

Pathwork Lecture 154: Pulsation of Consciousness

1996 Edition, Original Given September 15, 1967

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>Greetings, <i>my dearest, dearest friends.</i></p> <p>Blessings for this entire coming working season – not only for this hour, but for all the subsequent • efforts, • endeavors, and • steps <i>on your path.</i></p> <p>Provided these efforts are • sincere and • whole, they must lead you home – to your • real, • innermost • true <i>self.</i></p>

Those who have *found*
their real selves
are at *home*
• in the *world*,
• in *life* –
• *safe* and
• *secure*,
with a *firmly established ground*
under their feet.

Home means
the *inner place*
where *all problems*
find their solution,
where *no*
• *fear* and
• *hate*
exist.

When *fear* exists,
hate must exist –
and vice versa.
They are really *one and the same*.

Home is
the *inner place*
where
• *eternal wellbeing* and
• *eternal life*
are *reality* –
experienced as a fact.

04

At first,
eternal life
is *relative*.
Gradually
it becomes
absolute.

Relative eternal life
may seem like
• a *contradiction*,
• an *absurdity*.

	<p>Yet, <i>eternal life</i> in the <i>absolute</i> cannot reveal itself in</p> <ul style="list-style-type: none">• one• sudden <p>manifestation.</p> <p>It [<i>i.e., absolute eternal life</i>] reveals itself <i>gradually</i>,</p> <ul style="list-style-type: none">• as <i>consciousness expands</i> and• as <i>time expands</i> from one dimension [<i>of consciousness</i>] to the other. <p>Within three-dimensional [<i>space-</i>] time itself</p> <ul style="list-style-type: none">• the <i>sense of eternity grows</i>,• <i>life itself expands</i>. <p>As a person becomes</p> <ul style="list-style-type: none">• <i>healthier</i> and• <i>more whole</i>, <p>not only does the <i>duration</i> of life expand, so does the <i>inner</i></p> <ul style="list-style-type: none">• <i>sense</i> and• <i>experience</i> <p>of it [<i>i.e., so does the inner sense and experience of life expand</i>].</p> <p>We shall talk about this another time.</p>
05	<p>Every fall, when we start a new working season, the first lecture sets the</p> <ul style="list-style-type: none">• pace and• stage, <p>so to speak.</p> <p>It heralds the emphasis of our next overall concern, necessary repetitions notwithstanding.</p> <p>It represents a <i>blueprint of the future work</i> and, at the same time, it is the <i>natural continuation of where we left off</i>, as you will see if you study it sensitively.</p>

	<p>The topic is <i>pulsation of consciousness</i>.</p>
06	<p>Everyone knows that <i>all living organisms</i></p> <ul style="list-style-type: none">• <i>pulsate,</i>• <i>breathe and</i>• <i>move.</i> <p>Strangely enough, these qualities are primarily ascribed to the <i>physical</i> manifestations of life and are <i>ignored</i> as far as <i>consciousness</i> is concerned.</p> <p>Yet <i>identical laws must prevail for both [worlds]</i>.</p>
07	<p>Let me briefly enumerate certain basic aspects about <i>pulsation</i>.</p> <p><i>Everything that lives</i> <i>must</i></p> <ul style="list-style-type: none">• <i>pulsate,</i> <p>as it must</p> <ul style="list-style-type: none">• <i>breathe and</i>• <i>move.</i> <p>Therefore</p> <ul style="list-style-type: none">• <i>pulsation</i> and• <i>breathing</i> <p>are <i>interrelated</i>.</p> <p>The <i>movement of life</i> is contained in <i>both</i>.</p> <p>The <i>movement [of life contained in pulsation and breathing]</i></p> <ul style="list-style-type: none">• is <i>involuntary</i> and• occurs in <i>rhythmic intervals</i>, provided the organism is• <i>healthy,</i>• <i>harmonious and</i>• <i>undisturbed.</i>

	<p>Think, for example, of the <i>heartbeat</i> of the <i>healthy</i> person. It [<i>i.e., the heartbeat</i>] is very</p> <ul style="list-style-type: none">• <i>regular</i> and• <i>rhythmic</i>. <p>A</p> <ul style="list-style-type: none">• sick or• disturbed and• fearful <p>heart</p> <p>automatically loses this rhythmic quality.</p>
08	<p>On the <i>physical</i> level the rhythm occurs according to that dimension of time which applies to all physical manifestation – three-dimensional [<i>space-</i>] time.</p> <p>From the three-dimensionally oriented [<i>space-time</i>] observation, the <i>rhythmic movement</i> is regular in intervals and the <i>pulsebeat</i> can be measured according to three-dimensional [<i>space-</i>] time.</p>
09	<p>The <i>involuntary</i> movements take place according to the three principles outlined a while back – namely, the</p> <ul style="list-style-type: none">• <i>expanding,</i>• <i>restricting,</i> and• <i>static</i> <p><i>principles.</i></p> <p>Everything that lives must follow these principles.</p> <ul style="list-style-type: none">• <i>Breath</i> and• <i>pulsation</i> <p>obviously demonstrate this truth.</p>

10	<p>All this is observable on the <i>physical</i> level.</p> <p>The identical laws apply to the level of <i>consciousness</i>, although there they are less obvious.</p> <p>It requires a certain amount of <i>tuning in on</i> the</p> <ul style="list-style-type: none">• <i>soul movements</i> and• <i>inner reality of the self</i> <ul style="list-style-type: none">• <i>to realize these laws,</i>• <i>to experience them.</i> <p>At first [<i>it is only</i>] a</p> <ul style="list-style-type: none">• <i>sensing</i> and• <i>intuitive knowing,</i> <p style="padding-left: 40px;"><i>[but]</i> it eventually becomes as</p> <ul style="list-style-type: none">• <i>definite</i> and• <i>factual</i> <p style="padding-left: 40px;">an <i>experience</i> as any "outer" fact of life.</p>
11	<p>When consciousness is</p> <ul style="list-style-type: none">• harmonious and• in accordance with <p style="padding-left: 40px;">the <i>universal laws</i>,</p> <p style="padding-left: 80px;"><i>[then]</i> the <i>rhythm</i> [<i>on the level of consciousness</i>] occurs <i>regularly</i>.</p> <p><i>[However]</i></p> <p>The dimension of <i>consciousness</i></p> <p style="padding-left: 40px;">is <i>not</i> three-dimensional [<i>space-time</i>], as the <i>physical</i> organism is.</p>

[Unlike the physical organism,]

The

- *emotional* or
- *mental* or
- *spiritual*

organism

belongs to *another dimension*.

Therefore its rhythmic nature

does not seem to have

the same kind of regularity

in its intervals

as the *physical* pulsations.

To the three-dimensionally oriented *[space-time]* perception the

- *pulsations* or
- *cycles of consciousness*

do not *appear* rhythmic.

[Rather,] **They appear**

- *irregular* and
- *haphazard*.

The *expansion* cycle, for example,

may be

longer or

shorter

than the *restricting* cycle.

Or one expansion cycle

may last longer

than the next *[expansion cycle]*.

Yet, according to this other *[non-three-dimensional-space-time]* dimension,
such *[variance in cycle duration and sequence]*

may be a

- *lawful,*
 - *regular,*
 - *harmonious*
- movement.***

	<p>The <i>rhythmic nature of consciousness</i></p> <ul style="list-style-type: none">• is meaningful within <i>its own inner law</i> and• can only be <i>understood</i> in terms of<ul style="list-style-type: none">• the <i>individual consciousness</i> and• <i>those aspects of consciousness</i> which each particular movement<ul style="list-style-type: none">• <i>expresses</i> and• <i>signifies.</i>
12	<p>In other words, the <i>pulsation of consciousness</i> expresses</p> <p>the <i>state of</i></p> <ul style="list-style-type: none">• consciousness at any given moment, <p>the <i>degree of</i></p> <ul style="list-style-type: none">• <i>self-realization</i> and• <i>growth,</i> <p>or their lack.</p> <p>It [<i>i.e., the pulsation of consciousness</i>] expresses</p> <p>the particular meaning</p> <ul style="list-style-type: none">• where <i>growth is most needed</i>, [<i>or, on the contrary,</i>]• where it [<i>i.e., growth</i>] <i>may be overemphasized</i> <p>at the price of neglecting other areas.</p> <p>The <i>experience</i></p> <p>of each individual is, as you already know, a <i>result of his or her</i></p> <ul style="list-style-type: none">• <i>innermost beliefs,</i>• <i>concepts,</i>• <i>attitudes,</i>• <i>feelings,</i> and• <i>actions.</i> <p><i>How each experience</i></p> <p>is met</p> <p>also <i>determines</i></p> <p>the <i>rhythm of pulsation.</i></p>

People are often aware of

- phases, or
 - cycles,
- in their lives.

They *feel* they have

- "*good times*" and
- "*bad times.*"

They even sense occasionally that
in certain periods

they

- tend more in one direction and
 - concentrate more
- on certain aspects of living,

while in other periods

they

- have quite obviously different emphases.

These manifestations are, of course,
aspects of

the *pulsation of consciousness*.

But they do not appear

in regularly spaced intervals,

as do the *physical* pulsations of the organism.

However, when a person is very

- *perceptive,*
- *intuitive,* and
- *finely attuned to inner reality –*
as a *result of considerable*
 - *self-knowledge* and
 - *development –*

he or she

clearly senses that

these irregular phases
are not

- *chaotic or*
- *arbitrary.*

They, too, [*although irregular*]

follow a certain order,

although its [*i.e., the order's*] nature
may still be obscure.

13

Let us now try to understand what

- *expansion,*
- *restriction,* and the
- *static*

principle

mean in terms of the
pulsating movement
of *consciousness.*

The movement of

- *expansion [of consciousness]*
expresses

reaching out; the

- *restricting [of consciousness] movement*
means

bringing or
gathering

into the organism; the

- *static [consciousness] movement*
means

- *assimilation*

of both [expansion and restricting] and the

- *transition*

from one to the other

[i.e., transition from expansion of
consciousness to restricting
of consciousness, and vice versa].

I discussed this in greater detail several years ago.

The significance of this threefold principle,
as it relates to the

- *living,*
- *breathing,*
- *pulsating*

universe

in all its aspects,

is very important.

14

**In the *healthy* organism
the *changing from one
to the other*
of these three movements
occurs**

- *regularly* and
- *meaningfully.*

**The spiritual significance of
the transition [*between one of these three movements and another*]
is always *in the service of***

- *growth,*
- *completion,*
- *perfection,*
- *additional creation,*
- *pleasure supreme.*

For

- *growth and*
- *pleasure*
are one.

***One cannot exist
without the other.***

- *Expansion [of consciousness]*
represents the
*direct expression of
development,*

while the

- *restricting [of consciousness] and*
- *static [consciousness]*
movements

***indirectly further organic growth [and development] –
through***

- *assimilation,*
- *digestion,*
- *utilization of what was gained, and*
- *rest.*

15

**In the *disturbed* organism [in contrast to the healthy organism]
distorted by *misconceptions*,
the *expanding* [of consciousness] movement
appears
fraught with danger.**

***Misconception*
must always lead to
resistance to growth.**

**The *disturbed* organism
is in *fear*,
and *fear*
makes *expansion* [of consciousness]
appear**

- *painful and*
- *threatening*.

***Fear* contracts into
unpleasure.**

**Hence
the *disturbed* organism**

- *unpleasurably contracts*

when it should

- *pleasurably expand*.

**[Hence] When the
natural [undistorted, undisturbed] *contracting* movement
is supposed to set in,
in rhythmic change [from the preceding
expanding movement],
it cannot do so,
since it *already* is**

- *cramped,*
- *hardened, and*
- *so exaggeratedly contracted*
[from the distorted expansion movement]

**that pulsating life movement
[that wants to now transition from
expansion to contraction]
becomes impossible.**

16

**All outer,
or apparently outer,
experience coming to humans
is, as we know, *in reality*
*self-produced.***

**It [*i.e., outer experience*] is a
reflection
of what already exists
within.**

**It [*i.e., outer experience*]
could not come your way
from without
if it were not there
within your own consciousness first.**

**For those who are
disconnected from their unconscious,
this idea seems at best
theoretical and
*all too metaphysical.***

[On the other hand]

Those who

- *explore and*
- *discover*

the

- *mechanisms and*
- *reality*

of their *unconscious,*

and can therefore

- *identify and*
- *connect*

**with it [*i.e., identify and connect with their unconscious*],
experience what I say here
*as undisputable fact.***

17

When *negative outer experience*
comes to those
who have not connected with
that [*unconscious negative*] part
of their *innermost self*
that has produced it
[*i.e. produced the negative experience*],

they

- *reject*
the [*negative outer*] experience,
- *withdraw* and
- *cringe*
from it.

The organism

cramps up
in a movement of *fear*,
away from that which seems alien
[*i.e. from the negative outer experience*],
as if it [*i.e., the organism*]
had nothing to do with it
[*i.e. the negative experience*].

Since in reality the

undesirable [*negative*] *outer experience*
is an aspect
of an *existing condition*
within [*the consciousness*],

fighting against it [*i.e., fighting against the negative outer experience*]
amounts to fighting against
the self.

To restrict the

pulsation of consciousness
by [*not expanding consciousness to embrace the negative
experience but rather restricting it, by*]

- *hardening up* and
- *refusing*
the [*negative*] *experience*
is therefore

*completely opposed to
the law of growth.*

I shall explain *how to react*

- *meaningfully* and
- *adequately*
to a *negative experience* in a moment.

18	<p>This <i>apparently theoretical discussion, my friends,</i> is not half as theoretical as it may appear.</p> <p>I will show you how you can <ul style="list-style-type: none">• <i>immediately, and</i>• <i>very practically,</i>apply it <i>to exactly where you are</i> <i>on your path –</i> provided you focus <ul style="list-style-type: none">• <i>your attention and</i>• <i>your awareness</i>on your <ul style="list-style-type: none">• <i>emotions and</i>• <i>soul movements.</i></p>
19	<p><i>[First, regarding emotions and feelings]</i> The previous years of work must have made you aware, to some extent at least, of what you <i>feel</i> <i>at any given moment.</i></p> <p>You register <i>[the feeling “fear” that you experience]</i> when you cramp up in fear <i>[in a reaction to a scary situation],</i> for example.</p> <p><i>[Second, regarding soul movements]</i> I discussed the phenomenon of soul movement again and again. Unfortunately, most people are not even aware that such a thing <i>[as a soul movement]</i> exists.</p> <p>But by turning inward – observing the distinct <i>[soul] movements</i> <i>of your psyche –</i> you will become acutely aware of their <i>[i.e. the psyche’s distinct soul movements’]</i> <ul style="list-style-type: none">• <i>existence,</i>of their <ul style="list-style-type: none">• <i>meaning.</i></p>

You will see, for example,
the *tremendous difference* in
soul movements

- when you are in *harmony*
with yourself,
- when you *feel that*
all is right between
yourself and life,

and

- when *not.*

The *harmonious soul movements*
fill you with a

- *wonderful,*
- *subtle, but*
- *distinct*
movement

that is

- *vibrant and*
- *pleasurable.*

You can *feel*

- *yourself [and your consciousness]*
expand toward the outer world,
- *your whole inner organism*
reaching out
 - *fearlessly and*
 - *pleasurably –*
even when the outer experience is
 - *doubtful and*
 - *not necessarily desirable.*

This *fearless meeting of it*

[i.e., courageously embracing of this negative outer experience]

enables you

- *to transcend the [threatening negative] experience,*
- *to truly assimilate it.*

In that way, the threat soon vanishes.

*[Following the expanding consciousness soul movement
that fully embraces the negative threat,]*

**The restricting movement [now]
does not**

- *cramp up and*
- *congest.*

*[Rather,] It [the restricting soul movement]
remains **organic.***

**During the inward [restricting soul] movement
the consciousness,**

on its deepest levels,

corrects the misconceptions

that have brought the

outer unwelcome experience about.

- **By not cringing away from it [i.e., away from the negative experience]
on the outgoing [i.e., on the expanding consciousness]
pulsebeat and**

- **by meeting
what appears at first as
pain,**

**the ingathering [restricting consciousness,
restricting soul] movement**

**may briefly intensify
the pain.**

But soon,

*if the pain is truly met,
it reduces itself
naturally.*

On the next outgoing [expanding consciousness, or soul movement] beat the

- *waste –*
- *misconception,*
- *fear –*

is expelled,

**just as the physical organism
expels waste.**

The movements that follow

are soon in pleasure

where first they were in pain.

	<ul style="list-style-type: none">• <i>Safety</i> and• <i>pleasure</i> <p>cannot be gained when the <i>spiritual pulsebeat</i> <i>is stopped</i> through</p> <ul style="list-style-type: none">• <i>hardening,</i>• <i>refusal of the experience,</i> and• <i>unnatural restriction.</i>
20	<p>The better you are <i>attuned to your inner path,</i> the <i>clearer</i> you will see how <i>each phase of your life</i> <i>means something</i> in terms of <i>your evolution.</i></p> <p>Each</p> <ul style="list-style-type: none">• <i>phase</i> <p>concentrates on <i>certain aspects</i> of your being,</p> <p>and</p> <p>each</p> <ul style="list-style-type: none">• <i>difficulty</i> and• <i>hardship</i> <p><i>requests something from you.</i> It contains a <i>distinct message</i> – <i>coming from</i> <i>your own real self.</i></p> <p>How soon are you going to</p> <ul style="list-style-type: none">• <i>understand this message</i> and• <i>learn what you have to learn?</i> <p>How soon will you</p> <ul style="list-style-type: none">• <i>decide to go through it,</i> <i>in pulsating openness</i> <i>of your psyche,</i> <p>rather than</p> <ul style="list-style-type: none">• <i>attempting to go around?</i> <p>The latter is <i>stark illusion,</i> for <i>meeting the difficulty</i> <i>cannot really be avoided.</i></p>

**It [i.e., each difficulty and hardship]
must reappear,
in different forms,
until you have healed
your [innermost] spiritual organism
from its afflictions.**

**Fleeing the experience
that seems**

- *painful,*
- *undesirable,*
- *dangerous,*

**is fleeing from yourself,
just as fighting it
means fighting yourself.**

**Giving in to [rather than
having the courage to feel and go through] the
fear
of the experience [of pain]
makes you
refuse
the experience [of pain].**

**Since
the experience [of pain]
is a result of yourself,
your refusal of it [i.e., your refusal of the experience of pain]
amounts to refusing yourself.**

**Psychologically
this refusal [to experience pain]
manifests in denial of**

- *happiness and*
- *pleasure.*

**This is why it is so true that
only one who can stand pain
can,
in that exact measure,
stand pleasure.**

21

No matter how much
theoretical understanding
you may already possess about the

- principle and
- truth

of the *outer* life
being no more or less than a
reflection of your
inner state of
consciousness,

it means little
if you still shy away from
going through the experience [of pain in your life].

Jesus expressed the same principle with the words,
"Do not resist evil."
This sentence can, like everything else, be easily

- misinterpreted and
- distorted.

Evil is nothing but the
consequence of
deeply lodged misconceptions
with their *inevitable* further result:

- *fear,*
- *guilt,*
- *anger,*
- *hate,*
- *greed,*
- *cruelty,*
- *selfishness,*
- *destructiveness of*
 - *self and*
 - *others – of*
 - *life.*

All the negativity in the world
stems from
something one believes in
that is [*illusion and*] *not according to reality.*

	<p>No matter what the negative event in one's private life may be, it <i>must</i> be caused</p> <ul style="list-style-type: none">• from <i>within</i>,• from a <i>wrong inner idea</i> according to which one<ul style="list-style-type: none">• <i>functions</i>,• <i>moves</i>,• <i>lives</i>,• <i>responds</i> and• <i>reacts</i>. <p>Look at the <i>illusion of separateness</i> between your <i>outer</i> and your <i>inner</i> life as an <i>optical illusion</i>.</p>
22	<p>Nothing could be</p> <ul style="list-style-type: none">• a greater <i>folly</i> and• a greater <i>act of warfare</i> against your own self than to <i>flee from</i> [a negative] <i>experience</i> which is <i>apparently disconnected</i> from yourself. <p>The only course of [healthy] action is to <i>go into the experience</i>.</p> <p>In terms of <i>pulsation of consciousness</i>, the following procedure is</p> <ul style="list-style-type: none">• <i>indicated</i> and• <i>highly rewarding</i>. <p>When anything happens to you that you <i>shrink from</i> – whether it causes</p> <ul style="list-style-type: none">• mild annoyance or• stark fright or• anything in-between – <i>remain inwardly relaxed</i>.

Observe the
automatic reflex reaction
in your soul movement,
how it automatically tenses up.

By [*not automatically tensing up but rather by consciously*] **remaining**
 • *open and*
 • *relaxed*
to the [*painful*] *experience,*
no matter how
 • *painful or*
 • *frightening*
it may appear,
you allow it to happen to you.

You thus admit that it is [*caused by you and is therefore*] **yours and**
proceed to
find its origin
in you [*rather than from something outside of you*].

You declare
in your mind
your intent to
 • *explore and*
 • *understand*
its cause.

You also live up to this commitment
with your emotional self
by allowing the
healthy pulsebeat of the psyche
to continue its natural process.

Thus you remain in an
open state
that enables you to
 • *comprehend and*
 • *respond* [*to the painful experience*]
in an infinitely more adequate way
than
being in a tense state of
 • *war and*
 • *defense*
 [*against the pain*].

23

This new attitude

seems to require a
great deal of trust in

- *life,*
- *the universe,*
- *others, and*
- *your own innermost self.*

• **By remaining**

- *relaxed and*
- *undefended*

in your soul substance,

• **by allowing the**

*flexible movements of
natural pulsation*

to continue,

you seem exposed to danger.

But is it not a

stark illusion to

suppose that this

- *unnatural,*
- *evasive*

way of self-defense [against pain]

is a more trustworthy protection

than the [open and undefended] way I suggest?

The point could be argued at length,

*but [instead of theoretical arguing] the best course is
to take a chance and find out.*

[If you take a chance of being undefended]

You are bound to discover

the truth of these words.

You will see how

what seemed at first like

- *dire threat or*
- *unbearable pain,*

to be avoided at all cost,

soon turns into

- *profound enlightenment,*
- *safety,*
- *well-being.*

	<p><i>[In being undefended against pain] You will feel your entire</i></p> <ul style="list-style-type: none">• <i>inner and</i>• <i>outer</i> <p>organism <i>vibrantly</i></p> <ul style="list-style-type: none">• <i>alive and</i>• <i>growing.</i>
24	<p>When <i>[on the other hand] the</i></p> <ul style="list-style-type: none">• <i>restricting,</i>• <i>tense,</i>• <i>congested</i> <p><i>movement</i></p> <p>pulls in automatically where it <i>[i.e. the soul movement]</i> should remain <i>vibrantly pulsating,</i></p> <p>its meaning can be translated into words.</p> <p>They are, <i>"I do not want this [momentarily painful] experience."</i></p> <p>This presupposes that the <i>[painful] experience</i> has nothing to do with causes within yourself.</p> <p><i>[Rather] It presupposes that</i></p> <ul style="list-style-type: none">• <i>others,</i>• <i>circumstances,</i>• <i>chance</i> <p>have brought this [painful] experience to you.</p> <p>Therefore, whenever you detect the <i>shrinking back movement of</i> <i>your soul currents,</i></p> <p>you know that on that level [of consciousness] you ignore the connection between</p> <ul style="list-style-type: none">• <i>outer and</i>• <i>inner</i> <p><i>reality.</i></p>

You also know,
at this moment, that
you live in an *illusion* –
and all *illusion breeds pain*.

The *painful experience*
you wish to *avoid*
by *interrupting your*
natural spiritual pulsebeat
[which would naturally expand
consciousness to fully experience this pain
rather than defend and tense up against it]
rests on just such an *illusion*.

By *refusing*
what is *yours* [*i.e., by refusing the experience that is caused by you*] –
good or bad –
your *mentality*
denies self-responsibility
for the unwelcome experience, and
your *emotions*
disturb the natural rhythm
of the pulsation of
your entire organism.

It amounts to a
deliberate stopping of
• *breathing* and
• *pulsebeat*
through some
• *artificial,*
• *inorganic*
means.

25

Again,
I would like to point out
how parallel these laws run on the
• *spiritual and*
• *physical*
levels of a human being.

**What I explained about the
advisable approach to
healing your disturbed psyche
applies in exactly the same way
to the physical body.**

**Just as you should *keep your
soul movements***

- *untense,*
- *open and*
- *relaxed,*

in order to eliminate the disturbances

in a real way,

so should you treat your *[physical]* body.

Assume someone has a damaged heart.

**Would the ailment be cured by
shrinking back from this fact in**

- **tension,**
- **fright, and**
- **contraction?**

Certainly not.

This would only make it worse.

By

- *fright and*
- *contraction*

*the person would express a
refusal of the fact*

*that he or she has acquired a
damaged heart.*

**The only way to correct the damage
is to relax**

*what has unduly
tensed up.*

For that purpose,

**a *full acceptance of*
the *[undesirable]* condition
is inevitable.**

	<p>Even purely chemical medication attempts to</p> <ul style="list-style-type: none">• artificially loosen up the cramp and• reestablish an<ul style="list-style-type: none">• easy,• smooth,• vibrant,• flexiblepulsation. <p>Making such a comparison between the</p> <ul style="list-style-type: none">• <i>physical</i> and• <i>psychic</i> levels will be quite helpful. <p>It will give you an idea of the <i>unification of creation</i> and make what I say here more practicable.</p>
26	<p>When you attempt to put into practice what I advise, it will <i>at first seem quite risky</i> to remain</p> <ul style="list-style-type: none">• <i>undefended</i> and• <i>relaxed</i> <i>inside</i> when something <i>threatens</i> you. <p>[But remember] I am talking [<i>only</i>] about <i>psychological</i> reactions to outer experiences that cause</p> <ul style="list-style-type: none">• negative,• destructive<ul style="list-style-type: none">• <i>emotions</i> and• <i>reactions</i> in you.

**I do not refer to occasional *physical* threats,
where a *quick defensive tightening* is**

- *automatic* and
- *healthy*.

**That [*quick defensive tightening*]
lasts a very short time and
is the exception.**

[*On the other hand,*]

**If an *emotional* condition
recurs regularly in your life,
that is an altogether different story.**

**In these instances [*of emotional reactions to psychological threats*],
when you notice the
[*automatic*] **shrinking back** [*reaction*] **of the**
restricting movement,
try to remain open
[*to the expanding soul movement instead*].**

**Let the inner movements
occur in their own natural way,
uninfluenced by
the fearful level
of your consciousness.**

**Allow the *natural* organism
to continue the *pulsation* of**

- *expansion,*
- *restriction,* and
- *static*

**[*soul*] movements
uninterfered with.**

**The *natural* restricting movement
will open up by itself
[*after the expansion of consciousness*
takes in fully the painful experience].**

**It [*i.e., the natural restricting movement*]
will carry you quite naturally into the
next organic expanding movement.**

**You will distinctly experience
how
what was *painful*
on the *first pulsebeat of*
[consciousness] expansion
diminishes with
each *[subsequent] pulsebeat.***

**Each set of *[soul]* movements
will expand**

- *your self-realization,*
- *your grasp*
of your own inner truth
as it relates to the event in question.

**It *[i.e., each set of soul movements]*
will *fill you with***

- *peace,*
- *well-being,*
- *safety, and*
- *pleasure.*

**Each outgoing *[soul]* movement *[i.e., each expansion of consciousness]*
will *increase this*
*positive condition.***

**Let it *[i.e., this natural pulsation process]*
happen from within,
just as you must let the physical pulsation happen
*without interference by a***

- *fearful,*
- *distrusting*
attitude.

**Cooperate with this
inner lawfulness
by simply
*wanting to see the truth in yourself.***

27

I recapitulate:

Observe your soul movements.

Understand their meaning.

Allow them to function naturally;

do not let fear

cramp up the natural pulsation.

Let the

• *involuntary,*

• *self-regulating*

lawfulness

establish harmony within

by not interfering with

• *fear and*

• *resistance.*

Simultaneously,

cooperate

• *with your whole being,*

• *with all your*

• *sincerity and*

• *integrity,*

• *in your willingness to*

see the truth in you.

Seek to understand the

connections

between

• *yourself and*

• *unwelcome emotions and*

• *those outer conditions that cause these emotions.*

Do this ego-cooperation in a

• *firm,*

• *relaxed*

way.

Relaxation

must be combined with

full commitment.

Often,

tension

replaces

a lack of full commitment

to the inner truth.

28	<p>Let yourself <i>vibrate</i> <i>without defending your</i> <i>soul substance,</i> even though it may <i>seem risky,</i> <i>as if you were too</i> <ul style="list-style-type: none">• <i>vulnerable and</i>• <i>exposed.</i><p style="text-align: right;"><i>This is not true.</i></p><p><i>Such undefendedness</i> <i>reestablishes</i> <i>the healthy heartbeat</i> <i>of your psyche.</i></p><p>It [<i>i.e., undefendedness</i>] does <i>not</i> mean that you <i>invite</i> <ul style="list-style-type: none">• <i>damaging,</i>• <i>destructive</i>actions from <ul style="list-style-type: none">• <i>others or</i>• <i>yourself.</i></p><p>To the contrary, <i>healthy self-assertion</i> can only happen <ul style="list-style-type: none">• <i>when you are not cramped up inside,</i>• <i>when your natural pulsebeat</i><i>functions according to its own organic law.</i></p></p>
29	<p>As I said before, my friends, this material is <i>not</i> <ul style="list-style-type: none">• <i>difficult or</i>• <i>abstract</i><ul style="list-style-type: none">• <i>for those who have already explored</i> <i>their innermost self to some extent or</i>• <i>for those who take these words in</i> <i>with their full attention.</i></p>

	<p><i>If you</i></p> <ul style="list-style-type: none">• <i>think about them</i> [<i>i.e., these words</i>] and• <i>apply them to yourself,</i> you will see how <i>immediately practicable</i> they are. <p><i>Look at</i> what you <i>really feel.</i></p> <p><i>See</i> what</p> <ul style="list-style-type: none">• <i>fear,</i>• <i>pain,</i>• <i>guilt and</i>• <i>anger</i> <p><i>cause you to do within,</i> <i>how you contract</i> [<i>in their presence</i>].</p> <p><i>Observe</i> these <i>soul movements.</i></p> <p><i>[Then] It will become obvious</i> that <i>all is</i> <i>as I say.</i></p>
30	<p><i>By shrinking from the</i> <i>undesirable</i></p> <ul style="list-style-type: none">• <i>condition or</i>• <i>experience,</i> the entity <i>hopes to</i>• <i>avoid and</i>• <i>refuse</i> it [<i>i.e., the undesirable situation</i>] – <i>thereby</i>• <i>avoiding and</i>• <i>refusing</i> <i>itself.</i>

This [*shrinking away from the undesirable pain*]

causes a

- *hard,*
 - *bitter,*
 - *twisted*
- pain**

because

such pulling away

- *is not organic and*
- *is utterly futile.*

[*On the other hand,*]

When you

openly meet the [undesirable or negative]

- **condition or**
- **experience**

**in the manner discussed,
there will be
pain**

too, at first.

But [*and this “but” makes all the difference*]

- **the pain will have a**
completely different characteristic.
- **It will soon**
turn into a softness
that can dissolve more easily.
- **It will transform itself**
into
 - ***meaningfulness and***
 - ***sense.***
- **It is a**
growing pain,
not a death pain.
- **It is a pain that**
creates
 - ***more and***
 - ***better******life***
- **and thus** [*it, i.e., the pain*] **eventually**
 - ***transforms itself***
into pleasure.

	<p><i>[Thus] The energy contained in the [negative] emotion can find its way back to its original [positive] essence.</i></p>
31	<p>When you remain truthfully open to the</p> <ul style="list-style-type: none">• <i>pain,</i>• <i>fear, or</i>• <i>other destructive emotion,</i> <p>you will <i>not</i> masochistically</p> <ul style="list-style-type: none">• <i>aggrandize and</i>• <i>exaggerate</i> <p>it [i.e., the pain or fear].</p> <p>Nor will you deny it –</p> <p>either by</p> <ul style="list-style-type: none">• <i>deluding yourself</i> <i>that it does not exist,</i> <p>or by</p> <ul style="list-style-type: none">• <i>refusing to meet it</i> <i>by pulling away.</i> <p>[Rather,] You will simply go through it and thereby</p> <p>reconvert it [i.e., the pain or fear] to its original [positive] nature of bliss.</p>
32	<p>It always seems to require such an enormous amount of courage to do this [i.e., to go through the pain or fear].</p>

	<p>But that, too, is <i>illusion</i>, my friends. It <i>actually</i> requires <i>infinitely more "courage,"</i> in a</p> <ul style="list-style-type: none">• <i>wrong and</i>• <i>futile</i> <p> <i>sense,</i></p> <p>to go through all the <i>unnecessary pain</i> of</p> <ul style="list-style-type: none">• <i>avoidance and</i>• <i>flight.</i> <p>The <i>effort</i> to <i>shrink back</i></p> <ul style="list-style-type: none">• <i>from yourself and</i>• <i>from what you have produced –</i> both in• <i>inner and</i>• <i>outer</i> <p> <i>conditions –</i> <i>is much more strenuous than</i> the effort needed for the <i>course</i> <i>I show you.</i></p>
33	<p>When pursuing this [<i>Pathwork</i>] course, the <i>pain</i> <i>must become</i> <i>bliss</i></p> <p><i>because</i></p> <ul style="list-style-type: none">• you have <i>transcended it</i> [<i>i.e., the pain</i>] instead of <i>fleeing from it;</i>• you have <i>understood its</i> [<i>i.e., the pain's</i>] <i>deep significance</i> in terms of your <i>personal growth.</i>• You <i>allowed</i> the pain its <i>natural healthy rhythm,</i>• you <i>allowed</i> [<i>the painful</i>] <i>experience</i> <i>caused by</i><ul style="list-style-type: none">• <i>error,</i>• <i>illusion and</i>• <i>unhealth</i> <i>to take its course.</i>

	<p>This is the <i>only</i> way</p> <ul style="list-style-type: none">• <i>health,</i>• <i>security, and</i>• <i>well-being</i> <p>can be <i>reestablished.</i></p>
34	<p>Until now we have concentrated on the <i>mental</i> activity involved in your search</p> <ul style="list-style-type: none">• for your <i>true self,</i>• for your <i>misconceptions,</i> <p>and in the <i>observation</i> of your</p> <ul style="list-style-type: none">• <i>mental and</i>• <i>emotional</i> <p><i>processes.</i></p> <p>In time, using various new approaches on this [<i>Pathwork</i>] path, some of you will begin to <i>experience</i> what might be summed up briefly as a <i>combination</i> of the</p> <ul style="list-style-type: none">• <i>metaphysical and</i>• <i>physical.</i> <p>You will learn to</p> <ul style="list-style-type: none">• <i>feel and</i>• <i>observe</i> <p>the <i>soul movements</i> better than ever before.</p> <p>These <i>soul movements,</i> with their</p> <ul style="list-style-type: none">• <i>innate,</i>• <i>inbuilt</i> <ul style="list-style-type: none">• <i>rhythm and</i>• <i>lawfulness,</i> <p><i>determine your</i> <i>entire life.</i></p>

**They [i.e., your soul movements]
determine**

- **your state of being,**
- **your state of consciousness,**
- **your freedom [from]
or enslavement to
your**

- **images and**
- **misconceptions.**

**They [i.e., your soul movements]
determine
the**

- **depth and**
- **scope and**
- **nature**

of your experiences in life,

the

- **degree of
aliveness and
pleasure,**
- **your body structure, and**
- **your fulfillment and
abundance**

on all levels of being.

**The soul movements
are the heartbeat of the spirit.**

35

Now, are there any questions regarding this topic?

QUESTION:

What kind of experience do you mean?

What if someone offers me a trip with LSD?

**Would you advise me to go through with it
just for the sake of the experience?**

36	<p>ANSWER: No, certainly not. Nothing of the sort. I do not mean that a person should do anything or everything.</p> <p>This would be completely destructive and a crass misunderstanding of what I am talking about.</p> <p>A human being <i>must exert</i> • <i>discrimination</i> and • <i>choice.</i></p> <p>You have the <i>freedom</i> to • <i>choose</i> certain experiences or • <i>reject</i> them.</p> <p>I refer to the <i>principle</i> of this question, not the matter of whether or not LSD is advisable. I have already discussed this some time ago, and do not see any need to repeat it now.</p>
37	<p>What I am referring to is the <i>experience</i> of • <i>events,</i> • <i>conditions,</i> and • <i>emotions</i> one <i>cannot</i> choose. They [<i>simply</i>] come.</p>

A recurrent [inner] condition
elicits [or gives rise to],
again and again,

- *difficulty,*
- *crisis,*
- *disharmony,*
- *destructive feelings.*

These are the [negative painful] experiences
people so often

- *refuse,*
- *deny,*
- *flee from –*
when they [i.e., these negative experiences]
are nothing but
an expression of
something in themselves
that they overlook.

As long as one prefers to
overlook the [inner] condition,
it [i.e. the resulting painful difficulty, crisis, etc.]
must recur
with reliable regularity.
Of that you can be sure.

38

QUESTION:
There are two experiences that come to my mind:

- *one is orgasm,*
- *the other is death.*

It seems that the

- *pulsation and*
- *vibration*
lead you to a point
where these
 - *vibrations and*
 - *pulsations*
cease.

In both

- *orgasm and*
- *death*
there seems to be
no more
 - *vibration and*
 - *pulsation.*

39

ANSWER:

It is an *illusion* that they [*i.e.*, *the vibration and pulsation*] cease.

**Of course,
this *illusion* is**

**much more difficult to establish about
*death***

because your three-dimensional [*space/time*]

- **orientation and**
- **perception**

is not geared to see that

it [*i.e.*, *death*]

is an *illusion*.

You merely see

the *physical* level,

and that has indeed stopped

- **living,**
- **vibrating,**
- **pulsating.**

You are unequipped

to observe the *consciousness*

***behind the physical* system,**

where

- ***living,***
- ***breathing,***
- ***pulsating,***
- ***vibrating* – and therefore**
 - ***thinking,***
 - ***feeling,***
 - ***being* –**

go on and on.

40

As far as *orgasm* is concerned,

it is certainly an *illusion* that

- ***pulsation* or**
- ***vibration***

stops.

As I said at the beginning of the lecture:
When the rhythmic manifestation of
pulsation
is *not observable to*
the three-dimensional [*space/time*] perception,
the *pulsation of*
various
levels of consciousness
is [*then*] geared to different laws.

Only when you
become *attuned to*
your *innermost self*
will you *perceive these manifestations*.

There is *nothing* on the three-dimensional [*space/time*] level
that you
cannot and
will not
experience
by a further expansion of consciousness
into different dimensions –

- whether or
- not
this occurs
 - in a state of *physical death* or
 - while [*still*] in the body.

In fact
more,
not less,
can be *experienced,*
may *must be experienced,*
as the being

- *expands and*
- *grows*
into further dimensions
[of consciousness].

41	<p>The truth of these words <i>will become accessible</i> <i>in this life</i></p> <p>when you <i>do not cramp up against</i> <i>fearful experience,</i></p> <p>but [rather] <i>allow</i></p> <p>your innermost soul movement <i>to continue to pulsate [and expand]</i> <i>into the experience you want to deny.</i></p>
42	<p>As you all know from our work together, this <i>fear of experience</i> does not only exist regarding <ul style="list-style-type: none">• <i>negative,</i>• <i>painful</i>experience.</p> <p>There is as much fear, and often more so, regarding the <ul style="list-style-type: none">• <i>positive,</i>• <i>desirable, and</i>• <i>desired</i>experiences in the universe.</p> <p><ul style="list-style-type: none">• <i>Utter bliss,</i>• <i>pleasure supreme,</i>is feared to the extent pain is denied.</p> <p>One who can accept pain, can endure pleasure.</p>

The two experiences you mentioned –
• *death* and
• *orgasm* –
are the *deepest experiences*
a *created entity*
can go through.

They are that [*i.e., death and orgasm are the deepest experiences*]
because [*in these experiences*]

• the *ego*
relinquishes its hold and
the *individual*
surrenders
to the
• *cosmic,*
• *universal*
forces –
in

• *love* and
• *trust.*

True orgasm
is not possible
unless this attitude exists.

Healthy death

only occurs with
• *love* and
• *trust*

and it [*i.e., death*] then becomes a
• *joyful,*
• *growing*
experience.

It is easily observable
that the *healthier a human being is,*
the *less* he or she
fears this

• *total,*
• *trustful*
surrender.

Such an individual
experiences the greatest amount of bliss
and, also,
does not fear death.

43

I repeat:

The ability to stand

- *pleasure,*
- *delight,*
- *ecstasy,*

**depends on the ability
to assimilate**

- *pain and*
- *frustration*

in an

- *appropriate and*
- *truthful*

way,

in the understanding that

**they [i.e., pain and frustration]
are the production of
the self.**

To put the same idea in different words:

If you can meet

- **your own negativity –
your**

- *fears,*
- *anger,*
- *rage,*
- *the traits you do not like –*

in a

- *rational and*
 - *unexaggerated*
- way,**

really

- *meet it [i.e. meet your negativity]
face to face and*
- *understand it,*

then you produce the [positive traits of]

- *love and*
- *trust*

I discussed.

**To that measure [i.e., to the measure you meet your own negativity]
you become capable of
experiencing**

- *delight,*
- *pleasure,*
- *happiness.*

*There is a direct relationship
between the two.*

**You will invariably see that
the person who
cannot**

accept pain in a

- *healthy,*
- *constructive and*
- *realistic*

way

*cannot
accept pleasure either.*

44

**I shall be glad to answer more questions on this topic,
as well as on any problems you may have, at our next meeting.**

*Be blessed,
all of you.*

**May every one of you
start this working season
with a *new approach***

- *to your path,*
- *to your blocks*

that

- *prevent and*
- *separate you from
life.*

*Dip deeply into
the reality of
the divine within yourself,
[in order] to strengthen you
in your determination to*

- *grow,*
- *unfold,*
- *expand,*
- *unify, and*
- *correct*

the areas that block you

- *from life,*
- *from all that is good.*

*Let guidance come
from within
to help you realize*

- *the futility,*
- *the unnecessary waste
of resisting this growth.*

*May you become more and more attuned to
these inner soul movements and
thereby help to reestablish
the beautiful cosmic balance.*

*This will also affect the availability of
the divine in you,
with which you can then*

- *integrate and*
- *establish*

your

- *full,*
- *independent
selfhood.*

*Be blessed,
all of you.*

*Be in peace,
be in God!*

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