

Pathwork Lecture 192: Real and False Needs

1996 Edition, Original Given May 21, 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**, usually **italicized**. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/> Gary Vollbracht

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03	<p><i><u>Greetings</u></i> <i><u>to all of you,</u></i> <i><u>my friends.</u></i></p> <ul style="list-style-type: none">• <i><u>Blessings and</u></i>• <i><u>strength</u></i> <i><u>are pouring forth.</u></i> <p><i><u>If you open</u></i> • <i><u>your hearts</u></i> <i><u>as well as</u></i> • <i><u>your minds,</u></i> <i><u>you can receive them</u></i> [i.e., <u>receive these blessings and strength</u>].</p>
04	<p><i><u>I would like to begin in this lecture,</u></i> <i><u>which is the last in this season,</u></i> <i><u>by saying once again</u></i> <i><u>that most human beings</u></i> <i><u>are not yet aware of</u></i> <i><u>the immense spiritual</u></i> • <i><u>potentials and</u></i> • <i><u>powers</u></i> <i><u>they have.</u></i></p>

by Eva Broch Pierrakos

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	<p><u>Now, what do I mean</u> <u>when I say</u> <u>spiritual</u></p> <ul style="list-style-type: none">• <u>potentials and</u>• <u>powers?</u> <p><u>I mean that</u> <u>these [spiritual] powers</u> <u>transcend</u> <u>by far</u> <u>the human capacities</u> <u>considered</u> <u>normal</u> <u>in your sphere of being.</u></p>
05	<p><u>These powers</u></p> <ul style="list-style-type: none">• <u>remain inaccessible</u> <p><u>or</u></p> <ul style="list-style-type: none">• <u>may even be dangerous</u> <p><u>if</u> <u>the human being</u> <u>is not</u> <u>purified to a certain degree, or</u></p> <p><u>if</u> <u>the consciousness</u> <u>is still in a state of</u> <u>half-sleep,</u> <u>which is always connected with</u> <u>destructive attitudes</u> <u>such as</u></p> <ul style="list-style-type: none">• <u>self-will,</u>• <u>pride,</u>• <u>fear,</u>• <u>greed,</u>• <u>envy,</u>• <u>malice,</u>• <u>cruelty,</u>• <u>spite, and</u>• <u>selfishness.</u>

*The majority of human beings
find themselves approximately*
• *ninety percent asleep*
and only
• *ten percent awake*
to what exists
• *in the world around them, and*
• *within themselves.*

*The process of
reawakening the self
requires*
a great deal of
• *effort,*
• *commitment,*
• *work,*
and also
• *the willingness to sacrifice*
destructive patterns
with their
• *short-lived,*
• *expensive*
satisfactions.

Only then can
• *awareness gradually grow,*
• *perception sharpen, and*
• *new inner knowledge become available*
as a manifestation of
the awakening real self.

06

• *This growing intuitive perception,*
• *this inner knowledge –*
• *first about the self,*
• *then about the innermost being of others, and*
• *eventually also about*
• *cosmic truth and*
• *creation –*
extends into
an experience of
eternal life.

The certainty of it!

Awakening
the spiritual potentials
also involves
access to
the ever-present
forces of life,
all of which
exist
• within and
• around
you.

These powers
can be utilized
• for healing,
• for helping, and
• for increasing
• fulfillment and
• consciousness
in
• the self and
• others.

Needless to say that
if the
• little
self
still predominates over the
• spiritual,
• real
self,
abuse of these powers
will be inevitable.

Love
has to first be awakened in the person
so that
the powers will be safe.

*If the energy force field
of a human being
is geared to low frequencies
due to
an undeveloped state
of the soul,
the much higher frequencies
of spiritual powers
can*

- *destroy*
- *health and*
- *life and*
- *create tremendous hazards.*

*This is why it is so important
for development
to proceed in certain rhythms.*

*The safest way
is always
to emphasize,
above all else,
purification.*

07

*When
purification
precedes
the development of*

- *spiritual and*
- *psychic*
- *potential and*
- *power,*
- *bliss grows.*

• *Fearlessness increases.*

• *Solutions to all problems
become increasingly more accessible:
they present themselves
because the problems are*

- *faced and*
- *dealt with.*

Healing of
all the ills
of

- the mind,
- the soul, and
- the body

will then be possible.

08

This sounds like
utopia,
my friends:
and actually it would bring about
a kind of utopia,
if
this blissful state
were not sought
out of

- fear of the opposite state and
- the hope of an escape [from the opposite state].

In other words,

- if you wish bliss
because you fear pain;
- if you wish life eternal
because you fear death;
- if you wish happiness
because you fear unhappiness;
- if you wish fullness
because you fear emptiness;

then all these desired possibilities
must

- elude you and
- remain unattainable.

Thence comes
the delusion
that none of these possibilities
exist
because
they are the products of
wishful thinking.

You do not see
that the human longing
is an expression of
your sensing
these possibilities,
but the direction chosen
by the longing
is in most cases
exactly the opposite from
the one needed.

As I mentioned before,
you must

- enter into and
- go through
what you
 - fear and
 - want to avoid

in order to

- overcome it [i.e., overcome what you fear and want to avoid] and
- arrive
where the previously dreaded state [that you feared and wanted to avoid]
truly does not exist any longer.

Only when

you can

- fully accept the present lack of vision and
- go through the resulting fear,
can you reach
the greater state of consciousness.

Then the latter [i.e., the greater state of consciousness]

is not

- illusion,
but
 - fact,
 - reality;

not

- wishful thinking or
- an escape,
but
the stark reality
 - of being and
 - of life
as it really is.

09

This [greater state of consciousness]
cannot come easily.

All who travel this road
must commit themselves
fully
to everything
that such a search really means.

Most of you
who are engaged in
this pathwork of self-development
start out in the usual way:

- *you are unhappy and*
- *you want a solution to*
a certain problem.

Or perhaps
there is not even
a specific awareness of an

- *inner problem or*
- *blockage*

yet.

You may simply experience
a vague feeling of
being ill at ease
with life.

You wish to correct
these undesirable states
although usually you do this with
the unconscious hope
that your
very problematic
attitudes
that render you unhappy
can

- *remain untouched or*
- *even be reinforced.*

When the path requires the opposite [i.e., requires you change your existing very problematic attitudes],

your reaction can often be

- panic,
- resentment,
- struggle,
- resistance,

and at times even

- a cessation of any further efforts
in the right inner direction.

In other words,

most of you

start with

a negative goal;

[namely,] you want to remove
a negative condition.

Only rarely does an individual

start out with

a positive goal.

Many may pay lip service to

the positive goal of

- total self-purification and
- spiritual growth,

but when it comes to

having the willingness

- to accept difficulties,
- to giving up
long-established

destructive patterns,

the conscious commitment

to the positive goal

suddenly disappears.

With most,

the positive goal

is

- pursued and
- strengthened

only

as you get deeper into yourself.

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The longing [for the positive goal]
is always there.

Something in your

- deepest,
 - innermost
- being

knows

that there exists

- another reality and
 - another state of consciousness
- than your

present state of development.

Your reaching for this

- higher,
 - more fulfilling
- state

is a

- legitimate,
 - healthy
- need.

When

this need

becomes conscious,
a positive

- goal and
- direction

can be set.

But as long as your need

- is unconscious and
 - is intermingled with negative goals
- like the demand,

"deliver me from my unhappy state,"

you will

remain in confusion

about the path itself.

*Lack of
full commitment
yields*

- *tenuous,*
- *spurious,*
- *limited*

*results,
and doubt
will close the vicious circle
by reinforcing
the withholding of commitment.*

*Because
doubtful withholding
makes liberation impossible,
the doubt itself
is seen as justified.*

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*At this point it becomes absolutely necessary
to repeat much of a lecture
I have given many years ago
on the topic of*

- *real*

and

- *false*

needs.

This lecture is also

- *an organic sequence,*
- *a completion of a cycle
in which new material
can be assimilated.*

*This cyclic spiral movement
enables you
to start at any point
and go on from there,
completing the cycle
from wherever the starting point was.*

	<p><i><u>This explains why</u></i> <i><u>almost anyone</u></i> <i><u>on a certain level of consciousness</u></i> <i><u>can find these lectures useful,</u></i> <i><u>no matter when they started.</u></i></p> <p><i><u>Thus,</u></i> <i><u>this particular lecture</u></i> <i><u>will, once again,</u></i></p> <ul style="list-style-type: none">• <i><u>be an answer for many of you and</u></i>• <i><u>shed light</u></i> <i><u>on the exact point</u></i> <i><u>where you are stuck at the moment.</u></i>
12	<p><i>The particular lecture I gave years ago,</i> <i>to which I am referring,</i> <i>deals with the topic of</i></p> <ul style="list-style-type: none">• <i><u>real</u></i> <p><i>and</i></p> <ul style="list-style-type: none">• <i><u>false</u></i> <i><u>needs.</u></i> <p><i>Since then [i.e., since I gave this lecture years ago],</i> <i><u>many of you have encountered</u></i> <i><u>your deepest feelings of</u></i></p> <ul style="list-style-type: none">• <i><u>fear,</u></i>• <i><u>pain,</u></i>• <i><u>guilt and</u></i>• <i><u>anger,</u></i> <i><u>feelings</u></i> <ul style="list-style-type: none">• <i><u>which you first experienced in this life</u></i> <i><u>during your early childhood and</u></i>• <i><u>which you had not had the courage</u></i> <i><u>to re-experience [in adulthood].</u></i>

In the course of this journey
toward experiencing old feelings
which had not been fully experienced before,
you also came across
the needs you had as a child
whose unfulfillment
caused most of your
• painful,
and therefore
• repressed,
feelings.

As I said,
any person
not bringing his or her
unconscious feeling experiences
into consciousness
must carry this repressed material
into the next incarnation.

The embedded material
seeks out
• circumstances and
• people
for the next incarnation
that will give an opportunity
to bring this
• dormant,
• unassimilated
material
to the fore again.

Thus
• a set of parents or
• a certain environment
will seem to be responsible for
painful experience in childhood.

But, actually,
the undeveloped state of the parents
functions as a means
to bring out images
which would otherwise remain

- **dormant and**
- **inaccessible to consciousness,**

thereby
blocking total purification.

Of course, it is possible
to treat painful experience
in the old ways of
avoidance
and [thereby] prolong the cycle.

But the day comes
for every entity
when he or she finds it
no longer possible
to avoid confronting
this [painful] experience openly
[rather than using the old ways of
avoiding the painful experience].

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You can follow this chain of events
even within the present life span.

To the degree
you have not experienced
fully
your past as a child,
you must attract similar experiences
later in life.

If you

- have avoided your childhood and
- are unaware of

what truly went on in you,

you tend to

not recognize

what you

- feel and
- experience

now

as you repeat the experience [as an adult].

Conversely,

as you become

conscious of your past feelings,

you also

become aware of

how past experience

repeats itself [when you are an adult].

Your state of numbness

about your

- past feelings

numbs you

to similar

- present experiences,

unless and until

you make

- a real commitment and
- a real effort

to awaken yourself [to these feelings and experiences],

no matter how painful

this may seem at first.

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You can only

- be alert to and
- have full knowledge of
what happens to you
- now

when

the similar experiences of the

- past
- are
- out in the open and
- fully dealt with.

Then

not only

will the

residual soul matter

- of this life
be cleared up,

but also

simultaneously

the legacy

- of previous existences
[in previous lives will be cleared up].

Now, in this phase on your path

where you experience

more and more of this residual matter,

you encounter the fact

that the

most painful element

is the unfulfillment of

your legitimate needs

as a child.

As I discussed in the earlier lecture,

the negation of

your real needs

creates

your false needs.

This is tremendously important to observe.

15

What are
• real needs and
what are
• false needs?

In the first place,
whatever is
• real
at one period of a person's life [i.e., life as a child]
may be
• utterly false and
• unreal
at a later period [i.e., at a period in adult years].

What is
a real need
for a child
is not at all
a real need
for an adult.

When
the growing person
denies
the pain of an
unfulfilled real need,
this [unfulfilled real] need [that was there in the growing person as a child]
does not disappear.

On the contrary,
the denial of
the pain of
its [i.e., the pain of the growing person's or child's real need's]
unfulfillment
perpetuates the need
and projects it [i.e., projects this unfulfilled need]
• into a later time and
• onto other people,
so that it [i.e., so that the earlier unfulfilled
real need of the child]
becomes
a false need [much later in life as an adult].

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Let us take a specific example.

A child

needs

• to be taken care of,

needs

• solely to receive

• care,

• nursing,

• good feelings,

• attention, and

• appreciation

of its own uniqueness.

*If these [real] needs [of the child]
are not fulfilled,
the child must suffer.*

If this suffering is

• accepted and

• worked through on the conscious level [as one grows into adulthood],

the person

does not remain crippled,

in spite of

what many would want to believe.

What

does

create a crippled state

is the

belief

that this pain [from unfulfilled real needs of the child]

can only be eliminated

when the person is

finally

given

all that was lacking [as a child],

even years later [as an adult].

*This [fulfillment later in life as an adult of unfulfilled earlier real needs of the child]
can never happen,
of course.*

	<p><u>For even if it were possible</u> <u>for an adult</u> <u>to finally obtain</u> <u>substitute parents,</u> • <u>ideal and</u> • <u>perfect</u> <u>according to the notions</u> <u>of the deprived child,</u> <u>for the adult</u> <u>all this giving</u> [from perfect substitute parents], [since this giving is] <u>coming from outside the self,</u> <u>could never bring real fulfillment</u> [to the adult].</p>
17	<p><u>The fulfillment</u> <u>so painfully longed for</u> [by you, now as an adult,] <u>can be attained</u> <u>only when</u> <u>you,</u> <u>as an adult,</u> <u>proceed to search</u> <u>within yourself</u> <u>for all that you still look for</u> <u>outside of yourself.</u></p> <p><u>This</u> [process of searching within yourself for what you have been looking for outside yourself] <u>must begin with</u> <u>self-responsibility.</u></p> <p><u>If you remain stuck on</u> • <u>blaming your parents,</u> • <u>making</u> • <u>them and</u> • <u>life</u> <u>responsible,</u> <u>you deprive yourself of</u> <u>the vital center</u> <u>of all good</u> <u>within you.</u></p>

Only when you search
to
• alter your own
attitude and
• discover that
your suffering
is induced by
your attitude
[that you have] now [as an adult],

can you begin
to find security –
the security
you once looked for
in the sustenance
given you
by others.

Anxiety
will disappear
to the exact degree
you search
within yourself
for the cause
of your present suffering.

And this [present] suffering
is
the denial of
the original pain [of the child] and
the consequent
• negative and
• destructive
patterns
of
• feeling and
• thinking
[you still use to defend against feeling
this pain as an adult].

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*When people begin to assume
true self-responsibility,
they will
gradually
also cease to
wait for the good feelings
to come from outside.*

*They will be
less dependent on
being*

- *praised and*
- *loved*

because
they will be able to
give themselves
the self-esteem
they could not feel [from others]
when remaining

- *demanding,*
- *resentful*

children [even now as adults].

*This [giving oneself the self-esteem one could not feel from others
while remaining a demanding child even as an adult]
is yet another step
toward being centered
within
the real self,
rather than
hanging on to
another.*

This [step], in turn,

- *increases the ability*
to have a strong flow of
 - *good,*
 - *warm**feelings, and*
- *nourishes the desire*
to share them [i.e., to share the good, warm feelings with another]
rather than
spitefully withhold them.

	<p><u>The ability to</u></p> <ul style="list-style-type: none">• <u>experience</u> <u>pleasure</u> <u>from within the</u><ul style="list-style-type: none">• <u>body and</u>• <u>soul, and</u>• <u>offer it [i.e., offer pleasure from within the body and soul]</u> <u>to others,</u> <p><u>becomes</u> <u>a real alternative to</u> <u>greedily insisting on</u> <u>receiving.</u></p> <p><u>All these increased abilities [of the adult]</u> <u>will fill the emptiness</u> <u>created by</u> <u>the child's</u> <u>unfulfilled [real] need.</u></p>
19	<p><u>The more</u> <u>the pain</u> <u>of the unfulfilled legitimate need [of the child]</u><ul style="list-style-type: none">• <u>remains unfelt, or</u>• <u>only half experienced</u> <u>[at a later period in life as an adult],</u><p><u>the more</u> <u>false needs</u> <u>will fill the personality [of the adult]</u> <u>which then</u> <u>is bound to</u> <u>make demands on others.</u></p></p>

*When these demands [on others by the adult]
are not being fulfilled,
the resentments –
and often
the venom
with which
cases
are being built against
• life and
• others –
increase
one's sense of
deprivation,
so that
a continuous vicious circle
seems to entrap the person
in a state of hopelessness [in one's adult years].*

*It is not too difficult to
• rationalize
a case and
• produce
a blaming accusation.*

*One can always find
• actual,
• imagined, or
• exaggerated and
• distorted
reasons
for focusing
the weight of responsibility
outside of the self.*

*Since all this is
• subtle and
• concealed,
it requires
specific attention in
• self-observation and
• self-honesty
to see this process at work.*

	<p><u>Only when</u> <u>you are capable</u></p> <ul style="list-style-type: none">• <u>of admitting</u> <u>your irrational demands and</u>• <u>of seeing</u> <u>how you want to</u> <u>deal out punishment</u> <u>to those you blame</u> <p><u>can you</u> <u>truly understand</u> <u>the connections I make here.</u></p>
20	<p><u>What are</u> <u>the real needs</u> <u>of an adult?</u></p> <p><u>They are</u></p> <ul style="list-style-type: none">• <u>self-expression,</u>• <u>growth,</u>• <u>development,</u>• <u>reaching one's spiritual potential and</u>• <u>everything that accrues from that.</u> <p><u>This means</u></p> <ul style="list-style-type: none">• <u>pleasure,</u>• <u>love,</u>• <u>fulfillment,</u>• <u>good relationships, and a</u>• <u>meaningful contribution</u> <u>to the great plan [of salvation]</u> <u>in which everyone</u> <u>has his or her task.</u> <p><u>When</u> <u>a certain amount of growth</u> <u>has taken place,</u> <u>this task [in the great plan of salvation]</u> <u>begins to be</u></p> <ul style="list-style-type: none">• <u>felt and</u>• <u>inwardly experienced</u> <u>until it becomes</u> <u>a reality.</u>

It is
a real need
to perceive
one's inner growth;
the lack of it [i.e., the lack of perception of one's inner growth]
brings
unhappiness.

The person must then
proceed to

- search
for the obstructions
within
his or her own soul and
- remove them.

They [i.e., the obstructions within one's own soul]
are always,
in one way or another,
connected with
a perpetuation of needs
once real [in the child],
which have now become
false needs [in the adult].

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The perpetuation of
false needs [in the adult years that were real needs in the child]
creates any number of
destructive conditions
within the soul of a person [as an adult].

Since these [false] needs [perpetuated from unfulfilled real needs of the child]
can never be fulfilled [in adult years],

- continuous frustration and
- emptiness
 - wipe out hope,
 - blacken vision, and
 - induce
 - resentment,
 - hate,
 - blame, and often
 - spite.

A venomous

- *passive resistance and*
- *self-punishment*
are used
to punish others
who appear
to cause
the negative state [in you].

The worse

- these inner traits are,*
the greater
- *the guilt and*
 - *the self-evasion,*
which make it impossible to
 - *get down to*
the roots of the problem,
 - *change direction and*
 - *focus.*

Only when

- resistance*
to recognizing
the false needs [in you as an adult that are perpetuated from unfulfilled
real needs of the child you once were]
is vigorously overcome [i.e., only when this resistance to
recognizing false needs is vigorously overcome]
can all this [vicious circle]
be reversed.

22

Real [adult] needs

- never require*
others
to
- *comply and*
 - *"give it to you."*

Only to the little self

- does that [need for others to comply and meet your real adult needs]*
appear necessary.

The real [adult] need for

- love,
- companionship and
- sharing

can only begin to be fulfilled
when the soul is ready to

- love and
- give,

which must never be confused with
the neurotic need

to

be

loved.

But this confusion

between the two needs [i.e., between the real need to love another and the
neurotic need to be loved by another]

is quite frequent.

As long as

you believe

that you are really willing to love [another],

but fate is

- slighting you and
- withholding from you

the person

- who loves you and
- whom you can love,

you are really

still ardently engaged

in trying to fulfill the [unfulfilled] childhood [real] need [for being loved]
with a substitute parent.

In your heart of hearts

you are really

- angry,
- blaming,
- punishing, and
- self-victimizing

because

your

imagined [i.e., imagined and no longer real since you are an
adult and no longer a child]

real need for love
remains slighted.

	<p><u>Once you are truly ready to</u></p> <ul style="list-style-type: none">• <u>give up the old case,</u>• <u>start to live in the now, and</u>• <u>look within yourself,</u><ul style="list-style-type: none">• <u>real love will come to you and</u>• <u>your present real [adult] need will be fulfilled.</u>
23	<p><u>Legitimate needs</u> <u>can be fulfilled</u> <u>only to the degree</u> <u>you experience</u></p> <ul style="list-style-type: none">• <u>your original feelings and</u>• <u>your residual feelings of the past.</u> <p><u>This means that you</u></p> <ul style="list-style-type: none">• <u>discover and</u>• <u>give up</u> <u>the false needs</u> <u>that have accrued</u> <u>from denying</u> <u>the pain</u> <u>of the original unfulfillment.</u> <p><u>Let yourself</u></p> <ul style="list-style-type: none">• <u>go into the child state, and</u>• <u>allow the</u><ul style="list-style-type: none">• <u>irrational,</u>• <u>destructive</u> <u>reactions</u> <u>of the child in you</u> <u>to express themselves now.</u> <p><u>When you</u> <u>truly own up to</u> <u>this part of you,</u> <u>you already</u> <u>create</u> <u>a new inner climate.</u></p>

24

*This [discovering, owning up to, and expressing the child's reactions to
the child's original unfulfilled real needs]
is not easy to do
at first.*

Cherished

- *self-images and*
- *pretenses*
*prevent almost everyone
from doing this with ease.*

The

- *destructive,*
- *demanding,*
- *punishing, and*
- *spiteful*
child
usually manifests
in a very obscure way,
which can easily be
 - *hidden,*
 - *rationalized,*
 - *denied, or*
 - *explained away**and the emphasis*
shifted to
factors outside yourself.

*If you give voice to
this irrational [child] side [of yourself],
you will find
that it invariably says:
"I need to be
always*

- *loved and*
- *approved of*
by
everyone.

*If I am not,
it is a catastrophe."*

The self
then talks itself into
believing this [unfulfillment of childish needs now as an adult
to be a catastrophe],
as a means to
force others to comply [i.e., to use its self-will and its pride].

The overreaction
of the self [in trying to force others to comply with its self-will and pride]
then becomes so painful
that the non-fulfillment
of these [secondary]
insatiable demands
for

- total,
- unconditional

gratification
of

- self-will and
- pride

seems indeed
a catastrophic
fact of life.

No matter how mature you may be
in many respects of your being,
look for these
hidden reactions [of self-will and pride]
in you
whenever
you feel
consistently

- anxious and
- uncomfortable

as unwelcome conditions
arise in your environment.

25

The belief in catastrophe is rarely thought about in such clear-cut terms.

Indeed, just to think all this through clearly will make it impossible for you to believe in catastrophe quite as much any longer.

The difficulty is that your understanding of your reaction that equates
• catastrophe
with
• the unfulfillment of your demand to be
• loved and
• approved of
by everybody
is vague.

The reaction [that equates catastrophe with the unfulfillment of your demand to be loved and approved of by everybody]

is not conceptualized,
but rationalized away,
so that you never follow through with both
• your thinking
and
• your feeling,
correlating them [i.e., you never follow through to correlate your feelings with your thinking].

So it is necessary
to discover
• the concept,
or rather
• the misconception,
entrapped in
your strong reaction to
• an unfulfillment, to
• a hurt,
• a criticism, or
• a frustration.

It is then possible
to recognize
• the unreal [adult] need [perpetuated from a real childhood need] and
• the vengeance
with which it is
• perpetuated,
• pursued, and
• justified.

Unreal needs
are demands
made upon others.

Unreal needs
can never be fulfilled.

26

It is
an unreal need
to assume
that
being hurt
will harm you.

	<p><u><i>It [i.e., being hurt]</i></u> <u><i>only harms you</i></u> <u><i>when you</i></u></p> <ul style="list-style-type: none">• <u><i>have a covert concept</i></u> <u><i>that it [i.e., that being hurt]</i></u> <u><i>will [harm you], and</i></u>• <u><i>insist that it will,</i></u> <u><i>simply because</i></u> <u><i>you are disinclined</i></u> <u><i>to accept</i></u><ul style="list-style-type: none">• <u><i>life</i></u> <u><i>as it is and</i></u>• <u><i>yourself</i></u> <u><i>as you are.</i></u>
27	<p><u><i>Some of you</i></u> <u><i>have truly begun to</i></u></p> <ul style="list-style-type: none">• <u><i>know and</i></u>• <u><i>experience</i></u> <u><i>that your</i></u><ul style="list-style-type: none">• <u><i>pleasure,</i></u>• <u><i>peace and</i></u>• <u><i>fulfillment</i></u> <u><i>never depend</i></u><ul style="list-style-type: none">• <u><i>on others</i></u> <p><u><i>but only</i></u><ul style="list-style-type: none">• <u><i>on yourself.</i></u></p> <p><u><i>But sometimes,</i></u> <u><i>when you approach</i></u> <u><i>an as yet</i></u> <u><i>unrecognized territory within yourself</i></u> <u><i>where</i></u><ul style="list-style-type: none">• <u><i>the false needs and</i></u>• <u><i>the unexperienced residual feelings</i></u> <u><i>create</i></u> <u><i>a destructive focal point,</i></u> <u><i>you forget this truth.</i></u></p>

28

Often

***the dualistic misunderstanding
that either***

- ***you depend on yourself
and therefore
must be all alone,***

or that

- ***you are in a fulfilling relationship
and then
utterly depend on the other,
prevents you
from even wanting to
assume self-responsibility.***

***Doing so [i.e., assuming self-responsibility]
seems to require
giving up all hope
for [having] a loving partner.***

Exactly

***the opposite
is true.***

Only as you

- ***bring your feelings
back to yourself,***
 - ***tap the resources
within yourself, and***
 - ***open the wells of your***
 - ***giving and***
 - ***loving***
- feelings,***

***will fulfillment
become***

an inevitable reality.

Conversely,
to the degree you
• cling to and
• insist on
the other's
fulfilling you,
to that degree
you must remain
• lonely and
• unfulfilled
in your real needs
now [as an adult] –
thereby
perpetuating
the old wounds
of your childhood [into adulthood].

Your present state
can thus be used
as a gauge
that is
more reliable
than anything else,
for life
cannot be cheated.

Its [i.e., life's]
• laws and
• rules
tell you the truth
about where you are,
even if
your direct awareness
is still dimmed.

When fulfillment
is absent,
you must really probe
within yourself
to find
• where and
• how
you project on another
what must primarily
come from within you.

29

When the
real need
to remove the blocks
to
• awareness,
• self-fulfillment,
to
• intimacy and
• closeness
with others,
is expressed
• by the spiritual self
• by discarding
the false needs,
a wonderful force
is awakened.

This plea [of the awakened wonderful force of the spiritual self for real needs of
awareness, self-fulfillment, and intimacy and closeness with others]
is never answered with
a stone.

Even if
you feel as yet
too weak
to make the necessary total commitment,
you can ask
to be helped
to be able to do so.

The help will come.

30

This [removing blocks to the real needs of
awareness, self-fulfillment, and intimacy and closeness with others]
is the all-important aim,
out of which
everything else follows.

As you see
how you now
avoid
the long-forgotten pain of the past
still festering within you,
you also discover
how you have
remained
hooked on blaming.

For no matter
how much
your parents failed –
for they themselves
are failing human beings –
they cannot be held responsible for
your suffering now.

Even less
can others
whom you expect
to be able to make up for
all the injuries you have endured [be held responsible for
your suffering now].

Your suffering now
is a result of
this very distortion of

- pursuing false needs [that were unfulfilled real needs as a child] and
- insisting on their fulfillment [by others, by substitute parents].

This mechanism [of pursuing false needs and insisting on their fulfillment by others]
seems at first
extremely subtle,
but
once you have trained yourself
to observe it,
it will become only too obvious.

As long as
you choose
to stay unaware,
you may be very adept
in rationally explaining
your case,
but this
will only make your condition
worse,
not better.

You may indeed
deceive
• others
about how legitimate
your case is.

You may even
deceive
• your outer conscious self.

But you can
never deceive
• your real inner self nor
• life.

Life
plays out
its
• laws and
• rules
very
• squarely,
• fairly and
• impartially.

It [i.e., life]
waits
until you find
the truth
where your

- non-recognized,
- legitimate

needs as a child
created

- fear and
- pain

which you were

- unwilling and
- unable

to experience fully [as a child].

That cup
has to be emptied [as an adult].

Your unwillingness [to experience your fear and pain due to unfulfilled
non-recognized, legitimate needs as a child],
in turn,
created
false needs [in the adult]
whose

- nature and
- meaning

also became concealed.

When all this
is out in the open,
you can deal with it.

31

- All repression and
- all hiding
create
 - vicious circles and
 - negative chain reactions:
the false needs
create
evils
such as
 - cruelty,
 - vindictiveness,
 - and so on.

The

- guilt and
- self-hate

for these [i.e., guilt and self-hate for these evils such as
cruelty and vindictiveness that you created]

make

the original pain

seem justified

in your

secret evaluation

of yourself;

but you do not wish

to admit this [i.e., admit that the original pain seemed justified
because your false needs created evils such as
cruelty that deserve to be punished as they were
while you were experiencing the original pain],
so [in order to avoid having to sense and admit that your
original pain was justified and due you]

you go on

continually projecting

the blame [of your pain of unfulfillment]

onto others.

The energies

entrapped

in holding the force

of all these feelings down

- swell and

- become increasingly more powerful,

creating

crisis

upon crisis.

They [i.e., the energies entrapped in holding the force of all these feelings down]
can only be

- released and
- used for your good
when you
 - bring
everything
that is hidden
out and
- evaluate it
in truth.

This takes

the courage

to accept

the evil [you have created by pursuing fulfillment of your false needs,
evil such as cruelty and vindictiveness]

without

totally identifying with it,

which [acceptance] will

instantly

set the course of your life

in the direction

of fulfilling

your real needs now [i.e., fulfilling

what are now your real needs as an adult].

32

The pursuit of
false needs

causes unbearable pain.

It [i.e., the pain from the pursuit of false needs]
is

- tight,
- locked and
- bitter,
with the added connotation of
hopelessness.

It [i.e., the pain from the pursuit of false needs]
is very different from
the pain of

- a real unfulfillment,
- a hurt or
- a deprivation.

The moment these [real adult] difficulties
are
not
channeled into
unreal needs,
the pain

- can be dissolved and
- can transform itself
back into
its
 - original,
 - flowing,
 - life-bringing
energy current.

Hard pain
is a result of
fighting against
what is.

Soft pain
is a result of
acceptance [of what is].

33

Once

- the covering crust
of outer numbness
has been removed
by your efforts on your path, and
- the defensive layer
insulating you
from these inner conditions
has been lifted,

you are bound to
experience

your

various

- feelings,
- real and
- false
• needs, and

the resulting

- soft and
- hard
• pains.

To find your way further
through the maze

of these confusions,

it is essential

for all of you

to know the difference

between

the former [i.e., real needs and soft pains]

and

the latter [i.e., false needs and hard pains].

If you
experience
residual feelings [from childhood]
but are unaware of the fact
that you are immersed in
expressing your insatiable demands [i.e., forcing others through your
self-will and pride]
which are your
false needs [i.e., the false needs of demanding others follow
your self-will and support your pride to avoid feeling
what is – your residual feelings from childhood],
you may get lost
in the
hard pain [of fighting against what is].

For the
hard pain [of suffering from fighting against what is, the original pain]
coming from
insistence on
the false needs [of having others follow your self-will and
reinforce your pride in order for you to avoid
residual feelings, the original pain from childhood]
contains
the vengeance.

The suffering itself [experienced in the hard pain of fighting against what is]
is a frequent weapon
for punishing

- *parents,*
- *projected parents, and*
- *life.*

It says, in effect:
"You see

- *how bad you are and*
- *what you have done to me!*

Your not complying with
my demands [i.e., not complying with my self-will and pride]
deserves the punishment of
my annihilation [so you can experience, in my annihilation,
just how bad you are for not
complying with my demands]."

And the blind person
who is involved [with the person suffering hard pain] in this process
without being fully aware of it
can indeed
allow himself or herself
to go overboard
and be pulled into this undercurrent [with the person
who is suffering hard pain].

34

It is therefore
safe
to test
the kind of pain
that you experience.

Does it [i.e., does the pain that you experience] lead
• to bleak hopelessness,
• to sustained abysses
where no light seems to dawn?

[If so,] It can then be safely assumed
that the level of venom
prevents
the real experience of
the residual original pain [carried forward from childhood].

For [conversely, in contrast to bleak hopelessness and sustained abysses,]
in the case of
experiencing
real pain,
an inner organic wisdom
guides the
• rhythms and
• duration
of each experience.

Each time [a real pain is accepted and experienced, and hence becomes a soft pain]
there comes
a deep insight
and the connecting links
will bring

- more light and
- more hope.

But when they [i.e., when deep insights and the connecting links that bring
more light and more hope]
are absent,
you should
not
go deeper
into this hard pain,
because you are

- unwittingly and
- quite unconsciously
punishing others
with this pain.

The work
should rather [i.e., rather than going deeper into this hard pain should instead]
be directed toward
recognizing
what is really going on.

Then one can safely

- go into residual experience and
- free oneself.

It [i.e., the work]
will then be done
in an entirely different spirit.

One's attitude
will be one of

- hope and
- purpose,

rather than
that of
a helpless victim
who is led to slaughter.

35

Your fear, my friends,
to go
all the way into yourself
is much less
due to
the real pain.

Soft pain [i.e., the real pain that may come from accepting what really is]
due to
[accepting the real pain of] unfulfilled real needs
may
momentarily
result in forceful expressions of

- crying and
- yelling, or of
- writhing and
- hitting,

but there is
a safe inner ground
due to
the absence of
the venomous forcing-current
that sends a message of
vengeance
into the world.

The mellow sadness
of

- real pain [and hence soft pain] and
- real needs

dissolves into
its own streamings.

[Conversely] The

- *unbearable,*
- *hard and*
- *dangerous*

experience
of [hard] pain [i.e., pain that is due to not accepting what really is]
is due to
the false need [i.e., the need created by the adult having to
defend against feeling the pain of the
unfulfilled real need of the child]
that says,
"You must give me

- *what I need,*
- *what I insist upon.*

If you do not,
I will perish
with a vengeance."

36

This voice, my friends,
must be discovered.

It exists to some degree
in everybody,
without exception.

The more concealed it [i.e., this voice] is,
the further away you are
from

- *dissolving it and*
- *transforming your energy currents.*

If you can,
let yourself

- *experience this voice and*
- *recognize it for what it is,*

rather than

- *identifying with it.*

As long as
you are
totally identified with it [i.e., identified with this voice that says, "You must give me what I insist on; if you do not, I will perish with a vengeance."],

you cannot
• confront and
• test
it.

But the moment
you observe it [i.e., observe this demanding defensive voice in you]
as only
a part
of you,
you will
instantly
know
that this
is not all there is to you.

That aspect of you
which observes
it [i.e., which observes this demanding defensive voice in you]
is certainly
more you
than that which is being observed.

And the aspect of you
• which questions
the voice that cries for vengeance,
• that has a dialogue with it [i.e., has a dialog with the voice that says that you must give me what I need and that cries out for vengeance] and
• [that] probes the truth of its [i.e., that voice's] implied messages,
is even stronger.

It [i.e., this aspect that observes, questions, dialogues with and probes the voice]
continues
to become stronger,
until
it finally takes over.

	<p><i><u>This [aspect of you that observes and questions the demanding voice in you] eliminates the need for total self-rejection, which is the outcome of totally identifying with the voice of the false need.</u></i></p>
37	<p><i><u>The moment you raise the question, "Is it really true that I must perish because I</u></i></p> <ul style="list-style-type: none"><i><u>• have endured pain, or</u></i><i><u>• am enduring pain?"</u></i> <p><i><u>you will inevitably have to answer [this question] first [with the answer] that this [i.e., that the answer, "I must perish"] is not necessarily the only possibility.</u></i></p> <ul style="list-style-type: none"><i><u>• When is it so,</u></i><i><u>• when not?</u></i><i><u>• What does it depend on, as far as you are concerned?</u></i> <p><i><u>When all these questions are seriously confronted, you will see that it is not true that you must</u></i></p> <ul style="list-style-type: none"><i><u>• perish, or even</u></i><i><u>• lead an unhappy life for the rest of your remaining days, because you have endured pain.</u></i>

No pain
can
ever
make you perish.

It is only
your attitude
toward pain
that will make you perish.

If you

- resist and
- harden yourself to
the pain,

then
the pain
compounds
and will literally
crush you.

Only when
you are being crushed –

- not ever by the pain
that others
inflict upon you,
- but by
what you
inflict upon yourself –

can you
confront this attitude
in yourself [i.e., confront this attitude of the voice in you that says, “You
must give me what I insist on; if you do not, I will
perish with a vengeance.”].

Have a dialogue
with it [i.e., with this voice],
as I said before.

38

When you
specifically
let go
one by one
of your

- insatiable demands [from your self-will and pride – defenses against feeling the original childhood pain] and
- unreal needs [i.e., real needs perpetuated from childhood and no longer true for you as an adult],

you will find out
that they are
indeed
illusory.

You started off
with the premise [from childhood], for example,
that you could not live
without

- total approval,
- unconditional
 - acceptance and
 - love,
- uncritical admiration,
or whatever else it may be.

As you consider
the possibility
that you might even
gain

- fulfillment,
- contentment,
- pleasure, and
- happiness
without
these demands being fulfilled –
a novel idea at first –
you will be surprised to find
that it is quite possible to do so.

New ways
will make themselves known,
new possibilities
you could never even have sensed before,
because you were so bent on
the one way
it had to be.

39

Wherever there is

- obstruction,
- unfulfillment, or
- an unyielding wall
in your life,
an unreal need
has to be looked for.

You must find

- your own
insistence
that says,
- "It must be this way,
not that way.
 - Life must give me this;
 - I must have it."

When you

- find and
- express
this voice and
- recognize it
for its fallacy,
something
will loosen up
instantly.

The very fact

- that you question the validity
of these
unreal needs,
which you had taken for granted
as being
real
until now,
will liberate
your creative energies.

Deep

- from your
innermost being,
- from
the center of your solar plexus,
the voice of wisdom
will guide you.

It already has guided you before
in areas
where you were not blocked.

It is then possible
to use
these released energies
to plough the way further
to where the thickets
still have to be cleared.

These energies
can then go to work
to dissolve
the soul substance
still hardened

- by
 - preconceived,
 - unchallenged, and even
 - unarticulated
convictions,
- by
 - insistence and
 - tight self-will, and
- by the
 - negation and
 - repression
of
 - feelings and
 - thoughts.

40

Hardened insistence
must not be confused
with the
• determination and
• relaxed goodwill
of commitment, or
with the
• one-pointed
focusing of energy,
all of which
are such
indispensable prerequisites
for the pathwork.

The cramp of
hardened self-will
intensifies many times
the original residual pain.

It [i.e., the cramp of hardened self-will]
creates
painful tension in the system,
which is
always
blamed on others –
how
they
• have failed you
in the past and
• are still failing you
in the present.

Then you have
no choice
but to
give up the future.

41

The energies
that are being released
by following through the process described here
are not merely
physical energies
which bring

- wellbeing,
- flow and
- pleasure.

They
release
the voice of

- truth and
- wisdom

that is
your

- own,
- innermost
- spiritual

self.

It [i.e., your own, innermost spiritual self]
will
show you the way,
and you will learn to

- recognize it [i.e., recognize your own, innermost spiritual self] and
- trust it [i.e., trust your own, innermost spiritual self]

when you
come out of your darkness,
to plough your way
between
the two extremes.

These [two] extremes are
the

- blind,
- wishful
thinking
 - that listens only
to what you
want to hear and
 - which makes you
deaf to
the real truth
in you,

and the

cynical distrust
of all the deeper truths
from your spiritual self,
which makes you
equally deaf
to the voice of truth [i.e., a deafness to the voice of truth
equal to the deafness to the voice of truth of blind,
wishful thinking].

So you have to

search your way
between

these two extremes [i.e., between both the extreme of wishful thinking as
well as the extreme of cynicism, both of which blind one to
the voice of truth of your innermost spiritual self].

42

When you go
deep into
your
innermost

feelings, my friends,
there will be
no danger of
losing yourself
in unendurable pain.

For

- no matter
how difficult
your childhood was, and
- no matter
how much
negative experience you had, and
- no matter
how cruel
a parent may have been,
the
real
cause of pain
is not that.

The cause [of your pain now as an adult]
is your

- persistence and
- insistence
on staying hooked
 - on needs
that are by now
false needs,
 - on demanding
 - that conditions
be different [from what they are], and
 - that life now
 - make up for it all and
 - give to you gratuitously,
 - leaving you
as a recipient,
 - leaving you out of
the magnificent game of life.

This is what really

- hurts and
- pains
you now.

	<p><u>You must</u> <u>start with</u> <u>yourself,</u> <u>at all junctures.</u></p> <p><u>If you proceed in this way,</u> <u>you will be able to</u> <u>allow</u> <u>the positive feelings</u> <u>to become</u></p> <ul style="list-style-type: none">• <u>as deep and</u>• <u>as real</u> <p><u>experiences</u> <u>as the</u></p> <ul style="list-style-type: none">• <u>negative and</u>• <u>painful</u> <p><u>feelings.</u></p>
43	<p><i>[The closing words did not get on the tape.]</i></p>

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The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
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