

# Pathwork Lecture 137: Balance of Inner and Outer Control

1996 Edition, Original Given October 29, 1965

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, sometimes 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*

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03	<p><b><i>Greetings,</i></b> <b><i>my dearest friends.</i></b></p> <p><b><i>There is a</i></b> <b><i>• great,</i></b> <b><i>• warm</i></b> <b><i>current of</i></b> <b><i>• strength and</i></b> <b><i>• love</i></b> <b><i>gathered here.</i></b></p> <p><b><i>This blessing</i></b> <b><i>is the result of</i></b> <b><i>• your efforts,</i></b> <b><i>• your growth,</i></b> <b><i>• your struggle</i></b> <b><i>in the right direction.</i></b></p> <p><b><i>Every one of you here</i></b> <b><i>has contributed to it –</i></b> <b><i>as also have some of my friends</i></b> <b><i>who are not present tonight.</i></b></p>

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04

*With this lecture  
I shall try to help you  
a step further  
toward the goal.*

*Now,  
what is the goal?*

- *Spiritual literature and*
- *religious teachings,*
  - *in all cultures and*
  - *in all places,*
  - *in one form or another,*
  - *century after century,*  
*always speak about*
    - *"the Fall of the Angels," or*
    - *"the fall from grace."*

*What does this mean?*

*Humankind  
usually interprets  
"the Fall"  
in a literal way,*

- *as an event in*
  - *time and*
  - *space,*
- *as something that happened*
  - *once upon a time*
  - *in a certain place.*

*[With this literal view it is perceived that]*

*Through their actions,  
some individuals*

- *were displaced  
from one spot to another – or*
- *sent down  
to another geographical sphere.*

*This, of course, is a*

*gross misunderstanding, for*

- *what is meant by the story, and*
- *what seems so hard for people to understand,  
is nothing more and nothing less than  
a change in one's state of mind*

*[or change in one's state of consciousness].*

*To be separated  
from God  
is*

- *a state of mind, or*
- *a state of consciousness.*

*And to return*

- *to God,*
- *to one's Creator,*

*is again*

- *a state of consciousness.*

05

*After you have reached  
a certain stage  
on your path of development,*

*you discover  
within yourself a*

- *power and*
- *intelligence*

*other than  
your usual conscious mind, [a new power and  
intelligence, or new consciousness]  
which feels as though  
it were a separate being.*

*A*

- *different,*
- *vaster  
kind of being  
seems to be dwelling within.*

*It is as though  
two brains existed –*

- *the second,*
- *recently discovered,  
being much wiser  
in its guidance  
than the old one.*

*It [i.e., this “second brain” or this “second being”]  
makes you  
experience yourself  
in a much more satisfying way [than did the “first brain”].*

06

*Of course,  
this is an illusion,  
because there are not  
two separate entities,  
but at this point  
you have taken  
the first step toward  
your reunification  
with the Divine.*

*You are no longer  
completely separated  
from it [i.e., completely separated  
from the Divine].*

*[Rather,] You are able to be  
• activated and  
• moved  
by it [i.e., activated and moved by the Divine].*

*It is all one consciousness,  
though still  
• separated or  
• divided.*

*This separation  
constitutes  
what in religion  
is referred to as  
the "Fall of the Angels."*

*In psychology [in contrast to religion],  
a different terminology [from the term "Fall of the Angels"]  
is used to describe the identical process.*

*Integration means  
nothing other than  
reunification with the Divine.*

*Psychology also acknowledges that the  
• integrated,  
• healthy  
person  
functions from  
the center of his or her being.*

07	<p><i>The <u>separation</u> <u>from the center</u> is the <u>wall of not knowing</u> that this <u>inner center of</u> • <u>wisdom,</u> • <u>love and</u> • <u>power</u> <u>exists.</u></i></p> <p><i>You <u>therefore</u> <u>do not seek contact with it</u> [i.e., with this inner center], <u>hence more</u> • <u>confusion,</u> • <u>error and</u> • <u>ignorance</u> <u>arise.</u></i></p> <p><i>The <u>less aware you are</u> <u>of this inner center,</u> <u>the greater your separation from it</u> <u>will be.</u></i></p>
08	<p><i>When, due to <u>increased self-awareness,</u> <u>parts of the wall</u> • <u>begin to crumble</u> <u>while other parts</u> • <u>still persist,</u> [then, in this partially crumbled condition of the wall,] <u>occasional contact</u> <u>with the inner center</u> gives the <u>appearance that</u> • <u>two minds,</u> • <u>two beings,</u> <u>are present.</u></i></p> <p><i><u>When</u> [in this partially crumbled condition of the wall] <u>parts of the inner self come forth</u> [through places where the wall has crumbled], <u>carrying infinite possibilities</u> • <u>for bliss,</u> • <u>for good,</u> • <u>for limitless expansion,</u> <u>they</u> [i.e., <u>parts of the inner self that are manifesting</u>] <u>seem to be totally unconnected</u> <u>with the familiar personality.</u></i></p>

09

*This inner center*

*is the divine consciousness.*

- *It [i.e., divine consciousness] permeates the entire universe,*
- *it [i.e., divine consciousness] comprises all.*

*Hence,*

*the inner center [i.e., the divine consciousness]  
of each human being*

*is one with*

*the inner center [i.e., the divine consciousness]  
of every other human being.*

*All [human beings]*

*are filled with*

*the living unity*

*that knows*

- *no conflict and*
- *no limitation.*

*The creative power*

*at work*

*in any life process*

*is all one and the same.*

*The separation of*

• *matter*

*and*

• *consciousness*

*is illusion.*

*This illusion [that matter and consciousness are separate]*

*is the real meaning of*

*what religion refers to as*

- *separation from God, or*
- *the "Fall of the Angels."*

*The state of bliss*

*that results from working oneself back to*

• *integration and*

• *contact*

*with the inner center*

*is the goal*

- *not only  
of this path*
- *but, on an unconscious level,  
of every living being.*

10

The power  
contained in the nucleus of your being  
is so vast that  
you cannot conceive of it, my friends.

Only gradually  
can you

- test it [i.e., test the power in the nucleus of your being] and
- see it [i.e., see the power in the nucleus of your being] at work – and
- marvel at it [i.e., marvel at the power in the nucleus of your being].

You will see it [i.e., you will see the power in the nucleus of your being],  
first in smaller ways,  
which nevertheless  
appear almost miraculous.

As you

- perceive more and
- extend
  - your concepts and
  - your vision,

you will see it [i.e., see the power in the nucleus of your being]  
work in many wonderful ways.

If you choose  
to call this power  
into being,  
you will find it to be  
so vast  
that you cannot conceive of

- having it [i.e., having the power  
in the nucleus of your being], or
- being it [i.e., being the power  
in the nucleus of your being] or
- being activated by it [i.e., being activated by the power  
in the nucleus of your being].

It is as simple as that.

11	<p><i><u>At the moment,</u></i> <i><u>most of you</u></i> <i><u>are still separated from</u></i> <i><u>this power</u></i> <i><u>for you do not really believe</u></i> <i><u>that you have</u></i> <i><u>all you need</u></i></p> <ul style="list-style-type: none"><li>• <i><u>to expand,</u></i></li><li>• <i><u>to be</u></i></li><li>• <i><u>in harmony,</u></i></li><li>• <i><u>in the</u></i></li><li>• <i><u>dynamic,</u></i></li><li>• <i><u>creative</u></i></li></ul> <p><i><u>life process</u></i> <i><u>in which you</u></i></p> <ul style="list-style-type: none"><li>• <i><u>give and</u></i></li><li>• <i><u>receive</u></i></li></ul> <p><i><u>all</u></i> <i><u>that you can possibly dream of.</u></i></p>
12	<p><i><u>Not being aware of</u></i> <i><u>the life-center</u></i> <i><u>is directly connected with</u> [also]</i> <i><u>not being aware of</u></i> <i><u>the negative causes</u></i> <i><u>that you set in motion.</u></i></p> <p><i><u>The pathwork</u></i> <i><u>must primarily</u></i> <i><u>be concerned with</u></i> <i><u>uncovering</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the images,</u></i></li><li>• <i><u>the wrong concepts,</u></i></li><li>• <i><u>the destructive</u></i></li><li>• <i><u>emotions and</u></i></li><li>• <i><u>behavior patterns.</u></i></li></ul> <p><i><u>To the extent</u></i> <i><u>that these [images, wrong concepts, and destructive aspects] are changed,</u></i> <i><u>awareness of</u></i> <i><u>the Divine in you</u></i> <i><u>will follow.</u></i></p>



13

*[Not only the inner center or divine consciousness but]*

***The negative part of the personality***  
***can also appear as a***

- ***separate,***
- ***foreign***

***consciousness***  
***dwelling within.***

***In the first attempts***  
***to bring***

- ***hitherto unconscious***
- ***destructive***  
***material***

***to the surface*** *[and thereby make it conscious],*

***the individual***

***often feels as though***  
***an***

- ***indwelling***
- ***destructive***  
***entity,***

***over which there is no control,***  
***were at work.***

***You first***

***ascribe negative events***  
***to fate, and***  
***you fear***

- ***the world*** and
- ***life.***

***Then*** *[as the next step in your evolution],* ***when you***

***uncover*** *[and hence make conscious]*  
***your*** *[hitherto]* ***unconscious***  
***destructiveness,***

***you begin to fear*** *[not only the world and life but also]*  
***your own unconscious,***

***over which*** *[as with your fate in life]*  
***you seem to have no control.***

***Here, too, [as with your divine center or divine consciousness,]  
you feel as though  
two separate entities  
were involved:***

- ***your familiar conscious self,  
with its***
  - ***aims and***
  - ***thoughts, and***
- ***the newly discovered unconscious,  
with its***
  - ***entirely opposite [i.e., opposite to your conscious self's  
positive aims and thoughts]  
negative***
    - ***aims and***
    - ***thoughts.***

***As you proceed in the work  
you gradually eliminate  
the separating factors [between your conscious  
and unconscious selves].***

***You begin***

- ***to own up to and***
- ***feel responsible for***  
***this indwelling "entity."***

***You***

- ***connect with it [i.e., connect with this indwelling "entity"] and***
- ***can identify with it [i.e., identify with this indwelling "entity"].***

***Hence you can***

- ***take responsibility for it [i.e., take responsibility for this indwelling "entity"] and***
- ***become one with it [i.e., become one with this indwelling "entity"].***

***Its [i.e., this indwelling "entity's"] workings  
are no longer separated from  
your conscious will.***

***Thus your ego  
integrates with  
a part of yourself [the negative, destructive part]  
that has led you into blind alleys.***

	<p><u>But now</u> <i>the wiser ego</i> <i>can determine the way.</i></p> <p><u>The struggle</u> <i>between</i> • <i>the educated ego</i> <i>and</i> • <i>the indwelling destructive element</i> <u>ceases</u> <u>as soon as</u> <i>the outer ego</i> <i>is able to recognize</i> <i>its oneness with</i> <i>the destructive element.</i></p>
14	<p><u>The process is identical</u> <i>when you meet</i> <i>the divine center.</i></p> <p><u>You are at first</u> <i>as unaware of</i> <i>it [i.e., the divine center]</i> <i>as you are [unaware] of</i> <i>the destructive processes.</i></p> <p><u>As the mind</u> • <i>questions</i> <i>its previous perception</i> and • <i>begins to visualize</i> <i>new possibilities,</i> <i>what was buried [and unconscious]</i> <i>comes to the fore [and hence becomes conscious].</i></p> <p><u>This process applies</u> • <i>to the destructive</i> <u>as well as</u> • <i>to the most</i> • <i>constructive and</i> • <i>creative</i> <i>elements</i> <i>in you.</i></p>

*The manifestations of both [these heretofore unconscious Divine aspects  
as well as these heretofore unconscious destructive aspects]  
at first seem  
disconnected from  
the self.*

*Only when you accept  
that they, too,  
are part of the self  
can the self  
• own up to them and  
• integrate them.*

*In this [owning-up and integration] process  
• the negative  
• dissolves, and  
• the Divine  
• activates and  
• moves  
the conscious ego  
more and more,  
until the ego becomes  
one with it [i.e., one with the Divine].*

15

*Consider*  
• any  
• momentary  
• undesirable  
• mood or  
• situation  
you seem unable  
to change.

*Somewhere in you  
there must be a point  
where you have  
deliberately  
produced  
the undesirable element,  
otherwise  
you would not be in  
this [undesirable] situation.*

As long as you  
ignore the connection  
between  
• your wanting the result  
you now suffer from  
and  
• experiencing this result,  
you must be  
• frantic and  
• frightened.

You do your best  
not to admit  
that this [situation you now suffer from] is  
a self-induced process, however;  
you prefer [instead]  
to attribute it [i.e., attribute this situation you now suffer from]  
to unkind fate [quite apart from any cause within,  
any cause which, if known, you could control].

You struggle  
against seeing  
your own involvement.

But once you [stop struggling against seeing your own involvement  
in this suffering and instead]  
want  
to see the connection,  
you will see it.

Then [when you see the connection between  
your painful situation and its inner cause]  
you will be free,  
even while  
you are still imperfect.

Where you have  
made this recognition  
you will no longer feel  
• helpless and  
• controlled by powers you cannot understand.

If [on the other hand] you  
• ignore your part  
in creating your present predicament and  
• deny that you  
continue to activate it,  
you truly defeat yourself.

You must recognize this fact [that you have had a part in creating your situation]  
and thus  
eliminate your ignorance [in thinking that you did not have a part].

16

The moment you consider that  
whatever you experience  
is a result of  
some cause you have set in motion,

the moment you say  
"I must somehow have produced it,  
I want to see where and how"

and then  
• let go and  
• let your  
• positive  
• inner  
powers  
produce the answers,

you must  
inevitably  
come into possession of this knowledge [i.e., the knowledge  
of how you have produced this situation].

In that moment,  
you will experience  
the first inkling  
• of peace and  
• of a state of fearlessness,  
because you are,  
within yourself,  
contemplating  
your own  
• cause and  
• effect.

*I have discussed this  
in different contexts before.*

*I repeat it  
because a number of my friends  
need it badly.*

*The truth  
is easily forgotten  
when it has not become  
second nature  
in the process of growing.*

*It is also necessary  
to outline again  
the parallel  
between the  
negative  
and  
positive  
inner processes.*

*The more aware you are  
of both [positive and negative] possibilities within,  
[then] the more you can*  

- *integrate and*
- *identify with*  
*both [positive and negative aspects within yourself],*  
*so that*
  - *the negative*  
*dissolves and*
  - *the positive*  
*takes over.*

17

*You cannot gain awareness  
of either [negative or positive inner processes]  
unless you  
contemplate the*

- *cause and*
- *effect and*

*cultivate it [i.e., cultivate this heretofore unconscious  
understanding of cause and effect] with*

- *your conscious ego.*

As you own up to  
the negative aspects in you,  
you will be capable of  
claiming for yourself  
the greatest power there is.

As you take  
• ownership and  
• responsibility  
for the destructive in you,  
• it [i.e., the heretofore unconscious destructive in you]  
no longer rules you, and  
• you become capable of  
taking responsibility for  
the best in creation –  
the divine in you.

When you are  
no longer ruled by  
the destructive  
because you  
accept it [i.e., accept the destructive] as part of you and  
thus establish self-determination,

the  
• vastest  
• universal  
force  
will  
• empower and  
• activate  
you  
to accomplish  
hitherto undreamed-of results.

As you see  
• how the destructive elements in you work and  
• what motivates them,  
they will cease to frighten you,  
for you will be able to  
determine their course.



*At the same time*  
*you will no longer be frightened by*  
*the greatest positive power*  
*dwelling within you.*

*You will be able to*  
*use it [i.e., use the greatest positive power within you]*  
*by building molds for it*  
*with your conscious mind.*

*As long as*  
*you fear*  
*• the destructive in you,*  
*you must also fear*  
*• the divine in you.*

*You will cease to fear*  
*the destructive*  
*only if and when*  
*you are willing to face it squarely.*

18

*Becoming integrated*  
*with your divine center*  
*does not happen all at once.*

*As you know,*  
*these processes are gradual.*

*In some areas you*  
*• may already be quite free and*  
*• may have established*  
*a direct contact*  
*with the center of the inner self,*  
*which brings*  
*the most favorable consequences in*  
*• inner and*  
*• outer*  
*life experience.*

**Other areas**

**may still be walled in**  
**by lack of awareness.**

**In those areas you may**  
**still not see**

- **where** and
- **how**

**you activate**  
**the negative processes,**  
**and therefore** [in those areas where you do not see  
how you activate the negative processes]  
**you cannot**  
**deliberately**  
**activate**  
**the positive ones.**

**Your will** [in those areas where you do not see] **is**

- **blocked** and
- **paralyzed.**

**You may be perfectly able to**

- **communicate with**  
**your inner nucleus and**

- **be**
  - **guided** and
  - **moved**

**by it** [i.e., guided and moved by your inner nucleus]  
**in wonderful ways**  
**in all areas**

**where you have gained freedom**  
**through awareness,**

**but in areas**

**of unawareness**

**you are incapacitated**  
**from doing so.**

**Hence, in these areas** [of unawareness]

**you are separated**

- **from knowing**  
**what destructive elements are at work as well as**

- **from the power**  
**that can help you grow out of**  
**this disconnection.**

**For such situations**

**this lecture will be helpful.**

19

*You will learn to understand*

- *how these laws work and*
- *how you can use*  
*the powers of your*
  - *mind and*
  - *will.*

*As you understand*

*their potency [i.e., the potency of the powers of your mind and will]*

*you will no longer*  
*feel a separation*  
*between*

- *your conscious*
  - *intelligence and*
  - *will,*

*which form the*

- *active*
- *outer*

- *mind and*
- *personality,*

*and*

- *that*
  - *inner,*
  - *vast*  
*divine self,*
- *the center*  
*of your inner being,*  
*which is at the same time*
- *the center*  
*of the universe.*

20

*As long as*

*You [i.e., your conscious self] are separated from*  
*the center*

*you must be*

- *weak and*
- *lost.*

*Your separated*

- *brain and*
- *personality*

*cannot do*

*what can be accomplished*

*solely*

*in cooperation with*

*the inner center.*

*The outer personality levels*

*serve one purpose:*

- *to reach the inner being,*
- *to know the power*  
*of the inner being,*
- *to conceive of*
  - *the beauty and*
  - *the possibilities*  
*of the inner being,*
- *to establish a*  
*deliberate contact with*  
*the inner center.*

*The outer self*

*has to allow itself*

*to be*

- *guided,*
- *moved and*
- *filled*

*with what comes forth*

*from the inner self.*

*When the outer personality*

*deliberately*

*makes room for it,*

*the inner self*

*will*

*spontaneously*

*manifest.*

*In this process*

*the outer personality*

*will eventually*

*integrate with*

*the inner nucleus.*

21

*When your outer self*  
*tries to accomplish*  
*that which the inner being alone*  
*is capable of doing,*  
*you cannot succeed.*

*You must run into*  
*• confusion and*  
*• difficulties,*  
*• fear and*  
*• pain.*

*You*  
*• inevitably struggle*  
*in a most frustrating way.*

*In its oblivion*  
*to the inner core,*  
*the outer self*  
*will try as hard as it can*  
*to control*  
*what it cannot control.*

*This struggle [to control what it cannot control]*  
*causes more*  
*• tension,*  
*• anxiety,*  
*• sense of failure and*  
*• fear of defeat.*

*[And not only this] But the exhaustion*  
*of this futile struggle,*  
*with all its*  
*• senseless*  
*• outer*  
*pressure,*  
*also induces the personality*  
*to give up*  
*in areas*  
*where it is most necessary*  
*to persevere.*

*For purposeful activity*

*the exact reverse [of what the personality is doing in its futile struggle] is needed:*

- *Where the personality*

- *forces and*

- *pushes,*

- *letting go and*

- *giving in*

- *to the superior force*

- *within the self*

- *is necessary.*

- *Where the personality*

- *gives up in a*

- *hopeless,*

- *resigned*

- *way,*

- *without formulating thoughts*

- *that can activate*

- *the inner nucleus,*

- *you need to apply*

- *effort and*

- *will.*

*Unfortunately,*

*too often*

*the line of least resistance prevails*

*in those thought processes*

*that indulge*

*in negativity,*

*while the outer will*

- *fights,*

- *struggles and*

- *presses*

- *for*

- *a desired result*

- *that cannot come*

- *as long as*

- *the inner faculties*

- *are left out of commission.*

*This*

- tense and
- anxious

pushing

occurs in a

very subtle,

yet very real way.

*It [i.e., this tense and anxious pushing]*

is directed

toward others

who, one insists,

have to behave

in a certain way

to enable the self

to accomplish its goal.

*The pushing*

is also directed

toward the resisting self

which cannot be

forced to feel differently

as long as the personality

ignores

that definite "reasons" exist

for its resistance.

22

*As you progress on your path,*

you will observe

this imbalance of control

within your personality.

*Then [when you become aware of this imbalance of control]*

you can correct it.

*You will become*

acutely conscious

of how you

give in to

the most destructive

- thought patterns and
- emotions.

*[With this increased awareness]*

***You will see how***

***in this respect [i.e., in respect to giving in to the most destructive thought patterns and emotions]  
you choose the line of least resistance.***

***Now that your [most destructive] thoughts***

***are no longer hazy [but rather clearly seen],  
you can***

- evaluate their effect,***
- halt them [i.e., halt the destructive thoughts],***
- and [instead]***
- choose a constructive pattern of***
  - thinking,***
  - feeling and***
  - willing.***

***In the areas of your momentary problem***

***you will formulate***

***the one constructive wish to***

- reach inside and***
- deliberately activate***
- the vaster divine self***
- that dwells deep within you.***

23

***This is not difficult to do.***

***It is, in fact,***

***a much easier course***

***than your present struggle.***



*If only you would say,*

*"I, with my outer being,  
cannot solve this problem.*

*But I know that I must be in*

- confusion and
- untruth

*because I am driven to*

- think,
- feel and
- act

*in a way that produces*

- hopelessness,
- fear,
- frustration,
- feelings of doubt.

*I will now*

*deliberately*

- contact and
- activate

*the most constructive center*

*of my innermost being and*

- let it [i.e., the center of my innermost being] move me  
into the

- thoughts and
- realizations

*I need to have right now,*

*into*

- actions and
- feelings

*that are*

- good and
- productive

*in this moment."*

*And then,*

- let go and
- let be – and

• let it [i.e., let your innermost being] move you!

• Let it [i.e., let your innermost being] think through you!

• Let it [i.e., let your innermost being] feel through you!

*This is all you have to do.*

*In this way,*

*you activate*

*that*

• *most potent*

• *live*

*center.*

*It [i.e., that most potent live center]*

*will guide you*

*step by step.*

24

*The process I have just described*

*is obviously not*

• *one-time* and

• *final,*

*though at the beginning*

*you may feel that way.*

*You may*

• *pull yourself together* and

• *follow this advice*

*and, indeed,*

• *experience the most favorable result.*

*But then you may assume that*

• *this is it* and

• *no further steps are needed.*

*Of course*

*this does not suffice,*

*because you are still at the beginning*

*of the process of integration,*

*which [process] cannot exist*

*without conscious effort.*

You must work  
for integration  
by the same process  
of

- conceiving,
- formulating and
- activating  
the proper
  - thoughts and
  - will,

of

- calling forth  
the inner center.

And  
you must repeat the process.

25

Each juncture  
presents different roadblocks  
to

- recognize and
- eliminate.

Each time  
• difficulties and  
• negative moods  
appear,  
you must

- halt  
the negativity  
that seems so easy to give in to

and [instead]

- fight  
to contact the inner being.

This is not so hard.  
It really is rather easy.

Each time you do it,  
you remove another brick  
from that separating wall [that stands between your  
outer self and your center, your inner self].

- More understanding,
- more life  
must result,  
so that eventually  
you will feel  
this greater power  
moving you as  
your power [and not a separate power].

You will feel  
a oneness  
between

- your outer self

and

- the center

you call into manifestation  
by a deliberate thought process.

It will no longer seem

- as though  
a second consciousness existed in you, or
- as though  
the manifestations  
in your outer life  
had nothing to do with you.

You will be connected  
both with the negative causes  
you had not seen before  
and [with] the positive powers  
you never dreamed possible.

As a result  
you will be filled with  
productive thoughts of

- truth,
- expansion and
- a wider vision.

Each situation  
will offer many possibilities

- for desirable solutions and
- for creative growth.

	<p><i>You cannot emerge from <u>any difficulty</u> if you <u>trust</u> the <u>outer mind</u> <u>exclusively</u>.</i></p> <p><i><u>Let the outer mind</u> <u>be filled with</u> the <u>inner being</u>.</i></p> <p><i><u>Only then</u> <u>can you find the way out</u> <u>of each specific problem</u>.</i></p>
26	<p><i>The <u>reestablishment of</u> the <u>correct balance of control</u> can best be demonstrated with the <u>following example</u>.</i></p> <p><i><u>Each human being</u></i></p> <ul style="list-style-type: none"><li>• <i><u>needs</u> and</i></li><li>• <i><u>wants</u></i></li></ul> <p><i><u>love</u>.</i></p> <p><i>When a <u>proper</u> <u>balance of control</u> <u>exists in this respect</u> [i.e., <u>in respect to love</u>], you <u>give of yourself</u></i></p> <ul style="list-style-type: none"><li>• <i><u>freely</u> and</i></li><li>• <i><u>fearlessly</u>.</i></li></ul> <p><i><u>At the same time,</u> you <u>free the loved one</u>.</i></p> <ul style="list-style-type: none"><li>• <i><u>You do not force,</u></i></li><li>• <i><u>you do not need to possess,</u></i></li><li>• <i><u>you do not need to own, and</u></i></li><li>• <i><u>you do not need to exert a tight</u></i></li></ul> <ul style="list-style-type: none"><li>• <i><u>control</u> and</i></li><li>• <i><u>pressure</u> [over the loved one].</i></li></ul>

You  
therefore  
cannot be  
• owned or  
• controlled  
[by the lover] either.

Hence,  
you need not fear  
• to love and  
• to be loved.

You must realize,  
in this frame of mind,  
• that love  
is the greatest freedom,  
• that it  
must come to you,  
if you let it, and  
you do not have to  
• fight or  
• push  
for it.

You can let  
others  
be free  
because you know  
you receive  
what is yours.

And love is yours  
because  
you do not  
• block it,  
• fear [it] or  
• resist it.

Love is  
a floating continuum  
that can never be taken away from you,  
as long as  
you do not take it away from yourself.

*There is no end to it* [i.e., no end to love],  
*as long as*  
*you do not end it.*

*It* [i.e., love] *is*

- *utterly safe,*  
*there is*
  - *no danger* and
  - *no conflict*  
*attached to it.*

- *To give of yourself,*
- *to love and*
- *to contribute,*  
*does not therefore imply*  
*a loss of control.*

*You are*  
*in the true sense of the word*  
*"self-determining."*

*Control,*  
*in the best sense,*  
*is yours,*

*without*

- *tightness* or
- *fear.*

27

- *In distortion,*
- *in false control,*  
*you are again*  
*in an either/or situation.*

*You are not*  
*loving*  
*and* [at the same time]  
*letting free.*

[Rather] *You envisage*  
*either*

- *the false version*  
*of love*

*or*

- *the false version*  
*of letting free.*

To love  
in a distorted way  
is

- martyrdom,
- self-effacing submission,
- self-destruction

for the sake of  
the "loved one."

To be loved,  
in the distorted version,  
is to

- possess and
- control

the "loved one"  
completely [i.e., in distortion, the "loved one"  
 must meet lover's demands if the lover  
 is to feel loved by the loved one – hence  
 the loved one is not free but is  
 controlled by the lover].

Hence  
the fear must exist  
that to love  
means

- possession,
- submission and
- martyrdom.

So on the one hand  
you yearn for love,  
yet on the other hand  
you are afraid of it,

- you fear what loving implies, and
- you fear not being able to be loved,

therefore you resist love.

You rightfully doubt  
your power to

- own and
- control

another person  
to the extent you believe it necessary [to feel loved  
 by the loved one].



	<p><b><u>Fear of</u></b> <b><u>being controlled – to love</u></b> [because you believe you have to submit to and be controlled by the loved one's demands if you love him/her]– <b>and</b> <b><u>fear of</u></b> <b><u>not being able to control – being loved</u></b> [because you believe you have to control the lover to make the lover give you your distorted idea of love] – <b><u>lead to</u></b> <b><u>the false version of</u></b> <b><u>letting go,</u></b> <b><u>which is</u></b></p> <ul style="list-style-type: none"><li>• <b><u>withdrawal,</u></b></li><li>• <b><u>indifference,</u></b></li><li>• <b><u>non-involvement,</u></b></li><li>• <b><u>non-commitment,</u></b></li><li>• <b><u>numbness of feelings,</u></b></li><li>• <b><u>separateness and</u></b></li><li>• <b><u>refusal to love.</u></b></li></ul>
28	<p><b><u>When you are involved</u></b> <b><u>in this distortion,</u></b> <b><u>you cannot see that</u></b></p> <ul style="list-style-type: none"><li>• <b><u>love</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>freedom</u></b></li></ul> <p><b><u>are one.</u></b></p> <p><b><u>You associate love</u></b> <b><u>with lack of freedom.</u></b></p> <p><b><u>Even if you know better intellectually,</u></b> <b><u>emotionally</u></b> <b><u>you cannot</u></b> <b><u>experience</u></b> <b><u>the mutual freedom of true love.</u></b></p>
29	<p><b><u>The</u></b></p> <ul style="list-style-type: none"><li>• <b><u>outer mind,</u></b></li><li>• <b><u>intellect or</u></b></li><li>• <b><u>will</u></b></li></ul> <p><b><u>cannot resolve</u></b> <b><u>such a struggle.</u></b></p>

*[Since the intellect cannot help here,] Activate  
the inner center  
by expressing that  
you want to  
give of yourself freely,  
without fear of  
being controlled.*

*Express your desire to  
• feel and  
• experience  
the oneness of  
• love  
and  
• freedom.*

*Request guidance  
to get you to this stage  
by establishing  
the necessary sense of  
• integrity and  
• self-acceptance.*

*You will discover that  
the more  
• you love,  
the more  
• freedom and  
• selfhood  
you have.*

*If you  
express  
this possibility  
as a formulated thought,  
and then  
activate  
the inner powers  
to help you experience it,  
you must emerge  
from out of  
whatever problem  
you may find yourself in  
at the moment.*

30

Your

- loneliness, your
- fears and
- conflicts

come down to this:

You do not do

the only purposeful thing, [namely,]

to activate

the divine nucleus

within yourself.

It [i.e., activating the divine nucleus within yourself]

is the only

- real,
  - relaxed and
  - productive
- control.

For this

inner center

can indeed

solve all problems,

if only you let it.

And you let it

only when

you call upon it.

It is the

inner being,

right in you,

that

- knows and
- understands

the process

- of love

without danger,

- of giving [both]

- love

and

- freedom, and therefore

- of [both]

- receiving love

and

- remaining free.

***Your outer self**  
**does not understand this.***

***[And] You [i.e., your outer conscious mind] cannot produce**  
**a state of mind**  
**that you do not truly comprehend.***

***[But] Your inner self**  
**can help you.***

***Call upon it.***

31

***Your inner nucleus,**  
**with its powers,**  
**can solve**  
**all**  
**your problems.***

***Whatever your misconceptions are,**  
**this in-dwelling consciousness**  
**can change them**  
**into truthful states of mind.***

***It [i.e., this in-dwelling consciousness]**  
**is always ready to respond,**  
**but**  
**it must be specifically contacted.***

***It [i.e., this in-dwelling consciousness]**  
**will fill you with***

- new,***
- stimulating,***
- challenging***
  - thoughts,***
  - outlooks and***
  - ideas.***

***It [i.e., this in-dwelling consciousness]**  
**will lead you**  
**into feelings of***

- truth and***
- beauty.***

*Its [i.e., this in-dwelling consciousness's]  
guidance  
is invaluable.*

*If you call upon it [i.e., if you call upon this in-dwelling consciousness],  
it must respond,  
for this is the law.*

*This is no magic,  
it is not an  
inconceivably difficult feat  
that you have to master.*

*You can do it [i.e., you can call upon this in-dwelling consciousness]  
right now,  
if you so choose.*

32

*All*

- real and
- constructive
  - actions and
  - experiences  
in life

*come forth from*

- this inner center, from
- your innermost self,
- your nucleus,
- the divine substance  
that is
  - with you and
  - in you  
at all times.

*It [i.e., the inner center, your innermost self, your nucleus, this divine substance]  
cannot respond  
unless your outer [conscious] mind,  
which is  
separated from the nucleus,  
deliberately  
establishes contact  
with it.*

33

*The*

- comprehension of this process and
- its follow-through  
*is the greatest need*  
*for all my friends today.*

*No matter how much*

we have talked about it [i.e., this process of calling upon your divine center and acting upon its guidance],

you still

- forget it,
- overlook it,
- neglect it,
- fail to act upon it.

[Rather,] You give in to

- the negative,
- the destructive  
so easily!

*You entrust yourself*

so readily

to the outer mechanics

where the negative processes

sweep you into a vortex.

*You have to rediscover*

again and again that

you

started

the negative chain reaction

deliberately

at one point.

Then it got out of hand

until it seemed that

you could

no longer control it.

*But you can* [control it] –

by the simple formulation

of the right

- thought and
- desire.

*This [i.e., formulating the right thought and desire, calling upon your inner divine nucleus and acting upon its guidance]*

*is the*

*only*

*constant effort*

*you need*

*to go through life, my friends.*

*When you*

*remain separated from*

*the inner nucleus,*

*• you are needlessly exhausted.*

*• You do not make*

*that one effort to*

*deliberately*

*contact*

*the inner power [and ask it]*

*• to activate you and*

*• to fill you*

*with what you need most.*

*When you do not make the effort [to contact and act upon inner guidance],*

*you use a hundred times more energy*

*than is necessary*

*to make this specific choice [i.e., the choice to contact and act upon inner guidance].*

*The wasted energy*

*produces*

*• failure and*

*• disappointment*

*when you give in to*

*the line of least resistance*

*exactly in the area*

*where you need to persevere.*

*You make a*

*tremendous effort*

*to escape the negativity*

*you have*

*• produced and*

*• chosen to submit to*

*in the first place.*

34

When you

- reverse this process and
- use your energy [instead]  
to halt  
destructive processes, when you
- deliberately  
contact  
the powers within,  
your inner wisdom  
will activate you.

This is a

spontaneous process  
that comes  
quite effortlessly.

But first

- you must pull your thoughts together.
- You must want to  
entrust the self  
to the divine power within.
- You must make that effort.
- You must clearly formulate  
the desire  
to emerge from  
any negative
  - inner or
  - outersituation.

As you do this,

reach for  
the inner power  
to lead the way,  
step by step.

35

Do not

doubt  
the existence  
of your inner core, my friends.



- Even if some of you  
have not sufficiently experienced  
it [i.e., not experienced your inner core] yet,
- even if you still doubt,  
follow this process anyway.

You can  
always  
express a  
clearly formulated desire  
for a constructive result.

Even while you doubt  
the existence of  
the immediately accessible  
greater

- wisdom and
- power

within yourself,  
honestly test it [i.e., test the existence of this wisdom and power]  
by allowing it  
to manifest  
"if it exists."

If you merely  
argue against it [i.e., merely argue against having inner wisdom and power],  
you are not honest  
in your doubt.

You have nothing to lose [in testing the existence of inner wisdom and power within],  
for you have  
amply experienced that  
relying solely  
on your outer faculties  
was how you got into  
the undesirable situation  
you find yourself in.

[Your] Outer pressure –

- tension and
- forcing currents –

have not accomplished anything.

So try it this [new] way now.

Entrust yourself  
to the inner powers,  
which you  
do not have to  
• pressure or  
• direct,  
after  
you formulate  
the thoughts  
of constructive will.

You will see it work.

36

My friends,  
I have given you a key  
that could get you across  
a major threshold,  
if you only use it.

Use control  
• the way  
I describe,  
instead of  
• the way  
you did before.

You may find areas  
where you already do that.

You will see that  
in those areas  
• your life is most successful.  
• Things go  
• smoothly and  
• effortlessly.

*In fact, [in those areas where you use control the way I describe]  
you no longer have to  
make an effort  
with your outer mind*

- *to formulate constructive desire and*
- *to contact the inner being,*  
*for*
- *you have already*  
*established unity.*
- *You have already*  
*come home.*

*In those areas*

- *your consciousness*  
*is completely constructive*  
*in all of its expressions,*
- *the inner*  
*and*
- *the outer*  
*facets of consciousness*  
*are united.*
- *There is no division.*
- *You are in harmony, and*
- *there is no trace*  
*of destructive motivation*  
*in the remotest recesses*  
*of your personality.*

*What religion refers to as*

- *"salvation" –*

*and*

*what psychology refers to as*

- *integration,*
- *mental health and*
- *emotional maturity –*  
*has taken place in these areas.*

37	<p><i><u>At the same time,</u></i> <i><u>other areas of your personality</u></i> <i><u>are still in</u></i> <i><u>the dark regions of</u></i></p> <ul style="list-style-type: none"><li>• <i><u>conflict,</u></i></li><li>• <i><u>error,</u></i></li><li>• <i><u>separation,</u></i></li><li>• <i><u>doubt,</u></i></li><li>• <i><u>ignorance and</u></i></li><li>• <i><u>destructiveness.</u></i></li></ul> <p><i><u>There</u></i> [i.e., in these area of your personality where you are still in darkness], <i><u>if you use the key I give you,</u></i> <i><u>you can accelerate</u></i> <i><u>the process of development.</u></i></p>
38	<p><i><u>False control</u></i> <i><u>strengthens the</u></i> <i><u>wall of separation</u></i> [that separates your inner divine nucleus from your outer self].</p> <p><i><u>Eliminate this wall</u></i> <i><u>by contacting</u></i></p> <ul style="list-style-type: none"><li>• <i><u>deeper and</u></i></li><li>• <i><u>vaster</u></i></li></ul> <p><i><u>faculties</u></i> <i><u>to activate you,</u></i> <i><u>even while the wall</u></i> <i><u>is still present.</u></i></p> <p><i><u>Make this</u></i> [i.e., <i><u>make eliminating the wall of separation</u></i>] <i><u>your main concern, my friends.</u></i></p> <p><i><u>Use this key</u></i></p> <ul style="list-style-type: none"><li>• <i><u>wherever you see fit and</u></i></li><li>• <i><u>wherever you feel</u></i> <i><u>you have the greatest need</u></i> <i><u>at any given moment.</u></i></li></ul>

*The more resourceful  
you become  
in formulating your needs  
where you wish for  
the inner center to*

- guide and
- inspire you, to
- activate and
- fill you
  - with truth,
  - with constructive
    - outlooks and
    - energies,

*the more perfect  
the manifestations of the center  
will become.*

*It [i.e., the divine nucleus or center]  
will manifest  
in so many different ways  
that it will truly  
fill you with*

- security and
- trust.

*Trust*

- in yourself and
- in the life process.

39

*Ask*

- this constructive power,
- this nucleus of
  - perfection and
  - beauty, of
  - health and
  - wisdom,

*to give you  
the right ideas  
for removing  
the separating wall [i.e., the wall that  
separates your divine nucleus from  
your outer conscious self].*

*Request it [i.e., request your divine nucleus]*  
*to inspire you*  
*with the most effective meditation*  
*at any given moment,*  
*so that*  
*even your outer mind,*  
*which must take the first step*  
*to establish the contact with*  
*the inner center,*  
*will be filled with the*  

- *power* and
- *wisdom*

*of your core.*

*Thus*  
*the interaction*  
*will work both ways.*

- *The more you*  
*cultivate this process,*
  - *the safer you will feel, and*
  - *the more you will realize*  
*that no problem*  
*is without a solution.*

*Salvation, my friends,*  
*lies exclusively*  
*in reuniting*  

- *outer mind*

*with*  

- *inner nucleus.*

*Salvation is so near,*  
*with all its*  

- *truth* and
- *light* and
- *relief* and
- *happiness,*

*but it just never occurs to you*  
*that it [i.e., that salvation]*  
*is within reach.*

Go into  
*the deep center of yourself*  
and the answers  
*will come forth.*

Enlightenment will follow  
and crises will inevitably disappear.

40

An even greater force of  
• love and  
• power  
*is now activated.*

Many of you here  
*have not only*  
• understood,  
*but have*  
• gained  
• an insight, or  
• a glimpse,  
• a hope and  
• a light.

This light shows  
*that you are not dependent*  
*on any outer power*  
that has to be  
• coerced,  
• submitted to or  
• cajoled.

You have  
*an immediately available*  
power  
*inside you.*

It is so  
• secure and  
• wonderful.

	<p><b><i><u>Some of you here</u></i></b> <b><i><u>have perceived it [i.e., perceived this immediately available power inside you]</u></i></b> <b><i><u>and are on the verge of using it</u></i></b> <b><i><u>where you need it most.</u></i></b></p> <p><b><i><u>In doing so,</u></i></b> <b><i><u>you will soon be out of</u></i></b></p> <ul style="list-style-type: none"><li>• <b><i><u>your crisis</u></i></b> or</li><li>• <b><i><u>your painful confusion.</u></i></b></li></ul>
41	<p><b><i><u>Be blessed,</u></i></b> <b><i><u>all of you.</u></i></b></p> <p><b><i><u>Be in peace.</u></i></b></p> <p><b><i><u>Be in God!</u></i></b></p>

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