

Pathwork Lecture 195 *Identification and Intentionality: Identification with the Spiritual Self to Overcome Negative Intentionality*

1996 Edition, Given November 19, 1971

This lecture is given in an **expanded poetic format**, what I call a **Devotional Version** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and I ask you to ponder the words for your own interpretation. I did this Devotional Version so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**.

The blessings to me in developing this version have been truly profound, and my wish is that this Devotional Version will be a blessing to others. ***I invite you to slowly read and ponder this version of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to live you.***

For clarity: The original text is in bold, sometimes italicized. [My adds of commentary/clarification are in brackets, italicized, and not bolded.] To learn more of my Devotional Version and to access the few lectures I have done in this way, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/> Gary Vollbracht

¶#	Content
03	<p>Blessings and greetings for every one of you here.</p> <p>Let the <i>power of spirit</i></p> <ul style="list-style-type: none"> • enliven you, • live and • manifest through you. <p>Then you will be in the <i>real world</i> and your life will have <i>meaning</i>.</p> <p>Every step you take in this direction [<i>i.e., empowered by spirit</i>] generates new energy.</p> <p>You who</p> <ul style="list-style-type: none"> • truly <i>want</i> to find out who you are, and • are prepared to <i>make the sacrifice</i> of giving up <i>old destructive patterns</i> of <ul style="list-style-type: none"> • <i>thinking</i> and • <i>reacting,</i> <p>will discover the <i>incomparable treasure</i> within you.</p>

	<p>Then the word <i>sacrifice</i> becomes indeed <i>ludicrous,</i> for you</p> <ul style="list-style-type: none">• <i>give up</i> <i>nothing</i>• <i>to gain</i> <i>everything.</i>
04	<p>In the last few months a <i>powerful new energy</i> has been generated by the <i>efforts of</i></p> <ul style="list-style-type: none">• <i>each individual</i> as well as by• <i>the group as a whole.</i> <p><i>You have set in motion</i> something that is indeed <i>greater than</i> <i>the human life</i> <i>you know.</i></p> <p>This has become noticeable to all who <i>want to</i></p> <ul style="list-style-type: none">• <i>see and</i>• <i>perceive.</i> <p>It would require a <i>deliberate insistence to</i> <i>blind oneself</i> <i>not to be aware of</i></p> <ul style="list-style-type: none">• <i>remarkable progress in you;</i>• <i>new movement in your</i><ul style="list-style-type: none">• <i>inner and</i>• <i>outer</i><i>lives;</i>• <i>renewal of</i> <i>feelings and</i>• <i>depth of</i> <i>new experience.</i> <p>You all have become much <i>more keenly aware of</i> <i>yourselves</i> and consequently <i>life begins to open up</i> <i>more and more.</i></p>

Similarly,
this *same new influx* is
certainly apparent
• in the *life*
of the *group*;
• in the *dynamics* and
• in the *feeling experiences*,
• in
the *honesty of feelings* and
the *more intimate relating*
among yourselves.

What is more,
the *spiritual force* is
now so great
as a *result of*
your
• *efforts* and
• *progress*,
that even
the most skeptical among you
begin to see that
their *skepticism* is in itself an
adopted defense.

At this point
the *validity of this pathwork* is
no longer
• a *theory* or
• a *philosophy*.

It has become
• a *reality* and
• an *experience*
that can *no longer be questioned*.

05

As you become more
• *perceptive* and
• *attuned*
as a *result of*
your accelerating development,
you *know* that
the reality
of spirit
is *much greater than that*
of the things you
• *touch* and
• *see*.

	<p>The <i>spiritual energy</i> that is generated by you becomes <i>self-perpetuating</i>.</p> <p>This is noticeable</p> <ul style="list-style-type: none">• in your <i>personal</i> lives as well as• in your <i>undertakings with others</i>. <p>Of course, even after making great progress you <i>still have to deal with your</i></p> <ul style="list-style-type: none">• <i>defenses</i> and• <i>undissolved negativities,</i> <p>your</p> <ul style="list-style-type: none">• <i>resistances,</i>• <i>distortions,</i> and• <i>darkness.</i> <p><i>Hence we must</i> <i>plough ahead in our work,</i> <i>to make more spiritual strength</i> <i>available for</i> <i>eliminating the</i> <i>negative aspects</i> <i>in your personality:</i></p> <ul style="list-style-type: none">• more of the <i>unreality,</i> <p>and</p> <ul style="list-style-type: none">• more of the <i>mask.</i> <p>As usual, these [<i>negative</i>] aspects must first be <i>fully</i></p> <ul style="list-style-type: none">• <i>acknowledged</i> and• <i>accepted</i> <p>before you can give them up.</p> <p>It is impossible to let go of something you</p> <ul style="list-style-type: none">• do not [<i>even</i>] know you have or• will not express.
06	<p>Once again I should like to find the <i>common denominator</i> of where most of you are at this time.</p> <p>This applies only to those who <i>truly follow the path</i></p> <ul style="list-style-type: none">• <i>in all ways,</i>• <i>with all available help.</i>

	<p>For those [<i>who truly follow the path in all ways, using all available help</i>] it will immediately become apparent that right now you find yourself at the crucial point which I shall discuss tonight.</p> <p><i>Some of you may already have made some steps to</i> • <i>pass this point.</i></p> <p><i>Others may</i> [<i>be behind this point and</i>] still struggle to • verify this point of self-awareness, but will sense that they are <u>on the threshold.</u></p> <p>But most of my friends are • <u>exactly at the point</u> I shall now discuss.</p>
07	<p>Now I should like to speak about the need to <i>be aware of</i> your previously concealed but now conscious <u>negative intentionality.</u></p> <p>In the past you may have accepted the <i>theory</i> that you, too, have • <i>a lower self,</i> that you have • <i>faults and</i> • <i>character defects.</i></p> <p>You may have even • <i>faced many of them and</i> • <i>dealt with them</i> • <i>honestly and</i> • <i>constructively.</i></p> <p>But this is <u>not</u> the same as finding your <u>negative intentionality,</u> although there exists a connection between • the latter [<i>your negative intentionality</i>] and [<i>your</i>] • <i>character defects,</i> • <i>images,</i> • <i>misconceptions, and</i> • <i>destructive feelings.</i></p>

08

It is an important fact of human psychology that
 whatever people *fear* [*rage, hate, illness, pain, failure, etc.*],
 they *unconsciously want*,
 that
 whatever they [*actually*] *experience* [*e.g., pain or pleasure, etc.*],
 they also *unconsciously want*.
 The *entire pathwork is*
based on this
true fact of life.

Now many of you are truly
 face to face with a
 basic *negating attitude toward life*:
 an attitude that expresses
no desire

- to give,
- to love,
- to contribute,
- to reach out,
- to receive, or,
- to live,
- well and
- fruitfully.

This may sound preposterous to
 the *conscious* mind that
 wishes for
 nothing more than

- any and
- all

fulfillments imaginable.

But there is this
 other part of the soul [*an unconscious part*],
 in a hidden corner
 of the psyche,
 which says just the opposite.
 It [*i.e., this hidden unconscious part*] *wants*
 to hate,
 to be spiteful,
 to withhold –
 even if this [*hate, spite, etc.*] causes

- suffering and
- deprivation.

09	<p>Recognizing this <i>[negative, unconscious, hidden]</i> part of the soul is of <u>paramount importance.</u></p> <p>It <i>[i.e., this negative unconscious part of the soul]</i> need not be the major part of the self.</p> <p>In fact, it may be that a relatively small part of your consciousness is locked into negation,</p> <p>while a much more substantial part of the self strives for the opposite <i>[i.e., the positive aspects of life].</i></p> <p>But no matter how small in relationship to the <ul style="list-style-type: none">• liberated,• positiveaspects of self,</p> <p>the <u>negative part</u> holds a magnetic power over the life of the individual precisely because it <i>[i.e., this negative unconscious part of the soul]</i> is not being consciously recognized.</p>
10	<p>When <u>full awareness of</u> this <u>negative intentionality</u> surfaces,</p> <p>it begins to dawn on you how strong a grip this devastating attitude has on you.</p> <p>[Yet] In spite of knowing how <ul style="list-style-type: none">• destructive and• senseless it <i>[i.e., this negative unconscious part of the soul]</i> is, <i>[to your amazement]</i> you still find yourself <ul style="list-style-type: none">• unable,<u>or rather</u> <ul style="list-style-type: none">• unwilling to abandon this <i>[life-negating]</i> attitude.</p>

	<p>A <u>great effort</u> to overcome <i>resistance [to doing the necessary work on yourself needed to accept your negative intentionality]</i> is necessary before you can accept this, at first shocking, <i>realization</i> about your life.</p> <p>As a matter of fact, much of the resistance you encounter in</p> <ul style="list-style-type: none"> • yourself and • your companions <p>is based precisely on <u><i>not wanting to see the</i></u> <i>existence of such</i></p> <ul style="list-style-type: none"> • <i>senseless destruction and</i> • <i>negation</i> <i>within you.</i>
11	<p>But when you <i>finally do see it [i.e., finally do see your negative intentionality],</i> <u><i>it is a blessing.</i></u></p> <p>You can then <i>deal with this</i> <i>negation of life.</i></p> <p>There are a number of "reasons" for negativity, if we may call them that <i>[i.e., if we may call them "reasons"]</i> of which you are already quite <i>conscious.</i></p> <p>Nevertheless <i>[even though you know the "reasons" for your negation of life],</i> you may find that you still <u>cannot move from this point.</u></p> <p>Yet the mere fact that you <u>know</u> that <u>you</u> are the one who <u>wants</u></p> <ul style="list-style-type: none"> • <i>isolation,</i> • <i>loneliness,</i> • <i>lovelessness,</i> • <i>hate, and</i> • <i>spite,</i>

	<p><i>instead of blaming some fate that befalls the innocent you,</i> is a key to <i>finding the next link in the chain of your evolution.</i></p>
12	<p>At this point, it would be useful to make a <i>clear distinction</i> between • <i>negativity</i> and • <i>negative intentionality.</i></p> <p><i>Negativity</i> comprises a wide range of <i>feelings</i> including • <i>faults,</i> • <i>hostility,</i> • <i>reality-distortions,</i> • <i>envy,</i> • <i>hate,</i> • <i>fear,</i> • <i>pride, and</i> • <i>anger,</i> to name a few.</p> <p>But when we speak of <i>negative intentionality,</i> we mean expressly the <u><i>intention to hold on to</i></u> the state of <i>negating</i> • <i>life and</i> • <i>the self.</i></p> <p>The mere word <u><i>intention</i></u> connotes that the <u><i>self</i></u> • <i>is in charge, and</i> • makes a <u><i>deliberate choice,</i></u> <u><i>intending to</i></u> • <i>do,</i> • <i>act, and to</i> • <i>be</i> in a certain way.</p>

Now
 even when you
 own up to the
 • *destructive,*
 • *cruel, and*
 • *brutal*
 attitudes,
 you always
 give an impression that
 you cannot help
 being the
 way you are.

However
 when you ferret out
 your *negative intentionality,*
 you can no longer
 deceive yourself that
 negativity
 just "happens" to you.

You must
 sooner or later
 come to terms with
 the fact that
 your life
 is the result of
 your choices.

And
 choice
 implies the possibility of
 adopting
 another attitude.

In other words,
 you can truly *discover*
 on a deep level that
 you are free.

Even
 your present narrow confines are the
 result of a
 freely chosen
 course
 • *you follow and*
 • *[you] will continue to follow*
 until *you*
 choose to
 change this course.

13	<p>To the <i>conscious</i> mind, such <i>negative intentions</i> may appear <i>preposterous</i>, but rest assured that <u><i>negative intentionality</i></u> <u><i>indeed exists.</i></u></p> <ul style="list-style-type: none"> • To <i>admit</i> and • to <i>deal with</i> <p>this fact [<i>that negative intentionality indeed exists, and to do so</i>] <ul style="list-style-type: none"> • <i>extensively</i> and • <i>profoundly</i> takes</p> <ul style="list-style-type: none"> • <i>considerable struggle,</i> • <i>effort, and</i> • <i>patience</i> as well as an • <i>inner overcoming of resistance</i> [<i>i.e., the resistance one has to admitting and dealing with this negative intentionality</i>]. <p>I do not talk about an <ul style="list-style-type: none"> • <i>occasional</i> • <i>vague hint</i> of a recognition that is then left to itself [<i>and not dealt with</i>]. <p>[<i>Rather, know that</i>] Truly dealing with one's <u>negative intentionality</u> <ul style="list-style-type: none"> • is a <u><i>major crisis</i></u> <i>in one's life</i> and • <i>signifies a</i> basic transition [<i>from negative to positive intentionality</i>]. <p>It [<i>i.e., this transition from negative to positive intentionality</i>] is not something that anyone can <i>easily</i> come by.</p> </p></p>
14	<p>Let us now look at certain <i>fundamental</i> <ul style="list-style-type: none"> • <i>stages</i> and • <i>progressions</i> of this transition [<i>from negative to positive intentionality</i>].</p> <p>You can start out on such a path <i>without [even] any awareness of your</i> stubborn negative intentions.</p>

	<p>As I said before, if you were to be confronted with this fact [<i>i.e.</i>, <i>the fact of your stubborn negative intentions</i>], you could <i>not</i></p> <ul style="list-style-type: none">• <i>believe it</i>, let alone• <i>feel</i> and• <i>observe it</i> <i>within you.</i> <p>You <i>might</i> be aware of some</p> <ul style="list-style-type: none">• <i>faults</i> and• <i>destructive attitudes</i>, of some• <i>neurotic</i><ul style="list-style-type: none">• <i>behavior</i> and• <i>feelings</i>, <p>but I cannot sufficiently emphasize that <i>this is <u>not at all the same</u> as</i> <i>being aware of</i> <i>your <u>negative intentionality</u>.</i></p>
15	<p>When your <i>pathwork progresses well</i> and <i>you gain</i></p> <ul style="list-style-type: none">• <i>deeper</i> and• <i>more honest</i> <i>insight into yourself</i> <p><i>you can accept</i> <i>more of</i></p> <ul style="list-style-type: none">• <i>your good</i> as well as• <i>your painful</i> <i>feelings.</i> <p><i>You gain</i></p> <ul style="list-style-type: none">• <i>strength</i> and• <i>objectivity.</i> <p>By your <i>renewed commitment to</i> <i>facing the truth in yourself</i> <i>over and over again,</i> <i>which activates the</i> <i>purest spiritual energies,</i></p> <p><i>you finally come to discover</i> <i>your <u>intentional negation</u> of</i> <i><u>all the</u></i> <i><u>good things in life.</u></i></p>

	<p>You will find that <i>the more frustrated you feel</i> <i>for not attaining what you</i> <i>so ardently desire,</i> <i>[then] the</i></p> <ul style="list-style-type: none">• greater your <i>inner negative intention</i> and• the less inclination you have <i>to deal with it [i.e., to deal with</i> <i>your negative intentionality].</i> <p>This correlation <i>[between your frustration for not attaining what you desire</i> <i>and your <u>negative intention</u> and resistance to deal with it]</i> is extremely important.</p> <p>The same applies to <i>doubts:</i></p> <p>the more you fear that <i>what you want</i> will <u>not</u> materialize <i>[i.e., the more you doubt that what you truly want</i> <i>in life will actually materialize],</i> <i>[then] the less faith you have</i> <i>in your life [overall], and [also]</i> the less connected you are with your own <i>negative will</i>.</p>
16	<p>That the self <i>deliberately chooses a</i> course of</p> <ul style="list-style-type: none">• <i>denial,</i>• <i>spite, and</i>• <i>hate</i> <p>even at the price of suffering is tremendously difficult to admit.</p> <p>But once this <i>[admission of negative intentionality]</i> is done, the door opens to <u>freedom,</u> even before one is actually ready to step through it <i>[i.e., step through the door of</i> <i>freedom].</i></p>

	<p><i>Even before the self is ready to make a <u>new choice</u> [i.e., new vs. the old course of denial, spite, hate], the mere availability of</i></p> <ul style="list-style-type: none"> • <i>another road,</i> • <i>another approach</i> <ul style="list-style-type: none"> • <i>to life and [another approach]</i> • <i>to reinvesting one's</i> <ul style="list-style-type: none"> • <i>energies and</i> • <i>resources,</i> <p><i>brings hope – <u>not false hope</u>, but realistic expectation [i.e., expectations that are realizable].</i></p>
17	<p><i>You pin so much on solutions based on</i></p> <ul style="list-style-type: none"> • <i>unrealizable hopes [i.e., pseudo-solutions that are not possible]</i> • <i>[wishful thinking] or on</i> • <i>sheer illusion.</i> <p><i>But [in truth] there exists a</i></p> <ul style="list-style-type: none"> • <i>real,</i> • <i>realistic and</i> • <i>realizable</i> <p><i>hope:</i></p> <p><i>a hope [i.e., a possible solution] that is <u>not bound to wind up in</u></i></p> <ul style="list-style-type: none"> • <i>disappointments and</i> • <i>disillusionments.</i> <p><i>This [realizable] hope slowly but surely grows into</i></p> <ul style="list-style-type: none"> • <i>manifest reality and</i> • <i>fact,</i> <p><i>resulting in</i></p> <ul style="list-style-type: none"> • <i>self-fulfillment and the</i> • <i>realization of</i> <p><i>the best within you, and therefore access to <u>all that life has to offer.</u></i></p> <p><i>Just think of all the potentialities life has to offer.</i></p> <ul style="list-style-type: none"> • <i>They are endless and</i> • <i>they are yours for the asking.</i>

18

However,
important as it is to
discover the *existence* of your
negative intentionality,
awareness [*of your negative intentionality*]
is not the same as
giving it up.

You who have arrived at this point
have found this only to be
too true.

It is possible to
• *fully recognize and*
• *admit*
negativity [*and negative intentionality*]
and yet
not be at all
• *ready and*
• *willing*
to let go of it.

Sometimes [*it does turn out that*]
it *can* happen that
realizing a
• *destructive or*
• *distorted*
attitude
automatically
eliminates it,
but this is not always true.

It becomes evident
again and again
in almost everybody's work that
in spite of knowing how
• *senseless and*
• *destructive*
one's negative intentionality is,
more than
just recognizing it
is required
before
• *the mind,*
• *the will, and*
• *the intention*
can be changed.

19

There are
*many reasons for
 this difficulty [of not dropping your negative intentionality
 once you become aware of it in you].*

Some of the *major fears [of dropping negative intentionality] are:*

- *fear of the unknown,*
 - *fear of being*
 - *hurt and*
 - *humiliated,*
 - *fear of and*
 - *refusal to experience*
 - *past and*
 - *present*
- pain.*

A negative attitude
*functions as a
 defense against
 [feeling your] real feelings.*

Holding on to
negative will direction
 is also the result of
 a *refusal*

- *to assume self-responsibility, or*
- *to deal with less than ideal circumstances.*

The *origin of
 this negation of life
 is in childhood.*

It is now
 your *inner insistence on*

- *forcing your*
 "bad parents"
- *to become*
 "good parents"
 out of [their feeling their] guilt,
 [in other words,] using your misery
 as a weapon against them [by
 making them feel guilty for your
 misery].

Negative intentionality
 is also a means
 to *punish [not only your "bad parents" but also]
 life in general.*

	<p>Some of you may have <i>amply</i></p> <ul style="list-style-type: none"> • <i>explored,</i> • <i>verified and [even]</i> • <i>worked through [the causes of]</i> <p style="padding-left: 40px;">these</p> <ul style="list-style-type: none"> • <i>feelings,</i> • <i>reactions and</i> • <i>attitudes</i> <p style="padding-left: 80px;"><i>[of negativity and negative intentionality],</i></p> <p><i>yet [nonetheless] you still <u>insist on</u></i> <i><u>holding on to them.</u></i> <u>Why?</u></p>
20	<p>Often it <i>[i.e., the child's immature <u>negative intentionality</u>] is a <u>child's only way to</u></i> <i><u>preserve its selfhood</u> [immature though it is in childhood].</i></p> <p>If the <u>child's inner resistance</u> to letting go of this <i>[immature negative] intent</i> <u>is not maintained,</u> the <i>[child's immature] personality feels threatened:</i></p> <p>the child equates giving up the resistance <i>[to letting go of its immature negative intentionality]</i></p> <p>with capitulation, <i>[that is,] with</i> giving up his <i>[still childish and immature] individuality</i> <i>[which is still, in its immature state, full of <u>negative intentionality</u>].</i></p> <p>Many of you are aware of this and know the inappropriateness of carrying a once valid position <i>[i.e., the child's once-valid resistance to giving up negative</i> <i>intentionality in order to preserved the child's</i> <i>individuality]</i> into the present <i>[state of adulthood]</i></p> <p>where it <i>[i.e., this defense against letting go of childish negative intentionality]</i> is</p> <ul style="list-style-type: none"> • <i>no longer valid and</i> <i>[is actually]</i> • <u>downright destructive.</u>

21

It may seem
almost *inconceivable*
to those of you who have not yet made the self-discovery
that one can
admit to a downright

- *senseless,*
- *wasteful*

attitude [of negative intentionality]
that does nothing but
bring *undesirable results,*
and yet
***insist on maintaining it* [this attitude of negative intentionality].**

Why does this
apparently senseless refusal
exist,

- **even though you *know* it**
only *causes*
you and
others
pain?
[And even though you know]
- **It makes you *miss out***
on living
 - ***fully and***
 - ***joyfully***

and [even though you also know that] it
causes you [needless]

- ***severe guilt and***
- ***self-punishment.***

There *must be* a
powerful reason* [for holding onto negative intentionality] **that*
obviously goes beyond
any of the aforementioned causes
[i.e., beyond

- ***defense against feeling fears,***
- ***preserving the child's selfhood,***
- ***punishing parents and***
- ***punishing life in general]***

– true as they are in themselves.

Many of you

- **are *stuck at this particular point***
[of holding onto negative intentionality] **and**
- ***need help to get beyond it.***

22	<p><i>What truly prevents you from saying,</i></p> <ul style="list-style-type: none">• "I do <i>not</i> want to hate, <i>I want to love.</i>• I do <i>not</i> want to withhold any longer, but want to <i>give the best of myself to life.</i>• I do <i>not</i> need my spitefulness and <i>truly desire to give it up.</i>• I want to<ul style="list-style-type: none">• <i>reach out and</i>• <i>give to life and</i> <i>receive equally</i> <i>the best life has to offer?"</i> <p><i><u>This lecture hopefully will help you further to understand this resistance.</u></i></p>
23	<p>In order to deal with this bottleneck, the <u>question of identification</u> has to be focused on. <u>What part of yourself do you identify with?</u></p> <p>Such identification is not something the <i>conscious ego [wills or]</i> chooses.</p> <p>[Rather] Once again, It [i.e., what you identify with] is something that must be <u>discovered</u> by your <u>observing mind</u> [-- by your <u>observing what is actually going on in you</u>].</p> <p><i>In what way are you identified with the different parts of your being?</i></p>
24	<p>For example, if [through self-observation you conclude that] you <u>exclusively identify</u> with the <u>ego</u> – [i.e.,] that</p> <ul style="list-style-type: none">• <i>conscious,</i>• <i>willing,</i>• <i>acting</i> <p><i>part of you –</i></p>

*[then] it is
automatically impossible to
bring a change [in yourself] that lies
beyond the province of
the ego.*

[For example, since deep inner change is beyond the province of the ego.]

**Inner change of
the deepest**

- *attitudes and*
- *feelings*

**of an individual
cannot be brought about by
the very limited functions of
the ego.**

*[Rather, for deep inner change] One must
be identified with a*

- *deeper,*
- *broader, and*
- *more effective*

**aspect of the self
in order to
even believe in
the possibility of
such a change.**

**Any profound change
comes about by the ego**

*[first] committing itself to
wanting the change, and
[then] trusting in the processes of
the involuntary spiritual self to
bring it [i.e., bring the deep change] about.*

**If there is
no identification
with the spiritual self,**

[then]

- **such trust** *[in the processes of the involuntary spiritual self]* **and**
- **the necessary climate** *[resulting from that trust, the climate]* **of**
- *unpressured*
- *positive*

**expectation
cannot exist.**

	<p>And if it <i>[i.e., if this trust in the spiritual self]</i> does not exist, the person cannot even want it <i>[i.e., cannot want the change of the “nonexistant” inner self],</i> for the conviction of failure <i>[of fulfilling that want]</i> would drive home the <u>powerlessness of the ego</u> <i>[to manifest inner change]</i> in too unpleasant a way.</p> <p>Thus it is preferable for the limited ego to say, "I do not want <i>[profound inner change]"</i> than to say, "I <i>[am powerless and]</i> cannot <i>[manifest profound inner change]."</i></p>
25	<p>On a superficial level <i>[where one is identified with the limited ego],</i> the exact opposite situation exists: "I won't <i>[choose to want to manifest profound inner change]"</i> is denied with "I can't <i>[manifest profound inner change, it is beyond me]."</i></p> <p><i>[However]</i> On a <ul style="list-style-type: none"> • deeper and • more subtle level it <i>[i.e., the inner argument]</i> is reversed,</p> <p>simply because the ego does not want to admit its limitations <i>[that it can't manifest profound inner change],</i> and yet the self has not found the way to identify with the spirit <i>[which holds the power necessary to manifest profound inner change].</i></p>
26	<p>Identification can exist in a most <ul style="list-style-type: none"> • positive and • constructive way</p> <p>or</p> <p>in a most negative, obstructive and destructive way.</p>

	<p>The difference <i>[between identification being in a positive or negative way]</i> is not determined by your identification with</p> <ul style="list-style-type: none">• one or• the other <p>of the various personality aspects <i>[themselves]</i> – as if</p> <p>one <i>[aspect]</i> would be good <i>[per se],</i> the other <i>[aspect]</i> bad <i>[per se].</i></p> <p>Identification with any <i>[particular]</i> aspect of yourself can be</p> <p>either</p> <ul style="list-style-type: none">• <i>desirable,</i>• <i>healthy and</i>• <i>fruitful,</i> <p>or</p> <ul style="list-style-type: none">• <i>the opposite.</i> <p>For example, you might think, "How can it be <i>destructive</i> to identify with the higher self?"</p> <p>Or, conversely, "How could it be <i>desirable</i> to identify with the lower self?"</p> <p>I say <u><i>it can be either</i></u> <i>[desirable or undesirable to identify with either the higher or lower selves].</i></p>
27	<p><i>[For example]</i> If you identify with</p> <ul style="list-style-type: none">• the higher self or• your spirit, <p>without truly being aware of</p> <ul style="list-style-type: none">• your lower self,• <i>[your]</i> mask self,• your defenses,• your dishonest devices, and• your negative intentionality, <p>then your identification with the higher self becomes an</p> <ul style="list-style-type: none">• escape <i>[, a spiritual bypassing,]</i> and an• illusion.

	<p>Under these circumstances it [<i>your identification with your higher self exclusively</i>] is not at all</p> <ul style="list-style-type: none">• a <i>truthful</i> or• a <i>real</i> <i>experience.</i> <p>[<i>Rather</i>] It is much more like paying lip service to a philosophy [<i>or theory</i>] you believe in on the purely intellectual level.</p> <p>It is all very well to know that you are [<i>in fact</i>] a divine manifestation with potentially limitless power to change</p> <ul style="list-style-type: none">• yourself and• your life, <p>[<i>and</i>] that you are the very spirit of the universe in manifest form.</p> <p><u>This is true</u> [<i>in fact</i>]. <u>And yet</u> It [<i>identifying exclusively with your higher self</i>] is [<i>only</i>] a half-truth when this kind of identification overlooks the part of you which [<i>desperately</i>] needs your</p> <ul style="list-style-type: none">• <i>scrutiny</i> and• <i>candid attention</i> <p>[<i>namely, your lower self and mask parts</i>].</p>
28	<p>By the same token, identification with your lower self can be</p> <ul style="list-style-type: none">• <i>desirable</i> or• <i>undesirable.</i> <p>[<i>However</i>] Perhaps we can best put it this way: It is one thing to identify with</p> <ul style="list-style-type: none">• your <i>lower self</i> or• your <i>mask self</i>, <p>but to</p> <ul style="list-style-type: none">• <i>observe</i> and• <i>identify</i> <p>it [<i>without identifying with the lower self or mask self</i>], is another.</p>

When you are
identified with
 the *lower self*,
 you believe that
 this [*lower self aspect of you*] is
all there is to you.

When [*on the other hand*] you

- *identify it,*
- *observe [it],*
- *admit [it], and*
- *tackle it,*

you do *not believe*
 that *this* [*which you are observing and tackling*]
is all there is to you.

If it were [*all that there is to you*],
 you could not

- *identify,*
- *observe,*
- *evaluate,*
- *analyze and*
- *change*

it.

For
 that part of you
 which is doing all this watching [*analyzing, and changing*]
 is certainly

- *more in charge,*
- *has more power, and*
- *is more*

- *active and*
- *real*

than the part that is

- *being observed,*
- *evaluated, or*
- *changed.*

The moment you identify something [*in some part of you*],

- *good,*
- *bad or*
- *indifferent,*

the identifying part is
more [*actually*] *you* [*i.e., more your real self*
your Essence]
than whatever is being identified.

	<p>In other words the <u>observer</u> is more</p> <ul style="list-style-type: none">• <i>real and</i>• <i>in charge</i> <p>than <u>the observed</u>.</p> <p><i>This is the vast difference between</i></p> <ul style="list-style-type: none">• <i><u>identifying something</u></i> <p><i>and</i></p> <ul style="list-style-type: none">• <i><u>being identified with it</u></i>.
29	<p>When the</p> <ul style="list-style-type: none">• <i>mask and</i>• <i>lower self, or</i>• <i>the negative intentionality and</i>• <i>dishonest games</i> <p>are being <i>identified</i>,</p> <p>there is room for</p> <p><i><u>real feelings</u>,</i></p> <p><i>including pain,</i></p> <p>to be <i>honestly [and fully] experienced, and</i></p> <p>the <i>pain</i> [from seeing <i>effects</i> caused by your mask and lower self.]</p> <p><i><u>no longer needs to be denied</u></i>.</p> <p><i>This [having room for feeling real feelings, including pain]</i></p> <p>is so because</p> <p>the energy no longer invested in denial [of this pain]</p> <p>will [instead be invested in efforts to]</p> <p>bring you to the <i>truth</i> [regarding causes].</p> <p>And when you can</p> <p><i>truly feel your feelings</i> [including pain caused by your lower self aspects],</p> <p>you can then</p> <p><i>identify with</i></p> <p><i>the spiritual self</i></p> <p>[i.e., your spiritual self can <i>safely</i> feel all your feelings].</p>
30	<p>The <u>lower self</u></p> <p>should be <i>identified</i>;</p> <p>the <u>spiritual self</u></p> <p><i>identified with</i>.</p> <p>The <i>ego</i> makes the identification [i.e., <i>chooses to identify with the spiritual self</i>],</p> <p>but gives itself up voluntarily</p> <p>so that it [i.e., the ego] is</p> <p><i>integrated into the spiritual self</i>.</p>

31

When giving up
negative intentionality,
 you already
experience yourself as
something more than
the lower self
whose energies should

- *be dissolved*

in their present form, and

- *be reconverted and*
- *channeled*

in a

- *new and*
- *better*

way.

But when [*on the other hand*] you reaffirm
the senseless refusal
to give up negative will,
 it is because
 you are *totally identified with*
 this [*negative, lower self*] *aspect of the self.*

This [*identification with negative intentionality and lower self aspects*]
 must be so [*in problematic areas of your life*]
 regardless of the [*other areas of your life where live the*]
 developed [*and more mature*] **aspects of yourself**
 where this
 [*identification with lower self aspects*]
may not hold true at all.

In other words,
 this [*identification with lower self aspects*]
 is **not a total condition:**
 It is *not* true that
 either
 a person is *entirely identified with the lower self*
 or
no longer at all [*identified with the lower self*].

You are all invariably a combination.

	<p>Some aspects of the self are free and there a <i>deep spiritual identification</i> may be sensed [<i>and feelings fully felt</i>]; <i>[and] at the same time,</i> the as yet unidentified lower self aspects and <i>unfelt feelings</i> <i>partially</i> create a climate of <i>submersion into the lower self</i></p> <p>and the self fears this [<i>lower self aspect that it tasted, if only briefly</i>] to be <i>its only reality</i>.</p> <p><i>[And finally]</i> A third identification [<i>-identification with the ego-</i>] can also exist this time with the ego believed to be the <i>only</i></p> <ul style="list-style-type: none"> • <i>valid,</i> • <i>reliable</i> <p><i>function.</i></p> <p><i>This is the way people are split in regard to identification.</i></p>
32	<p>When a <i>secret,</i> albeit [<i>only</i>] <i>partial</i> [<i>and not entire</i>], <i>identification with</i> <i>the lower self</i> <i>exists,</i></p> <p>giving it [<i>i.e., that secret partial identification with the lower self</i>] up appears as <i>self-annihilation</i> to that [<i>very real</i>] <i>part of the self</i> which is</p> <ul style="list-style-type: none"> • <i>destructive,</i> • <i>cruel,</i> • <i>hateful,</i> • <i>spiteful,</i> <p>and soon, this [<i>lower self set of traits, or lower self part of the self</i>] seems the [<i>totality of the</i>] real self.</p> <p>The other [<i>higher self part of the self, on the other hand</i>] seems</p> <ul style="list-style-type: none"> • <i>unreal –</i> • <i>perhaps even phony.</i> <p>This [<i>phoniness of higher self aspects of the self</i>] seems true especially when an <i>actual phony veneer</i> [<i>i.e., the mask self</i>] is used to cover up the reality <i>of the lower self.</i></p>

Giving up [*lower self aspects such as*]

- *hate,*
- *spite, and*
- *negative intention*

seems like

giving up

one's very being.

Such **apparent self-annihilation**

cannot be risked [*under any circumstances*],
even for the beckoning promise
of accruing

- *joy and*
- *fulfillment*

from this sacrifice.

At best,

whatever joy there is [*in the world*]

appears to exist

only for someone *other than*

the familiar you.

What good do

- *joy,*
- *fulfillment,*
- *pleasure,*
- *self-respect, and*
- *abundance*

accomplish

if they can only be experienced by
someone *other than you*?

This inarticulate

- *feeling or*
- *climate*

existing within you

is the

most difficult part [*of your resistance*]
***to overcome* –**

or rather perhaps,

the *second* most difficult part.

33	<p>The first [most] difficult part <i>[of the work to overcome your resistance of dealing with your identification with your lower self]</i> is to</p> <p style="text-align: center;"><u>make the initial commitment to</u> <u>find out the truth about yourself.</u></p> <p>This [process of committing to finding out the truth about yourself] includes</p> <ul style="list-style-type: none">• <i>mentally observing and</i>• <i>admitting</i> your <i>real</i><ul style="list-style-type: none">• <i>thoughts and</i>• <i>feelings,</i>• <i>experiencing all your feelings,</i>• <i>owning up to them</i> on <i>all levels.</i> <p>Then you need to answer the question, <i>"How am I going to extricate myself from</i> <i>my identification with</i> <i>my lower self?"</i></p>
34	<p>When you experience yourself as <i>real</i> <i>exclusively in the lower self,</i> to whatever degree this may hold true, <i>[to this degree]</i> <u>you cannot give up the lower self.</u></p> <p>The refusal to do so <i>[i.e., the refusal to give up the lower self]</i> is the <i>misplaced</i> <i>will to live.</i></p> <p>You live in the <i>illusion</i> that <i>beyond your most negative aspects</i> <i>nothing of you exists</i> <i>[so to kill that negative part is to kill the very self – and your will to live will not allow this].</i></p>

	<p><i>[Identifying with your lower self]</i> You feel</p> <ul style="list-style-type: none">• <i>real and</i>• <i>energized</i> <p style="padding-left: 40px;"><i>only when</i></p> <ul style="list-style-type: none">• <i>negativity and</i>• <i>destructiveness</i> <p style="padding-left: 80px;"><i>manifest [in you],</i></p> <p><i>no matter how much</i> <i>the environment</i> <i>curtails it [i.e., curtails your negativity and destructiveness]</i> and <i>forces you to</i> experience this <i>[negative and destructive] energy</i> <i>as [energy] existing</i> only <u>inside</u> of yourself.</p> <p>The <u>outer</u></p> <ul style="list-style-type: none">• <i>deadness and</i>• <i>numbness</i> <p><i>[you feel as a result of not being allowed to let out this negative energy]</i> <u>seem</u> [to be] the result of having "given up" evil;</p> <p>but [in reality] it [i.e., this negative and destructive energy] <u>has not been given up at all;</u> <u>nor do you have to</u> [give up this negative and destructive energy].</p> <p><i>[Rather] The same [negative and destructive] energy</i> can be <u>reconverted</u> <i>[into its original form of positive and constructive energy]</i> once you have <u>stopped denying it</u> <i>[i.e., stopped denying the negative energy].</i></p>
35	<p>My friends, let this sink in:</p> <p style="padding-left: 40px;"><u>Your resistance to</u> <u>giving up</u> <u>what you hate most in yourself</u> <u>is due to a</u> <u>false identification.</u></p> <p>At this point many of you are puzzled about yourselves.</p> <p>You do not understand [yourselves at all, you do not understand] why you do not want to budge from this extremely uncomfortable and undesirable inner position [that you now recognize in yourself].</p>

	<p>You <u>know</u> that <i>there is a beautiful world waiting outside.</i></p> <p>And if you <i>[still refuse to accept this fact and rather]</i> deny this fact,</p> <p>you do so <i>[i.e., you deny the reality of the beautiful world]</i> to justify your position: <i>[namely the position that]</i> if all is dismal anyway, then there is nothing so strange about your state <i>[you see that you fit right in with that dismal world].</i></p> <p>So you often <u>make yourself believe in a</u> <ul style="list-style-type: none">• terrible,• senselessuniverse.</p> <p>Or, if this is not the case, <i>[i.e., if you do not make yourself believe that all the world is terrible and senseless, still]</i> you cannot bring your belief in the <ul style="list-style-type: none">• good and• beautifuluniverse to bear on the negative intentionality.</p>
36	<p>The way you are <ul style="list-style-type: none">• bound and• frozeninto this position of <u>resisting to let go of</u> the <u>negative intentionality</u></p> <p>is not only <ul style="list-style-type: none">• obstinate and• spiteful.<u>That would be too stupid.</u></p> <p>But the <ul style="list-style-type: none">• obstinacy and• spitefulness<i>[do play a role and]</i> harden your position,</p> <p><u>so that your</u> <u>fear of annihilation</u> that would follow if you gave up the lower self grows stronger and <i>[as a result]</i> the negativity becomes self-perpetuating.</p>

	<p><i>[As a result of the self-perpetuating negativity]</i> You then live in a</p> <ul style="list-style-type: none"> • <i>small,</i> • <i>self-enclosed</i> <i>world</i> <p style="text-align: center;">in which the <i>worst of you</i> <i>seems to be your reality.</i></p>
37	<p>How are you going to find your way out <i>[of this negative vicious circle]?</i></p> <p>The <i>first thing</i> to do would be to question yourself,</p> <ul style="list-style-type: none"> • "Is this <i>[lower self negative intentionality]</i> really all I am? • Is it <i>[really]</i> true that <i>my reality ceases to exist</i> <i>when I give up my negative</i> <ul style="list-style-type: none"> • <i>intention and</i> • <i>will?</i> • Is this all there is to me?" <p>The mere fact <i>that you raise these questions honestly</i> <i>will already open a door.</i></p> <p>Even before the answers come <i>[to these questions]</i> – and they will eventually pour forth – <i>the fact that these questions are raised</i> <i>will permit you to come to the</i></p> <p><u>second stage</u> in this progression where you <i>[spontaneously]</i> realize that <u>the part</u> <i>[of you]</i> <u>which asks the question</u> is <u>already beyond your assumed</u> <i>[lower self]</i> <u>identity.</u></p> <p>Thus you already establish a new bridge <i>[that goes from the old state of identifying with the lower self</i> <i>to the new state of identifying with the the observer, the higher self].</i></p> <p>From there on it will not be quite so difficult to find a voice in you that answers in a new way, <i>[a new way that is] beyond the limited scope</i> <i>of the lower self</i> <i>which you used to protect</i> <i>so jealously [as being you].</i></p>

38	<p>Reach out with tentative questions, questions asked</p> <ul style="list-style-type: none">• with good will and• in good faith. <p>This is the very first step to find your way out of your <u>prison of unnecessary suffering.</u></p> <p>When you do this, you are <i>no longer identified with the lower self</i> which</p> <ul style="list-style-type: none">• knows nothing beyond these confined walls and• derives its<ul style="list-style-type: none">• identity, or• reality, <p>from <u>being negative.</u></p> <p>Instead, you come to the point when you can identify it [i.e., identify the lower self] and be its <u>observer</u> [<i>rather than being identified with it</i>].</p> <p><u>Identifying with the observer</u> then becomes</p> <ul style="list-style-type: none">• a first step away from and• a first extension beyond your familiar [<i>negative and destructive</i>] <u>self-experience.</u>
39	<p>Let us assume, for example, that you have grown accustomed to experience yourself as</p> <ul style="list-style-type: none">• haughty,• cold, and• contemptuous. <p>Giving up this attitude seems like dying [for you think this is all that you are].</p> <p>But [ask yourself] dying into what? [You will see that it is] <u>Dying into</u> your <u>true self</u> where</p> <p>your <u>real feelings</u> and your <u>real being</u> are.</p>

	<p><i>If you are willing to feel your feelings regardless of their nature, you will know who you are.</i></p> <p>If you are <i>not</i> willing [to feel your feelings regardless of their nature], you must remain that</p> <ul style="list-style-type: none"> • <i>hard,</i> • <i>stiffened,</i> • <i>limited "self,"</i> [a "self" that is <u>not</u> the <u>real</u> you] <p>Here lies <u>your choice</u> <i>[be the <u>real</u> you – undefended, open, loving, feeling everything, or be the <u>false</u> you – hard, stiff, limited, contracted, negative].</i></p>
40	<p><i>It <u>cannot be claimed</u> that when you give up your negative intentionality you will <u>instantly</u> experience</i></p> <ul style="list-style-type: none"> • <i>universal bliss – or even</i> • <i>earthly bliss.</i> <p>You will [however] experience your <u>real feelings</u>, [and] some of them [will be] <u>quite painful</u>.</p> <p>But the pain will be so much easier to bear than the [hardened, defended, negative] position you now maintain. In its <u>flowing nature</u> it [i.e., the undefended <u>real self</u>] will carry you into</p> <ul style="list-style-type: none"> • <i>new and</i> • <i>better</i> <p style="text-align: center;"><i>states, like <u>the river of life itself</u>.</i></p>
41	<p>The <u>commitment</u> must always be to the <u>truth of the self</u> – what it really</p> <ul style="list-style-type: none"> • <i><u>feels</u> and</i> • <i><u>thinks</u> and</i> • <i><u>is</u>.</i>

	<p>If <i>commitment to the self</i> is the aim, then <u>you cannot fail</u></p> <ul style="list-style-type: none">• to realize yourself.• You will experience <i>new depths of feelings.</i>• You will even <i>welcome the pain</i> for it is<ul style="list-style-type: none">• <i>real and</i>• <i>flowing.</i> <p>It [<i>i.e., the real but flowing pain</i>]</p> <ul style="list-style-type: none">• <i>is moving and</i>• <i>is <u>totally you.</u></i>
42	<p>The first answers you will receive to your questions may <i>not</i> even come from your</p> <ul style="list-style-type: none">• deeper,• spiritual self as yet. <p>You may <i>not</i> experience</p> <ul style="list-style-type: none">• magical revelations,• visions, and• mystical inspirations. <p>[<i>Rather,</i>] The first answers may come from your <i>conscious mind.</i></p> <p>Your ability [<i>to use your familiar conscious mind both</i>] to <i>formulate new</i></p> <ul style="list-style-type: none">• <i>possibilities and</i>• <i>answers and [also]</i> <p>to <u>use</u> the <u>knowledge</u> of <u>truth</u> that <i>is already integrated into your consciousness</i></p> <p>will <i>feel</i></p> <ul style="list-style-type: none">• <u>safe</u> and• <u>very real.</u> <p>At the same time, it [<i>using your conscious mind</i>] will give you a <i>new key to</i></p> <p><i>use the equipment at your disposal in ways other than your habitual old groove.</i></p>

43

*Such new thoughts
may take into consideration that
trying out a positive intentionality
could be*

- *interesting and*
- *desirable*

for you.

You could play at first with

- *forming new thoughts,*
- *weighing new*
 - *possibilities and*
 - *alternatives in the way you*

set your thinking apparatus.

This is an
exciting endeavor and
one that does not in principle oblige you to
follow any [particular] course of action.

It merely means
giving a new scope to
a very set mind.

You can always exert your right to
go back where you were,
you are never coerced by

- *life or*
- *anyone else.*

It is always your choice.

This knowledge [that you can change your mind at any time]
will make the
apparent risk of
trying out a new thought-direction
seem less final.

Just investigate
how it feels to
set a positive intentionality
in motion.

As you avail yourself of
this new freedom,
you build another bridge to
a greater expansion
of the self.

**Little by little
you can**

- *become calm, and*
- *listen into yourself.*

You will perceive the

- *ever present,*
- *ongoing*
voice of
 - *truth* and
 - *God.*

It *[this process of listening to yourself and the voice of truth and God]*
will increase in

- *intensity and*
- *frequency*

until you [come to] realize that
you are everything that exists.

There is nothing you are not,
my friends.

This may sound very far off,
but it is not as far away from you
as it may now seem.

44

Can you try to
take this step
after hearing this lecture?

Maybe you can

- *meditate together,*
as a group, and
- *help each other*
to take this step.

This step needs to
be repeated
many times,
like the *initial commitment to*
finding the truth inside of you.

But every little step

- *liberates more energy and*
- *makes the successive steps easier*

[thus, an upward benign spiral is begun and experienced].

	<p><i>This process could generate tremendous spiritual energy through your</i></p> <ul style="list-style-type: none"><i>• meditation and</i><i>• commitment.</i>
45	<p><i>You who</i></p> <p><i>make yourselves available to new possibilities in</i></p> <ul style="list-style-type: none"><i>• conceiving,</i><i>• perceiving, and</i><i>• forming new inner attitudes</i> <p><i>will <u>experience</u></i></p> <ul style="list-style-type: none"><i>• the <u>richness of the universe,</u></i><i>• the <u>richness of its innermost being.</u></i> <p><i>• New action and</i></p> <ul style="list-style-type: none"><i>• new <u>outer experience</u></i> <p><i>stream forth from that.</i></p> <p><i>[Conversely,]</i></p> <p><i>You who</i></p> <p><i>stay confined within your old possibilities must stay in an unsatisfactory condition</i></p> <p><i>no matter how developed you may be relative to others.</i></p> <p><i><u>There is no standing still.</u></i></p> <p><i>If you stand still you confine yourself.</i></p> <p><i><u>Only when you</u></i></p> <ul style="list-style-type: none"><i><u>continue to expand</u></i> <p><i><u>can you truly become yourself.</u></i></p>

46	<p><i>A beautiful golden force wants to work its way through the clouds.</i></p> <p><i>The clouds disperse more and more.</i></p> <p>To whatever degree you take a step toward merely <i>wanting it</i>, [to that same degree] <i>the clouds become thinner.</i></p> <p>[Conversely] To whatever degree you <i>hide behind</i></p> <ul style="list-style-type: none">• <i>negation and</i>• <i>doubt,</i> <p><i>which are the strongest defenses against coming out of your hold,</i> [to that same degree]</p> <ul style="list-style-type: none">• <i>the golden sun and</i>• <i>force</i> <p><i>cannot come through.</i> <i>But it [the force of the golden sun] is [always] there.</i></p>
47	<p>Do not believe that you have to become a <i>different person.</i></p> <p>[Rather] You [actually] become the <i>best that you already are.</i></p> <p>When you become it [i.e., the best that you already are]</p> <ul style="list-style-type: none">• you will <i>recognize it</i> [since it is, after all, the true you],• you will <i>experience</i> its <i>familiarity</i> [since it is YOU] and• you will <i>feel</i><ul style="list-style-type: none">• <i>how safe it is,</i>• <i>how much you it is!</i> <p><i>It is the best of you.</i></p> <p><i>You do not betray your reality, you do not become something that you need be ashamed of [as you now fear – being your lower self only].</i> [Please] Try to believe this [that the true you is the positive and best you].</p>

	<p>Those who are here, • let go a little. • <i>Let the light come into you</i> and • accept that • <i>reality is not all dismal.</i> • <i>[Rather] It is indeed a <u>beautiful reality.</u></i></p> <p><i><u>The universe is full of love.</u></i></p> <p><i><u>Truth is love</u></i> and <i><u>love is truth.</u></i></p> <p><i><u>The freedom of your own spirit</u></i> <i>will be found in</i> • <u>truth</u> and • <u>love.</u></p> <p><i><u>Be blessed, all of you!</u></i></p>
48	<p>* * *</p> <p>What followed cannot be transcribed. It was an extremely moving experience. <i>Strong energy was generated,</i> <i>which propelled a few of our friends to take this step.</i></p> <p>This led to • <i>deep feelings and</i> • <i>crying,</i> <i>but we helped each other with</i> • <i>affection and</i> • <i>love</i> <i>in a</i> • <i>deep and</i> • <i>genuine</i> <i>way.</i></p> <p><i>The whole group was lifted up into a</i> • <i>new</i> and • <i>freer</i> <i>liberated state.</i></p> <p><i>Unfortunately such experiences cannot be conveyed by words.</i> <i>But at least we want our friends who were not present</i> <i>to know what is happening.</i></p>

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