## Pathwork Lecture 258: Personal Contact with Jesus Christ – Positive Aggression – The Real Meaning of Salvation

1996 Edition, Original Given January 10, 1979

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 <u>not</u> bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to <a href="https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/">https://www.garyvollbracht.com/pathwork-lectures-devotional-format/</a>

Gary Vollbracht

$\P$	Content
03	Joyfully I bring divine blessings that can touch everyone here in a very vital way [i.e., I bring blessings that can touch, in a very vital way, everyone who is now spending time with this lecture].
	You need to raise your consciousness to this reality.
	You need to remove the barriers that prevent you from perceiving • the Lord's presence in your life, • His love for you.
	jor you.

```
04
              Let me start this lecture with some words on
                  feeling
                       God's presence.
              Even though you have
                  strengthened
                      your
                         • faith
                    and
                      your
                         • realization
                              that this world is
                                 infused with
                                     God,
                                        few
                                            have as yet made
                                               personal contact with Him.
              He [i.e., God]
                  became
                      human
                         so as to
                              always
                                 be close to you
                                     in a very
                                        • personal,
                                        • loving
                                            way.
              For most believers
                  God is
                       a much
                         • less personal,
                      a much
                         • more

    vague and

                              • general
                                 experience.
              And you know that
                  you can
                       experience
                         only
                              that which you can
                                 • conceive of and
                                 • believe in.
```

Jesus Christ's reality and His personal love for you]!

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05
              If you
                   seriously
                        • long [for],
                        • pray [for], and
                        • search for
                           a realization of
                               Jesus Christ's
                                  personal love
                                       for you,
              the answers [i.e., the answers to your serious longing, praying and searching for a
                                              realization of Jesus Christ's personal love for you]
                   will come forth.
              Perhaps you will
                   not recognize
                       the first answers as such [i.e., not recognize the first answers as
                                              real answers to your prayer for the realization of
                                              Jesus Christ's personal love for you].
               They [i.e., These first answers to your prayer for the realization of Jesus Christ's
                                                                            personal love for you]
                   may have something to do with
                       specific barriers
                           that prevent you
                               from
                                  • this experience [i.e., specific barriers that prevent you from this
                                              experience of Jesus Christ's personal love for you],
                                  • this reality[i.e., specific barriers that prevent you from the
                                     experience of Christ's reality and of His personal love for you].
               They [i.e., the first answers to your prayer concerning experiencing
                                       Jesus Christ's reality and His personal love for you]
                   may bring up
                        • new,
                   or again
                        • old,
                           material on your path
                               that you need to work on
                                  for your purification.
               These [i.e., Your new awareness both of new and old specific barriers and of the
                      work you need for your purification in order to remove these specific barriers]
                   are the answers [i.e., are the first answers to your prayer for the experience of
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Once the barriers
                   begin to crumble,
                       you will
                          experience
                               what it means
                                    to
                                      feel
                                         Jesus Christ's
                                             personal love for you.
06
              You are
                   always
                       involved in
                          a vicious circle here [i.e., here on the earth plane in your state
                                                                    of dualistic consciousness].
              When you
                  feel
                       • unworthy,
                       • unlovable,
                       · unacceptable,
              it is impossible
                  to believe
                       that Christ
                          can
                               love you personally,
                                  [and can do so]
                                      regardless of
                                         your present state
                                              of development.
              So you need to
                   · forge ahead and
                   • reestablish
                       your
                          • self-acceptance and
                          • self-respect
                               [i.e., reestablish your SELF-acceptance and SELF-respect
                                              in the face of parts of you being in very early stages of
                                             development and still feeling unworthy and "sinful"].
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Yet this [i.e., Forging ahead to reach a felt sense of self-acceptance and self-respect]
                   can be done
                        only when
                           you

    recognize and

                               • oust
                                   • real,
                                   • justified
                                       guilt,
                                          without
                                              annihilating yourself
                                                  in the process.
              I have shown you many times
                   how to do this.
               The self-condemnation
                   that so often accompanies
                        insight into your lower self [i.e., accompanies insight into your
                                                              "sinful" not-yet-purified nature]
                           obstructs
                               the

    cleansing and

                                   • liberating
                                       process
                                          that makes room for
                                              self-love
                                                  in the healthy sense.
07
              It is also true
                   that without
                        at least
                           a slight awareness
                               that you are
                                  personally
                                       • precious and

    beloved

                                          to the personified God -
                                              Jesus Christ -
                   it is extremely difficult
                        • to accept your guilts
                     and
                        • to find your real value.
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So what you need
                   is a
                       continuous double approach
                          that
                              combines
                                 your
                                      • determination
                                           to
                                              • search for and
                                              • face
                                                all of your lower self
                                        and
                                           to

    understand

                                                all of your being
                                                     with
                                                        • compassion and
                                                        • realism,
                              with
                                 your
                                      • direct prayer and
                                      • deep desire
                                         to feel
                                              • Jesus' presence
                                                 near you,
                                              • His concern
                                                for you,
                                              • His
                                                 · deep,
                                                 • abiding
                                                     interest in
                                                        • everv
                                                        • smallest
                                                            detail of your life.
08
              As you thus
                  proceed on your path [i.e., as you proceed on your path using this continuous
                              double approach of 1) facing your lower self with compassion AND
                              2) desiring and praying to FEEL Jesus' presence near you],
                       the glory
                          that will come to you
                              cannot be put into words.
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Nothing else is comparable to
                  the knowledge
                       that
                          the Lord [i.e., the Lord Jesus Christ]
                              • loves you
                                 personally,
                              • cares for you,
                              • never forgets you and
                              • always protects you,
                                  no matter what
                                      the momentary circumstances are.
09
              However,
                  this total fulfillment [i.e., this total fulfillment that comes from KNOWING that
                          Jesus Christ loves you personally, cares for you, never forgets you and
                          always protects you no matter what the momentary circumstances are]
                       can come
                          only
                              as you
                                 totally surrender to
                                      the will of God,
                                         without any reservations,
                                             in every
                                                • large and
                                                • small
                                                    aspect of
                                                       your
                                                            • life
                                                      and
                                                       your
                                                            • being.
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We have discussed this [i.e., this need for total surrender to the will of God]
    so often,
and yet
    how difficult it remains
        for a number of you.
         • You keep
            holding back.
         • You still have
            your little corners
               • of holding out,
               • of believing that
                        • your self-will
                    knows better than
                        • God
                           what makes you happy.
Yet
    Jesus Christ
        is here
            to give you
                • eternal life,
                • safety and
                • total fulfillment,
                    if only
                       you
                           • trust Him
                          and
                           • give yourself to Him.
You will
    be sustained
         with
            all the juices
                of
                   • life and
                    • joy
                        in a constant
                           flow of renewal.
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10
              You cannot
                  eliminate
                       vour
                          • fears and
                       vour
                          • distrust of others
                              unless
                                 you
                                      constantly
                                         renew the practice
                                             of
                                                total surrender to
                                                    the highest within yourself.
              For you
                  cannot subsist
                       alone.
                              No creature can.
              All created beings
                  hang together
                       on
                          a chain of interdependence -
                              • physically,
                              • emotionally and
                              • spiritually.
              When
                  the weight of dependence
                       is put where it belongs -
                              • on God,
                              • on His personalized aspect [i.e., on Jesus Christ]
                                 who is personally near you -
                          then
                              you can create
                                 a healthy center of gravity
                                      anchored
                                         deep within your soul,
                                             for that [i.e., for deep within your soul]
                                                is where to find Him [i.e., is where to find
                                                                                  Jesus Christ].
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• His presence [i.e., Jesus Christ's presence]
              merges with
                   • your higher self.
                        You truly become
                           one [i.e., You truly become one in Jesus Christ].
11
               Thus [i.e., Thus, in being one in Jesus Christ,]
                   all interdependence
                        with others
                           will be free
                               from
                                  neurotic dependency.
              It [i.e., All dependence on others]
                   will be
                        healthy interdependence
                           that will give you
                               • clear vision,
                               • the ability
                                  to adjudge realistically
                                       where your trust is
                                          • justified
                                     and
                                       where it is
                                          • not [i.e., adjudge where your trust is NOT justified].
               Therefore
                   you will have
                        a healthy relationship
                           with
                               your
                                  • leaders and
                               your
                                  • followers.
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Without that
                  proper center of gravity
                       in God,
              you will
                  always
                       • be confused,
                       • live in fear,
                       • distrust your judgment,
                       • become
                          either
                              • too distrustful
                                  in the wrong place
                          and/or
                              • too gullible [i.e., too trustful]
                                  in the wrong place.
12
              So, my beloved friends,
                  make it your business
                       now
                          to deepen your
                              desire for
                                 personal contact with Christ.
              Strengthen
                  your commitment
                       • to Him,
                       • to give over
                          all of your life
                              to Him
                                 in the total trust
                                      that He deserves.
              Your human fears
                  can never be assuaged
                       otherwise.
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```
13
              I spoke in a lecture about
                  one basic existential fear
                       that
                          all human beings share,
                               whether they are aware of it or not.
              This is
                  the fear of
                       annihilation of consciousness -
                          which you fear will take place
                              after the body
                                  separates from
                                      the spirit self [i.e., at physical death].
              To no longer exist
                     is
                       the most insidious fear
                          that you
                              must
                                  • meet
                                 and
                                  • deal with.
              Only
                  through
                       total surrender to God
                              can you do this [i.e., can you meet and deal with this most
                                                     insidious fear of no longer existing].
              Only
                  through
                       removing your impurities
                              can you do this [i.e., can you meet and deal with this most
                                                     insidious fear of no longer existing].
              Only
                  through
                       • experiencing
                    rather than
                       • denving
                           your various pains
                              can you do this [i.e., can you meet and deal with this most
                                                     insidious fear of no longer existing].
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14
              The Creator
                  has filled your earth sphere
                       with
                         • signs,
                       with
                         • symbols
                              which say
                                 • loudly and
                                 • clearly
                                     that
                                        nothing
                                            • is ever lost,
                                     that
                                        nothing
                                            • can ever
                                               • disappear or
                                               • disintegrate
                                                    into
                                                       nothingness.
              You will
                  recognize
                      these symbols
                         as you awaken.
              The awakening
                  depends utterly
                       on your
                         surrender
                               to
                                 • the Creator
                            and
                               to
                                 • His personalized presence in your life -
                                     Jesus Christ.
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15
              One such beautiful symbol
                  is the sea.
              Just observe the
                  • ebb and
                  • flow
                       of
                          the sea.
              The tide
                  • flows forward
                       in great masses,
              only to
                  • recede and
                  • diminish.
              Where does it go?
              It seems
                  • to disappear,
                  • to disintegrate,
                  • to no longer exist.
              From your vantage point on the shore,
                  where there was water
                       before
                  there is none
                       now.
              But you know [i.e., But you understand and are conscious and aware of the fact]
                  that the water
                       does not
                          disintegrate into nothingness.
              It [i.e., The water]
                  • continues
                       • to be,
                       • to exist
                          in the greater pool,
                              never losing its unique quality,
              and
                  • will return.
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```
16
              Could it be different
                  with
                       individual consciousness?
              Could
                  individual consciousness
                      go through
                         all the painstaking steps
                              of

    developing and

                                 • cleansing
                                     itself,
                                 • growing and
                                 • expansion,
                                     with
                                        no purpose?
              The more you establish
                  your own inner connections
                       between
                         your
                              • life experiences
                       and
                         your
                              • attitudes,
              the more deeply
                  you will understand
                       that there are
                         no arbitrary coincidences.
              Your life experiences
                  stand in direct relationship
                    to
                       • you,
                    to
                       • who you are now,
                       • what you express and
                       • what you
                          • deliberately or
                          • inadvertently
                              create.
```

```
17
              Awareness of these connections [i.e., AWARENESS of these connections between
                              your life experiences and YOU – between your life experiences and
                              your attitudes, who you are now, what you express and what you
                              deliberately or inadvertently create]
                    in
                       the microcosm
                          of your personal existence
                              inevitably
                                 also makes
                                     the universe
                                        comprehensible
                                             in an entirely new way.
              You must then see
                  that
                       • everything has purpose,
                  that
                       • nothing is for naught,
                  that
                       • there is a magnificent design at work
                          whose purpose
                                 to bring everything
                                       to

    perfection,

                                       to
                                         • bliss,
                                       to
                                        • oneness -
                                 and therefore
                                        • ineffable peace.
              You can
                  no longer doubt
                       the design
                          behind events
                              when you explore
                                 your microcosm [i.e., the microcosm of your personal existence]
                                     • painstakingly,

    honestly and

                                     · courageously.
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```
And when you see
                  the fabric
                       of
                          • wisdom and
                          • purpose
                              in all that comes to pass,
              you will simultaneously
                  recognize
                       the Great Spirit
                          of the Creator
                              at work.
18
              When you work
                  with the aid of
                       the personalized God [i.e., with the aid of Jesus Christ],
                          who is
                              • always available
                                 to you,
                              • always responsive
                                 when
                                     you reach out for His help,
              you will gradually
                  establish connections [i.e., connections between painful events in your life
                                                                           and their inner causes]
                       that were totally obscure before.
              Nothing
                  could be
                       more
                          • painful and
                       more
                          • frightening
                              than
                                 the disconnectedness
                                      between
                                         • a painful event in your life
                                      and
                                         • its inner cause.
```

*Its* [i.e., The painful event's] appearance seems • inexplicable and • inconsequential. To establish the causal connection [i.e., connection between the painful event and its cause] • relief, • release, • liberation and • enrichment beyond description. 19 There exists a certain rhythm that you need to • discover, • sense and • accept. Again I use the analogy of the sea. • Ebb and • flow function according to • a very specific rhythm, • a rhythm that has been established under higher orders. This rhythm is never broken. Only when specific upheavals interfere such as • earthquakes, • tidal waves or • human destructiveness is the rhythm temporarily disrupted.

```
[When the sea's upheavals interfere with the natural unique rhythm of the sea]
                   The sea
                       is in crisis,
                          so to speak,
                   but
                       the crisis
                          conspires
                               to reestablish
                                  • its [i.e., the sea's]
                                      unique rhythm,
                                  • its [i.e., the sea's]
                                      harmony
                                         with the rest of creation.
              The sea
                   has the wisdom
                       to follow this pattern.
              Humans,
                   with their disruptive minds,
                       too often
                          make themselves
                               insensitive to
                                  their unique rhythm patterns
                                      with which
                                         they need to be in harmony.
20
              • When you seek
                   a connection
                       between
                          • an event
                       and
                          • your inner person,
              • when you
                   • work to recognize it [i.e., when you work to recognize the connection between
                                                     an event and its cause in the inner person]
                and
                   • pray for help
                       and the answer [i.e., and pray for help, and the answer concerning the
                               connection between a painful event and its cause in the inner person]
                          still fails to come,
              you may be
                   out of rhythm.
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The waiting time [i.e., The time during this period of ebb, this time
            without answers concerning the inner-person cause of a painful event]
    may then be used
         to find qualities within yourself
            of which you can learn
                only in times of
                   • ebb,
                never in times of
                   • flow.
The time span
      of the
         • ebb and
         • flow
            of the sea,
         • high tide and
         • low tide,
            is never exactly the same.
Mostly
    • one
  lasts longer than
    • the other,
         if measured with
            earthly time.
Time relationships
    often change.
It is the same
    with
         the human being's rhythm.
The time of
    • fruition
         may come sooner
            in some areas,
the time of
    • waiting
         may last longer
            in others.
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```
21
              Sense your rhythm
                  in all things.
              Feel your daily life
                  in accordance with
                       your personal universal rhythm pattern.
              It [i.e., Your personal universal rhythm pattern]
                  exists as definitively as
                       you carry
                          your life pattern
                               within
                                  your soul substance.
              If you
                   · work,
                   • rest,
                   • play,
                   • live,
                   • move and
                   • have your being
                       in harmony with
                          your unique rhythm pattern [i.e., your unique
                                                            personal universal rhythm pattern],
              you will live
                   a much more
                       • fruitful,
                       • creative,
                       • joyful and
                       • peaceful
                          life.
              Much

    harassment and

                   • restlessness
                       will fall off
                          your burdened shoulders.
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```
You need to
    raise your consciousness
        specifically
            to this phenomenon [i.e., this phenomenon that your life has a
                        unique, personal, universal rhythm pattern and your daily
                        life will be much more fruitful, creative, joyful and peaceful if
                       you live your daily life in harmony with that rhythm pattern].
         • Think about
            this concept [i.e., THINK about this phenomenon of being in or out of
                                                         harmony with life rhythms],
                to begin with.
         • Meditate that it [i.e. that this phenomenon of life rhythms]
            exists.
         • Stir up
            your imagination
      and
         • feel into
                • living a day
                   in rhythm,
            as contrasted with
                • your usual
                   • unconscious,
                   • rhythmless
                        existence.
Once you can
    visualize the difference [i.e., the difference between a day in rhythm
                                                             and a rhythmless day],
         • concentrate on it daily [i.e., concentrate daily on this rhythm pattern]
      and
         • ask your personal guidance
            to help you
                • focus on it [i.e., focus on your unique rhythm pattern each day]
```

in your rhythm pattern [i.e., increasingly live each day in

*your unique rhythm].* 

• stay increasingly

```
22
              When,
                 following a comparatively long time
                       of
                         • search and
                         • work.
                             a painful personal event
                                 [still] seems
                                     utterly disconnected
                                        from any
                                            personal
                                               • cause or
                                               • meaning,
             something in your rhythm pattern
                  demands
                      that you
                         accept this
                             as a rhythmic phenomenon.
              True,
                  the rhythmic phenomenon
                      is also
                         determined by
                             underlying causes
                                 that exist within
                                     the particular consciousness.
              But
                  only when
                      the rhythm pattern
                           is
                              • respected,
                             • accepted,
                             • adhered to and
                             • utilized in the most constructive way,
                  will the rhythm
                      • flow
                         without disturbance
                    and
                      • take its natural course.
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• Doubt,
              • rebellion,
              • anger,
              • belief in a meaningless universe
                                      that makes you suffer -
                              these are
                                  destructive responses
                                      to your rhythm pattern
                                         that delay
                                             its natural flow.
              Equally disruptive
                    is
                       the self-rejecting attitude,
                               "I am so bad
                                  that I deserve
                                      to be punished
                                         this way."
23
              You have all learned on this path
                   what a constructive response
                       to a painful event is.
              [Namely – this constructive response to a painful event is to meditate and ask...]
                   • "What can I
                       learn here?
                   • What
                       could
                          my response be
                              to this seeming delay [i.e., this seeming delay in answering my
                                     prayer for help in recognizing the inner cause of my suffering]
                                  that would
                                      most further my development?
```

```
• If there is anything
                       in my lower self
                          that I am
                               • not yet aware of or
                              • not sufficiently connected with,
                     I want to see it fully,
                       without ever losing sight of
                          the fact that
                              • God loves me
                             and
                              • I am God's unique expression."
              These are positive responses
                  that will help the rhythm
                       to take its
                          harmonious course.
              Then,
                  in its own time,
                              often when you least expect it,
                          new connections [i.e., new connections between painful events
                                                                           and their inner causes]
                               will open up,
                                  sometimes pouring out
                                      with such rich profusion
                                         that suddenly
                                              • all woe
                                                 will disappear
                                            and
                                              • the suffering
                                                 will turn into the blessing
                                                     it always had the potential to be.
24
              Again I say that
                  personal contact
                       with Jesus Christ
                          will help you to
                              • live in harmony
                             and
                              • make all the necessary connections [i.e., make all the necessary
                                      connections between painful events and their inner causes].
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```
But here, too, [i.e., But here, too, regarding personal contact with Jesus Christ]
    the rhythm pattern
         is at work.
         • Mentally,
             you may be
                completely reconciled
                   to His reality [i.e., completely reconciled MENTALLY
                                                      to the reality of Jesus Christ].
         • You may have used
            your personal will
                for total surrender [i.e., for total surrender to Jesus Christ]
                       you may sincerely mean it.
         • Yet you may
            not have
                experienced
                   the
                       emotional
                           reality
                               of Christ's

    sweet and

    loving

                                       presence.
                        • You may wait for this [i.e., wait for this experience of
                                       the EMOTIONAL reality of Christ's presence]
                           to happen.
                        • You may
                           become impatient
                               and
                                  then begin to doubt,
                                       thus [i.e., thus, by impatience and doubting
                                                      the emotional reality of
                                                      Christ's presence,]
                                          disrupting
                                              the seed
                                                 you have sown [i.e., the seed you
                                                      have sown by coming to accept
                                                      mentally Jesus Christ's reality].
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When
                   the emotional experience [i.e., the emotional experience of Christ's presence]
                       fails to materialize for a while,
              it is
                   not
                       that He keeps you waiting.
              [Rather]
                   It is that
                       your inner barriers [i.e., It is rather that your inner barriers to the
                                       emotional experience of Christ's reality and presence]
                          need to give way.
25
              That [i.e., The giving way of your inner barriers to the emotional experience
                                                                 of Christ's reality and presence]
                   can happen
                       only
                          within the context of
                               your
                                  • unique,
                                  • personal
                                       rhythm pattern.
              Remember that [i.e., Remember that your rhythm pattern is at play when your inner
                       barriers to the emotional experience of Christ's presence do not give way]
                   and
                       do not despair.
              Christ
                   • is here.
              He [i.e., Christ]
                   • hears you,
              He
                   • loves you,
              He
                   • protects you,
              He
                   • is deeply concerned with you,
                       even though
                          your senses
                              are still too dull
                                 to perceive it [i.e., too dull to perceive His deep concern with you].
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The time will come
                   suddenly
                       when you will be
                          intensely aware
                               of this fact [i.e., intensely aware of this fact that Christ is here, that
                                                     He hears, loves, and protects you, and that
                                                     He is deeply concerned with you].
              You will
                  feel [i.e., FEEL, and not merely mentally know of,]
                       His [i.e., Christ's]
                          • loving,
                          • healing
                               arms
                                  in which you can
                                      always
                                         • rest and
                                         • find new sustenance
                                              for your life task.
26
              All doubt
                   is evil.
              But since evil
                   has no permanent substance,
              vou can
                   easily dispel it.
              Bring your
                  positive aggression
                       to bear upon it [i.e., Bring your POSITIVE aggression to bear upon
                                                                                   your doubt],
                          which is
                               very contrary to
                                  what you usually do [i.e., which is very contrary to what you
                                                                usually do with your aggression].
```

```
By habit,
    you put all aggression
         into the service of
            lower-self aims,
                 while keeping an
                    • apathetic,
                    • passive
                        [i.e., an apathetic and passive rather than an aggressive]
                           attitude
                                toward
                                   the good
                                       you desire to receive
                                          from life.
Or you are
    • passive and
    • apathetic
         when you are
            enveloped in
                the negativities
                    that stem from your
                        unpurified self and
                           that therefore [i.e., that therefore, because these inner
                                       negativities stem from your unpurified self,]
                                draw
                                   evil forces [i.e. evil forces from outside yourself]
                                       to you.
It then [i.e., When these evil forces are drawn to you from outside yourself, it then]
    seems much easier to
         • let all aggression out
            in a destructive way and
         • give in to
            negative influences [i.e., to give in to these negative influences
                                you have drawn to yourself from outside yourself]
                without using
                    any of your aggressive aspects
                        to either
                           • dispel them [i.e., to dispel the negative forces you
                                                              have drawn to yourself]
                        or to
                           • assert the positive forces
                                • within and
                                around
                                   you.
```

```
27
              This [i.e., This bad habit of misusing your aggressive aspects by NOT USING them
                       to dispel negative forces you have attracted to you nor by USING them
                       to assert the positive forces within and around you]
                  needs to be changed
                       and
                          you have
                              • the power and
                              • the means
                                  to do it.
              But you must
                  • be aware of
                       the displacement [i.e., be aware of how, where and when your aggression is
                          not placed on positive aspects and instead is used destructively]
                and
                  • put

    more awareness and

                       • clear intention
                          into straightening out
                              the imbalance [i.e., the imbalance when you use your aggression for
                                             negative ends rather than for positive ends].
              Visualize yourself
                  taking a firm stand
                       against all thoughts
                          that are

    negative and

                               • divisive
                                  in any way.
              Seriously question
                  any thoughts
                       that
                          • seem correct
                              but fail to give you
                                  a feeling of
                                      • peace,
                                      • love and
                                      • unity,
                       that
                          • make you
                              feel

    disharmonious and

                                  • in any way
                                      uncomfortable.
```

```
Just being willing
                  to let in
                       the light of truth -
                                      • the truth of God
                                   rather than
                                      • your temporary perception of truth -
                          will create
                               a shift
                                  in your consciousness.
28
              The result [i.e., The result of this shift in consciousness in which you STOP using
                              your aggression for negative and destructive ends and instead
                               START using your aggression for positive ends]
                   may not be
                       immediate,
              but sooner or later
                  you will have
                       less of a
                          tight urge to pursue,
                                      often with undue aggression,
                               • untruthful
                            and therefore
                               • negative and
                               • constricting
                                  aims.
              Visualize yourself
                   questioning your position
                       in each situation
                          that creates
                               a disharmony
                                  • within you
                                 and/or
                                  • around you.
              Just see yourself
                  in your imagination
                       doing that.
```

```
Visualize yourself
                   always
                       surrendering
                          • your position [i.e., surrendering your position and
                                                     YOUR vision of "truth" in every situation]
                       for
                          • God's vision of truth.
              Often it
                   may not be
                       a question of sharply divided
                          • right
                         versus
                          • wrong,
              but
                   the truth may still be
                       different from
                          the way you see it.
29
              When you
                   visualize yourself
                       surrendering to
                          God's vision,
              • you will find out
                   the truth
                       of any particular situation.
              • You will be
                   enlightened and
              • you will lose
                   a tremendous burden.
              The
                   • relief and
                   • liberation
                       are enormous,
                            especially if
                               you do not have too big a stake
                                  in your egotistic self-righteousness.
```

```
30
              However,
                   if you
                       feel
                           personally humiliated
                                by
                                  • being wrong,
                                by
                                  • being imperfect,
                                by
                                  • having made a mistake,
              it will be
                   much more difficult
                       for you to let go of
                           the tight hold of your position.
               The reason [i.e., The reason it will be much more difficult for you to let go of your
                       tight hold of your position and vision of what is the "truth" in a situation]
                   is that you
                       secretly
                           hold
                              a low opinion of yourself.
               The lower
                   this opinion is [i.e., The lower your opinion of yourself is],
              the greater
                   must be your stake
                       in some
                           • prideful,
                           • egotistical,
                           • self-elevating and
                           • self-righteous
                               position
                                  that, at the same time,
                                       creates
                                          projected judgments
                                              of others.
```

```
31
              Please, my friends,
                  remember these words well,
                       because here
                          your personal contact with Jesus Christ
                              is again
                                 your best solution.
              Only through
                  allowing yourself
                        to
                          • know -
                     and later
                        to
                          • feel -
                              His [i.e., to know and later FEEL Jesus Christ's]
                                  • love and
                                  • total acceptance
                                      of who you are
                                         now,
                                             no matter how
                                                 • flawed,
                                                 • imperfect and
                                                 • destructive
                                                     your lower self may be,
                       will you
                          be able to do the same [i.e., will you be able to know and feel your love
                              and total acceptance of yourself, of who you are now, no matter how
                              flawed, imperfect, and destructive your lower self may be].
              Only then [i.e., Only when you know and feel both Christ's and your own love and
                                             total acceptance of who you are now with your
                                             imperfect and destructive lower self]
                  will you
                       trust
                          vour
                              ultimate divine nature.
              Then you will be able
                  to afford the luxury,
                              if I may put it this way,
                       of accepting
                          your distortions -
                                      your sins, if you will -
                              without losing the ground under your feet.
```

```
And that [i.e., And to know and feel both Christ's and your own love and total
                                              acceptance of who you are now with your imperfect
                                              and destructive lower self]
                    is
                       the healthy position
                          which allows you
                               to reach
                                  • truth and
                                  • harmony
                                      with
                                         • yourself,
                                      with
                                         • others and
                                      with
                                         • life.
32
              Then you can go to the next step
                   and visualize
                       putting your aggressive forces
                          into the service of
                               positive aims.
                                      • You can refute
                                         negative influences.
                                      • You can talk to
                                         your own false thoughts
                                              with
                                                 • firmness and
                                                 • reasonableness.
              See yourself doing that.
              Invite Christ
                   to come to your assistance
                       in this endeavor [i.e., Invite Christ to come to your assistance in this
                               endeavor of putting your aggressive forces into the service of positive
                               aims and of refuting negative influences and talking to your own false
                               thoughts with firmness and reasonableness].
```

```
33
               Then claim
                   with
                       • all the vigor
                          at your disposal,
                       • all the aggression
                          you are beginning
                               to transform
                                  from
                                      • negative
                                  to
                                      • positive,
                                              that
                                                 • you want
                                                     only
                                                        the will of God,
                                              that
                                                 • you trust
                                                     [that] the will of God
                                                        will bring you
                                                             the best you could ever hope for,
                                              that
                                                 • any distrust
                                                     of the will of the Highest
                                                        is a lie
                                                            you need to rid yourself of.
              The more
                   aggression
                       you put into such
                          • declarations and
                          • intents,
              the better
                   the seeds will grow
                       in your soul substance.
```

```
34
              Your aggression itself
                  needs to be transformed.
              This will enable you
                  to become
                      • who you are meant to be,
                       • who you actually are already
                         on another level of reality.
              Perhaps some of you can occasionally
                  begin to visualize
                      another picture of yourself.
              Imagine
                  your real being,
                      free from
                         all the encumbrances
                              that burden you
                                 now.
              It does not matter
                  whether these encumbrances are
                      in your
                         • body,
                      in your
                         • psyche, or
                      in your
                         • relationships
                              • to others and
                              • to the world.
              They [i.e., These encumbrances]
                  are all expressions
                       of pain,
                         the pain you suffer
                             from
                                 some untruthfulness
                                     contained within your psyche.
```

```
35
              It is not easy
                   to ferret out
                       the untruthfulness.
              Sometimes it [i.e., Sometimes the untruthfulness]
                   is right on the surface
              and it [i.e., and when the untruthfulness is right on the surface, the untruthfulness]
                   will become clear to you
                       after only
                          a slight effort on your part
                               to want to see it.
              At other times
                  your defensive blocks
                       blot out your own view,
                          but they [i.e., but these areas of your untruthfulness and
                                                             defensive blocks that you cannot see]
                               are nevertheless
                                  obvious enough to others,
                                       who could help you
                                          if you let them.
                       This is why
                          working with others
                               is such an important aspect of the pathwork –
                                  both
                                        in
                                          • the helper/worker relationship,
                                  and
                                        in
                                          • groups,
                                  as well as
                                        in
                                          • your interactions in daily life.
```

```
But then there is also
                  untruthfulness
                       so deeply buried
                          that it may take
                              • a long time and
                              • many trials
                                 before you can bring it [i.e., bring this buried untruthfulness]
                                      close enough to the surface level
                                         to recognize it.
                       Such areas
                          were not necessarily
                              those you planned to take on
                                 in this incarnation,
                       but your spirit
                          may nevertheless
                              have chosen to tackle them
                                    if
                                     you have fully completed
                                         your original task.
              I spoke about this in a recent lecture [See Lecture 230: The Universality of
                       Change – Reincarnative Process in the Same Life Span, given April 9, 1975].
36
              Once the untruthfulness
                  is on the surface
                       and you are
                          • able and
                          • willing
                               to
                                 • see and
                                 • confront
                                      it,
                                         the moment has come
                                             to transform
                                                your aggression [i.e., transform your aggression
                                                 from negative aggression to positive aggression].
              This is also the moment
                  when a further visualization
                       can take place.
```

```
Imagine that
    your true being -
                which means
                    • your being in truth,
                    • all in truth –
         observes
            the suffering part of you
                that is squeezed into
                   a smaller world
                        in which you sometimes
                           appear to suffocate.
Your real being [i.e., your true being]
    is without any shades of
         • untruthfulness,
         • error,
         • distortion – sin –
    and therefore [i.e., and therefore your real and true being is]
         in total wellbeing.
There is
    no pain there.
This true being
    observes
        your earth being
            that has undertaken
                to correct
                   the distorted part
                        [and to do this correcting]
                                with compassion
                                  for the momentary difficulties [the earth being
                                                                        is enduring].
But it [i.e., But this true being]
    sees no tragedy [i.e., sees no tragedy in these momentary difficulties the
                                                      earth being is enduring],
        for it knows
            that
                • all is well and
            that
                • the temporary suffering
                    must lead to
                        salvation.
```

you could accept it.

```
So do not let
                   the word
                        "Jesus Christ"
                          stand in your way.
                               • He
                                   is
                                      the Christ,
                           and
                               • He
                                   was
                                      Jesus
                                          when he incarnated.
38
              Similarly,
                  you have associations [i.e., allergic and negative associations]
                        with the words
                           • sin,
                           • hell,
                           • evil.
                           • devil.
              All these words
                   have been
                       grossly abused.
                                       That is true.
              But they [i.e., But all these words]
                   nevertheless
                       indicate
                           only the same facts
                               that we now call by different names,
                                  such as
                                      • lower-self aspects,
                                      • negativities,
                                      • destructiveness,
                                      • a painful state of mind.
```

```
39
              Now what about
                  salvation?
              The traditional interpretation
                  of this word
                       leaves a lot to be desired.
              It [i.e., The traditional interpretation of "salvation"]
                  lends itself easily
                       to misunderstanding,
                          although
                              the more enlightened
                                 among religionists
                                      do perceive
                                         the truth.
              Salvation
                  means, among other things,
                       • Christ's endless
                          • forgiveness and
                          • acceptance.
              It [i.e., Salvation]
                  means that
                       • you can
                          always
                              find your way to God,
                                 • no matter
                                      what you have done,
                                  • no matter
                                      what your lower self
                                         still wishes to do.
                       • The door [i.e., The door to God]
                            is
                              always
                                  open,
                       • you are
                          never,
                              never
                                 locked out.
```

```
40
              All you have to do
                    is
                       • knock.
                       • Ask
                          for the bread
                               of God's
                                  • mercy,
                                  • love,
                                  • forgiveness and
                                  • personal help
                                      in all ways,
                                         and you shall
                                              not receive
                                                 a stone.
                       • Ask
                          to know
                               • yourself,
                               • your
                                  lovability,
                               • your
                                  nobility of spirit,
                               • the beauty of
                                  your true being,
                                      through
                                         His
                                              redemptive
                                                 love of you,
                                                     and you
                                                        shall receive it.
               That is
                   salvation.
              All that -
                   and more.
```

```
God's personalized aspect [i.e., Jesus Christ]
                  has brought it about.
              The incarnated Christ [i.e., Jesus]
                  has made it possible
                       for
                          all
                              other
                                  incarnated entities
                                      to be
                                         saved
                                             from
                                                • their painful state of
                                                     untruth –
                                                               sin –
                                              and consequent

    destructiveness

                                                     of
                                                        • self and
                                                        • others.
41
              Let us now discuss
                  three interdependent aspects
                        of
                          salvation
                              that create
                                  a lot of
                                      • confusion and
                                      • contradiction
                                         among humankind.
              I am speaking here specifically
                    of
                       the salvation
                           of
                              your
                                 personal
                                      soul.
```

```
There are other aspects of salvation
    which go beyond that [i.e., beyond the salvation of
                                              your personal soul].
They [i.e., These aspects of salvation
                        that go beyond the salvation of your personal soul]
    have to do with
        the possibility of
            every
                created entity
                   leaving behind
                        • the state of consciousness
                           that might be called
                                • hell -
                                       or various lesser stages of it [i.e., or leaving
                                                      behind lesser stages of hell]:
                        • states of consciousness
                           that reflect
                               • error
                           and therefore
                                • suffering,
                               • the wheel of
                                   • death and
                                   • rebirth
                                       which carries with it
                                          • fears
                                               due to
                                                  a break in
                                                      consciousness [i.e., fears of
                                                          death of the physical body].
```

```
42
              Christ's demonstration
                    of
                       • supreme love,
                       · forgiveness and
                       • mercy –
                               of
                                  acceptance
                                      due to
                                         the deep penetration
                                              of His vision into
                                                 your ultimate nature -
                          opened all doors
                               that were closed before -
                                      not [i.e., not closed]
                                         because
                                              • God

    punished humankind

                                               and therefore
                                                 • locked the doors,
                                      but [i.e., but closed]
                                         because
                                              • humans
                                                 were deeply immersed
                                                     in the conviction
                                                        that they
                                                             • cannot be forgiven and
                                                        that they are therefore

    doomed

                                                                to suffer eternally.
              This [i.e., This conviction that humans had that they cannot be forgiven, are doomed
                               to suffer eternally and hence are in a hopeless state],
                   in turn,
                       took all the incentive away
                          to work on
                               any process
                                  of self-purification.
```

```
Where there is
    no hope,
         • will and
         • incentive
            [i.e., will and incentive to work on any process of self-purification]
                are also lacking.
Through
      the
         • life
      and
         • death
            of Jesus
                a new modality
                   was created
                        within the human mind.
This new model
    enabled
         human beings
            to choose
                the path the Master has shown [i.e., the path the Master,
                                                     Jesus Christ, has shown].
He has said
    that
         He is
            • the way,
        He is
            • truth,
         He is
            • life.
                It was
                   no longer futile
                        to try [i.e., It was no longer futile for other human beings to
                               try the path back to God by, while being held in
                               Christ's love and acceptance, following the path of
                               purification and thereby gradually removing lower-
                               self barriers that block humans from their true selves
                               and thus, with blocks removed, enabling human beings
                               to follow the higher-self path that Jesus Christ had
                               shown in his life on earth -a life of love, compassion,
                               mercy, and forgiveness].
```

```
Forgiveness
     for
         • all sins,
     for
         • every transgression
            exists already,
                because
                   God recognizes
                        in much deeper terms
                           why
                               • you are driven as you are [i.e., driven as you are by
                                   your unpurified lower-self aspects],
                           why
                               • you must
                                   go
                                       through
                                          your sins
                                              in order to recognize them
                                                 for what they are [i.e., to recognize
                                                      what your sins are, namely,
                                                      lower-self aspects that are
                                                      barriers to experiencing God's
                                                      love that is always there for the
                                                      asking],
                so that
                   a new incentive [i.e., both the incentive that 1) since you are
                           already forgiven and not hopeless, and the further
                           incentive that 2) since your sins (i.e., your impurities of
                           lower-self aspects of pride, self-will, and fear) are the only
                           barriers keeping you from experiencing God's love and
                           blessings that are always available for the asking, there is
                           this incentive to do your work on the path of purification,
                           this incentive that]
                        spurs you on
                           to the great journey
                               vou,
                                  here on this path,
                                       are now undertaking.
```

The personal aspect of salvation seems contradictory to the mind that is steeped in the dualism of either/or.	
to the mind that is steeped in the dualism of	
the dualism of	
of	
· ·	
either/or.	
Let me present	
these three paradoxical aspects [i.e., these three paradoxical aspects]  personal aspects	oxical ects of salvation]:
44	
(1) Only	
you yourself	
can effect your salvation.	
It [i.e., Your salvation, your work of purifice	ation,]
is	<i>,</i> ,
your	
responsibility.	
45	
(2) You cannot possibly	
do it alone.	
Voy wood the help of others	
You need the help of others who	
• share the journey with you, who	
• may often	
see what you	
what you do not see.	
do noi see.	
46	
(3) Without God,	
without	
the personal assistance	
of	
the personal aspect of God [i.e., without	t the personal assistance,
encouragement, love and con	
the undertaking	-
is too vast for you to accomplish	•

```
47
              These three categories [i.e., These three paradoxical aspects of salvation]
                   may no longer seem
                       • contradictory or
                       • confusing
                          to those of you
                               who have worked for a considerable time
                                  with my lectures
                                      about
                                         • duality and
                                         • the unitive principle.
              You may see quite clearly
                   that these categories [i.e., that these three paradoxical aspects of salvation:
                               1) that you alone are responsible for your salvation, 2) that you
                               cannot do it the work alone, and 3) that without the assistance of
                               Christ the undertaking is too vast for you to accomplish]
                       are
                          not
                               mutually exclusive.
              Yet
                  some among you
                       may still feel a confusion
                          and ask,
                               "How could it be that
                                      although
                                         I am
                                             • solely responsible to do it myself,
                                      yet
                                         I need
                                              • others,
                                            as well as
                                              • God?"
              Even for those
                   who are
                       not particularly confused about
                          this concept of
                               salvation
              it may be helpful
                   to have more clarity on the subject.
```

```
48
               Yes, [i.e., Yes, the first paradoxical aspect of salvation is that]
                   it is obviously true
                       that
                           vour
                               salvation
                                   is
                                      vour
                                          • choice,
                                      your
                                          • intent,
                                      your
                                          • responsibility,
                                      your
                                          • will,
                                      your
                                          • effort –
                                    and often what seems to be
                                      your
                                          • sacrifice.
                                              At least it
                                                 seems
                                                      a sacrifice at first
                                                         to give up
                                                             • time and
                                                              energy
                                                                for the undertaking of
                                                                     your self-work.
                                              It often seems
                                                 even more of a sacrifice
                                                      to shed a habit that
                                                         • stems from
                                                             your lower self and
                                                         • gives you
                                                             some lower-self gratifications
                                                                for a while,
                                                                     so that
                                                                        higher pleasures
                                                                             can take root in you.
```

```
No one else,
                   not even the Creator,
                       can
                          make
                               vou do
                                  what
                                      you do not
                                         • wish and
                                         • choose
                                              to do.
              This [i.e., This "making you do" what you do not wish and choose to do]
                   would go directly against
                       all spiritual law
                          whose author, after all, God is.
49
              Yet [i.e., Yet the second paradoxical aspect of salvation – that you need others – is
                                                                            also true because],
                  you are often
                       • too involved in
                          your misperceptions
                               of your reality and
                       • too blind about
                          your role in
                               your interaction with others
                                  to be able to
                                      set distorted perceptions
                                         right.
              You need
                   • the mirror of others.
              You need to learn
                   • to be open to them [i.e., to be open to others as mirrors].
              You need to learn
                   • to give up
                       vour
                          • pretenses,
                     and therefore
                       your
                          • defenses,
                               in your relationship with them [i.e., your relationship with others].
```

```
You need
    • to show yourself [i.e., to show yourself to others]
         as you are,
            with
                • all your vulnerability and
                • total inner truth.
                This [i.e., This showing yourself as you are with all your
                                              vulnerability and total inner truth]
                   in itself
                        is already
                           an integral part of
                               your journey
                                  toward
                                       self-realization.
You need to learn
    to receive,
         even though this may first [i.e., even though
                                              receiving from others may first]
            make you feel
                • weak and
                • vulnerable,
                   for only then [i.e., for only when you can receive]
                        can you give of yourself.
         You can
            give
                • many things
                   before [i.e., before you are able to receive from others],
         but you
            cannot give
                • vourself
                   unless
                       you can
                           receive [i.e., unless you can receive from others]
                               in the sense I mentioned.
```

```
50
              • Working with others,
              • being
                   • open to and
                   • with
                       them [i.e., being open to and being with others],
                          fulfills
                               the law of brotherhood.
              I spoke about this [i.e., about this law of brotherhood]
                   many years ago.
              There are spiritual aspirants
                   who deceive themselves
                       that they can reach the goal
                            by
                               • seclusion and
                               • separateness.
              They have their rationales.
              But the truth is
                   that they
                       never
                          want
                               to expose themselves to
                                  others
              and thus
                   whatever their "success,"
                       it [i.e., their "success"]
                          can, at best,
                               be only a half-measure
                                  that
                                      • cannot last,
                                  that
                                      • is not grounded
                                           in
                                              • spiritual,
                                            as well as
                                              • practical,
                                                 reality.
```

```
51
              [And the third paradoxical aspect of salvation is that you need Christ's help.]
                  How could you ever
                       overcome the hurdle
                          of your self-hate
                              that festers underneath
                                 all your defenses,
                                      if it were not for
                                         the experience
                                           of
                                             Christ's
                                                personal
                                                     • love,
                                                    • forgiveness,

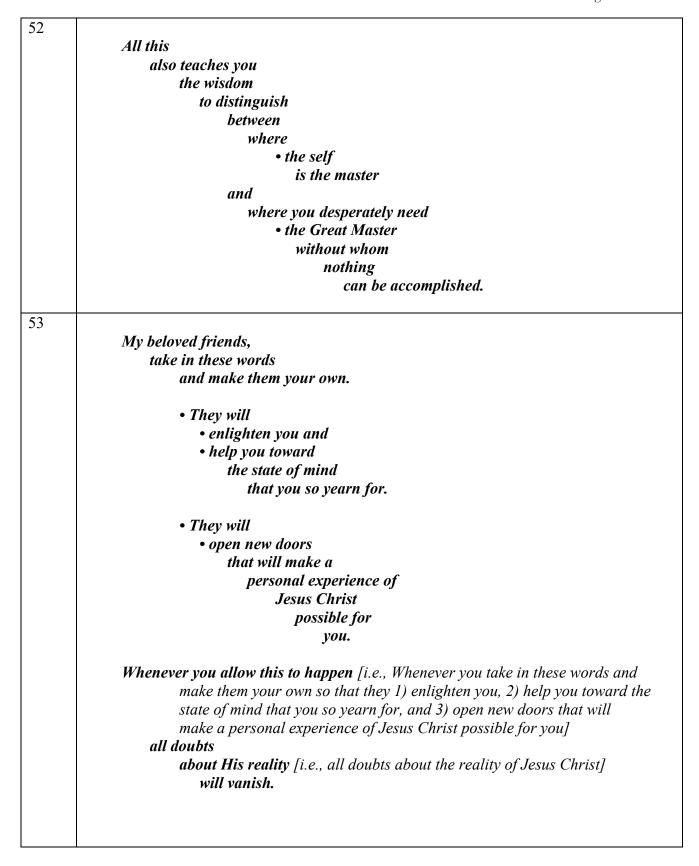
    acceptance and

                                                     • total vision
                                                        of you?
              How could you
                  learn to love
                       yourself
                          without at least
                               • knowing,
                          and finally
                              • experiencing,
                                 His love
                                     for you?
              How could you
                  activate
                       the power to change
                          involuntary aspects
                              that do not
                                  directly respond to
                                      your outer will?
```

```
• The outer will and
• the outer aspects
    that respond to it [i.e., the outer voluntary aspects that respond to the outer will]
         need to be
            aggressively activated
                • by your
                   dedication to your path,
                • by the many daily decisions
                   to face the truth
                         in
                           • difficult or
                           • confusing
                               situations,
                • by your choice to
                   • fulfill
                        the law of brotherhood
                  and

    overcome

                        your initial resistance
                           to showing yourself
                               as you are.
But then comes a point
    in which you deal with
         involuntary
            • emotions,
            • responses,
            • reactions
          and even
            • beliefs
                that
                   do not respond [i.e., that do not respond to your outer will],
                        no matter how sincerely
                           your outer self
                               wants to change them.
So you constantly need
    the higher powers
         to help you
            • find the way
                into those deeper levels
         and
            • effect a change
                that your own mind alone
                   cannot bring about.
```



```
Once you are
                   • held in His arms [i.e., Once you are held in the arms of Jesus Christ],

    consoled and

    encouraged

                        by His sublime tenderness
                          for you
                               personally,

    rocked

                        with all the comfort
                           only He [i.e., rocked with all the comfort that only Jesus Christ]
                               is capable of giving,
                you will
                   never
                        doubt again,
                           although you may of course
                               lose
                                  the feeling experience
                                       and need to recapture it [i.e., need to recapture the feeling
                                               experience of Jesus Christ's presence within you]
                                          again
                                              and again,
                                                  until
                                                      your entire consciousness
                                                         is filled with Him [i.e., is filled with
                                                                     the consciousness of Christ]
                                                              who is in you.
54
              • His blessings,
              • the blessings of
                   His angels
                       are here with
                           all of you.
              Listen and
                   sense the reality
                        of this blessing.
              All our love
                   accompanies you
                        every step
                           of your beautiful path.
```

## Work

for the greater cause [i.e., Work for the greater cause, work for the Plan of Salvation].

Your own cause
that may seem selfish
will be furthered through it [i.e., Your own cause will be furthered through
your work for the greater cause, your work for the Plan of Salvation].

Be who you truly are!

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

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