

Pathwork Lecture 176: Overcoming Negativity

1996 Edition, Original Given October 10, 1969

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

¶	Content
03	<p><i>Greetings and blessings for everyone of my friends.</i></p> <p>This lecture is a <i>continuation</i> of the last one, in which we discussed the <i>importance</i></p> <ul style="list-style-type: none">• of <i>mind</i>,• of <i>consciousness</i>, <p>with its</p> <ul style="list-style-type: none">• <i>creative aspects</i> and• <i>powers</i>. <p>We were also talking about <i>negative creation</i> – an <i>ongoing process</i> in <i>every human being</i>.</p>
04	<p>If you were not <i>negatively involved with creation</i>,</p> <ul style="list-style-type: none">• you would <i>not be human</i>,• you would <i>not live on this plane of consciousness</i>, <p>which expresses a <i>particular degree of development</i>.</p>

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*Human beings are, in general,
free to a degree,
so that they *create*
quite constructively also.*

*But negative creation
is still *continuing* in
the *human psyche*.*

*This means that
it is *humanity's task*
on this earth to*

- *struggle out of its negative creation and*
- *become more and more free
from the snares of negativity.*

*This is not easy,
for the fascination
with any creative process
takes hold of a person,
so that he or she wants to remain in it.*

*Thus a person
becomes involved with
any number of vicious circles
simultaneously,
which seem difficult to break.*

*It is my task now
to help you *step by step*
to loosen the hold
of your negative involvement
in *distorted creative processes*.*

05

*I shall continue with the *specific aspects*
with which the pathwork
is particularly concerned.*

- *Many of you begin to *find*
within yourselves the *truth of your own negativity*,*
- *and you can even*
 - *acknowledge that your negativity is deliberate and*
 - *see how you hang on to it.*

*Reaching this step
is of tremendous significance.*

There is *no greater difference conceivable* between
human beings who

- *know that they create their own fate,*
- *know that they wish to be negative no matter how undesirable that is, and yet*
- *retain this [negative] attitude,*

and those who

- *are ignorant of this fact [i.e., ignorant that they create their own fate, wish to be negative, and yet refuse to change].*

*Anyone who is on a path
that genuinely leads to
the realization of
the universal self
must come to this personal insight.*

Otherwise the path one takes

- *leads to illusion and*
 - *deals merely with*
 - *theoretical speculation or*
 - *alienated idealization*
- and not real live experience.*

06

*Since you are human, my friends,
every one of you
creates negatively.*

Your deliberate negative

- *attitudes and*
- *feelings,*
which you do not want to give up,
are a creation [by you].

To believe that

- *your unhappiness and*
 - *your suffering*
are inflicted upon you
 - *by others or*
 - *by life*
- is utter folly.*

*It is insanity
to believe that
any unhappiness
can accrue from something*

- *outside of or*
- *other than
the self.*

You may have

- *known this
theoretically
a long, long time, and*
- *paid lip service to it.*

*But there is a world of difference
between*

- *an intellectual assent*

and

- *the clear-cut realization*
 - *that you indeed create negatively,*
 - *that the very unhappiness you*
 - *deplore and*
 - *render others responsible for*

*is caused by negative attitudes
you actually*

- *enjoy and*
- *want to maintain.*

If you ascribe

- *your frustrations,*
- *your unfulfillment, or*
- *your pains*

to society
you are completely wrong.

This does not mean
that the ills you see in society
do not really exist.
They do.

But they could not affect you
if you were not

- *deeply, and*
- *still unconsciously,*

contributing to those very ills
you so much deplore.

	<p><i>You do it [i.e., you contribute to those very ills you deplore in society] precisely by <u>your negativity</u> which you still continue to express in your <u>private life</u>.</i></p>
07	<p><i>This <u>truth</u> may be hard to believe when you are still at the very beginning of such a path as this. But once you are seriously involved in it, you must come to see that it is just that way.</i></p> <p><i>You are never an innocent victim, and society itself is but the</i></p> <ul style="list-style-type: none">• <i>sum total or</i>• <i>product</i> <p><i>of</i></p> <ul style="list-style-type: none">• <i>your and</i>• <i>many other people's</i> <u>constant negative</u><ul style="list-style-type: none">• <i>production and</i>• <i>creation.</i> <p><i>This realization is at first</i></p> <ul style="list-style-type: none">• <i>shocking and</i>• <i>painful,</i> <p><i><u>but only as long as</u> you remain unwilling to give up the negativity.</i></p> <p><i>If you will not give it [i.e., your negativity] up you do <u>need the illusion</u> that others do it [i.e., that <u>others</u> create your negativity].</i></p> <p><i>You hope to come to bliss without meeting that aspect in you which makes reaching bliss impossible.</i></p>

You hope to become a truly
• *self-accepting* and
• *self-respecting*
human being
without giving up
what truly impairs your integrity.

Thus you live the illusion
that others
are doing it to you,
whom you can then blame
for victimizing you.

This is one of the
• *famous* and
• *very frequent*
games of pretense
that have been uncovered
by many of you
in various forms.

Once these
• *illusions* and
• *cheating intentions*
are abandoned,
the realization
of your own creative power –
constantly at work, though perhaps
still mostly negatively –
is as wonderful a
• *revelation* and
• *liberation*
as it was at first [in its negative form]
a shock.

08

I would like to discuss
the various steps
of working your way out of
the maze of your own
• *illusion* and
• *negative creation*
in which you seem to be so
• *inextricably* and
• *inexorably*
caught.

Evidently, the first step must be
for you to

- *find,*
- *determine,*
- *acknowledge,*
- *accept, and*
- *observe*

your own

- *negative attitudes,*
- *destructive feelings,*
- *subtle lies,*
- *intention to cheat, and*
- *life-defeating spiteful resistance*
to good feelings.

All these are examples of
negative creating.

Those of you who work very

- *personally and*
- *dynamically*

toward your own growth

have come in some contact

with this deliberate

negative production.

But it is important
that you become

- *even more aware of it,*
- *more detachedly observant of it.*

This comprises the first step.

09

The second step
is that,

deep inside,

you [experience and] question your particular

- *feelings and*
- *reactions to*

• this negative production, and

• your own

• deliberate and

• chosen

intent [to create negatively].

[In this second step]

You will then see that you [actually]

- **like it** [i.e., you like negative creating],
- **find some sort of pleasure in it, and**
- **do not wish to give it up.**

*[Here you experience, to your surprise, that] **The pleasurable aspect of creating***

applies also to negative creating.

It is absolutely necessary

that you

- **feel this** [pleasure from negative creating] **and**
- **admit it.**

Even though you understand in

- **general,**
- **vague**
terms

that this is

- **destructive** and somehow
- **wrong,**

you still are captivated by
the perverse pleasure
of your own negative production.

This acknowledgment [*of your pleasure from negative creating*] **is essential.**

Without it

- **you cannot grow out of suffering,**
- **nor can you reach the spiritual selfhood you long for.**

10

The third step

is to painstakingly work through
the exact [*effects, that is the exact*]

- **consequences** and
- **ramifications**

of [their causes:] your negative production,
without glossing over

- **any detail,**
- **any effect, or**
- **[any] side-effect.**

The

- *realization and*
- *precise understanding*
of the harmful effects
 - *on you and*
 - *on others**must become very clear.*

It will not do

if you assuage your guilt
for your negative creation
by telling yourself
you only harm yourself.

It must be seen that

you cannot harm yourself
without also harming others,
no more than
you can harm others
without also harming you.

This is

not a law from retribution
of a vindictive authority up in heaven.

[Rather] It is so because

- *you are all,*
- *we are all,*
- *they are all,*
- *everyone is*
the one universal self.

So what happens to you

must happen to everyone else
and vice versa.

It is unthinkable

that anything that adversely affects you
does not affect others as well.

Self-hate, for example,

always manifests also as the

- *inability to love, or even*
- *the compulsion to hate*
others.

This is only one example.

	<p><i>This is not a theory; you will discover its truth, but only as you actually work through these steps.</i></p>
11	<p>The <u>third step</u> also consists of seeing that the pleasure you derive from your negative production is <u>never worth</u> the <u>exorbitant price</u> you pay for it, because all you <u>deplore most</u></p> <ul style="list-style-type: none">• in yourself and• in your life experience <p>is a <u>direct result of it</u> [i.e., of your negative creating].</p> <p>You <u>sacrifice</u></p> <ul style="list-style-type: none">• joy,• peace,• self-esteem,• inner security,• expansion and• growth,• pleasure on all levels of your being, and a• meaningful and• fearless <p>existence.</p> <p><u>All this</u> <u>and more</u> can never be worth the <u>perverse pleasure</u> you derive from your negative creation.</p>
12	<p>See how <u>your negative creation</u> <u>affects others.</u></p> <p>Some deep part of you</p> <ul style="list-style-type: none">• knows this quite accurately and <u>justifiably feels guilty</u> for it,• makes you• <u>hate</u> [yourself] and• <u>punish yourself</u> and• <u>rob yourself of the real satisfactions of life.</u>

	<p>You will come to see that <i>guiltless living</i> <i>can only exist</i> <i>when negative creating</i> <i>is given up.</i></p> <p>Even the</p> <ul style="list-style-type: none">• <i>sincere and</i>• <i>serious</i> <p><i><u>desire to do so</u> [i.e., <i>desire to give up negative creating</i>] <i>will bring <u>relief.</u></i></i></p>
13	<p>Still another aspect of <i>step three</i> is to reach for the understanding that the <i>pleasure</i> you derive from being <i>destructive</i> in your</p> <ul style="list-style-type: none">• <i>feelings and</i>• <i>attitudes</i> <p>is <u>not</u> what has to be given up.</p> <p>In fact, the same pleasure [that you now experience in <i>negative creation</i>] will be transferred to <i>positive creation</i>, where you can expand</p> <ul style="list-style-type: none">• <i>joyfully and</i>• <i>guiltlessly</i>• <i>without paying the heavy price</i> you now pay for <ul style="list-style-type: none">• <i><u>negative creation</u> and</i>• <i><u>sacrificing your very life</u> –</i> <i>which is no exaggeration.</i> <p><u>Exact</u></p> <ul style="list-style-type: none">• <i>working through of</i><ul style="list-style-type: none">• <i>cause and</i>• <i>effect, and</i>• <i>seeing</i><ul style="list-style-type: none">• <i>results and</i>• <i>connections,</i> <i>is what makes</i> <i><u>wanting</u></i> <i>to give up negativity</i> <i><u>possible.</u></i>

**It is not sufficient [merely]
to be aware of being deliberately destructive.**

- **It must be admitted
that you do not want to give this [destructiveness] up**
- **You must see
what price you pay [for being deliberately destructive].
Doing so [i.e., seeing the price you pay],
you will become
experientially connected with**

- **the cause
of your negative creation and**
- **the effect
it has on you.
This bridge must be established.**

**See very clearly
that what renders you most unhappy [namely]:**

- **your anxieties,**
- **your worries**
- **your self-dislike**
- **your insecurities**
- **your discontent with life**
- **your frustrations**
- **your sense of wasting**
 - **yourself and**
 - **life**
- **your hurt and**
- **your pain,**

**are all direct effects
of [the causes within you of] deliberately wanted
negative attitudes.**

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**At step two
you are still separated from
the effects [of your negative attitudes and
intentional destructiveness].**

You may

- **see that the cause [of some of your problems]
is your destructiveness and**
- **admit it,
but you do not yet see the connection [of your negativity]
with all you deplore in your life.**

The connecting link
between
• cause [i.e., your negativity and intentional destructiveness]
and
• effect [i.e., all that you deplore in your life]
is still absent.

As long as this connecting link
is not established,
you cannot really want
to give up the negativity.

You must see
the heavy price
you pay [for holding onto negativity and destructiveness]
to be truly motivated
to want to give it up.

It is not enough
to give it up
because you ought to,
knowing that it is somehow
• wrong or
• detrimental to
• you or
• others.
Such vagueness
will never do the trick.

The specific link [between your negativity and what you deplore in your life]
must be established [via step three],
which is perhaps easier
than coming to step one or two.

The most difficult is to reach step two:
to be fully aware [of the full power and influence]
of your negative creating
by destructive attitudes of your own choosing.

There is a world of difference
between

- *such a state of awareness* [where you realize the power and scope of your capacity to create negatively all that you deplore in your life]

and

- *the state before it, when* [you were not aware that you created all you deplored in your life and instead] you projected your unhappiness outside,
 - *blaming the world,*
 - *blaming others, and*
 - *not seeing the cause in you.*

Thus, step two is
of the *most incisive importance.*

It means *knowing*

- *your* [amazing] power,
- *your* selfhood.

For

to the degree

you see the negative form

of the creative process

in you [and all the pain and frustration it is capable of creating],

to that degree

you gain an inkling

of what you can do [instead]

to produce

beautiful life experiences.

Step two

may be the *most difficult to reach;*

it certainly constitutes

the most drastic change in

- self-perception and

- the perception of life processes.

But working through step three [i.e., seeing the full scope of your negative creations – producing all that you deplore in life] is *equally important,*
for without it the motivation to change is lacking.

However, step three is not half as difficult,
and *never meets up with as much resistance as step two.*

15	<p><i>When you begin to discover the <u>same</u> fascination with creating in a <u>positive</u> way as in the <u>negative</u>, but this time unmarred by</i></p> <ul style="list-style-type: none">• <i>suffering,</i>• <i>guilt,</i>• <i>fear, and</i>• <i>self-blame,</i> <p><i>the world opens up before you with such</i></p> <ul style="list-style-type: none">• <i>beauty and</i>• <i>light</i> <p><i>that <u>there are no words to describe it.</u></i></p> <p><i><u>You will taste the freedom of being creator of your chosen life.</u></i></p>
16	<p><i>To facilitate the discovery of this connecting link of <u>positive</u> fascination with creation, you will need to recognize the</i></p> <ul style="list-style-type: none">• <i>unobstructed,</i>• <i>unconcealed</i>• <i>destructiveness and</i>• <i>negativity</i> <p><i>behind facades of various kinds.</i></p> <p>For many years we have</p> <ul style="list-style-type: none">• <i>discussed and</i>• <i>worked on</i>• <i>the pretenses,</i>• <i>the defenses,</i>• <i>the games and ploys,</i>• <i>the idealized self-images,</i>• <i>the specific forms of denial</i> <p><i>you seek in order to conceal your destructiveness.</i></p>

All these masks are hypocritical.

**They always display
the opposite**

of what you

- **reject and**
- **dislike**

in yourself [i.e., cover up aspects that are really there in you behind the masks, but aspects you dislike].

These cover-ups [and masks displaying the opposite of what you dislike in yourself] **are actually infinitely more**

- **insidious and**
- **damaging**

than the actual destructiveness [being covered up] **itself.**

For once you [remove the masks and] **face**
the naked destructiveness,

you confront a truth in yourself,
which gives you an honest choice
of your future direction.

But when you are

still involved in

- **the cover-ups,**
- **the roles and**
- **the games,**

you cannot get at the core

of your disturbance [and all that frustrates you and you deplore in your life].

[In this situation of masks and cover-ups of all you reject and dislike in yourself]

Your suffering becomes worse;

you become alienated from

the [underlying] cause

of your [deplorable] condition, and

therefore you feel increasingly more

- **disconnected and**
- **hopeless.**

17

In order to hide

- ***from others – and primarily***
- ***from yourself –***

***you produce something [masks of various sorts – roles, etc.]
that appears to be
the opposite of
what you wish to be hidden.***

The role [or mask or cover-up]

***becomes like second nature,
but it has nothing to do with you.***

It is merely a habit

***you cannot shed
as long as you are unwilling
to look behind it.***

It is of specific importance

***that you disillusion yourself
concerning the image***

- ***you project into the world and***
- ***of whose genuineness
you try arduously to convince yourself.***

***The artificiality of this role you indulge in
must be unmasked.***

***It always appears to you
to be good in some way,
even if only
by pretending you are a victim.***

But you must

- ***analyze it [i.e., analyze the role or mask] exactly and***
- ***comprehend it in detail***

***to see that it [i.e., the role or mask] is none
of what you pretend it is.***

- ***It [i.e., the role or mask] is never good.***
- ***You are never that innocent,***
- ***nor are others that villainous.***

	<p><i>But, on the other hand, nor are you so</i></p> <ul style="list-style-type: none">• <i>hopelessly bad and</i>• <i>unacceptable</i> <p><i>as you meanwhile <u>believe</u> you really are <u>underneath this role.</u></i></p> <p><i>For the <u>role</u> conveys the <u>opposite</u>,</i></p> <p><i>not only of what you <u>actually</u> are, but also of what you <u>believe</u> you are.</i></p>
18	<p><i>Yet the <u>pretended</u> role contains the same aspects you so busily try to conceal.</i></p> <p><i>If you <u>hide</u> [your real feelings and self] and your <u>role</u> [or mask hiding your real self] is that of <u>being persecuted</u> by the</i></p> <ul style="list-style-type: none">• <i>hate and</i>• <i><u>unjust accusations</u></i> <p><i>of others, in this <u>pretense</u> [or mask] lies the hate itself.</i></p> <ul style="list-style-type: none">• <i>The front or</i>• <i>the role</i> <p><i>is <u>never</u> innately different from what it covers.</i></p> <p><i>It is a hating attitude to pretend being a victim of the hate of others.</i></p> <p>This is only one example.</p> <p><i>The game itself must be exposed not only</i></p> <ul style="list-style-type: none">• <i>to reveal what it hides,</i> <p><i>but also</i></p> <ul style="list-style-type: none">• <i>to lay bare</i> <p><i>its actual aspects and <u>what they really mean.</u></i></p>

*The negative creative energy
is totally involved
in this presented image
[that is intended to cover the negativity].*

**I suggest that you take some time now
to identify the various roles you have chosen.
Name these roles in simple sentences
that describe what they are meant to convey.**

*See if you can detect how the role [or mask]
which is supposed to be quite angelic
is as destructive
as what is concealed behind it.*

Indeed, it could not be different, for

- *you cannot hide the energy
of soul currents,*
- *you cannot make them different
by pretending,
no matter how busily
you try to make a charade
out of your life.*

19

The

- *[mask,]*
- *role or*
- *game*

*you adopt
in the illusion
that it eliminates
your deliberate destructiveness
is the first layer
that must be confronted.*

*Then you can begin
to take the steps I have outlined.
Sometimes these steps overlap.*

20

*The more insight you have
into the absolutely losing game
you play with life
when you hold on to
the false role that
covers up destructive attitudes,
the more you will be motivated
to give up all of this.
You will strengthen your will.*

*This will lead you to
the fourth step,
which is the actual process
of recreating soul substance.*

- *By your meditation,*
- *by prayer,*
- *by formulating
deliberate thoughts of truth
about this entire matter and*
- *[by] impressing them [i.e., impressing thoughts of truth] onto
your destructive psychic material,
recreation*
 - *begins and*
 - *continues**as you become more adept.*

*First you need to discover
again and again
your will to be*

- *hating,*
- *unforgiving,*
- *punishing,*
- *resentful, and*
- *hurt.*

*You will become aware of
your attempt*

- to
 - exaggerate and
 - drag out
- to quite deliberately
punish others for
 - what your parents did to you or
 - what you think they did to you, and of

*your refusal
to see their failures
as anything [else]
but a deliberate act of hate against you.*

*When you then perceive [further]
that it gives you pleasure to*

- dwell on all this within yourself and
- not change your
 - outlook and
 - attitude, or your
 - feelings,

you can begin to recreate.

*When you see
the falsity of your pretenses,
you can then remind yourself
to want to see
what is underneath
your particular facade of*

- blame and
- victimization,
in whatever guise
it may appear.

21

*Your feelings
of being injured
first appear as quite real
and it requires deeper probing
to discover
that they are not real at all.
They are cultivated habits.*

	<p><i>So are the roles you play [cultivated habits and not really you].</i></p> <p><i>Each objective acknowledgment of your pretenses –</i></p> <ul style="list-style-type: none">• <i>the pretense of your role and</i>• <i>the pretense of your sustained injuries [you endured from others]</i> <p><i>as the cause of your negative emotions toward</i></p> <ul style="list-style-type: none">• <i>people and</i>• <i>life experience –</i> <p><i>enables you to want</i></p> <ul style="list-style-type: none">• <i>to be in deeper truth,</i>• <i>to abandon those falsities and</i>• <i>to meet life with</i><ul style="list-style-type: none">• <i>real and</i>• <i>honest</i> <p><i>attitudes.</i></p> <ul style="list-style-type: none">• <i>The <u>issuing of this intention</u> and</i>• <i>the <u>calling upon the higher powers in you to help you</u> is <u>step four</u>.</i>
22	<p><i>Another part of <u>step four</u> is to ask a concise question of your <u>innermost being</u>:</i></p> <ul style="list-style-type: none">• <i>"What <u>approach</u> can I use to live my life without a pretense?</i>• <i>How does it <u>feel</u> to bring forth better ways of responding to life's experiences?"</i> <p><i>In answer to these questions something new will evolve.</i></p> <p><i>In this re-creating process</i></p> <ul style="list-style-type: none">• <i>healthy,</i>• <i>resilient,</i>• <i>adequate, and</i>• <i>truthful</i> <p><i>reactions will come easily [and spontaneously] from your <u>real nature</u>, which <u>needs no concealment</u>.</i></p>

	<p><i>When you re-create,</i></p> <ul style="list-style-type: none">• <i>formulate your sentences very concisely.</i>• <i>State</i><ul style="list-style-type: none">• <i>that what you do does not work,</i>• <i>why it does not work, and</i>• <i>that you wish to operate in a different way.</i> <p><i>These sentences,</i> <i>if they are truly meant,</i> <i>have great creative power.</i></p> <p><i>They [i.e., these sentences] can be meant,</i> <i>and they will be meant</i> <i>when you fully comprehend</i> <i>the harm you are doing</i> <i>while remaining in your old attitudes.</i></p>
23	<p><i>These are</i> <i>the steps of purification</i> <i>in the</i></p> <ul style="list-style-type: none">• <i>deepest and</i>• <i>most vital</i> <p><i>way.</i></p> <p><i>Purification is</i> <i>unthinkable</i> <i>without going through</i> <i>these four steps.</i></p> <p><i>Purification is also</i> <i>unthinkable</i> <i>without receiving</i> <i>active help.</i> <i>It is too difficult to do alone.</i></p> <p><i>It is utter illusion to hope –</i></p> <ul style="list-style-type: none">• <i>consciously or</i>• <i>unconsciously –</i> <p><i>that facing these aspects</i> <i>of your being</i> <i>can be</i></p> <ul style="list-style-type: none">• <i>avoided,</i>• <i>skipped,</i>• <i>bypassed or</i>• <i>whisked away</i> <p><i>by some magic "spiritual" means.</i></p>

• *Self-realization,*
• *self-actualization,*
• *reaching your spiritual center – or*
• *whatever name you wish to use*
to describe the goal of all living –
cannot occur
unless you face

- *your deepest negativities and*
- *[your] hypocrisies, and*
- *your deliberate intent to be*
 - *negative and*
 - *destructive,*
 - *spiteful and*
 - *resentful;*

often you will even forgo your own happiness
just to punish someone from your past.

To see this
seems painful at first,
but it will prove liberating.

24

Those of you
who have not yet made these self-discoveries
will come to it.

You can prepare for it.

For you cannot

- *allow happiness into your soul or*
- *eliminate the pervasive guilt*
you seek to explain away
by false guilts
unless you go through these steps.

No matter
how much you now believe
that

- *others or*
- *life's caprices*
deprive you of what you desire,
it is actually you who do this.

	<p><i>For you <u>can</u> let in what life is <u>always</u> ready to give you so richly, <u>once you</u> make room for it in</i></p> <ul style="list-style-type: none">• <i>your consciousness and</i>• <i>your self-creating.</i> <p><i>Many are the people who want to reach spiritual heights but who harbor the unexpressed illusion that to face what I am discussing here can be avoided.</i></p> <p><i>They run from pillar to post, and whenever they are confronted with their own unpalatable truth, they run away.</i></p> <p><i>The imaginary need to run proves so illusory. There is <u>no need</u> to <u>run away from yourself</u>.</i></p>
25	<p><i>Whenever destructive attitudes remain</i></p> <ul style="list-style-type: none">• <i>unfaced and</i>• <i>untouched,</i> <p><i>you live in <u>painful ambivalence</u>.</i></p> <p><i>For you cannot ever go in one direction [only] when you want to be <u>negative</u>.</i></p> <p><i>[Why not? Because while part of you wants to be negative,] There is always the real self</i></p> <ul style="list-style-type: none">• <i>clamoring for ultimate reality and</i>• <i>pulling in the opposite direction [toward the positive and away from the negative].</i>

Unification of inner direction
can only happen
when the personality is

- truly and
- genuinely

constructive
without hidden destructiveness.

And can you perceive the pain
of being torn apart
by going into two opposing directions [one positive and the
other negative]?

This struggle [of being pulled in opposite directions, one positive
and one negative]
is more

- painful,
- confusing, and
- paralyzing

than anything else
that goes on in the human psyche.

26

In order to
reestablish
the being you were

- long before this earth life,
- before you became involved
with negative creating,

and to
re-experience yourself
as that eternal you
which you

- essentially and
- ultimately
are,

you have to

- consider and
- test

the possibility
of positive creating.

*You will then see
that to create positively
is really*

- *so much more natural and*
- *easy:*

it is an organic process.

- *Negative creating and*
- *destructive attitudes*

are

- *artificial and*
- *contrived,*

*even though you are now
so used to them
that they seem more natural [than
positive creating].*

The positive is effortless.

*Offhand it seems that
to abandon the negative
that has become
so much second nature to you
is too great an effort.*

*It [i.e., the effort to abandon the negative]
seems too great
because you still believe
that by giving up negativity
you create a positivity
that is something completely new.*

*If this were so,
to create it [i.e., to create a positivity]
would indeed be quite impossible
in most instances.*

*But the moment you realize
that the positive creation
is already there within you
only covered up, and
that it [i.e., the positive creation] can*

- *unfold and*
- *reveal itself*

*the moment you allow this [revealing] to happen,
[in that moment] abandoning negativity
becomes a relief
from a heavy burden
that has pulled you down*

- *all your life – and*
- *in many lives before this one.*

While you

- *hate,*
- *distrust,*
- *take a dim view of things, or*
- *prevent a favorable outcome*

*by expecting the worst,
the ability already exists in you to*

- *love,*
- *trust, and*
- *know that*
 - *life is good and*
 - *can be trusted.*
- *All this, and*
- *more*

*exists within you already, and
needs only to be allowed
to surface
like the sun coming out
from behind the clouds.*

*You will see
that it is possible
to feel
this positive undercurrent.*

*Simultaneously you will experience
the deep joy
that permeates the entire being
of any person
making this discovery.*

27

*When we say that
God is within you,
we mean precisely this.*

*Not only is
the greater consciousness
with infinite wisdom
of the most personal order
available to you
at whatever moment you need it,*

not only are there

- powers of
 - creative strength and
 - energy,
- feelings of
 - bliss,
 - joy, and
 - pleasure supreme

*available to you
on all levels,*

*but also,
right underneath
where you are ill
with your negativity,
a new "old life" exists
in which
all reactions to
all possible contingencies
are*

- clear,
- strong, and
- entirely satisfying and
- right for each occasion.

- A resiliency and
- creativity
of reacting
already exists now
- behind the false roles
of pretense,
- beyond the grip
of destructiveness.

	<p><i>Underneath your outer deadness a <u>bubbling aliveness</u> already exists.</i></p> <p><i>At first it will shine through at <u>moments only</u>.</i></p> <p><i>Eventually it will manifest itself as your <u>steady inner climate</u>.</i></p>
28	<p><i>Before you can live in this steady climate, you will have to go through <u>two basic phases</u> that deal with the negativity that humanity is still involved with.</i></p> <p><i>Most human beings find themselves still in the first basic phase of negativity. This phase is <u>initiating negativity</u>. The second phase is <u>responsive negativity</u>.</i></p> <p><i>In the <u>first phase</u> [the phase of <u>initiating negativity</u>] you <u>automatically react to situations</u> [that are not necessarily negative per se but that trigger you nonetheless, and do so] with the destructive pattern you have adopted after some traumatic experiences in early life.</i></p> <p><i>You <u>maintain negative responses</u></i></p> <ul style="list-style-type: none">• <i>which at one time in your childhood you could not avoid producing, and</i>• <i>which were then, under those circumstances, even life-preserving.</i>

	<p><i>But</i> <i>when the <u>same</u> responses</i> <i>are repeated in situations later,</i> <i>when there is no longer cause to use them,</i> <i>then such responses are</i> <i>not only "<u>neurotic</u>";</i> <i>they are also</i> <i>• <u>initiating negativity,</u></i> <i>quite regardless of</i> <i>whether the other people involved</i> <i>• act like your parents or</i> <i>• not.</i></p> <p><i>The <u>four steps</u> I explained in this lecture</i> <i>are all destined to deal with</i> <i>this first phase [i.e., the phase of <u>initiating negativity</u>].</i></p>
29	<p><i>The <u>second phase</u></i> <i>deals with the negativity</i> <i>that is merely <u>responsive</u> [to the negativity per se of others and</i> <i>not responsive to <u>neutral</u> behavior of others that trigger</i> <i>individuals who are in their <u>initiating negativity phase</u>]</i></p> <p><i>When individuals</i> <i>• have freed themselves from <u>initiating negativity</u> and</i> <i>• are clear in this respect,</i> <i>their reactions are positive</i> <i>whenever others</i> <i>do not [act or] react negatively <u>toward</u> them.</i></p> <p><i>But the negativity still flares up [in them]</i> <i><u>reactively,</u></i> <i>as a result of their responding to</i> <i>the [true and intentional] negativity of others.</i></p> <p><i>You may say this is perfectly natural;</i> <i>for that matter,</i> <i>• <u>everything</u> or</i> <i>• <u>anything</u></i> <i>is "<u>perfectly natural.</u>"</i></p> <p><i>But this is still <u>not</u> the purified state.</i> <i>It is <u>not</u> the state of truth.</i> <i>To respond in that way</i> <i>to the negativity of others</i> <i>is still an action based on <u>illusion.</u></i></p>

30

*There is a better way
to respond [to true negativity coming toward you].*

*Even though the other person
may indeed unload
a great deal of unjustified hostility on you,
it is an illusion to*

- *fear it and*
- *set up your negative defenses.*

*You can depend on yourself
much more adequately*

- *without withdrawing,*
- *without becoming
in any way defensive,*
- *without becoming destructive
with your own feelings.*

*There is no need
to see life as*

- *bleak and*
- *hopeless*

*because someone
acts destructively toward you.*

*Therefore
this responsive negativity
must also be straightened out,
but this can be done
only after the initiating negativity
has been wiped out.*

*The vast majority of the human race
are still in the first phase.*

- *Whenever the slightest thing
goes against your grain,*
- *whenever you experience
any degree of frustration,
you tend to bring in
your original reactions of negativity.*

	<p><i>You even do this, in many instances, as a <u>precautionary attitude</u>, just because you might experience</i></p> <ul style="list-style-type: none">• <i>frustration,</i>• <i>delay,</i>• <i>criticism, or</i>• <i>the negativity of others.</i>
31	<p><i>I think most of you can sense the importance of this lecture, especially if you <u>use it as</u> referring to <u>your own life</u> instead of a mere <u>theoretical discussion</u>.</i></p> <p><i>Then [when you use it for working in your own life] it will prove of <u>vital significance</u> in your <u>personal evolution</u>.</i></p> <p><i>Be blessed.</i></p> <ul style="list-style-type: none">• <i>Love and</i>• <i>strength</i> <p><i>are given forth for everyone here.</i></p>

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