

# Pathwork Lecture 215: Psychic Nuclear Points Continued – Process in the Now

1996 Edition, Original Given November 14, 1973

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

¶	Content
03	<p style="text-align: center;"><i><b>Greetings,</b></i> <i><b>all my</b></i> <i><b>dearest, dearest friends.</b></i></p> <p style="text-align: center;"><i><b>May you all</b></i> <i><b>receive</b></i></p> <ul style="list-style-type: none"> <li>• <i><b>the blessings,</b></i></li> <li>• <i><b>the strength and</b></i></li> <li>• <i><b>the love</b></i></li> </ul> <p style="text-align: center;"><i><b>that are poured forth</b></i> <i><b>as a result of your</b></i></p> <ul style="list-style-type: none"> <li>• <i><b>combined efforts and</b></i></li> <li>• <i><b>commitments to</b></i> <i><b>your innermost being.</b></i></li> </ul>
04	<p style="text-align: center;"><i><b>In this lecture I shall continue the topic</b></i> <i><b>I started last time [Lecture 214: <u>Psychic Nuclear Points</u>].</b></i></p>

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*Once again I ask you  
to open  
your innermost  
• sensitivity and  
• intuitiveness  
to understand,  
at least to some degree,  
the deep meaning of this lecture.*

*Bringing your  
intellect alone  
to it  
will not give you  
an adequate comprehension of  
the depth of the topic.*

*And again, as with the last lecture,  
what may first appear as  
purely abstract cosmic knowledge  
about creative processes  
will, when you  
• pursue it and  
• follow me all the way,  
become  
• clearly and  
• immediately  
applicable to  
your life  
here and now.*

*Your own  
inner processes  
will become  
more comprehensible  
when you perceive, to whatever degree,  
how these processes  
are  
• directly related to and  
• part of  
larger cosmic processes  
that continuously exist.*

05	<p><i>I explained to you in the last lecture about</i></p> <ul style="list-style-type: none"><li>• <u>psychic nuclear points and</u></li><li>• <u>psychic nuclear spiral configurations.</u></li></ul> <p><i>I will briefly recapitulate them to make this lecture more comprehensible.</i></p>
06	<p><u>Every smallest particle of creation consists of endless series of psychic nuclear spiral configurations that are intense energy movements, winding up in a climactic point which brings the particular creation into manifestation, on whatever level of reality that may be.</u></p> <p><u>Each of these configurations consists of a series of psychic events of consciousness content.</u></p> <p><i>In other words,</i> <u>these energy movements are not merely mechanical constructs that simply exist separately from mind.</u></p> <p><u>They [i.e., these energy movements] are always expressions of mind –</u></p> <ul style="list-style-type: none"><li>• <u>greater mind or</u></li><li>• <u>smaller minds,</u> <u>as the case may be.</u></li></ul>

*Each creation*  
*has sequences*  
*of several such configurations*  
*that*

- *intertwine,*
- *interweave,*
- *overlap,*
- *form*  
*and reform themselves,*
- *create*  
*and fall apart*  
*and recreate themselves*  
*in ever*

- *self-renewing,*
- *perpetuating,*
- *extending*  
*patterns*  
*of interacting spiral configurations.*

*Each pattern may*

- *seem, and*
- *[actually] be,*  
*a creation within itself,*
- *quite different and*
- *purposeful within its more narrow framework.*

*Yet, at the same time,*  
*it is part of a larger scheme*  
*of purposeful patterns of creation.*

07

*Let me give you*  
*a simple example on the*  
*physical level.*

*Let us suppose*  
*you decide to get up from your chair,*  
*to move through this room,*  
*walk down the stairs and*  
*out to the street corner –*  
*for whatever purpose.*

That total plan

is

- one configuration,
- one spiral.

Arriving at your destination

is the

- explosive,
- climactic

point

that

brings the plan  
into manifestation.

This particular creation

has made its appearance

on this level of reality.

However,

before this result can come into being,

you have to

take so and so many steps.

Each step

• is a plan in itself,

• is an intent

to move certain muscles,

because

even though you may

move these muscles

automatically by now,

the intent

still exists.

- The intent,
- the movement, and
- the execution  
of the intent

follow a certain plan.

The plan,  
together with  
the execution  
in each particle,  
creates  
many smaller spiral configurations,  
complete in themselves.

Of course,  
the terms  
• "small" or  
• "large"  
are not correct  
on this level of reality,  
but I have to use them  
for lack of better words in your language.

Each step [of the walk]  
is a creation of a  
• spiral form and  
• psychic nuclear end point,  
complete with  
• consciousness content,  
• purpose,  
• plan and  
• execution.

The total walk  
consists of  
a "larger" such total form,  
consisting of  
those "smaller" ones –  
the individual steps.

But the walk from here to the corner  
is not an isolated creation either.

It, too, is part of a larger plan,  
an intent  
of which the walk  
is just as much  
a partial creation  
as the step  
is a partial creation of  
the walk from here to the corner.

***This [“nested” ] formula [of “steps” complete in and of themselves and yet part of a larger “walk” on many levels, and on and on in both directions of ever larger “wholes” and ever smaller complete “components”] is very important for you to understand because it represents the scheme of creation itself.***

08

***Let us take another example.***

***Suppose you wish to build a house.***

***Again the same principle applies.***

***So many partial creative spiral forms converge into a whole which, in turn, is again only a part of a larger plan.***

***Therefore, when planning your house, you may first have to work for a number of years to be able to purchase the property and then to hire the architect who***

- plans and***
- designs***

***the house.***

***The architect, in turn, must execute his or her own plan and hire a contractor to organize the work with various sub-contractors who must cooperate with one another.***

***Then laborers and interior decorators get to work until the house is finished.***

09

Each [step in the creative process]  
goes through  
an infinite number of  
a series of  
interacting psychic nuclear points,  
each  
totally formed  
in its own perfection,  
the whole of which  
becomes part of a larger plan,  
and so on  
and on.

Each step  
in its smallest particle  
is a creation in itself.

Each "little" creation  
is an explosion of  
a psychic spiral formation.

The larger creation  
consists of  
so many smaller ones,  
which extend  
and extend.

For example,  
the purpose  
of the house itself  
is only  
an infinitesimal step  
of a whole larger series of  

- creative,
- intertwining

events.

You may follow through yourself,  
with some imagination,  
how the house is,  
relatively,  
only a small step  
in a larger scheme.

*This larger scheme,  
too, is  
only an infinitesimal step  
of a still larger scheme –  
as one human life is  
when considered over  
a whole period  
of its evolutionary spiral movement.*

10

*This is  
a very important process  
for you to  
visualize  
intuitively.*

*The examples I gave are very simple.*

*Yet even in these simple examples,  
you can perhaps imagine  
how many psychic nuclear points  
• are necessary to exist and  
• weave a whole network of  
larger psychic nuclear points,  
which in turn  
• move,  
• create,  
• explode,  
• fall apart,  
• form together  
in a new meaningful pattern,  
related to  
the larger plan.*

Trying to  
imagine  
the unimaginable  
• meaning and  
• purposefulness  
behind these plannings  
may give you an inkling of  
the Divine Mind  
at work  
at all times,  
in its  
• benign,  
• loving  
• wisdom and  
• power of creation.

11

Understanding these principles  
even to a small degree  
will give you another insight,  
namely  
that even an insignificant act  
like walking from here to the street corner  
is indeed  
a creation.

It requires  
the most brilliant creative genius  
to set in motion  
• the energy systems,  
• the muscular  
• coordination and  
• control and  
• the innumerable components necessary  
to execute  
such a creative act  
with all that forms part of it.

And walking from here to the street corner  
is not an isolated creation.

You must have  
a reason to walk there,  
and that reason, again,  
is only a small part  
of a larger  

- plan or
- scheme.

This  

- interweaving,
- forever
  - accelerating,
  - enlarging,
  - self-perpetuating  
process  
of creative patterns,  
each in itself  
a perfection  
within its own fragment,  
and this fragment  
only a part  
of a larger fragment,  
and so on  
and on,  
is a vague sketch  
of the creative process itself,  
always  
at work.

12

Imagine  
the creation  

- of a planet,
- of the human anatomy,
- of a mathematical system,
- of the literally infinite qualities  
contained in the ether.

Still [in such imagining],  
you may not even  
vaguely  
perceive  
how many  

- entire systems  
of creation,
- systems  
within smaller systems,  
are contained in  
the creation of  
each of these examples.

The smallest particle of air  
is in itself  
a perfect creation  
of a  

- psychic nuclear spiral point and
- climactic explosion.

Each of these particles  
is a part of  
a larger scheme,  
again, as I illustrated with other examples.

I only wish to convey  
that the  

- smallest or
- biggest

creation –  
[smallest or biggest] from your point of view –  
undergoes  
the same serial law  
that is the basis of  
creation itself.

*This is why I repeat myself.*

It will help you  
to perceive this process  
when you look at  

- your inner makeup,
- your reactions and
- the creations of your mind.

	<p><i>For the <u>same principle</u> <u>exists of course with</u></i></p> <ul style="list-style-type: none"><li><i>• <u>positive and</u></i></li><li><i>• <u>negative</u> <u>creations.</u></i></li></ul>
13	<p><i><u>Since the universe</u> <u>is filled with</u> <u>Being,</u> <u>there could be</u> <u>no smallest measure</u> <u>where there is</u> <u>non-being.</u></i></p> <p><i><u>Each of these nuclear points</u> <u>has</u></i></p> <ul style="list-style-type: none"><li><i>• <u>a content and</u></i></li><li><i>• <u>a meaning.</u></i></li></ul> <p><i><u>It [i.e., each of these nuclear points]</u> <u>is not separate from</u> <u>consciousness.</u></i></p> <p><i><u>It [i.e., each of these nuclear points]</u> <u>is</u></i></p> <ul style="list-style-type: none"><li><i>• <u>an integral part and</u></i></li><li><i>• <u>a result</u> <u>of consciousness.</u></i></li></ul>

And

- when you understand  
the inner meaning  
of a nuclear point,
  - when you perceive  
a nuclear spiral point,  
fully comprehending
    - its
      - meaning and
      - purpose,
    - its
      - message,
- you will have transcended,  
to a certain degree,  
the narrow confinement  
in which  
you suffer from  
seeing the world  
out of context.

14

The less

- you see that  
these smaller part-creations  
are only fragmentary particles  
of a whole,
- [then] the more  
you believe that  
the smaller particle
  - is all there is and
  - has no connection with anything else –  
[you believe this] simply because  
you cannot perceive more,  
and thus [because you cannot perceive more]  
the more fragmented  
you must be yourself,  
in your momentary
    - consciousness or
    - sense of awareness.

When I say  
momentary,  
I mean this awareness [in which you experience yourself as fragmented]  
exists only as long as  
you reside within  
the narrow confines  
of human limitations.

Conversely,  
the more you perceive  
that everything that you can experience  
is only a  

- smaller part and
- fragment

of a  

- larger and
- still larger

ongoing plan –  
like the one step you make  
as part of the whole walk, and  
the walk being a fragment  
of a larger plan in your mind –

the more you are  

- aware of and
- connected with
- the All-Consciousness,
- the Whole.

Therefore,  
you are nearer to bliss.

15

Time itself  
is a manifestation of  
this fragmentation.

For time,  
as I often said,  
is nothing but  
the illusion of  
a disconnected view  
of reality.

In the framework of this particular topic,  
time  
is a perception  
only of

- the partial steps,
- the "smaller" creative units  
of spiral nuclear points.

You do not see  
the whole structure  
of this particle.

This is why you suffer so often  
from the feeling  
of senselessness.

When you are in  
this limited state of consciousness,  
you are indeed

- fragmented and
- oblivious of the larger process.

16

Time,  
according to  
the human state of consciousness,  
is experiencing  
what is  
as a

- sequence

rather than  
as a

- part of a whole.

*You see things*

*linearly*

*rather than*

- *fully,*
- *endlessly*

*in*

- *width,*
- *depth and*
- *scope,*

*in*

- *dimensions*

*that the human mind*

*cannot even perceive*

*at this point of its development.*

*Each moment of*

- *time,*

*to speak in your terms –*

*each moment of*

- *being,*

*to speak in my terms –*

*is in itself*

*a psychic nuclear construct,*

*containing*

- *meaning and*
- *consciousness,*

*containing*

- *a purposeful design.*

*Each fragmentary second*

*is that.*

If you string along  
second  
upon second  
upon second –  
not only  
• sequentially,  
but in  
• depth and  
• width –  
you may perceive  
• that there is no time,  
• that this is  
a point of creation  
that  
• is endless and  
• is always there.

And that is what we might call  
the "now point."

17

It is  
not entirely impossible,  
in your present state of development,  
to occasionally  
experience  
the "now point" –  
the sense of it.

But this [i.e., this capacity to occasionally experience the "now point"]  
requires

much higher states of consciousness,  
which must be earned.

Humankind,  
as a whole,  
has now just about  
left kindergarten.

When consciousness

- grows and
- matures

a little

and therefore

perceives life

not only as

- the immediately obvious fragment,

but senses that

- the fragment

is a part of

a larger fragment,

and so on

and on,

then the consciousness

prepares itself for

experiencing

the "now point."

People may have

only occasional inklings

of such a perception,

but these will be enough

to imprint on their minds

that there is much more to this life

than what they

immediately experience in life.

18

Being in

the "now point"

means

being completely in

the now.

This is what we are going to talk about

in the second part of this lecture.

Only when  
you are in  
the eternal now  
are you  
truly  
• in bliss,  
truly  
• secure,  
• fearless, and  
• absolutely certain –  
not as  
• wishful thinking,  
but as  
• absolute,  
• realistic,  
• justified  
inner certainty –  
[inner certainty] of  
the beautiful meaning of life  
• that is a continuum,  
• that does not stop  
merely because  
certain momentary manifestations  
seem to stop.

19

This sense of eternity  
is the true bliss.

For when there is  
no fear,  
there is  
complete relaxation.

The word  
"relaxation"  
could be misleading  
and I hesitate to use it,  
but the human language is limited  
and we have to do as best as we can  
with the terms available.

So let me describe what I mean [by "relaxation"].

20

A completely fearless state,  
without  

- contraction and
- tension,

is the state  
that makes a personality  
susceptible to  
the ever-existing bliss of the universe.

This, however,  
is far from  
being  
a passive state.

Lack of tension  
does not imply  

- flaccidity or
- motionlessness.

[Rather] It [i.e., the lack of tension]  
is an ever-moving state  
in which  
the  

- pulsatory changes of tension,

in a different sense,  
alternate with  

- openness and
- total receptivity.

In the ordinary human sense,  
the flexing  
is associated with  

- tightening and
- defense.

In the pure state  
the tightening  
is a kind of  
charging,  
so as to give spring  
to the creative movement  
that follows from it.

*This alternating movement of*

- *charging and*
- *letting go*

*is a creative whole*

*which makes the entity*  
*participate in the creation.*

*Both these movements [i.e., both charging and letting go]*  
*are relaxed*

*in the sense of*  
*being without*

- *fear and*
- *defense.*

*They [i.e., both of these movements of charging and letting go]*  
*express*

*a state of deep knowing*  
*that all is well in the universe.*

21

*This state*

*is immensely blissful.*

*The longing for*

*this bliss*

*deep in the heart*  
*of all human beings*  
*can never be extinguished.*

*And when you*

- *fragment your consciousness and*
- *create*

*the false reality*  
*of the three-dimensional world,*  
*inwardly*

*you are still connected*

- *with the*  
*greater reality*  
*of eternal being and*

- *with the*  
*eternal*  
*"now point."*

Your manifest consciousness  
will constantly  
strive for this state [i.e., strive for this greater reality of eternal being,  
the eternal “now point” to which you are connected],  
whether you know it or not.

This striving [for this greater reality of eternal being to which you are connected]  
is in itself

the motivating force

- to grow,
- to search,
- to move,
- to accept the temporary hardships  
which are self-created, and
- to walk through them  
as through tunnels,  
so as to  
free the self  
from the obstruction.

22

This [striving for this greater reality of eternal being to which you are connected]  
requires,  
as you all know,  
a motivating force.

For you  
constantly fluctuate  
in a battle  
between

- wanting to
    - move and
    - follow
- the longing,

or

- resisting movement and
- giving up  
what your heart knows exists.

This is  
a tremendously important struggle  
that each entity  
must go through.

23

At one period  
in the evolutionary ascent,  
the struggle is won.

The commitment is made  
to movement,  
even if  
it seems to bring  
momentary  
• discomfort or  
• hardship.

Of course that [the movement to follow the longing by striving for the greater  
reality of eternal being, the eternal “now point” to which you are  
connected, that only this movement brings discomfort and hardship]  
is an illusion.

• Discomfort and  
• hardship  
• exist and  
• must manifest,  
whether or not  
you decide  
to move in the direction  
of your own inner destiny.

To follow this move [toward your own inner destiny]  
is the  
only  
real way you can  
• understand the hardship  
and therefore  
• really dissolve it.

Denying the hardship  
only appears temporarily  
to eliminate it,  
so that the hardship  
appears [not to be inevitable either way you choose to go but rather]  
to be created [only] by  
the decision to turn inward  
into the direction of  
the real self.

This is also an illusion.

24

The striving for the bliss  
is the motivational force  
that tips the scale  
of the inner battle  
between  
• movement  
and stagnation,  
between  
• reality  
and illusion,  
between  
• fulfillment  
and despair,  
on the side of  
• movement,  
• reality, and  
• fulfillment.

It [i.e., bliss that comes from choosing movement, reality, and fulfillment]  
must occur  
at one stage or another.

However, you  
also  
seek shortcuts.

You sometimes  
want to fulfill the longing [for bliss]  
without paying the price.

The price  
is the labor  
• of searching,  
• of seeking  
and finding,  
• of learning,  
• of growing,  
• of changing,  
• of self-purification,  
• of traversing  
all self-created  
• pain and  
• evil.

25

*Now let us briefly consider  
what such shortcuts may be.*

*Several are possible.  
Let me list a few.*

*Sexual activity  
can be such a shortcut.*

*In sexual experience  
the blissful Now  
is most often experienced,  
although  
very rarely  
sustained.*

*When sexuality  
is an escape  
from the  

- problems,
- difficulties and
- unpleasant aspects

of reality,  
then it is sought  
as a cheap way  
of attaining  
a semblance of  
universal bliss,  
which the heart  
knows exists.*

*Of course,  
as all cheating,  
it cannot work.*

*The bliss [so obtained by shortcuts and cheating]  
will , at best,  
be a very  

- illusory and
- short-lived

one.*

*[On the other hand,]*

**When**

**the blissful universal state**

**of the eternal Now**

**is attained**

**through**

**honest growth,**

**sexual union**

**will be**

**but one expression of it [i.e., one expression of the eternal Now],**

**as the result of**

**two beings**

**• relating**

**on the**

**• deepest,**

**• most honest**

**level,**

**• who fuse**

**• their spirituality,**

**• their emotional selves,**

**• their minds, and**

**• their physical beings.**

**The bliss that results from this [experience of sexual union]**

**is then**

**a foretaste of**

**the "now point,"**

**or, the "now point"**

**will be**

**temporarily**

**experienced.**

26

**The most blatant false search**

**for the "now point"**

**is through drugs.**

Indeed,  
the drug experience

- removes the
  - physical,
  - three-dimensional  
boundaries

and thus

- reveals  
the reality  
behind  
the great curtain.

But

when this revelation occurs  
without earning it

[that is, earning it] by making  
the state of consciousness  
compatible with

this experience [of the revelation of the reality  
behind the great curtain],

then

the price [of using the shortcut of drugs before your consciousness is  
capable of experiencing this level of reality behind the great curtain]  
is high.

I hardly need to illustrate the point.

The same applies, of course,  
to alcohol.

27

Such a shortcut  
is always a combination of  
two aspects of the personality.

[1.] On the one hand  
there is the great urge  
to be in a blissful state,  
which a part of the personality

- "remembers" [from a "time" prior to incarnation] and
- desires,

[2.] on the other,  
there is a resistance to  
doing the work [necessary to be able to experience this bliss].

Attempting to  
compromise  
between these two sides  
leads to such false ways  
of attaining  
the "now point."

The fall  
from the bliss state  
is then  
all the more  
• painful and  
the state of  
• ordinary,  
• physical  
consciousness  
all the more  
• dark.

In Scripture  
the Fall of the Angels  
is often symbolized  
as a one-time happening.

But it [i.e., the Fall of the Angels]  
is  
a reality  
outside time  
that occurs  
whenever  
the fragmented state of consciousness  
accrues  
by violating  
some spiritual law.

The false search  
for the "now point"  
is a violation [of a spiritual law]  
in that  
it wants to gain the result [i.e., the "remembered" blissful state]  
without paying the price.

The insistence  
to be in heaven  
without being ready for it  
makes the personality plunge into hell.

28	<p><u><i>Meditational exercises</i></u> <u><i>are another way</i></u> <u><i>in which human beings</i></u> <u><i>often seek the bliss state.</i></u></p> <p><u><i>Offhand</i></u> <u><i>it would appear that this</i></u> <u><i>is an honest search,</i></u> <u><i>for it almost always entails</i></u> <ul style="list-style-type: none"><li>• <u><i>a lengthy practice</i></u> <u><i>of concentration exercises</i></u></li><li>and sometimes even</li><li>• <u><i>a quite ascetic way of life</i></u> <u><i>which is supposed to</i></u> <u><i>prepare the personality</i></u> <u><i>for the experience [of the bliss state].</i></u></li></ul></p> <p><u><i>This, too, is ever so often an illusion.</i></u></p>
29	<ul style="list-style-type: none"><li>• <u><i>Extended fasting,</i></u></li><li>• <u><i>concentration exercises,</i></u></li><li>• <u><i>chanting and</i></u></li><li>• <u><i>self-hypnotic reiteration</i></u> <u><i>of meditational phrases</i></u> <u><i>can indeed produce results.</i></u></li></ul> <p><u><i>[In these practices]</i></u> <u><i>There can be</i></u> <u><i>a temporary experience</i></u> <u><i>that reveals</i></u> <u><i>the great world behind the curtain.</i></u></p> <p><u><i>But</i></u> <u><i>if all these practices</i></u> <u><i>are substitutions for</i></u> <ul style="list-style-type: none"><li>• <u><i>self-search,</i></u></li><li>• <u><i>self-purification, and for</i></u></li><li>• <u><i>change</i></u></li></ul><u><i>from the depths of the distortions,</i></u> <u><i>they will, in essence, be similar to</i></u> <u><i>the more crassly destructive escape routes</i></u> <u><i>we mentioned before.</i></u></p>

30

If meditational exercises  
are mechanical,  
the way [of meditational exercises] is  
an illusory one.

Only when  
the "now point"  
is a result of  
slowly earned development  
will the new perceptions [of the reality of the world  
behind the curtain]  
be truly yours.

Otherwise  
you will  
put a lot of energy  
forcefully  
into something  
that you cannot maintain  
with a feeling of ease.

It [i.e., that "something" that is really not yet developed and that  
hence you cannot artificially maintain with a feeling of ease]  
must eventually  
split off  
from your undeveloped parts,  
which you then  
push out of consciousness.

Thus  
a tremendous contradiction occurs.

The blissful "now point"  
is truly  
a result of  
unification.

If  
• you do not honestly attain this unification [through hard work] and [instead]  
• you seek shortcuts,  
then instead of [truly] unifying [through hard work of purification  
and development of undeveloped parts of yourself],  
you will become even more split [because the undeveloped parts are  
now not only undeveloped but are now also split off and  
pushed out of your consciousness].

*In fact, in such a case  
the personality was  
less split  
when it began  
than it will find itself [to be]  
after  
temporarily  
• tasting and  
• savoring  
the blissful  
"now points"  
by artificially induced means.*

*I include mechanical  
• exercises and  
• practices  
as such [artificially induced] means.*

31

*There is  
only one  
• safe and  
• secure  
way  
to attain  
• the blissful "now point,"  
• the revelation of reality  
in its unlimited dimensions.*

*That [one way]  
is  
by fulfilling the task  
for which you have come.*

*Only a path  
such as this [pathwork]  
can help you do so.*

	<p><u><i>You must</i></u> <u><i>learn to go through</i></u> <u><i>your pain:</i></u> <u><i>the pain</i></u></p> <ul style="list-style-type: none"><li>• <u><i>of your illusion,</i></u></li><li>• <u><i>of your guilt,</i></u></li><li>• <u><i>of your undeveloped side.</i></u></li></ul> <p><u><i>Ultimately</i></u> <u><i>this is what it [i.e., what life in this human body on the earth plane]</i></u> <u><i>all amounts to.</i></u></p>
32	<p><u><i>What is</i></u> <u><i>the real nature</i></u> <u><i>of your state</i></u> <u><i>when you have lost</i></u> <u><i>the "now point"?</i></u></p> <ul style="list-style-type: none"><li>• <u><i>You are</i></u> <u><i>not aware of</i></u> <u><i>spiritual reality,</i></u></li><li>• <u><i>you are cut off from it.</i></u></li><li>• <u><i>You think that</i></u> <u><i>the temporary reality</i></u> <u><i>you</i></u> <u><i>have created –</i></u> <u><i>an illusory reality,</i></u> <u><i>if I may coin this</i></u> <u><i>apparently paradoxical phrase –</i></u> <u><i>is reality.</i></u></li></ul>
33	<p><u><i>I now come to the most crucial part of this lecture.</i></u></p> <p><u><i>I said before that</i></u> <u><i>being in</i></u> <u><i>the "now point"</i></u> <u><i>is being</i></u></p> <ul style="list-style-type: none"><li>• <u><i>aware,</i></u></li><li>• <u><i>intensely aware,</i></u> <u><i>of the meaning of</i></u> <u><i>this "now point."</i></u></li></ul>

Whenever  
you strive away from  
the "now point,"  
you lose  
awareness of  
its meaning.

You then create  
a superimposed  
false  
reality.

This happens  
in several ways.

In the first place,  
not being in  
the eternal now,  
in terms of time,  
is due to  
being  
either  

- in the past

or  

- in the future –

not  

- in the present,
- in the infinitesimal present.

One can be  
in the present  
to some degree,  
but still  
not truly aware of  
the "now point."

Either

you are

in each minute already ahead –

perhaps in

- the next minute,
  - the next hour,
  - the next day, or even
  - some faraway "future,"
- in a wish-dream

of how one day it

- will be or
  - should be or
  - could be
- by magic.

Then you

bypass

the "now point"

that could give you the key

to actually working toward

that cherished future point.

Or

you hang on to something

from the past

that governs you,

often without even [you] knowing it.

34

Your pathwork

brings you in contact

with both [being in the future and being in the past rather than  
being in the present, being in the "now point"].

Often

you become aware of

how your past

still influences you

only after

[you have gone through]

much laborious groping.

*This influence [of the past on the present]*  
*makes you*  
*react to*  
*something*  
*that takes place*  
*now*  
*as if*  
*it [i.e., as if that something taking place now in present circumstances]*  
*were still [taking place]*  
*in the past [and in the same circumstances you were in in the past],*  
*and in this distorted vision*  
*you actually believe the event [taking place now]*  
*to be the same as a past one.*

*Not that this belief*  
*is articulate [and conscious].*

*If it were,*  
*you would be nearer to*  
*the "now point."*

*The fact*  
*that you are*  
*convinced [that]*  
*your present reaction*  
*is an appropriate one*  
*to the now*  
*is a measure of*  
*your alienation from*  
*the "now point."*

35

*The degree*  
*of such superimpositions*  
*from the past*  
*to the present*  
*is*  
*much, much stronger*  
*than even you, my friends,*  
*realize,*  
*though you have seen*  
*some examples of this.*

As you grow further,  
you will become  
more conscious  
of this "time projection."

What you often believe  
are  
free actions,  
determined by  
the current situations,  
are not at all  
freely chosen [actions],  
but are [actions] determined by

- events and
- reactions

you had  
that

- may or
- may not

have been appropriate  
in the past.

In either case,  
they [the reactions you had in the past, then appropriate or not appropriate]

- are  
not appropriate  
now and
- lead to
  - distortion of reality,thus to
  - a false creation  
that blots out  
your connection with  
the real now.

36

By the same token,  
when you view your life objectively,  
you will see  
how much  
• your wishes and  
• your striving into the future  
determine your experience –  
and therefore  
your lack of  
true depth experience –  
now.

So you lose  
the "now point"  
as a result of  
• the past and  
• the future  
that tear at you,  
as it were,  
from both directions.

Crassly speaking,  
it is  
this lack of awareness  
of what really takes place  
that creates  
the time illusion.

Or, to put it differently,  
• the false reality,  
• the lack of self-awareness,  
creates  
• a fragmentation and  
• a disconnectedness.

37

However,

- to be in the "now point,"
  - to comprehend its meaning,
  - not to live
    - in the past or
    - in the future,
- is not something  
you can directly determine  
in your mind  
by an act of will.

The act of will

comes into play [in this work],  
but it must go toward  
establishing self-awareness  
in all those mundane aspects  
that are  
unwelcome  
for you to

- face and
- deal with.

Only then

will you be in truth.

Only in that way

can you establish  
a sense of reality.

And only as a consequence of doing that [i.e., only by being in truth and by  
establishing self-awareness and a sense of reality]

will

a new sense of timelessness  
evolve

- spontaneously,
- effortlessly,
- when you least expect it.

It will come as a

byproduct  
of your search for  
your  
truth.

38

Only indirectly,  
as a result of  
self-exploration,  
will  
• the past  
cease to be  
• the present.

You will then  
trust the future completely  
because you will know  
that it can only be  
an extension of the now.

If you are  
in full truth  
in the now,  
you build  
a "future" – in your terms –  
that can be  
wholly trusted.

Thus  
you don't need to  
toy  
in a wishful way  
with the future  
because  
you don't need to  
escape from  
the present.

Then  
the forever now  
takes on a new reality.

39

Other ways  
in which  
you lose  
the "now point"  
of each fragmentary moment in time in which you exist –

- in which you
  - breathe,
- in which you
  - think and
  - will and
  - feel and
  - experience –

are very familiar to you  
who have spent

- time and
- effort

on this path.

They are even known by  
psychological schools  
which attempt to find  
the inner self.

They  
seem  
to have little to do with

- cosmic and
- creative

processes.

In your world, today,  
they seem

- quite humdrum concepts,
- far removed

from such topics as we discuss now.

But they are indeed  
very intensely connected with  
the processes under discussion.

These are

- (1) displacement,
- (2) projection,
- (3) denial.

	<p><i>I will give simple examples of each to use for your further self-exploration.</i></p>
40	<p><i>Suppose there is something painful in you that you struggle against – and you all know how much you struggle in that respect.</i></p> <p><i>You then may lose the "now point" through displacement.</i></p> <p><i>Let us take the example when you love a person dearly who</i><ul style="list-style-type: none"><li><i>• hurts and</i></li><li><i>• angers</i></li></ul><i>you.</i></p> <p><i>You do not wish to offend that person.</i></p> <p><i>If you show your feelings, the consequences may incur the loss of that person whom you</i><ul style="list-style-type: none"><li><i>• need and</i></li><li><i>• are dependent on.</i></li></ul></p> <p><i>This would cause a pain you wish to avoid.</i></p> <p><i>Nevertheless that person has done something to you that</i><ul style="list-style-type: none"><li><i>• pains and</i></li><li><i>• angers</i></li></ul><i>you.</i></p>

Acknowledging that pain

may also

destroy

a bubble of illusion [you have concerning that person, an illusion that]  
you do not wish to give up.

Perhaps the illusion

is that

the beloved person

ought to

- be perfect and
- never do things to hurt you.

The purpose

of your illusion itself

is to

avoid

- unpleasantness –  
in this case, confrontation – and/or
- risking  
the possible loss of the loved one.

You hope to

avoid all

- risks,
- discomforts and
- pains

by building an illusion

into which

you invest quite a bit of energy

so that you can

maintain its fictional reality.

Even so,

the energy

of the

- pain and
- anger

you experience [with this beloved person]

is very real

and

you need to dispose of it.

The illusion  
is that  
by not acknowledging the  

- pain and
- anger

they [i.e., the pain and anger] will simply go away.

The mechanism  
by which you try to  
"solve" this problem –  
often so automatic that it is not even perceived –  
is to put your feelings  
for this  

- beloved and
- important

person  
onto  
another person,  
perhaps on another issue [i.e., on an issue  
with this other person that is different  
from the one you have with your beloved].

41

This other person  
may not mean as much to you.

His or her  

- anger,
- rejection and
- retaliation

may be  
less "dangerous" to you.

Or  
you are so secure  
in this person's  

- love,
- tolerance and
- understanding

that you can  
safely  
put this load on him or her.

In that way,  
you have  
"solved" the problem  
by  
finding a necessary outlet for  
a tight energy accumulation,  
without jeopardizing the relationship  
with  
the all-important figure in your life.

This is what I call  
displacement.

Quite apart from  
guilt about  
the dishonesty of  
such a shrewd device,  
it also creates  
a false reality.

You begin to live  
in a self-created world  
that has no bearing on  
what reality is.

This makes you  
completely unaware of  
every fractional "now point."

You cannot  
discern its [i.e., the "now point's"]  
• meaning or  
• message  
until  
you are willing  
to set it all straight again [and be in truth with  
the entire situation concerning your beloved and the other].

42

Many of you

- are sufficiently advanced on your path and
- have experienced  
any number of times  
that when you  
fully face  
the most
  - undesirable,
  - dishonest and
  - petty  
infringements of truth  
in you,  
you get into  
a state of bliss.

You reach it [i.e., you reach a state of bliss]

even before

you necessarily change that [undesirable] part of you,  
simply by

dealing honestly with

the issue [i.e., dealing honestly with the undesirable  
and dishonest parts of you].

The reason for this [i.e., the reason you reach a state of bliss even before  
you change the dishonest and undesirable parts of you]

is that

you are in

the particular "now point"

- of your untruthfulness,
- of your deceitfulness,
- of your negativity.

Displacement

creates

- chaos and
- disorder.

It creates

a total confusion

about

what really is.

	<p><i><u>It [i.e., displacement]</u></i> <i><u>creates</u></i> <i><u>a total disconnectedness</u></i> <i><u>from the continuum</u></i> <i><u>of your inner existence.</u></i></p> <p><i><u>Thus</u></i> <i><u>it must create</u></i></p> <ul style="list-style-type: none"><li>• <i><u>fear and</u></i></li><li>• <i><u>fragmentation.</u></i></li></ul>
43	<p><i><u>The example I used</u></i></p> <ul style="list-style-type: none"><li>• <i><u>is a very frequent one and</u></i></li><li>• <i><u>exists in your lives</u></i> <i><u>to a much larger degree</u></i> <i><u>than you presently realize.</u></i></li></ul> <p><i><u>Here and there</u></i> <i><u>you see</u></i> <i><u>some of your displacement,</u></i> <i><u>but not nearly to the degree</u></i> <i><u>it still goes on</u></i> <i><u>in all of you.</u></i></p> <p><i><u>You so often</u></i> <i><u>shift something</u></i></p> <ul style="list-style-type: none"><li>• <i><u>from one person</u></i> <i><u>to another,</u></i></li><li>• <i><u>from one situation</u></i> <i><u>to another.</u></i></li></ul> <p><i><u>Sometimes</u></i> <i><u>you are just</u></i></p> <ul style="list-style-type: none"><li>• <i><u>too lazy and</u></i></li><li>• <i><u>too resistant</u></i> <i><u>by habit</u></i> <i><u>to deal with</u></i> <i><u>the real situation.</u></i></li></ul> <p><i><u>Then it comes out in</u></i> <i><u>the false one.</u></i></p>

*There can be no question about  
coming into  
your forever*

- *changing and*
- *self-renewing and*
- *ongoing*

*"now point,"*

- *unless you stop that procedure [of automatic displacement],*
- *unless you*

*fully make up your mind*

- *to see what you are doing and*
- *to what extent you are doing it.*

*The lack of awareness of  
how*

*you are doing it [i.e., how you are doing the automatic displacement]  
makes the problem much greater.*

*The minute you see*

*you have the problem of  
automatic displacement,  
the problem is already diminished.*

44

*Let us now take  
projection.*

*You are a little more familiar with that,  
but even here*

*you are often*

*quite blind to*

*how you react to others,*

*precisely because*

*you do not wish to see*

*something in yourself.*

*Sometimes*

*the other person*

*may indeed have*

*the undesirable trait [you are projecting onto him or her],*

*though at other times*

*this may not even be the case.*

*But whether or not it is [i.e., whether or not the other person actually has this undesirable trait you are projecting onto him or her], it matters little.*

*The important thing to see is that you abuse the energy that you should use toward*  

- *facing,*
- *confronting, and*
- *dealing with*  
*an aspect of yourself by becoming*
  - *angry and*
  - *annoyed*  
*at the other person instead.*

*You do this because you wish to maintain an illusion about yourself – namely that you do not have the trait in question.*

45

*Denial is of course quite self-explanatory.*

*You*  

- *neither displace*
- *nor project*  
*what you do not wish to experience,*  
*but*  
*you attempt to simply deny its existence.*

All these procedures –

- being influenced by the past,
- striving toward the future,
- displacement,
- projection, and
- denial –

are attempts  
to get away from  
the "now point,"  
in the illusion that  
something can be avoided  
that is in any way  
unpleasant.

You create

a new reality  
by force  
that is not founded on  
truth.

In essence

this means  
abusing  
the creative faculties.

What you really accomplish

is the creation of  
• more fragmentation,  
• a further alienation from  
the psychic nuclear "now point"  
with all its  
• glorious meaning and  
• relationship to the whole.

46

**The love of all your friends**  
**who work in this beautiful venture**  
**is streaming forth to all of you.**

**The blessings**  
**will multiply**  
**• in your hearts and**  
**• in your deeper minds**  
**as you let yourself**  
**feel**  
**these blessings.**

**Be**  
**your innermost God.**

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