

Pathwork Lecture 194: Meditation: Its Laws and Various Approaches – A Summary (Meditation as Positive Life Creation)

1996 Edition, Original Given October 22, 1971

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

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

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

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

Blessings on your journey, Gary

¶	Content
03	<p><u>Greetings.</u></p> <p><u>Blessings</u> <u>for all of you here.</u></p> <p><u>There is a lot of</u></p> <ul style="list-style-type: none">• <u>energy,</u>• <u>love, and</u>• <u>healing power –</u> <u>healing for</u><ul style="list-style-type: none">• <u>soul,</u>• <u>spirit, and</u>• <u>body –</u> <p><u>accumulated here.</u></p>

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It [i.e., *The energy, love, and healing power*]
comes from
the unity
of your own desire
to reach
forever new
levels of

- consciousness,
- feelings, and
- experiences
 - within

and

- without.

And it [i.e., *And the energy, love, and healing power*]
stems from
entities

- who are not in the body

and

- who are also present here.

As I have said to you occasionally,
there are
many more entities
involved in this
venture of communication
than there are
human beings here.

Like you,
some [of these entities who are her but who are not human beings]

- help and
- fulfill tasks,

others

- only learn at this stage.

But every step of their [i.e., *every step of these other learning entities*']
development

- has a beneficial influence

and thus

- teaches others,
whether they realize it or not.

04

Tonight's lecture
is a summary
of meditation.

I will speak
about

- what meditation is,

about

- some of the laws inherent in it;

and then

specifically

- how meditation
is best used

to fulfill

the aim

of this particular pathwork:

the unification

of the whole person

with the

as yet

separated part, [that is,]

the lower self.

Much of it [i.e., much of this teaching]

will sound,

perforce,

repetitious,

but this [i.e., but the fact that much of this teaching will sound repetitious]

cannot be avoided

in any summary.

Yet it [i.e., Yet this teaching]

will prove helpful

because it

- will

give all of you

a better understanding of

- the meaning of meditation and

- its [i.e., meditation's] laws

and

- will make easier

your attempts

to put meditation into practice.

05

Meditation

is

- conscious and
- deliberate
creating.

It [i.e., Meditation]

is one of the most

- dynamic and
- creative
acts
imaginable.

You

constantly

create,

whether you know it
or not.

You create

by

- what you are,

by

- what

the sum total of
your

- feelings,

your

- conscious and

- unconscious

- opinions and

- convictions

are,

by

- your conceptions,
which determine

your

- actions and

- reactions,

by

- your

- goals and

- attitudes.

Every thought

- is a creation and
- has its consequence;

it [i.e., every thought]

- brings about
a specific result
that expresses
this thought.

Since people

consist of
many conflicting thoughts, and

since their

- thoughts and
- beliefs
often vary drastically from
their emotions,

• the result,

• their creation,

must vary accordingly [must vary because the final result will be a mixture of
results due to thoughts and results due to emotions, emotions
which often vary drastically from thoughts and beliefs].

The

- mixed-up,
- conflicting, and
- confusing
lives

most people lead

testifies to this fact [i.e., testify to this fact that some parts of their
lives are a result of their thoughts and beliefs and other parts
are of their lives are a result of their very different emotions.

There are those
who create
unwittingly [and unconsciously],
never knowing
that
their

- unwise,
- erroneous
- thoughts,

their
• destructive
• feelings,

and
their
• unchecked
• wishes

bring about
a negative result
just as surely as
if they were to commit
a conscious [negative or destructive]
act.

Between

• **them** [i.e., Between those who unconsciously create negatively and unwittingly]
and

• **those people**

• **who attempt to**

• **check,**

• **test, and**

• **challenge**

their [own] concepts,

• **who**

• **seek the truth and**

• **adjust their**

• **ideas and**

• **aims**

to it [i.e., adjust their ideas and aims to what is really the truth],

and

• **who purify their feelings**

by going through them [i.e., by going through their feelings]

with

• **courage and**

• **honesty,**

• **wisdom, and**

• **the knowledge that**

what exists inside,

no matter how painful,

cannot

simply be avoided

but

must be experienced,

there is

an enormous difference.

This latter attitude toward life [i.e., this attitude of being in truth in thoughts,

aims, and feelings, no matter the pain]

can then result in

the deliberate creation [rather than unconscious and unwitting creation]
of one's life.

And that [i.e., And that attitude of being in truth and the resulting deliberate,

as opposed to negative and unwitting, creation of one's life]

is

meaningful meditation.

06

Meditation

is

creating

because

you live in a

• highly potent creative substance,

which is what I have also called

• soul substance.

You

• live in it [i.e., You live in soul substance, this highly potent creative substance],

you

• move in it [i.e., you move in soul substance,

this highly potent creative substance],

you

• have your being in it [i.e., you have your being in soul substance,

this highly potent creative substance].

Everything

that consciousness

sends forth into this substance [i.e., into this soul substance]

must take form.

• The word

you

• speak or

• think,

• the emotionally charged thought

you

• know and

• pronounce

are creative acts.

The creative substance [i.e., The soul substance]

• in which

you live

and

• which lives

in you

is then impressed by

the thought form,

which molds it [i.e., which molds the creative soul substance].

**This substance [i.e., This soul substance, this highly potent creative substance]
changes constantly
as it becomes
impregnated by
conscious**

- **thought and**
- **intent.**

**This [i.e., This creative soul substance changing in response to constantly
changing conscious thoughts and intent which impregnate and impress it]
is how creation unfolds
in its myriad forms.**

07

**In
conscious
creation
you express
various**

- **thoughts,**
- **feelings, and**
- **attitudes,**

**and their sum total
creates
the totality of your life.**

**All
• concepts and
• opinions,
all
• views and
• desires,
create
a will direction,
and this creative force [i.e., the creative force of this will direction]
activates
the receptive substance
of your soul [i.e., activates your receptive and creative
soul substance].**

If you understand
this principle [i.e., this principle of creation in which your concepts, opinions, views, and desires combine to create a will direction, a force that activates your receptive and creative soul substance],
it will become obvious
that you can tell exactly
what
other people

- **think,**
- **feel, and**
- **believe –**
 - **consciously**

and

- **unconsciously –**

when you see in their lives
where they have

- **fulfillment and**
- **abundance,**

and [conversely] where [they have]

- **impoverishment and**
- **want.**

08

It is therefore
one of the most important aims on this path
to make conscious
all
you

- **think and**
- **know,**
- **perceive and**
- **conceive,**
- **believe in and**
- **want.**

Only then [i.e., Only when all these thoughts, perceptions and feelings are conscious]
can you see
all the

- **conflicts and**
- **misconceptions.**

Only then [i.e., **Only when all these thoughts and feelings are conscious and you see all the inner heretofore unconscious conflicts and misconceptions**]
can you begin
to create
a good life.

Meditation

- **can and**
- **should, of course,**
be used
for the very purpose of
eliminating
 - **misconceptions and**
 - **destructive attitudes.**

With the help of meditation

you can
become aware of

- **what your misconceptions are**

and

- **why they are erroneous.**

With the help of meditation

you can
gradually
impress
correct beliefs [as opposed to **negative, destructive, and**
incorrect beliefs]
upon your soul substance.

09

You first use meditation
to eliminate
whatever prevents you from
meditating.

This sounds like
a paradox,
but
it is not.

If you hold
• incorrect,
• negative
beliefs,
you cannot
create
a good life;

rather, [if you hold incorrect, negative beliefs]
you unwittingly
• destroy
creative substance

or

• turn it [i.e., or you unwittingly turn creative substance]
into
a negative manifestation.

Once the misconceptions
are eliminated,

you can
actively

create
• more desirable
experiences,
• better
and
• deeper
feeling capacity,
• more creative
self-expression,
• more
• joy and
• serenity.

All this [i.e., All this: more desirable experiences, better and deeper feeling
capacity, more creative self-expression, and more joy and serenity]
exists in truly limitless abundance

• in the universe

and is
completely available
• to you.

	<p><u><i>The only limitation [to what you manifest in your life]</i></u> <u><i>is your own mind</i></u> <u><i>which,</i></u> <u><i>because of</i></u><ul style="list-style-type: none">• <u><i>its [i.e., because of your own mind's]</i></u> <u><i>false ideas</i></u><u><i>and</i></u><ul style="list-style-type: none">• <u><i>the negative</i></u><ul style="list-style-type: none">• <u><i>feelings and</i></u>• <u><i>attitudes</i></u><u><i>deriving from them [i.e., deriving from these false ideas],</i></u> <u><i>ignores</i></u> <u><i>this abundance [i.e., ignores this abundance that is</i></u> <u><i>freely available to all in the universe].</i></u></p>
10	<p><u><i>Every act</i></u> <u><i>in the universe</i></u> <u><i>comes about</i></u> <u><i>because the</i></u><ul style="list-style-type: none">• <u><i>active</i></u><u><i>and</i></u><ul style="list-style-type: none">• <u><i>receptive</i></u> <u><i>principles</i></u><ul style="list-style-type: none">• <u><i>fuse</i></u><u><i>and</i></u><ul style="list-style-type: none">• <u><i>create something new.</i></u><p><u><i>This [creative process in which the active and receptive principles fuse</i></u> <u><i>and create something new]</i></u></p><p><u><i>applies to</i></u> <u><i>everything,</i></u> <u><i>from the</i></u><ul style="list-style-type: none">• <u><i>smallest and</i></u>• <u><i>apparently most insignificant</i></u> <u><i>act</i></u><u><i>to the</i></u><ul style="list-style-type: none">• <u><i>most sublime.</i></u></p></p>

	<p><u>Whether it is</u></p> <ul style="list-style-type: none">• <u>you</u> <u>who creates</u> <u>a tiny object,</u> <p><u>or [it is]</u></p> <ul style="list-style-type: none">• <u>the cosmic intelligence</u> <u>which creates</u> <u>new galaxies,</u> <p><u>or [it is]</u></p> <ul style="list-style-type: none">• <u>you</u> <u>who creates</u> <u>your own evolutionary process,</u> <p><u>both the</u></p> <ul style="list-style-type: none">• <u>active</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>receptive</u> <u>principles</u> <u>must always merge</u> <u>harmoniously.</u> <p><u>The same [i.e. That both active and receptive principles</u> <u>must always merge harmoniously]</u></p> <p><u>applies to</u> <u>the act of meditation,</u> <u>of course.</u></p>
11	<p><u>Each level of your personality</u> <u>can,</u> <u>at various stages in your development,</u> <u>use different approaches to</u> <u>meditation.</u></p> <p><u>Each approach [to meditation]</u> <u>can vary</u> <u>according to</u> <u>which level [of your personality]</u> <u>plays</u> <ul style="list-style-type: none">• <u>the active part</u></p> <p><u>and</u> <u>which [level of your personality]</u> <u>[plays]</u> <ul style="list-style-type: none">• <u>the receptive [part].</u></p>

I shall be more specific about this later.

Now let me say only that

in the first stage

the conscious mind

almost always

assumes

the active part

by

• *speaking the word,*

by

• *concisely formulating the*

• *thoughts and*

• *intents.*

The more concisely

the conscious mind

• *claims and*

• *states,*

and the more

• *constructive and*

• *truthful*

the

• *thoughts and*

• *intents*

are,

[then] the more

• *inner,*

• *unconscious*

obstructions

will dissolve,

provided they [i.e., provided the inner, unconscious obstructions]

are dealt with

• *realistically and*

• *honestly.*

12

Let us assume, for example,
that you meditate for
more fulfillment
with a mate.

The force
of your own conviction
that

- you deserve this [i.e., that you deserve more fulfillment with a mate],

that

- this [i.e., that more fulfillment with a mate]
is indeed

- possible and

- in keeping with divine law,

will depend on
the extent you have faced
your own wish
not to love.

When you are
unaware of
this wish [in you not to love],

your request
for more fulfillment [with a mate]

- must lack conviction and

- will be infiltrated with doubt.

But if you

- face your incommensurate attitude [i.e., if you face your attitude that is
incommensurate with your desire for more fulfillment with a mate] –

- your hatred,

- your demanding love [i.e., your demanding love from the other]–

and

- truly give it up [i.e., give up the incompatible attitude – your wish not to love],

you can meditate first [i.e., before you meditate for more fulfillment with a mate]

for your own

increased capacity to love .

Thus [i.e., by first meditating for your own increased capacity to love]

- the obstruction to fulfillment [i.e., the obstruction that is your wish not to love]
is realistically dealt with and

- all

- resistance and

- doubt that you indeed deserve the best
will vanish.

13	<p><u>The soul substance</u> <u>functions according to</u> <u>the receptive principle.</u></p> <p><u>The more</u></p> <ul style="list-style-type: none">• <u>one-pointed,</u>• <u>unconflicted,</u>• <u>uncontaminated by secret doubts</u> <u>due to</u> <u>unrecognized negativities</u> <u>your statement is,</u> <p><u>the more</u></p> <ul style="list-style-type: none">• <u>deeply and</u>• <u>clearly</u> <u>the receptive part –</u> <u>the soul substance –</u> <u>will be imprinted.</u> <p><u>Soul substance</u> <u>will be molded by</u> <u>consciousness</u> <u>according to</u> <u>its [i.e., according to consciousness's]</u></p> <ul style="list-style-type: none">• <u>strength,</u>• <u>conviction, and</u>• <u>clarity.</u>
14	<p><u>The</u> <u>all-permeating</u> <u>Creator</u> <u>uses precisely</u> <u>the same principle</u> <u>all human beings use,</u> <u>whether</u> <u>they know it</u> <u>or not.</u></p>

The higher
the development, and
the more truthful
an entity's
• thoughts and
• concepts
are,
the more powerful
will be the energy
with which
the entity creates.

In the case of
the ultimate Creator,
the energy
will never be eliminated
by
• conflict,
by
• the limitations of the mind, or
by
• faulty visualization.

15

There is also
a correlation
between, on the one hand,
• the accuracy of
• knowledge,
• visualization of
new possibilities of
• expansion and
• experience, and
• correct concepts

and, on the other hand,
• receptivity
of soul substance.

When

- **concepts**
are real and
- **the limitless abundance of the universe**
is therefore correctly perceived,

attitudes will

- **be positive and**
- **accord with**
the cosmic laws of
 - **truth and**
 - **love.**

Therefore [i.e., **Because attitudes will be positive and accord with the cosmic laws of truth and love,**]

defenses

will be
unnecessary.

In this defenseless state

the soul substance

becomes

- **loose,**
- **resilient, and**
- **receptive.**

It [i.e., **The soul substance**]

will be

- **easily impressed and**
- **malleable,**
and
creation
can continuously
flow forth.

16	<p><u>Conversely</u> [<i>to times when concepts are real and hence undistorted and truthful</i>], <u>when concepts</u></p> <ul style="list-style-type: none">• <u>are distorted, and</u>• <u>foster</u><ul style="list-style-type: none">• <u>destructive attitudes and</u>• <u>negative feelings,</u> <p><u>cosmic law</u> <u>is broken.</u></p> <p><u>This</u> [<i>breaking of cosmic law</i>] <u>causes</u></p> <ul style="list-style-type: none">• <u>guilt and</u>• <u>fear,</u><ul style="list-style-type: none"><u>which in turn</u> <u>require</u> <u>defenses.</u> <p><u>The defenses</u> <u>make the surface of soul substance</u></p> <ul style="list-style-type: none">• <u>hard and</u>• <u>brittle,</u> <p><u>therefore</u></p> <ul style="list-style-type: none">• <u>much harder to</u><ul style="list-style-type: none">• <u>impress and</u>• <u>imprint.</u>
17	<p><u>To comprehend</u> <u>this</u> [<i>creative meditation</i>] <u>process</u> <u>to at least some degree,</u> <u>even if at first</u> <u>such comprehension</u> <u>is merely</u></p> <ul style="list-style-type: none">• <u>theoretical and</u>• <u>intellectual,</u> <p><u>will be</u> <u>very helpful</u> <u>for your further attempts</u> <u>at meditation.</u></p>

18	<p><u>Creative meditation</u> <u>thus consists of</u> <u>the following</u></p> <ul style="list-style-type: none">• <u>stages or</u>• <u>phases:</u> <p>(1) <u>concept</u></p> <p>(2) <u>impressing</u> <u>and allowing to be impressed</u></p> <p>(3) <u>visualization</u></p> <p>(4) <u>faith.</u></p> <p><u>Let us see how this works.</u></p>
19	<p><u>Meditation</u> <u>must begin with</u> <u>your conscious mind.</u></p> <p><u>Like all acts,</u> <u>it [i.e., meditation]</u> <u>follows from</u> <u>a decision of</u></p> <ul style="list-style-type: none">• <u>will and</u>• <u>intent.</u> <p><u>The</u></p> <ul style="list-style-type: none">• <u>concepts and</u>• <u>thoughts</u> <p><u>you form with</u> <u>your conscious mind</u> <u>are your initial tools [in creative meditation].</u></p> <p><u>I repeat:</u></p> <ul style="list-style-type: none">• <u>clarity and</u>• <u>conviction,</u>• <u>concise statement and</u>• <u>unconflicted directive</u> <p><u>determine the</u></p> <ul style="list-style-type: none">• <u>force and</u>• <u>energy</u> <p><u>of the [creative meditation] process.</u></p>

	<p><u><i>If you feel</i></u></p> <ul style="list-style-type: none">• <u><i>weakness and</i></u>• <u><i>doubt</i></u> <p><u><i>in your statement of intent,</i></u></p> <p><u><i>it is</i></u></p> <p><u><i>an immediate sign</i></u></p> <p><u><i>that you must first deal with</i></u></p> <p><u><i>your obstructions,</i></u></p> <p><u><i>and your attention</i></u></p> <p><u><i>should be turned, for instance,</i></u></p> <p><u><i>to uncovering</i></u></p> <p><u><i>unconscious</i></u></p> <ul style="list-style-type: none">• <u><i>negativities,</i></u>• <u><i>aspects of the lower self, or</i></u>• <u><i>distorted concepts.</i></u>
20	<p><u><i>When you have</i></u></p> <p><u><i>removed the obstructions</i></u></p> <p><u><i>by dealing with them,</i></u></p> <p><u><i>when your conscious mind</i></u></p> <p><u><i>formulates</i></u></p> <ul style="list-style-type: none">• <u><i>strongly and</i></u>• <u><i>concisely,</i></u> <p><u><i>your</i></u></p> <p><u><i>inner will [i.e., your inner self-will]</i></u></p> <p><u><i>needs to relax,</i></u></p> <p><u><i>allowing</i></u></p> <p><u><i>the soul substance</i></u></p> <p><u><i>to be impressed.</i></u></p> <p><u><i>You can then</i></u></p> <p><u><i>create</i></u></p> <ul style="list-style-type: none">• <u><i>good life,</i></u>• <u><i>new attitudes,</i></u>• <u><i>better</i></u><ul style="list-style-type: none">• <u><i>experiences and</i></u>• <u><i>events,</i></u>• <u><i>infinite expansion.</i></u>

21

[Conversely]

When the mind
remains within
the narrow framework
of its present state,

- expansion and
- creation
are impossible.

Meditation therefore
requires that
the mind
take a leap
into conceiving

- new possibilities,
- new states of consciousness
for the self.

If you
now
cannot conceive yourself
free from
a certain attitude
that blocks your way,

you must
first consider
intellectually
that

- things
could
change

and

- you
wish
they would [change].

22

First,
you must
• know and
• believe
that you have
• the right and
• the ability
to
• mold and
• create
substance
with your mind.

You may
never even have thought of this possibility,
so now
when you
examine your attitude [toward this possibility that you have the ability to
mold and create substance with your mind],
you may find
that you strongly doubt
that you can do it.

Accept this possibility [that you have the ability to mold and
create substance with your mind]
as a hypothesis
to begin with,
until you
know
that it is indeed
true.

23

If your
unconscious
mind
rejects
a thought
that your
consciousness
has superimposed on it,
this process [of creating substance with your conscious mind]
will not work.

You can quite easily determine
whether you
reject
a conscious thought
by the way you
feel
about it.

If you sense [or feel]
rejection [i.e., feel or sense a rejection of or resistance to a conscious thought]
you must

- deal with
your inner contradiction [i.e., the inner contradiction between your
conscious mind and your unconscious mind that rejects it]

and

- use
the creative process of meditation
to resolve it [i.e., use meditation to resolve the inner contradiction
between your conscious mind and your unconscious mind
that rejects what your conscious mind thinks].

You can thus [i.e., You can, by resolving this inner contradiction
through meditation,]

- overcome
 - fear and
 - resistance and
- face the truth
that must be faced,
- feel the feelings
that must be felt.

It may seem unnecessary [for me] to repeat this,
but it is such an important point.

Many people
give up meditation
because
it does not seem to work.

They

- disregard
their unconscious ambivalence and
- give up.

24

If, for example,
you have a

- *strong*
- *unconscious*
- *neurotic*

desire
that conflicts with
your conscious wish,
your conscious mind
may

- *refute this [strong, unconscious, neurotic] desire*

and

- *battle against*
 - *acknowledging it,*

let alone

- *ousting it.*

As long as
this battle continues
in the unconscious,
the conscious wish
will be
impotent.

At best, it [i.e., the conscious mind]
will battle against
the unconscious counterforce,
vacillating between
the two states of

- *fulfillment*

and

- *deprivation,*

at least until
the hidden [i.e., the unconscious]
wish
for deprivation
is unearthed.

25

Meditation
is a wonderful way
to test
how much you [unconsciously] resist
your
conscious
positive
desire for fulfillment.

- To what degree
do you really want it [i.e., really want the fulfillment
you say you desire]?
- To what degree
do you perhaps
fear
certain aspects
of what you most desire?
- To what degree
are you really willing
to pay the price [of the fulfillment you desire]?

Meditation
can set
your mind
on the right track,
provided
you do not overlook
your emotional reaction
to the thought
you issue forth.

26

Thus
the conscious concept
must also prevail
in the unconscious.

	<p><u>When you choose</u> <u>as your topic of meditation</u></p> <ul style="list-style-type: none">• <u>a goal,</u>• <u>a wish, or</u>• <u>a state into which you want to expand,</u> <p><u>it is essential</u> <u>to determine whether there is</u> <u>any conflict</u> <u>between</u></p> <ul style="list-style-type: none">• <u>the conscious</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>the unconscious</u> <u>concept.</u>
27	<p><u>The unity</u> <u>between the</u></p> <ul style="list-style-type: none">• <u>conscious</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>unconscious</u> <p><u>directly affects</u> <u>the second stage:</u></p> <ul style="list-style-type: none">• <u>impressing</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>being impressed.</u> <p><u>With a unified consciousness [i.e., <u>With unity between the conscious and</u></u> <u>unconscious minds],</u></p> <ul style="list-style-type: none">• <u>impressing</u> <u>will be strong.</u> <p><u>[And further, with a unified consciousness]</u> <u>No</u></p> <ul style="list-style-type: none">• <u>defenses and</u>• <u>hiding</u> <u>are needed,</u> <p><u>so</u> <u>your soul substance</u> <u>will be readily impressed</u> <u>with the truthful concept</u> <u>you send into it.</u></p>

[With a unified consciousness, that is with unity between the conscious and unconscious minds]

*You will actually
feel
the concept you issue
"sink into you,"
like a seed
that falls into the soil
to germinate.*

*With no defenses,
you will let the germination process
take its course.*

*You will not
disrupt it [i.e., will not disrupt the germination process]
with*

- *doubt,*
- *fear, and*
- *impatience.*

*The less
you are burdened with
unconscious destructive attitudes,
the more
you will
feel
the creative process at work.*

You will

- *trust it* [i.e. *You will trust the creative process at work within you*],
- *allow it* [i.e. *You will allow the creative process at work within you*]
to happen
in its own organic way,
without hindering it
with
 - *self-will and*
 - *preconceived ideas*
that stem from
the limited outer mind.

*Thus the new creation
will slowly unfold,
perhaps a bit differently from
the way you thought it would.*

This [i.e., This meditation approach to creation]
is

- *the most desirable way to create;*
- indeed,*
- *the only possible way [to create].*

It may well be that
your first response
to meditation
points out
more hindrances.

Since
you may not be prepared for
such an answer [from your meditation],
you may at first
• *tend to overlook it [i.e., overlook the hindrances pointed out in meditation]*
and
• *fail to comprehend*
that certain
• *occurrences or*
• *reactions*
are indeed
the answer you now need [from your meditation to create
the fulfillment you desire].

The more
you are prepared to accept difficulties
should they occur,
the easier
it will be
to understand
the language
of the creative process
you have deliberately set in motion [through meditation].

29

It cannot be emphasized enough
that meditation,
like all creative acts,
consists of
both
• impressing
by the active principle,
and
• receiving the impression
by the receptive principle.

The more
you can
feel
this interaction [between impressing and receiving the impression],
the more
effective
your creative act must be.

This is why
the people with
strong defenses
cannot meditate,
no matter how well-intentioned
they may be.

Their conscious mind
may be active enough
to formulate
the proper concepts,
they may
imprint
strongly,

but
inwardly
nothing happens.

They cannot
be impressed
because
they have not removed the defenses
that still hide
what they do not wish to acknowledge.

30

The third stage [of this creative meditation process]
is
visualization.

Let us first understand clearly
what visualizing
is not.

It [i.e., Visualizing]
does
not mean

- *wishful thinking,*
- *daydreaming,*
- *fantasizing,*
- *illusory hope.*

All of these [i.e., Wishful thinking, daydreaming, fantasizing, illusory hope]
are attempts

to whisk away
hopelessness,
which, in turn,
exists

because of

- *destructive*
- *attitudes and*
- *traits*

one does not wish to

- *face and*
- *give up,*

or [because of]

- *residual feelings*

one does not wish
to experience.

31

Visualization

means

- perceiving yourself
in the state
you wish to
 - attain,
 - experience,
 - become:
- feeling yourself
in that state.

You can

experience

yourself

in meditation

as

- loving,
as opposed to
 - resentful;
- fulfilled,
as opposed to
 - eternally
 - wanting and
 - empty;
- joyful and
- content,
as opposed to
 - anxious and
 - depressed;

or whatever else

you are concerned with.

Visualization
follows
proper conceiving.

Conceiving
means
considering
the desired
• state or
• experience
as a possibility,

visualization
means
feeling yourself
in that state.

It [i.e., Visualization]
does not mean
picturing particulars,
for that [i.e., for picturing particulars]
may easily lead to
wishful daydreaming,
which is
more a
• hindrance
than a
• help.

32	<p><u><i>If you find yourself</i></u> <u><i>incapable</i></u> <u><i>of visualizing</i></u> <u><i>the desired</i></u> <ul style="list-style-type: none">• <u><i>state of mind,</i></u>• <u><i>feeling, or</i></u>• <u><i>experience,</i></u><u><i>that is an immediate sign</i></u> <u><i>that you are</i></u> <u><i>unconsciously</i></u> <ul style="list-style-type: none">• <u><i>blocking yourself,</i></u> <u><i>using a "countertruth"</i></u><u><i>and therefore</i></u> <ul style="list-style-type: none">• <u><i>maintaining a</i></u> <ul style="list-style-type: none">• <u><i>hardened,</i></u>• <u><i>unimpressionable</i></u> <u><i>soul substance,</i></u><u><i>and/or</i></u> <ul style="list-style-type: none">• <u><i>weak</i></u> <u><i>thought-power.</i></u></p> <p><u><i>You should then</i></u> <u><i>work on that.</i></u></p> <p><u><i>The process of visualization</i></u> <u><i>requires</i></u> <u><i>a constant tuning in</i></u> <u><i>to awareness</i></u> <u><i>of your inner responses.</i></u></p>
33	<p><u><i>The fourth stage [of this creative meditation process]</i></u> <u><i>is</i></u> <u><i>faith.</i></u></p> <p><u><i>At the beginning,</i></u> <u><i>you can only</i></u> <u><i>grope for</i></u> <u><i>faith</i></u> <u><i>by an</i></u> <u><i>honestly</i></u> <u><i>experimental</i></u> <u><i>attitude.</i></u></p>

*You cannot
enforce
faith
as an act of will.*

*That [i.e., Enforcing faith as an act of will]
would be
dishonest.*

*It [i.e., Enforcing faith as an act of will]
would mean
superimposing
a wishful kind of faith
over
inner
• doubts,
• negativities,
• negation.*

*Unfortunately,
this [i.e., this enforcing faith as an act of will]
is what happens all too often
in religions,
with very undesirable results.*

*It [i.e., Enforcing faith as an act of will]
discredits spirituality itself
among those
who cannot distinguish
between
• superimposition
and
• real experience.*

34

If you
lack faith
because
you

- live in
 - blindness and
 - negation and
- are therefore
cut off from
the truth of the universe,

you must deal with

this attitude [i.e., you must deal with this attitude of intending to live in
a state of blindness and negation, a state in which
you cut yourself off from the truth of the universe]
in the most honest way there is.

- Examine

courageously

this attitude [i.e., Examine courageously this attitude of intending to live in
a state of blindness and negation, a state in which
you cut yourself off from the truth of the universe]

- and test yourself
to find

- whether you have a stake

in maintaining it [i.e., a stake in maintaining this attitude of intending
to live in a state of blindness and negation, cut of from truth],

and

- what this stake might be.

Since it is

basic human nature

- to love,
not to hate;
- to be joyful,
not to despair,

so it is also

your inherent nature

- to know
the benign presence
of the cosmic spirit
 - within yourself
- and
- in the universe.

	<p><u>If you</u> <u>do not know this</u> [i.e., <u><i>If you do not know the benign presence of the cosmic spirit within yourself and in the universe</i></u>], <u>at one point</u> <u>you</u> <u>have decided</u> <u>not</u> <u>to know it.</u></p> <p><u>This dishonesty</u> <u>must be</u> <ul style="list-style-type: none">• <u>ascertained,</u>• <u>admitted,</u><u>and finally</u> <ul style="list-style-type: none">• <u>given up.</u></p>
35	<p><u>You need then</u> [i.e. <u><i>Then, after ascertaining, admitting, and giving up dishonesty by deciding to know the truth of the benign presence of the cosmic spirit within yourself and in the universe, you need to</i></u>] <u>adopt the attitude</u> <u>of</u> <ul style="list-style-type: none">• <u>openness,</u><u>of</u> <ul style="list-style-type: none">• <u>honest questioning.</u></p> <p><u>Openness</u> <u>always means</u> <u>considering a possibility</u> <u>that you have</u> <u>not yet experienced.</u></p> <p><u>You must then</u> <u>give this possibility</u> [i.e., <u><i>give this possibility for having a new and unfamiliar experience you have not yet experienced and cannot yet know</i></u>] <u>a chance –</u> <u>an honest</u> <u>chance.</u></p>

- The wisdom of patience,
- the intelligence to know that there are many possibilities beyond your scope of experience, and
- the good will to grope for the way

should help you.

If you honestly seek answers

- you will receive them,
- and
- the true universe will communicate itself to you.

36

When you cultivate this attitude [i.e., this attitude of patience, of openness to new possibilities, of willingness to grope your way, and of honestly seeking truthful answers],

positive results have to occur.

The human being who is still in a very gray state of doubt is apt to believe that the first

- manifestations and
- answers are coincidences,
- that they [i.e., that the first manifestations and answers that come in your groping for truth and fulfillment of your desires]
- would have happened anyway and
- do not really constitute an answer.

This reaction [i.e., Seeing as mere coincidences the first manifestations and answers that come to you as you grope for truth and fulfillment of your desires in your creative meditation process]

- **is predictable**
- and even**
- **inevitable.**

It [i.e., This reaction of seeing as mere coincidences the early manifestations and answers from your creative meditation process]

should
not
make you
feel guilty,
and, certainly,
you should no more hide it [i.e., you should no more hide this reaction of seeing answers to your creative meditation process as coincidences]
from yourself
than [you might hide]
any other reaction.

Rather,

- **confront these thoughts** [i.e., confront these reactions]
- and again**
- **use**
- **honesty and**
- **intelligence.**

37

For instance, you can say:

"Yes,
it seems miraculous [that creative meditation can manifest my desires
and answer my questions about what is truth].

There is indeed a
• living process and
• intelligence
at work
that surpasses
what might possibly be
a fantasy.

It seems
too good to be true [that creative meditation can manifest my desires
and answer my questions about what is truth].

It is what I
would like.

But there is also another part in me
that doubts it
could be true [i.e., there is a part of me that doubts that creative
meditation could manifest my desires and
answer my questions about what is truth].

Yet
I will give it [i.e., I will give creative meditation]
a further chance."

Right here
at this point,
where you are
• conflicted and
• doubtful,
meditation should be used.

	<p><u>Examine</u> <u>what the doubtful side [of you]</u></p> <ul style="list-style-type: none">• <u>wants</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>does not want.</u> <p><u>Let it [i.e., Let the doubtful side of you]</u> <u>express itself.</u></p> <p><u>Request guidance</u> <u>for this [i.e., Request guidance for inquiring what the doubtful side of you</u> <u>wants to express, for what it wants and what it does not want],</u> <u>and request</u> <u>further answers for yourself.</u></p>
38	<p><u>Answers may come</u> <u>in various ways:</u></p> <ul style="list-style-type: none">• <u>inspiration,</u>• <u>sudden new ideas,</u> <u>usually when you least expect them;</u>• <u>new realizations of</u> <u>feelings, or</u>• <u>through a word you</u><ul style="list-style-type: none">• <u>hear or</u>• <u>read</u> <u>somewhere.</u> <p><u>As you go on,</u> <u>you will recognize</u> <u>that these answers [i.e., inspiration, sudden new ideas, new realizations</u> <u>of feelings, a word you hear or read somewhere]</u> <u>are the manifestation</u> <u>of a live process</u> <u>that is so</u> <u>profoundly</u><ul style="list-style-type: none">• <u>meaningful and</u>• <u>organic</u><u>that nothing</u> <u>the intellect can think up</u> <u>can ever match it.</u></p>

You will recognize

that

- such answers and
- the enlightenment they bring
are pieces
in a jigsaw puzzle,
forming
little by little
a comprehensive picture.

Eventually

you will rely

- on this process [i.e., on this process of creative meditation from which you receive answers in many forms and which leads to enlightenment]
as [you rely]
- on nothing else.

It [i.e., this creative meditation process from which you receive answers in many forms and which leads to enlightenment]

is more real
than anything in the material world.

It [i.e., This creative meditation process]

is your own path
that unfolds,

and it

eventually

reveals

- the reason for your being here on this earth now,
- the meaning of your present incarnation.

When this

inner

- experience and
- certainty
comes,
you have faith.

39

Until then [i.e., Until this inner experience and certainty comes],
you must learn to deal with
the stages
that prevent you from reaching faith.

This may take years.

In the meantime,
you must
constantly
examine the content
of your own

- unconscious, or
- partly conscious,
 - beliefs and
 - attitudes,
 - feelings and
 - reactions.

The incontrovertible [and indisputable]
experience [i.e., experience of feeling the meaningfulness and purpose of
your life, the experience of creative meditation leading to the
manifestation of the fulfillment you desire]

we call
faith
can come
only
when you

- give yourself the chance,

when you

- keep an open mind and
- are honest with yourself.

In these days,
people often keep
a closed mind [i.e., a closed mind to the possibility of one experiencing the feeling of the meaningfulness and purpose of one's life, to the possibility that the process of creative meditation could lead to the manifestation of the fulfillment one desires]
because
they fear ridicule from others.

Thus
their disbelief [i.e., their disbelief in the possibility of one experiencing the feeling of the meaningfulness and purpose of one's life, in the possibility that the process of creative meditation could lead to the manifestation of the fulfillment one desires]
is often every bit as

- **unnatural,**
- **dishonest, and**
- **superimposed,**

as

- **opportunistic and**
- **conformist,**

as
false religion
used to be.

40

By the same token,
just as frequently
people will
not allow
the answer to an honest question
to come to them
out of fear

- **that the answer**
may be "no," [i.e., "no," one's life is not meaningful]

and

- **that they might find out**
that there is
nothing
beyond the
 - **graspable and**
 - **material.**

They are so afraid of this alternative [*i.e., the alternative that they may find out that there is nothing beyond the graspable and material world*]

that they will not
let go enough
to

- stay open and
- receptive

[*i.e., to stay open and receptive to the possibility that there is indeed something beyond the graspable and material world*].

True answers
can come
only

- when there is
no

- tight,
- fearful
attitude

and

- when the readiness
to deal with

whatever the answer may be
is really there.

Since you fear
the negative answer,
you prefer to keep it [*i.e., to keep the possible negative answer*]
constantly
in abeyance.

You

- vacillate,
- theorize,
- stay on the edge

before

going into
the apparent abyss
of commitment to test the truth.

Staying with the theory
may sometimes last
for many lifetimes.

	<p><u>To risk obtaining</u> <u>a perhaps undesirable answer,</u> <u>you need</u> <u>to muster your courage.</u></p> <p><u>Then [i.e., when you muster your courage to risk obtaining</u> <u>a perhaps undesirable answer]</u> <u>truth</u> <u>will prevail.</u></p> <p><u>Theory allows</u> <u>only</u> <u>never</u></p> <ul style="list-style-type: none">• <u>illusory faith,</u>• <u>the real [faith].</u>
41	<p><u>Real faith</u> <u>is</u></p> <ul style="list-style-type: none">• <u>knowledge,</u>• <u>inner experience</u> <u>about which</u> <u>there is no longer any doubt.</u> <p><u>Real faith</u> <u>can be acquired</u> <u>only by those</u> <u>who</u></p> <ul style="list-style-type: none">• <u>are ready to risk</u> <u>an undesirable answer</u> <u>and then</u>• <u>are determined</u> <u>to deal with it [i.e., determined to deal with any</u> <u>undesirable answer that may prove to be the truth].</u>

If you are
truly prepared
to deal with
whatever comes
in

- *life,*

in

- *yourself,*

you

- *can*
take chances

and

- *will*
find truth.

If you are

- *not prepared to do this* [*i.e., not prepared to deal with whatever comes in life and in yourself*]

and

- *content yourself*
with theorizing sophistry [*i.e., with theorizing subtle, tricky, superficially plausible, but generally fallacious method of reasoning*],
living by proxy in "as-if" land,

you can
never go beyond the step
of inner argumentation.

42

You need also understand
that such

- *honest commitment and*
- *readiness*
to deal with
what really is

goes hand in hand with
a similar attitude
toward the lower self.

	<p><u>To the degree</u> <u>you</u> • <u>hide from</u> <u>the lower self</u> <u>and</u> • <u>are unwilling to face it</u> [i.e., <u>unwilling to face the lower self</u>], <u>you will</u> <u>not find the courage</u> <u>to deal with anything else –</u> <u>universal truth included.</u></p>
43	<p><u>All four stages</u> [of creative meditation: (1) <u>concept</u>, (2) <u>impressing and</u> <u>allowing to be impressed</u>, (3) <u>visualization</u>, and (4) <u>faith</u>] <u>are, of course,</u> <u>directly interdependent.</u></p> <p><u>Now I will present</u> <u>a few laws of meditation</u> <u>to give an overall picture</u> <u>of its</u> [i.e. <u>overall picture of meditation's</u>] • <u>sequence and</u> • <u>continuity.</u></p>
44	<p><u>One of the most important laws</u> [of creative meditation] <u>is what all Scripture reiterates:</u></p> <p><u>According to</u> <u>your belief</u> <u>you shall</u> <u>experience.</u></p> <p><u>This</u> [i.e., <u>That according to your belief you shall experience</u>] <u>is actually</u> <u>already quite clear</u> <u>from all I said before.</u></p>

Since you are living in
an infinitely malleable substance
of

- creative,
- impressionable
 - mass or
 - substance [i.e., soul substance]

your belief

- molds and
- creates.

The

- powerful,
- sizzling
sea of energy
in which
you

- move,
- breathe,
- think, and
- express yourself,
can therefore
manifest

anything you can conceive of:

from

- the most dismal state of hell

to

- the most sublime state of heaven,

and

- every degree in-between.

This realization [i.e., This realization that you can manifest anything of which
you can conceive]

can truly
bring

a profound change in your life.

*I would suggest
that you*

- *think deeply about this [i.e., about this realization that you can manifest anything of which you can conceive and that this means you can bring about quite profound changes in your life]*

and

- *request*
 - *inspiration and*
 - *guidance*
 - about it*
 - in mediation.*

*This is where
visualization
comes in.*

In

- *conceiving,*
- *impressing and being impressed,*
- *visualizing and*
- *having faith,*
 - you*
 - *express and*
 - *act upon*
 - a specific belief,*
 - which you must then*
 - experience*
 - as the created response [i.e., as the response you created from your beliefs].*

45

If your belief,

as

- *conceived and*
- *visualized,*

is

that

- *you cannot change,*

that

- *the universe is hostile,*

that

- *your ultimate fate is tragedy,*

then indeed

- *you will,*

- *you MUST,*

experience

just that [i.e., you MUST experience a tragic life].

All your

- *actions and*

- *reactions*

are geared to bring this [tragic life] about.

Conversely,
if you truly believe
that

- you can
 - change and
 - grow out of
 - negativity,
 - destructiveness,
 - hopelessness,
 - misery and
 - poverty,

that

- the universe is
abundant joy
in every respect and

that

- you can
experience
this truth,

then, indeed,
you cannot help
but do so [i.e., you cannot help but experience growth out of negativity,
destructiveness, hopelessness, misery, and poverty
and into a life of abundant joy in every respect].

This belief
needs to include
your willingness
to remove
your own obstructions.

If you are
honestly
committed to it [i.e., honestly committed to this work],
you will
feel
increasingly
free
to believe in the possibility of
experiencing
the abundance of the universe.

46

A finely calibrated
inner mechanism
prevents you
from violating the divine laws
beyond a certain degree.

So, for instance,
if you are
unconsciously
launched on a road of
• hate and
• spite,
you cannot believe in
the possibilities of
• love and
• fulfillment.

[Or]
If you
unconsciously
want to
cheat life
by wanting more
than you are willing to give,
you violate another important cosmic law,
so that no matter
how much you may
try
to believe in
the possibility of
life's abundance,

it [i.e., believing in the possibility of life's abundance]
will not work.

It [i.e., Believing in the possibility of life's abundance]
will not take,

your [soul] substance
will refuse
the impression [of believing in the possibility of life's abundance]
until
you remove this violation of law.

Life
cannot be cheated –
and it is well that way.

47	<p><u>Another law</u> <u>is that</u></p> <p><u>you cannot skip a step.</u></p> <p><u>If you want a result</u> <u>that depends on</u> <u>eliminating obstructions</u> <u>which violate a law,</u> <u>the obstruction</u> <u>must first be dealt with.</u></p> <p><u>Therefore</u> <u>your meditative aim</u> <u>may have to be altered along the way.</u></p> <p><u>If you are</u> <u>not willing to correct</u> <u>what stands in the way,</u></p> <ul style="list-style-type: none">• <u>the result</u> <u>cannot come;</u>• <u>creation</u> <u>cannot take place</u> <u>in this area.</u>
48	<p><u>Here you have the choice of</u> <u>either</u></p> <ul style="list-style-type: none">• <u>a vicious</u> <p><u>or</u></p> <ul style="list-style-type: none">• <u>a benign</u> <u>circle.</u>

The vicious circle is:

"If I unconsciously

- hold back and
- do not wish
to make the commitment
to

- truth and
- honesty,

to

- giving as much as
I wish to receive,

but want [instead] –

- childishly and
- unfairly –

to

- get more than
I am willing to give,

then

my conviction
will be lacking.

Or, if

I want

a positive result
without wanting to
make the necessary change
in my own being,

I will

inevitably
doubt

that change is possible for me.

Thus

- my concept,
- my belief
- my visualization
will be too weak and
- my soul substance
too brittle
to be impressed.

This will reinforce my

- doubt and
- negation."

Conversely [i.e., As opposed to the vicious circle, the benign circle is],

"When I

• fulfill the law

of

- truth and
- love,

of

- honesty and
- openness,

when I

• remove

the defenses and

• face

my lower self,

when I

• am willing to change,

then I will

feel my birthright

to experience

- absolute abundance,
- the intrinsic nature of the universe.

If I

• am stuck along the way and

• am blind,

it is

up to me

to find the answer.

It [i.e., The answer]

is never as obscure

as a part of me

wants to believe.

A clear answer

is always possible to find

when I

really

want to."

50

One of the most helpful things to remember

is

- that you can meditate
to meditate;
- that you can ask for
 - guidance and
 - inspirationto find
the right
 - topic,
 - concentration,
 - concern,
 - word and
 - attitudeat any given phase of your path.

You can meditate
for awareness

in your soul substance

- where it is
 - walled in and
 - cluttered up with untruth,
- where it
 - needs to receive helpto loosen up.

Meditation

- can and
 - should
- be used
for every step
along the way.

Where you
feel the resistance
is too great,

you must know
that you

- do not want
the positive,
- but
- wish to remain in
the negative.

Then this wish [to remain in the negative]
has to be dealt with.

Meditation
becomes really problematic
when you

- deny
your negative desire,

but

- complain about
not getting the wished for result.

The moment you know
you
want the negative
you are
one step further,
because
then you can meditate about that [i.e., about wanting the negative].

51

The more
you progress in
the art
of meditation,
the more
aware you must become
that it [i.e., aware that meditation]
is a
constant interaction
between the

- active

and

- receptive
principles,

between the

- voluntary

and

- involuntary
faculties.

After this first stage of meditation [i.e., *After this first stage in which you decide to pursue a particular aim such as guidance to find the right topic or area of concentration, or awareness of where your soul substance is walled in or where it needs help to loosen up*],

[a stage] *in which your mind*

- *performs the*
 - *active,*
 - *impressing*
- *part and*
- *affects* [i.e., *impresses*]
- *the receptive soul substance,*

other possibilities arise

where

the various levels of human consciousness
assume varying roles of

- *active*
- and*
- *receptive*
interaction.

Your conscious ego-mind

can

- *activate*
the divine process and
- *let it* [i.e. *let the divine process*]
respond.

[Here,]

The spiritual self
is being

- *impressed and*
- *called forth*
by
- *the conscious good will*
- and*
by
- *the mind.*

But then

another interaction
must come about.

The manifesting spiritual self
must [now] become
the active principle,
and the conscious mind
must become

- *receptive,*
- *listening,*
- *pliable,*
- *impressionable.*

It [i.e., The conscious mind]
must

- *tune into*

and

- *understand*
the spiritual messages
that come forth [from the manifesting and impressing spiritual self].

52

Still another possibility
is that you
actively use
your conscious ego-mind,
but [instead of addressing the spiritual self]
address it this time
to the

- *lower,*
- *destructive*
part of the self,
asking it [i.e., asking the lower destructive
part of the self]

to

- *manifest and*
- *express*
itself.

Subsequently,
you must again

- *become receptive and*
- *listen*
with your conscious mind,
so the lower self
can truly be heard.

	<p><u>This</u> [<i>i.e., Listening to the lower self</i>] <u>does not mean that</u> <u>the conscious mind</u></p> <ul style="list-style-type: none">• <u>gives in to it</u> [<i>i.e., gives in to the lower self</i>],• <u>identifies with it, or</u>• <u>is in that sense impressed by it.</u> <p><u>Rather,</u> <u>the conscious mind</u></p> <ul style="list-style-type: none">• <u>listens and</u>• <u>absorbs,</u>• <u>evaluates and</u>• <u>discriminates</u> <p>[<i>i.e., evaluates and discriminates among points and attitudes expressed by the lower self</i>].</p>
53	<p><u>As your</u> <u>conscious mind</u> <u>lets itself</u> <u>be instructed by</u> <u>the spiritual self,</u></p> <p><u>so</u> <u>the lower self</u> <u>can be instructed by</u> <u>both</u></p> <ul style="list-style-type: none">• <u>the conscious ego-mind</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>the divine self</u> – <u>perhaps in that order.</u>

After
you have listened to
the destructive nonsense
of the lower self,
without impinging on
its [i.e., on the lower self's]
free expression,
you can tell

- where it [i.e., where the lower self]
is wrong;
- why it is so [i.e., why and in what ways
what the lower self expresses is wrong];
- what its [i.e., what the lower self's]
misconceptions are

as well as

- the damage it [i.e., the damage the lower self]
causes.

- An interaction,
- a dialogue
develops [between the conscious ego-mind and the lower self].

54

Perhaps a bit later
you
can request
the divine self
to issue instructions
to the lower self.

Let
the divine self
talk to

- your conscious mind

and

- your
undeveloped
lower self.

	<p><u>Listen</u> <u>to it</u> [i.e., <u>Listen to the divine self</u>];</p> <p><u>let it</u> [i.e., <u>let the divine self</u>] • <u>teach</u> <u>and</u> • <u>inspire</u> <u>you</u> <u>on all levels.</u></p> <p><u>Let it</u> [i.e., <u>Let the divine self</u>] • <u>talk or</u> • <u>write</u> <u>to you</u> <u>through</u> <u>your ego-mind.</u></p>
55	<p><u>The divine self</u> <u>can instruct</u> <u>the usually unconscious</u> <u>lower self</u> <u>in various ways.</u></p> <p><u>You may actually</u> <u>hear</u> <u>an inner dialogue</u> <u>conducted by</u> <u>these two levels of consciousness</u> <u>in your being.</u></p> <p><u>The ego</u> <u>can then</u> <u>actively</u> <u>ally itself with</u> <u>the divine self.</u></p> <p><u>Or the process</u> [i.e., <u>Or the inner dialog process between the higher self and</u> <u>lower self levels of consciousness in your being</u>] <u>can happen during your sleep</u> <u>without your conscious mind</u> <u>being directly involved.</u></p>

The process [i.e., the inner dialog process between the higher self and lower self levels of consciousness in your being]
may create
some momentary turmoil
you may
at first
not understand.

It [i.e., the inner dialog process between the higher self and lower self levels of consciousness in your being]
may come from
your wish
to purify the lower self.

After you have
fully recognized
how
the process works [i.e., After you have fully recognized how the inner dialog process between the higher self and lower self levels of consciousness in your being works] –

- *this [understanding]*
is always necessary,
- *it [i.e., this understanding]*
cannot be skipped,
since you must assume responsibility for it [i.e., you must assume responsibility for this inner dialog process happening within you] –

the influence
of the divine self
may take place
on the involuntary level.

You need to become
very

- *tuned in,*

very

- *receptive,*

[in order] to become aware of it [i.e., in order to become aware of this inner dialog process between the higher self and lower self levels of consciousness in your being happening involuntarily].

	<p><u>This much more advanced state</u> [i.e., <u>the state in which the influence of the divine self takes place on the involuntary level</u>] <u>comes about</u> <u>only when</u> <u>the previous stages</u> [i.e., <u>the stages in which the conscious ego participates in the dialog process between the higher self and lower self levels of consciousness</u>] <u>are already</u> <ul style="list-style-type: none">• <u>mastered</u><u>and</u> <ul style="list-style-type: none">• <u>practiced.</u></p>
56	<p><u>There are occasional periods</u> <u>in the lives</u> <u>of all human beings</u> <u>when such an inner process</u> [i.e., <u>when the process in which the influence of the divine self takes place on the involuntary level</u>] <u>may go on</u> <u>even when</u> <u>they are not involved in a path such as this.</u></p> <p><u>It</u> [i.e., <u>the state in which the influence of the divine self takes place on the involuntary level</u>] <u>may arise from</u> <u>an intent</u> <u>stemming from before</u> <u>the present incarnation.</u></p> <p><u>The entity</u> <u>may have reached</u> <u>a specific crossroads</u> <u>where this inner guidance</u> [from the higher self] <u>becomes instrumental</u> <u>for an</u> <u>outer</u> <ul style="list-style-type: none">• <u>decision</u><u>and</u> <ul style="list-style-type: none">• <u>commitment to</u> <u>a real path,</u> <u>with all that it</u> [i.e., <u>with all that a real path</u>] <u>implies.</u></p>

*Such guidance [from the higher self]
may come*
• *in periods of upheaval,*
• *through powerful dreams or*
• *a specific succession of events.*

However,
if you are not already
• *deeply involved with*
and
• *attuned to*
your inner reality,
you will
not be able
to decipher its meaning [i.e., not be able to decipher the meaning of the
guidance you receive from the higher self].

You need
• *help and*
• *guidance*
from others.

Even then [i.e., Even with help and guidance from others],
the full significance
of such a guidance [from the higher self or from others]
may become clear
only much later.

57

If your
• *conscious*
and
• *unconscious*
mind
• *do not obstruct*
such an inner guidance [from the higher self]
• *but*
• *wait and*
• *listen,*
tremendous development
can take place
following such periods.

More

- unfoldment,

more

- enlightenment
must come.

But [conversely,]

if

- conscious
• resistance

and

- unconscious
• negation,
• fears and
• blocks
bar the way,

then

a very harmful process
is set in motion

because

- the
inner
expansion
pushes forward

and

- the
outer
blocks
stifle it [i.e., stifle the inner expansion].

This [stifling of the inner expansion by the outer blocks]

leads to
crisis.

It [i.e., this resulting crisis]

may occur
on
• any
or
• all
levels.

It [i.e., the crisis resulting from the inner expansion being stifled by the outer blocks]
may cause

a breakdown

if

• *the pull into expansion*
on the one hand

and

• *obstruction*
on the other

are too strong.

It is

always

• *the outer,*

• *the obstructing*

side

that must give way to

the inner urge

to expand,

for the latter [i.e., for the inner urge to expand]

is the

• *divine*

and

• *true*

voice

that knows

the right timing.

All crises

should be viewed

in this way.

58

The farther
you go on your path,

• the more
receptive to
the inner process
you will be;

• the more
you will be able
to alternate
between
• receptivity
and
• initiating,
from level
to level.

The increasing
• awareness of
and
• attunement to
the
inner
• processes,
and thus [the increasing awareness of and attunement]
to
the
inner
• world of truth,

finally eliminates
the strong wall
that separates
• your ego
from
• the greater reality.

59

Meditation

can be applied

- **to all life experiences,**

both

- **inner**

and

- **outer,**

and [also]

- **to self-expression.**

If it [i.e., If meditation]

is rightly practiced,

it [i.e., the inner and outer application of meditation rightly practiced]
alternates.

If the

outer

fulfillment

is not obstructed

inside,

meditation for

fulfillment

will immediately

bring about

- **the proper concept,**
- **with**
 - **impressing and**
 - **being impressed,**
- **visualizing and**
- **faith in the result.**

The creative process

will work,

and you will

feel it.

But when there are

inner

obstructions,

meditation

must turn its focus on them [i.e., focus on the inner obstructions],

so that meditation

on the

outer

desirable goal

can later be resumed.

60

Whether you use meditation
first
for the express purpose of
experiencing life
in a more meaningful way,
or whether
your primary concern
is to
experience
the Creator
within you,
it matters not.

For both [i.e., both experiencing life in a more meaningful way and experiencing
the Creator within you]

mean
the same
inner
state,
and
bring about
the same
outer
experience.

If you
• experience
God in you
and
• know that
you are God's manifestation,
your [outer] life
must be
• rich and
• fulfilled.

Or, [conversely,]
if you start with
conceiving the richness of [your outer] life,
you will succeed
only when
you know that
abundance is
• the nature of Creation and
• the will of God.

	<p><u>In order to attain</u> <u>both aims</u> [i.e., <u>both the inner aim of experiencing God in you and the outer aim of experiencing the richness of your outer life</u>], <u>you have to</u> <u>remove</u> <u>inner obstructions</u> <u>to true unity,</u> <u>rather than</u> <u>trying to maintain</u> <u>the false unity</u> <u>that comes from</u> <u>splitting off</u> [and therefore denying] <u>the undesirable part</u> [i.e., <u>the inner obstructions to true unity</u>] <u>you do not wish to deal with.</u></p>
61	<p><u>You may use meditation</u> <u>to</u> <ul style="list-style-type: none">• <u>meet your deepest fears</u><u>and</u> <ul style="list-style-type: none">• <u>deal with them</u> [i.e., <u>deal with your deepest fears</u>]. <p><u>You can</u> <u>ask for</u> <ul style="list-style-type: none">• <u>guidance and</u>• <u>enlightenment,</u>• <u>strength and</u>• <u>courage.</u> <p><u>You do not need to</u> <u>live</u> <u>in fear,</u> <u>but the fear</u> <u>vanishes</u> <u>only when</u> <u>you</u> <ul style="list-style-type: none">• <u>go into it</u> [i.e., <u>go into the fear</u>]<u>and</u> <ul style="list-style-type: none">• <u>expose it</u> [i.e., <u>expose the fear</u>] <u>as the phantom</u> <u>it really is.</u></p></p></p>

62

*There is not a human being
who does not fear death.*

*A wall within
separates*

- *people*
- from*
- *the process of life
beyond death.*

*That [i.e., The wall within that separates people from the process of life
beyond death],
too,
can become
a topic of meditation.*

You may want to

- *remove this wall*
- and*
- *ask for
necessary guidance,*
- but*
- are you truly willing
to fulfill the conditions [for removing this wall]?*

If you

*are [truly willing to fulfill the conditions for removing this wall within that
separates people from the process of life beyond death],
you can
indeed
remove the wall.*

*You can live
without fearing death.*

*You can
experience
the truth
of eternal life,
right here
and now,
in the body.*

But it [i.e., But experiencing the truth of eternal life right here and now in the body]

means

giving up

• **all**

the ego attitudes;

• **all**

the tremendous preoccupation

with everything that

• **sustains and**

• **cultivates**

the ego:

• **pride,**

• **self-will,**

• **fear,**

• **vanity,**

• **separateness,**

• **duality,**

in sum [giving up],

• **the belief**

• **that there is a difference**

between

you

and

others,

• **that**

either

you

or

the other

should be

more important.

All these

- erroneous,
- illusory

attitudes

- are part of
the ego consciousness

and

- keep out
the awareness of
who you really are:
[namely,]

the greater consciousness

that

- knows

no wall [i.e., knows there is no wall within that
separates people from the process of
life beyond death]

and therefore [the greater consciousness that]

- fears
nothing.

You may delude yourself [into believing]

that you

do

not

fear death

by not looking at it [i.e., by not looking at death],

but your fear [of death]

will manifest

in all sorts of ways.

As long as

you are encased in

the ego's walls [that separate you from the process of life beyond death],

you must fear death,

even as

you destructively wish for it [i.e., even as you destructively wish for death],
motivated by

- hostility and
- the wish to escape.

You can truly

remove this fear

when you abandon

the ego attitudes.

	<ul style="list-style-type: none">• <u>Playing</u> <u>fair and square with life,</u> <u>without cheating,</u>• <u>not setting yourself above others</u> <u>and therefore</u> <u>not feeling below them</u> <p style="text-align: center;"><u>will indeed</u> <u>make you fearless.</u></p> <p><u>For your fear</u> <u>is conditioned by</u> <u>your ego,</u> <u>as you know</u> <u>but choose to forget.</u></p>
63	<p><u>Any</u> • <u>question,</u> <u>any</u> • <u>problem,</u> <u>any</u> • <u>conflict,</u> <u>any</u> • <u>darkness,</u></p> <p style="text-align: center;">• <u>can</u> <u>and</u> • <u>should</u> <u>be</u> • <u>taken into meditation</u> <u>and</u> • <u>dealt with</u> <u>honestly.</u></p> <p><u>The only problem here,</u> <u>my dearest friends,</u> <u>is that</u> <u>even when you have already</u> • <u>experienced the truth of meditation and</u> • <u>have genuine faith in it,</u> <u>you still tend to forget to use</u> <u>this wonderful communication.</u></p>

*It simply does not occur to you
to use it [i.e., to use meditation]
at all times;*

*you forget
how effectively
it [i.e., how effectively meditation]
can be used
for*

- *the smallest*

and

- *the biggest*
issues of living.

*In reality
there is
no*

- *small*

or

- *big.*

*Everything
is important.*

*Every issue
makes room for
the alternatives of*

- *constructive*

or

- *destructive*
attitudes.

You can choose to adopt

- *truthful*

or

- *erroneous*
ones [i.e., truthful or erroneous attitudes],

- *divine*

or

- *demonic*
ones [i.e., divine or demonic attitudes].

	<p><u>Since</u> <u>everything</u> <u>can be</u> <ul style="list-style-type: none"> • <u>important</u> <u>or</u> <ul style="list-style-type: none"> • <u>unimportant,</u> <u>depending on</u> <u>your vantage point,</u> <u>everything</u> <u>can be taken into meditation.</u></p>
64	<p><u>As you</u> <u>meditate to remove your blocks,</u> <u>you will</u> <u>increasingly</u> <u>be</u> <ul style="list-style-type: none"> • <u>lived</u> <u>through,</u> • <u>lived</u> <u>by,</u> <u>and be</u> <ul style="list-style-type: none"> • <u>a manifestation of</u> <u>the divine expression</u> <u>as this particular entity</u> <u>you are now.</u> <u>Then there is</u> <u>no more</u> <ul style="list-style-type: none"> • <u>wall,</u> <u>no more</u> <ul style="list-style-type: none"> • <u>ego:</u> <u>you are</u> <u>the divine consciousness.</u> </p>

[Then, as the divine consciousness you are,]

You no longer
need to go into
specific acts of meditation,
in the sense of

- thinking and
- concentrating,
- consolidating your thoughts and
- listening,
- shutting out

the vagaries of the mind
that want to take you away.

You will
not have to make an effort.

You will just
emanate
creating.

You will

- live it [i.e., live creating],
- breathe it [i.e., breathe creating],
- be it [i.e., be creating].

Every

- expression

and

- thought

and

- feeling

will be
a creative meditative act
when
the real you [i.e., the divine consciousness you are,]
is free.

65

There are other stages [i.e., There are other stages of enlightenment leading up to
this stage of enlightenment in which the real you is free]
I wish to discuss briefly
[and] that are important to know.

The least enlightened people
use
petitionary prayer.

We do not need to go into this,
for none of you
are in that state any longer.

The concept [in this least enlightened state]
that
an outer entity

- hears,
- rewards you arbitrarily,

and so on,
is obviously
the result of a

- childish,
- undeveloped

state.

If such people
plead humbly enough,
they imagine
the wish
will be granted
by this separated other entity [i.e., will be granted by a “god” outside
and separate from themselves].

Even these
primitive petitionary prayers
may often be heard [i.e., seemingly “answered”]
because

- the power of conviction,
- the visualization,
- the law that
“according to your belief you shall experience,”
is followed.

The power of
the thought
does it [i.e., results in the request seemingly being granted by a “god”
outside and separate from the individual who is praying].

	<ul style="list-style-type: none"> • <u>Love,</u> • <u>humility of spirit, and</u> • <u>honesty</u> <p><u>may also help</u> <u>the power of thought</u> <u>to be effective,</u> <u>in spite of</u> <u>the primitive belief [i.e., the belief that an outer entity or “god”</u> <u>has arbitrarily chosen to “answer yes” to one’s prayer].</u></p>
66	<p><u>The next stage [i.e., the second stage of enlightenment]</u> <u>is already</u> <u>much more enlightened,</u> <u>and that is</u> <u>a request.</u></p> <p><u>It means</u></p> <ul style="list-style-type: none"> • <u>that you request</u> <u>your self</u> <u>to go in a certain direction [of personal development or fulfillment];</u> • <u>that you know that</u> <ul style="list-style-type: none"> • <u>these processes [i.e., these processes of development and meditation]</u> <u>are bound to respond and</u> • <u>what you desire</u> <u>is in keeping with</u> <u>the immutable divine laws.</u>
67	<p><u>The third stage [of enlightenment]</u> <u>is knowing</u></p> <ul style="list-style-type: none"> • <u>that your wish</u> <u>will be fulfilled;</u> • <u>that you</u> <ul style="list-style-type: none"> • <u>have a right to fulfillment</u> <u>and</u> • <u>deserve it [i.e., deserve fulfillment]</u> <u>because</u> <u>you are willing to give up</u> <u>all</u> <ul style="list-style-type: none"> • <u>negative,</u> • <u>obstructing</u> <u>attitudes.</u>

This total commitment
leads you to believe
that the divine

- *power and*
- *consciousness*

within you
is bound to respond.

68

In the fourth and most advanced stage [of enlightenment]
you
know
your wish has been
fulfilled
even before
it has manifested.

This [knowing]
occurs
with
an inner click
in which
you
experience
the

- *ongoing,*
- *immutable*

divine process.

This [fourth] state
has eliminated
all doubt
because
your negativity
has been eliminated.

69	<p><u>You may</u> <u>in some areas of your life</u> <u>be in the second [stage of enlightenment],</u></p> <p><u>in other areas [of your life]</u> <u>in the third [stage of enlightenment],</u></p> <p><u>and still others [i.e., and in still other areas of your life]</u> <u>in the fourth stage [of enlightenment].</u></p> <p><u>This is</u> <u>a good gauge for you.</u></p> <p><u>The fourth stage [of enlightenment]</u> <u>means</u> <u>you are in a stage of</u> <u>union.</u></p>
70	<p><u>My dearest friends,</u> <u>when</u> <u>• I withdraw</u> <u>and</u> <u>• you stay here together for a while,</u> <u>• maybe one of you</u> <u>will spontaneously feel like</u> <u>meditating aloud</u></p> <p><u>• and little by little</u> <u>others can participate.</u></p> <p><u>Let it [i.e., Let this meditating aloud together]</u> <u>become</u> <u>a spontaneous expression.</u></p> <p><u>You can thus generate</u> <u>a marvelous energy here</u> <u>which can be used for</u> <u>any purpose</u> <u>on your path.</u></p>

You can eventually
use it [i.e., *use this marvelous energy that you generate*
when you spontaneously meditate aloud together]
directly on someone
who needs it
for a specific purpose,
similar to the way
I now give my power [i.e., *the way I now give the force*]
to you.

It [i.e., *this marvelous power from the group when it spontaneously meditates aloud*
directly on someone who needs it for a specific purpose]
will
in its own way
be an even stronger tool [i.e., *stronger than the force I give*].

The energy
of many
is
not only
more powerful than that of one,
but it [i.e., *the energy of many*]
will also help you to realize
what power
you [i.e., *you as a group*]
can generate
when rightly channeled.

Let yourself
be inspired
and let come
what comes.

Be blessed
with
 • *love,*

and
 • *truth,*

and
 • *power.*

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