

# Pathwork Lecture 197: Energy and Consciousness in Distortion: Evil

1996 Edition, Original Given January 14, 1972

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><b><i>Greetings,</i></b> <b><i>all my friends here.</i></b></p> <p><b><i>Divine</i></b> • <b><i> blessings and</i></b> <b><i>divine</i></b> • <b><i>force</i></b> <b><i>pour forth</i></b> <b><i>from</i></b> • <b><i>the world of spirit</i></b> • <b><i>toward and</i></b> • <b><i>into</i></b> • <b><i>you,</i></b></p> <p><b><i>and</i></b> <b><i>from</i></b> • <b><i>the deepest well within you</i></b> <b><i>to infuse</i></b> • <b><i>your personality.</i></b></p>

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Edited by Judith and John Saly; Devotional Format revised and Posted 9/27/16

**However,**  
**this force** [i.e., this divine force from the world of spirit and  
from the deepest well within you]

**must**  
**not be used**  
**to avoid**  
**what you do**  
**not**  
**want to**  

- **see and**
- **know.**

[Rather]  
**It** [i.e., This divine force]  
**should be used**  
**to increase**  
**your honesty with yourself.**

**For only then** [i.e., only when you are honest with yourself]  
**can**  
**love grow**  
**genuinely.**

**And only then** [i.e., only when your love grows genuinely]  
**can you be**  
**secure**  

- **within yourself**
- and**
- **in the world.**

04

**This lecture continues**  
**the sequence of previous lectures,**  
**particularly of the last two.**  
[Lecture 195: Identification and Intentionality: Identification  
with the Spiritual Self to Overcome Negative Intentionality]  
[Lecture 196: Commitment: Cause and Effect]

As you know,  
lectures come in sequences,  
which then apparently  
stop  
and  
switch to a new emphasis.

And yet  
all these  
• topics and  
• sequences  
form  
one whole,  
an ongoing  
• chain or  
• spiral,  
as all  
• universal movements  
are  
• spiral movements  
if  
they are  
in harmony  
with creation.

05

In tonight's lecture  
I would like to deal again,  
from a different angle,  
with the concept of  
evil.

There are  
many levels  
on which  
each part of creation  
can be discussed  
from many angles.

Tonight's approach [to the topic of evil]  
is geared to the sequence  
of the last two lectures.

06

Some philosophies

claim that

- there is no evil,

that

- evil is an illusion.

Others [i.e., Other philosophies]

claim that

- evil is a fact  
observable by anyone  
who faces reality.

Some religious philosophies

contend that

- evil  
stems from
  - one principal source,
  - a specific entity  
called  
the devil –

just as

- good  
stems from
  - a personified God.

• Good

and

• evil

stem from

two figures [i.e., evil from the devil and good  
from a personified God],

according to this view.

Still other philosophies

say that

- the forces of
  - good
- and
- evil  
exist

as

• principles,

as

• energy,

as

• attitudes.

07

As I so often do,  
I wish to discuss evil  
first  
in its  

- cosmic,
- spiritual and
- philosophical

context  
and then  
on the  

- personal level,

so that you can  
use it  
in your own  
path of development.

Any philosophy  
that is  
not put into practical use  
remains a  

- shallow
- intellectual

abstraction  
that  
fails to permeate  
the other [less-intellectual] levels  
of the human personality.

08

The various concepts [that I present here]  
of  

- what evil is and
- where it comes from

are  
all  
true,  
provided  
they do not exclude  
the apparently opposite approach.

If you say  
that  
evil  
does not exist  

- at all,
- on any level of being,

this would be  
wrong.

But if you state  
that  
in ultimate reality  
there is  
no evil,  
that is  
true.

Any one  
of these [several] postulates  
is  
incorrect  
when seen as  
the only truth.

This [i.e., Saying that “evil does not exist on any level of being” is “wrong,”  
and yet at the same time saying that “in ultimate reality there is no evil”]  
may seem paradoxical,  
as is so often the case.

But when we consider the question  
from a  

- more profound and
- broader

vantage point,  
what appear as  
opposites  
suddenly  

- reconcile and
- complement

each other.

09

I shall explain presently  
how  
these apparent opposites  
are  
all  
true.

Let me first repeat  
that  
the universe  
consists of  
• consciousness  
and  
• energy.

In the  
unified state,  
• consciousness  
and  
• energy  
are  
one.

In the  
dis-unified state,  
they [i.e., consciousness and energy]  
are  
not necessarily  
one.

Energy  
can be  
an impersonal force  
that does  
not  
seem to  
• contain or  
• express  
consciousness.

It [i.e., Energy]  
seems  
a mechanical force  
that consciousness  
can direct  
but that is in itself  
alien  
• to determination,  
• to self-knowledge –  
in short,  
[alien]  
• to everything  
that distinguishes  
consciousness.

Think, for example,  
of  
• electricity and  
• atomic energy.

Even the  
• energy of mind  
seems often  
quite disconnected from  
the source  
of its [i.e., disconnected from the source of energy of mind's]  
consciousness.

Perhaps you can  
feel  
what I mean,  
to a certain extent.



For instance,  
many of you  
have experienced  
that  
the power  
of your

- thoughts,
- attitudes and
- feelings

does  
not have  
an immediate effect in your life.

It [i.e., the power of your thoughts, attitudes and feelings]  
has  
an indirect effect,  
which at first  
seems  
so disconnected from  
its [i.e., from the indirect effect's]  
source [or cause – which is the  
power of your thoughts, attitudes, and feelings]  
that comprehending  
the link  
between

- cause [i.e., the cause or source of the indirect effect – the cause that here is the power of your thoughts, attitudes and feelings]

and

- effect [which here seems to be only an indirect effect that you are experiencing]

requires  
focused

- attention and
- awareness.

	<p><b><u>Only when</u></b> <b><u>your consciousness</u></b> <b><u>expands</u></b> [<i>so that you become aware of what is happening here and can relate the effect you are experiencing to its cause</i>]</p> <p><b><u>can you sense</u></b> <b><u>the oneness of</u></b></p> <ul style="list-style-type: none"><li>• <b><u>this tremendous mind power</u></b> [<i>i.e., mind power – the power of your thoughts, attitudes and feelings</i>]</li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>the energy it sets in motion</u></b> [<i>i.e., energy set in motion by the mind power, an energy that produces the effect you are experiencing, a connection you could not see at a lesser state of awareness</i>].</li></ul> <p><b><u>This oneness</u></b> [<i>of mind power and the energy the mind power sets in motion resulting in the effect that you are experiencing, a cause and effect you could not perceive earlier in a contracted state of consciousness</i>]</p> <p><b><u>works in</u></b> <b><u>both</u></b></p> <ul style="list-style-type: none"><li>• <b><u>a constructive</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>a destructive</u></b> <b><u>way.</u></b></li></ul> <p><b><u>The principle</u></b> <b><u>is the same</u></b> [<i>i.e., the principle of cause and effect works in both the constructive and destructive ways</i>].</p>
10	<p><b><u>The</u></b></p> <ul style="list-style-type: none"><li>• <b><u>separated,</u></b></li><li>• <b><u>dualistic</u></b></li></ul> <p><b><u>human mind</u></b> <b><u>creates</u></b> <b><u>the illusion</u></b> <b><u>that</u></b></p> <ul style="list-style-type: none"><li>• <b><u>energy</u></b></li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>consciousness</u></b> <b><u>are</u></b></li></ul> <p><b><u>two different manifestations.</u></b></p>

The same split perception  
exists in human beings  
regarding

- life and
- self,
- God and
- humanity,
- cause and
- effect,
- and many other
- concepts or
- phenomena.

There are people on this earth plane  
who experience

- the universe,
- the cosmos,
- as a
- purely energetic phenomenon.

There are others  
who experience

- the universe,
- the cosmos,
- primarily as
- supreme consciousness.

They are  
both right, of course.

And  
they are  
both wrong  
when they claim  
that their view  
is the only truth.

Both [i.e., both energy and consciousness]  
are one.

Since  
thought  
is  
• movement and  
• energy,  
it is impossible  
to separate  
• consciousness  
from  
• energy  
in their  
• essence,  
  
although  
in their  
• manifestations  
there might be an  
apparent  
disconnection.

11

How can  
all the different  
• philosophies and  
• perceptions  
of life  
be true  
when they  
appear  
to be  
opposites?  
  
Let us look into this more closely.

*It is quite true*  
*that in*  
*the ultimate reality*  
*of*  
*the unified state*  
*there is*  
*no evil.*

*[In this unified state]*

- *Thought*  
*is*
  - *pure and*
  - *truthful;*
- *feelings*  
*are*
  - *loving and*
  - *blissful;*
- *the*
  - *direction or*
  - *intentionality*  
*of*  
*the will*  
*is utterly*
    - *positive and*
    - *constructive.*

*Therefore [in this unified state]*  
*there is*  
*no evil.*

**But**

• **the same consciousness** [i.e., this same consciousness that is in a unified state where thought is pure and truthful, where feelings are loving and blissful, and where the direction of the will is positive and constructive] **can change its mind, as it were,**

- **into an**
  - **untruthful and**
  - **limited**
    - **thought process,**  
**accompanied by**  
**feelings of**
      - **hate,**
      - **fear, and**
      - **cruelty:**
- **into**
  - **negative**
    - **will direction and**
    - **intent.**

**In that moment**

• **the same consciousness** [i.e., this same consciousness that was unified], **or an aspect of this consciousness,**  
**turns**

- **into**
- **its own**  
**distorted version.**

**If this happens,**

• **the energy**  
**also**

- **alters its manifestations.**

12

**Thus**

**the manifestation of evil**  
**is not something**  
**intrinsically**  
**different from**  
**pure**

- **consciousness**
- and**
- **energy.**

	<p><b><u>It</u> [i.e., <u>This consciousness/energy</u>]</b> <b><u>has only changed</u></b> <b>• <u>direction or</u></b> <b>• <u>focus.</u></b></p> <p><b><u>Hence</u></b> <b><u>it is as accurate to state</u></b> <b><u>that</u></b> <b><u>in essence</u></b> <b><u>there is no evil</u></b> <b><u>as it is to state</u></b> <b><u>that</u></b> <b><u>on the level of the human manifestation</u></b> <b><u>there is [evil].</u></b></p>
13	<p><b><u>Each individual</u></b> <b><u>must</u></b> <b><u>accept</u></b> <b><u>the reality of evil</u></b> <b><u>on this plane of development</u> [i.e., <u>on this earth plane of</u> <u>human manifestation and development</u>],</b></p> <p><b><u>in order</u></b> <b>• <u>to learn to cope with it</u> [i.e., <u>to learn to cope with evil</u>]</b> <b><u>and thus</u></b> <b>• <u>to truly overcome it</u> [i.e., <u>to truly overcome evil</u>].</b></p> <p><b><u>Evil</u></b> <b><u>must be</u></b> <b>• <u>faced and</u></b> <b>• <u>overcome</u></b> <b><u>primarily within the self.</u></b></p> <p><b><u>Only then</u> [i.e., <u>Only when evil is faced and overcome within the self</u>]</b> <b><u>can the evil</u></b> <b><u>that is outside of the self</u></b> <b><u>be dealt with.</u></b></p> <p><b><u>The attempt to</u></b> <b><u>reverse this process</u> [i.e. <u>The attempt to deal with evil outside the self before</u> <u>dealing with evil within the self</u>]</b> <b><u>will fail,</u></b> <b><u>for everything must start</u></b> <b><u>from the inner center –</u></b> <b><u>and the center is the self.</u></b></p>

14

Neither of these  
two extremes [i.e., the extremes of all good or all evil]  
exists in the human consciousness.

In the present development  
of human consciousness,  
both

- the pure  
and  
• the distorted,
- good  
and  
• evil,
- God  
and  
• the devil,  
exist.

It is the task  
of  
every human being,  
on the long road of evolution,  
lifetime  
upon lifetime –  
and it indeed  
takes  
thousands  
of lifetimes,  
not hundreds –  
• to purify  
the soul  
and  
• to overcome  
evil.



15

Let us look for a moment at  
what evil means,  
from the point of view  
both of  
• energy  
and of  
• consciousness.

When  
energy  
is twisted,  
• it produces  
a destructive manifestation.

• Its [i.e., energy's]  
frequency  
• slows down  
and  
• becomes commensurate  
with  
the distortion of  
the consciousness  
which determines  
the state  
by  
• choosing  
the will direction  
of the thought process  
and  
• instituting  
the negative  
attitude pattern.

The slower  
the [energy] movement,  
the more  
the distortion of consciousness  
has advanced,  
and the more  
we can speak of  
a manifestation of evil.

16

Another characteristic of  
distorted energy flow  
in its evil aberration  
is  
condensation.

Condensed energy  
is the  
• dualistic,  
• dis-unified  
state.

The more  
highly developed  
a being is,

• the purer is  
its [i.e., the purer is the being's]  
• energy,

• the faster  
its [i.e., the faster is the being's]  
• frequency and

• the more radiant  
its [i.e., the more radiant is the being's]  
• matter.

[Conversely]

The more  
• distorted and  
• destructive  
a being is,

the more  
• condensed  
is the form  
in which  
the consciousness manifests.

**Matter,**  
**as you**  
**know it** [i.e., Matter as you know, experience, and understand matter],  
**is**  
**an advanced state**  
**of condensation.**

**The consciousness**  
**involved in**  
**this state** [i.e., The consciousness in the state where energy manifests as matter – where energy is in this advanced state of condensation]  
**must**  
**find its way back**  
**to an increased frequency**  
**of its** [i.e., of consciousness's]  
**energy movement**  
**by purifying**  
**its** [i.e., by purifying consciousness's]  

- **thought and**
- **attitude**

**patterns.**

17

[After looking at what evil means from the point of view of energy, we  
now explore evil from the point of view of consciousness.]  
**What does**  
**evil mean**  
**as a phenomenon of**  
**consciousness?**

Religion

has of course

talked amply about this [i.e., Religion has talked amply about what evil means as a phenomenon of consciousness]

in terms like

- hate,
- fear,
- selfishness,
- duplicity,
- spite,
- cheating life  
by not paying the price,
- wanting more  
than one is willing to give, and
- other destructive attitudes.

This is so obvious

that it hardly needs further elaboration.

But let us look at

the phenomenon of evil  
on a more subtle level.

18

Jesus Christ said:

"Do not resist evil."

This saying

has been misunderstood  
in many ways.

[For example,]

It has been interpreted  
too literally  
to mean

- that you should  
allow others to exploit you and
- that you should  
not assert
  - your human rights
  - and
  - your human dignity.

	<p><i><u>This interpretation [i.e., This overly literal interpretation of "Do not resist evil"] has preached</u></i></p> <ul style="list-style-type: none"><li>• <i><u>meekness and</u></i></li><li>• <i><u>masochism</u></i></li></ul> <p><i><u>that are</u></i></p> <p><i><u>not in keeping with</u></i> <i><u>divine truth.</u></i></p> <p><i><u>On the contrary,</u></i></p> <p><i><u>they [i.e., meekness and masochism]</u></i> <i><u>help to</u></i></p> <ul style="list-style-type: none"><li>• <i><u>perpetuate evil</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>allow the perpetrator</u></i> <i><u>to inflict evil</u></i> <i><u>on his or her environment.</u></i></li></ul>
19	<p><i><u>Any truth</u></i> <i><u>can be interpreted</u></i> <i><u>in</u></i></p> <ul style="list-style-type: none"><li>• <i><u>different,</u></i></li><li>• <i><u>yet correct,</u></i></li></ul> <p><i><u>ways.</u></i></p> <p><i><u>Since tonight we are discussing</u></i> <i><u>evil</u></i></p> <p><i><u>as a manifestation of</u></i></p> <ul style="list-style-type: none"><li>• <i><u>consciousness</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>energy,</u></i></li></ul> <p><i><u>I shall interpret</u></i> <i><u>"Do not resist evil"</u></i> <i><u>from this angle [i.e., from the angle of consciousness and energy].</u></i></p> <p><i><u>"Do not</u></i> <i><u>resist</u></i> <i><u>evil"</u></i></p> <p><i><u>points to the fact</u></i> <i><u>that</u></i></p> <p><i><u>resistance itself</u></i></p> <ul style="list-style-type: none"><li>• <i><u>is,</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>breeds,</u></i> <i><u>evil.</u></i></li></ul>

20

Unobstructed energy

flows

- smoothly and
- harmoniously,  
like a  
gentle river.

When

resistance

stops

the movement

of the energy current,

its [i.e., the energy current's]

- movement slows

and its [i.e., and the energy current's]

- form condenses,

clogging up the channels.

Resistance

- tightens

and thus

- coarsens

the energy.

It [i.e., Resistance]

holds back

what should move.

21

The consciousness  
[that is] responsible for  
the energy  
thickening  
must exist  
accordingly.

This statement  
is not quite correct,  
but  
human language  
is incapable of expressing

the essential oneness of  
• consciousness  
and  
• energy,

so we must compromise  
and speak

as though  
• consciousness  
were "responsible" for  
• the energy flow.

Anyhow,  
from your vantage point  
this expression  
will be quite adequate.

The distorted  
• thoughts,  
• intentionality,  
• feelings, and  
• attitudes

resist

what is [i.e., resist]:

- truth,
- life,
- God –
- any aspect of the goodness  
of the universe.

Because it [i.e., Because this state where the consciousness consists of distorted thoughts, intentionality, feelings, and attitudes]

resists

trusting

the life process,

this consciousness [i.e., this consciousness that consists of distorted thoughts, intentionality, feelings, and attitudes]

generates

• ill will or

• negative intentionality.

No evil attitude

can manifest

unless

resistance

to good [including resistance to truth, to life, to God,

to any aspect of the goodness of the universe]

is also taking place.

Conversely,

wherever life flows

without resistance,

it [i.e., life]

must be

• harmonious,

• blissful, and

• creative.

22

The very manifestation of matter

as you know it [i.e., as you know and understand matter],

which is

a highly dis-unified state,

is

the result of

resistance.



Matter

is

- thickened,
- coarsened,
- slowed-down  
energy.

Existence

in matter

- blinds  
true vision

and

- is therefore  
unavoidably  
painful.

• Resistance,

• matter

• blindness,

spells

- dualism,
- separation,
- evil, and
- suffering –

these [i.e., dualism, separation, evil, and suffering]  
are one and the same.

Resistance

stems the flow,

closing up;

it [i.e., resistance]

prevents

the movement

of

- the universal energy –

of

- love,

of

- truth,

of

- the ever ongoing  
movement of life

unfolding as

divine manifestation.

Resistance  
is always  
obstructing  
some  
• valuable,  
• beautiful  
aspect of creation.

Resistance  
is therefore  
a manifestation of evil.

23

When you go deeply enough into yourself,  
you will  
relatively easily perceive  
your own resistance.

Others  
always  
can see it [i.e., Others can always see the resistance]  
in you

unless  
they are  
extremely  
• blind,  
• undeveloped, or  
• insist on  
not seeing it.

They may have a stake in  
• agreeing with you or  
• keeping an idealized image of you.

But if this [i.e., But if having a stake in agreeing with you or  
keeping an idealized image of you]  
is not the case,  
they are aware of your resistance.

	<p><u><i>You, too,</i></u> <u><i>can be aware of it [i.e., can be aware of the resistance in you]</i></u> <u><i>if</i></u> <u><i>you wish to be.</i></u></p> <p><u><i>[When you are aware of the resistance in you]</i></u> <u><i>You will then see</i></u> <u><i>what this resistance [in you]</i></u> <u><i>means.</i></u></p>
24	<p><u><i>The word</i></u> <u><i>"resistance"</i></u> <u><i>is used again and again</i></u> <u><i>in psychological terminology.</i></u></p> <p><u><i>Usually</i></u> <u><i>people even forget</i></u> <u><i>the real meaning [i.e., the real meaning of "resistance"].</i></u></p> <p><u><i>The word [resistance]</i></u> <u><i>is thrown around,</i></u> <u><i>and people lose contact with</i></u> <u><i>its [i.e., resistance's]</i></u> <u><i>dynamic reality.</i></u></p> <p><u><i>Words become meaningless</i></u> <u><i>when they are used</i></u><ul style="list-style-type: none"><li>• <u><i>blindly and</i></u></li><li>• <u><i>unfeelingly.</i></u></li></ul></p> <p><u><i>This is why I</i></u><ul style="list-style-type: none"><li>• <u><i>deliberately and</i></u></li><li>• <u><i>frequently</i></u> <u><i>change terminology –</i></u><ul style="list-style-type: none"><li>• <u><i>to give</i></u> <u><i>new impact</i></u> <u><i>to your understanding</i></u></li></ul></li></ul><u><i>and</i></u><ul style="list-style-type: none"><li>• <u><i>prevent</i></u> <u><i>blind usage.</i></u></li></ul></p>

	<p><b><u>But I use</u></b> <b><u>this word [“resistance”] in this context [i.e., this context of our topic of evil]</u></b> <b><u>because</u></b> <b><u>this is precisely</u></b> <b><u>the word used by Jesus.</u></b></p>
25	<p><b><u>The word</u></b> <b><u>“evil”</u></b> <b><u>suffers a similar fate [to that of “resistance”].</u></b></p> <p><b><u>Religion</u></b> <b><u>has thrown it [i.e., thrown the word “evil”]</u></b> <b><u>at humankind</u></b> <b><u>in such a</u></b><ul style="list-style-type: none"><li>• <b><u>mechanical,</u></b></li><li>• <b><u>distorted, and</u></b></li><li>• <b><u>often meaningless</u></b></li></ul><b><u>way</u></b> <b><u>that many individuals</u></b> <b><u>have become</u></b> <b><u>practically allergic</u></b> <b><u>to hearing</u></b> <b><u>this expression [i.e., the expression “evil”].</u></b></p> <p><b><u>This is why</u></b> <b><u>I have shied away from</u></b> <b><u>using this word [i.e., this word “evil”] and</u></b> <b><u>have mentioned it only occasionally.</u></b></p> <p><b><u>But once in a while</u></b> <b><u>it is good to return to</u></b> <b><u>basic</u></b><ul style="list-style-type: none"><li>• <b><u>concepts and</u></b></li><li>• <b><u>expressions,</u></b></li></ul><b><u>to lend</u></b><ul style="list-style-type: none"><li>• <b><u>impact and</u></b></li><li>• <b><u>new energy</u></b></li></ul><b><u>to your understanding.</u></b></p>

26

When you  
• face  
and  
• accept  
your  
deeply ingrained  
negative intentionality,

you can link it [i.e., you can link your negative intentionality]  
with your  
resistance.

Resistance  
always says  
in one way or another,

"I do not want to know the truth  
about this or that."

This destructive attitude [i.e., this destructive attitude of resisting by  
not wanting to know the truth about this or that]

must create  
an evil force  
because  
it [i.e., this destructive attitude of resisting by  
not wanting to know the truth about this or that]  
obstructs  
the ongoing movement  
of truth.

27

In our approach  
to self-development,  
we find  
again and again  
that  
the basic evil triad  
is  

- pride,
- self-will, and
- fear,

which are always interconnected.

All other manifestations of evil  
arise from this triad [i.e., this triad of pride, self-will, and fear].

Furthermore,  
each of these three attitudes [i.e., each of these three attitudes  
of pride, self-will, and fear]

- is a result of  
resistance
- and  
• breeds  
more
  - resistance,
- or  
• evil.

Self-will says,

"I resist any other way  
but my way,"

and "my way"  
is so often

- anti-life,
- anti-God.

Self-will  
resists

- truth,
- love,
- union –  
even if  
it [i.e., even if self-will]  
appears

to want it [i.e., appears to want truth, love, and union].

	<p><i><u>The moment</u></i> <i><u>the tightness of self-will</u></i> <i><u>exists,</u></i></p> <p><i><u>divine aspects [such as truth, love, and union]</u></i> <i><u>are hindered from manifestation.</u></i></p>
28	<p><i><u>Pride</u></i> <i><u>is resistance to</u></i> <i><u>the oneness</u></i> <i><u>between entities.</u></i></p> <p><i><u>It [i.e., Pride]</u></i></p> <ul style="list-style-type: none"><li>• <i><u>separates itself</u></i> <i><u>from others and</u></i></li><li>• <i><u>elevates itself –</u></i> <i><u>and thus</u></i> <i><u>resists</u></i><ul style="list-style-type: none"><li>• <i><u>the truth</u></i> <i><u>and</u></i> • <i><u>love</u></i> <i><u>that are</u></i> <i><u>creative manifestations of life.</u></i></li></ul></li></ul> <p><i><u>Pride</u></i> <i><u>is the opposite of</u></i><ul style="list-style-type: none"><li>• <i><u>humility,</u></i></li></ul><i><u>not of</u></i><ul style="list-style-type: none"><li>• <i><u>humiliation.</u></i></li></ul></p> <p><i><u>The person who</u></i> <i><u>resists</u></i> <i><u>humility</u></i> <i><u>must be</u></i> <i><u>humiliated</u></i> <i><u>because</u></i> <i><u>the resistance [to the truth and to love]</u></i> <i><u>must always finally</u></i> <i><u>come to</u></i> <i><u>a breaking point [resulting in humiliation].</u></i></p>

	<p><u>The refusal</u></p> <ul style="list-style-type: none"><li>• <u>to expose</u> <u>the truth and</u></li><li>• <u>to admit</u> <u>what exists</u></li></ul> <p><u>is due to</u> <u>pride.</u></p> <p><u>This pride</u> <u>causes</u> <u>resistance</u> <u>as much as it [i.e., as much as pride]</u> <u>results from</u> <u>resistance.</u></p>
29	<p><u>Similarly,</u> <u>resistance</u> <u>breeds</u> <u>fear,</u></p> <p><u>and</u> <u>fear</u> <u>breeds</u> <u>resistance.</u></p> <ul style="list-style-type: none"><li>• <u>The tightened state</u> <u>of resistance and</u></li><li>• <u>the slowing</u> <u>of the energy movement</u></li></ul> <p><u>darken</u></p> <ul style="list-style-type: none"><li>• <u>the vision and</u></li><li>• <u>the scope of experience.</u></li></ul> <p><u>[When vision and the scope of experience are darkened]</u> <u>Life is perceived</u> <u>as frightening.</u></p> <p><u>The more</u></p> <ul style="list-style-type: none"><li>• <u>resistance [i.e., The more resistance to truth and to what is],</u></li></ul> <p><u>the more</u></p> <ul style="list-style-type: none"><li>• <u>fear –</u> <u>and vice versa.</u></li></ul>



Resistance to  
truth  
arises from  
the fear  
that  
truth  
can be harmful,  
and in turn,  
resistance to  
truth  
compounds  
this fear [i.e., resistance to truth compounds this fear that  
truth can be harmful].

The hiding [from truth]  
becomes  
forever  
more difficult  
and exposure [to truth]  
[becomes]  
forever  
more threatening.

Fear of truth –  
hence  
resistance [to truth] –  
negates  
the benign quality of  

- the universe;

it [i.e., fear of and resistance to truth]  
negates  
the truth of  

- the self,
- with all its
- thoughts,
- feelings, and
- intents.

This self-negation,  
rooted in resistance [to truth]  

- is,

and  

- creates,
- evil.

30

When you want to  
avoid  
your  
• feelings  
and  
your  
• hidden  
• thoughts and  
• intentions,  
you create  
resistance [to the truth of your self with all of its feelings, thoughts,  
and intentions].

Resistance is,  
in one way or another,  
always  
connected with  
the thought,

"I do not want to be hurt" –

whether this hurt  
is  
• actual  
or  
• imagined.

The resistance [to the truth of your self with all of its feelings, thoughts,  
and intentions]

may be linked  
to  
• self-will  
that says, "I must not be hurt";  
to  
• pride  
that says, "I will never admit that  
I can be hurt";  
or  
to  
• fear  
that says, "If I am hurt  
I must perish."

The resistance [to the truth about the self and about the benign nature  
of the universe]

expresses  
distrust of  
the universe.

In reality,  
hurt  
must pass,  
for it [i.e., for hurt]  
is no more  
an ultimate state  
than evil is.

The more  
pain is experienced  
in its full intensity,  
the faster  
it [i.e., the faster pain] dissolves into  
its [i.e., pain's]  
original state –  
[which is]  

- flowing,
- moving

energy,  
  
which creates  

- joy and
- bliss.

31

Whether resistance [to the truth about the self and the universe]  
comes from

- self-will,
- pride, or
- fear,

whether it [i.e., whether resistance to the truth about the self and the universe]  
is

- ignorance and
- negation of what is,

does not matter.

**Resistance** [*to the truth, irrespective of where the resistance comes from*]  
**obstructs**  
• **God,**  
• **the flow of life.**

**It** [*i.e., resistance to the truth*]  
**creates walls**  
**that separate**  
**you**  
**from**  
• **truth and**  
• **love –**  
**from**  
• **your inner unity.**

**A person**  
**on the evolutionary path** [*such as the one you are on*],  
**who**  
• **searches and**  
• **gropes –**  
**incarnation**  
**after incarnation –**  
**fulfilling**  
**his or her task,**  
  
**is in**  
**a conflicted**  
**inner state,**  
**as you know.**

**A great deal**  
**in a human being like you** [*who is on an evolutionary path*]  
**is already**  
• **free and**  
• **developed.**

**But**  
**there also exist in you**  
• **distortion,**  
• **blindness,**  
• **ill will,**  
• **resistance,**  
• **evil.**

32

The human being  
who is in a state of  
partial  
inner freedom –

• truth,  
• love, and  
• light  
on the one hand,

and

• self-will,  
• pride, and  
• fear  
on the other –

must

find the way out of

this conflict [i.e., this conflict between truth, love, and light  
on the one hand and self-will, pride,  
and fear on the other hand].

One part of the personality  
resists

the truth  
that these negative  
• feelings and  
• attitudes  
are there

and

resists  
giving them up,

while the other part [of the personality]  
strives for

• development and  
• self-purification.

This dualistic state  
must cause crisis.

*I have previously  
devoted an entire lecture  
to this topic [See Lecture 183- The Spiritual Meaning of Crisis].*

*Let me repeat  
that  
such a crisis  
is  
unavoidable.*

*When two opposite  
• movements and  
• strivings  
exist in a person,  
a breaking point  
must be reached,  
which manifests as  
a crisis in the person's life.*

*One movement says,*

*"Yes,  
I want to  
• admit what is evil,*

*I want to  
• confront myself and  
• dispense with the pretenses,  
which are after all nothing but lies.*

*I want to  
• expand myself and  
• bring forth  
the best in me,  
so that*

*I can  
• contribute and  
• give  
to life,  
as I wish to  
• receive  
from it [i.e., as I wish to receive from life].*

I want to

- give up the
  - childish,
  - cheating
- position

from which

I grab

at life

- angrily and
- resentfully

while

refusing

to give

anything

to it [i.e., give anything to life]

except my

- demands and
- resentments.

I want to

- stop all that [i.e., stop all that childish and cheating behavior of grabbing everything from life while giving nothing to life]

and

- ride
- trustfully  
with life.

I want to

- honor God
- by accepting life  
on its own terms."

33

The other side  
persists in saying,

"No.

• I want it  
my way.

• I may even  
want to

• develop and

• become

• decent and

• honest,

but not

at the price

of

• looking at,

• exposing or

• admitting

anything

that is

too

self-incriminatory."

The resulting crisis [between these two opposite sides – the “Yes I want to develop and grow AND I am willing to pay the price of self-facing and inner change required for my purification” versus the opposite side that also wants to develop and grow but says “No, I won’t pay the price of honest self-facing and inner change that is required for my development”]

must

break down

the faulty

inner

structure.



34

**Where**

- **the destructive orientation** [i.e., the destructive orientation where one is unwilling to pay the price of self-facing and inner change required for purification, growth, and development]

**is considerably weaker than**

- **the constructive one** [i.e., the constructive orientation where one is willing to pay the price of self-facing and inner change required for purification, growth, and development],

**the crisis**

**is relatively minor,**

**for**

**the faulty aspects** [i.e., the faulty aspects of the destructive orientation in which one is unwilling to face the self and make necessary inner changes required for purification, growth, and development]

**can be extricated** [from the inner structure]

**without**

**tearing down**

**the entire psychic edifice.**

**By the same token,**

**if the movement**

**toward**

- **growth and**
- **truth** [i.e., if the constructive orientation is present where one is willing to face the self and make the necessary inner changes required for purification and development]

**is considerably**

**weaker than the**

- **stagnant,**
- **resistive,**
- **evil**

**one** [i.e., if the constructive orientation is weaker than the destructive orientation where one is unwilling to face the self and make the necessary inner changes required for purification and development],

**major crisis**

**may again**

**be avoided**

**for awhile;**

[however,]

**the personality**

**may stagnate**

**for long periods** [i.e., may be stuck in saying “No” to paying the price required by development to face the self and make changes].

	<p><b><u>But when</u></b>  <b><u>the movement</u></b>  <b><u>toward good</u></b> [i.e., <u>when that part of the personality that is willing to face the self and make the necessary inner changes required for purification, growth and development – i.e., the good</u>]  <b><u>is sufficiently strong,</u></b></p> <p><b><u>and yet</u></b>  <b><u>the resistance</u></b> [i.e., <u>and yet that part of the personality that is unwilling to face the self and make the necessary inner changes required for purification, growth and development</u>]  <b><u>continues</u></b>  <b><u>to block the movement</u></b>  <b><u>of the whole personality</u></b>  <b><u>which [then] becomes</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>confused,</u></b></li> <li>• <b><u>blind and</u></b></li> <li>• <b><u>caught in</u></b></li> </ul> <p><b><u>destructively acting out,</u></b>  <b><u>something must give.</u></b></p>
35	<p><b><u>Suppose you</u></b>  <b><u>build a house.</u></b></p> <p><b><u>Some of the building material is</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>solid,</u></b></li> <li>• <b><u>beautiful, and</u></b></li> <li>• <b><u>of excellent quality.</u></b></li> </ul> <p><b><u>Some is</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>defective,</u></b></li> <li>• <b><u>a cheap imitation, and</u></b></li> <li>• <b><u>rotten.</u></b></li> </ul> <p><b><u>When these two incompatible types of material</u></b>  <b><u>become inextricably mixed,</u></b>  <b><u>the structure cannot stand.</u></b></p>

If the rotten material  
can be extricated  
without  
tearing down the entire building,  
then  
profound shake-up  
of the inhabitants' present life  
can be avoided.

So it is  
with a personality –  
and such extrication  
depends entirely  
on the  
conscious  
determination  
of the person in question.

If the personality  
is  
too entangled  
because  
it [i.e., because the personality]  

- has been  
resisting for too long
- and  
• still lacks  
sufficient impetus of  
goodwill,

there is  
only one way out.

The structure  
must be destroyed,  
so that  
it can be rebuilt  
in a pure form.

36

Such a process [i.e., Such a process of destroying the structure and rebuilding it in a pure form]

calls forth  
an energy movement  
that is almost impossible to describe.

Resisting evil

means  
not  
• facing  
and  
• accepting  
the evil in you.

This resistance [to facing and accepting the evil in you]

creates  
a tremendous accumulation of energy,  
which  
finally  
comes to  
an explosion.

The deeper meaning  
of the ensuing destruction  
is truly marvelous.

It [i.e., The eventual explosion caused by your resistance to facing and accepting the evil in you]

destroys  
the very evil  
that has created it [i.e., destroys the very evil that has created the resistance to facing and accepting that very evil].

Unfortunately  
it is impossible  
to convey the configuration  
that takes place.

Much in the person's life  
may go to pieces.

The energy movement  
of the soul substance [i.e., The energy movement or the explosion of the soul  
substance caused by personality's resistance to facing  
and accepting the evil in you]

tears down  
the rotten structure,  
even if this means that  
temporarily  
all seems to go to pieces.

However,  
what is of true value  
will

- automatically and
- organically  
rebuild  
itself.

37

Imagine  
a form  
composed of  
intense opposite movements  
that

- swirl and
- rush,
- explode and
- implode and
- destroy themselves.

Soul substance  
is torn apart  
and  
rebuilds itself  
simultaneously.

Creation  
is taking place.

Every crisis  
is an integral part  
of creation.

**Therefore** [i.e., Because every crisis is an integral part of creation],  
**wise ones**  
• **embrace and**  
• **accept**  
**crises,**  
**which remove**  
**more and more resistance.**

**Do not resist evil in you.**

**By that**  
**I mean,**  
**give up**  
• **the appearance,**  
• **the pretense**  
**that**  
**evil**  
**does not exist**  
**in you.**

**Give in** [i.e., Give in to rather than resist the fact that evil does exist in you],  
**go with the movement of life.**

38

**The process of**  
**destruction/creation**  
**is a magnificent sight**  
**for spirit eyes.**

**The blind entity**  
**may suffer**  
**temporarily,**  
**but**  
**how good it is** [i.e., how good the process of destruction/creation is].

*The process [i.e., the process of destruction/creation]*  
*is awesome*  
*in its*  
*benign violence.*

- *New movements*  
*come forth,*
- *old movements*  
*change*
  - *direction,*
  - *color,*
  - *hue,*
  - *sound.*

*If you*

- *go deeply*  
*into yourself and*
- *intuitively*  
*feel into*  
*the meaning*  
*of your crisis,*

*you may gain a glimmer*  
*of the creative process.*

*It [i.e. The creative process]*  
*is apparently*  
*simultaneously*  
*both*

- *creative*

*and*

- *destructive,*  
*as far as*  
*defective soul material*  
*is concerned.*

39

The

- eternal,
- ultimate,
- essentially benign  
nature of creation

is most eloquently demonstrated  
in the fact  
that

evil

must

finally

destroy itself [because resistance to facing and  
accepting the evil in you leads to a building up  
of energy that eventually, in a crisis, explodes  
in the soul, thereby destroying the evil in you  
that has been resisted].

It [i.e., evil in you that you resist facing, accepting, and dealing with]  
can build up

only for so long,

but

eventually  
the breakdown  
must occur.

You will all agree

that

the destruction of destructiveness  
is a

- constructive,
  - creative
- phenomenon.

Thus, in the long run,

every

destruction

is

- constructive

and

- serves creation.

Always.



*But in an individual's life,*  
*this truth [i.e., this truth that every destruction is constructive*  
*and serves creation]*  
*is not always obvious.*

*The further*  
*you are on the path,*  
*the more*  
*you will see this truth.*

*It will be helpful*  
*if you can meditate*  
*to truly*  
*experience*  
*this phenomenon [i.e., this phenomenon that every destruction is*  
*constructive and serves creation],*

*because*  
*then you will*  
*aid the process*  
*by your*  
*conscious determination*  
*to relinquish*  
*resisting*  
*the evil in you,*  
*which you*  
*mistakenly*  
*believe*  
*comes to you*  
*from outside –*  
*when it can never do that [i.e., evil*  
*can never come to you*  
*from outside].*

40

You can  
diminish the violence  
of the  
constructive destruction

• if your commitment  
to truth  
takes on a new impetus

and

• if you  
unearth  
your  
• negative intentionality

and

change it  
into a  
• positive intentionality.

When you  
express  
negative intentionality  
in concise words,

you can  
create  
a new movement.

It is up to  
you.

But even before you do so [i.e., before you create a new movement and change your  
negative intentionality into a positive intentionality],

by your  
very admission  
of your  
deliberate  
ill will,

you will be  
• more in truth and  
• less inclined  
to act out

the evil,

which you sometimes

even do

self-righteously.

*[By your very admission of your deliberate ill will]*

You will  
know  
who you are.

And strangely enough,  
the more  
you  
own up to  
your evil,  
the more  
honorable  
you become,

and  
the more  
you will  

- know that [i.e., the more you will know that you are honorable]

and  

- appreciate yourself.

41

It is the same  
with pain:  
the more  
you accept it,  
the less  
you will feel it.

Resistance to pain  
often makes it  
unbearable.

The more you  
accept  
your hate,  
the less you  
hate.

The more you  
accept  
your ugliness,  
the more  
beautiful you become.

The more you  
accept  
your weakness,  
the stronger  
you are.

The more you  
admit  
your hurt,  
the more  
dignity  
you have,  
regardless of  
the distorted views of others.

These are  
inexorable laws.

This  
is the path  
we tread.

42

A lot of  
wonderful things  
are happening in this work.

But  
there also must be  
a lot of cleaning up,  
for which  
a great deal of  
vigilance  
is needed.

I want to say that  
your venture  
is very blessed.

43	<p><b><u>Now, my friends,</u></b> <b><u>continue in your</u></b> <b><u>wonderful endeavor</u></b> <b><u>to be in truth.</u></b></p> <p><b><u>If your sincerity [about being in truth]</u></b> <b><u>is doubted,</u></b> <b><u>you must know</u></b> <b><u>in your heart</u></b> <b><u>where you are –</u></b> <b><u>and that [i.e., knowing where you truly are in your heart]</u></b> <b><u>is all that matters</u></b></p> <p><b><u>That is</u></b> <b><u>all</u></b> <b><u>that matters!</u></b></p>
44	<p><b><u>Be blessed.</u></b></p> <p><b><u>Be who you truly are –</u></b> <b><u>God!</u></b></p>

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