

Pathwork Lecture 200: The Cosmic Feeling

1996 Edition, Original Given April 21, 1972

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Version** 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 Version 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 rendition 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, sometimes underlined, but never bolded.]

To learn more of my Devotional Version 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 Vollbracht

¶	Content
03	<p><u>Greetings!</u></p> <ul style="list-style-type: none">• <u>Blessings and</u>• <u>help</u> <u>are given to you.</u> <ul style="list-style-type: none">• <u>Love and</u>• <u>strength</u> <u>are pouring forth.</u> <ul style="list-style-type: none">• <u>The divine kernel</u> <u>is in every one of you.</u> <p><u>The aim of living is</u></p> <ul style="list-style-type: none">• <u>to realize this</u> [i.e., to realize the <u>divine kernel in you</u>],• <u>to know who you really are,</u>• <u>to remember</u> [who you really are]. <p><u>Once you know</u> <u>your true self,</u> <u>which is divine heritage,</u> <u>you will no longer</u></p> <ul style="list-style-type: none">• <u>fear or</u>• <u>suffer.</u>

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Edited by Judith and John Saly; Devotional Version Posted 11/11/14; Rev 9/2/15

	<p><i>The pathwork in which I guide you helps, by its various approaches, to eliminate the obstacles to finding out who you are.</i></p>
04	<p><i>These are mere words for most human beings; only after you have overcome certain obstacles can you occasionally experience your true identity.</i></p> <p><i>In tonight's lecture I should like to discuss one of the experiences you may have when you begin to glimpse your true identity.</i></p> <p><i>I want to prepare you to understand the meaning of this experience so that you do not reject its magnificence by trying to fit it into the mold of the usual human experience – that would</i></p> <ul style="list-style-type: none"><i>• destroy it and</i><i>• make its reoccurrence more difficult.</i> <p><i>The purpose of this lecture is also to help you</i></p> <ul style="list-style-type: none"><i>• attain your true identity sooner and to</i><i>• eliminate the purely mental obstacles.</i>

05	<p><i>I wish to discuss a <u>very specific feeling</u>, a feeling that is <u>rarely recognized</u> <u>because it</u> <u>transcends</u> the <u>usual</u> <u>human being's</u> <u>experience of feelings.</u></i></p> <p><i><u>Within the spectrum</u> of <u>human emotion</u> there is none</i></p> <ul style="list-style-type: none">• <i><u>higher and</u></i>• <i><u>closer to divine reality</u> <u>than love.</u></i> <p><i><u>The feeling</u> <u>I wish to discuss</u> <u>is beyond love.</u></i></p> <p><i><u>Since it [i.e., since this feeling beyond love] is a generally</u> <u>very rare human experience,</u> <u>except to the few people who reach</u> <u>full self-realization,</u> <u>it has no name.</u></i></p>
06	<p><i>I have spoken about <u>many manifestations</u> <u>that accompany</u> <u>self-realization.</u></i></p> <p><i>I have spoken about how the <u>channel opens</u> to <u>receive</u> <u>increasing</u></i></p> <ul style="list-style-type: none">• <i><u>wisdom and</u></i>• <i><u>intelligence</u> <u>of such magnitude</u> <u>that all problems</u> <u>can be resolved.</u></i>

*The solutions come forth
in an all-inclusive way.*

No loose ends remain.

*I have discussed
how you find
within yourself
a new creative power
that can supply you with*

- *any fulfillment,*
- *any self-expression,*
- *any joy*
you wish.

They [i.e., fulfillment, self-expression, joy] are all

- *close at hand,*
- *ready to be realized.*

*I have discussed
the beauty of the universe
that you automatically discover:
a universe*

- *in which*
 - *all is well and*
 - *nothing needs to be feared,*
- *in which you will find*
 - *a sense*
 - *of wholeness and*
 - *of eternal life,*
 - *the power of*
 - *healing and*
 - *emotional fulfillment*
on the deepest possible level.

*But I have
never discussed
one particular feeling,
though it is implicit
in everything else I said –
for in your
true being
all is one:
your experiences
are no longer
• separated and
• fragmented,
just as
you
are no longer
an entity
separate from
God.*

*As your
outer,
hitherto split-off
little intellect
will become
one with
the greater intelligence
that dwells within,
so will
all experiences
be one and
merely have different facets.*

07

*In your
present state of development,
you can
• think one thing,
• feel another,
• will something else, and even
• act in yet another way.*

This terrible fragmentation

is the most

- *painful and*
- *confusing*

state imaginable.

Its cure

lies wholly in your

innermost self

where you will find

the eternal presence of God.

08

The feeling

I am describing

*might be called, for lack of a better name,
the cosmic feeling.*

This cosmic feeling

is not merely

- *a theoretical understanding, or*
- *a feeling*
about
the

- *cosmos or*
- *creation.*

[Rather] It is a

- *physical,*
- *mental,*
- *emotional, and*
- *spiritual*
experience.

It [i.e., this cosmic feeling]

encompasses

the entire person.

I shall try to describe this experience

as best I can

within the limitations of human language.

Then I shall explain

the prerequisites for

attaining this cosmic feeling,

the four keys which make it possible.

09

*The cosmic feeling
is an
experience
in which
• feeling
and
• thinking
are no longer split.*

*It [i.e., the cosmic feeling]
is
• feeling
and
• thinking
in one.*

*This is
hard to imagine
when one has never had
such an experience.*

*But some of you
have occasionally
experienced
the oneness of
• feeling
and
• thinking.*

*It [i.e., the oneness of feeling and thinking, or cosmic feeling]
is an experience
• of bliss,
• of the comprehension of
• life and
• its mysteries;
• of all-encompassing love;
• of the knowledge that
• all is well and
• there is nothing to fear.*

The
total absence of fear
is something that is
very hard
for the average person
to imagine,
• *partly because*
you are so unaware
of your fears and
• *partly because*
you are so used to
living with them [i.e., living with your fears]
that it does not occur to you
that life could be otherwise.

When you
know
that there is
• *no death,*
• *no real suffering*
other than
the temporary
manifestation of your
• *errors,*
• *illusions,* and
• *intentional negativities –*
which could end whenever you so desire – and
• *no real passing of time*
since time, too, is a
production of illusion,
then
you cannot fear.

Fearless
• *love* and
• *joy*
is a
feeling-experience
that transcends
your little, personal self.
It [i.e., this feeling-experience beyond your little, personal self]
includes everything – and you
feel
the oneness
of all in the universe.

10

Your failure
to distinguish
between
• what is real
and
• what is false
creates
apparently endless
• confusion and
• pain.

While you
believe in illusions,
you usually
reverse
the true order
of the universe:
you think that
what is real
is nonexistent.

But
knowing
• what is real
and
• what is illusion
is part of the
experience
of the cosmic feeling.

This experience [of the cosmic feeling]
lends
• an immense security,
• a knowledge of
being truly safe,
which in turn
releases much energy
that is felt as
bliss
in every part of your being.

• Relaxation and
 • excitement
• peace and
 • pleasure
you then
 experience
 as interconnected aspects,
rather than
 [as] mutually exclusive opposites
 as you do ordinarily.

This
 oneness
 contains
 every particle of you –
 • body,
 • soul,
 • spirit.

11

Needless to say that
 in this state [of being in the cosmic feeling]
 no
 • worry or
 • anxiety
 can possibly exist.

Nor does the
 tight pulling within
 • drive you and
 • torment you and
 • make you restless.

Restlessness

is an expression of
the inner urge
to seek
the path of truth
toward
full self-realization,

but

before you have found it [i.e., before you have found the path of truth],
the [inner urge and] drive
• can be painful and
• can
temporarily
make you
search in the wrong direction,
leading you
even further away from
what your innermost self seeks.

The [tight] pull [within]
may be

- subtle or
- strongly noticeable.

It [i.e., the tight pull within]
has its function,
but it uses energy
that will later
be available for
the blissful knowing-feeling
of the presence of God within.

The

immediacy
of this
incredibly powerful
presence [of God within]
is at first shocking.

The good feeling
is shocking.

It is as if
an electric shock
went through you.

Therefore [i.e., because of the shocking nature of the presence of God within],
the ego
must grow
sufficiently

- strong and
- healthy

to bear
the high vibrations
when the
inner presence of God
emanates into
the outer person.

This presence [of God within]
is then
experienced
as your
eternal

- reality and
- state –

your true identity.

The moment
you find yourself in this state,
you will know
in a most profound way

- that you have
always known
what you now rediscover,
- that you have
always been
what you now experience yourself to be –
- that none of this
is really new.

You had
only temporarily
cut yourself off
from this state
of

- feeling and
- knowing,

of

- experiencing life
as it really is.

*The experience [of God within, of the cosmic feeling]
becomes possible
the moment
you can bear
the immediacy of*

- your divine kernel's presence,
- its consciousness,
- its energy,
- its sparkling reality,
- its all-permeating wisdom,
- its all-inclusive love,
- its creative power
that is yours to use
as you see fit.

12

*This description [of the experience of the cosmic feeling]
is, of course,
extremely limited,
for the words
cannot convey
the experience.*

*To gain
an inkling of the reality
of these words,
pray,
in this very moment,
to be able to
perceive
a taste of it.*

*Open
your inner faculties,
my friends.*

*Observe
in yourself
how much you
fear this experience
even while you long for it, and
how you consequently
close yourself to it.*

*Then [in seeing how you fear and close yourself to
this experience of God within, of the cosmic feeling],
at least,
you will
know
that something
does
wait for you;
you will not
fall into the trap
of an ego trick
and sit in doubting judgment,
flattering yourself
that the doubting attitude
is intelligent
because it is not gullible.*

*To distinguish
between
• what is
• real
and
• what is
• fakery or
• escape or
• illusion,
you must
• be open and
• evaluate
with your
• feelings and
• intuitive faculties, as well as
with your
• discriminating mind.*

*If
fear
governs you,
the discriminating mind
is being
• used and
• perverted.*

If the
feelings
are open in honesty,
the discriminating mind
will be
the servant
it is supposed to be,
not
the master.

If
you cannot
honestly admit
that you are
still too afraid of
this [cosmic] feeling,
that is all right.

You can
calmly go to work on
the obstacles,
without
self-deluding tactics
that remove you further
from the real goal
that will be reached
one day in

- time and
- space.

13

Now I shall discuss
the four

- keys or
- prerequisites

for becoming strong enough
to bear

- the power that you are, and
- the wisdom embedded in you, and
- the love hidden inside you,
ready to flow out.

	<ul style="list-style-type: none">• <u>Everyone of you,</u> <u>without exception –</u>• <u>every living thing in the universe,</u><ul style="list-style-type: none">• <u>organic or</u>• <u>inorganic –</u> <u>is permeated</u> <u>with this</u><ul style="list-style-type: none">• <u>power and</u>• <u>intelligence;</u><u>all that varies</u> <u>is the degree to which</u><ul style="list-style-type: none">• <u>the power and</u>• <u>the intelligence</u> <u>become manifest.</u>
14	<p><u>The four keys</u> <u>are aspects of</u> <u>the pathwork.</u></p> <p><u>But</u> <u>they [i.e., the four keys or aspects]</u> <u>must also be seen</u> <u>in the context of</u> <u>the cosmic feeling.</u></p> <p><u>They [i.e., the four prerequisites for bearing the cosmic feeling] are the following:</u></p>
15	<p><u>[#] I [of the 4 prerequisites or keys for bearing the cosmic feeling].</u> <u>True understanding of</u> <u>cause and effect</u> <u>in your life.</u></p> <p><u>Understanding</u> <u>cause and effect</u> <u>in your life</u> <u>is essential</u><ul style="list-style-type: none">• <u>for self-realization,</u>• <u>for the realization of</u> <u>your divine identity.</u></p>

*It [i.e., understanding cause and effect]
is even essential
for a lesser state:*

- *for mere good health,*
- *for being*
 - *centered within and*
 - *reasonably integrated,*
- *for meaningful functioning and*
- *[for] satisfying experiences.*

*The moment
you can see
the level in you
where your*

- *concepts,*
- *intentions, and*
- *attitudes
create
your life circumstances,*

*you have your key
to create a*

- *different and*
- *more desirable
life.*

But

- *when you
are disconnected
from the creating power
in you,*
- *when you
create unconsciously,*

you are

- *powerless, that is,*
- *ignorant of your own power, and*

*you get involved in
a chain reaction
of*

- *error and*
- *distortion.*

You are then in a state
where you
constantly
make others –

- *people,*
- *circumstances,*
- *life as a whole –*

responsible
for your misery.

This brings
further chain reactions.

This inner state [where you make others responsible for your misery] –
whether you are conscious of it or not –
makes you

- *blame,*
- *accuse, and*
- *feel victimized.*

In turn
you
feel justified to

- *hate,*
- *resent, and*
- *take revenge.*

16

Another byproduct
of your disconnection [from the creating power in you]
is your growing
feeling of

- *helplessness and*
- *powerlessness:*
 - *dependency on others,*
with its
inevitable resentments
arising from
unfulfilled expectations;
- *fear*
and the consequent defenses
that cut you off further
from
the source of life in you.

And all the while
you go on
willfully ignoring
how you create
this miserable state
yourself,
because
it suits you better

- *to blame others* and
- *to wait*
for a salvation
that will never come.

It [i.e., salvation]
can only come
when you
realize
your beautiful birthright
to create.

Just as you

- *create negatively,*

so can you

- *create positively.*

Just as you

- *create*
willfully
from the little ego,
following the dictates of
 - *vanity,*
 - *greed,*
 - *laziness,* and
 - *dishonesty,*

so can you

- *create*
by letting God
express in you and
- *create*
 - *honestly and*
 - *beautifully.*

17

While you are involved
in the subtle inner game
of disassociating yourself from
the causes
you set in motion by
this or that
• attitude and
• will direction,

it is impossible
to use your
creative powers
to produce a life of
• meaning and
• fulfillment.

So you
wait –
in vain –
for some other power
to take over.

This [disassociating from causes you have set in motion and
waiting for another power to take over]
makes your life
• miserable and
• hopeless.

You then
busily
deny
your sense of
• hopelessness and
• futility,
and thus you go on
ignoring
that there is indeed
a way out [of your miserable and hopeless life],
but in exactly the opposite direction
from the one
you have chosen [i.e. your heretofore chosen way of
ignoring the causes you yourself
have set in motion].

18

You are fortunate
that the progress of your pathwork
has brought many of you
in contact with
the level
of your negative creation.

You begin to see more clearly
which

- *attitudes,*
- *expressions, and*
- *intentionalities*
have produced
manifestations in your life
that you
 - *deplore and*
 - *have complained about*

- *while*
passively waiting
for some miracle to happen from outside –
- *or in the face of which*
you have
 - *given up and*
 - *adjusted to unnecessary*
 - *deprivation and*
 - *frustration.*

There is still
much work to be done
by each of you
in searching out
your negative self-creation.

There are still
many areas of your lives
you

- *gloss over and*
- *fail to give the scrutiny*
so essential
for this discovery [i.e., discovery of your negative self-creations
and their causes you yourself have put in motion].

19

Uncover

your vague sense of futility
which makes you fear
that your life
is slipping through your fingers
without your having realized

- its [i.e., life's] essence,
- its beauty,
- the creative joyousness
that is here for you to enjoy.

Missing out on it [i.e., missing out on life's beauty and
the creative joyousness that's here for you]
makes you
very unhappy.

For anyone who is involved in the pathwork,
this state [of unhappiness for missing out on life's beauty and joy]
is less acute;

but
there are always some
who come to this work
with only
a minor part of themselves [brought for healing]
and [who]
have no real intention
to open up
all the way.

In that case,
the despair remains.

It is therefore
foolish

- to indulge your resistances in the pathwork and
- to act as if
not overcoming them [i.e., not overcoming your resistances]
would not really matter –
as if your resistances
were based on
 - some valid reasons
peculiarly suited
to your "individuality," or
 - whatever other explanations
you may concoct.

*Do not delude yourself
that you can attain results
without challenging your resistances.*

Understand that

- *you can never connect with
your creative level,*
- *you can never be
truly secure,*
*unless you are aware of
cause and effect.*

20

*Once again, my friends,
begin
by asking yourselves:
in what respect
are you*

- *unhappy and*
- *unfulfilled?*

*And then
proceed,
with the aid of your helper,
to investigate
your hidden attitude toward
the specific unhappiness.*

*I do not mean
the conscious [positive] intent [in this area of
unhappiness and unfulfillment],*

*I truly mean
the hidden [and hence unconscious]
negative intentionality*

- *to get [in this specific area
of unhappiness and unfulfillment]
more than you are willing*
- *to give [in this area].*

All of this must be explored.

21	<p><u>At first</u> <u>this is painful.</u></p> <p><u>You cling to</u> <u>the illusion</u> <u>that you are</u> <u>an innocent victim.</u></p> <p><u>But</u> <u>what unhappiness you buy</u> <u>with this illusion!</u></p> <p><u>And once you</u> <u>overcome your dishonesty,</u> <u>you will fully</u></p> <ul style="list-style-type: none">• <u>see and</u>• <u>understand</u><ul style="list-style-type: none">• <u>the negative creation</u> <u>you have produced and</u>• <u>how your</u><ul style="list-style-type: none">• <u>mental attitudes and</u>• <u>hidden feelings</u> <u>have created</u> <u>the present conditions.</u> <p><u>These attitudes</u> <u>are all the more powerful</u> <u>when they are</u></p> <ul style="list-style-type: none">• <u>hidden and</u>• <u>unrecognized.</u>
22	<p><u>I advise you</u> <u>not to let</u> <u>overwhelming guilt</u> <u>dissuade you from this course.</u></p> <p><u>Recognize</u> <u>it [i.e., recognize overwhelming guilt]</u> <u>as yet another ego trick.</u></p>

By such
devastating guilt
you prevent yourself

- from lifting yourself up,
- from going through
the one and only act
that can truly remedy the situation, and
- from recognizing
your beauty
through the very exposure
of your ugliness.

Neither

- aggrandize the guilt,
so that it keeps you
cowering in
 - repression and
 - misery,

nor

- belittle it.

Allow yourself
to feel
the pain of your guilt,
so that you fully see
its whole impact,

- what you do to
 - others and
 - yourself, and
- how so.

This awareness [of the pain of your guilt and its whole impact]
will motivate you
to change your

- negative creating

into a

- positive one [i.e., into a positive creating].

23	<p><u>When you can</u> <u>truly connect with</u> <u>your creative level,</u></p> <ul style="list-style-type: none">• <u>you will find</u> <u>such relief;</u>• <u>you will find</u> <u>the world opening up.</u> <p><u>It will dawn on you</u> <u>that if you can create</u></p> <ul style="list-style-type: none">• <u>unconsciously,</u>• <u>inadvertently, and</u>• <u>erroneously</u> <u>such tangible</u>• <u>events and</u>• <u>states of mind,</u> <p><u>you can also create</u></p> <ul style="list-style-type: none">• <u>consciously,</u>• <u>deliberately, and</u>• <u>intentionally</u> <u>the circumstances and</u>• <u>the state of mind</u> <u>that you desire.</u>
24	<p><u>For example,</u> <u>if you now feel</u> <u>that you cannot bear</u></p> <ul style="list-style-type: none">• <u>happiness and</u>• <u>pleasure –</u> <u>if the current [required for pleasure and happiness] is too</u>• <u>strong and</u>• <u>disquieting –</u> <p><u>you can</u> <u>create this capacity [for happiness and pleasure] in yourself</u></p> <ul style="list-style-type: none">• <u>by stating the</u> <u>desire and</u>• <u>intent,</u>• <u>by being willing to give up your</u> <u>dishonesty and</u>• <u>negative intentionality, and</u>• <u>by wanting to give honestly</u> <u>the best that is in you.</u>

How else [other than by creating this capacity for pleasure] can you
find the
endless wealth
that is in you?

By holding back

- your inner giving,
- your openness, and
- your commitment to life

you
increase

- your sense of inner poverty,
- your belief that you
 - are empty and
 - have nothing to give.

The one who
feels

empty
gives nothing.

You can
feel

- rich and
- full
 - only
 - when you
 - wish
 - to give.

The moment you do this [i.e., the moment you wish to give]

- you create
 - positively, and
- you will
 - gradually
 - see your creations grow.

They [i.e., your positive creations] may

- *sometimes take a few years to fully manifest,*
- *sometimes less.*

They [i.e., your positive creations] are never completed.

Positive creations can be endlessly enlarged.

By truly seeing the cause and effect of your negative creation and its manifestations, you become a creator.

You realize your birthright of divinity.

25

Understanding cause and effect in your life is an incredibly important prerequisite

- *for becoming whole,*
- *for being in reality,*
- *for true self-responsibility,*
- *for opening up a channel to your divinity.*

This divinity
is nothing
• **supernatural or**
• **mystical,**
my friends.

It [i.e., this divinity]
is nothing that comes
• **miraculously or**
• **magically**
from far away.

Your divinity
is your power to create
• **by your thinking,**
• **by expanding your vision,**
• **by impressing your intents**
into yourself, and
• **by requesting**
the power of God
within you
to unite with
your consciousness.

26

[#]2 [of the 4 prerequisites or keys for bearing the cosmic feeling].

Learning the ability
• **to feel all your feelings and**
• **to handle the feeling experience.**

It [i.e., feeling all your feelings]
requires a bit of
• **growing and**
• **groping**
before the personality
can accept all feelings,
• **experiencing and**
• **handling them**
constructively.

I have said much about how to do this,
so now I will discuss this topic
only as it relates to
the cosmic feeling.

27

If humankind
goes through
the depths of

- *unhappy,*
- *painful*

feelings,
it is because
it [i.e., humankind]

- *has created them and*
- *can only grow*

beyond them
by
going through them.

Many of you have
already experienced
the truth
that
by fully

- *accepting and*
- *feeling*

your pain,
you become
commensurately
capable of
sustaining
pleasure.

By

- *humbly and*
- *honestly*

- *admitting*

your hate and

- *expressing it constructively,*

that is,

- *assuming responsibility for it,*

your capacity to
love
grows
commensurately.

By willingly
experiencing
your fear,
you grow
• fearless and
• secure.

This is so
because the
apparently
opposite
feelings
are
one and the same
energy current,
appearing in different
• frequencies and
• degrees of condensation.

The vibration
changes
as you discover
the oneness
of the opposites.

The more
you
avoid a feeling,
the less
can you
experience its other side.

28

The cosmic feeling
is of the
highest frequency of energy.

If
any feeling
within the ordinary human spectrum
is still apparently unmanageable,
cosmic feeling
is much too strong to bear.

As long as you
shy away from a feeling,
• it [i.e., that feeling you resist] remains a wall,
• it remains your enemy,
and you must remain
frightened
of your own feelings.

By that dynamic [of resisting a feeling]
you create
the twice-removed
alienation process
that is so
• disconcerting and
• painful:
• fear
of your fear;
• pain
about your pain;
• hate
for your hate.

Your inner split [between what you feel and what you refuse to feel]
widens
until you start
groping your way back [i.e., way back to feeling all your feelings].

29

There is
no feeling
in existence,
no matter what it is,
that cannot be
• fully experienced and
• dealt with in a
• constructive,
• beautiful
way.

If you
air out
your most negative feelings –

- hate,
- cruelty,
- anger, and
- rage,

and their byproducts of

- envy,
- jealousy,
- greed,
- dishonesty,

and so on –

their

- clean and
 - honest
- expression

is beautiful.

It [i.e., their clean and honest expression]
is beautiful

because

- you no longer pretend;
- you risk

being truthful

and thus

become beautiful

as you expose

the ugliness.

This [exposed ugliness]

cannot ever be harmful

if you do not then

use this stage of your self-work

to stay stuck –

you know that

anything can be

- misused and
- put into the service of
the life-negating
ego tricks.

If you have the
• *courage and*
• *trust in the universe*
to truly expose
a negative part of your consciousness –
without pride because you overcame
the shame [of your ugliness by revealing it] – and
if you ask for
inner guidance
to help you in this endeavor,
you will experience
the powerful energy
contained in
the previously hidden [negative] feelings.

This energy [from your previously hidden negative feelings]
is absolutely essential
• *for creating your life,*
• *for expanding your*
 • *life and*
 • *consciousness,*
• *for feeling*
 • *joy and*
 • *pleasure.*

• *Tiredness,*
• *listlessness,*
• *lack of energy*
can be explained by many outer factors,
but in the last analysis
they are always a product
 • *of running away from feeling*
and thus
 • *of repressing your vital energy.*

30

There is no pain
that, if you meet it
• constructively and
• without
• false ideas and
• projections,
will not prove
to be a tunnel
through which you go
comparatively quickly,
releasing
• beautiful energy,
• love, and
• power.

There is no
• hate
so ugly, or
• negative intentionality
so awful,
that expressing it honestly –
rather than
acting it out against others –
will not
• yield powerful energy and
• add to the beauty
of
• your love and
• your environment.

• No hate,
• no pain,
• no fear
is ever permanent,
but
• love,
• pleasure,
• security,
• peace, and
• bliss
are permanent conditions.

- Hate,
- pain,
- fear
are but
 - frozen energy,
 - distorted consciousness.

Every time
you feel reluctant
to go

- into a pain or
- into your rage,
it is only
 - dishonesty
that makes you reluctant –
 - the wish to appear different
from the way you really are.

- When you
overcome your
imagined
need to pretend,
- when you
can be
who you are,
there is
no feeling
that cannot be
a source of
creative energy.

Being honest
includes
challenging
your

- conscious or
- unconscious
assumption
that
if you go into pain,
you will
 - become lost in it and
 - perish.

31

By exposing
what you
fear to expose,
you learn
to deal with it [i.e., you learn to deal with what heretofore
you feared to expose].

Many of you
already see
that releasing the

- stagnant,
- sick

energy of

- hidden,
- distorted

feelings
transforms it [i.e., transforms the stagnant sick energy]
into
a powerful agent
for

- joy and
- creativity.

32

The
whole spectrum of feelings
must be
thoroughly experienced:
as I said,
only when you

- allow and
- deal with

negative feelings
can you

- accept and
- sustain

good feelings.

*By the same token,
only when you can
• accept and
• sustain
ordinary good feelings
can your ability to
sustain
the cosmic feeling
grow.*

*It is important
to understand
this evolutionary process
of your feeling nature [i.e., first allowing and dealing with negative feelings, secondly accepting and sustaining positive feelings, and thirdly, sustaining the cosmic feeling];
it [i.e., this three-stage evolutionary process of your feeling nature]
will explain
why
you are so often incapable
of holding on to good feelings.*

*You see yourself
contract again,
right after
you have
opened up
and experienced
• pleasure,
• love,
• the goodness of life.*

*You know
that this [three-stage evolutionary process and] principle exists,
but you still
do not use it enough
for the gauge that it is;
[when you contract after opening up] it points to
• unrecognized,
• unaccepted,
• unexpressed
negative feelings.*

*And [similarly]
if occasionally
a glimmer of the cosmic feeling
comes
and [then] quickly slips away,
it is a sign
that your love capacity
is not as developed
as it
• can and
• will
be.*

*The
strongest human love experience
is only a
• lukewarm,
• mild
shadow
of the
cosmic feeling
that encompasses everything.*

33

*[#]3 [of the 4 prerequisites or keys for bearing the cosmic feeling].
Developing positive intentionality.*

*You must develop
positive intentionality
• not
superficially,
• not
just to comply with some rules,
but [rather] from
the core
of your real being,
where you
want
• truth and
• love
• for their own sakes
rather than
• for what you wish to gain.*

*It [i.e., positive intentionality]
must exist
on that deep level
where you keep discovering the
• dishonesty and
• negative intentions
toward life,
which are the
true causes
of your unhappiness.*

*The moment
you can
• risk looking at
your negative intentions and
• begin
to really work with them
on this deep level,
your
positive intentionality
will express itself
strongly.*

*Then
there will be
love –
• love
for the universe,
• love
for yourself,
• love
for others,
• love
for creation.*

*Your love
lacks totality
to the degree
that negative intentionality
festers in your psyche.*

*And you cannot have
cosmic feeling
unless you have love.*

34

The commitment
to make
a fair exchange with life
must be made

- *over and over*
- *day in and day out,*
- *searching for*
 - *deeper*
 - *hidden*

recesses
where
negative intentionality
may still exist

and then
reversing it [i.e., reversing negative intentionality]
in a

- *deliberate,*
- *creative*

act
of expressing
positive intentionality.

35

How can you gauge
where
hidden
negative intentionality
exists?

You can gauge it
easily
by simply asking,

- *"Where am I still unhappy?"*
- *Where am I anxious?*
- *Where do I have problems*
 - *with myself,*
 - *with life,*
 - *with others?"*

No matter how easy it may be
to ascribe the cause [for your unhappiness, anxiety and problems]
to others –
which may also be true –
there is
nevertheless
something
in you
that you do not see.

Your own unhappiness
is your gauge,
and you can use it every day.

Nothing
could be more reliable.

In your
daily review each night,
ask yourself,
"Is my life as

- fulfilled, as
- joyful, as
- rich and
- meaningful

as I long for it to be?"

Then
you have your answer,
and you can explore yourself further
by asking,

- "What do I contribute to this situation?"
- How do I create it?"

Of course
you cannot do this alone,
but you have a helper.

36

Even if
your life is
• fulfilled and
• happy,
and you see it become
• increasingly richer –
and the continued pathwork
will bring about such a change
without fail –

you can
still ask yourself,
"Which are the areas in my life
where I still
do not
feel
the joy
that I know otherwise to exist?"

That [i.e., seeing areas in your life where you do not feel joy you know is possible]
is your clue
to look
• inside of you,
• in your heart of hearts.

What do you
really intend
in this innermost place [i.e., in your heart of hearts]
toward a certain aspect of your life [where you do not yet feel full joy]?

It is really
very simple to do this [i.e., very simple to see what you really intend in those
aspects of your life where you do not yet feel joy],
my friends,
and once you focus in this way,
you will see it [i.e., will see your negative intentionality in these
aspects of life where you do not yet feel joy]
as simple as
a diagram you can draw
with the simplest stroke.

It is truly no mystery.

37

[#]4 [and last of the 4 prerequisites or keys for bearing the cosmic feeling].

Connecting with your divine nucleus.

**The other three approaches [or keys] [for bearing the cosmic feeling]
are surely prerequisites to this [fourth approach or key].**

[The previous three approaches or keys are:

1. True understanding of cause and effect in your life.
2. Learning the ability to feel all your feelings and to handle the feeling experience.
3. Developing positive intentionality.]

**The fourth approach [or key – i.e., connecting with your divine nucleus –]
cannot truly be used successfully
unless the other three [approaches or keys]
have been put into practice.**

**The fourth key is
meditational.**

- Listen
into yourself,
- become
 - calm and
 - receptive,
- quiet the
 - busy,
 - loud
mind.

**Start with the premise
that there
is
a deep nucleus of**

- knowing,
- feeling,
- power, and
- presence
within you.

Focus on it [i.e., focus on your deep nucleus
of knowing, feeling, power and presence]
lightly,
without the feeling that
"I must experience it now."

Calmly wait.

Learn to become
inwardly relaxed.

See your own
inner

- rushing,
- driving,
- grasping.

Observe it [i.e., observe your inner rushing, driving, grasping],
until you can stop it.

It may at first be
a [deep feeling of] pain,
but take the opportunity
to
feel
the pain
without resistance.

Learn
the great art
of tuning in.

Ask your innermost Godself
for help in this.

Persevere.

Give

- your attention and
- your goodwill

to the practice.

One day
the channel will open.

Contemplate the possibility
that there are faculties within you
that you have not yet experienced.

38

There is

- an inner ear
with which you will eventually hear;
- an inner eye
with which you will see;
- an inner power
with which you will perceive.

These [inner] faculties

are not yet in use,
but they can be
awakened.

- As you
put to rest
 - your thoughts and
 - your doubts,
which are a trick of the ego, and
 - as you
increase your capacity to
 - see through
the ego's tricks and
 - be attentive to
your inner movements,
again and again
asking for inner guidance,
- you will
- awaken and
 - develop
a new inner faculty.

It may appear
in different realms
for different people.

With one,
the inner ear
will suddenly open
and you will
hear God in you.

You will know
it is not imagination –
nothing could be more real.

With another,
the inner eye
will begin to see –
perhaps
• symbolic forms or
• pictures.

It may see
on an inner level,
where seeing
is knowing.

It may see
the light
• of truth and
• of love.

That seeing
will become understanding,
for understanding
must always follow
to integrate
• the experience
with
• the conscious ego personality.

Still another
may discover an ability
to express
the inner knowing
in thoughts:

"It"
• thinks in you,
• instructs you, or perhaps
• writes through you.

	<p><i>There are</i> <u><i>many different ways</i></u> <u><i>in which</i></u></p> <ul style="list-style-type: none">• <u><i>new knowing,</i></u>• <u><i>new seeing,</i></u>• <u><i>new hearing,</i></u>• <u><i>new experiencing</i></u> <u><i>come from</i></u> <u><i>the divine kernel within.</i></u> <p><i>The integration</i> <u><i>of this</i></u></p> <ul style="list-style-type: none">• <u><i>new faculty</i></u> <u><i>into the personality</i></u> <u><i>is the expansion</i></u> <i>I talked about in the last lecture [i.e., Lecture 199 – <u>The Meaning of the Ego and Its Transcendence</u>].</i>
39	<p><u><i>Everyone</i></u> <u><i>can be helped by this lecture</i></u> <u><i>to understand</i></u> <u><i>where he or she is</i></u> <u><i>on the path,</i></u> <u><i>regardless of</i></u> <u><i>whether each person</i></u> <u><i>can actually</i></u> <u><i>put everything to use</i></u> <u><i>at this point.</i></u></p> <p><u><i>That [putting everything in this lecture</i></u> <u><i>to use in your life]</i></u> <u><i>may come</i></u> <u><i>only later.</i></u></p>
40	<p><i>To close,</i> <i>I would like to say once again that</i></p> <ul style="list-style-type: none">• <u><i>the power,</i></u>• <u><i>the strength,</i></u>• <u><i>the love, and</i></u>• <u><i>the help</i></u> <u><i>invested in this group venture</i></u> <u><i>are so wonderful.</i></u>

The power
grows steadily through

- your
- progress and
- liberation and
- the faith you gain
through what you
 - experience and
 - see
around you.

You can gain so much
by letting your heart
feel
the power
at these gatherings.

Do not allow
the ego tricks
to cut you off
from your

- heart and
- feelings.

If you recognize
your own

- doubting,
- negating
ego

in the tricks it produces, and

if you then
doubt
your doubts,
you can
open your hearts,
my friends.

You will then [i.e., with open hearts you will]
know
I say the truth.

41

*As I withdraw from this instrument,
try again
to use
the powerful energy here.*

There are so many different ways to use it.

- *Perhaps there are people here*
 - *who do not love each other,*
 - *who have had*
 - *friction or*
 - *misunderstandings*
with one another.

*Maybe they can use this powerful energy
to come into the middle of the circle
and honestly confront each other.*

- *Another way may be*
*for one person who wants help
to have the whole group
give its energy
to find the necessary clue
in him or her.*

Ask
in the meditation that follows,
with which you
generate more of this beautiful energy,
for inspiration.

- *Use the energy*
to move you
where God
in you
directs you.

Surrender to
the divine

- *power and*
- *guidance.*

Ask God
in you

- *whether you should come forward, and*
- *how [you should come forward].*

If you
truly surrender
to God's
• will and
• guidance,
wonderful things will happen.

Allow
them [i.e. allow the wonderful things] to happen.

Enrich yourself and
do not shy away
• from the risk and
• from the momentary resistance [to surrendering to God's
will and guidance].

Do not cut yourself off
from it [i.e., do not cut yourself off
from God's will and guidance].

Be blessed,
my dear ones!

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