

# Pathwork Lecture 189: Self-Identification Determined through Stages of Consciousness

1996 Edition, Original Given February 12, 1971

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	<ul style="list-style-type: none"> <li>• <u>Greetings</u> and</li> <li>• <u>blessings</u></li> </ul> <p style="text-align: center;"><i>are poured forth</i></p> <p style="text-align: center;"><i>unto <u>all</u> of you in a</i></p> <ul style="list-style-type: none"> <li>• <u>great</u> and</li> <li>• <u>magnificent</u></li> </ul> <p style="text-align: center;"><i>spiritual force</i></p> <p style="text-align: center;"><i>which you can</i></p> <ul style="list-style-type: none"> <li>• <u>partake of</u> and</li> <li>• <u>assimilate</u></li> </ul> <p style="text-align: center;"><i>to whatever degree</i></p> <p style="text-align: center;"><i>you <u>truly open yourself to it</u></i></p> <p style="text-align: center;"><i>with</i></p> <ul style="list-style-type: none"> <li>• <u>your heart</u> and</li> <li>• <u>your mind</u>.</li> </ul>
04	<p style="text-align: center;"><i>In this lecture I will discuss</i></p> <p style="text-align: center;"><i><u>consciousness from a</u></i></p> <ul style="list-style-type: none"> <li>• <u>new</u> and</li> <li>• <u>different</u></li> </ul> <p style="text-align: center;"><i><u>approach</u>.</i></p>

by Eva Broch Pierrakos

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*It is perhaps difficult  
for human beings  
to understand that  
consciousness  
permeates the entire  
• universe and  
• creation.*

*It is not simply dependent  
on the personality  
of an entity.  
[Rather,]  
It permeates  
everything that exists.*

*The human mind is geared to  
think of consciousness  
as exclusively a byproduct  
of personality,  
that it  
• can exist only in human form, and  
• is associated exclusively with the brain.*

*This is not so.*

*Consciousness  
does not require a fixed form.*

*Every particle of matter  
contains consciousness,  
• but in inanimate matter  
consciousness is solidified,  
• just as in inanimate objects  
energy is petrified.*

*Consciousness  
and energy  
are not the same,  
but they are interdependent aspects  
of the manifestation of life.*

05	<p><i>As <u>evolution progresses</u>, this <u>static condition</u> <u>decreases as</u></i></p> <ul style="list-style-type: none"><li>• <u>consciousness</u> and</li><li>• <u>energy</u> <i>become <u>increasingly more</u></i><ul style="list-style-type: none"><li>• <u>vibrant</u> and</li><li>• <u>mobile</u>.</li></ul></li></ul> <p>• <u>Consciousness</u> <u>gains</u><ul style="list-style-type: none"><li>• <u>in awareness</u>;</li></ul></p> <p>• <u>energy</u> <u>gains</u><ul style="list-style-type: none"><li>• <u>greater creative power</u><ul style="list-style-type: none"><li>• <u>to move</u> and</li><li>• <u>to make forms</u>.</li></ul></li></ul></p>
06	<p><u>Consciousness</u> <i>has <u>experienced a</u> <u>separation</u>, <u>through processes impossible to convey</u> <u>to the human understanding</u>,</i> <i>so that</i> <i><u>aspects of consciousness</u> <u>float around in the universe</u>,</i> <i>so to speak.</i></p> <ul style="list-style-type: none"><li>• <u>Every trait</u> <i>familiar to <u>human understanding</u>,</i></li><li>• <u>every attitude</u> <i>known in <u>creation</u>,</i></li><li>• <u>every aspect</u> <i>of <u>personality</u> is just one</i> <i><u>of many manifestations</u> <u>of consciousness</u>.</i></li></ul> <p><u>Every manifestation</u> [<i>of consciousness</i>] <i>that is <u>not yet integrated into the whole</u> <u>needs to be</u></i><ul style="list-style-type: none"><li>• <u>unified</u> and</li><li>• <u>synthesized</u> <i>into <u>one harmonious whole</u>.</i></li></ul></p>

07

*It requires a  
leap of your imagination  
to comprehend the concept  
I am trying to convey here.*

*Can you imagine for a moment  
that many familiar traits,  
which you have always assumed  
could only exist  
through a person,  
are not the person per se,  
but are free-floating particles  
of overall consciousness?*

*It does not matter  
whether these traits be*

- good or
- evil,

*such as, for example*

- love,
- perseverance,
- sloth,
- laziness,
- impatience,
- kindness,
- stubbornness, or
- malice.

*They all need to be incorporated into  
the manifesting personality.*

*Only then [i.e., only when all of these traits are incorporated into  
the manifesting personality] can*

- purification,
- harmonizing, and
- enrichment

*of the manifesting consciousness  
take place,*

*creating the preconditions  
for the evolutionary process  
of unifying consciousness.*

08

About unification

it is important to note that

- disharmonious and
- destructive

aspects of consciousness

always remain separate.

This can be readily verified

by all individuals

who observe their own inner process.

- Positive traits and
- constructive aspects

of consciousness

are always

harmonious parts of the whole,

- enriching and
- expanding

the entire unified consciousness.

I cannot begin to convey

the full reality

of these ideas

because human language

is much too limited.

But I do not intend

to give you an

- impractical
  - abstract
- lecture.

09

According to its nature,

each aspect of consciousness has

- its own characteristics,
- its own
  - vibratory movement and
  - frequency rate, and
- its own emanation of
  - color,
  - scent, and
  - tone.

	<p><i>The <u>same is true of its</u> [i.e., is true of each aspect of consciousness's] <u>many other</u> <u>subtle sensory expressions</u> of which <u>human beings</u> with their <u>limited spectrum of senses</u> <u>know nothing.</u></i></p> <p><i>There are <u>infinitely more</u></i></p> <ul style="list-style-type: none"><li>• <u>colors,</u></li><li>• <u>tones,</u></li><li>• <u>scents,</u></li></ul> <p><i>and so on, than you can perceive.</i></p>
10	<p><i>The <u>human being</u> is a <u>conglomeration of</u> <u>various aspects of consciousness.</u></i></p> <ul style="list-style-type: none"><li>• <u>Some</u> [aspects of consciousness] are <u>already purified.</u></li><li>• <u>Some</u> [aspects of consciousness] <u>have always been pure</u> and are thus <u>part of the individual,</u> <u>forming an integrated whole.</u></li><li>• <u>Other aspects of consciousness are</u><ul style="list-style-type: none"><li>• <u>negative and</u></li><li>• <u>destructive</u></li></ul>and thus <u>separate,</u> <u>like appendages.</u></li></ul> <p><i>It is the <u>task of each human being</u> in <u>each incarnation to</u></i></p> <ul style="list-style-type: none"><li>• <u>synthesize,</u></li><li>• <u>unify and</u></li><li>• <u>assimilate</u></li></ul> <p><i>these <u>various aspects of consciousness.</u></i></p> <p><i>If you truly try to comprehend what I say here, you may find that this is a <u>novel way of explaining human existence.</u></i></p>

*Naturally this*  
*not only applies*  
*• to the level of human consciousness,*  
*but also*  
*• to higher states of consciousness*  
*where the struggle*  
*is no longer as*  
*• severe or*  
*• painful.*

*Increased awareness*  
*of higher states of consciousness*  
*facilitates*  
*the synthesizing process*  
*immeasurably.*

*The human predicament is*  
*• the general lack of understanding*  
*of what is going on [in life],*  
*• the blindness with which*  
*people are involved in the struggle [of life], and*  
*• their deliberate perpetuation of that blindness.*

11

*To the degree that*  
*• struggle and*  
*• tension*  
*exist in a personality,*  
*the various aspects of consciousness*  
*will be at odds with one another.*

*You who are unaware*  
*of the meaning of the struggle*  
*are trying to identify with*  
*• one or*  
*• several*  
*of these aspects of consciousness*  
*without knowing*  
*• what the true self is,*  
*• where it [i.e., the true self] is located, or*  
*• how it [i.e., the true self] can be found*  
*in this maze of discord.*

*You wonder if*

- *you are your best qualities, or if*
- *you are your over-severe conscience  
which annihilates you  
for your negative traits. Or*
- *are you perhaps the  
destructive demon within you?*
- *Which is your best self? Is it*
  - *your rage at the demon in you or*
  - *your total negation of its existence?*

*Whether individuals know it or not,  
this inner*

- *struggle and*
  - *search*
- is ongoing, and  
the more conscious the struggle is,  
the better.*

*Any path of self-development  
must sooner or later  
come to terms*

- *with these questions –*
- *with the deep problem of self-identity.*

12

*It is a human distortion  
to identify with  
any  
of the above-mentioned aspects.*

*You are*

- *neither your negative traits*
- *nor your*
  - *self-punishing*
  - *superimposed  
conscience,*
- *nor even your positive traits.*

*Even though you have managed  
to integrate the latter [i.e., integrate your positive traits]  
into the fullness  
of your being,*  
*this is not the same as  
identifying with them.*

*It is more accurate to say  
that you are that part of you  
which managed this integration by*  
• *determining,*  
• *deciding,*  
• *acting,*  
• *thinking, and*  
• *willing,*  
*so that you could  
absorb into your self  
what was previously  
an appendage.*

*Each aspect of consciousness  
possesses a will of its own,  
as those of you who do the pathwork know.*

*As long as you are*  
• *blindly involved in the struggle and therefore*  
• *submerged in it,*  
*each of these various aspects  
will control you  
in turn*  
*because  
the real self  
that could determine  
your identification differently  
has not yet found its power.*

*Your blind involvement*  
• *enslaves you and*  
• *inactivates your creative energy.*

*This missing  
sense of self  
leads to despair.*

13

*If the personality  
blindly believes  
it actually is  
nothing but its own destructive aspects,  
it becomes embroiled  
in a special kind of  
inner battle.*

*On the one hand*  
*there will be*

- self-annihilation,
- self-punishment, and
- violent self-hate

*as a reaction to*  
*perceiving the self*  
*as only*  
*the negative parts.*

*On the other hand,*  
*how can you*

- *truly want to give up these negative traits or*
- *even fully*
  - face and
  - investigate  
them

*when you believe that*  
*they are*  
*the only reality of the self?*

*You are thrown*  
*back and forth*  
*between the attitudes of,*

- *"I must remain as I am,*
  - unchanged and
  - unimproved,

*for*

- *this is my only reality and*
- *I do not want to cease to exist,"*

*and,*

- *"I am*
  - so terrible,
  - so bad,
  - so despicable,

*that I have no right to exist and*  
*therefore*  
*I must punish myself out of existence."*

*Since this conflict is*  
*too painful to face*  
*when it is believed to be real,*  
*the entire issue [of self-identity] is put to sleep.*

14

*You then lead a life of*

- *"as if," or*
- *pretense,*

*which then shifts*

*your sense of identity*  
*to your mask.*

*You struggle against*

*exposing the pretense [i.e., exposing the mask for what it is],*  
*let alone giving up the pretense [i.e., giving up the mask],*  
*for the only other alternative [to life other than the mask]*  
*is the painful struggle [of facing and wrestling with*  
*negative traits with which you identify and*  
*therefore force you to annihilate yourself]*  
***I have just described.***

*No wonder human beings*

*have so much resistance [to dropping the mask and*  
*facing struggle of negative traits with which they identify].*  
*And yet, what a waste it [i.e., what a waste this resistance] is.*

*For none of it [i.e., neither the negative traits as your only*  
*identity nor the mask] is the true reality.*

*There is a real self*  
*that equals*

- *neither your negative aspects,*
- *nor your adamant self-annihilation [for having negative traits],*
- *nor the pretense [i.e., mask] that covers everything up.*

*Finding this real self*

*is our main concern.*

15

*Before the universal self*  
*can fully manifest in you,*  
*there is already*

*one aspect of it [i.e. one aspect of your real self, of*  
*the universal self]*

- *available right now*
- *which you can immediately realize:*  
*your conscious self*  
*at its best,*  
*as it exists right now.*

*It [i.e., the one aspect of your real self that you can realize, your conscious self] is a*

- limited
- present  
manifestation

*of your spiritual being,  
but*

- it [i.e., your conscious self] is truly yourself;
- it [i.e., your conscious self] is the "I" you need to make order out of all your confusion.

*This already manifest consciousness [i.e., your conscious self] exists in many realms of your life,  
but you take it for granted.*

*You have not yet brought it [i.e., not yet brought your conscious self] to bear*

*on this area of conflict [i.e., the area of facing your negative traits] where you continue to be blindly controlled*

- by a false self-identity, [i.e., your identity with negative traits, with your stern judge of these traits, or with your mask self] or rather
- by its [i.e., the false identity's] consequences.

16

*The "I" [i.e., your conscious self] that is able to*

*make a decision, for instance,*

- to truly face this conflict [of facing your negative traits] and
- to observe its [i.e., this conflict's] various expressions

*is the self*

*with which you may safely identify.*

*To the degree*

- the personality awakens and
- self-consciousness is gained,  
[to that degree] such
  - decisions and
  - choices

*of attitude [toward wrestling with your negative traits] are possible.*

*Conversely [and thus creating a benign circle],  
to the degree such*  
• decisions and  
• choices  
*of attitude [toward wrestling with your negative traits]  
are made,*  
*consciousness*  
• awakens and  
• expands.

*The immediately available consciousness  
of every living human being  
is usually  
not fully  
put to use  
right where the greatest*  
• sufferings and  
• conflicts  
*exist.*

*The full scope  
of its [i.e., of the immediately available consciousness'] power  
is not  
put into the service  
of this struggle  
about identity.*

*When the entity  
begins to do this systematically,  
a major change will take place,  
and a new stage of development is reached.*

	<p><u>To the extent</u> <u>your conscious self</u> [limited though it is] <u>can use</u></p> <ul style="list-style-type: none"><li>• <u>its already existing knowledge of truth,</u></li><li>• <u>its already existing power</u> <u>to execute good will,</u></li><li>• <u>its already existing capacity to be</u><ul style="list-style-type: none"><li>• <u>positive,</u></li><li>• <u>committed,</u></li><li>• <u>truthful,</u></li><li>• <u>courageous</u> and</li><li>• <u>persevering</u> <u>in the struggle</u> <u>to find your identity, plus</u></li></ul></li><li>• <u>its already existing ability to choose</u> <u>how to deal with the problem</u> [of identity],</li></ul> <p><u>to exactly that degree</u> <u>your consciousness</u></p> <ul style="list-style-type: none"><li>• <u>expands</u> and</li><li>• <u>becomes increasingly more infiltrated</u> <u>by spiritual consciousness.</u></li></ul>
17	<p><u>Spiritual consciousness</u> <u>cannot manifest</u> <u>when your</u> <u>already existing consciousness</u> <u>is not fully put to use</u> <u>in the conduct of your life.</u></p> <p><u>By using</u> <u>existing consciousness,</u></p> <ul style="list-style-type: none"><li>• <u>new inspiration,</u></li><li>• <u>new realms of</u><ul style="list-style-type: none"><li>• <u>vision</u> and</li><li>• <u>understanding</u> and of</li><li>• <u>profound wisdom</u> and</li><li>• <u>experience</u> <u>all well up</u> <u>from your depths.</u></li></ul></li></ul>

**But** *[conversely]*

**as long as you**

**follow the line of least resistance,**

- **giving in to blind involvement,**
- **giving up on finding true self-identity and**
- **settling blindly for a would-be existence,**

**you remain stuck**

**in the old rut of**

- **reacting from habit and**
- **easily justifying it.**

**You indulge in**

- **compulsive,**
- **negative,**
- **hopelessly circular**

**thinking,**

**and your**

**present consciousness**

**cannot be fully put to use.**

**Consequently,**

**[your present] consciousness**

- **cannot possibly expand,**
- **nor can it**

**transmute and**

**synthesize**

**the negative aspects**

**with which**

**it falsely identifies itself.**

**It [i.e., your present consciousness]**

**also cannot bring in**

**deeper aspects**

**of the spiritual self.**

**As long as**

**existing values**

**are not fully put to use,**

**additional values**

**cannot possibly be realized.**

**This is a law of life**

**that applies to all levels of being.**

**This is a very important thing to understand, my friends.**

18	<p><i>When you <u>identify with</u></i></p> <ul style="list-style-type: none"><li>• <i><u>one [aspect]</u> or even</i></li><li>• <i><u>a cluster of aspects</u></i></li></ul> <p><i>and <u>believe that</u></i> <i><u>these aspects</u></i> <i><u>are you,</u></i> <i><u>you become submerged in them.</u></i></p> <p><i>At the very beginning</i> <i>when I started giving lectures,</i> <i>I used the terms</i></p> <ul style="list-style-type: none"><li>• <i><u>higher self,</u></i></li><li>• <i><u>lower self,</u> and</i></li><li>• <i><u>mask self.</u></i></li></ul> <p><i>These are</i> <i><u>very abbreviated terms</u></i> <i>which comprise, of course,</i> <i><u>many</u></i></p> <ul style="list-style-type: none"><li>• <i><u>subdivisions</u> and</i></li><li>• <i><u>variations.</u></i></li></ul> <p><i>As a convenient frame of reference,</i> <i>one may <u>classify certain aspects</u></i> <i>as <u>belonging to one or the other</u></i> <i>of these <u>three basic categories.</u></i></p>
19	<p><i>The <u>genuine will for good</u></i> <i>is, needless to say,</i> <i>an <u>expression of</u></i> <i>the <u>higher self.</u></i></p>

*But there is also*  
*another will for good*  
*which can easily be confused with*  
*the former,*  
*though it is by no means the same.*

*It is*  
*the will to be good*  
*• for the sake of appearance,*  
*• for the sake of denying*  
*the lower aspects,*  
*because the*  
*• conscious,*  
*• determining,*  
*• choosing*  
*self [i.e., the ego]*  
*does not take up the challenge*  
*to confront the negative aspects.*

*The*  
*• demoniacal,*  
*• destructive*  
*aspects*  
*are obviously*  
*an expression of*  
*the lower self.*

*But the giant guilt*  
*that threatens to*  
*punish these destructive aspects*  
*with total annihilation*  
*is not an expression of*  
*the higher self,*  
*although it may easily pose for it.*

*It [i.e., the guilt that threatens to punish you with total annihilation for*  
*having lower self destructive traits]*  
*is, in fact, more destructive*  
*than the destructiveness itself.*

*It [i.e., the guilt that threatens to punish you with total annihilation for*  
*having lower self destructive traits]*  
*comes entirely out of the*  
*false self-identification*  
*mentioned above.*

	<p><i>If you <u>believe</u> you <u>are your demon</u>, you seem to have <u>no other choice</u> but to <u>annihilate yourself</u>; yet you <u>dread annihilation</u> [of yourself, thinking yourself to be the demon] and thus <u>hold on to the demon</u>.</i></p> <p><i>But if you <u>observe the demon</u>, you can <u>begin to identify</u> with the <u>part of you</u> which <u>observes</u>.</i></p>
20	<p><i>You must <u>never forget that</u> <u>no one is</u> <u>entirely</u> <u>involved in this struggle</u>, else it would be impossible to rise out of it.</i></p> <p><i>There are <u>many aspects</u> of your being</i></p> <ul style="list-style-type: none"><li>• <i>where you do use <u>the power</u> of your <u>creative thinking</u>,</i></li><li>• <i>where you</i><ul style="list-style-type: none"><li>• <i><u>expand your mind and thus</u></i></li><li>• <i><u>build productively</u>.</i></li></ul></li></ul> <p><i><u>But we are now focused on</u> those areas where you are <u>not</u></i></p> <ul style="list-style-type: none"><li>• <i><u>expanding</u> and</i></li><li>• <i><u>productive</u>.</i></li></ul>
21	<p><i>As long as human beings are <u>unable</u>, or rather <u>unwilling</u>, to <u>recognize</u> <u>their destructive aspects</u>,</i></p> <p><i>they must be <u>lost in them</u>, [thereby unconsciously identifying with them] and therefore <u>cannot attain</u> <u>proper self-identification</u>.</i></p>

*Although your desire to  
hide the destructive aspects  
 is more destructive  
 than whatever it is you hide,  
 it [i.e., your desire to hide your destructiveness]  
indicates that [in truth, from your higher self, your spiritual self]  
 you wish to be free from destructiveness.*

*Thus the desire to hide destructiveness*

*is a*

- misplaced,
- misunderstood, and
- misread  
message  
 of the higher self.

*It [i.e., your desire to hide your destructiveness]*

*is a wrong way of*

- applying and
- interpreting  
 the longing of  
 the spiritual self.

*Now let us discuss further how*

*the conscious self*

*can be more*

- activated and
- utilized,

*so that you can*

- expand it and
- make room for

*spiritual consciousness  
to infiltrate it.*

22	<p><i>Everyone on the path who has worked</i></p> <ul style="list-style-type: none"><li>• <i>diligently</i> and</li><li>• <i>conscientiously</i><ul style="list-style-type: none"><li>• <i>to shed the mask,</i></li><li>• <i>to give up defenses, and</i></li><li>• <i>to overcome the resistance</i></li></ul></li></ul> <p><i>to exposing apparently shameful liabilities,</i></p> <p><i>has experienced how acknowledging negative traits creates a new freedom.</i></p> <p><i>Why is this so?</i></p> <p><i>The obvious answer is that the mere fact that you have the</i></p> <ul style="list-style-type: none"><li>• <i>courage</i> and</li><li>• <i>honesty</i></li></ul> <p><i>to do so is in itself a</i></p> <ul style="list-style-type: none"><li>• <i>relieving</i> and</li><li>• <i>liberating</i></li></ul> <p><i>factor.</i></p> <p><i>But it goes beyond that, my friends.</i></p>
23	<p><i>Through the very act of acknowledgement, a subtle but distinct shift in identification occurs.</i></p> <p><i>Before such acknowledgement, you</i></p> <ul style="list-style-type: none"><li>• <i>were blind to</i></li><li>• <i>some or all</i></li></ul> <p><i>of your destructive aspects</i></p> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>were therefore</i></li></ul> <p><i>helplessly controlled by them [i.e., helplessly controlled by your destructive aspects], indicating that you believed them [i.e., your destructive aspects] to be you [i.e., you identified with your destructiveness].</i></p>

*You could not afford  
to even acknowledge  
these unacceptable [destructive] aspects,  
because you identified with them.*

*But the moment you  
acknowledge  
the hitherto unacceptable [destructive aspects in you],*  
• *you yourself  
cease to  
be  
the unacceptable [destructive aspects in you];*  
*instead,*  
• *you become identified with  
that part of you  
which*  
• *can and*  
• *does*  
*decide to make  
the acknowledgement.*

*Then*  
*some other part  
takes over  
which can*  
*do something about them [i.e., do something about the  
unacceptable destructive parts of you],*  
*even if, to begin with,*  
*it [i.e., that other part of you that is acknowledging  
unacceptable destructive parts of you]*  
*can merely*  
• *observe and*  
• *grope for*  
*some deeper understanding  
of the underlying dynamics.*

*You are in a*  
*totally different situation  
when you*  
*identify yourself  
with the ugly traits*  
*than when you  
identify them.*

	<p><i>The moment you</i></p> <ul style="list-style-type: none"><li>• <b><u>identify them</u></b> [i.e., identify your ugly destructive traits],</li></ul> <p><i>you <u>cease</u></i></p> <ul style="list-style-type: none"><li>• <b><u>being identified with them.</u></b></li></ul> <p><i>This is <u>why</u></i></p> <p><i>it is <u>so liberating</u></i></p> <p><i>to <u>acknowledge the worst in your personality</u></i></p> <p><i>after having <u>battled</u></i></p> <p><i>the <u>ever-present resistance</u></i></p> <p><i>to <u>do so</u> [i.e., battled the resistance to acknowledge the destructive traits].</i></p> <p><i>It will <u>become even easier</u></i></p> <p><i>once you can <u>make this</u></i></p> <p><i><u>clear distinction</u> [between identifying ugly traits in you and identifying <u>with</u> your ugly traits as if they were you].</i></p>
24	<p><i>The moment you</i></p> <ul style="list-style-type: none"><li>• <b><u>identify,</u></b></li><li>• <b><u>observe, and</u></b></li><li>• <b><u>clearly articulate</u></b></li></ul> <p><i><u>your destructive aspects,</u></i></p> <p><i><u>you have found</u></i></p> <p><i><u>your real self</u></i></p> <p><i><u>with which</u></i></p> <p><i><u>you can safely identify.</u></i></p> <p><i>This real self</i></p> <p><i><u>can do many things –</u></i></p> <p><i>it has</i></p> <ul style="list-style-type: none"><li>• <b><u>options,</u></b></li><li>• <b><u>possibilities and</u></b></li><li>• <b><u>choices –</u></b></li></ul> <p><i>the first being</i></p> <p><i><u>what you are doing now:</u></i></p> <ul style="list-style-type: none"><li>• <b><u>identifying,</u></b></li><li>• <b><u>observing, and</u></b></li><li>• <b><u>articulating.</u></b></li></ul>

Now you no longer need to  
persecute yourself  
so mercilessly  
with your self-hate.

There seems to be  
no way to avoid  
hating yourself  
as long as  
you have neglected  
this all-important process of  
identifying yourself  
with the real self,  
[the real self] which also  
has the power to  

- recognize and
- adopt

new attitudes,  
without  
devastating self-judgment.

It is also possible  
to judge negatively  
in a truthful spirit,  
but there is all the difference in the world  
between  

- believing that what you judge  
is the only truth  
of your being,

and  

- realizing  
that the part of you  
which can acknowledge  
the presence of destructiveness  
  - has other options and
  - is closer to  
your ultimate reality.

25

How different  
your attitude to yourself  
must be when you realize  
that it is the task of human beings  
to carry negative aspects with them  
for the purpose of  
• integrating and  
• synthesizing  
them.

This allows for  
truthfulness  
without hopelessness.

What dignity  
it lends you  
when you consider  
that you undertake  
this important task  
for the sake of evolution!

26

When you come into this life,  
you bring negative aspects with you  
for the purpose just mentioned.

Meaningful laws  
determine what aspects  
you bring with you.

Every human being  
fulfills an immense task  
in the universal scale of evolution.

An entity  
who does not offer  
to fulfill this kind of task  
may be quite  
• free,  
• purified,  
• evolved and  
• harmonious,  
but is not contributing  
to evolution  
as all of you here do.

***This task*** [of bringing negative aspects into this incarnation  
for the purpose of integration into the whole]  
***gives you great dignity,***  
***which is so much more important***  
***than the momentary suffering***  
***that accrues from***  
***not knowing who you are.***

27

***It is one of these***  
***subtle***  
***apparent contradictions***  
***that exist so frequently***  
***when dealing with***  
***the realms beyond duality,***  
***[those realms] which are much nearer to***  
***ultimate reality.***

***It is necessary to***  
***• acknowledge***  
***the ugly aspects***  
***as parts of you and***  
***• take responsibility for them***  
***before you can***  
***truly understand that***  
***you are not these [ugly] aspects.***

***It is possible***  
***to be responsible for them***  
***without believing***  
***that they are your only reality.***

***Only when you***  
***first take responsibility for them***  
***can you come to***  
***the wonderful realization***  
***• that you are not them,***  
***but [rather]***  
***• that you carry something in you***  
***for which you have taken responsibility***  
***for an evolutionary purpose.***

***Only then can come***  
***the next step,***  
***that of integration.***

28	<p><i>Let me recapitulate the <u>four stages of awareness mentioned thus far:</u></i></p>
29	<p><i>(1) the <u>half-asleep climate</u> where you</i></p> <ul style="list-style-type: none"> <li>• <i><u>do not know who you are</u> and</i></li> <li>• <i><u>blindly battle against</u> <u>what you hate in yourself</u> – either</i> <ul style="list-style-type: none"> <li>• <i><u>consciously,</u></i></li> <li>• <i><u>semiconsciously</u> or</i></li> <li>• <i><u>unconsciously;</u></i></li> </ul> </li> </ul>
30	<p><i>(2) the <u>first state of awakening,</u></i></p> <ul style="list-style-type: none"> <li>• <i>when you can</i> <ul style="list-style-type: none"> <li>• <i><u>acknowledge,</u></i></li> <li>• <i><u>observe,</u> and</i></li> <li>• <i><u>articulate</u></i></li> </ul> </li> </ul> <p><i><u>what you do not like</u> [about yourself];</i></p> <ul style="list-style-type: none"> <li>• <i>when you can <u>feel that this</u> [i.e., <u>what you do not like about yourself</u>] is</i> <ul style="list-style-type: none"> <li>• <i><u>just an aspect of you,</u></i></li> </ul> </li> </ul> <p><i><u>rather than</u></i></p> <ul style="list-style-type: none"> <li>• <i><u>the secret ultimate truth about you;</u></i></li> </ul>
31	<p><i>(3) the <u>awareness that</u> <u>the "I" which</u></i></p> <ul style="list-style-type: none"> <li>• <i><u>observes,</u></i></li> <li>• <i><u>articulates,</u></i></li> </ul> <p><i><u>can also make new</u></i></p> <ul style="list-style-type: none"> <li>• <i><u>decisions</u> and</i></li> <li>• <i><u>choices,</u> and</i></li> </ul> <p><i><u>can look for hitherto undreamed-of</u></i></p> <ul style="list-style-type: none"> <li>• <i><u>options</u> and</i></li> <li>• <i><u>possibilities</u> –</i></li> </ul> <p><i><u>not by magic, but by</u></i></p> <ul style="list-style-type: none"> <li>• <i><u>trying out attitudes</u> <u>that were totally</u></i> <ul style="list-style-type: none"> <li>• <i><u>negated</u> and</i></li> <li>• <i><u>ignored</u></i></li> </ul> </li> </ul> <p><i><u>before.</u></i></p>

*Some examples of  
new attitudes are:*

- *setting a positive goal  
of self-acceptance  
without losing a sense of proportion;*
- *groping for new ways;*
- *learning from*
  - *mistakes and*
  - *failures;*
- *refusing to give up  
when immediate success  
fails to arrive;*
- *putting faith into  
unknown potentials  
which can manifest  
only as these new modes  
are adopted by the consciousness.*

32

*The attitude of  
adopting the new modes of perception  
which your consciousness  
is capable of  
right now  
leads directly to*

*(4) the eventual comprehension  
of those previously*

- *negated and*
- *hated*

*aspects,  
which means their*

- *dissolution and*
- *integration.*

*Simultaneously,  
the ever-expanding consciousness  
merges with  
more of the spiritual reality  
which can now unfold  
to ever-greater degrees.  
This is what is meant by  
purification.*

	<p><i>To the extent</i> <u><i>you lead your life in such a way,</i></u> <u><i>the overall consciousness</i></u> <u><i>permeating the universe</i></u> <u><i>becomes</i></u></p> <ul style="list-style-type: none"><li>• <u><i>less split off into separate particles</i></u> and</li><li>• <u><i>more unified.</i></u></li></ul>
33	<p><i>When you assimilate</i> <i>what I have said here,</i> <i>you will understand</i> <u><i>several all-important facts.</i></u></p> <p><i>First of all</i> <i>you will see the tremendous overall importance</i> <u><i>of recognizing the</i></u></p> <ul style="list-style-type: none"><li>• <u><i>distorted,</i></u></li><li>• <u><i>demonic</i></u></li></ul> <p><u><i>traits [in you].</i></u></p> <p><i>You will take</i> <u><i>full responsibility for them</i></u> <i>which will,</i> <i>seemingly paradoxically,</i> <u><i>liberate you from</i></u> <u><i>being identified with them.</i></u></p> <p><i>You will</i></p> <ul style="list-style-type: none"><li>• <u><i>know fully who you are</i></u> and</li><li>• <u><i>recognize that the negative aspects</i></u> <u><i>are just appendages,</i></u> <u><i>which you can incorporate into yourself</i></u> <u><i>as you dissolve them.</i></u></li></ul> <p><u><i>Their</i></u></p> <ul style="list-style-type: none"><li>• <u><i>basic energy</i></u> and</li><li>• <u><i>undistorted nature</i></u> <u><i>can become part of</i></u> <u><i>the consciousness</i></u> <u><i>that you manifest.</i></u></li></ul>

34

*Thus, no matter  
how undesirable  
the reality [of your negative traits] may be,  
you can*

- *deal with it,*
- *accept it,*
- *explore it,*

*and no longer*

- *be frightened by it.*

*This capacity to*

- *observe,*
- *articulate,*
- *evaluate, and [then]*

- *choose the best possible attitudes  
for dealing with  
what is observed –*

*that is the true power  
of your real self  
as it already exists right now.*

- *Freedom,*
- *discovery, and*
- *knowledge  
of self  
are the first steps  
toward realizing  
the*

- *greater*
- *universal,*
- *divine  
consciousness  
in you.*

*As long as this [i.e., as long as taking these first steps toward realizing the divine  
consciousness in you]  
is not done,  
your  
innermost spiritual consciousness  
remains*

- *a principle,*
- *a theory and*
- *a potential to be realized  
only in the future.*

*You may believe in it [i.e., you may believe in the reality of  
your innermost spiritual consciousness] with your intellect,  
but  
you cannot truly ascertain it within you  
until you  
use the consciousness  
already available to you now,  
but which you leave unused  
wherever your so-called problems exist.*

*As these four stages are*

- recognized and
- worked through

*in the way I outlined in this lecture,  
your conscious mind  
can expand sufficiently  
to let in the as yet unmanifest*

- wisdom,
- truth,
- love,
- energy,
- strength of feeling,
- capacity to

*transcend painful opposites  
that will*

- enrich and
- reorient

*your life  
toward creating more*

- joy and
- pleasure.

35

*The moment  
self-identification  
takes place,  
a*

- deep and
- apparently bottomless

*terror of the human soul  
disappears.*

*Often this terror [of the human soul]  
is not experienced consciously.*

*Only when  
you are on the threshold  
of these states,  
making the change  
• from  
being  
• lost,  
• blind, and  
• confused about  
• what and  
• who  
you are  
• to  
having the first inklings  
of identification with  
your real self,  
do you  
become aware of this terror.*

*This is a  
transitional period  
which may last  
• for weeks or  
• for many incarnations.*

*You may  
• hide this terror from yourself or  
• face it.  
To the degree you do the latter [i.e., face the terror],  
you will come out of it sooner.*

*When you hide it [i.e., when you hide this terror of the human soul],  
you have gained nothing,  
for the terror will still  
leave its indelible marks on your life.*

*These  
• hidden fears  
are not one iota less  
• painful and  
• limiting  
than the  
• actual experience of the terror.  
In fact the truth is  
just the opposite.*

36

*The terror [of the human soul]  
exists only because  
you do not know there is a  
real you  
beyond those aspects of you  
which you hate.*

*Because of this terror,  
you consistently hesitate  
to even identify  
what [aspects and traits within yourself] you hate.*

*As long as you  
lack the courage  
to explore  
whether your fear [i.e., your terror over what you hate within]  
is justified  
or not,  
you cannot find out  
• that it [i.e., your fear concerning what you hate] is not [justified], and  
• that you are  
much, much more  
than what you fear you are.*

*The human personality  
is often on the brink of  
wanting to make this step [i.e., the step of seeing whether  
this fear is justified or not, whether or not you are more  
than what you fear you are, the step to dare to find your  
true identity].*

*But this brink feels like  
a precipice  
which brings  
• hesitation and  
• a prolonged pseudo-existence.*

	<p><b><i><u>When this point</u> [of fearing yet wanting to take this step to find your real self] is <u>not dealt with</u>, <u>terror remains in the soul</u>; then the <u>terror is</u></i></b></p> <ul style="list-style-type: none"><li><b><i>• <u>denied</u> and</i></b></li><li><b><i>• <u>repressed</u> –</i></b></li></ul> <p><b><i>and this</i></b></p> <p><b><i><u>repressed terror</u> has <u>additional adverse effects</u> on the <u>personality</u>, which becomes <u>more and more alienated</u> from its <u>true nucleus</u>.</i></b></p>
37	<p><b><i>When you finally make the</i></b></p> <ul style="list-style-type: none"><li><b><i>• <u>full decision</u> and</i></b></li><li><b><i>• <u>commitment</u></i></b></li></ul> <p><b><i>to <u>face your fears</u>, the <u>terror disappears</u> and <u>you realize that you can find out who you truly are</u>.</i></b></p> <p><b><i>You also find that <u>life is</u></i></b></p> <ul style="list-style-type: none"><li><b><i>• <u>full</u>,</i></b></li><li><b><i>• <u>rich</u>,</i></b></li><li><b><i>• <u>open</u>, and</i></b></li><li><b><i>• <u>infinite</u>.</i></b></li></ul> <p><b><i>The moment you</i></b></p> <p><b><i><u>experience yourself</u> as <u>being</u></i></b></p> <ul style="list-style-type: none"><li><b><i>• that part which <u>observes</u>,</i></b></li></ul> <p><b><i>and <u>not</u></i></b></p> <ul style="list-style-type: none"><li><b><i>• that [part] which is <u>being observed</u>,</i></b></li></ul> <p><b><i>there is <u>no need any more</u></i></b></p> <ul style="list-style-type: none"><li><b><i>• to <u>annihilate yourself</u>, or</i></b></li><li><b><i>• to <u>limit your identity</u></i></b></li></ul> <p><b><i>to</i></b></p> <ul style="list-style-type: none"><li><b><i>• the <u>fraudulent mask</u> or</i></b></li><li><b><i>• the <u>hateful demon</u> or</i></b></li><li><b><i>• the</i></b></li><li><b><i>• <u>petty</u>,</i></b></li><li><b><i>• <u>selfish</u></i></b></li></ul> <p><b><i><u>egotist</u>.</i></b></p>

	<p><i>So, <u>identification with the real self</u> <u>removes the terror of annihilation</u> – <u>not just death,</u> <u>but annihilation,</u> <u>which is different.</u></i></p>
38	<p><i>We shall now return to your <u>conscious mind</u> <u>as it already exists in you</u> <u>at this moment.</u></i></p> <p><i><u>It</u> [i.e., your conscious mind, as it exists at this moment, or your ego] <u>is now in the state</u> <u>of being able to</u> • <u>acknowledge</u> and • <u>observe</u> • <u>the self, or</u> • <u>an aspect of the self, and</u> <u>it</u> [i.e., your conscious mind, as it exists at this moment, or your ego] <u>has many choices.</u></i></p> <p><i>Your <u>chosen attitude</u> <u>toward your</u> • <u>demonic,</u> • <u>undeveloped,</u> • <u>undesirable</u> <u>traits</u> <u>is the key to</u> <u>expanding your consciousness.</u></i></p>
39	<p><i>You hear so much today about the concept of <u>expanding consciousness.</u></i></p> <p><i>Often this is believed to be a <u>magical process</u> that <u>suddenly occurs.</u> <u>It is not.</u></i></p>

*[Rather, in order] To attain  
true spiritual consciousness  
it is necessary  
to first pay attention to  
the not yet fully utilized material  
within you.*

*Every minute of  
• depression or  
• anxiety  
and every  
• hopeless or  
• otherwise negative  
attitude  
toward a [trying or painful] situation  
contains  
various options.*

*But it requires  
an act of inner will  
on your part  
to awaken your dormant forces and  
make them [i.e., make your dormant potential forces]  
available to you [and thereby enabling you to choose  
a positive option when facing moments of  
depression or anxiety or an attitude of hopelessness  
when facing a negative or trying situation].*

*When the  
already available potentials  
are being used,  
a much greater power of  
spiritual consciousness  
unfolds  
• gradually and  
• organically.*

40

**Often people**

- **go through**  
*various spiritual practices and*
- **wait for**  
*a miraculous manifestation*  
*of the greater consciousness [through which they hope to*  
*face their problems and make positive choices],*
- **while their immediate** *[and available]*
  - **mind and**
  - **thought**  
*power*  
*is ensnared in [rather than used to face and heal]*  
*the same negative*
    - **attitudes,**
    - **feelings, and**
    - **thoughts**  
*[they are hoping their miraculously-*  
*manifesting greater consciousness will*  
*help them to address and heal].*

**They** *[i.e., these people going through spiritual practices and waiting for them to*  
*result in miraculous manifestation of the greater consciousness]*  
**must** *[in the end] either*

- **be disappointed or**
- **experience delusions.**

**No**

- **exercises,**
- **efforts, or**
- **hope for grace**  
*intervening from outside*  
*can bring you*
  - **genuine awareness and**
  - **genuine manifestation**  
*of your spiritual self.*

41

**The creative energy**  
*that is inherent in*

- **thoughts and**
- **thought processes**  
*is totally underestimated*  
*by most human beings.*

**Hence,**

**your processes for**

- **creating** and
- **re-creating**

**life [i.e., your thoughts and thought processes for creating life]  
are neglected.**

**Making use of this creative power [i.e., making use of  
your thoughts and thought processes]**

**is a**

- **challenging** and
- **fascinating**  
**undertaking.**

**Right now**

**you can explore the recesses of  
your conscious mind**

- **to search for**
  - **new,**
  - **better,** and
  - **more creative**  
**ways of meeting difficulties,**
- **for more**
  - **realistic** and
  - **constructive**  
**ways of reacting.**

**You do not have to react  
the way you do;**

**you have at your disposal  
many possibilities**

- **of thinking,**
- **of directing your**
  - **thoughts,**
  - **thought processes,** and
  - **attitude patterns**  
**to a new goal.**

42	<p><i>To whatever degree</i></p> <ul style="list-style-type: none"><li>• <i>proper self-identification has not taken place, and</i></li><li>• <i>you find yourself still secretly identified with the aspects of you which you</i><ul style="list-style-type: none"><li>• <i>most hate and therefore</i></li><li>• <i>resist even observing,</i></li></ul></li></ul> <p><i>to that degree your consciousness is unable to avail itself of its</i></p> <ul style="list-style-type: none"><li>• <i>options and</i></li><li>• <i>possibilities.</i></li></ul>
43	<p><i>When you begin to pose the question to yourself, "What attitude do I choose toward</i></p> <ul style="list-style-type: none"><li>• <i>what I now observe in me and</i></li><li>• <i>what I do not like?"</i></li></ul> <p><i>you have made one of the most significant discoveries in this present phase of your evolution.</i></p> <p><i>This does not require a subliminal breakthrough of the profounder spiritual self.</i></p> <p><i>[Rather] It simply means using what you already have made available to yourself in the course of millennia of evolution.</i></p>

What are your choices  
as you observe  
the destructive  
• attitudes and  
• intents  
within you?

You can choose –  
which you have done until now,  
only without awareness –

- to be totally
  - dismayed and
  - hopeless,  
thinking
    - that it is impossible  
to ever be different and
    - that this is all there is to you,
- or, equally erroneously,
- [to] imagine that you  
have the power to make an
  - immediate and
  - drastic  
change.

This last attitude  
is no more positive  
than the previous one.

Because it is based on unreality,  
it must lead

- to inevitable disappointment and
- to an apparently even more justified negativity.

  

- Unrealistic hopelessness

and

- unrealistic magical hope  
are the two extremes  
which lead to a vicious circle.

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*But do you not have  
other options available?  
Isn't it possible,  
with your mind as it is now,  
to choose other modalities?*

*[As another option,] Say,*

*"It is*  
• likely and  
• predictable  
that I will  
• forget and  
• become involved again in  
• the old blindness and  
• its conditioned reflexes.

*But this need not deter me.*

*I will have to*  
• struggle again and  
• grope to find, over and over, my key.

*I can do this,  
and I will do this  
and thereby  
gradually  
build new  
• strength,  
• resources and  
• energies.*

*I will not be deterred  
by the fact that  
building a beautiful edifice  
requires patience.*

*I will not be childish enough  
to expect this to be done at once.*

*I want it and  
will use all my powers to do it,  
but I will be  
• patient and  
• realistic.*

*I would like  
the spiritual powers  
in me  
to guide me,  
but if I cannot perceive the guidance yet  
because at the beginning of this undertaking*

- *my energies are too dense and*
- *my consciousness too dulled,*

*I will*

- *trust and*
- *wait and*
- *persevere.*

*I want to give  
my very best  
to the venture of living.*

*I will try over and over again to*

- *identify,*
- *observe, and*
- *articulate*

*what I do not like,  
without being identified with it.*

*I will grope for  
new ways of understanding it all,  
so that I will  
eventually  
grow out of it."*

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*Such an attitude  
is at your disposal.*

- *It is not magic.*
- *It is an immediately available choice.*

*You can start now  
with the attitude  
that you would like to*

- *observe and*
- *identify,*

*rather than*

- *be submerged in*

*what you hitherto  
did not even wish to acknowledge.*

	<p><i><u>These</u></i> <i><u>and other</u></i></p> <ul style="list-style-type: none"><li>• <i><u>attitudes</u></i> and</li><li>• <i><u>options</u></i></li></ul> <p><i><u>exist in every possible</u></i></p> <ul style="list-style-type: none"><li>• <i><u>dilemma</u></i> and</li><li>• <i><u>difficulty.</u></i></li></ul> <p><i><u>Knowledge exists in you</u></i> <i><u>which you can bring to bear upon</u></i> <i><u>what you observe.</u></i></p> <p><i><u>If you</u></i> <i><u>use this available knowledge</u></i> <i><u>you expand</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the knowledge</u></i> as well as</li><li>• <i><u>the scope of your</u></i></li><li>• <i><u>attitudes</u></i> and</li><li>• <i><u>feelings.</u></i></li></ul>
47	<p><i><u>The more you do this</u></i> [i.e., <i><u>the more you use your available knowledge</u></i>], <i><u>the more the</u></i></p> <ul style="list-style-type: none"><li>• <i><u>infinitely greater</u></i> and</li><li>• <i><u>unlimited</u></i></li></ul> <p><i><u>consciousness</u></i> <i><u>of your as yet</u></i> <i><u>submerged spiritual self</u></i> <i><u>will integrate itself</u></i> <i><u>into your conscious mind, and</u></i> <i><u>you will become it</u></i> [i.e., <i><u>you will</u></i> <i><u>become your as yet submerged</u></i> <i><u>spiritual self with its unlimited</u></i> <i><u>consciousness</u></i>].</p> <p><i><u>As I said previously</u></i> [in Pathwork Lecture 182 <i><u>The Process of Meditation</u></i> (<i><u>Meditation for Three Voices: Ego, Lower Self, Higher Self</u></i>)], <i><u>this happens best</u></i> <i><u>in a threefold dialogue:</u></i></p> <ul style="list-style-type: none"><li>• <i><u>the dialogue of the conscious self</u></i> [i.e., <i><u>the ego</u></i>] <i><u>with the demonic aspects,</u></i> [i.e., <i><u>the lower self</u></i>]</li><li>• <i><u>the dialogue of the conscious mind</u></i> [i.e., <i><u>the ego</u></i>] <i><u>with the divine self</u></i> [i.e., <i><u>the higher self</u></i>], and</li><li>• <i><u>the dialogue between the divine self</u></i> [i.e., <i><u>the higher self</u></i>] and <i><u>the demonic self.</u></i> [i.e., <i><u>the lower self</u></i>]</li></ul>

*In all three of these possibilities [for dialogues between ego,  
lower self, and higher self],  
both sides  
alternately*

- speak and
- listen,

*as in every meaningful conversation.*

*But this threefold dialogue  
comes only at a later stage  
of your development.*

*Therefore,  
the more you can*

- perceive and
- observe

*in this way,  
the easier it will become  
to make the next leap:  
the realization of  
your true spiritual identity.*

*You will then  
truly know that this*

- incredible,
- beautiful,
- limitless

*consciousness  
is the real you,*

- where all the power lies and
- where there is nothing to fear.

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*My friends,  
this lecture also requires  
diligent attention.*

*Much of the material  
cannot be taken in at first  
because it is difficult.*

*It requires you to*

- *concentrate your mind* and
- *use your good will*, and also
- *contact*  
*through meditation*  
*higher realms of*
  - *spiritual reality* and
  - *power**to help you*
  - *absorb* and
  - *put to use*  
*what I have said.*

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