

# Pathwork Lecture 186: Venture In Mutuality: Healing Force To Change Negative Inner Will

1996 Edition, Original Given November 6, 1970

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The **original text** is in **bold, italicized, and mostly underlined**. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

*Blessings on your journey, Gary*

¶	Content
03	<p> <ul style="list-style-type: none"> <li>• <b><u>Greetings,</u></b></li> <li>• <b><u> blessings,</u></b></li> <li>• <b><u> strength and</u></b></li> <li>• <b><u> love</u></b></li> </ul> <p style="text-align: center;"> <b><u>are poured forth</u></b>  <b><u>once again</u></b>  <b><u>into this gathering</u></b>  <b><u>which has as its one common purpose</u></b>  <b><u>inner growth,</u></b>  <i>[inner growth] <b><u>through which</u></b></i>  <b><u>to find</u></b>  <b><u>the truth</u></b>  <b><u>of being.</u></b> </p> <p> <b><u>It is a</u></b>  <ul style="list-style-type: none"> <li>• <b><u>long and</u></b></li> <li>• <b><u>arduous</u></b></li> </ul> <b><u>way,</u></b>  <b><u>but arduous</u></b>  <b><u>only because</u></b>  <b><u>the mind is lost</u></b>  <b><u>in its own maze.</u></b> </p> </p>

by Eva Broch Pierrakos

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Edited by Judith and John Saly; Devotional Format posted July 1, 2016

The state of  
being lost  
always  
• undermines and  
• creates a split in  
your will,  
[your will] which has the power  
to  
• determine and  
• shape  
your fate.

Each one of you  
has  
• an outer  
conscious will  
and  
• an inner  
unconscious will.

• The second [i.e., the inner unconscious will]  
only too often  
goes into  
the exact opposite direction  
from  
• the first [i.e., opposite direction from the outer conscious will].

I discussed this topic in a lecture  
quite early in our joint undertaking, years ago.

04

Since then [i.e., since that earlier lecture, years ago],  
you have developed  
both as  
• an entity  
and as  
• individuals  
to such an extent  
that many of you, my friends,  
who are actively engaged in this pathwork today  
have made contact with  
• your inner intention,  
which is so different from  
• the outer conscious one [i.e., conscious intention].

05

At the beginning  
of one's path,  
one is aware  
only  
of what one  
consciously  
• desires,  
• wishes,  
• wants,  
• wills,  
• intends,  
• longs for.

The person is convinced  
that their  
lack of fulfillment  
• is a result of  
ill luck, or  
• is someone else's fault.

It takes  
• time and  
• growth  
to experience  
the truth of life,  
[the truth] that there must be  
something at work  
within  
the person  
that thwarts fulfillment.

Even when  
• this hidden [i.e., unconscious]  
agenda [that is within the person and thwarts fulfillment]  
is glimpsed and  
• conceptual acceptance [of this situation of inner resistance to fulfillment]  
develops,  
it still seems  
impossible to accept  
that an actual [i.e., an actual but hidden and unconscious]  
inner No  
exists  
which contradicts  
one's conscious desires [i.e., one's conscious outer Yes].

So it is  
not easy to accept  
that,  
through your own inner [unconscious] "reasons,"  
you yourself  
deny  
what you [consciously] so ardently strive for.

Disconnectedness  
from one's inner voice [i.e., from one's inner unconscious voice that says No]  
is the primary problem.

Any work  
concerned with  
genuine

- self-search and
- development

must unearth

- this inner negation [i.e., this inner unconscious voice that says No] and
- the reasons for it [i.e., the reasons for this inner No].

06

The progress in this group  
is remarkable  
because  
so many of you

- have actually found  
this inner voice and
- have discovered  
why it says No.

  
Although you may still be  
far from  
being able to change it [i.e., to change this inner voice from No  
to Yes],  
you are at least  
quite conscious of  
your self-determining power [i.e., your power to manifest what  
happens in your life, here the power of your inner No  
to block the fulfillment of your conscious desires].

	<p><u>You</u></p> <ul style="list-style-type: none"><li>• <u>no longer feel victimized and</u></li><li>• <u>can set out to investigate the</u><ul style="list-style-type: none"><li>• <u>motivations,</u></li><li>• <u>convictions and</u></li><li>• <u>assumptions</u></li></ul></li></ul> <p><u>that create</u> <u>the split</u> <u>in your will current</u> [i.e., <u>that split the will current in two:</u> <u>a conscious outer Yes and an unconscious inner No</u>].</p> <p><u>It is easy to see that</u> <u>unification</u> <u>will remain out of reach</u> <u>as long as</u> <u>conscious awareness of the split</u> [i.e., <u>the split between a</u> <u>conscious Yes and an unconscious No</u>] <u>is absent.</u></p>
07	<p><u>In spite of the fact that</u> <u>awareness of</u> <u>the split in one's will</u><ul style="list-style-type: none"><li>• <u>offers great relief and</u></li><li>• <u>increases psychic energy</u></li></ul><u>in the whole system,</u></p> <p><u>everybody</u> <u>fights</u><ul style="list-style-type: none"><li>• <u>this piece of self-knowledge</u> [i.e., <u>fights this self-knowledge of the split</u> <u>between a conscious Yes and an unconscious No</u>]</li></ul></p> <p><u>almost more than</u><ul style="list-style-type: none"><li>• <u>the actual</u><ul style="list-style-type: none"><li>• <u>destructiveness and</u></li><li>• <u>evil</u></li></ul></li></ul><u>itself</u> [i.e., <u>fights the split more than the destructive No itself</u>].</p>

*Part of the resistance* [i.e., *Part of the resistance against self-knowledge of the split between a conscious Yes and an unconscious No*]

*is based on*

*wanting to*

*deny the split,*

*[the split] which is the*

• *inner negation* [i.e., *the inner unconscious and hidden No*]

*of the*

• *outer affirmation* [i.e., *the outer striving conscious Yes*].

*In other words*

*the average human being's predicament*

*is that he or she*

• *consciously wants*

*one thing,*

• *unconsciously wants*

*the opposite,*

*and then*

• *fights to repress awareness of*

*this dividedness.*

*The result is*

*that you* [*consciously*]

*strive*

• *too hard and*

• *too frantically*

*for what you unconsciously*

*negate*

• *all the harder,*

*and you find yourself*

*in a frenzy of*

• *frustration,*

• *bitterness and*

• *tension.*

*Alternatively,*

*you may manage*

*also*

*to deny –*

*on a superimposed surface level –*

*what you long for.*

	<p><u>You dull</u> <u>your</u> • <u>senses,</u> <u>your</u> • <u>feelings,</u> <u>your</u> • <u>longings.</u></p>
08	<p><u>When we started our work together</u> <u>many years ago,</u> <u>these ideas</u> <u>were at best</u> <u>a theory</u> <u>for those who</u> • <u>listened to me then</u> <u>or later</u> • <u>read these words.</u></p> <p><u>Some</u> <u>found the theory</u> <u>acceptable,</u> <u>to others</u> <u>it may have appeared</u> <u>nonsensical.</u></p> <p><u>Even for those</u> <u>who could accept the premises</u> <u>because they</u> <u>sensed the truth</u> <u>of the many layers</u> <u>of human consciousness</u> [<u>and the truth of each layer having its</u> <u>own voice – sometimes a Yes voice and at other times a No</u>], <u>there still was</u> <u>much difference</u> <u>between</u> • <u>believing what I said</u> <u>as a</u> • <u>philosophical statement</u> <u>and</u> • <u>experiencing it</u> [i.e., <u>experiencing what I said about the inner No</u>] <u>as a</u> • <u>personal truth.</u></p>

	<p><i><u>In the intervening years, and particularly lately, the majority of my friends have indeed contacted the negative inner will [i.e., contacted the inner No].</u></i></p>
09	<p><i><u>I want to stress how important it is to realize that</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the more frantically you strive for a desired goal,</u></i></li><li>• <i><u>the less you trust in its realization,</u></i></li><li>• <i><u>the more this [i.e., the more this striving for a desired goal while simultaneously lacking trust in the desired goal's realization] is an indication that a firm inner No exists.</u></i></li></ul> <p><i><u>Instead of wasting energy in inner</u></i></p> <ul style="list-style-type: none"><li>• <i><u>tension and</u></i></li><li>• <i><u>frenzy</u></i></li></ul> <p><i><u>to overcome what appears to block you from outside yourself,</u></i></p> <p><i><u>you would be better advised to set out calmly to uncover</u></i></p> <ul style="list-style-type: none"><li>• <i><u>your inner negation [i.e., your inner unconscious No]</u></i></li></ul> <p><i><u>of</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the frantic outer wish [i.e., your outer conscious Yes].</u></i></li></ul>



10

Many of you  
have discovered  
such inner negations [i.e., inner No's].

This [discovery of such inner negations of the goals for which you strive]  
is indeed  
a tremendous step.

Once you  
• stop battling [against what appears to be blocks to your goals that are  
imposed by factors outside of yourself],  
once you  
• accept  
your split [i.e., your split between a conscious Yes to your goals and an  
inner unconscious No to your goals],  
a great deal  
of frustration  
is eliminated –  
but by no means  
all of it [i.e., by no means is all of your frustration eliminated].

Many of you  
have found yourselves  
strangely stuck at this point [i.e., at this point where you see your split  
between a conscious Yes to your goals and an inner unconscious No].

Contrary to what you may believe  
awareness of a  
• totally irrational,  
• self-destructive  
will to negate  
what is desirable  
does not  
automatically  
eliminate it [i.e., does not eliminate the destructive will to negate  
what is desirable, i.e., does not eliminate your No].

Even when you  
unearth

- mistaken  
conclusions,

- false and  
unjustified  
fears

which determine the negation [i.e., which determine the inner No],

even then

it is often  
impossible

to give it up [i.e., to give up the negation, the destructive will to negate  
what is desirable, the inner No to what you are striving for].

At this point [however]

- you do have  
more energy and
- you must also  
be less

- blaming and
- accusing

of others [for your not realizing the goals for which you strive].

- Self-blame and
- self-accusation

may seem to have increased, however,

for what

you heretofore

- projected onto others

you now see

- directed against yourself –

all the more so [blaming yourself]

since you are

puzzlingly

incapable of

changing

- the No-current

into

- a Yes-current.

This is where many of you are.

11

At this point  
I have a gift to bring.

Yet the gift  
is not something  
you can  
passively  
receive;  
it [i.e., the gift I bring]  
does not come to you  
without your participation.

It [i.e., The gift I bring]  
is made possible  
as a result  
of your significant progress, and

its [i.e., the gift's] execution  
will also require  
your active engagement.

The gift  
has built itself  
from your progress in

- awareness and
- acceptance

of the negation of  
your conscious affirmation.

The

- ever-present,
- ongoing
  - blessedness and
  - richness

of the universe  
can now extend itself  
more

- pointedly and
- potently

to the  
inner place  
where you are stuck.

12

The gift  
is a  
• living  
• powerful  
force  
of healing  
that can flow through  
the instrument  
through which I manifest.

To be precise,  
the healing force  
can now flow through  
the hands  
of this person [i.e., the hands of this person, Eva].

This [living, powerful, healing force]  
is not  
a healing power  
on the physical level.

Nor does it [i.e., Nor does this living, powerful, healing force]  
allow you  
merely  
to be passively receptive.

This venture [into this living, powerful, healing force experience]  
must truly  
become  
mutual.

It [i.e., [This living, powerful, healing force]  
can work  
only  
as a mutuality.

The last lecture [Pathwork Lecture 185: Mutuality: A Cosmic Principle and Law]  
has given you some understanding of  
what the laws of mutuality are.

Let me explain now  
how they [i.e., how the laws of mutuality] can work  
specifically  
in this venture [i.e., this venture of receiving the gift of this living,  
powerful, the healing force of the universe].

13

Anyone of you

who

- is specifically

aware of negating

what he or she

consciously desires [i.e., aware of the No current],

and yet

- feels strangely paralyzed [and unable to dissolve the No current],

is eligible

to benefit from

this healing force.

The force

is a spiritual healing force

which

- comes from

a higher realm of being and

- affects

your

- inner,

- spiritual

self,

where you

- determine,

- will, and

- issue

your intentions.

Usually,

when people speak of

- a spiritual

healing force

they mean

- a physical

healing force

- given to

a passive recipient,

- destined to remove

a physical symptom

of an

- inner,

- spiritual

malfunctioning.

**But**  
**to call**  
**this physical healing force** [i.e., to call a healing force that removes physical symptoms of an inner spiritual malfunction]  
**spiritual**  
**is truly a misnomer,**  
**for**  
**a spiritual**  
**healing force**  

- **must affect**  
**the spiritual part of the person** [rather than merely removing the physical symptoms of an inner spiritual malfunction] **and**
- **requires his or her**  
**active contribution**  
**in the healing process.**

**Healers**  
**who dispense**  
**physical healing power**  
**tap a powerful universal energy,**  
**but it** [i.e., but the physical healing power dispensed by such healers]  
**may not necessarily**  
**effect**  
**spiritual healing**  
**in the true sense of the word** [i.e., the word “spiritual healing”  
or, said another way, is not really a spiritual healing].

14

**The following steps**  
**are indicated**  
**for those of you**  
**ready to avail yourselves**  
**of this gift.**

**Come forth,**  
**either**  

- **in the Questions & Answers sessions**

**or**  

- **after a lecture,**

**and sit very close**  
**in front of this instrument.**

*Your part*  
*of the mutuality*  
*consists in*  
*acknowledging*  
*as exactly as you can*

- *what you consciously wish and*
- *what you – no longer unconsciously –*
  - *strangely and*
  - *irrationally*

*deny [i.e., acknowledge what your No current is];*

- *what*  
*your inner being expresses*  
*that opposes the conscious wish [i.e., what the No*  
*expresses].*

*Then state further,*  
*very exactly,*  
*that you are unable*  
*to make*  
*the inner will*  
*budge [from its No],*

*even though*  
*your outer being*

- *would like to release*  
*the locked force in you [i.e., would like to release your Yes],*
- *would like to obtain*  
*from your spiritual self*  
*the necessary inspiration*  
*for whatever awareness*  
*may still be missing,*

*and [state further]*  
*that you wish*  
*to make*

- *fluid*  
*what is now*
- *fixed.*

You may then uncover  
that  
• non-fulfillment,  
with all its suffering,  
appears preferable to  
• the dangers  
imagined to be lurking  
in an  
• open,  
• flowing  
attitude,  
so that  
• negation and  
• negativity,  
• evil and  
• destructiveness,  
seem protective devices.

Whatever  
you must know about yourself  
in order to  
release  
negation [i.e., in order to release your No]  
will come to you.

If it is simply a matter of  
letting go of  
fixedness,  
that  
will come.

But  
you  
must clearly state  
that you  
wish it [i.e., that you wish the letting of fixedness]  
to come to you.



15

- When you  
make these clear-cut statements,
- when your  
inability  
to move the inner will  
is expressed,
- as your ego-personality  
commits to  
wanting help,

you will become

- calm,
- open and
- receptive.

With this  
you have fulfilled  
your half of  
the mutual venture.

Then,  
through the instrument's hands,  
a

- very strong,
- living
  - power and
  - force

will penetrate you.

It [i.e., this very strong, living power and force]  
will not  
directly affect  
your bodily ailments.

Something  
more fundamental [i.e., Something more fundamental than affecting  
your bodily ailments and symptoms]  
will take place,  
which can,  
if you wish,  
also affect  
your bodily symptoms.

**But this [i.e., But this affecting of your bodily symptoms]**  
**will happen**  
**from within yourself**  
**as a secondary result**  
**of the power given you.**

**The power given to you**  
• **will influence**  
**stagnant soul substance and**  
• **can go to work**  
**within you.**

**This is the gift**  
• **that all of you who work on this path**  
**have made possible,**  
• **that you have**  
**built yourselves,**  
**as it were.**

**By fulfilling**  
**your part**  
**of the mutuality,**  
• **you commit yourself,**  
• **you open something in you,**  
• **you go "on the record."**

**This**  
**"going on the record,"**  
**if I may use this expression,**  
**is a**  
**very important part of the process.**

16

**I also have a suggestion**  
**for all those**  
**not yet at the point of**  
**clear-cut awareness of**  
**the negation of [i.e., not aware of their inner No to]**  
**their most cherished desires.**

**It can be considered**  
• **as homework and**  
• **as a most essential help for everybody.**

**First**

**lift out of the vagueness**

**what**

- **you long for,**

**what is**

- **unfulfilled in your life.**

**Most people**

**do not state this [i.e., not state what they long for, what is unfulfilled in their life]**

**clearly**

**to themselves.**

**They deplore a**

- **certain situation or**

- **problem**

**but fail**

**to state clearly**

**that they wish to resolve it.**

**The greater**

**the problem,**

**the less clear**

**is the awareness**

**that there is a problem.**

**I suggest that you**

**ask yourself,**

**preferably on paper,**

**so that it cannot elude you:**

- **"What do I long for?"**

- **What do I wish to be different in my life?**

- **What would I want different**

- **in myself,**

- **in my personality?**

- **How would I like it [i.e., How would I like my personality or my life] to be different?"**

**Answer these questions**

**very clearly**

**to yourself.**

17	<p><b><u>Then</u></b> <b><u>a second series of questions</u></b> <b><u>must be</u></b></p> <ul style="list-style-type: none"><li>• <b><u>raised and</u></b></li><li>• <b><u>answered</u></b> <b><u>in writing.</u></b></li></ul> <p><b><u>"What do I believe</u></b> <b><u>contributes to</u></b> <b><u>the absence of</u></b> <b><u>the fulfillment?</u></b></p> <p><b><u>Do I believe</u></b> <b><u>that it [i.e., that what contributes to the absence of the fulfillment]</u></b> <b><u>is</u></b></p> <ul style="list-style-type: none"><li>• <b><u>an outside factor</u></b></li></ul> <p><b><u>or</u></b> <b><u>that it [i.e., or that what contributes to the absence of the fulfillment]</u></b> <b><u>is</u></b></p> <ul style="list-style-type: none"><li>• <b><u>in me?"</u></b></li></ul>
18	<p><b><u>The third series of questions</u></b> <b><u>will be the following:</u></b></p> <p><b><u>"Am I at all aware,</u></b> <b><u>at this point,</u></b> <b><u>that there is</u></b> <b><u>a specific fulfillment</u></b> <b><u>I</u></b></p> <ul style="list-style-type: none"><li>• <b><u>miss, and</u></b></li><li>• <b><u>say No to?</u></b></li></ul> <p><b><u>Am I aware of it [i.e., aware that there is a specific fulfillment I miss</u></b> <b><u>and say No to],</u></b></p> <p><b><u>and if so,</u></b></p> <ul style="list-style-type: none"><li>• <b><u>why [do I say No],</u></b></li><li>• <b><u>how [do I say No]?</u></b></li></ul> <p><b><u>How does it [i.e., How does my No]</u></b> <b><u>express in my inner being?</u></b></p>

How does this  
inner expression [of No to a specific fulfillment]  
make me behave  
in such a way  
that  
I make it impossible for  
the conscious wish  
to fulfill itself?

On what  
• beliefs,  
• assumptions and  
• ideas  
do I base  
• the negation [i.e., do I base the inner No]  
in contrast to the [beliefs, assumptions and ideas upon which  
I base my]  
• conscious striving [i.e., my outer Yes]?"

19

When you answer these questions  
as concisely as you can,  
you will have wrought  
a tremendous change  
in your entire personality,  
regardless of how  
• negative,  
• immature, or  
• destructive  
the answers may appear to you.

The benefit of  
being aware of yourself  
will relieve you from  
the tremendous pressure of  
the inner division.

20	<p><u>The final question is:</u></p> <p><u>"To what degree am I willing</u></p> <ul style="list-style-type: none"><li>• <u>to cooperate in this mutual venture,</u></li><li>• <u>to</u><ul style="list-style-type: none"><li>• <u>receive the healing power,</u></li><li>• <u>take it into me and</u></li><li>• <u>let it work in me</u></li></ul></li></ul> <p><u>until, finally,</u> <u>I release these same</u></p> <ul style="list-style-type: none"><li>• <u>healing,</u></li><li>• <u>living</u></li></ul> <p><u>forces</u> <u>from within</u> <u>my own being?"</u></p>
21	<p><u>Do not feel ashamed</u> <u>of saying,</u></p> <p><u>"No, I am not ready.</u></p> <p><u>I do not want</u> <u>what I want."</u></p> <p><u>But</u> <u>do explore</u> <u>the reasons why [you do not want what you want].</u></p> <p><u>At least then [i.e., then when you know why you do not want what you want]</u> <u>you are no longer in the predicament of</u> <u>putting useless pressure on yourself</u> <u>that</u></p> <ul style="list-style-type: none"><li>• <u>short-circuits your energies</u></li></ul> <p><u>and also</u></p> <ul style="list-style-type: none"><li>• <u>creates the emotional hazard</u> <u>of projecting onto the outside world</u> <u>the non-fulfillment</u> <u>you [actually]</u> <u>impose upon yourself.</u></li></ul>

	<p><u><i>This confusion [i.e., This confusion brought about by projecting onto the outside world the non-fulfillment you actually impose upon yourself]</i></u></p> <p><u><i>always</i></u> <u><i>induces</i></u></p> <ul style="list-style-type: none"><li>• <u><i>bitterness,</i></u></li><li>• <u><i>a sense of injustice</i></u></li></ul> <p><u><i>and, therefore,</i></u></p> <ul style="list-style-type: none"><li>• <u><i>resentments!</i></u></li></ul> <p><u><i>You blame the world</i></u> <u><i>for withholding from you</i></u> <u><i>what you believe</i></u> <u><i>you ardently desire.</i></u></p>
22	<p><u><i>Another aspect</i></u> <u><i>of the problem</i></u> <u><i>is unawareness of</i></u> <u><i>your actual state,</i></u> <u><i>that</i></u> <u><i>your whole inner being</i></u> <u><i>longs for something</i></u> <u><i>desperately.</i></u></p> <p><u><i>Therefore</i></u> <u><i>a third layer</i></u> <u><i>has to be examined.</i></u></p> <p><u><i>The top layer [i.e., the first layer]</i></u> <u><i>of consciousness</i></u> <u><i>is</i></u></p> <ul style="list-style-type: none"><li>• <u><i>hazily unconcerned,</i></u></li><li>• <u><i>unaware of a great need,</i></u></li></ul> <p><u><i>perhaps of a legitimate human fulfillment,</i></u> <u><i>that creates</i></u> <u><i>on a less conscious level</i></u> <u><i>an urgency</i></u> <u><i>which, in turn,</i></u> <u><i>manifests only indirectly.</i></u></p>

- Tension,
  - anxiety,
  - inability to concentrate,
  - absent-mindedness,
  - a sense of futility about one's life,
  - depression,
  - lack of energy,
- and often
- physical difficulties  
characterize this state.

These manifestations  
are the consequences  
of being unaware of  
a deep

- longing or
- need.

At times,

- a legitimate human need

may be distorted by

- a so-called neurotic need,

but  
the deviation [i.e., the deviation or distortion of a legitimate human need  
by a so-called neurotic need]  
is seldom  
a total illusion.

Such need [i.e., the distorted legitimate human need, or a so-called neurotic need]  
always harbors  
the germ  
of a

- real,
- legitimate  
need.

Therefore it [i.e., the distorted legitimate human need, or a so-called neurotic need]  
must not be  
totally thrown out,  
even if it is

- childish,
- destructive, and
- unrealistic  
in its present manifestation.



	<p><u>Additional layers</u> <u>of</u></p> <ul style="list-style-type: none"><li>• <u>vagueness,</u></li><li>• <u>lack of awareness,</u> <u>[concerning unfulfilled needs]</u> <u>must also be taken into consideration.</u></li></ul> <p><u>They</u> [i.e., <u>These additional layers of vagueness and lack of awareness</u> <u>concerning unfulfilled needs]</u> <u>may even exist</u> <u>in some areas of the personality,</u> <u>with people</u> <u>who are quite aware of</u> <u>their</u></p> <ul style="list-style-type: none"><li>• <u>negativities and</u></li><li>• <u>negation</u> <u>[i.e., their inner No's blocking fulfillment of needs]</u> <u>in other areas of their personality.</u></li></ul>
23	<p><u>So we have</u> <u>two manifestations.</u></p> <ul style="list-style-type: none"><li>• <u>Some people</u><ul style="list-style-type: none"><li>• <u>are very conscious of</u> <u>a lack in their lives and</u></li><li>• <u>suffer severely from it.</u></li></ul></li><li>• <u>Others</u><ul style="list-style-type: none"><li>• <u>are not aware of</u><ul style="list-style-type: none"><li>• <u>their longing or</u></li><li>• <u>their needs.</u></li></ul></li><li>• <u>With their sensibilities dulled</u> <u>they suffer only indirectly</u> <u>from the unfulfillment.</u></li></ul></li></ul> <p><u>This insensibility</u> [about the unfulfillment of their needs in this <u>second manifestation]</u> <u>is</u> <u>not</u> <u>an advantage.</u></p>

*It [i.e., This insensibility about their unfulfillment of their needs  
that occurs in this second category of people – people  
who are not aware of their needs]*

*creates*

*more*

- *self-alienation,*

*less*

- *aliveness,*

*and it*

*requires*

*more work*

*until the layer*

*of longing*

*becomes more conscious.*

*People in this predicament [i.e., in this second category – people  
who are not aware of their needs]*

*should*

- *deeply listen into themselves*

*and*

- *ask:*

- *"What is it  
that I really want?"*

- *What is  
lacking in my life?"*

- *Do I really have  
the fulfillment  
I long for?"*

- *Is there something  
deep inside me  
that knows  
more is possible  
than I allow myself  
to experience?"*

24

*I emphasize again,*  
*we are*  
*not*  
*dealing here*  
*with personality types –*  
*• one person*  
*falling into the former,*  
*• another*  
*into the latter category.*

*Each individual*  
*will be in*  
*• different*  
*inner places*  
*with respect to*  
*• different aspects*  
*of their being.*

*The approach I suggest here*  
*can be applied*  
*by everyone.*

*It [i.e., The approach I suggest here]*  
*serves to make you*  
*more conscious*  
*of your longing –*  
*and this is good.*

25

*With regard to*  
*what is*  
*• affirmed*  
*and*  
*what is*  
*• negated,*  
*there are*  
*also*  
*two possibilities:*

*In some instances*  
*the affirming part of the self*  
*strives for*  
*what is*

- *healthy,*
- *furthering*
  - *pleasure,*
  - *love,*
  - *expansion,*
  - *growth,*
  - *fulfillment;*

*while*  
*the*

- *destructive,*
- *ignorant*  
*part [of the self]*  
*negates [i.e., says No].*

*In other instances,*  
*affirming something*  
*may be totally contrary to*  
*the*

- *unity and*
- *growth,*
- *fulfillment and*
- *health*  
*of the personality,*

*so that*  
*unconscious negation [i.e., an unconscious No]*  
*springs from the*

- *best,*
- *most wise*  
*aspect of the self.*

*Fixed outer values*  
*are never*  
*a reliable answer to*  
*which is which [i.e., which is wise, right, and best and which*  
*is destructive and wrong].*

[Because fixed outer values are never a reliable answer for which choice is right and which is wrong in a given situation with a given person,]  
It is therefore necessary  
to keep evaluation shelved  
until  
the personality is aware of  

- itself and
- its various voices.

For example,  
a certain vocational pursuit  
may appear  
completely  

- acceptable and
- "right,"

but it [i.e., but a certain vocational pursuit]  
may  
not be "right"  
for this particular person.

26

Wherever  
you have  

- a conflict or
- a problem

in your life  

- which seems difficult to resolve,
- that casts a shadow  
over your joyousness,

this approach  
can be used.

Your lack of  
clear awareness of  
your saying No  
also blocks you  
from meditation  
in such areas.

This obstruction [i.e., obstruction of your saying No, but not being clear about this],  
when you confront it,  
is an invaluable indicator of  
your dividedness [i.e., your having both a Yes and an unconscious No]  
and should be heeded.

27

Those of you  
who are ready to receive  
this powerful energy  
can now come to me.

The result may be  
• a deeper  
• awareness and  
• understanding,  
• new knowledge.

But it may simply be  
• a new loosening up,  
• an ability to  
let go of something negative,  
• a new  
• energy and  
• flexibility  
within the soul substance.

Or it may be both [i.e., both new knowledge and understanding, as well as a new loosening up, an ability to let go of something negative, and a new energy and flexibility within the soul substance],  
one  
leading to  
the other.

Sometimes  
explanations  
may also come  
• from me,  
as this force  
is poured into you.

At other times,  
whatever knowledge  
is needed in you  
will come  
• from within yourself  
as the force goes to work in you –  
provided you  
• nurture it and  
• stay open to it.

The power [of this force from the universe]

can release

your own power

to be

- inspired and
  - energized
- by yourself.

This is

the gift

of a new mutuality

- that can take place and
- that can be built later

into further

and further

extensions

of this

spiritual force.

Everyone

who is truly willing

to receive this help

can receive it.

28

*Now, are there any questions?*

**QUESTION:**

*Is the path of alternation*  
*between*

*• the inner*

*and*

*• the outer*

*Yes*

*a path of*

*• consciousness*

*or a path of*

*• action?*

*If it [i.e., If the path of alternation between the inner and the outer Yes]*

*is the former [i.e., is a path of consciousness],*

*the only problem*

*is really one's ability*

*to follow it [i.e., to follow what arises in awareness and consciousness].*

*If it [i.e., If the path of alternation between the inner and the outer Yes]*

*is the latter [i.e., is a path of action],*

*which would require*

*radical changes*

*in one's lifelong commitments,*

*then it could be very disturbing.*

29

**ANSWER:**

*Outer*

*• action or*

*• change*

*is meaningless*

*unless it arises out of*

*a harmonious desire.*

*Then [i.e., when outer action or change arises out of a harmonious desire]*

*obstacles*

*will fall by the wayside.*



First

- consciousness,
  - feeling and
  - awareness
- must be cultivated.

Then

- everything else  
follows
- naturally and
  - organically.

The change

- may  
outwardly  
create disruption,

but if

- the inner being  
is whole,  
these disruptions  
are necessary steps  
to overcome  
previous forms,  
[forms] which are  
no longer of value  
in the life  
of the people concerned.

30

The process

- cannot ever  
be completely generalized, however.

At times,

- outer changes  
must be undertaken  
to preserve the wholeness  
of the person.

At other times,

- outer changes  
occur gradually,  
as awareness grows.

*This [i.e., times when outer changes occur only gradually, as awareness grows]*  
*does not mean*  
*that there is*  
*no activity.*

*[In fact,] The inner activity*  
*may be so intense*  
*that the change*  
*wrought in the personality [inwardly]*  
*is more meaningful*  
*than any*  
*outer change*  
*could be –*  
*for example,*  
*[an outer] change enforced*  
*in order to*  
*cover up*  
*an inner*  

- *fixedness and*
- *resistance*

*[will not result in a*  
*meaningful change in the*  
*inner personality].*

*What is indicated [as right and good]*  
*never lies*  
*in the*  
*outer action.*

*What is*  

- *right and*
- *good*

*in one case*  
*may be*  

- *the worst thing*

*in another.*

*Answering the questions*  
*I have raised [in this lecture for your homework] –*  
*because of*  

- *the honesty required [in answering them] and*
- *the confrontation involved –*

*indicates*  
*a highly active state.*

The commitment to  
the divine power  
is not  
a passive manifestation.

It too [i.e., The commitment to the divine power, too],  
implies activity.

On the other hand,  
if a person  
waits  
to bring about  
outer change  
until  
he or she  
is free from

- fear and
- resistance,

expansion  
may never  
be possible.

Often  
the person  
must go through these feelings [i.e., feelings of fear and resistance],  
regardless of  
the unpleasantness,  
to fully realize  
the truth  
of his or her situation.

Self-surrender  
is never  
an indication  
of passivity.

It [i.e., Self-surrender]  
is one of  
the most active commitments  
a person can undertake.

31

**QUESTION:**

**Why is it so hard  
to give up  
one's neurosis?**

**ANSWER:**

**The creative soul substance,  
when it is**  

- **unobstructed,**
- **free and**
- **in harmony with**  
**its own creativeness,**

**is constantly  
moving.**

**Living matter**  
**never**  
**stands still.**

**It [i.e., Living matter]**  

- **moves and**
- **moves and**
- **moves.**

- **Misconceptions**

**and**  

- **errors**  
**breed**
- **negativity.**

- **Negativity**  
**breeds more**
- **error.**

**Soul substance**  
**trapped in**  

- **error and**
- **negativity**

**is**  

- **stagnant and**
- **fixed.**

**The difficulty**  
**is making**  
**that fixedness [in the soul substance]**  
**fluid again.**

There is  
no  
• particle or  
• atom  
of  
• energy or  
• substance  
that does  
not contain  
consciousness.

The universe  
is permeated  
with  
energy/consciousness,  
but not  
as separate entities  
existing  
side by side.

• Energy  
is  
• consciousness  
and  
• consciousness  
is  
• energy.

Consciousness  
that solidifies into  
fixed substance  
must  
• be made  
fluid again,  
must  
• wake up out of  
its own stagnation.

• Stagnant,  
• fixed  
energy/consciousness  
needs  
its own  
loosening up.

Fluid

- consciousness and
- energy  
can affect  
the
  - stagnant,
  - fixed  
parts  
only with  
the greatest difficulty,  
because  
true awakening  
must happen  
within  
the dormant part.

Free-flowing

- energy/consciousness  
is therefore  
always  
repulsed by  
the fixed state.

This is what I meant by

- the mind  
being lost  
in its own maze.

Stagnant consciousness

- must somehow  
find the way  
to let go of  
itself.

As long as

- free flow  
is not the  
mode,
  - substance,
  - energy and
  - consciousness  
trapped into  
a fixed nucleus  
will remain stationary.

32

These words  
are  
not  
easy to understand  
because  
they deal with concepts  
the human mind  
cannot grasp.

You must use  
your intuitive faculties  
to sense the meaning.

Those  
who have received inklings of  
the true world  
where  
• all is one,  
where  
• existing things  
are not separated,

will  
feel  
what I mean here.

The task  
of the  
• fluid,  
• enlightened  
consciousness  
can be accomplished  
only little by little,  
• influencing and  
• affecting  
the  
• stagnant,  
• entrapped  
energy/consciousness/substance,  
which [stagnant, entrapped  
energy/consciousness/substance]  
is what is called  
"neurosis."

Since  
the deadened consciousness  
is dead –  
which may sound like a redundant statement,  
but is not –  
it takes  
a great deal of  

- patience and
- searching

finally  
to influence  
it [i.e., to finally influence  
the deadened consciousness]  

- with
  - the free consciousness,
- allowing the
  - fluid,
  - flowing  
energy [of the free consciousness]  
to influence  
the stagnant mass.

For if  

- free
- enlightened
  - consciousness and
- fluid
  - energy  
did not prevail upon
    - fixed
      - consciousness and
      - soul substance,

it [i.e., the fixed consciousness and fixed soul substance]  
would remain  
fixed  
forever  
and ever.

The  
free-flowing  
consciousness/energy  
eventually  
prevails.



33

(After this,  
two people  
availed themselves of the Guide's offer;  
they came close to Eva  
and stated their  

- specific,
- personal  
  - negations and
  - affirmations.

The forthcoming  

- energy and
- power

was a deep experience  
for everyone present.

The room  
was filled with it [i.e., filled with the forthcoming energy and power]  
and, to a few,  
radiating energy  
was visible.

Unfortunately  
it is not possible  
to describe the experience  
in words.)

34

My dearest,  
dearest  
friends:  

- Love,
- spiritual power, and
- wisdom

are  
one.

The help  
that comes from "outside" here [i.e., the help that comes in this process of  
channeling this force from the universe "outside" through this instrument]  
is not the kind  
that will ever make you  
passive.

*It [i.e., the help that comes in this process of channeling this force from the universe “outside” through this instrument] will elicit the same source within you that is the fountain of all life.*

*It must be that way.*

*It [i.e., the help that comes in this process of channeling this force from the universe “outside” through this instrument] will more and more prevail upon stagnant*  

- *energy and*
- *consciousness*

*and make them light again.*

*The first step [in this process of your receiving this force] lies in your active participation as you walk the path that leads into your innermost being.*

*The second step [in this process of your receiving this force],*  

- *stating and*
- *clarifying*  
*your conflict –*  
*as two of my friends here have done –*  
*must generate*  
*more of*  
*the great universal power*  
*that is in infinite supply –*  
  - *outside and*
  - *inside*  
*of you.*

35

*This [i.e., this gift of the force]*  
*is a blessed thing, my friends.*

*It [i.e., this gift of the force]*  
• *arose*  
*out of*  
*your contribution*  
*and*  
• *will continue to grow*  
*out of*  
*your contribution.*

*It [i.e., this force]*  
*is indeed*  
*a living force.*

*It [i.e., this force]*  
*is a reality.*

*As all living things,*  
*its [i.e., this force's]*  
• *continuous life and*  
• *fruitful manifestation*  
*depend entirely on*  
*the degree to which*  
*this enterprise*  
*remains mutual.*

*The mutuality*  
*will express itself*  
*first*  
*between*  
• *your own giving of yourself*  
*in truthfulness*  
*and*  
• *the helping power coming through*  
• *me and*  
• *the hands of the instrument.*

Later, it [i.e., Later, the mutuality]

will work

between

- your ego-consciousness

and

- the source of all life  
within yourself,

which [both i.e., your ego-consciousness and the source of all life within you]

converge together

onto

the stagnant matter,

to loosen it up

more

and more.

Maybe you can visualize

the difference

between

- stagnant

- matter,

- stagnant

- energy and

- consciousness

that

without change

- hates

and holds, and

- holds

and hates,

and

- fluid

- matter,

- consciousness and

- energy

that knows

the truth

of

- life and

- love.

When you  
visualize  
those two ways of being [i.e., the stagnant ways of being versus  
the fluid ways of being],  
it will make it easier for you  
to make a  

- deliberate,
- conscious

choice:  
to let  

- the latter [i.e., the fluid ways of being]

influence  

- the former [i.e., the static ways of being].

36

Love  
comes to  
every one of you here.

Some of this power  
comes forth  
whenever  

- blessings are expressed,

whenever  

- you are open for them [i.e., open for blessings].

These blessings  
can  

- reach you

and  

- lighten your burden  
by making  
your own stagnancy  
fluid again.

But  
when you sit here  

- defensively

and  

- doubtingly,  
the blessing force  
cannot reach you.

**However,**  
**it [i.e., the blessing force]**  
**is always forthcoming**  
**to some degree,**  
**and**  
**it [i.e., the blessing force]**  
**will come now**  
**stronger**  
**and stronger,**  
**as you**  
**open to it**  

- **more**
- **and more,**
- **conscious of its reality,**
- **becoming more receptive to it.**

  
**Thus you will**  
**increase**  
**the power**  
**of the blessings.**  
  
**Be in peace**  
**my loved ones.**

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