

Pathwork Lecture 202 *Psychic Interaction of Negativity*

1996 Edition, Given June 16, 1972

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

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03	<p>Greetings and blessings for every one of my beloved friends here.</p> <p>The <i>power of love</i> and the <i>strength of truth</i> will unfold <u>in</u> you forever more as you grow on your path.</p>
04	<p>I would like to say to you, first of all, that the majority of you have learned to be aware of and admit quite a lot of negativity.</p> <p>So far the significance of this progress cannot even be perceived.</p>

	<p>It makes a lot of difference whether you are <i>aware</i> of your negative intentionality, or whether you [<i>are not aware of your negative intentionality, and rather</i>] blindly grope, act out, and consequently suffer a <i>special kind</i> of confusion that hurts more than physical pain.</p> <p>The benefit of this new awareness [<i>of your negative intentionality</i>] is equally great [<i>both</i>] for yourself and for others.</p> <p>In this lecture I would like to show you what the <i>unconscious psychic interaction</i> between <i>you</i> and <i>others</i> means in terms of the loss of love and also the pain of guilt that I talked of in the last lecture.</p>
05	<p>When you are only vaguely aware of your negativity, only dimly sensing the hurt that it inflicts on others, you are caught in a <i>battle</i> of</p> <ul style="list-style-type: none">• blame,• self-justification,• helplessness,• self-rejection and• self-doubt. <p>You cannot help but hook others, with their own unconscious conflicts, into <i>your</i> negativity. You bind them in a struggle equal to the one I just described [<i>for yourself</i>].</p>

06

Many of you
have already started to recognize
that
by denying your negativity
you incur a *double guilt*.

First, there is the
guilt for the *negative attitude* in question [*per se*].

This we may call the *primary guilt*.

Then you are involved in the
guilt for *denying* this negativity,
which we may call the *secondary guilt*.

If the primary guilt
were admitted and
its consequences truly accepted,
it would cease to be a guilt.

But the secondary guilt must weigh heavily on everyone's soul.
It is a burden
that consumes much vital life energy.

Your denial [*of your negativity and negative intentionality*]
always implies
inner or
outer
harmful acts toward others and
may therefore truly be called a *sin*,
because
you punish *others*
for *your own* failings,
for *your own*

- negative intentions,
- lovelessness,
- untruthfulness,
- spite, and
- unfair demands.

	<p>It <i>[the process of blaming, punishing, and building cases against others]</i> is a basic attitude.</p> <p>It exists in variations and with different degrees of intensity.</p> <p>The refusal to love, when not admitted, often manifests in the following attitude: "I do not want to give you <i>anything</i> -- whoever "you" may be -- but I demand that you give me <i>everything</i>. If you do not, I will punish you."</p> <p>This attitude <i>[of blaming, punishing, and building cases against others]</i> is very typical.</p> <p>The more concealed and the less consciously expressed, <i>[then]</i> the more insidious its effect will be on <i>[both]</i> the self and others.</p> <p>It is always relatively easy to <ul style="list-style-type: none">• deny,• rationalize,• distort,• conceal, or• use half-truthsto justify this attitude.</p>
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10	<p>Lately, several of my friends have <i>become aware of this attitude</i> <i>[of blaming, punishing and building cases against others]</i> and could admit it not only to <i>themselves</i> but also to <i>their friends</i>.</p>
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**When this [awareness and admission of blaming, building cases, etc.] happens,
the influx
of health,
of the clean fresh air of psychic truth,
is instant.**

**It [the instant influx of health and clean fresh air of psychic truth] is the result of
freeing yourself of the secondary guilt.**

**The more you expose every detail of
the disparity between
your demands,
your own ungiving intentions [on the one hand]
and
the punishment you mete out
when your demands are not being met [on the other],
the more you clear yourself of [secondary] guilt.**

**The clearer you can see the preposterous unfairness of
what you demand
compared to
what you give,
[and]
how differently you insist on *being* treated
from
how you treat others,
and
exactly how you choose to punish
-- always so that you cannot be caught,
so you cannot be made accountable --**

**the quicker you will free yourself of
a burden
that causes**

- *depression,*
- *anxiety,*
- *worry,*
- *hopelessness, and often*
- *physical illness and*
- *material frustration as well.*

11	<p>One of the most popular ways for punishing others for not responding with love to your ungivingness</p> <p>is</p> <p>to render them guilty; [and] to build the case in such a way that they seem to be the cause for your misery.</p> <p>You convince yourself quite successfully of this because you choose to see only the <i>result of [the other's response to]</i> your withholding and spiteful or perhaps cowardly non-giving.</p> <p>You choose to ignore [your own behavior and come to see] that others cannot respond the way you would like them to when your own psyche is still steeped in this negative, non-giving attitude toward life.</p>
12	<p>Your negativity says, "I will deny the truth [that my unwillingness to love is the cause] and will blame you for not giving me <i>all [that I demand]</i> and for not letting me get away with my one-sided demands.</p> <p>And if you dare to react [negatively] to this [to my blaming you] I will punish you by hating you and by blaming you even more."</p> <p>Those who are [just] at the beginning of their path, or those who have a very strong investment in their idealized self-image, which makes no room for this truth [that their unwillingness to love is the root cause of their plight], will first think it is quite impossible that they, too, can harbor such an attitude.</p>

	<p>Your best gauge to determine whether and to what extent it [<i>this one-sided blaming attitude</i>] exists, is to consult your</p> <ul style="list-style-type: none">• <i>mind</i> and• <i>emotions</i>. <p>If you feel comfortable with others, without anxiety, if you expand your life in a joyous way; and if you regard occasional difficulties as meaningful stepping stones, then you have already vastly overcome this poisonous attitude.</p> <p>But you, too, must have had it [<i>at one time</i>] and must have dealt with it in a truthful way.</p> <p>No one is entirely free from it to begin with.</p> <p>If you have not [<i>yet</i>] found this [<i>one-sided blaming</i>] attitude, you must work your way through</p> <ul style="list-style-type: none">• your pride,• your investment in your pretense [<i>idealized self-image</i>],• your cowardice.
13	<p>When you admit your negative intentionality you perform the most fundamental act of love.</p> <p>The moment you admit what you are doing [<i>one-sided blaming</i>], you are performing an act of love, my friends, whether you know it or not.</p> <p>If [<i>on the other hand</i>] you do <u>not</u> admit your negative intent, you may give a lot, but never the real thing that counts most.</p>

	<p>You may give</p> <ul style="list-style-type: none">• <i>things,</i>• <i>money,</i>• <i>good deeds,</i> even• <i>tenderness</i> and• <i>concern,</i> <p>but they are <i>hollow gifts</i> without <i>setting the other free</i> by the <i>honest admission of your negativity.</i></p>
14	<p>The [primary] guilt caused by</p> <ul style="list-style-type: none">• <i>your unfair demands,</i>• <i>your spite,</i>• <i>the withholding of your love,</i> and• <i>the compounded [secondary] guilt</i> caused by <i>[denying your primary guilt and]</i> punishing <i>others for your misery,</i> must <i>erode</i> your <i>strength</i> and your <i>self-expression.</i> <p><i>It makes you truly weak.</i></p> <p>How can you, as long as you continue in this attitude <i>[of denying and blaming],</i> ever have faith in yourself, ever believe in your dignity as a free human being?</p> <p>You may try all sorts of artificial ways to instill self-confidence in yourself, but it will <i>never</i> work <i>unless you face the secondary guilt [denying your negativity] and</i> give it up by admitting it.</p> <p>Then you may even stay, if you so choose, with the primary guilt -- the guilt of not wanting to love, but at least you have assumed the responsibility for this.</p>

15

You see, my friends, *this is a world of duality.*

**So much confusion exists
because of the either/or alternative
and the topic under discussion
is particularly prone to such confusion.**

**Humanity is stymied by the concept that
either
oneself should be blamed –
for whatever it may be –
or
the other person should.**

***Either*
you are
bad and
wrong
or
the other is.**

**This creates a serious predicament,
making it *impossible* to be in *truth*.**

**If
you are wrong
and
the *other person blameless* [*dualistic either/or*],
you feel that there is something not quite right about the situation
[*that it cannot truthfully be that onesided*].**

**You feel also that
an undue responsibility is placed on you.**

**If you are the one to assume the sole burden of the blame,
you surely expect to be ostracized.**

**This assumption is an unbearable load;
[*and*] it
is *untrue* and
does *not permit clarity* [*about what is true*].**

**It makes you feel even more
inferior and
unlovable.**

	<p>Your misery seems a just punishment rather than a choice you are free to alter whenever you so decide.</p> <p>By assuming the <i>sole</i> blame, you give permission, as it were, to others to secretly act out their own negative intentions.</p>
16	<p>Or, conversely, if you have to be completely justified [<i>and innocent</i>] in explaining your behavior, then you also put yourself in a terrible predicament: you again feel there is something wrong <i>[that the dualistic either or is not the truth];</i> you know that making the other all bad does not fit the truth either <i>[that either/or duality cannot be the truth].</i></p> <p>If you have to protect this pretense [<i>of being 100% innocent</i>], which may seem desirable in order to whitewash yourself of guilt, you will become</p> <ul style="list-style-type: none">• <i>anxious,</i>• <i>afraid,</i>• <i>threatened with having your defenses penetrated –</i> <p>so you cannot afford to be [<i>undefended and</i>]</p> <ul style="list-style-type: none">• <i>relaxed,</i>• <i>natural, and</i>• <i>close to others.</i> <p>Your stake in your "innocence" prevents intimacy.</p> <p>Again, you cannot feel right.</p>

17	<p>Most human beings are still incapable of experiencing how their distortion and negativity directly affects, reinforces, and hooks into the distortions and negativities of others.</p> <p>They are still too involved in the dualistic struggle, defending their illusory self-image.</p> <p>They are therefore blind to the psychic reality of <i>constant interaction</i> between self and others.</p> <p>The "either the self or the other is all bad" attitude creates confusion, guilt, and self-doubt.</p>
18	<p>Psyche to psyche, the following interaction takes place.</p> <p>Suppose you inwardly say, "I will punish you for not fulfilling my insatiable demands. I will <u>not</u> love you or give you anything. I will punish you by making you guilty, and if you want something from me, I will not give it to you. I punish you most effectively by making myself the victim, so you cannot blame or catch me."</p>

**Suppose the *other person* is inwardly struggling
with giving up a similar defense.**

Their resistance says:

"You must not give it [*your defense*] up.

**Others are out
to hurt,
to victimize,
to exploit you.**

**If you open your heart to love,
you will get nothing
but**

**rejection,
unfairness, and
hate**

in return.

It does not pay.

You had better remain closed up."

[Back to you]

Just imagine how

**your self-victimizing attitude [*you need to stay the victim here*]
will reinforce the irrational resistance of the other person
to being**

**open,
vulnerable, and
loving**

*[thus building the other's resistance
to giving you what you demand].*

**The frightened part of the [*your*] self,
which is geared to
"protective"**

**negativity and
withholding,**

**will [*now*] be set back considerably in this struggle
whenever it encounters such a negative intentionality.**

**This punishment [*you now use*] often takes the form of
severe accusations
that malign the other's character.**

[Thus a negative spiral is set in motion between you and the other]

**You may never have thought about it in these terms,
but if you look closely,
you will see that it amounts to just that.**

	<p>Or you may even use others' real failings as excuses to punish them for not living up to your demands and for not accepting a deal from you in which they give everything and you little or nothing on that level.</p> <p>On other levels, the case may be quite different [and you may give a lot].</p>
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19	<p>The unconscious interaction in this area thus fortifies and justifies the conviction that negativity is a necessary defense.</p> <p>Viewed from this narrow vantage point, the position seems right.</p> <p>Thus when you pursue your negative intentionality, you are also responsible for the other.</p> <p>One of the apparently paradoxical truths of spiritual reality is that you are responsible for yourself and you are also responsible for the other, each in a different way.</p> <p>By the same token, others' negative intentionality hurts and hinders you</p> <p>and they are responsible for doing this to you.</p>
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Yet they could not succeed
if you would not tenaciously hold on to your own.
In that sense,
the responsibility is *[ultimately]* yours.

Everyone has the choice of
either
using the other's bad intentions
as an excuse to stay in their own *[bad intentions]*
or
looking for a new way of responding to life
[and thereby breaking the chain of negativity].

It is therefore equally true
that
you are exclusively responsible for yourself
and
others are exclusively responsible for themselves
and [yet at the same time]
that,
everyone is responsible for the other person.

20

Since ultimately there is
no division between
the self and
the other,
both must be true.

You *are* the others
and
the others *are* you.

The separation is as much an illusion
as the either/or duality.

	<p>It is not that either you are responsible for yourself or for others, nor that others are responsible either for themselves or for you.</p> <p>There are no either/or's: <i>it is all one.</i></p>
21	<p>Therefore, when you end the old pattern of blaming others in order to <i>justify</i> your unfairness and your unloving demands, you not only unhook yourself from this terrible double-bind, you also help unhook the other person.</p> <p>Of course, others should not depend on you; they must fend for themselves and find their own salvation.</p> <p>You may say, "Others should not depend on my overcoming my negativities and problems so that they can overcome theirs."</p> <p>And you are both right and wrong.</p>

You are *right*
that it is indeed others' responsibility and
that they can do so
no matter what you do,
provided they *really want to*.

Their effort,
their investment and
commitment to themselves
determine the outcome,
regardless of what others,
including you,
do.

But you are also *wrong*
in not seeing that
by your act of *truth*,
which is an act of *love*,
you help set others free of their entanglements.

When you make clear
what *your* negative part is,
you remove a great deal of
confusion and
doubt,
so that the *true* picture of
where and
to what extent
each party contributes to
a negative involvement and
psychic interaction
can emerge.
This has a tremendously liberating effect.

22

**There are particular phases in [an entity's] human development
where an entity finds it almost impossible
to come out
of his or her negative defense system, and
of the conviction
that this defense is *necessary*,
unless one of those people
with whom the person is entangled
lets them off the hook
by admitting his or her own
negative intentionality,
destructive attitude,
dishonesty, and
meanness.**

**Just imagine how you would feel
when someone close to you,
who has given you pain
by pointing out
your real and
your false
guilts,
but who has also confused you by
the denial of his or her guilt,
suddenly said to you:
"I realize that *I do not want to give you love.*
I want to *demand* from you
and then
blame you,
accuse you, and
punish you
when you do not comply
with my demands.
But I do not allow *you* to feel hurt
[by my demands, blames, and punishment],
because
although I *want* to hurt you,
I do not want to be made to feel guilty
[for wanting to hurt you]
by your [actually feeling unjustly] hurt."**

	<p>Just imagine how this would <i>set you free!</i></p> <p>How such an admission can suddenly clear up many confusions!</p> <p>It is not very likely that you would respond to this <i>act of love</i> <i>[from the other by his or her being so honest and truthful]</i> by <i>[your]</i> being self-righteous and acting the all-innocent one who</p> <p>has always known this and is now established as the <i>innocent victim</i>.</p>
23	<p>If you admit your similar unfair demands, your cowardice in giving your feelings <i>[and thereby opening your heart], and</i> your negative intentionality, it may indeed be hurtful for your pride, but truly for nothing else!</p> <p>The other who hears it has, in that moment, received a gift of love from you, even though</p> <p>you may still <u>not</u> want to love</p> <ul style="list-style-type: none">• with your <i>heart</i>,• with your <i>feelings</i>,• with your <i>inner being</i>. <p><i>But</i> you have <i>[nevertheless]</i> begun to love by being <i>truthful</i>.</p>

24

**By setting others free
from the false guilt
you have placed on them
in order to conceal your own *[false guilt]*,
you allow them
to look at their own *real* guilt
[rather than deny their negativity behind the guilt]
without self-devastation and
without this painful inner struggle
in which the mutual
guilts and
accusations
are all confused.**

***Release and
clarification
often lead to the solution
of the deepest problems.***

**It is as though the personality *needed*
this "outer" grace,
this helping hand
*[of the other taking the first step in breaking the chain].***

**For the dishonest placing of guilt
on others
makes
their *true self-revelation*
almost *impossible*;**

***[Why? Because]*
it implies that
if they admit guilt
you are *[totally]* right in accusing them
of being bad and
of being the cause of your misery
*[thereby making yourself
the helpless victim].***

This *[refusal to admit guilt]* is how people are *hooked together* in

- denial,
- guilt-projection,
- either/or struggle,
- confusion, and
- negative interactions.

	<p>Someone must begin to</p> <ul style="list-style-type: none">• loosen the hook-up and• disentangle the knots.
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25	<p>Negative intentionality is a defense <i>[against feeling hurt, insecure, hated, or unloved].</i></p> <p>It stems from the innate belief [image] that the world cannot be trusted [to keep you safe and secure]</p> <p>and the only way the self can protect itself [and be secure] is by being as mean as the world is supposed to be -- or meaner.</p> <p>When you admit your ill will, you help others to <i>begin to trust</i> in the decency of the <i>world</i> and of <i>people</i>.</p> <p>You can then begin to ponder, "Maybe it is not so dangerous, after all. Maybe I am not all alone in my hidden shame and guilt. Maybe I can let go. Maybe I, too, can admit these feelings without being held <i>solely</i> responsible <i>[seeing that I AND others truly <u>share</u> the guilt]."</i></p> <p>What a difference this would be in your <i>attitude toward life</i>, in your <i>spiritual</i> position as a <i>human</i> entity!</p>
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26

**Your energy system
must begin to change.
When you all work together
in this *honest* way,
love is *not* a command
issued by
the **will** and
the **mind**;
it is *not* an abstraction;
it is *not* emoting, or
a sentimental gesture.**

[Rather,] **It [love] is
vigorous,
assertive, and
free.**

***Honesty* is the
most needed and
most rare form
of love
among human beings.**

**Without honesty,
the *illusion* will always remain**

- that you are *separate from others*,
- that your *interests are contradictory*,
- that in order to protect your interests
you must *defeat others*,
and vice versa.

27

Only when you
know your own negativity, my friends,
truly own up to it,
assume responsibility for it, and
no longer project it onto others
while distorting reality
in order to be able to do so,
will you suddenly gain new insight
into other people's doings,
so that even
when they do not admit it,
you will know what is happening.

And

that, too, sets you free.

That, too, takes you out of
the confusion and
the guilt
of

- "Where am I at fault in my misery?
 - How have *I* caused it?
 - How have *others* caused it?" –
thus fluctuating between
 - blame [*of the other*] and
 - self-blame.
- Neither [blaming the other or the self]
leads to any solution.*

But the moment you
assume responsibility for your
negative,
destructive
attitudes toward others,
even if others are not willing to do likewise,
you see the picture clearly.

You unhook yourself,
not only
by your
admission and
self-knowledge,
but also
by comprehending

- the *negative intentions,*
- the *acting out,*
- the *dishonest projections*
of the other person.

	<p>This is why everyone who admits the worst in themselves inevitably feels</p> <ul style="list-style-type: none">• <i>elation,</i>• <i>liberation,</i>• <i>energy,</i>• <i>hope, and</i>• <i>light</i> <p>as the <i>immediate</i> result.</p>
28	<p><i>Spiritual growth</i> brings you the gift of <i>knowing the inside of other people:</i></p> <ul style="list-style-type: none">• <i>their thoughts,</i>• <i>their intentions,</i>• <i>their feelings.</i> <p>This is <i>not</i> magic; it occurs naturally because in reality</p> <ul style="list-style-type: none">• <i>you</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>others</i> <p><i>are one.</i></p> <p>As you read your own mind accurately, you cannot help reading those of others – since in reality <i>it is all one mind.</i></p> <p>Other people's minds are closed books <i>[to you]</i> only as long as you hide from your own mind.</p> <p>To be able to read others' minds would amount to <i>dangerous magic</i> if it came from an individual's psychic power.</p> <p>Such power could be abused.</p>

	<p>But whenever this ability grows organically as a byproduct of knowing your own inner makeup, it [this ability to read other's minds] is natural and cannot be abused in the service of</p> <ul style="list-style-type: none">• power drives and• negativity.
29	<p>What now seems like an altogether separate entity [in the other] will be seen for what it is in undifferentiated reality, when deep truthfulness has been achieved.</p> <p>It will be seen that all is one, that there is only one consciousness.</p> <p>What a liberating experience to know and to see into others, to no longer be confused and torn!</p> <p>This ability grows from giving up your stake in</p> <ul style="list-style-type: none">• hiding,• projecting,• denying, and• distorting; <p>it grows from giving up an attitude that not only confuses others around you who are in a similar state, but [also] confuses you every bit as much.</p>

30	<p>We discussed in the last lecture the pain of guilt.</p> <p>The <i>worst</i> pain of guilt comes when you do not quite know what is your part of an interaction and what is the other's.</p> <p>This kind of <i>suffering</i> [not knowing whose part is whose] comes only from concealment.</p> <p>It [concealment] tears you apart, makes you <i>suffer</i>, searching blindly, like a trapped animal.</p> <p>But <i>you are your own victim.</i> You have <i>trapped yourself</i> by choosing not to be honest.</p>
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31	<p>Whenever human beings unfold into a <i>more expanded state</i> they need <i>different tools</i>.</p> <p>Let us take the simple analogy of someone who runs a business.</p> <p>When the business is still very small, the organization is adapted to the size and purpose of the firm.</p> <p>It is appropriate and therefore harmonious.</p> <p>But when the business expands, the organization created for a small establishment no longer fits the larger one.</p>
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	<p>It [the organization] would no longer be appropriate and could not run smoothly.</p> <p>If the owners were too rigid to change and persisted in holding on to the old, proven way,</p> <p>they would either fail in the expanded enterprise, or would at least find it very difficult to operate.</p>
32	<p>The same law, my friends, applies to <i>your inner expansion.</i></p> <p>As you grow and learn about yourself, and therefore about others and the world, you experience life in deeper and more varied ways – which is, after all, <i>your reason for being incarnated.</i></p> <p>As you gain understanding and learn to experience feelings which you have previously avoided, you are setting the stage, as it were, for an "expanded operation."</p> <p>In practical terms this means that attitudes which were once useful now become destructive and limiting.</p>

33	<p>It happens so often on the path of evolution that entities grow in various ways and prepare the ground for <i>necessary new attitudes toward life.</i></p> <p>Yet they can impede this expansion by their refusal to give up certain attitudes.</p> <p>So you must adapt yourself to new ways of responding to the world, my friends, responding differently to other people's reactions toward you, to what happens around you and also to what happens within you.</p> <p>This will come about, <i>first</i>, by knowing that your old response is a <i>conditioned reflex</i> created to fit a smaller way of functioning in life;</p> <p><i>second</i>, by questioning that reflex and the beliefs behind it.</p> <p><i>Last but not least</i> -- and this is the basic theme of tonight's lecture -- by <i>choosing love</i>, rather than separateness, <i>as your way of being in the world.</i></p>
34	<p>Again, this must <i>not</i> be</p> <ul style="list-style-type: none">• a <i>mere word</i>,• a <i>mere mental concept</i>,• a <i>forced try</i>, or• a <i>sentimentalized emoting</i> <i>that covers up many things you do not wish to admit.</i> <p>It [<i>love</i>] must be put in action depending on where you are <i>inwardly</i>.</p>

**Admitting your negativity
is always an act of love,
whether it is done directly
to the person in question,
where this is possible,
or
to a helper
who is not personally involved
with your negativity.**

It is still an *act of love toward the universe.*

**Wherever you find your negativity, my friends,
even while you still choose to stay with it,
contemplate that one day
you will want to give it up
in love for the universe,
in love for yourself.**

35

Love is the key.

**If you do *not* open your heart
you must wither away.**

**You have all seen that no matter
how true some diagnosis may be,
how many *insights* you have gained
into the
background,
history and
dynamics
of a condition
that gives trouble,**

**unless you commit yourself to
opening your heart,
no real change
can *ever* occur.**

**You cannot be *fulfilled*, my friends,
unless you *let* yourself
*feel from the heart.***

	<p>And it is no use pretending that you <i>want</i> to love, that you even <i>do</i> love, as long as you are frightened of feeling your feelings.</p> <p>To the degree that it is so [to the degree that you are frightened of feeling your feelings], you hold back from loving.</p>
36	<p>You cannot be strong and courageous, you cannot love yourself, unless you [are willing to] love.</p> <p>It is equally true that only as you love <i>others</i> can you love <i>yourself</i>.</p> <p>The <i>first step</i> must be to be <i>willing to love</i> [at all].</p> <p>[But] You do not start loving simply because you so choose.</p> <p>[Rather,] You have to call the <i>divine nature</i> of your <i>innermost nucleus</i> to give you the <i>grace of loving</i>.</p> <p>The grace of God may manifest through you in making you open your heart and lose your fear of feelings, of being vulnerable.</p>

	<p>That [<i>opening to the grace of God so that you open your heart and lose your fear</i>] is all you need.</p> <p>If you do not love, you have nothing.</p> <p>If you love, you have everything.</p> <p><u>But</u> if you love <i>falsely</i>, as a <i>pretense</i>, it is much, much less loving and much more deceptive and harmful than when you admit your <i>hate</i>.</p> <p>Admitting your hate is more loving than an <i>apparently</i> loving act that <i>denies the hate</i>. Think of this, my friends.</p>
37	<p>Take the time to assimilate the material I have given and to establish the most real and vital of all <i>direct communications</i>: <i>[namely] that [direct communications]</i> with <i>your spiritual self</i>.</p> <p>To do this, <i>[that is, to establish direct communications with your spiritual self]</i> you must eliminate your self-deceptions and pretenses. They always block the way to God <i>in you</i>.</p>

**Those of you who have not yet found
where and
how
they are unloving
should set out to do so.**

**Do not let yourself be deceived
by where you are
already loving.**

**Ask yourself
how fulfilled you feel in it**
[in those places where you think you are already loving].
**How
warm and
unthreatened
you feel with others.
How comfortable do you feel in life?**

That *[your answers to these questions]*
**is your answer to
how loving and
how truthful
you are.**

**And then maybe
the first step of love
can be instituted:**

- **Admit your *hate*.**
- **Admit your *punitiveness*.**
- **Admit your *spitefulness*.**

To the degree you do so
[admit your hate, punitiveness, and spitefulness],
you start loving.

**You have started on
the bottom rung of the ladder
of love
the minute you
admit the ugly truth
that
you wanted hidden
and for which, on top of it,
you rendered the other person responsible.**

	<p>You did this either by distorting reality or by using something that was partly true as your excuse.</p>
38	<p>Understanding this, my friends, requires a lot of meditation and genuine good will.</p> <p>But then, <i>what a key this is to life!</i> You must deeply want to see this [<i>as a key to life</i>].</p> <p>The more you resist [<i>the natural and organic</i>] expansion into a new mode of operation when you are [<i>in actuality</i>] ready for it, the greater and more painful the necessary crisis must be <i>[to move you into this new expanded mode of operation].</i></p> <p><i>[On the other hand,]</i> The more volitional and unresisting [<i>you are to this expansion into a new mode of operation</i>]. the smoother the transition into a</p> <ul style="list-style-type: none">• new,• more <i>truthful</i>,• more <i>loving</i> <p style="text-align: center;">state will be.</p>

39	<p>Now</p> <p><i>commit yourself</i> to go further and deeper in this direction [<i>of expansion</i>].</p> <p>Commit yourself to go <i>all the way</i> with it and thereby help yourself and those around you.</p> <p>Allow [<i>rather than force</i>] this to happen. It is the <i>greatest blessing</i> that can be. You will create the necessary new climate for a new environment – inside and out.</p>
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40	<p>This was a blessed working year indeed, my friends. Many of you have manifested spiritual growth in visible expressions of a <i>more fulfilled life</i>, of more <i>peace</i> and <i>security</i> and of <i>outer fulfillment</i> as a result.</p> <p>The following years will become more so, as you expand your nucleus of <i>spiritual</i> <i>learning</i> and <i>purification</i>.</p>
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41	<p>You are indeed blessed. Every step of truth, every step toward love, unleashes more spiritual energy.</p> <p>Every step of decency activates more of your divine nature. <i>Be this divine nature!</i></p>
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