

Pathwork on

## Living in the NOW, Temptations To Take Shortcuts, Tricks of the Ego To Evade the NOW

This long quote from Pathwork Lecture 215 *Psychic Nuclear Points Continued – Process in the Now*, provides a **clear description of the unique spiritual path that Pathwork is**. It describes our **inherent inner drive for bliss**. Then the quote gives **three temptations to which we may be susceptible when we seek shortcuts to bliss**, shortcuts that cannot work. The quote concludes with **five tricks our ego uses to escape living fully in the NOW**.

This quote from Pathwork Lecture 215 further states that the only way we can grow into experiences of inner Bliss is by **entering the “Now Point.”** This notion ties to Pathwork Lecture #190 *Importance of Experiencing All Feelings, Including Fear – the Dynamic State of Laziness* that says that it is **only by going through the gateways of fully feeling our weakness, pain, fear, loneliness, hate, hopelessness, and shortcomings (lacks) experienced in childhood, that is, only by fully feeling the limitations of our humanness, that we can feel the Joys and Pleasures that Life can offer us, even in our humanity**. So I have included this Gateway quote from Lecture #190 at the end.

Perhaps this **process of “Living our Pathwork” by living in the NOW and going through the gateways of feeling pain into feeling the Joys Life can offer** is the meaning behind Jesus’ words, **“Take up your cross and follow me,”** – the gateway to bliss, to the Kingdom of God within and among us, comes by our willingness *daily* to take up our cross in every moment and in every little fragment of our life on this earth. **This “Cross-Work,” or “NOW Work” is a key and distinguishing aspect of “Living our Pathwork.”**

[Note: my comments are set off in [brackets] and in blue – they are not in the Lecture per se]

16	<p><b>[The Illusion of Time – part of the fragmentation and splitting process of the Fall]</b></p> <p>Time, according to the <b>human state of consciousness</b>, is <b>experiencing “what is” as a sequence rather than as a part of a whole</b>. 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.</p> <p><b>Each moment of time</b>, to speak in your terms -- <b>each moment of being</b>, to speak in my terms -- is in itself <b>a psychic nuclear construct</b>, containing <b>meaning and consciousness</b>, containing a <b>purposeful design</b>. Each fragmentary second is that.</p> <p>If you string along second upon second upon second -- not only sequentially, but in depth and width -- you may perceive that <b>there is <u>no</u> time</b>, that this is <b>a point</b></p>
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	<p><b>of creation that is endless and is always there.</b> And that is what we might call the "<b>now point.</b>"</p>
17	<p><b>[Occasional Glimpses Beyond the Veil</b> – I invite you to compare what follows in this Lecture with Wilber’s distinction between, on the one hand, temporary “<b>States</b>” of higher consciousness, e.g., spontaneous one-time religious experiences, and, on the other hand, gradual spiritual growth into more permanent “<b>Stages</b>” of higher consciousness over one’s lifetime. For Wilber this “gradual growth in consciousness” through one’s lifetime is primarily via a deep meditation practice. For Pathwork this gradual growth is via “Doing Pathwork,” that is: via self-confrontation, thereby coming to know and accept oneself in truth and love and, rather than condoning one’s distortions, having the courage and discipline to change what is distorted in the self. In both the Wilber approach and the Pathwork approach the “gradual growth in consciousness” is an indirect byproduct of “doing meditation” (Wilber) or “doing Pathwork.”]</p> <p>It is not entirely impossible, in your present state of development, to <b>occasionally experience the "now point"</b> -- the sense of it [State]. But this requires much <b>higher states of consciousness</b>, which <b>must be earned</b> [Stage].</p> <p>Humankind, as a whole, has now just about left kindergarten. When consciousness grows and matures a little and therefore <b>perceives life not only as the immediately obvious fragment</b>, but senses that the <b>fragment is a part of a larger fragment</b>, and so on and on, [I am reminded of Wilber’s use of the word “Holon” for this inherent hierarchical structure of the Kosmos] then the consciousness prepares itself for <i>experiencing</i> the "<b>now point.</b>"</p> <p>People may have <b>only occasional inklings of such a perception</b> [states vs. stages], but these [states, e.g. temporary spontaneous religious experience] will be <b>enough to imprint</b> on their minds that there is <b>much more to this life than what they immediately experience in life.</b></p>
18	<p><b>Being in the "now point"</b> means being completely in the now. This is what we are going to talk about in the second part of this lecture. <b>Only when you are in the eternal now are you truly in bliss, truly secure, fearless, and absolutely certain</b> -- not as wishful thinking, but as absolute, realistic, justified inner certainty -- of the beautiful meaning of life that is a continuum, that does not stop merely because certain momentary manifestations seem to stop.</p>
19	<p>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.</p>

20	<p><b>[What is true relaxation and peace?]</b></p> <p>A completely <b>fearless state, without contraction and tension</b>, is the state that <b>makes a personality susceptible to [i.e., able to experience] the ever-existing bliss of the universe</b>. This, however, is <b>far from being a passive state</b>. Lack of tension does not imply flaccidity or motionlessness. It is <b>an ever-moving state</b> in which the <b>pulsatory changes of tension</b>, in a different sense, <b>alternate with openness and total receptivity</b>. In the ordinary human sense, the flexing is associated with tightening and defense. <b>In the pure state the tightening is a kind of charging</b>, so as to <b>give spring to the creative movement that follows from it</b>.</p> <p><b>This alternating movement of charging and letting go is a creative whole which makes the entity participate in the creation. Both these movements are relaxed in the sense of being without fear and defense. They express a state of deep knowing that all is well in the universe. [a felt Peace that passes all understanding! – as described in Philipians 4:7]</b></p>
21	<p><b>[Peace and Bliss – Our Deepest Longing, the Source of our motivation for spiritual growth, our motivation to enter the inner battle that life is in our current state of dualistic consciousness – and the battle will be won!]</b></p> <p>This state is <b>immensely blissful</b>. The <b>longing for this bliss deep in the heart of all human beings can never be extinguished</b>. And when you fragment your consciousness <b>[i.e., live in dualistic consciousness vs. non-dual or Unitive Consciousness]</b> and create the <b>false reality of the three-dimensional world [the world of dualistic consciousness]</b>, <b>inwardly you are still connected with the greater reality of eternal being</b> and with the <b>eternal "now point."</b> Your <b>manifest consciousness will constantly strive for this state</b>, whether you know it or not. This <b>striving is in itself the motivating force</b></p> <p style="padding-left: 40px;">to <b>grow,</b> to <b>search,</b> to <b>move,</b> to <b>accept the temporary hardships</b> which are <b>self-created</b>, and to <b>walk through them as through tunnels [Gateways],</b> so as to <b>free the self from the obstruction.</b></p>
22	<p>This requires, as you all know, a <b>motivating force</b>. For you constantly fluctuate in a <b>battle between</b></p> <p style="padding-left: 40px;"><b>wanting to <i>move</i> and <i>follow the longing</i>,</b> or <b>resisting movement and giving up what <i>your heart knows</i> exists.</b></p> <p>This is a <b>tremendously important struggle that each entity must go through.</b></p>

23	<p>At one period in the evolutionary ascent,  <b>the struggle is won.</b>  The <b>commitment is made to movement,</b>  <i>even if</i> it seems to bring momentary discomfort or hardship.</p> <p>Of course that is an <b>illusion</b>. <b>Discomfort and hardship exist and must manifest, whether or not you decide to move in the direction of <u>your own inner destiny</u>.</b> To follow this move is the <b>only real way</b> you can <b>understand the hardship</b> and therefore <b>really dissolve it</b>.</p> <p><b>Denying the hardship</b> only <i>appears temporarily</i> to eliminate it, so that the hardship <i>appears</i> to be created by the decision to turn inward into the <b>direction of the real self</b>. [i.e., the <i>illusory hardship appears to come from “doing our Pathwork”</i>] This is also an illusion.</p>
24	<p>The <b>striving for the bliss</b> is the <b>motivational force</b> that <b>tips the scale of the inner battle</b>  between <b>movement</b> and <b>stagnation</b>,  between <b>reality</b> and <b>illusion</b>,  between <b>fulfillment</b> and <b>despair</b>,  <b>on the side of</b>  <b>movement</b>,  <b>reality</b>, and  <b>fulfillment</b>.</p> <p>It <i>must</i> occur at one stage or another.</p> <p>[BUT, humankind seeks shortcuts, not wanting to do the deep and hard work of spiritual growth – the hard work of going through the gateways of pain, loss, etc.]</p> <p>However, you also seek shortcuts. You sometimes want to <b>fulfill the longing</b> without paying the price.</p> <p><b>The price is the labor</b>  of <b>searching</b>,  of <b>seeking and finding</b>,  of <b>learning</b>,  of <b>growing</b>,  of <b>changing</b>,  of <b>self-purification</b>,  of <b>traversing all self-created pain and evil</b>.</p>
25	<p>Now let us briefly <b>consider what such shortcuts may be</b>. Several are possible. Let me list a few.</p>

	<p><b>[Shortcut #1 – Sex]</b></p> <p><b>Sexual activity</b> can be such a <b>shortcut</b>. In <b>sexual experience</b> the <b>blissful Now</b> is <b>most often experienced</b>, although very rarely sustained.</p> <p><b>When sexuality is an escape from the problems, difficulties and unpleasant</b> aspects of reality, then it is sought as a <b>cheap way</b> of attaining a semblance of <b>universal bliss</b>, which the <b>heart knows exists</b>.</p> <p>Of course, as all <b>cheating</b>, it <b>cannot work</b>. The bliss will, at best, be a very <b>illusory</b> and <b>shortlived</b> one.</p> <p><b>[However;]</b> When the blissful universal state <b>[for Wilber, stage rather than state]</b> of the <b>eternal Now</b> is attained through <b>honest growth</b>, <b>sexual union</b> will be <b>but one expression</b> of it, as the <b>result of two beings relating on the deepest, most honest level</b>, who fuse  their spirituality,  their emotional selves,  their minds, and  their physical beings.  <b>[i.e., experience orgasm on all four levels of being]</b></p> <p>The <b>bliss that results</b> from this is then a <b>foretaste</b> of the <b>"now point,"</b> or, the <b>"now point" will be temporarily experienced</b>. <b>[again, Wilber's momentary "state" of higher consciousness experience]</b></p>
26	<p><b>[Shortcut # 2 – Drugs and alcohol]</b></p> <p>The <b>most blatant false search</b> for the <b>"now point"</b> is through <b>drugs</b>.</p> <p>Indeed, the drug experience removes the physical, three-dimensional boundaries and thus reveals the reality behind the great curtain. But when this revelation occurs <b>without earning it</b> by <b>making the state of consciousness</b> <b>[again, Wilber's "stage" of higher consciousness]</b> <b>compatible with this experience</b>, then the <b>price is high</b>. I hardly need to illustrate the point. The same applies, of course, to <b>alcohol</b>.</p>
27	<p>Such a <b>shortcut</b> is always a <b>combination of two aspects of the personality</b>.</p> <p>On the one hand there is the <b>great urge to be in a blissful state</b>, which a part of the personality "remembers" and desires,</p> <p>on the other, there is a <b>resistance to doing the work</b>.</p> <p>Attempting to compromise between these two sides leads to such false ways of attaining the "now point." The <b>fall from the bliss state</b> is then <b>all the more</b></p>

	<p><b>painful and the state of ordinary, physical consciousness all the more dark.</b></p> <p><b>[the Fall recorded in Genesis – a symbolic representation in language that humankind can understand and not, in actuality, a one-time event, but continuous]</b></p> <p>In Scripture the <b>Fall of the Angels</b> is often <b>symbolized</b> as a <b>one-time happening</b>. But it is a <b>reality outside time</b> that occurs <b>whenever the fragmented state of consciousness accrues by violating some spiritual law</b>.</p> <p>The <b>false search for the "now point"</b> is a <b>violation [of spiritual law]</b> in that it <b>wants to gain the result without paying the price</b>.</p> <p>The <b>insistence to be in heaven without being ready for it makes the personality plunge into hell</b>.</p>
28	<p><b>[Shortcut #3 – Meditational Practices]</b></p> <p><b>Meditational exercises</b> are another way in which human beings often <b>seek the bliss state</b>. Offhand it would <b>appear</b> that this is an <b>honest search</b>, for it almost always entails a lengthy practice of <b>concentration exercises</b> and sometimes even a <b>quite ascetic way of life</b> which is supposed to prepare the personality for the experience. This, too, is every so often an <b>illusion</b>.</p>
29	<p><b>Extended fasting, concentration exercises, chanting and self-hypnotic reiteration of meditational phrases</b> can indeed <b>produce results</b>. There can be a <b>temporary experience</b> that <b>reveals the great world behind the curtain</b>. <b>[again, Wilber’s temporary “state” of higher consciousness experience]</b></p> <p><b>But if</b> all these practices are <b>substitutions</b> for <b>[the hard work of] self-search, self-purification, and for change from the depths of the distortions,</b> they will, in essence, be similar to the more crassly destructive escape routes we mentioned before.</p>
30	<p>If meditational exercises are mechanical, the way is an illusory one.</p> <p><b>Only when the "now point" is a result of slowly earned development</b> will the <b>new perceptions be truly yours</b>. <b>[i.e., only through the hard work of reaching a more permanent “stage” of higher consciousness]</b> Otherwise you will <b>put a lot of energy forcefully into something that you cannot maintain with a feeling of ease</b>. It must eventually <b>split off</b> from your <b>undeveloped parts</b>, which you then <b>push out of consciousness</b>. Thus a <b>tremendous contradiction occurs</b>.</p> <p>The <b>blissful "now point"</b> is truly a result of <b>[coming out of duality, and of being</b></p>

	<p>rather in a state of] unification. <b>If you do not honestly attain this unification and you seek shortcuts, then instead of unifying, you will become even more split.</b></p> <p>In fact, in such a case <b>the personality was less split when it began than it will find itself after temporarily tasting and savoring the blissful "now points" by artificially induced means.</b> I include mechanical exercises and practices as such means.</p>
31	<p><b>[There is only one way to attain the Bliss state the Soul seeks: Go Through Your Pain]</b></p> <p>There is <b>only one safe and secure way to attain the blissful "now point,"</b> the revelation of <b>reality in its unlimited dimensions.</b> That is <b>by fulfilling the task for which you have come. Only a path such as this can help you do so. You must learn to go through your pain:</b></p> <p><b>the pain</b></p> <ul style="list-style-type: none"> <li>of your <b>illusion,</b></li> <li>of your <b>guilt,</b></li> <li>of your <b>undeveloped side.</b></li> </ul> <p>Ultimately this is what it all amounts to.</p>
32	<p><b>[When the Soul has lost the "now point" ...]</b></p> <p>What is the <b>real nature of your state</b> when you have <b>lost the "now point"?</b> You are <b>[then] not aware of spiritual reality, you are cut off from it.</b></p> <p><b>You think that the temporary reality you have created -- an illusory reality, if I may coin this apparently paradoxical phrase -- is reality.</b></p>
33	<p><b>[Searching for the Meaning of it all]</b></p> <p>I now come to the most crucial part of this lecture. I said before that <b>being in the "now point"</b> is being aware, <b>intensely aware,</b> of the <i>meaning</i> of this <b>"now point."</b></p> <p>Whenever you <b>strive away from the "now point,"</b> you <b>lose awareness of its meaning.</b> You then create a <b>superimposed false reality.</b></p> <p>This happens in <b>several ways.</b> In the first place, not being in the eternal now, in terms of time, is due to being either <b>in the past</b> or <b>in the future -- not in the present, in the infinitesimal present.</b></p> <p>One can be in the present to some degree, but still not truly aware of the "now point."</p>

	<p><b>[Striving Away from the “Now Point” Method 1 – Focused on the Future]</b></p> <p>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 <b>wish-dream of how one day it will be or should be or could be by magic</b>. Then you <b>bypass the "now point"</b> that could give you the key to actually working toward that cherished future point.</p> <p><b>[Striving Away from the “Now Point” Method 2 – Hanging onto the Past]</b></p> <p>Or you hang on to something from the past that governs you, often without even knowing it.</p>
34	<p><b>[How faithfully “doing one’s Pathwork” can help]</b></p> <p>Your pathwork brings you in contact with both.</p> <p><b>[Pathwork helps one let go of the past and address the present “now” with fresh and objective eyes]</b></p> <p>Often you become aware of <b>how your past still influences you only after much laborious groping</b>. This influence makes you react to something that takes place now as if it were still in the past, and in this distorted vision you actually believe the event to be the same as a past one. Not that this belief is articulate. If it were, you would be nearer to the "now point." <b>The fact that you are convinced your present reaction is an appropriate one to the now is a measure of your alienation from the "now point."</b></p>
35	<p><b>The degree</b> of such superimpositions from the past to the present <b>is much, much stronger than even you, my friends, realize</b>, though you have seen some examples of this. <b>As you grow</b> further, you will become <b>more conscious of this "time projection."</b></p> <p>What you often believe are <b>free actions</b>, determined by the current situations, are <b>not at all freely chosen</b>, but are determined by events and reactions you had that may or may not have been appropriate in the past. In either case, they are <b>not appropriate now and lead to distortion of reality</b>, thus to a <b>false creation that blots out your connection with the real now</b>.</p>
36	<p><b>[Pathwork also helps one let go of wishful thinking for the future and address the present “now” with fresh and objective eyes]</b></p> <p>By the same token, when you view your life objectively, you will <b>see how much your wishes and your striving into the future determine your experience -- and therefore your lack of true depth experience -- now</b>.</p>



	<p>So you <b>lose the "now point"</b> as a result of <b>the past</b> and <b>the future</b> that tear at you, as it were, from both directions. Crassly speaking, <b>it is this lack of awareness of what really takes place that creates the time illusion.</b> Or, to put it differently, the false reality, the <b>lack of self-awareness</b>, creates a <b>fragmentation and a disconnectedness.</b></p>
37	<p><b>[Being in the "Now" is not a matter of the mind's willing it]</b></p> <p>However, to <b>be in the "now point,"</b> to <b>comprehend its meaning</b>, not to live in the past or in the future, is <b>not something you can directly determine in your mind by an act of will.</b></p> <p><b>[So what is the mind's will's job in Pathwork? <i>The mind's and will's role is to establish self-awareness in the tiny day-to-day moments of life</i>]</b></p> <p>The act of will comes into play, but it must go toward <b>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.</b> Only in that way can you establish a <b>sense of reality.</b></p> <p><b>[And actually sensing the "Now Point" is a byproduct of doing the work, not a direct result! The sense of the "Now Point" is an arising from within, an arising that surprises us when it occurs!]</b></p> <p>And only as a consequence of doing that <b>will a new sense of timelessness evolve spontaneously, effortlessly, when you least expect it.</b> It will come as a <b>byproduct of your search for your truth.</b></p>
38	<p>Only <b>indirectly</b>, as a <b>result of self-exploration</b>, will the <b>past cease to be the present.</b></p> <p><b>[Trusting that the Future can come only from the pure objective Now, not the "pseudo-now" of our unconscious mind distorted by past history and future wishful thinking]</b></p> <p>You will then <b>trust the future completely</b> because you <b>will know</b> that it can <b>only be an extension of the now.</b> If you are in <b>full truth in the now</b>, you <b>build a "future"</b> -- in your terms -- that can be <b>wholly trusted.</b> Thus you <b>don't need to toy in a wishful way with the future because you don't need to escape from the present.</b> Then the <b>forever now</b> takes on a <b>new reality.</b></p>
39	<p><b>[Other Ways of striving away from the "Now Point."]</b></p> <p>Other ways in which you <b>lose the "now point" of each fragmentary moment in time in which you exist</b> -- in which you <b>breathe</b>, in which you <b>think</b> and <b>will</b> and <b>feel</b> and <b>experience</b> -- are very familiar to you who have spent time and</p>

	<p>effort on this path. They are even known by <b>psychological schools</b> 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 <b>(1) displacement, (2) projection, (3) denial</b>. I will give simple examples of each to use for your further self-exploration.</p>
40	<p><b>[Striving Away from the “Now Point” Method 3 – Displacement]</b></p> <p>Suppose there is something painful in you that you struggle against -- and you all know how much you struggle in that respect. You then may <b>lose the "now point" through displacement</b>.</p> <p>Let us take the example when you love a person dearly who hurts and angers you. You do not wish to offend that person. If you show your feelings, the consequences may incur the loss of that person whom you need and are dependent on. This would cause a pain you wish to avoid. Nevertheless that person has done something to you that pains and angers you. <b>Acknowledging that pain may also destroy a bubble of illusion you do not wish to give up</b>.</p> <p>Perhaps the illusion is that the beloved person ought to be perfect and never do things to hurt you. The <b>purpose of your illusion itself is to avoid unpleasantness</b> -- in this case, <b>confrontation</b> -- and/or <b>risk the possible loss of the loved one</b>. You hope to <b>avoid all risks, discomforts and pains</b> 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 is very real and you need to dispose of it. <b>The illusion is that by not acknowledging the pain and anger they will simply go away</b>. The mechanism by which you try to "solve" this problem -- often so automatic that it is not even perceived -- is to <b>put your feelings for this beloved and important person onto another person, perhaps on another issue</b>. [e.g. <a href="#">another issue such as career, organization, hobby, etc.</a>]</p>
41	<p>This other person [<a href="#">or issue</a>] <b>may not mean as much to you</b>. His or her anger, rejection and retaliation may be less "dangerous" to you. [<a href="#">or same with career, organization, hobby, etc., because it is not really “you” or does not really mean much to the real you</a>]</p> <p>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 <b>finding a necessary outlet for a tight energy accumulation, without jeopardizing the relationship with the all-important figure in your life</b>. This is what I call <b>displacement</b>.</p> <p>Quite apart from <b>guilt</b> about the dishonesty of such a shrewd device, it also</p>

	<p><b>creates a false reality.</b> You begin to live in a <b>self-created world that has no bearing on what reality is.</b> This <b>makes you completely unaware of every fractional "now point."</b> You <b>cannot discern its meaning or message</b> until you are willing to set it all straight again.</p>
42	<p>Many of you are sufficiently advanced on your path and have experienced any number of times that <b>when you fully face the most undesirable, dishonest and petty infringements of truth in you, you get into a state of bliss.</b> You reach it even before you necessarily change that part of you, simply by dealing <b>honestly with the issue.</b> The reason for this is that <b>you are in the particular "now point" of your untruthfulness, of your deceitfulness, of your negativity.</b></p> <p><b>Displacement creates chaos and disorder.</b> It creates a <b>total confusion</b> about what really is. It creates a <b>total disconnectedness from the continuum of your inner existence.</b> Thus it must create <b>fear and fragmentation.</b></p>
43	<p>The example I used is a very frequent one and <b>exists in your lives to a much larger degree than you presently realize.</b> Here and there you see some of your displacement, but not nearly to the degree it still goes on in all of you. You so often shift something from one person to another, from one situation to another. Sometimes you are <b>just too lazy and too resistant</b> by habit <b>to deal with the real situation.</b> Then it comes out in the false one. There can be no question about coming into your forever changing and self-renewing and ongoing "now point," unless you stop that procedure, unless you <b>fully make up your mind to see what you are doing and to what extent you are doing it.</b> The lack of awareness of how you are doing it makes the problem much greater. <b>The minute you see you have the problem of automatic displacement, the problem is already diminished.</b></p>
44	<p><a href="#">[Striving Away from the “Now Point” Method 4 – Projection]</a></p> <p>Let us now take <b>projection.</b> You are a little more familiar with that, but even here you are often quite blind to how you react to others, precisely because <b>you do not wish to see something in yourself.</b></p> <p>Sometimes the other person may indeed have the undesirable trait, though at other times this may not even be the case. But whether or not it is, it matters little.</p> <p>The important thing to see is that <b>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.</b> You do this because <b>you wish to maintain an illusion about yourself -- namely that you do not have the trait in question.</b></p>

45	<p><b>[Striving Away from the “Now Point” Method 5 – Denial]</b></p> <p><b>Denial</b> is of course quite self-explanatory. You neither displace nor project what you do not wish to experience, but <b>you attempt to simply deny its existence.</b></p> <p><b>[Summary of all five ways of striving away from the “Now Point”]</b></p> <p>All [five of] these procedures –</p> <ul style="list-style-type: none"> <li><b>[1] being influenced by the past,</b></li> <li><b>[2] striving toward the future,</b></li> <li><b>[3] displacement,</b></li> <li><b>[4] projection, and</b></li> <li><b>[5] denial</b></li> </ul> <p>-- are <b>attempts to get away from the “now point,” in the illusion that something can be avoided that is in any way unpleasant.</b></p> <p>You <b>create a new reality by force that is not founded on truth.</b> In essence this means <b>abusing the creative faculties.</b> What you really accomplish is the <b>creation of more fragmentation, a further alienation from the psychic nuclear “now point” with all its glorious meaning and relationship to the whole.</b></p>
46	<p><b>[Closing Blessing]</b></p> <p><b>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 <u>feel</u> these blessings.</b></p> <p><b>Be your innermost God.</b></p>

***[The Gateway Prayer from Pathwork Lecture #190 Importance of Experiencing All Feelings, Including Fear – the Dynamic State of Laziness applies here...]***

36	<p>Your <b>spiritual self</b> with all its <b>joy, safety and peace</b> is <b>right behind the <u>sadness and pain.</u></b> It cannot be activated by a <b>direct act of will, nor by practices and actions that leave out the necessity to experience all your feelings.</b> <b>But your <u>spiritual center does manifest inexorably as a byproduct, the result of the direct act of will to go through your denied feelings.</u></b></p>
37	<p>I will end this lecture by telling you that the <b>fear is not real.</b> It is truly an illusion, <b>but you must go through it by feeling it.</b></p> <p>Through the gateway of <b>feeling your weakness</b> lies your <b>strength;</b></p>

	<p>through the gateway of <b>feeling your pain</b> lies your <b>pleasure and joy</b>;</p> <p>through the gateway of <b>feeling your fear</b> lies your <b>security and safety</b>;</p> <p>through the gateway of <b>feeling your loneliness</b> lies your <b>capacity to have fulfillment, love and companionship</b>;</p> <p>through the gateway of <b>feeling your hate</b> lies your <b>capacity to love</b>;</p> <p>through the gateway of <b>feeling your hopelessness</b> lies <b>true and justified hope</b>;</p> <p>through the gateway of <b>accepting the lacks of your childhood</b> lies your <b>fulfillment now</b>.</p> <p>When you experience all these feelings and states, it is essential that you do not delude yourself into believing they are caused by anything you experience or fail to experience now. <b>Whatever the now brings forth is only the result of the <u>past</u> which still resides in your system.</b></p>
38	<p><b>Through these gateways you will find <u>true life</u>.</b></p> <p>All the many temptations that beckon you to follow paths which imply that it is possible to find the spiritual reality of yourself without going through these gateways are wishful thinking.</p> <p>There is <b>no way around</b> what has accumulated in you and has <b>poisoned your whole system</b> -- your <b>spiritual</b>, your <b>psychological</b>, and often also your <b>physical</b> system. <b>This poison can be eliminated only by feeling what you hoped you could avoid feeling.</b></p> <p>Then a new energy influx comes in ever greater measure.</p> <p>Many of you have experienced to some degree what I am saying here, and therein lies your growth. But you all have to go further in this regard.</p> <p>The <b>self-punishment</b> for hatred and spite, for cruelty and greed, for selfishness and one-sided demands upon others <b>must be released so you can go into the terror of your fear, your shame, your pain. When you stop fighting this, you will become real, open, and truly alive.</b></p>

Perhaps “feeling all your feelings” as one lives into the “Now Point” is what Jesus meant when he said, “Take up your cross and follow me.” (Matthew 16:24) Perhaps only by taking of the cross of our daily pains can we find the Joy that Jesus describes as possible in the Kingdom of God – that for which we will give all to have (Matthew 13: 44)