Pathwork Lecture 78: Questions and Answers

1996 Edition, Original Given: January 20, 1961

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 https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/

Gary Vollbracht

¶	Content
03	Greetings, my dearest friends.
	Blessings for all of you.
	Blessed is this hour [i.e., Blessed is this time we now spend together in this Lecture].
	The time has come again when it is good to have a question and answer period, so I am ready for your questions.

```
04
              QUESTION:
              Can you explain the Biblical passage [reference to Exodus 21:23-25]:
              "The word of God was given to Moses:
                  Thou shalt give
                       • life for life,
                       • eye for eye,
                      • tooth for tooth,
                       • hand for hand,
                      • foot for foot,
                       • burning for burning."
05
              ANSWER:
              The meaning of these words
                  has been grossly misunderstood by humankind.
              It has been interpreted to mean
                  that
                       God is a
                          • punishing,
                          • cruel
                              God of
                                 retribution.
              Of course,
                  • it is not so
                and
                  • the words were never meant to imply this.
              The real meaning
                  simply affirms
                      the utter justice
                          of
                              • cosmic law,
                      or
                          of
                              • your inner psychological law.
              The more you
                  work on the path of self-finding,
              the more you
                  are bound to find this to be so very true.
```

```
You will find
                  how
                      you
                          cause
                              all your difficulties.
              You have already stopped regarding these words
                  as mere theory,
              but
                  • the better you progress,
                  • the more will you
                      truly understand just
                          • how
                        and
                          • why
                             you
                                 cause your hardships,
              and by so doing [i.e., and by truly understanding just HOW and WHY
                                                           YOU cause your hardships]
                  you gain
                      the key
                          to a change in your life.
06
              Most of you have begun this self-search
                  in good faith,
             yet at this early stage
                  you can barely see
                      how
                         you
                              are responsible for your misfortunes
                   and, therefore,
                      how
                         just
                              this universe is.
```

```
Only when you reach
    certain inner depths,
           perhaps after a long time of
                • hard and
                • sincere
                   endeavor,
        do you begin to see clearly
            what in
                vou
                   has so precisely
                        brought about the hardship
                           that you feel as injustice.
The more
    connections of this sort you make [i.e., The more connections you make
         between your hardships that you feel are unjust and their causes in you],
the better you can
    realize
        the true meaning of
            • self-responsibility
        and of
            • divine justice,
                without any thought of
                   • punishment and
                   • retribution.
You begin to understand
    that
         whatever you give forth,
                no matter how
                   • hidden or
                   • subtle,
            is returned to you.
And you
    deeply
         • feel and
         • know
            that this [i.e., that what you give forth is simply being returned to you]
                is not due to a
                   • stiff,
                   • rigid,
                   • merciless
                        law,
                but it is
                   • your own inner law.
```

And in that [i.e., And in knowing that what you give forth is simply being returned to you, and as such is according to your own inner law, not due to some stiff, rigid, merciless external cosmic law]

```
you realize

the glory of
God's
• love
and
• wisdom.

The better
you understand
your own
• causes
and
• effects,

the more convinced must you become
of
the marvel of
```

That is the meaning of these words [i.e., That YOU in some way cause the effects and experiences of your life is the meaning of these words given to Moses as stated in Exodus 21:23-25: "Thou shalt give eye for eye," etc.].

The various items cited in this saying are, of course,

this benign Creation.

symbolic.

If you want me to,

I shall explain

the meaning of

these symbols.

[Questioner] {**Please.**}

```
07
              "Eye":
                  The eye symbolizes
                       • seeing,
                       • the capacity to see,
                          not only
                              • outwardly,
                          but also the
                              • inner
                                 • view
                               and
                                 • vista.
             In other words [i.e., In other words, seeing is],
                  understanding.
              The more you understand
                  • yourself,
              the better you understand
                  • others.
                       You know this.
              But also,
                  the more you
                       • understand,
                  the better you will
                       • be understood.
              This truth may have dawned on some of you
                  as you
                       • made real progress
                    and the
                       • haze and
                       • fog of your confusion
                        lifted.
```

```
As the fog lifts,
    • your real self
         reveals itself
            automatically
 and
    • others perceive you
         in truth as well.
There is
    • no better,
    • no other
         way of finding this to be true
            than through the path of
                • self-searching,
                • self-understanding and
                • self-analysis.
Any one of you
    who has reached some victory within
         will understand exactly what I mean -
                               not only
                                   • theoretically,
                               but through having

    experienced

                                       this truth.
Your real

    seeing and

    understanding

         begin
            only when you
                • see and
                • understand
                   yourself.
And in that measure
    will you
         be understood.
With such understanding, you
    will see that the meaning of these words [i.e., the meaning of,
                                                   "Thou shalt give eye for eye"]
         has a
            • positive,
         rather than a

    negative

                implication.
```

```
It [i.e., the meaning of, "Thou shalt give eye for eye"]
                  does
                       not mean:
                           "If you do wrong,
                              you will be punished by retribution."
                       It means:
                          "As you
                               • see and

    understand

                                  yourself
                                and
                                  • others,
                          so you make it possible,
                                      by lifting the veil,
                              to
                                  be
                                      • seen
                                    and
                                      • understood."
08
              "Life":
                  If you
                       • heal yourself of your conflicts,
                  if you
                       • integrate and
                       • become
                          one within yourself,
                  you become
                       • alive,
                       • vibrantly alive.
              To a small extent
                  those of my friends
                       who really work on this path
                          have experienced this to be true.
```

```
Perhaps you experienced it
    only temporarily, [i.e., Perhaps those of you who really work on this path
        and thereby heal yourself of your conflicts, integrate, and become one
        within yourself have EXPERIENCED, EVEN IF ONLY TEMPORARILY,
        that you become VIBRANTLY ALIVE]
nevertheless
     you
        know
           what I am talking about.
    You

    understand these words

           in a deeper sense
               than just as theory.
There were those moments
    of finding
        the truth
           within yourself
               when,
                   all of a sudden,
                      your
                          • weariness,
                      your
                          • deadness
                              was lifted from you.
You
    vibrate
        life.
You
    are
        life.
And therefore
    you give life
        to others.
```

```
The life force
    • penetrates through you
  and
    • finds you
         an instrument through which to manifest
            only
                • when
                   you are
                        • alive,
                • when
                   you are
                        • the life force.
You have a
    life-giving effect
         on others.
• Life
    can only coexist with
         • truth.
Where
    the truth
         is blurred by
            • your
                • fear,
                • cowardice
           and
            • the erroneous belief
                that life can be dealt with
                   by evasion,
deadness
    results.
No matter
    how unpleasant
         the temporary truth in you may be,
facing it
    results in a
         vibrant feeling of
            being alive.
Most of you
    know this
        from your own experience in this work.
```

```
09
              "Tooth":
                  What is a tooth?
              You need your teeth
                  to
                       • bite,
                  to
                       • chew,
                  to
                       • prepare the physical food
                          so that your body can assimilate it.
              The intrinsic meaning of
                  a tooth
                       is that of an instrument of
                          assimilation.
              As you assimilate
                  • life,
                  • the incidents which could truly become
                       an experience
                          by proper assimilation,
              you are bound to exert a
                  similar effect
                       on others.
              On the other hand,
                  your
                       • lack
                          of assimilation
                              causes
                                 • blindness.
                                      Your
                                         • blindness in turn
                                             must
                                                create blindness
                                                    toward
                                                       you.
```

```
I have said that before [i.e., I have said before that your blindness, here in
                                              connection with your lack of assimilation of life,
                                              must create blindness in others TOWARD YOU,]
                   before
                       in connection with
                           the eye –
                               • seeing,
                               • understanding.
              But
                   • the tooth
                       refers specifically
                           to the process [i.e., the process of ASSIMILATING LIFE as it is]
                               that makes it possible to
                                  see
              while
                   • the eye
                       symbolizes the end result [i.e., the eye symbolizes SEEING LIFE as it is].
              Some time ago, I mentioned
                   the contagiousness of
                       inner

    attitudes and

    reactions.

              All this
                   is an explanation of that factor.
10
              If you train yourself
                   to follow this through in your observations,
              you will gain an
                   entire understanding of
                       this meaning.
               You are so often puzzled by
                   certain situations in your life.
               You cannot assimilate
                   this situation [i.e., this situation of which you are puzzled that it comes to you]
                       because
                          you have as yet
                               not found how
                                  you
                                       caused it.
```

```
Only in understanding
                   the causes
                       that
                          you
                               have set in motion
                                  will you be able
                                      properly
                                          to assimilate your life.
              Whenever you are
                  puzzled,
              it means that
                  you have
                       not properly

    understood and

    assimilated

                               the experience.
              This creates
                  negative emotions
                       which are bound to affect
                          your environment.
11
                   People who
                       • live with this attitude [i.e., this attitude that they have in some way
                                                             created all situations in their life]
                          will tackle
                               any event coming their way
                                  in an entirely different spirit
              than
                  people who
                       • still ascribe certain happenings
                          to a fate
                               outside their control.
```

```
People
    • understanding
  and
    • living according to
         this truth [i.e., this truth that they have in some way
                                              created all situations in their life]
            will
                take any event
              and
                examine it profoundly
                   as to their
                        • real reactions
                        • hidden trends.
If done sincerely,
    astonishing insights
        must follow -
                perhaps
                   • not immediately,
                but insights
                   • must come
                        if you persevere.
You will then see that
    the negative result [i.e., negative result of any life situation or incident you
                           experience and come to understand how you created]
        is
            the only
                • medicine,
            the only
                • remedy
                   you need
                        to change
                           the underlying incorrect attitude.
This,
    and this alone,
        is proper assimilation of
            • life
          and
            • its experiences.
```

```
You often suffer
                  because
                       others
                          do not understand you.
              I assure you that
                  this [i.e., this suffering that happens because others do not understand you]
                      only happens because in some way
                         you
                              have not assimilated life
                                 as it could be possible for you.
              Some of you, my friends,
                  have experienced
                      that people in your environment
                          suddenly began to
                              react differently toward you,
                                 even though
                                     they themselves
                                        did not pursue such a path.
              The mere fact of
                  your own
                       • inner growth
                    and
                       • change
                          has made it possible
                              for others around you
                                 to react
                                     more positively toward you.
12
              To the measure that
                  you assimilate,
              to that measure
                  • do you affect others,
                      and
                          • subtly
                              enable them,
                                 to a degree,
                                     also to assimilate a little better.
```

```
13
              If there are any questions at this point,
                  please ask them,
                      and we can go on with the next symbol after that.
              QUESTION:
              You mentioned an
                  "inner psychological law."
              Would you explain that, please?
              ANSWER:
              Whether you call it
                  • psychological
                or
                  • cosmic
                      law
                         makes no difference.
                              It [i.e., a psychological law or cosmic law]
                                 is one and the same.
              However, when I refer to
                  "cosmic law,"
             you automatically think of something that is
                  way outside yourself.
              When I say
                  "psychological law,"
              you automatically associate it with
                  yourself, as you should.
              The latter [i.e., The "psychological law"]
                  directs your
                      • thinking
                    and
                      • feeling
                    and
                      • perceiving
                         into a more correct channel;
              you assume
                  self-responsibility
                       when you know it is
                          • you,
                          • your own law.
```

```
But
    "cosmic law"
        seems
            to you
                as if it were something
                   that has nothing to do with
                       you.
It [i.e., "Cosmic law"]
    seems
        • instituted from the outside,
       and
        • you have no influence over it.
This [i.e., This idea that you have no influence over "cosmic law"
                       but rather have influence over only "psychological law"]
    is an error,
        even if it [i.e., even if this idea]
            is only in a
                vague feeling.
In reality,
    the two [i.e., "cosmic law" and "psychological law"]
        are the same.
Now let us go to the next symbol.
"Hand":
    What does a hand stand for?
    Has anyone of you an idea?
[Responses]
    • Giving.
    • Friendship.
    • Action.
    • Taking.
```

14	
	ANSWER:
	• Taking
	and
	• giving.
	V
	Yes.
	All that.
	Action
	includes all that –
	and more.
	una more.
	The hand
	is the instrument
	with which you
	• do,
	• manufacture,
	• execute
	an idea;
	with which you
	• give,
	• take,
	• receive;
	receive,
	which
	• can be extended in friendship.
	Hence, the symbol of the hand
	represents
	a certain type of
	• action,
	and therefore also
	una inerejore aiso
	• "re-action."

```
As you
    • act
  and
    • react,
so will
    be given onto you.
I hardly need elaborate on this.
You all know it to be true,
    not only
         as a known religious concept,
    but also
        from your personal work experience
            as you work on yourself.
This is very different from
    the concept of
        retribution.
    • Thoughts
and
    • emotions
        are
            • actions
          and
            • reactions
                too.
They [i.e., Thoughts and emotions]
    inevitably have an effect on
        • others
  and
    this effect comes back to [i.e., and this effect on others of your
                               actions and reactions toward them comes back to]
         • you.
```

```
15
              COMMENT:
              As you have already stated,
                   this whole text [i.e., "The word of God was given to Moses: Thou shalt give
                                      life for life, eye for eye, tooth for tooth, hand for hand,
                                      foot for foot, burning for burning." – see Exodus 21:23-25]
                       is
                           • taken out of its setting
                           • given a distorted meaning.
              It suggests a [i.e., This entire text suggests a]
                   negative fear
                       as though this [i.e., as though this fear of
                                      negative consequences of your or another's actions
                               is the rule
                                  by which one is
                                       • to be governed
                                    and
                                       • to retaliate
                                         by
                                              the justification of Scripture.
16
              ANSWER:
              Of course.
              It is a typical human misunderstanding
                   to think of this
                       in terms of
                           • retaliation,
                    rather than
                       in terms of

    cause and

                           effect
                               due to a
                                  wonderfully just law
                                      that is
                                          • mercy,
                                          • grace,
                                          • wisdom and
                                          • love.
```

17	
17	COMMENT:
	May I add something too?
	In Matthew 5:38, Jesus says:
	"Ye have heard that it hath been said,
	an eye for an eye and
	a tooth for a tooth:
	But I say unto you,
	that you resist not evil."
18	
	ANSWER:
	Yes.
	Understanding
	the real meaning
	of the quotation we are discussing here
	will show you that Jesus' statement
	is not a contradiction at all [i.e., not a contradiction to what was said to Moses as described in the Exodus passage at which we are looking].
	It may
	seem so,
	it may seem like a
	• paradox
	on the one hand,
	or a
	 correction [i.e., may seem like a correction of the Exodus passage] on the other.
	It is neither.
	It is merely
	• an amplification,
	• an extension.

```
With the understanding
    that you gain on this path,
you are bound to see that
    all evil is
         • self-created,
 and thus
    it is your [i.e., and thus all self-created evil that you experience is your]
         • lesson
      and
         • medicine.
It [i.e., Treating all self-created evil in your life as your lesson and medicine]
    is the only way in which
         you can learn to
            liberate yourself from
                the responsible
                   inner factors.
    • Resisting
         evil,
            translated into terms of your
                • personal life
               and
                • reactions,
means your
    • cringing from
         the consequences
            you are
                • directly or
                • indirectly
                   responsible for,
therefore
    • not learning from life.
It [i.e., Resisting evil, cringing from the consequences
                you are directly or indirectly responsible for]
    is the attitude in which you
         blame
            · others.
            • God,
            • fate,
            • life,
    rather than
        finding your own causes.
```

```
It [i.e., Resisting evil, cringing from the consequences
                you are directly or indirectly responsible for]
    is
         • withdrawal from life,
      or
         • antagonism against it [i.e., or antagonism against life],
            due to
                failure to understand
                   life's real meaning.
"Resisting evil"
    means
         all that.
As long as you
    • resent certain happenings in your life,
as long as you
    • disclaim responsibility for such happenings,
you cannot
    even begin
         to set out finding this responsibility.
Thus you are
    not in reality,
         in its true sense.
By facing yourself
    • squarely
  and
    · courageously,
         you must
            eventually
                • find your causes
                • be liberated by this insight.
```

```
You do not have to look to
                  past incarnations,
              for if you really want to,
                  you can always find
                       in
                          • yourself,
                       in
                          • the present,
                              the root
                                 that has
                                      caused an "evil."
              So this saying of Jesus [i.e., So in Matthew 5:38-39a, where Jesus says:
                               "Ye have heard that it hath been said, eye for eye and
                              tooth for tooth: But I say unto you, that you resist not evil."]
                  is
                       no contradiction,
              but
                  serves only to
                       • extend and
                       amplify
                          the meaning.
19
              COMMENT:
              It only sounds that way,
                  because He said [see Matthew 5:39]:
                       "But I say unto you that you
                          resist not evil;
                       but whosoever shall smite thee on thy right cheek,
                          turn to him the other also."
              So it sounds like a paradox.
```

20	
	ANSWER:
	Yes [i.e., Yes, while Jesus saying: "Whosoever shall smite thee on thy right cheek, turn to him the other also." appears, on the surface, to be a contradiction to, "Ye have heard that it hath been said, eye for eye and tooth for tooth."],
	[but] if
	not
	taken in
	its superficial meaning,
	it [i.e., Jesus' saying in Matthew]
	is just the opposite of
	a contradiction.
	All sayings in the Scriptures
	have a much deeper meaning
	than their surface suggests.
	If you grasp
	this deeper meaning
	you will gain an entirely different understanding of Scripture.
21	
	QUESTION:
	Another saying of Jesus has been misunderstood, I believe.
	It has been distorted as meaning
	injustice.
	The words in Mark 4:25 read:
	"For
	he that hath,
	to him shall be given;
	and
	he that hath not,
	from him shall be taken
	even that which he hath."
	This seems to refer to the principle of
	the vicious circle.

ANSWER:

Exactly [i.e., Exactly – this sentence, "For he that hath, to him shall be given; and he that hath not, from him shall be taken even that which he hath," does indeed refer to the principle of the vicious circle].

You see, my friends,
I believe it almost
impossible
for anyone to truly understand Scripture,
unless
one does this kind of work on the path.

With this work of self-finding, the sayings will have a very clear meaning for you.

You now know quite well that wherever a

- deviation.
- misconception or
- conflict exists in you, vicious circles result.

They snowball.

They become bigger
and bigger
so that you
continually
worsen the situation.

That which you
originally
wanted to
run away from
gets much worse.

Out of this evasion [i.e., Out of this evasion of that which you originally wanted to run away from], vou create • conflicts and • wrong attitudes which result in bringing more misery than you would have without such evasion and • cowardice. The bargain you wanted to make by assuming a • defensive, • wrong inner attitude [i.e., a defensive, wrong inner attitude against that which you originally wanted to run away from] has much stronger repercussions than you realized. **That is exactly what Jesus meant** [i.e., what Jesus meant when he said, "For he that hath, to him shall be given; and he that hath not, from him shall be taken even that which he hath."]. 23 On the other hand, when you are • in health, • in harmony, whether • in minimum or • in optimum state, no hardship would have to come to you and I venture to say that anyone who has progressed somewhat in this work has personally experienced this [i.e., has personally experienced that this statement: "where you are in health and harmony no hardship would have to come to you"] to be true, at least to some degree.

```
Only then [i.e., Only then, when one does this kind of work of self-finding
                                      and is in a state of health and harmony,]
    will the spiritual teachings of all times
        be understood
            in their true meaning.
Only then [i.e., Only then, when you do this kind of work of self-finding
                                      and are in a state of health and harmony,]
    will you see that
         God does
            not sit on a throne above you,
                arbitrarily handing out
                   • reward
                 and
                   • punishment,
                   • fortune
                 and
                   • misfortune.
But
    • in your health,
    • in accord with reality
        on all levels of your being,
           you produce more
                and more
                   happiness.
In your
    • fullness,
        you progressively
            attract more positive experience.
```

```
In your
    • soul-sickness
   and
    • error,
        • productive of
           • fear,
           • pride,
           • arrogance,
           • ignorance,
           • darkness,
           • confusion,
you are
    not only
        • unhappy,
    but, with these trends causing
        • unhappiness,
you
    compound the
        • unhappiness.
Thus,
    from
        the poor
           will be taken away.
The
    • poor
        meaning
           the
                • sick,
           the
                • ignorant,
           the ones in
                • error and
                • darkness.
The
    • rich
        meaning the ones
           who
                • understand.
Now let us continue.
```

```
24
              "Foot":
                   "What is a foot?"
              [Response]
                  { •Moving.
                    • Standing on.
                    • Progress.}
              Again,
                  activity,
                       but of a different kind [i.e., but of an activity that is different from
                                                                           that of the hand].
              Let us examine
                  the difference in activity
                       between
                          • hand
                       and
                          • foot.
              The hand's activity
                  is of a nature that may take place
                       without causing a
                          change of position of the person himself.
              People can
                  • produce,
                  • manufacture and
                  • do things
                       with their hands
                          while they remain in place.
              This symbolizes a certain kind of
                  inner action.
              Such actions may be
                  • significant and
                  • important,
                       but only cumulatively so.
```

```
If a whole series of such actions [i.e., If a whole series such inner actions with
                                                                                     one's hands]
                   is added up,
              they point to an
                   • inherent pattern;
              they show an

    underlying

                        • principle and
                        • concept of life.
              In different words,
                   the actions of
                        • the hand
                           symbolize
                               • your everyday

    activities and

                                   • reactions –
                                          • the outer
                                         and
                                          • the inner –
                               • the many
                                  • little,
                                  • in themselves seemingly unimportant
                                       events,
                             and
                               • your attitude to them.
25
              The activity of
                   • the feet,
                        however,
                           symbolizes
                               • movement of the entire person –
                                                      or lack of it
                                                         if you stand still.
```

```
This [i.e., This standing still]
    can be
         • positive
            in the sense
                of
                    • taking a firm stand,
                of
                    • not running away.
Or it
    can be
         • negative
            in the sense
                of
                    • a standstill,
                  or
                    • stagnation.
The feet
    involve
         the entire
            • body –
          or
            • person.
In psychological terms,
    applied to your life,
         the movement of
            • your feet
                symbolizes
                    major
                        • changes,
                        • decisions,
                        • attitudes.
```

```
All life
    is differentiated
         between these two kinds of actions [i.e., All life is differentiated between
                                actions of the hands and actions of the feet]:
            • the actions [i.e., the actions of the hands]
                 that are of minor importance
                    if they are
                        • not a repeated pattern -
                                [if actions are not a repeated pattern but rather are]
                                   • passing,
                                   • fleeting
                                        ones [i.e., passing, fleeting actions],
                                   • those that
                                        do not necessarily involve
                                           your innermost being,
                                               unless, of course,
                                                   they are, as said before,
                                                       a repeated pattern.
            • It [i.e., the action of the hands]
                 is the action that
                    does not necessarily affect
                        • the inner being.
                        • The outer being,
                           perhaps.
            But this [i.e., But just because actions of the hands are of minor
                        importance and do not necessarily affect the inner being]
                 is not to be taken to mean
                    that such actions
                        do not produce effects
                           that come back to you.
```

```
The major actions -
    feet -
         symbolize
            · decisive change,
            • great decisions,
            • self-propelling movement -
          or
            • the lack of it.
These actions
    determine
         your
            • spiritual "stand,"
         your
            • basic attitude toward
                all major issues of life.
I need hardly emphasize again
    that one's
         conscious
            attitude
                is not necessarily
                   the
                        real
                           • inner and
                           • unconscious
                               one [i.e., not necessarily the real inner and
                                                      unconscious attitude].
It [i.e., your spiritual "stand," your basic attitude toward all major issues of life]
    determines
         whether or not
            you choose
                the way
                   upward
                        • with all that this calls for
                           in order to pursue it,
                        • willing to pay the price
                           by overcoming
                               a special resistance.
```

```
Such overcoming [i.e., Such overcoming of a special resistance]
                  necessitates more

    movement or

                       action
                          than just the minor ones
                              of your hands
                                 that allow you to
                                      "remain in place,"
                                         so to speak.
26
              Needless to say
                  that such major activity
                       has an even greater effect on
                          • yourself
                        and
                          • others around you
                              than the
                                 minor
                                      • actions and
                                      • reactions.
              The major activity
                  establishes
                       your
                          • place in life,
                       your
                          • major events.
                   With it [i.e., With this major activity represented by your feet and by which
                                     you determine your spiritual "stand," your basic attitude
                                      toward all major issues of life,]
                       you build
                          your fate,
              and
                  with it
                       you determine
                          the minor
                              • actions
                             and
                              • reactions.
```

```
27
              "Burning":
                  Do you have any idea what it could symbolize?
              [Responses]
                  { • Sacrifice.
                    • Purification.
                    • Inner desire for development.}
              ANSWER:
              ["Burning" symbolizes]
                   • The fire
                       of
                          • love.
                   • The burning
                       of
                          • being alive,
                          • action,
                          • doing in the
                               • right,
                               • organic
                                  way.
              It [i.e., "Burning"]
                  contains
                       all of what you said [i.e., sacrifice, purification,
                                                     inner desire for development].
                          • Love,
                          • sacrifice,
                          • purification,
                          • everything -
                              that
                                  • spark,
                              that
                                  • burning spark contained
                                      in all living organisms.
```

If you let this spark free to become a • burning flame, instead of • burying it in ashes, you will incite the spark in others. **QUESTION:** Is that the Divine Spark? ANSWER: Yes. 28 **QUESTION:** May I ask something that I think has been asked before, but I still don't quite know the answer. Why is it that all these things were not explained with enough clarity so that they could not have been misunderstood?

29	
	ANSWER:
	My dearest friends,
	as long as one's
	inner growth
	is not sufficiently developed,
	there is absolutely
	no way of understanding
	a spiritual meaning,
	whether
	• clearly and
	• directly,
	expressed,
	so that misunderstanding can be ruled out,
	or
	• conveyed
	• allegorically and
	• indirectly.
	In fact,
	the more direct
	the explanation,
	the more dangerous
	it is for those
	whose understanding
	has not reached a higher level
	through development.
30	
	Even today,
	when humankind is in many ways
	more developed,
	if my teachings
	were presented to people
	who are far away from such thinking,
	• such concepts,
	• such ideas,
	• my words
	could not possibly
	be understood.

The little that might make some sense to them [i.e., The little that might make some sense to those who are far away from thinking such as that contained in my words] would have a worse effect than what they do not understand at all. They would be bound to misunderstand which is not at all the same as not understanding and therefore abuse would be inevitable. 31 **QUESTION:** I didn't mean my question in such psychological terms, but in simple terms, like some sayings in the Bible which are clear even today. For instance, "Do not do unto others what you do not want to be done unto you." This is similar in meaning. but is much clearer. 32 ANSWER: I can only repeat that great truth cannot be revealed to one who is not yet capable of understanding. **That person** [i.e., That person who is not yet capable of understanding] is just as apt to misunderstand the "simple" explanation as the concealed one.

```
But for those who
                  can understand,
              the concealed one,
                  hidden in symbols,
                       has an additional
                          • meaning and

    revelation

                              that cannot be found in simple statements.
33
              Today, when the masses understand
                  much more than they did thousands of years ago,
              truth can be given
                  • more directly,
                  • less veiled.
              But still,
                  misunderstanding
                       cannot be avoided,
              and therefore the
                  • dosage or
                  • proportion,
                       as to
                          • how much chance can be taken,
                          • how much can be revealed,
                              has to be well weighed.
              Sometimes
                  more truth
                       can
                          have a
                              • worse effect
                        and
                          lead to
                              • greater harm
                            than [i.e., than can]
                              • less truth.
              For

    misunderstood truth

                       leads to
                          • half-truth
                              which is the most dangerous of all.
```

```
Much of this [i.e., Much misunderstood truth leading to half-truth,
                        the most dangerous of all outcomes when truth is revealed]
    • has happened
  and
    • is bound to happen
        in the future.
It [i.e., Misunderstood truth leading to half-truth,
                the most dangerous of all outcomes when truth is revealed]
    cannot be avoided,
        because
            the benefit for
                those few
                   who derive real understanding
                       from revealed truth
                          will balance it out.
This is why there must be a
    constant weighing
        between the
            • benefit
        and the
            • harm
                that truth can bring.
Hiding the inner sense
    behind
        symbols
            is one way in which
                both considerations
                   can be achieved.
The symbolism
    protects the truth
        from those who would

    misunderstand and

            • abuse
                it.
And it [i.e., And symbolism]
    reveals it [i.e., reveals truth that is hidden behind symbolism]
        to those who are ready for it [i.e., to those who are ready for the deeper
                                      truth being revealed behind the symbolism].
```

34 But since no one is developed and • fully open in all areas of their being, those who passed on the truth, • who translated it, have • misquoted, misunderstood and distorted the original meaning. Everyone who ever did so [i.e., Everyone who ever did misquote, misunderstand, and distort the original meaning of the truth being revealed to them] did it in a different respect. **But this** [i.e., But this misquoting, misunderstanding, and distorting of the original *meaning of the truth being revealed to them]* did not happen because the truth was presented in symbols and • parables, but because the person's understanding was not sufficient [i.e., the person's understanding was not sufficient to grasp the real meaning of the truth being revealed to them in symbols and parables]. It would have been worse if the truth had been presented directly [i.e., directly rather than hidden in symbols]. Truth can be a very dangerous weapon, my friends.

Even the truth

that I present to you

can have such a result.

```
If people are unwilling to
    apply it [i.e., If people are unwilling to apply the truth that I present to them]
         • personally,
         • in the deepest possible sense,
they will assume
    judgment over others
        that may be all the more dangerous
            in that it would be
                partly
                   true.
    Without recognizing
        • their own
            negative tendencies
people would gain
    an acute perception of
         • other people's
            negative tendencies,
                on which they then can focus
                   out of all proportion,
                        ignoring other factors
                           that change the overall view.
With this outlook,
    they [i.e., people who do not recognize their own negative tendencies
             but gain an acute perception of other people's negative tendencies]
         become
            arrogant.
    They
        judge wrongly,
            although what they see
                may be correct.
And such teaching of truth
    may just enhance
        the negative outlook toward
            others,
                if they themselves
                   do not sincerely
                       search within themselves
                           • for what is most painful,
                           • from what they cringe most!
```

	Truth
	has to be handled with
	• care and
	• responsibility.
	ı v
	If people are
	inwardly ignorant,
	it is better
	• not to feed them truth,
	but leave them rather
	• in outer ignorance.
35	
	COMMENT:
	Jesus himself said,
	"For the letter killeth,
	but the spirit giveth life."
	ANSWER:
	Yes,
	that is it.
	titti is ti-
	You will all see more
	and more
	that this holds true.
	Now, what is your next question?
36	
	QUESTION:
	What is the true definition of
	ability
	in a human being?
	ANSWER:
	Above all,
	it [i.e., the true definition of ABILITY in a human being]
	is the knowledge of
	one's own
	• potentials
	and
	• limitations.

```
Where the clear understanding of
    • one's own limitations
        is lacking,
    • ability
        must be lacking.
So we always come back to the same [i.e., we always come back to the same key
               factor determining one's human ABILITY: true knowledge of
                oneself, of one's PONTENTIALS, AND of one's LIMITATIONS].
Self-knowledge,
  a
    • true and
    • realistic
        self-evaluation,
           is the only thing
                that can bring forth
                   the maximum
                       • ability,
                       • creativity
                     and
                       • healthy strength.
The limitation
    does not only have to be recognized
        concerning a possible
            • lack of talent that one wants
                but cannot have due to certain factors.
The limitation
    has to be recognized also
        concerning a
            • potential [i.e., a potential ability that would be possible with a
                   TALENT one DOES have,
                but which]
                   one does not wish to go to the trouble of
                       building up
                          into
                               • ability,
                          into
                               · accomplishment.
```

```
In other words,
    a dormant talent
         may indeed exist,
but the person
    may wish its
         perfected state
            without the
                 • labor and
                 • effort
                    of cultivating it.
Insight into one's
    • hidden desires
  and
    • their reasons [i.e., and the reasons for having those hidden desires]
         will bring the talent forth
            if it [i.e., IF the talent]
                 actually exists.
If so [i.e., If the talent for one's hidden desires actually exists in him or her],
if it [i.e., if one's hidden desire for which one has the talent]
    is supposed to be
         accomplished,
frustration accrues
    because
         the person does not realize
            that he or she is
                 not really doing the work required
                   to build it up [i.e., to build up the latent talent he or she has].
With such
    honest self-appraisal,
proper decisions
    • must finally result,
  and
    • lead to
         • ability,
         • creativity
         • healthy strength.
```

37	
	QUESTION:
	You suggested last time that I bring this question up again.
	The question was:
	"If there is to be a hurt
	anyway,
	I'd rather have a
	self-inflicted hurt
	than
	be hurt by someone else."
38	
	ANSWER:
	In part,
	I have gone into the subject of
	• self-punishment
	and
	• self-destructiveness
	before,
	but I will extend it a little
	in the light of the new knowledge you have gained.
	Of course,
	this is also a question
	of
	• pride,
	of
	 the feeling of being exposed to others,
	while one is a helpless victim.
	All this contributes greatly to the
	unconscious
	desire
	to hurt oneself
	before anyone else has the chance.
39	
	But there is a
	• deeper and
	• more important
	underlying reason [i.e., underlying reason for an unconscious desire
	to hurt yourself before anyone else has the chance to hurt you]
	which has evolved out of the recent lectures.

I will show you how it [i.e., show how material evolving from recent lectures] applies to this question [i.e., applies to this question as to the reason behind an unconscious desire to hurt yourself before anyone else has the chance to hurt you].

```
As you now know,
    there are two predominant
        inner
            • attitudes,
            • currents or
            • forces
                in the human being.
On the one hand,
    there is the desire for
         • love –
                • to be loved
              and
                • to love -
            both
                • realistic
              and
                • unrealistic,
                • mature
              and
                • immature.
On the other hand,
    there is the aggressive tendency of desire for
         • rulership,
     for
         • mastery over others,
     for
         • dominion.
One [i.e., One of these two desires – for LOVE and AGGRESSIVE RULERSHIP]
    must inevitably interfere with
        the other [i.e., the other of these desires].
One [i.e., One of these two desires]
    must exclude
        the other [i.e., must exclude the other of these desires].
```

```
Yet, unconsciously
    you think they [i.e., you think the desire for LOVE and the AGGRESSIVE
                tendency of desire for DOMINION and mastery OVER OTHERS]
        can be combined.
You try to
    make one
        serve for the other,
           and this attempt is bound to fail.
It [i.e., Your attempt to combine your desire for LOVE with your AGGRESSIVE
                tendency of desire for DOMINION and mastery OVER OTHERS]
    creates
        a tremendous conflict within.
As long as you are
    not

    acutely and

    specifically

            aware of these two currents [i.e., not acutely and specifically aware of
                these two currents – the current of LOVE and the current of the
                AGGRESSIVE tendency of desire for MASTERY OVER OTHERS],
you cannot
    come to terms with life.
As long as you try to
    struggle out of this conflict [i.e., try to struggle out of this conflict between
               forces of love and the aggressive forces of mastery over others]
        by
           • blind and

    unconscious

                attempts
                   to make two mutually exclusive forces
                       serve the same end,
you must
    inwardly
        be torn apart.
Only conscious awareness of
    this conflict [i.e., conscious awareness of this conflict between forces of love
                and the aggressive forces of dominion and mastery over others]
        will show you
```

• the way to make peace within yourself,

• how to integrate the two currents.

40 *How these two currents* [i.e., How these two currents – the current of LOVE and the AGGRESSIVE current of DOMINION and mastery OVER OTHERS] are distributed varies with each human being. With one person *one* [i.e., one of these two currents – the current of love or the aggressive current of dominion and mastery over others] may by far be the predominant one. With another, it [i.e., With another person which of these two currents is at play – the current of love or the aggressive current of dominion and mastery over others] • fluctuates and changes, at one time one current is stronger, at another time the other. Still with another person it [i.e., Still with another person the play of these two *currents* – *the current of love and the aggressive current of dominion* and mastery over others] is sort of evenly split. • Your outer life, • what you have and • what you lack, and • how you have what it is you aim for, is a clear indication of the • strength and • distribution

of these two forces battling within.

```
41
              Integration of these two forces [i.e., Integration of the current of LOVE and of
                       the AGGRESSIVE current of DOMINION and mastery OVER OTHERS]
                  does not mean
                       the complete elimination of
                          • one
                        or
                          • both.
              It
                  simply means that
                       both forces
                          be used in a
                              healthy way,
                                 when there is a
                                     • real reason
                                   or

    need

                                        for either,
                                             without
                                                • compulsion,
                                             without
                                                • frenzy,
                                             without
                                                • imagined need
                                                    that does not actually exist.
              Only upon
                  clear insight of
                       • the existence of these two forces [i.e., the existence of both the force of
                              love and the aggressive force of dominion and mastery over others]
                     and
                       • how they damage you in your blind struggle
                          can you realize
                              how much superfluous energy you put into
                                 the pseudo-solution [i.e., the pseudo-solution of wrongly
                                          combining these two currents in their unhealthy state]
                                     that you
                                        unconsciously
                                            thought would work for you.
```

And only then [i.e., And only upon the clear insight of the existence of the force of love and the aggressive force of dominion and mastery over others and of how these two forces damage you in your blind struggle between them, and how much energy you waste trying to make them both work for you while they are in their unhealthy and immature state]

will you use

either of these two forces [i.e., use of either the force of love or the aggressive force of dominion and mastery over others]

in the
• healthy
and

• constructive

way

for which they originally are destined.

Such knowledge [i.e., Such knowledge of healthy and constructive use of the force of love and the aggressive force of dominion and mastery over others] can never come to you by theorizing about it.

The only way
is by finding
at first
the existence of their
negative functioning
within yourself.

For instance, the desire for love is quite legitimate.

But

if this desire
 is used in your adult years
 to overcome a childhood hurt,
if you use
 all your unconscious energies
 in this direction,
the urgency
 of this blown-up desire
 becomes destructive.

```
It [i.e., This desire for love that was missing in childhood, when used in adult years
                to overcome this childhood hurt, and as such is blown out of
                proportion and becomes destructive]
    no longer fulfills its
        original purpose.
But you have to
    clearly

    understand and

         • see
            how this applies to
                you.
On the other hand,
    you unconsciously
         use the aggressive force
             to overcome
                your
                   insecurity,
                vour
                   feelings of inadequacy.
You use it [i.e., You use the aggressive force]
    to gain
         • respect,
         • power,
         • admiration,
            unconsciously believing
                that thereby
                   you also gain love.
In reality
    the aggressive force,
        in its healthy way,
            is supposed to serve you
                • in actual danger
                   for actual defense,
                • to assert yourself
                   when your integrity is at stake,
             or
                • to prohibit others from
                   taking advantage of you.
```

But most human beings • are submissive in the wrong place and • vield where they should assert this healthy current [i.e., should assert this healthy positive aggressive current]. Yet where they should not, they often use aggression most violently. **The healthy way** [i.e., The healthy way of using aggression] will never cause • interference and • mutual exclusiveness. • The desire for love and healthy aggression are meant to live peacefully side by side. 42 **Due to this conflict** [i.e., this conflict between the desire for love and aggression] tearing you apart and the time has come when all of you should become acutely aware of this [i.e., this conflict] the tendency to • inflict hurt upon yourself rather than • taking the chance of being hurt by others can be much better explained. Unconsciously, you know perfectly well how futile this struggle is [i.e., how futile this struggle is between the desire for love and using the aggressive force of dominion and mastery over others in order to experience the love you desire].

```
One part of your subconscious
    tries to take the easy way out [i.e., take the easy way out by fulfilling your
        desire for love through aggressive, unhealthy, and destructive tendencies].
Another,
    deeper part of your being,
        • watches
      and
        • knows this [i.e., knows this aggressive approach
                               to fulfilling your desire for love]
            is
                • futile
              and
                • damaging.
This deeply hidden knowledge
    is not correctly interpreted
        by your consciousness.
This voice [i.e., This voice from a deeper part of your being]
    merely means to convey:
         "You are on the wrong track
            the way you are going.
        Seek another way out."
Your conscious feeling
    only knows "futility"
        and this gives you a sense of
            • hopelessness,
            • impatience
          and
            • disgust with life,
            • the feeling of
                "What is the use?"
```

```
Yes, this mood [i.e., Yes, this mood of "futility," hopelessness,
                and the feeling of "What is the use in hoping," regarding ever
                fulfilling your desire for love]
    can sometimes be applied to
        outer
            things happening
                to you
                   that seem to be a
                        "reason"
                          for your discouragement [i.e., discouragement about
                                                      ever finding love in your life].
But deep down,
    this [i.e., But this voice from a deeper part of you saying "You are on the
                wrong track for finding love – you must seek another approach."]
        is the real reason [i.e., the REAL reason for your UNFULFILLED desire
                                                                        for LOVE]
In
    this
         • disgust with life,
    this
         • feeling of pointlessness,
                vou
                   must
                        hurt yourself.
You must even
    want
         to hurt yourself,
           for then, at least,
                you have a visible explanation
                   for your deep discouragement.
This [i.e., This hurting yourself in some way]
    is easier to bear
        than
            the absence
                of all outer "reasons" [i.e., than the absence of all the outer
                        "reasons" for your discouragement about love and not
                        hearing, understanding, or being willing to follow the inner
                        voice telling you that you must find another track for love]
```

```
43
              QUESTION:
             Is there a corresponding organ of
                  the inner eye,
                      located between the two outer eyes?
              ANSWER:
              Yes, my friends.
             All your
                  • outer
                      organs
             are duplicates of
                  • inner
                      organs.
              In fact,
                  you have
                      more
                         • inner
                      than
                         • outer
                              organs.
             Not all of your
                  real organs [i.e., Not all of your real inner organs]
                      manifest in the physical body.
44
              QUESTION:
             I am very confused about
                  all the selves.
               The
                  • lower self,
                  • higher self,
                  • inner self,
                  • mask self,
                  • psyche
                      and all.
              Could you straighten me out?
```

```
45
              ANSWER:
              Well, my dearest friends, you see,
                   • the higher self
                   • the inner self,
                       are of course
                           the same.
              If I now tend to use
                   • the latter [i.e., the inner self]
                more often than
                   • the former [i.e., the higher self],
              I have a good reason for that.
               When I first discussed
                   the
                        • higher,

    lower and

                       • mask
                           selves.
              it was a considerable time ago [See Lecture 14: The Higher Self, the Lower Self,
                       and the Mask – a lecture given three years earlier on October 11, 1957, a
                       mere 7 months after the very first lecture that was given, March 11, 1957].
              It was long before
                   we went into
                       the depths of your being,
                           in this phase of self-search.
               Then [i.e., Then, in Lecture 14: The Higher Self, the Lower Self, and the Mask,]
                   I tried to show you a
                        • general,

    overall

                           division of the human being
                               in an abbreviated form, so to speak.
              But as you gain
                   deeper insight into yourself,
              vou begin to see
                   that this threefold division
                       is not always strictly separated.
```

```
The borderline [i.e., the border line between the higher, lower,
                                      and mask selves or divisions]
    is a thin one.
And often,
    one [i.e., one of these three divisions]
        interacts with
            the other.
Each of these three divisions
    contains
        a number of layers.
For instance,
    an original tendency,
         coming from
            the higher self,
                can be
                   • distorted
                       by your inner
                           • deviations and
                           • conflicts
                and therefore be
                   • abused
                       by negative motivations.
Hence,
    it would lead to oversimplification
        to stick to the terms
            • higher self,
            • lower self
          and
            • mask self.
The term
    • inner self
         will now make you more aware of
            this innermost core of your being,
                without hindering you
                   by
                       ever so slight an implication
                          of
                               moral judgment.
```

```
46
              There is also another reason why
                  I sometimes consider it useful
                       to change an

    expression or

                          • terminology.
              When it [i.e., When an expression or term]
                  is too often repeated,
              you cease to
                  feel
                       the real meaning.
              It [i.e., An often-repeated expression or term]
                   becomes
                       a label
                          and that is
                              bad.
              It is always necessary
                  to approach this work
                       with a
                          • freshness
                               in
                                  • feeling and
                                  • outlook.
              This [i.e., This keeping freshness in feeling and outlook]
                   may be helped along by a
                       new
                          • term or
                          • word.
              It [i.e., Frequent use of a NEW term or word]
                   helps you to
                       avoid stagnation
                          in your concepts.
              It [i.e., Frequent use of a NEW term or word]
                  avoids
                       clinging to ready-made words
                          which have by repetition
                              lost their
                                  inner meaning
                                      for you.
              That [i.e., Repetitive overuse of a term or word to describe a particular truth]
                  is the trouble with
                       all truth teachings.
```

```
47
              • The lower self
                   has, of course,
                       nothing to do with
                           • the inner self,
                               although it [i.e., although the lower self]
                                  is not
                                       always [merely]
                                          on the surface.
              But you
                   no longer need these terms [i.e., these terms higher, lower, and mask selves]
                       now that you have progressed from there.
              And now you can also see
                   that it [i.e., see that the topic of distinctions among
                                                      the higher, lower, and mask selves]
                       is not as simple as all that.
              At the time we discussed this topic [i.e., In Lecture 14, on October 11, 1957],
                   this threefold division
                       served as
                           • a plan,
                           • an outline,
                               so to speak.
              Now that you

    analyze

                 and
                   • learn to understand
                       your
                           inner
                               • reactions
                             and
                               • attitudes,
              you no longer need to think in terms of
                   such limiting divisions [i.e., such limiting divisions as higher,
                                                                     lower, and mask selves].
               What served once as
                   a mere sketch [i.e., a sketch in merely
                                              three divisions: higher, lower, and mask selves]
                       is now being filled in with details.
```

```
Do not forget,
                 these lectures are something
                      alive.
              They are
                 adapted
                      to
                         • your progress,
                      to
                         • the need of
                             the present
                                in your individual work.
48
              The psyche
                  indicates
                      your inner world
                             • feeling
                           and
                             • reacting,
                                generally speaking.
             Is that clear?
             [Response]
             {Yes, thank you very much.}
49
             QUESTION:
              The word
                  "image"
                      brings to mind an essay I just read,
                             • "Imago Dei,"
                             • the "Image of God."
```

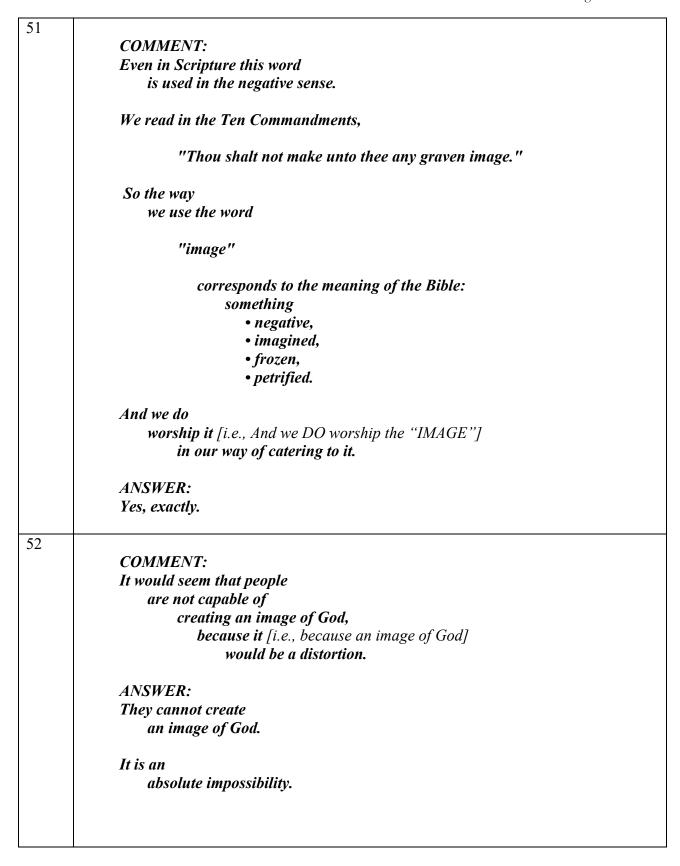
```
I wondered often
                  why you chose the word
                       "image"
                         to suggest
                             a negative attribute within us,
                                when
                                     in Scripture
                                        we read that
                                            we were created
                                               in the
                                                   "image of God."
              Is it meant
                  that humans are not supposed to
                      create an image of God
                         since human-made images
                             are only projections,
                  but that only
                      God
                         can create
                             the image of himself
                                in man?
50
              ANSWER:
              I chose the word
                  "image"
                      because,
                             as again the symbol will clarify,
                         an image is something
                             like a picture.
              I could have used
                  this expression [i.e., this expression "picture" or "symbol"]
                      as well.
              Both [i.e., Both "image" and "picture" or "symbol"]
                  are rather
                      • static,
                      • dead,
                    and
                      • an imitation of life,
                         depicting pseudo-reality.
```

```
It [i.e., "Image"]
    may be
         very artful,
but nevertheless
    it is
         • not nature,
    it is
         • not real.
If you now
    ponder the significance of the images within yourself,
you will clearly see
    how aptly
        this expression has been chosen.
Your images
    are
        pseudo-defenses.
They [i.e., Your images]
    are
         based on
            unreal assumptions.
They [i.e., Your images]
    are supposed to
         bring you
            • happiness –
            • beauty.
But it
    cannot really be so [i.e., But you
                really cannot find the happiness you seek through your images].
```

```
Since
    human language
        is limited,
it is always easy to

    misunderstand

  and
    • find a different meaning
        for the same word.
We have to
    • keep this in consideration,
  and
    • adopt the attitude
        that
            words
                are merely
                   an expediency.
This will prevent you
    from making them [i.e., prevent you from making the words
                                             we use in these lectures]
         • a stumbling block
      or
         • a rigid factor
            that stands in your way.
When we speak of images
    in our sense,
we know what we mean.
But we can always keep in mind
    that other
        • people
      or
         • schools of thought
            think of something different.
This [i.e., This act of keeping in mind that other people and schools of thought
            think differently and use words that are different from the words I use]
    will
        • retain flexibility of outlook
         • prevent misunderstanding.
```



```
It [i.e., Creating an image of God]
                  is inconceivable for
                      • the human concept,
                      • the human brain.
              It [i.e., Creating an image of God]
                  is utterly impossible.
              The truth of the commandment
                  lies in the proof that,
                      in spite of this commandment [i.e., in spite of this commandment:
                                     "Thou shalt not make unto thee any graven image."],
                         people have made an image of God
                              and
                                 it turned out to be
                                     so tragically damaging.
              This [i.e., People making an image of God]
                  led to the
                      anthropomorphic concept of God
                         who is supposed to be
                              like a person,
                                 arbitrarily
                                     meting out
                                        • punishment
                                       and
                                        • reward.
              That is the result of
                  making an image of God.
53
              I have given you
                  food for thought
                      that can become
                          very fruitful for you
                                 you choose to make it so.
```

```
I go from you
    with
         • all our blessings,
    with
         • our strength.
    May they [i.e., May our blessings and strength,
                        and the food for thought I have given you in this lecture]
         • penetrate
      and
         • envelop
            you,
    may they [i.e., May our blessings and strength and
                        the food for thought I have given you in this lecture]
         • enrich you,
and
    may you find through them
         renewed strength
            to continue on
                this path of self-finding.
How fortunate you are!
    For,
         the
            • liberation,
         the true
            • joy
          and

    happiness resulting

                from it [i.e., resulting from our blessings and strength and from
                               the food for thought I have given you in this lecture]
                   is in your hands -
                               in pursuing this path of
                                  finding
                                       that within you
                                          which
                                               blocks
                                                  your

    happiness

                                                   and
                                                      • joy.
```

```
Keep up the work,
each one of you,

for
• your own sake,

for the sake of
• those around you,

for the sake of
• all humanity,

and
for the sake of
• the entire universe.

Be blessed,
be in peace,
be in God!
```

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