

# Pathwork Lecture 118: Duality Through Illusion – Transference

1996 Edition, Original Given October 18, 1963

This lecture is given in an **expanded poetic format**, what I call a **Devotional Version** 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 Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**.

The blessings to me in developing this version have been truly profound, and my wish is that this Devotional Version will be a blessing to others. **I invite you to slowly read and ponder this version 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, usually italicized**. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/> Gary Vollbracht

¶	Content
03	<p style="text-align: center;"><b><u>Greetings,</u></b> <b><u>my dearest friends.</u></b></p> <p style="text-align: center;"><b><u>God bless</u></b> <b><u>all of you.</u></b></p> <p style="text-align: center;"><b><u>Blessed be</u></b> <b><u>this hour [i.e., blessed be this time we now spend together].</u></b></p> <p style="text-align: center;"><b><u>So long as human beings</u></b> <b><u>are</u></b> <b><u>negatively involved</u></b> <b><u>with</u></b> <b><u>life,</u></b> <b><u>they must</u></b> <b><u>remain in the earth-life cycles</u></b> <b><u>because</u></b> <b><u>this particular sphere</u></b> <b><u>offers the conditions</u></b> <b><u>that are compatible with</u></b> <b><u>their negative involvement.</u></b></p>

	<p><u>Only</u> <u>after</u> <u>having overcome negative involvements</u> <u>will</u></p> <ul style="list-style-type: none"><li>• <u>the cycle of births</u> <u>into this sphere</u> <u>cease and</u></li><li>• <u>human development</u> <u>continue</u> <u>in other spheres,</u> <u>offering</u><ul style="list-style-type: none"><li>• <u>new conditions,</u> <u>compatible with</u></li><li>• <u>the new state.</u></li></ul></li></ul>
04	<p><u>What does</u> <u>negative involvement</u> <u>mean?</u></p> <p><u>It means, primarily,</u></p> <ul style="list-style-type: none"><li>• <u>confused</u> <u>notions of reality,</u></li><li>• <u>confused</u> <u>concepts.</u></li></ul> <p><u>Where</u></p> <ul style="list-style-type: none"><li>• <u>confusion,</u> <u>and therefore</u></li><li>• <u>illusion,</u> <u>prevails</u> <u>there must,</u> <u>of necessity,</u> <u>be</u><ul style="list-style-type: none"><li>• <u>conflict –</u></li><li>• <u>split concepts –</u> <u>which divides</u> <u>the psyche.</u></li></ul></li></ul>

- Split and
- conflict  
[in the psyche] is the consequence of
  - illusion or
  - misunderstanding.

As people gain  
inner

unity  
by

- perceiving and
- experiencing  
true reality,
  - the split [in the psyche due to its confusions and illusions]  
mends and
  - negative involvement  
ceases.

05

This idea [that through inner unity (by the psyche perceiving true reality rather than  
being confused by illusions) the inner split in the  
psyche mends and its negative involvement ceases]  
has been expressed  
in many different ways  
throughout the ages.

If it [i.e., if this idea]  
is fully understood,  
no possible doubt can arise  
about reincarnation  
which,  
for many people,  
is but

- a vague belief,
- a theory.

Everyone who has  
profoundly  
experienced  
the reincarnational aspect of creation  
recognizes  
that it [i.e., that the reincarnational aspect of creation]  
cannot be any other way.

*[The reincarnational aspect of creation cannot be any other way,]*

**For as long as a person**  
**has not dealt with**  
**the flaws in himself**  
**that**  
**separate him**  
**from**  

- **truth and**
- **reality,**

**he or she has to [continue to] live**  
**within conditions**  
**that manifest**  
**the illusory state.**

**That [illusory] state**  
**produces**  

- **the conditions and**
- **the environment**

**which, in turn,**  
**offer the only possible means**  
**to**  

- **learn,**
- **recognize, and**
- **overcome**

**the illusions.**

**Therefore**  
**this earth life**  
**expresses**  

- **the general state of humanity as well as**
- **the split [in the human psyche] produced**

**by a confusion about reality.**

06

**Many manifestations of your earth life**  
**symbolize**  
**duality**  
**because so many things**  
**appear as**  
**pairs of opposites.**

*In philosophical thinking,  
humankind itself is paired –*

- man  
    *and woman,*
- night  
    *and day,*
- life  
    *and death.*

*These are but a few examples of  
how life on earth  
presents itself  
in two-way splits.*

*Humankind thus  
expresses a twofold split  
that manifests in many other ways,  
though this phenomenon  
is not truly understood.*

*The two-way split  
does not apply to the  
• animal,  
• plant, or  
• mineral  
kingdoms,  
which  
• are still in a lower state and  
• find themselves in a  
more than twofold split.*

07

*Meditation on  
abstractions  
cannot  
bring forth  
a profound understanding of this split.*

*[By] Doing the work on this path [i.e., this pathwork], however,  
you will discover  
little by little  
your  
• personal  
• unconscious  
misconceptions,  
making abundantly clear  
how they create  
the various conflicts  
that force you to choose  
between two alternatives.*

*Of course,  
both alternatives  
• are unsatisfactory and  
• create a state of hopelessness,  
simply because  
they both  
lead to an unsatisfactory conclusion.*

08

*Any one of my friends  
who has made sufficient progress in this respect  
can bring examples [of how unconscious misconceptions create conflicts  
that force you to choose between two unsatisfactory alternatives].*

*These [personal examples] will offer  
the greatest possible enlightenment.*

*The personal examples  
may then be extended,  
so that  
what I say in this lecture  
will become  
a personal  
experience  
of truth.*

*This is the only way  
to understand fully  
the state of duality.*

*Meditation on abstractions  
can never accomplish that.*

09

When you are in a dualistic confusion [-- seeing two opposite alternatives leading to equally unsatisfactory conclusions about choices in life],

you are negatively involved  
• with life and  
• with others.

The primary negative involvement occurs within yourself, in your misunderstanding  
• of concepts,  
• of aspects of reality.

Unresolved [dualistic] confusions remain in the psyche and are bound to recur in each lifetime.

Life conditions then are bound to bring the [dualistic] confusions to the fore,

unless the personality persists in  
• disregarding them and  
• evading the issues.

This [disregarding of dualistic confusions and evading issues involved], unfortunately, happens only too frequently.

10

The most intense and dramatic karmic relationships are those between  
• parents and  
• children.

*The unresolved*

- confusions,
- conflicts

*and the subsequent*

- basic split

*must be challenged*

*most dramatically*

*in this relationship [between parents and children].*

*The double relationship*

*from*

- the child

*to both*

- father

*and*

- mother

*is another symbol*

*of the splits*

*that mark this earth sphere.*

*To the degree that*

*the child's psyche*

*is*

- free and

- healthy,

*the relationship with*

*a set of parents*

*manifests as*

*an asset.*

*But when*

*the negative involvement [in the child's psyche]*

*is still strong,*

*the parents*

*represent*

*the two sides*

*of the*

*inner*

*[dualistic] split.*

11	<p><u><i>If you examine</i></u></p> <ul style="list-style-type: none"><li>• <u><i>your main</i></u><ul style="list-style-type: none"><li>• <u><i>problems and</i></u></li><li>• <u><i>conflicts, the</i></u></li></ul></li><li>• <u><i>images, the</i></u></li><li>• <u><i>defense mechanisms,</i></u></li><li>• <u><i>pseudo-solutions and</i></u></li><li>• <u><i>wrong conclusions</i></u></li></ul> <p><u><i>you have found so far,</i></u> <u><i>they will</i></u> <u><i>eventually</i></u> <u><i>reveal</i></u> <u><i>a basic inner [dualistic] attitude</i></u> <u><i>by which</i></u> <u><i>you are governed.</i></u></p> <p><u><i>This basic attitude [by which you are governed in all of life]</i></u> <u><i>is always</i></u> <u><i>split in half [i.e., split into two dualistic halves],</i></u> <u><i>which means that</i></u> <u><i>the fundamental attitude</i></u> <u><i>that underlies</i></u> <u><i>your negative involvement [within yourself, with others, and with life]</i></u> <u><i>fluctuates between</i></u> <u><i>two ways of reacting [to situations and to other persons].</i></u></p>
12	<p><u><i>Such deep recognition [of this fundamental split-in-half inner attitude</i></u> <u><i>that underlies your negative involvement in life]</i></u></p> <p><u><i>can be found</i></u> <u><i>only</i></u> <u><i>by those who work</i></u> <u><i>intensely</i></u> <u><i>on a path of</i></u> <u><i>self-confrontation.</i></u></p> <p><u><i>It [i.e., such deep recognition of this fundamental split-in-half inner attitude]</i></u> <u><i>goes beyond</i></u> <u><i>isolated scraps</i></u> <u><i>of recognition</i></u> <u><i>of specific</i></u><ul style="list-style-type: none"><li>• <u><i>images or</i></u></li><li>• <u><i>misconceptions.</i></u></li></ul></p>

They all [i.e., all the isolated scraps of recognition of specific images or misconceptions]  
must form  
one nucleus,  
manifesting  
your personal  
two-way [dualistic] split.

Full

- realization and
- recognition  
of this basic split [i.e., realization and recognition of this fundamental inner attitude that is split into two dualistic attitudes that govern your life]  
indicates  
considerable
  - progress and
  - self-awareness.

When this [full] realization [of this fundamental inner attitude that is split into two fundamental attitudes that govern your life]  
begins to take shape,  
you will come to see  
that these  
two fundamental attitudes,  
constituting your split,  
represent  
your basic attitude  
to your parents.

One distorted attitude  
exists

- because of
  - influence exerted upon you  
by one parent
- and
  - your emotional response to it [i.e. to the influence of that parent].

An entirely different

- influence by and
- emotional response to  
the other parent  
produces  
the [other distorted attitude, the attitude of the]  
other side of your conflict.

13

*You could not resolve this twofold split  
before you entered this life.*

*Your parents,  
or rather*

- *certain aspects of their personalities*
- and
- *your response to them* [i.e., *your response to those*  
*certain aspects of your parents*],  
*personify*  
*the unmended split*  
*within your psyche.*

*Hence,*

*your parents*  
*are not responsible for your problems,*  
and yet  
*their faulty behavior*  
*toward you*  
*has to be*

- *faced and*
- *understood,*

*even though*

*it will seem to you for a while*  
*that they* [i.e., *that your parents*]  
*induced*  
*your particular way of reacting.*

*And this is true* [i.e., *your parents did induce your particular way of reacting*],  
*but only because*  
*you already came into this lifetime*  
*with your duality,*  
*born out of illusion.*

14

- When you perceive how  
you  
represent  
your parents  
within your psyche,
- when you sense  
the subtle interaction  
between
  - identification,
  - rebellion, and
  - various other reactions to them,you must come to  
experience  
the basic twofold split  
that governs your life.

This [twofold split that governs your life]  
will persist  
until you

- resolve and
- mend

it  
through

- insight and
- understanding.

At this point [i.e., at that point where your resolve and mend the basic  
twofold split that governs your life]  
theories cease to matter.

[For example,] It is  
not necessary  
to believe in  
reincarnation.

[Rather,] The important thing  
is the discovery  
that your parents

- express and
- personify

for you

- your duality,
- your illusory way of life.

15

*When this [i.e., when the discovery that your parents personify your duality] is truly understood, the dividing mark between*  

- *modern psychology*

*and*  

- *spiritual,*
- *metaphysical or*
- *philosophical ideas*

*vanishes.*

*The*  

- *so-called spiritual,*

*and until that moment,*  

- *theoretical concepts*

*become*  
*just as much*  
*a personal experience*  
*as any psychological discovery.*

16

*The "illusory way of life,"*  
*for lack of a better term,*  
*may describe as accurately as possible*  
*within the limitations of human language*  
*how*  
*this very distinct inner way of life [i.e., the way of life by which*  
*the inner duality set up in your psyche by certain*  
*aspects of your parents, aspects to which you react]*  
*governs you*  
*as a consequence*  
*of the negative involvement*  
*you re-experience*  
*with your parents [when you have*  
*negative involvement with others].*

When I say  
"way of life,"

- I do not mean
  - outer conduct,
  - certain characteristics  
that are typical for you,  
although they, too,  
may be connected with  
the twofold split.
- What I mean is
  - the automatic response,
  - the stereotyped reaction  
that you repeat throughout life,
  - reacting to others  
as you once did to your parents,  
without your being at all aware of it.

These repetitive responses [to others that you repeat throughout life]  
always  
apply to your basic split.

Where your soul  
is healthy,  
you are free  
of the blind compulsion  
to relive the past.

17

We have often discussed  
this automatism,  
but none of you, my friends,  
are as yet  
completely aware of it.

As your awareness grows,  
liberation becomes imminent.

This can happen  
only  
when you glimpse  
your personal twofold split,  
symbolized  
in your attitudes to both parents.

18

The child,  
starting a new life cycle,  
contains its  
• personal  
• unresolved  
conflicts.

Its duality  
is due to  
• illusion and  
• misconceptions.

At the same time,  
its psyche  
is very impressionable.

Everything  
it experiences  
has a  
• much fresher and  
• more intense  
impact.

Impressions  
• go deeper and  
• remain more firmly rooted –  
but always  
according to  
• the inherent health,  
or  
• lack of it,  
which determines  
how  
• impressions and  
• experiences  
are assimilated.

19

The  
• freshness and  
• impressionability  
of the child's psyche  
causes  
early experience  
to have  
a more extensive effect  
than  
a similar experience  
would have  
for an adult.

This can be  
observed constantly  
with children.

Children, for example,  
have  
a keener sense  
• of smell,  
• of taste.

They are  
more curious about  
the most simple  
manifestations of life.

This  
strong impact of life  
on the child's soul  
can be  
clearly observed.

How much more, then,  
must  
negative experience,  
resulting from  
previously unresolved conflicts,  
impress the psyche!

*But it cannot be  
too strongly emphasized  
that  
negative*  
• *experiences and*  
• *involvements*  
*occur*  
*only to the degree  
that the psyche  
is still in a state*  
• *of duality,*  
• *of illusory conceptual conflict*  
*when the entity is born.*

20

*This, my friends,  
is  
not the same  
as what I said about  
images.*

*The principle  
is the same, of course,  
but I am applying it [i.e., applying the principle] now  
on a  
much deeper level.*

*Here  
I do not refer*  
• *to a particular image  
you may have, or*  
• *even to your most important one.*

*I refer [rather] to  
the underlying basic conflict  
that is responsible for  
your*  
• *being  
a human entity and*  
• *living in  
this particular sphere of the universe.*

*This conflict*  
*is not*  
*inaccessibly hidden*  
*once you realize*  
*how your attitude*  
*to both parents*  
• *governs*  
*your basic life situations and*  
• *expresses*  
*your basic personality difficulties.*

*When you discover*  
*how you*  
• *relive*  
*your*  
• *father and*  
• *mother*  
*within yourself and*  
• *continue to*  
*respond to them [as they relive in your psyche],*  
*you experience*  
• *your basic split,*  
• *your very own brand of duality –*  
*for duality is not always the same –*  
*and, consequently,*  
*your comprehension of*  
*your personal limitations*  
*grows.*

*As they [i.e., as your personal limitations]*  
*are truly perceived,*  
*the limitations*  
*instantly lessen.*

- *Your range*  
*widens,*
- *your freedom*  
*increases,*
- *your vision*  
*extends,*
- *your security*  
*grows – and*
- *your inner harmony*  
*is established.*

*This [i.e., this fact that your inner harmony is established]*  
*is so*  
*because*  

- *split*

*and*  

- *harmony*

*are incompatible,*  
*and therefore*  
*as the split*  
*mends*  
*through*  

- *comprehension and*
- *realization,*

*your inner harmony*  
*must*  
*automatically*  
*increase.*

21

*All this*  
*can hardly be understood*  
*if one is not*  

- *active and*
- *rather advanced*

*on a path of self-discovery [such as this pathwork].*

*But even those*  
*who are [active and advanced on a path of self discovery such as pathwork]*  
*may need*  
*considerable help*  
*to reach*  
*such deep levels of*  
*self-awareness.*

*The discussion on this lecture*  
*may offer an opportunity*  
*for such additional help.*

*[In such discussions on this lecture,]*

**To clarify**

- **confusions and**
- **difficulties,**  
**bring examples of**
  - **the split concepts and**
  - **subsequent conflicts**  
**that you may have found in yourself.**

**As you understand them [i.e., the split concepts and subsequent conflicts] better,**  
**you may also see**

**how they [i.e., how the split concepts and subsequent conflicts]**  
**correspond to**  
**your attitude**  
**toward each parent.**

**When you present**

**practical examples,**

**I can show**

**how to go on from there**  
**in this particular phase of the pathwork.**

22

- **Once you have comprehended**  
**this facet of your soul [i.e., have comprehended your soul's split dualistic**  
**concepts and subsequent conflicts]**  
**more**
    - **profoundly and**
    - **personally,**
  - **once it [i.e., once this facet – your soul's split dualistic concepts and**  
**subsequent conflicts –]**
    - **becomes**  
**your true experience and**
    - **is no longer**
      - **a theory or**
      - **a philosophical postulate,**
- you will also understand**  
**something that we have often discussed**  
**but that you have recognized**  
**only to a minor degree so far.**

	<p><i>[Namely,]</i> <b><u>You will perceive</u></b> <b><u>the repetitiveness of your reactions,</u></b> <b><u>how you respond</u></b> <ul style="list-style-type: none"><li>• <b><u>in later situations,</u></b></li><li>• <b><u>to other people,</u></b></li></ul><b><u>in a way</u></b> <b><u>almost identical to</u></b> <b><u>the way you once responded to</u></b> <b><u>your parents.</u></b></p>
23	<p><b><u>First it is important</u></b> <b><u>to understand intellectually</u></b> <b><u>that your parents</u></b> <b><u>represent</u></b> <b><u>your personal split,</u></b> <b><u>each parent</u></b> <b><u>representing</u></b> <b><u>one side of it.</u></b></p> <p><b><u>This [i.e., the fact that your parents represent your personal dualistic split]</u></b> <b><u>is the nature of</u></b> <b><u>the karmic link,</u></b> <ul style="list-style-type: none"><li>• <b><u>the reason and</u></b></li><li>• <b><u>the necessity</u></b></li></ul><b><u>of choice.</u></b></p> <p><b><u>You</u></b> <b><u>had</u></b> <b><u>to respond to them</u></b> <b><u>the way you did,</u></b> <b><u>not only</u></b> <ul style="list-style-type: none"><li>• <b><u>because they were what they were,</u></b></li></ul><b><u>but ultimately</u></b> <ul style="list-style-type: none"><li>• <b><u>because of your duality [that you were born with in this</u></b> <b><u>incarnation].</u></b></li></ul></p> <p><b><u>Your brother or sister</u></b> <b><u>may have different reactions to them</u></b> <b><u>because they</u></b> <b><u>have a different kind of split [i.e., a different duality].</u></b></p>

As you  
had to  
respond  
to your parents  
according to your split,  
so you  
have to  
react  
to other people,  
later in life,  
in a similar way,  
even if  
the situation  
resembles  
the original [situation with your parents]  
only slightly.

So, in the last analysis,  
your repetitive patterns  
are  
not  
caused by  
the faulty ways  
of your parents,  
but are  
the manifestation  
of your duality [that you brought into this incarnation],  
which this particular set of parents  
could  

- best represent
- and therefore
- bring out in you.

It is very important  
to understand  
how the unbroken line  
of the original [dualistic] split  
with which you were born,  
continues  
from  
your parents  
to  
the  

- later,
- constant

reenactments [with others later in life].

24

*Needless to say,  
none of this is obvious  
before you*

- *have made sufficient inroads and*
- *have cultivated self-awareness.*

*Then [i.e., with self-awareness] it becomes  
abundantly obvious.*

*As long as  
your awareness  
of this chain  
is*

- *incomplete or*
- *missing,*  
*you are  
not in control*
  - *of yourself and*
  - *of life.*

*I mean here*  
*healthy control,*  
*not*  
*the erroneous kinds [of control]*  
*that*  
*the ego personality*  
*seeks*  
*when*

- *true awareness  
is lacking and*
- *you therefore feel  
weak and  
helpless.*

*False control*

- *is damaging and*
- *leads farther away  
from health.*

*Only when you arrive  
at this awareness [of this process of how the unbroken line of your original split  
you brought in continues from your parents to current situations]  
will you begin to live  
on the firm ground of*

- *peace and*
- *reality.*

25	<p><i>Now let us discuss the <u>process of repetition</u> [with others later in life], which is <u>vastly</u></i></p> <ul style="list-style-type: none"><li>• <u>underrated,</u></li><li>• <u>overlooked, and</u></li><li>• <u>misunderstood.</u></li></ul> <p><u>At best,</u> <u>your understanding of it</u> [i.e., <u>your understanding of this process of repetition</u>] <u>is not profound enough.</u></p>
26	<p><u>Modern psychology</u> <u>has discovered</u> <u>a small aspect</u> <u>of this phenomenon,</u> <u>which it calls</u> <u>transference.</u></p> <p><u>You may infer from this lecture</u> <u>that</u> <u>the truth</u> <u>goes</u></p> <ul style="list-style-type: none"><li>• <u>farther and</u></li><li>• <u>deeper</u></li></ul> <p><u>than what is currently understood</u> <u>by this term</u> [i.e., <u>by the term “transference”</u>].</p> <p><u>What you call</u> <u>transference</u> <u>happens constantly</u></p> <ul style="list-style-type: none"><li>• <u>in a person's life,</u></li><li>• <u>in all his or her</u> <u>intense relationships.</u></li></ul> <p><u>The original traumatic relationship</u> <u>to both parents</u></p> <ul style="list-style-type: none"><li>• <u>is repeated</u> <u>throughout a person's life, and</u></li><li>• <u>reflects</u> <u>the degree of the intensity</u> <u>of that experience</u> [i.e., <u>the intensity of that original traumatic</u> <u>relationship with both parents</u>].</li></ul>

Any negative involvement  
with another person  
will express this [original] conflict [with one's parents].

If there were  
no conflict [with one's parents],  
there would be  
no negative involvement [with others].

Since the [negative] involvement [with others]  
expresses conflict,  
it [i.e., the negative involvement with others]  
must manifest  
both sides of the [psyche's internal dualistic] split,  
and therefore relates to  
both parents.

If [in a situation involving two people]  
only one person  
is negatively involved,  
then

- that individual's duality  
is acted out, and
- his or her parental relationship  
re-experienced.

If [in a situation involving two or more people]  
both, or more, persons  
are negatively involved,  
they will  
all  
become entangled  
in their first powerful experiences in this life,

- reenacting  
their duality  
with their parents, and in their confusion
- constantly
  - engendering each other's misconceptions and
  - fortifying the split.

*This process*  
*is difficult to describe*  
*in theoretical terms,*  
*but*  
*one who attains a deep understanding*  
*will have no difficulty*  
*seeing the truth.*

*I suggest you bring*  
*• personal,*  
*• real*  
*examples,*  
*for they lend themselves very well*  
*to the*  
*• perception and*  
*• amplification*  
*of my point.*

27

*Let us now try to*  
*gain a little more understanding, at least in theory,*  
*as to what this*  
*continual process of*  
*transferring does –*  
*• from*  
*the [psyche's original incoming] inner [dualistic] split,*  
*• to the parents,*  
*• to other people, and*  
*• to life situations.*

*If the psyche*  
*is geared to*  
*the first response to the parents,*  
*you are*  
*unable*  
*to perceive what really is.*

*You apply blindly [your first response to your parents]*  
*to others*  
*what may have no application [to others] at all.*

You

- react and
- respond  
to
  - illusion
- and not to
  - the reality of the situation.

The trouble is

that you

force the other person

into the very reaction

that would not have been forthcoming [from the other person]

had you relinquished

the false premise

that you would encounter it [i.e., the false premise

that you would indeed encounter the very reaction

you have now unconsciously “forced” the other

person to have to you, even though you perhaps

consciously wanted the person to respond otherwise].

28

Take this simple example:

if you are convinced of

being rejected,

the rejection

will finally become a reality,

because then

your own behavior

must be

rejecting [and evoke rejecting behavior

from the other].

This example has often been

• found and

• discussed,

but this particular process

applies to any number of

other facets

• of life and

• of the personality.

**Consequently,**  
**your false belief**  
**in your misconception** [in this example – the misconception that that you  
will always be rejected]  
**is strengthened**  
**and you thereby**  
**widen the [dualistic] split** [of either being totally rejected or  
being totally accepted].

**You must**  
**re-experience**  
**the same sequence** [-- seeing how you evoke the behavior you falsely  
expect from others because it is the behavior  
you experienced with one or both parents],  
**again and again,**  
**until you begin to**  

- **see the real nature of this process and**
- **understand its workings.**

**You cannot**  
**live**  
**in reality**  
**before you have**  
**pierced**  
**your particular unreality.**

29

**Being geared to**  
**the original experience** [with your parents],  
**you are convinced**  
**that what is happening to you today** [with others or in other situations]  
**is real.**

**Though initially**  
**it** [i.e., though what you are experiencing initially today and what you are  
convinced is real]  
**is not** [real],  
**it becomes so** [i.e., your initial unreal experience becomes real over time]  
**only because of your reaction,**  
**which is based on a false premise** [i.e., based on the false premise that  
what you experienced with your parents you will  
experience with everyone].

Therefore  
your reactions  
are not responsive  
• to the real person,  
• to the real situation,  
but  
• to imagined  
• persons and  
• situations:  
• your parents.

You do not  
live  
in reality;  
you do not  
respond  
according to reality  
but [rather you] send your responses forth  
• into thin air, as it were,  
and not at all  
• to the [real] person in front of you.

What comes out of you  
is directed to  
• what you think exists  
and not to  
• what really exists.

Thus  
you cannot reach  
the real other.

If the other person –  
and most of the time  
this is indeed so –  
reacts in a  
similar way,  
all  
• relationships and  
• interactions  
between human beings  
must constantly  
bypass each other.

	<p><u><i>Outflowing currents</i></u></p> <ul style="list-style-type: none"><li>• <u><i>crisscross,</i></u></li><li>• <u><i>miss one another,</i></u> <u><i>and this in part is the reason</i></u><ul style="list-style-type: none"><li>• <u><i>for the prevalent loneliness of so many people,</i></u></li><li>• <u><i>for their difficulty in communicating.</i></u></li></ul></li></ul>
30	<p><u><i>Humans believe that they react to one another, but usually this</i></u></p> <ul style="list-style-type: none"><li>• <u><i>does not happen at all, or</i></u></li><li>• <u><i>[happens] only on a very limited scale.</i></u></li></ul> <p><u><i>The stream of your consciousness, supposed to be directed to, let us say, person A, never reaches A.</i></u></p> <p><u><i>Although you believe it does [reach A], it is actually directed to the parental situation.</i></u></p> <p><u><i>Not being applicable to A, A often may feel this as an injustice.</i></u></p> <p><u><i>He or she may feel</i></u></p> <ul style="list-style-type: none"><li>• <u><i>excluded or</i></u></li><li>• <u><i>rejected.</i></u></li></ul>

**If A happens to be**  
**comparatively liberated**  
**from his own blind prison,**  
**his response [to you]**  
**will not add fuel to the fire [of the conflict between you and him]**  
**because,**  
**perceiving reality much better [than you do],**  
**he will know it [i.e., he will know that your behavior**  
**toward him]**  
**does not apply to him [but rather to someone else, in**  
**all likelihood to your parents].**

**He will not react [to you]**  
**as he is supposed to react [i.e., he will not react to you as your parents**  
**would have and as you think he should],**  
**and this may indeed help [bring harmony to the situation between you].**

31

**Only when one**  
**• has recognized one's own duality and**  
**• stops transferring**  
**from one's parents**  
**onto others**  
**will one be capable of**  
**withstanding the onslaught**  
**of misdirected responses.**

**The person then [i.e., then when he recognizes his own duality and stops**  
**transferring to others he]**  
**refuses**  
**to represent**  
**one side**  
**of the other person's duality,**  
**because he is aware of**  
**his own [duality].**

**Unnecessary pain [in this person's involvement with others]**  
**is thus avoided**  
**and help is given [to others involved with this person]**  
**in the most subtle way.**

**The negative involvement [of others]**  
**ceases to provoke a response [in such a person].**

This [lack of response in such a person to the negative involvement of others]  
must finally  
bring the [other] one  
who misdirected his stream of consciousness [toward such a person]  
to the recognition  
that

- the original situation

and

- the new situation

are not identical.

Even if this [recognition] happens [in the other one]  
on an unconscious level,  
it is helpful [to the other one],  
but then [since this recognition is unconscious, the other] one  
is dependent on  
the

- health and
- liberation

of others  
who [like the healthy person in this example]  
do not respond to [the other] one's unreality.

It is certainly better

- to begin with  
the self,
- to find one's own split,
- to see the transference  
from
  - parentsto
  - others with whom one is now involved

and  
gradually  
recognize  
that the emotional climate  
in which one lives [ , since it is based on transference  
from parents to others,]  
is not applicable  
to the real situation [with others now].

32

Observing

- the earth sphere and
- humanity

from our vantage point,

it is indeed

sad

that people

so rarely

- react to and
  - perceive
- reality.

The resulting

- confusion and
- chaos

brings so much

needless suffering [to human interactions and relationships].

If [in your interactions with others]

you would start reacting to

- the real person and
- the real situation,

a lot of pain would be avoided.

Pain

is the result of

illusion,

the illusion

being the consequence of

the [dualistic] split

that informs

the person's basic way of life,

first lived out

in the parental relationship.

33

Some of you

have an inkling

of what I am talking about here,

but only in a nebulous way.

The more aware  
you become of  
• re-experiencing  
your old way of life,  
• the basic split  
represented by your parents,  
the more you will  
• live in reality and  
• free yourself of  
the repetitive chain of illusion.

Once you cease  
reenacting  
the old drama  
of your duality,  
you will respond  
spontaneously  
to the situation,  
which will no longer appear  
as it had previously.

34

• Psychotherapists and  
• psychiatrists  
have understood this phenomenon  
in their relationship with their patients.

But  
only segments of this human predicament  
are comprehended  
within the framework of  
the evolutionary process  
that determines the laws of reincarnation.

I want to help you  
understand this phenomenon  
on a  
• deeper and  
• broader  
basis.

**This** [deeper understanding of the evolutionary process that determines the laws of reincarnation]

**can happen**

**only when**

**you become aware of it** [*i.e., aware of the basic split represented by your parents that causes re-experiencing your old way of life in current situations*]

**within yourself.**

**Then** [when you are aware of this basic split in your psyche]

**you will see**

- **the damage** [*caused by this dualistic split in your psyche*],
- **the misunderstanding** [*that causes you to re-experience the pains of your old way of life with your parents, but now in your current situations*].

**Your eyes will begin to open to**

**the real situation.**

**The more conscious**

**you become**

**of**

- **your blind automatism,**
- **your stereotyped responses,**

**the more**

**they** [*i.e., the more your blind, automatic, stereotyped responses*]

**will diminish**

**by the very act of consciousness.**

**You will see**

**how you**

**never fully**

**reacted to**

- **your husband or wife,**
- **your child or friend**

**as**

- **their own selves**

**but rather as**

- **extensions of a previous experience of yours.**

35

*This so-called transference  
from parents*  
• *to others*

*also applies*  
*[from parents]*  
• *to your children.*

*For*  
*if this flawed way of life*  
*is not given up,*  
*no relationship*  
*is uninfluenced by it –*  
*certainly*  
*no relationship of any*  
• *importance and*  
• *intensity.*

*You are*  
*caught in this trap*  
*until you become aware of it.*

*This [awareness of this trap of transference and dualistic thinking] is*  
*the freedom [from this trap]*  
*that the pathwork*  
*is meant to bring you.*

*Freedom*  
*can come*  
*only through*  
*self-awareness.*

*Lack of awareness*  
• *imprisons you and*  
• *makes life*  
*not worth living*  
*because*  
*you are constantly caught*  
*between*  
*two unsatisfactory [dualistic] alternatives.*

	<p><u><i>You react forever</i></u> <u><i>to</i></u></p> <ul style="list-style-type: none"><li>• <u><i>your father and</i></u></li><li>• <u><i>your mother</i></u></li></ul> <p><u><i>in the way of life</i></u> <u><i>that you had adopted</i></u> <u><i>to deal with them</i></u> [<i>originally as a child</i>], <u><i>and</i></u> [<i>now as an adult</i>] <u><i>you keep responding</i></u></p> <ul style="list-style-type: none"><li>• <u><i>to them and</i></u></li><li>• <u><i>to life</i></u></li></ul> <p><u><i>as a consequence of</i></u> <u><i>their impact on you.</i></u></p>
36	<p><u><i>Response</i></u> <u><i>to one parent</i></u> <u><i>may be</i></u></p> <ul style="list-style-type: none"><li>• <u><i>reaction to, and</i></u></li><li>• <u><i>correction of,</i></u></li></ul> <p><u><i>an unwanted situation</i></u> <u><i>with the other parent –</i></u> <u><i>a compensation.</i></u></p> <p><u><i>The two sets of attitudes</i></u> [<i>toward your two parents</i>] <u><i>together</i></u> <u><i>form</i></u></p> <ul style="list-style-type: none"><li>• <u><i>your basic split,</i></u></li><li>• <u><i>your way of life,</i></u></li></ul> <p><u><i>[a way of life] which is, at the same time,</i></u> <u><i>a result of this</i></u> [<i>basic dualistic split in your psyche</i>].</p> <p><u><i>A new experience of</i></u> <u><i>life's manifold manifestations</i></u> <u><i>is possible</i></u> <u><i>only after</i></u> <u><i>you have broken</i></u> <u><i>the repetitive chain</i></u> <u><i>from</i></u></p> <ul style="list-style-type: none"><li>• <u><i>the inner duality</i></u></li><li>• <u><i>to the parents and so on</i></u></li><li>• <u><i>to others.</i></u></li></ul>

	<p><i><u>Then [i.e., when this repetitive chain is broken]</u></i> <i><u>life becomes</u></i> <i><u>vibrant</u></i> <i><u>in</u></i> <ul style="list-style-type: none"><li>• <i><u>joy,</u></i></li><li>• <i><u>peace and</u></i></li><li>• <i><u>meaningfulness,</u></i></li></ul><i><u>in</u></i> <ul style="list-style-type: none"><li>• <i><u>newness and</u></i></li><li>• <i><u>richness.</u></i></li></ul></p>
37	<p><i><u>This subject</u></i> <i><u>is of the greatest possible importance.</u></i></p> <p><i><u>I do hope that many of you, my friends,</u></i> <i><u>who are active on this path</u></i> <i><u>will</u></i> <i><u>in the coming working season</u></i> <i><u>gain</u></i> <i><u>at the very least</u></i> <ul style="list-style-type: none"><li>• <i><u>a vague glimpse into</u></i> <i><u>the condition</u></i> <i><u>I have explained in this lecture</u></i></li></ul><i><u>or, better [yet],</u></i> <ul style="list-style-type: none"><li>• <i><u>a deep understanding of it.</u></i></li></ul><p><i><u>This is the direction</u></i> <i><u>where the guidance leads you</u></i> <i><u>if you are willing to follow it.</u></i></p></p>
38	<p><i><u>A few years ago I gave a lecture on duality.</u></i> <i><u>Now you are ready for</u></i> <i><u>a deeper level of understanding.</u></i></p> <p><i><u>I have approached this topic [here in this lecture]</u></i> <i><u>from yet a different angle,</u></i> <i><u>according to your present state of development.</u></i></p> <p><i><u>I venture to say that</u></i> <i><u>it will take considerable time before</u></i> <i><u>you can truly apply this lecture to yourself.</u></i></p>

39	<p><i>Are there any questions on this subject?</i></p> <p><b>QUESTION:</b> <i>Is not the influence of brothers and sisters almost as strong as the one exerted by parents?</i></p>
40	<p><b>ANSWER:</b> <i>It [i.e., the influence of brothers and sisters] is only a result of the relationship to the parents.</i></p> <p><i>Even if a relationship to a sibling is outwardly</i> <ul style="list-style-type: none"><li>• <i>more problematic and</i></li><li>• <i>negatively involved,</i></li></ul><i>it is secondary.</i></p> <p><i>If the matter is profoundly explored, it must be found that the sibling relationship is always directly related to the parental situation.</i></p> <p><i>The parents</i> <ul style="list-style-type: none"><li>• <i>express,</i></li><li>• <i>symbolize or</i></li><li>• <i>manifest</i><ul style="list-style-type: none"><li>• <i>your own basic split,</i></li><li>• <i>your way of dealing with this split.</i></li></ul></li></ul></p> <p><i>All other relationships are geared to this inner conflict.</i></p>

41	<p><i>I have given you a lot of material, my friends.</i></p> <p><i>It will take <u>considerable time to assimilate</u> – <u>at least months,</u> if you truly wish to gain even an inkling of how these words <u>apply</u> <u>personally</u> <u>to you.</u></i></p> <p><i><u>It might be years</u> <u>before you truly reach this knowledge.</u></i></p> <p><i><u>But when you do,</u> <u>the inner experience</u> <u>of this truth</u> <u>will be beyond</u> <u>your possible anticipation.</u></i></p> <p><i><u>It [i.e., the inner experience of this truth]</u> <u>will release you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>from a straightjacket,</u></i></li><li>• <i><u>from a hopeless choice</u></i></li></ul> <p><i><u>between two dismal alternatives –</u> <u>[i.e., it will release you from the prison of] your previous basic way of life.</u></i></p> <p><i><u>You will enter into</u> <u>a new freedom.</u></i></p>
42	<p><i><u>May</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the strength and</u></i></li><li>• <i><u>the blessing</u></i></li></ul> <p><i><u>given unto you,</u> <u>my dear ones,</u> <u>fill you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>with an energy,</u></i></li><li>• <i><u>with an impact,</u></i></li></ul> <p><i><u>that makes it possible for you</u> <u>to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>reach and</u></i></li><li>• <i><u>confront</u></i></li></ul> <p><i><u>these depths of your being.</u></i></p>

May you  
summon the courage  
to overcome  
the fear  
that produces resistance.

Only then [i.e., only when you have summoned the courage]  
will you convince yourself  
how

- useless,
- unreasonable,
- unfounded

was the illusion

- that reality  
is to be feared and
- that it is better  
to cling to the illusion.

How false  
these unrecognized reasoning processes are!

What a pity  
that you persist in  
poisoning your life  
with this falsity.

43

A few of my friends  
are very near to recognitions  
in this respect.

Some have already begun to understand  
this basic conflict.

But not one of you  
is aware of  
how  
you repeat the original situation [with your parents]  
with others.

This awareness  
has to be more fully cultivated.

	<p><u><i>You have to</i></u></p> <ul style="list-style-type: none"><li>• <u><i>understand</i></u><ul style="list-style-type: none"><li>• <u><i>better and</i></u></li><li>• <u><i>more deeply</i></u> <u><i>the repetition and</i></u></li></ul></li><li>• <u><i>recognize it</i></u><ul style="list-style-type: none"><li>• <u><i>more clearly.</i></u></li></ul></li></ul> <p><u><i>May the blessing here extended</i></u> <u><i>help you in this direction.</i></u></p> <ul style="list-style-type: none"><li>• <u><i>No endeavor and</i></u></li><li>• <u><i>no blessing</i></u> <u><i>could be</i></u><ul style="list-style-type: none"><li>• <u><i>more useful,</i></u></li><li>• <u><i>more important,</i></u></li><li>• <u><i>more vital,</i></u></li><li>• <u><i>more rewarding, and</i></u></li></ul></li><li>• <u><i>none</i></u> <u><i>can bring you</i></u><ul style="list-style-type: none"><li>• <u><i>more to life –</i></u> <u><i>in the true sense of the word.</i></u></li></ul></li></ul>
44	<p><u><i>Be blessed,</i></u> <u><i>all of you,</i></u> <u><i>in this most meaningful work you undertake.</i></u></p> <p><u><i>Be in peace,</i></u> <u><i>my dearest ones.</i></u></p> <p><u><i>Be in God!</i></u></p>

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

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

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

#### Trademark/Service Mark

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

#### Copyright

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

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