELY GOOD]</i> <i>or [i.e., or, conversely, that it is left to your own free will]</i> <i>to</i> • <i>stagnate,</i> <i>remaining in</i> <i>the old blindness.</i></p>

33

*I have shown you again
how important it is
to
know
yourself
in the deepest regions of your being.*

*Superficial knowledge [i.e., Superficial knowledge of yourself]
is not enough.*

*Yes,
there is also [i.e., there is ALSO, in addition to the COSMIC FORCE and other
IMPERSONAL LAWS, all of which are KIND and
COMPLETELY GOOD,]*

*personal
spiritual help,
such as we are allowed to give.*

*It [i.e., This PERSONAL spiritual help that we are allowed to give]
is for
all those
who
truly manifest
a desire to
• grow
and
• change.*

*They [i.e., All those who TRULY manifest a DESIRE to GROW and CHANGE]
receive the
personal help
without which
they cannot attain
the necessary tools
to remove
that which stands in their way.*

*With this
personal help,
they will one day
be capable to partake of the
impersonal benign forces
available to
all beings in the universe.*

	<p><i>Cosmic</i></p> <ul style="list-style-type: none">• <i>principles,</i>• <i>forces, and</i>• <i>laws</i> <p><i>exist</i> <i>impersonally</i> <i>for all alike.</i></p> <p><i>If you would but realize</i> <i>the significance of this,</i> <i>the terrible God-image</i> <i>people generally have</i> <i>would automatically vanish.</i></p>
34	<p><i>Whenever</i> <i>you are</i> <i>in a</i><ul style="list-style-type: none">• <i>difficult situation,</i><i>in</i><ul style="list-style-type: none">• <i>hopelessness</i><i>and</i><ul style="list-style-type: none">• <i>longing,</i><i>in</i><ul style="list-style-type: none">• <i>despair</i><i>and</i><ul style="list-style-type: none">• <i>depression,</i><p><i>as long as a false God-image exists in you,</i></p><p><i>you keep</i> <i>blaming God,</i> <i>perhaps unconsciously.</i></p><p><i>You believe that somehow</i> <i>it was He</i> <i>who has punished you.</i></p><p><i>Or you think, at best,</i> <i>that He has considered it [i.e., Or you think, at best, that God has considered</i> <i>this difficulty, hopelessness, longing, despair, or depression]</i> <i>necessary</i> <i>as a test for you.</i></p></p>

***This [i.e., This statement that God
has considered this difficulty or hardship to be a necessary test for you]
is only partly true.***

***You can say
a hardship
is a test
in the sense that
your
• errors
can be
your
• medicine

if
you
have the
• proper attitude toward life
and
• want

• self-responsibility.***

***Otherwise,
hardship
will not even be a test.***

***One day, however,
you will come to the point
when you begin to search for the answer [i.e., search for the answer as to
the cause and meaning of the hardship]

• within yourself
and
• not outwardly.***

***Then your
past experience
will take on new meaning.***

***It [i.e., Your past experience of difficulties and hardships]
will become
retroactive medicine,
and in this way,
a test.***

	<p><i>But it [i.e., But your past experience of difficulties and hardships] will not be medicine until you reach the point of complete understanding of what self-responsibility means.</i></p>
35	<p><i>There is so much misunderstanding about self-responsibility.</i></p> <p><i>We always struggle to save you from your misunderstandings.</i></p> <p><i>We have to try to prevent a truth from being used by your</i></p> <ul style="list-style-type: none"><i>• unconscious,</i><i>• immature,</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• unhealthy reactions.</i> <p><i>For if you use it so [i.e., For if you USE a truth in service to your unconscious, immature, and unhealthy reactions] it [i.e., a truth] will no longer be a truth.</i></p>

***In the case of self-responsibility,
such distortion [i.e., such distortion of the truth of self-responsibility by
putting this truth in service to your unconscious, immature,
and unhealthy reactions]
can happen
by associating this concept [i.e., by associating this true concept
of self-responsibility]
with unhealthy [i.e., with unhealthy, unconscious, immature]
• self-blame,
• guilt,
and
• inferiority feelings.***

***In other words,
the opposite happens
of what
should happen.***

***You might use the word
self-responsibility
to nourish
your
• guilt
and
your
• inferiority
feelings.***

You might say to yourself,

***"Since I am responsible for myself,
I am even
more guilty."***

***This [i.e., This saying to yourself, "Since I am responsible for myself, I am
even more guilty for my immature thoughts, feelings, and actions"]
is
most destructive;***

***it is
very wrong, my friends.***

***It is a
complete misunderstanding [i.e., is a misunderstanding of self-responsibility].***

36

I know this may sound
• *contradictory and*
• *confusing*
to some of you.

But those who have followed me so far
will know the
• *subtle and*
• *fine*
difference [i.e., the difference between the true and constructive
meaning of self-responsibility and the distorted and
destructive meaning of self-responsibility].

• *Declaring yourself*
responsible for your life
and
• *seeking*
the remedy for
• *past*
• *erroneous*
• *attitudes and*
• *concepts*
is an
utterly
• *constructive*
and
• *strengthening*
activity.

But
feeling that
because
you
are responsible for your life
you are all the more
• *guilty and*
• *inferior,*

and therefore
becoming more hopeless than ever,
is
• *destructive*
and
• *weakening.*

37

My dear friends, let these words [i.e., let these words about the difference between the truthful and constructive meaning of self-responsibility and the distorted and destructive meaning of self-responsibility]

*give you
renewed
• incentive
and
• understanding.*

*Although you will
certainly not be able to tune in on
the great universal force
in
all
aspects of your life*

*right away,
• slowly
and
• gradually,
• little
by little,
you will
begin
to eliminate
that which
prevents you from
connecting with it [i.e., ELIMINATE that which
prevents you from connecting with
the great universal force].*

*You will approach
the necessary contact
to partake of
this wonderful force,
so that you will be
• inside it [i.e., you will be INSIDE
this great universal force],
instead of
• outside [i.e., INSTEAD of OUTSIDE
this great universal force].*

38

**You will
not
experience this [i.e., You will NOT experience
this connection with the great universal force]
as a
sudden
change.**

**But
as many of you will confirm,
you approach
the
• life force
and
• invigoration
by the mere fact of
being utterly honest with yourself
in a
constructive
way.**

**Most of you have experienced this [i.e., EXPERIENCED this CONNECTION with
the LIFE FORCE, the INVIGORATION, the GREAT UNIVERSAL FORCE
by being utterly honest with yourself in a constructive way]
occasionally.**

**You
know
what a wonderful feeling it is.**

**The greater resistance you have
to face
that which is
ready to come to the surface,
the greater
your relief
will be
when it finally surfaces.**

*Although [i.e., Although, in your resistance to face
that which is ready to come to the surface,]
you will have to say to yourself,*

*"Yes, these
• motives or
• attitudes
are wrong,"*

*in further honesty
you will know
that you are as yet
incapable of
feeling differently.*

*But this
self-honesty
will give you
• strength,
• security, and
• self-respect.*

*It requires
not only
the honesty
to see that there are wrong
• motives and
• attitudes
in you,
but also
the additional honesty
of knowing
that you
cannot change them
at once.*

*This [i.e., This honesty BOTH to see that there are wrong motives and attitudes of
RESISTANCE in you to face that which is ready to come to the surface,
AND to know that you cannot change these attitudes of resistance at once]
is the
most constructive
inner action
you can possibly adopt.*

39

*After you have
made a recognition
of importance [i.e., a recognition of importance, a recognition of these
emotions of resistance to face that which is ready to come to the surface],
beware of
the attitude of believing
that you can
immediately
change
your emotions
simply because
now
you can*

- see and*
- evaluate*

*them
clearly.*

Have the further

- honesty*

and

- wisdom*

to realize that

*growth
occurs
slowly.*

- Use*

and

- cherish*

*the recognition [i.e., Use and cherish the recognition of these
emotions of resistance to face that which is ready to come to the surface]*

and

- wait*

*for
your emotions
to mature.*

By
• "using
and
• cherishing"
your findings
I mean
not letting them
slip back into hiding,

for then
the work
has to be done all over again.

*It [i.e., The WORK of again FINDING these EMOTIONS OF RESISTANCE to face
that which is ready to come to the surface]*

may then be easier
than for the first time,
but it is still a waste of time
that can be avoided
if you
remain aware of your findings
without
• haste or
• pressure,
simply cultivating
the awareness.

You need this constant reminder
because
discoveries
slip out of awareness so fast.

40

Neither should you imagine
that you can
jump over
the period of growth
by
• forcing
your emotions
and
• being impatient with
yourself.

	<p>• Remain aware of your recognitions [i.e., Remain AWARE of these emotions of resistance to face that which is ready to come to the surface]</p> <p>and</p> <p>• use them [i.e., and USE these EMOTIONS OF RESISTANCE to face that which is ready to come to the surface, emotions of resistance of which you are NOW AWARE]</p> <p>in your daily observation of your reactions.</p> <p>Be aware that they cannot change at once.</p> <p>Growth occurs through self-observation from different angles.</p> <p>If you can follow this through, becoming aware of</p> <ul style="list-style-type: none">• imperfect reactions <p>or</p> <ul style="list-style-type: none">• selfish emotions will not depress you.
41	<p>I assure you that if a negative recognition about yourself depresses you, there must be something wrong in your attitude.</p> <p>Then bring the problem</p> <ul style="list-style-type: none">• to me <p>or</p> <ul style="list-style-type: none">• to your image sessions.

**The emphasis [i.e., The emphasis in your work]
will then have to
be shifted
from**

- **the significance of the recognition itself [i.e., the recognition itself of your EMOTIONS OF RESISTANCE to face that which is ready to come to the surface]**

to

- **your attitude to negative findings in yourself.**

**I repeat,
if you have
the proper attitude,
the more**

- **"disadvantageous" the recognition [i.e., the more "DISADVANTAGEOUS" the recognition of your EMOTIONS OF RESISTANCE to face that which is ready to come to the surface],**

the more

- **relief and**
 - **liberation**
- it [i.e., this recognition]
will cause you.**

If this [i.e., If this RECOGNITION of your EMOTIONS OF RESISTANCE to face that which is ready to come to the surface]

**does
not happen,**

**you have to
look into
the reason**

- **why not**

**and
find out**

- **where**
- and**
- **how**
- your attitude
is faulty.**

***In this search [i.e., In this search for your EMOTIONS OF RESISTANCE
to face that which is ready to come to the surface]***

***you may find
chain reactions
which,
at first,
can seem to lead you
away from
the original subject.***

***But it is of
the utmost importance
to***

- discover***
- and***
- face***

***them [i.e., discover and face your EMOTIONS OF RESISTANCE
to face that which is ready to come to the surface].***

***When this obstacle [i.e., When this obstacle of your EMOTIONS OF RESISTANCE
to face that which is ready to come to the surface]
is cleared up,***

recognitions about

your lower nature

will become

a joyful event.

42

*Now just one more word of advice
concerning
your work in self-search.*

*Many of you believe
that*

to

• find yourself,

to

*• explore the unconscious,
you have to*

dig for

knowledge

so completely out of reach

that you

do not know

where to

*begin to look for
anything.*

*This may leave you
at a loss.*

Also,

you expect to find something

staggering.

*Yes, this [i.e., Yes, finding something STAGGERING]
may happen*

once in a while,

although in a slightly different way

than you think.

43

Do

not

approach the search

with the idea of finding something

you have had

no inkling of.

The task is much simpler than that.

You will find the answers [i.e., You will find that which is ready to come to the surface and/or your resistance to finding and working with these distortions, misunderstanding, and images giving rise to lower-self aspects] by observing your everyday
• ***reactions***
and
• ***emotions***
in the
most mundane matters.

You are so conditioned not to pay any attention to
• ***how you react to people,***
or
• ***how you feel in certain situations of your life,***
that much passes you by that could be of the greatest value in your work.

Learn instead to
• ***investigate these reactions [i.e., investigate these REACTIONS to certain people and how you FEEL in certain situations of your life],***
and
• ***ask yourself***
• ***what they [i.e., what these reactions to certain people and emotions] mean***
and
• ***what further significance they may have.***

• ***What do they imply?***

• ***What lies behind the emotions you register in the most casual incidents of your life?***

• ***What is the emotion you register first***
and
• ***what is behind it?***

*You are
not expected to look for something*
• *far away*
and
• *deeply hidden.*

*This will come too,
but begin with
that which actually is*
• *on the surface*
and
• *not at all unconscious.*

*You merely
did not pay any attention to it so far.*

*Begin
to pay attention to it
now.*

*From there on,
you will
gradually
proceed to
what is hidden
on deeper levels.*

The
• *exploration of the unconscious*
happens just as gradually as
• *growth.*

*It [i.e., Exploration of the unconscious or growth]
is
no sudden plunge.*

44	<p><i>And now, my friends, I am ready for your questions.</i></p> <p>QUESTION: <i>I wondered if you could explain about the different new movements that claim that a shortcut is possible to partake of the Life Force by simply exchanging</i></p> <ul style="list-style-type: none"><i>• a truth</i> <p><i>for</i></p> <ul style="list-style-type: none"><i>• an untruth.</i>
45	<p>ANSWER: <i>Unfortunately,</i> <i>it is not as simple as all that [i.e., partaking of the LIFE FORCE is NOT as simple as exchanging a TRUTH for an UNTRUTH],</i> <i>for</i> <i>the human personality</i> <i>is a</i></p> <ul style="list-style-type: none"><i>• very involved and</i><i>• complicated</i> <p><i>machinery,</i> <i>if I may use this word.</i></p> <p><i>If it [i.e., If partaking of the LIFE FORCE] were merely a question of substituting</i></p> <ul style="list-style-type: none"><i>• a truth</i> <p><i>for</i></p> <ul style="list-style-type: none"><i>• an untruth,</i> <i>that would be fine.</i> <p><i>But do you realize what</i></p> <p><i>truth</i></p> <p><i>is</i></p> <p><i>at all times?</i></p>

*You have to
find
truth.*

*And
before you can find
• the great universal truth,
you have to find
• your own truth.*

*That [i.e., First finding your OWN TRUTH]
is the only way
you can get to
universal truth.*

*You cannot get it [i.e., You CANNOT get to UNIVERSAL TRUTH]
outwardly by
• learning things,
or
by
• performing certain rites,
or
whatever it may be.*

*You can only get it [i.e., You CAN ONLY get UNIVERSAL TRUTH]
by looking
• at
and
• into
yourself.*

*And I hardly need to say –
you will all readily agree with me –
that it is
not an easy matter
to find
your
• own truth,

your
• distorted
and
• temporary
"truth."*

*What may
appear
true to you
today –
and it may even
be true
on a certain level as*

- a half-truth or*
- a quarter-truth –*

*may no longer hold true
tomorrow,
when you have gained
additional knowledge,
not only*

- generally speaking,*

but also

- about yourself.*

*Only after you have
removed
all the layers
of*

- falsity*

and

- half-truth,*

of

- distortion*

and

- confusion,*

can the

- great Universal Truth,*

as well as the

- Life Force*

*have access to
your soul.*

46

*I do
not say that
many of these new movements [i.e., I do NOT SAY that many of these
different new movements that you refer to that claim a SHORTCUT
is possible to partake of the Life Force by simply exchanging a
TRUTH for an UNTRUTH]
do
not bring
some
good.*

*I will now explain
when
such shortcut methods
are
successful.*

*No human being
is in
• untruth
and
• deviation
or
• imperfection

in
all
areas
of his personality.*

*Complete
• imperfection
in a human being
exists no more than
complete
• perfection.*

*This earth plane
incarnates
only those
in whom
there is a
mixture [i.e., a mixture of perfection and imperfection].*

*You
all
have
some
healthy elements in you.*

*If a person
• joins a movement
such as you describe
and
• learns certain practices,*

*in areas
• where he was healthy anyway
and
• where he may just need
a little "outer push,"*

*he will
respond.*

*But he
cannot
respond
where his problems lie
in
uncleared areas.*

*There is
no shortcut.*

*I would say that
this path [i.e., that this pathwork]
is
a shortcut.*

*It [i.e., This pathwork]
is
the shortest "cut" there is!*

	<p><i>Time is relative.</i></p> <p><i>The years you need to learn to</i></p> <ul style="list-style-type: none"><i>• know yourself</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• gain a firm stronghold on life count as very little time indeed.</i>
47	<p><i>The movements you describe may have their</i></p> <ul style="list-style-type: none"><i>• good points</i> <p><i>and their</i></p> <ul style="list-style-type: none"><i>• truths.</i> <p><i>They [i.e., These movements you describe] may also be beneficial in waking people up to wider awareness.</i></p> <p><i>They [i.e., These movements you describe] may also be helpful wherever people have a healthy element within to begin with,</i></p> <p><i>which</i></p> <ul style="list-style-type: none"><i>• for lack of incentive</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• because of intellectual ignorance</i> <p><i>could not unfold.</i></p>

	<p><i>But where</i></p> <ul style="list-style-type: none">• <i>deviations,</i>• <i>complications, and</i>• <i>confusion</i> <p style="padding-left: 40px;"><i>reign in</i> <i>the soul,</i></p> <p><i>there is</i> <i>no other way</i> <i>than</i> <i>the labor of</i></p> <ul style="list-style-type: none">• <i>the search</i> <p><i>and</i> <i>the pains of</i></p> <ul style="list-style-type: none">• <i>growth.</i> <p><i>It is good</i> <i>that way [i.e., It is GOOD that there is NO OTHER WAY to partake FULLY of the LIFE FORCE than through a path such as this pathwork where you are guided through the LABOR of the SEARCH and the PAINS of GROWTH],</i> <i>it could</i> <i>not be</i> <i>any other way.</i></p> <p><i>If you think</i> <i>objectively,</i> <i>you will surely see</i> <i>that this is so.</i></p>
48	<p><i>Let me bless</i> <i>all of you</i> <i>with</i> <i>the particular strength</i> <i>that</i></p> <ul style="list-style-type: none">• <i>helps you to</i> <i>unfold your wish capacity</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>gives you</i> <i>the strength</i> <i>to purify it [i.e., to PURIFY your WISH CAPACITY].</i>

Receive
this strength
so that you can
tune in on the
• great,
• universal
force
at your disposal
if you
but learn how to use it.

Be blessed with
this strength, my friends,
so that,
little
by little,
you will
all
enjoy
the glory
that life can be,
even on this earth sphere.

Learn to
enjoy
the
• serious and
• honest
labor
too
that leads to it [i.e., the LABOR that LEADS TO and enables
you to ENJOY the GLORY that life can be, EVEN on
this EARTH SPHERE].

Do
not
seek for
• miracles,
• tricks, and
• shortcuts
to happiness.

It cannot be.

Be blessed,
be in peace,
be in God!

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.