

Pathwork Lecture 217: The Phenomenon of Consciousness

1996 Edition, Original Given January 9, 1974

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

¶	Content
03	<p>Greetings, my <u>dearest friends.</u></p> <ul style="list-style-type: none">• <u>Love,</u>• <u>truth and</u>• <u>blessings</u> <p>are <u>given to you</u> in <u>rich abundance.</u></p> <p><u>Open your innermost channels and</u> <u>let the flow</u> <u>stream</u></p> <ul style="list-style-type: none">• <u>from and</u>• <u>into</u> <p><u>you.</u></p> <p>In this lecture I wish to deal with the <u>phenomenon of</u> <u>consciousness</u></p> <p>which is so <u>extremely difficult to explain</u></p> <ul style="list-style-type: none">• to the <u>human mind</u> –• to the <u>human state of consciousness.</u> <p>For the <u>human state of consciousness</u> is still an <u>extremely limited one.</u></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Version Posted May 29, 2014

	<p><i>So, by attempting to give you <u>more understanding</u>,</i></p> <ul style="list-style-type: none">• <i><u>that limitation can lessen</u> and</i>• <i><u>you can increase your awareness.</u></i>
04	<p><i><u>Consciousness</u> <u>permeates</u></i></p> <ul style="list-style-type: none">• <i><u>all being</u>,</i>• <i><u>all creation</u>,</i>• <i><u>all existence</u> – <u>everything that is.</u></i> <p><i>In your <u>dualistic realm</u>,</i> <i>you speak of</i></p> <ul style="list-style-type: none">• <i><u>consciousness</u> and</i>• <i><u>energy</u></i> <p><i>as if they were <u>two separate phenomena.</u> <u>This is incorrect.</u></i></p> <p><i><u>Consciousness</u> <u>is a creator of</u> <u>energy</u> and <u>energy</u> <u>must contain</u> <u>consciousness</u> –</i></p> <p><i><u>various aspects of consciousness, perhaps</u></i></p> <ul style="list-style-type: none">• <i><u>"variations" of consciousness, as well as</u></i>• <i><u>degrees [of consciousness].</u></i> <p><i>There is <u>no</u></i></p> <ul style="list-style-type: none">• <i><u>physical</u>,</i>• <i><u>biological</u>,</i>• <i><u>electrical</u> or</i>• <i><u>atomic</u> <u>energy</u></i> <p><i><u>that could be anywhere near as potent</u> <u>as the energy of</u> <u>direct consciousness.</u></i></p>

	<p><i>By this [i.e., by <u>direct consciousness</u>] I mean the <u>energy of</u></i></p> <ul style="list-style-type: none">• <i><u>thought,</u></i>• <i><u>feeling,</u></i>• <i><u>intent,</u></i>• <i><u>attitude,</u></i>• <i><u>belief.</u></i>
05	<p><i><u>Every thought</u> is <u>energy.</u> You <u>experience this energy</u> as <u>feeling.</u></i></p> <p><i><u>There cannot be a thought –</u> even the most</i></p> <ul style="list-style-type: none">• <i><u>mechanical,</u></i>• <i><u>dead,</u></i>• <i><u>sterile,</u></i>• <i><u>cut-off</u></i> <p><i><u>thought –</u> <u>that does not also</u> <u>contain feeling.</u></i></p> <ul style="list-style-type: none">• <i><u>Pure,</u></i>• <i><u>abstract</u></i> <p><i><u>thought</u> <u>may appear as</u> <u>totally divorced from</u> <u>feeling content.</u> <u>This is not so.</u></i></p> <p><i><u>As a matter of fact,</u> <u>the more</u></i></p> <ul style="list-style-type: none">• <i><u>abstract and</u></i>• <i><u>pure</u></i> <p><i><u>the thought is,</u> <u>the more</u> <u>the feeling</u> <u>must be commensurate with it.</u></i></p>

*You must also differentiate
between*

• cut-off thought
and

• abstract thought.
Don't confuse them.

Cut-off thought
is a defense against
• feelings and [a defense against]
• undesirable aspects
of the self.

Abstract thought
is a result of a
• highly integrated,
• spiritual
state.

But even the former [i.e., cut-off thought]
can never be divorced from
• feeling – that is, [from]
• energy content.

The underlying feeling [of cut-off thought]
might be

• fear,
• apprehension,
• anxiety
about the complexity
of what the self
• suspects to exist and
• wishes to avoid.

• Self-hate, and
• a variety of other feelings
which you well know,
may coexist with this [fear, apprehension and anxiety].

06

[In contrast to cut-off thought]

As its

underlying energy current,

abstract thought

contains a feeling

• of immense peace,

• of an intrinsic understanding

of universal law

that is bound to induce

• joyousness and

• bliss.

A purely abstract thought

would create this kind of

• energetic or

• feeling

experience [i.e. experience of joyousness and bliss].

The more subjective [and hence less objective]

the thought is,

the more tinged with

negativity

the feeling becomes.

A subjective thought

is one that is

created

from

• personal desire and

• personal fear,

from a state of

• egotism and

• separation –

me versus the other.

It [i.e., a subjective thought]

is therefore never in truth.

07

Let us, for example, examine
desire.

In the realm of duality,

like everything else [in the realm of duality],

desire fulfills a dual role.

Desire,
*from a spiritual point of view,
may be "undesirable,"
to use a paradox.*

For

- too much desire,
- intense desire,
- subjective desire –
desire stemming from
 - the ego and
 - its distortions –
alienates you
from the core of your being.

Such desire often contains

- pride,
- self-will,
- fear,
- lack of trust in the universe.

It [i.e., such desire]

creates a

- tense,
- contracted
energy system and
prevents
the flow of the life force.

Hence spiritual teachings
often advocate

a state of desirelessness
as a necessary prerequisite
for connecting with
the divine self.

It [i.e., a state of desirelessness]
is a state to be cherished
for spiritual self-realization.

08

*At the same time, it is
equally true that
if there is no desire,*

- *there cannot be expansion.*
- *There cannot be
venturing out*
 - *into new ground,*
 - *into new*
 - *realizations and*
 - *states of awareness.*
- *There can be*
 - *no development and*
 - *no purification.*

*For what would
motivate an individual
to muster the*

- *courage,*
- *perseverance and*
- *steadfastness*
necessary
to grope one's way out of
- *darkness and*
- *suffering?*

Only desire does.

This kind of desire contains

- *faith in the possibility
of attaining a better state,*
- *courage,*
- *patience and*
- *commitment.*

09

*Here you have a
typical example of a
dualistic confusion
that arises when you say that it is
either*

right

or

wrong

*to have desire,
depending on which aspect of it
you perceive.*

You can transcend the

- painful,
- confusing and
- limited

state of

dualistic consciousness

only when you

- see beyond the either/or and
- see the

• true and [also the]

• distorted

possibilities of

both apparent opposites.

*The moment you see this [i.e., see the true and distorted possibilities
of both apparent opposites],*

opposites

exist no longer.

You then pass into a

- deeper and
- wider

state of consciousness,

in which you comprehend

beyond the

limited dualistic state.

This applies to

many manifestations

of your life.

Rarely if ever

is anything in itself

• good

or

• bad.

[Rather than being good or bad in itself,]

It [i.e., the goodness or badness]

depends on how it [i.e., on how the thing itself] manifests,

what the true underlying motivations are.

	<p><u>Desire must exist</u> <u>in the human heart</u> <u>in order to overcome</u></p> <ul style="list-style-type: none"> • <u>the hurdles,</u> • <u>the temptations to self-deceit,</u> <p><u>which block the way</u> <u>to the abstract knowledge</u> <u>of the universe.</u></p> <p><u>This does not mean, I repeat,</u> <u>abstraction in the sense of</u></p> <ul style="list-style-type: none"> • <u>mechanical,</u> • <u>dead,</u> • <u>alienated,</u> • <u>superficial,</u> • <u>unfeeling or</u> • <u>defensive</u> <p><u>thinking.</u></p>
10	<p><u>How can</u></p> <ul style="list-style-type: none"> • <u>knowledge,</u> • <u>knowing –</u> <p><u>which is consciousness –</u> <u>be unfeeling?</u></p> <p><u>Even unfeeling knowing,</u> <u>what you call in this era</u> <u>"intellectual knowledge,"</u> <u>must have a feeling content.</u></p> <p><u>It [i.e., "intellectual knowledge"]</u> <u>stirs up</u> <u>certain chain reactions.</u></p> <p><u>And even though</u> <u>such knowledge [i.e., intellectual knowledge]</u> <u>may be fragmented, and though</u> <u>people may use it</u> <u>to get away from the</u></p> <ul style="list-style-type: none"> • <u>energy or</u> • <u>feeling</u> <p><u>aspect of living,</u> <u>it [i.e., intellectual knowledge] nevertheless</u> <u>contains feeling, as I mentioned before,</u> <u>although they may not recognize</u> <u>these feelings.</u></p>

*So, consciousness
is always*

- *a feeling,*
- *an energy manifestation,*
whether or not you are aware of it.

The most

- *mechanical,*
- *fragmented and*
- *cut-off*
thought

*breeds a series of
energy chain reactions
in your entire psychic system.*

*The power of choosing
which thought
to think*

in itself

- *stems from strong energy movements and*
- *results in affect.*

*Therefore consciousness
must be one with
energy.*

11

In the average human state

*this [i.e., consciousness being one with energy, and
knowledge being one with feeling]
does not seem to hold true, at first sight.*

*However, when you go deeper,
you are bound to see*

*that whatever knowledge you harbor
has a definite feeling content.*

*As I said – and I purposely repeat this,
for it cannot be emphasized enough
in this context –*

- *dry,*
- *cut-off*
knowledge

must also contain feelings.

The underlying feeling

[connected with dry, cut-off knowledge]

may be fear.

The more superficial energetic state

may be boredom.

Boredom

is also an energetic state,

although a negative one –

negative in the sense that

the absence of something

does not mean that what is absent

is not

• **intrinsically and**

• **essentially**

present.

It is only temporarily

made absent.

If you pursue the

state of boredom

deeper into the recesses

of the soul substance,

you will find

that there is always fear somewhere:

fear of knowing

all you can know now,

• **about yourself and**

• **about your relationship**

with the universe.

12

The relationship

between

• **you**

and

• **the universe**

becomes increasingly obvious

• **as you discover yourself,**

• **as you become more honest with yourself,**

• **as you stop acting out.**

	<p><i><u>States of consciousness</u></i> <i>can roughly be differentiated</i> <i>into the following <u>three groups</u>:</i></p>
13	<p><i>The <u>first</u></i> <i>and <u>least developed</u></i> <i>is the state of</i> <i><u>slumber</u>,</i> <i>where <u>a being</u></i> <i><u>does not know it exists.</u></i></p> <p><i>It has <u>no self-awareness.</u></i> <i>It <u>can</u></i></p> <ul style="list-style-type: none">• <i><u>feel</u> and</i>• <i><u>move</u> and</i>• <i><u>grow</u>, and even, <u>to an extent</u>,</i>• <i><u>think</u>,</i> <p><i>but <u>below the threshold of</u></i> <i><u>self-awareness</u>,</i> <i>like</i></p> <ul style="list-style-type: none">• <i><u>a mineral</u> or</i>• <i><u>a plant.</u></i> <p><i>The <u>organisms</u></i> <i><u>beneath the state of self-awareness</u></i> <i>have nevertheless</i> <i><u>in-built patterns of</u></i></p> <ul style="list-style-type: none">• <i><u>creation</u>,</i>• <i><u>self-creation</u>,</i> <p><i>which that particular organism</i> <i>• <u>follows through in a deeply</u></i> <i>• <u>meaningful</u>,</i> <i>• <u>purposeful</u></i> <i>way,</i> <i>• <u>always compatible with</u></i> <i><u>its particular lawfulness.</u></i></p> <p><i>These states are</i> <i><u>states of consciousness</u>,</i> <i>but not</i> <i><u>states of self-consciousness.</u></i></p>

*Take for example
the life of a plant:
it follows its own
in-built plan.*

*Only its
now slumbering
consciousness*

- *could create that plan,*
- *could create the imprint*
with all its own lawful cycles
by which the organism

- *lives,*
- *expands,*
- *dies,*
- *reincorporates itself,*
- *gives birth to itself,*
- *expresses itself and*
- *goes on in that same cycle.*

*This requires an
immensely intelligent plan
that only
consciousness
could fabricate.*

*Something like this
cannot happen
"by itself,"
cannot be a*

- *dead,*
- *disconnected*
process.

14

*The apparent disconnection
of inanimate matter
is only temporarily frozen
consciousness,*
*as I explained in a recent lecture on
the processes of*

- *creation and*
- *the psychic nuclear points.*

*When consciousness creates
in a certain direction,
the life spark
slows down
and down,
until the energetic stream
petrifies.*

*It [i.e., the petrified energetic stream]
condenses into such a thick crust
that the underlying energy is
• invisible, that is,
• not perceivable with the human eye.*

*However,
beings
whose expanded state of consciousness
makes them capable of
perceiving more than the surface,
can observe very clearly
the highly potent energy aspect
within inanimate matter
which has no
manifest consciousness.*

*But such beings
can also perceive
the consciousness content
within this potent energy,
the consciousness contained
within the outwardly "dead" material.*

15

*What does such consciousness "say"
when it is aslumber?
It may say,
• "I do not want to know;
• I do not want to know me –
me in relationship to
the world around me."*

This statement [i.e., the statement, “I do not want to know, to know me”]
is a **creative nucleus** –
a **statement made**

- by **consciousness**,
- by
 - **deliberate choice** and
 - **disposition**.

This statement [i.e., the statement, “I do not want to know, to know me”]
brings forth

an inexorable chain of events,
leading gradually
but surely
to the

- **condensed**,
- **slowed-down**
state

that finally becomes
a "crust,"

- **hardened** and apparently
- **dead**.

This is what matter is composed of.

The sequence of events

leading to the state of

- **hardened**,
- **inanimate**

matter

stems from a

- **negative**,
- **life and truth-negating**
statement.

Nevertheless,

once the hardening process is in action,
matter itself

can be used by consciousness
for

- **life-affirming and**
- **positive**
purposes.

Free consciousness

can thus "communicate" with the

- **life-substance** and
- **consciousness**

within the hardened matter.

16	<p><i>I give you this very brief explanation so that you can gain some concept about the fact that <u>consciousness exists</u> even within inanimate objects.</i></p> <p><i>Your <u>scientists</u> today have already ascertained that <u>energy</u> <u>exists within matter</u>, so that part is hardly news to you.</i></p> <p><i>You have yet to ascertain that the <u>same holds true about</u> <u>consciousness</u>.</i></p>
17	<p><i><u>Consciousness</u> <u>within inanimate objects</u> is <u>reachable by the</u></i></p> <ul style="list-style-type: none"><i>• much stronger and</i><i>• more active</i> <p><i><u>consciousness</u> of the <u>human mind</u>, though to a lesser degree than the <u>consciousness within</u></i></p> <ul style="list-style-type: none"><i>• <u>plants</u>,</i><i>• <u>animals</u>, or</i><i>• <u>other human beings</u> [is reachable by the human mind].</i> <p><i><u>Matter is still malleable</u> and <u>can be impressed</u> by <u>human consciousness</u>.</i></p> <p><i>Since <u>consciousness is capable of</u></i></p> <ul style="list-style-type: none"><i>• <u>inventing</u> and</i><i>• <u>creating</u>,</i> <p><i>it can</i></p> <ul style="list-style-type: none"><i>• <u>mold</u>,</i><i>• <u>shape</u>, and</i><i>• <u>form</u></i> <p><i><u>out of the substances</u> <u>within matter</u>.</i></p>

	<p><i>Take, for example,</i> <i>the <u>need to have</u></i></p> <ul style="list-style-type: none">• <i>a piece of furniture, or</i>• <i>a plate, or</i>• <i>a glass, or</i>• <i>a piece of jewelry, or</i>• <i>whatever the inanimate object may be.</i> <p><i><u>That need –</u></i> <i>that <u>desire to create these objects –</u></i> <i><u>molds the</u></i></p> <ul style="list-style-type: none">• <i><u>energy and</u></i>• <i><u>contained consciousness</u></i> <p><i><u>so that even the</u></i> <i><u>most alienated aspect of consciousness,</u></i> <i><u>like inanimate matter [in this case],</u></i> <i><u>receives the imprints of a</u></i></p> <ul style="list-style-type: none">• <i><u>directing,</u></i>• <i><u>stronger, and</u></i>• <i><u>more connected</u></i> <p><i><u>consciousness,</u></i> <i><u>and fuses with it</u></i> <i><u>in certain definite ways.</u></i></p> <p><i><u>Thus an object is created.</u></i></p>
18	<p><i>So <u>every object you</u></i></p> <ul style="list-style-type: none">• <i><u>use,</u></i>• <i><u>enjoy, or</u></i>• <i><u>need</u></i> <p><i><u>fulfills its task.</u></i></p> <p><i><u>Its innermost nucleus of consciousness</u></i> <i><u>that always seeks expression</u></i></p> <ul style="list-style-type: none">• <i><u>toward the divine,</u></i>• <i><u>toward service,</u></i>• <i><u>toward truth,</u></i>• <i><u>toward love,</u></i>• <i><u>toward being –</u></i> <p><i><u>even in this separated deadened state –</u></i> <i><u>"replies" to</u></i> <i><u>the creation of mind and</u></i> <i><u>thus fulfills a purpose</u></i> <i><u>in the great plan of evolution.</u></i></p>

*Even the deadest
of all dead matter
is not really dead.*

*Spiritual beings
who are*

- *in greater possession of their innate divine faculties and*
- *not bound to the purely outer manifestation
as human beings are,*

can perceive

- *the energy form and*
- *the consciousness expression
of the most inanimate objects.*

*Such an [inanimate] object
also contains an energy field,
which is*

- *its antenna,*
- *its receiving station,*

*so that it must become
a reactor [to outside energy fields].*

*Its consciousness content
is still too limited
to be more than a reactor.
It cannot be as yet an*

- *initiator and*
- *creator*

*as the human state is,
but it is definitely a reactor.*

19

*You may often find
that you have certain relationships
with objects.*

There are some objects you

- *cherish,*
- *need and*
- *enjoy.*

They perform well for you.

*You may think that you love them
because they*

- perform well and
- give you
 - good service, or
 - beauty, or
 - joy.

*But it is one of those
benign circles
working*

*where it is hard to say
• what or
• who
started it going.*

Take, for example,

- *a motor car, or*
- *a machine you use,*
 - *like a record player, or*
 - *whatever it may be.*

You love that machine.

*You may even use it
for your spiritual growth
in one manner or another,
so the purely utilitarian object
is really not so utilitarian after all.*

You give it care.

*Your appreciation
makes the machine respond,
even with its*

- *extremely limited,*
- *small*

*inner nucleus of consciousness
that is just geared*

- *to respond and
react,*
- *to be impressed and
molded.*

*Its energy field
will be affected.*

	<p><i>With other objects</i> <i>it is the other way round.</i></p> <ul style="list-style-type: none">• <i>They <u>never</u></i> <i>work out well.</i>• <i>You</i><ul style="list-style-type: none">• <i><u>hate them,</u></i>• <i><u>are annoyed with them,</u></i> <i>and they <u>respond accordingly.</u></i>
20	<p><i>The <u>separation of consciousness</u></i> <i>that you <u>experience</u></i> <i>is therefore a</i> <i>very <u>debatable one.</u></i></p> <p><i>When we speak of the fact</i> <i>that the <u>whole universe</u></i> <i>is <u>permeated with consciousness,</u></i> <i>this is indeed a <u>truth.</u></i></p> <p><i><u>Separated</u></i></p> <ul style="list-style-type: none">• <i><u>organisms,</u></i>• <i><u>objects and</u></i>• <i><u>entities</u></i> <p><i>are <u>separated</u></i> <i><u>only on the surface level.</u></i></p> <p><i>But</i></p> <ul style="list-style-type: none">• <i><u>within and</u></i>• <i><u>beneath</u></i> <p><i>that <u>surface level</u></i> <i>there is a <u>constant interaction.</u></i></p>
21	<p><i>I started to speak about</i> <i>the <u>three stages of consciousness.</u></i></p> <p><i>I dwelled for a long time [in this lecture]</i> <i>on the <u>first state:</u></i> <i><u>consciousness</u></i> <i><u>without self-awareness.</u></i></p>

- *Animals,*
 - *plants,*
 - *minerals, and*
 - *inanimate matter*
- fall under this category.*

I wanted to show that
nothing exists
that does not contain consciousness.

It is of course
much easier to see this with

- *animals,*
- *plants and even*
- *minerals,*

which have their

- *growth and*
- *change*

processes,
though much slower ones
than the other categories.

22

The second state is
self-awareness,
which begins
at the human level.

What does
self-awareness
mean?

- Awareness of*
- *"I am,"*
 - *"I exist,"*
 - *"I can think,"*
 - *"I can make a decision,"*
 - *"My decisions have impact,"*
 - *"My thoughts have effect,"*
 - *"My feelings reach other beings."*

This will be roughly
the second state.

In this [second] state [i.e., the state of self-awareness] self-responsibility begins.

***The awareness of
having an effect
on the world around the self
must result in***

- accountability and
- the seriousness
of choosing
 - thoughts,
 - attitudes,
 - actions and
 - responses.

***This [second] state of consciousness,
by virtue of its
expanded awareness,
finds many new alternatives
which are lacking in the

- blind and
- more limited
[first] state.***

***The state of consciousness
below the threshold of
self-awareness
cannot make choices.
It blindly follows
the in-built pattern
implanted in its substance.***

***The human state
is capable of
re-creating the plan,
and may increasingly avail itself
of wider possibilities
of self-expression,
commensurate with
its own growth.***

23

It is very obvious that

within the human state

- *of consciousness,*
- *of self-awareness,*

there are

- *many,*
- *many*
- *degrees and*
- *variations.*

[At the lower levels] You have human beings

who are as yet unaware

- *of themselves,*
- *of their power to*

- *create,*
- *change and*
- *affect.*

- *Their ability to differentiate*
is as yet limited,

- *their power to*
 - *think and*
 - *act*

independently
is equally limited.

To them

words such as these

could hardly make more sense
than to an animal.

They would be

meaningless to them.

[At the other extreme or higher levels,] There are other human beings

whose consciousness

is already

far more developed.

They know quite well

that they have the power

- *to choose,*
- *to create and*
- *to affect.*

	<p><i>They are</i></p> <ul style="list-style-type: none">• <i>self-responsible and</i>• <i>accountable for their <u>decisions</u></i> <i>to think one way</i> <i>rather than another.</i> <p><i>To them <u>such words</u> [as these]</i></p> <ul style="list-style-type: none">• <i>make sense and</i>• <i>are an</i><ul style="list-style-type: none">• <i>inspiration and</i>• <i>encouragement.</i> <p><i>There are of course</i> <i><u>many degrees of consciousness</u></i> <i>in-between these two categories.</i></p>
24	<p><i>However,</i> <i><u>even those human beings</u></i> <i>whose consciousness is</i> <i><u>least developed</u></i> <i>are <u>aware</u></i> <i>that <u>they exist.</u></i></p> <p><i>They <u>know</u> that they</i><ul style="list-style-type: none">• <i>have needs and</i>• <i>can, up to a degree,</i> <i><u>figure out how to fulfill these needs.</u></i><p><i>They <u>know</u> that they</i><ul style="list-style-type: none">• <i>can act.</i><p><i>Maybe their scope</i> <i>is more limited than the</i><ul style="list-style-type: none">• <i>scope and</i>• <i>power to affect</i> <i>of a more highly developed</i> <i>human personality,</i><p><i>but nevertheless</i> <i>there is an <u>immense difference</u></i> <i><u>between them</u></i> <i><u>and the highest-developed</u></i> <i><u>animal state of consciousness.</u></i></p><p><i>The <u>latter</u> [i.e., beings with an animal state of consciousness]</i> <i>may have <u>some</u> awakening power of thinking,</i> <i>but <u>self-consciousness</u>, in the sense I have described,</i> <i>is <u>completely lacking.</u></i></p></p></p></p>

25

*The human state
of self-awareness
lives within its
self-created
dimension of time.*

*Thus the sense of
• past,
• present, and
• future
awakens in
the human mind,
but does not exist
in the lower states of consciousness.*

*As in many areas of development,
there is a similarity
between
• the lowest [here the first]
and
• the highest [here the third]
point of the [consciousness] curve,
which [i.e., the similarity] in this case
[of the consciousness curve] is
the state of being.*

*[On the lowest level of the consciousness curve]
• Inanimate matter,
• minerals,
• plants, and
• animals
do not live within time.
They exist in a
timeless state of being,
but they are without
• self-consciousness,
• self-determination,
• a self-propelling initiative.*

[In contrast to the lowest or first state of consciousness of inanimate matter, minerals, plants and animals,]

The human state of consciousness [or the second state of consciousness] is in time.

It is therefore

not in the state of being [as the first state is],

but [rather] in the state of becoming,

though it is already

fully in possession of

self-awareness.

On the highest rise of the curve [i.e., on the third state of consciousness]

we return to the

timeless state of being [where we were in the first state],

but [in this third state] with a

high degree of consciousness [i.e., consciousness even

beyond self-consciousness of the second state].

26

This third state

is the highest state

of the three.

We might call it

• universal consciousness, or perhaps

• cosmic consciousness.

That [state of consciousness] is

beyond the human state [of self-consciousness].

In that state [i.e., in the state of cosmic consciousness]

all is one,

there is no separation [i.e., there is no self that is

separate from the all – separate from the one].

In that [third] state of consciousness

• all is known.

• The innermost self is known,

• the God-self is known.

• The God-self

• of the personal entity, as well as that [i.e., the God-self]

• of other entities

is known.

• The truth of being is known.

	<p><i>In that [third] <u>state of consciousness</u> you <u>live in a</u> <u>state of being.</u></i></p> <p><i>But on this level of development the <u>state of being</u> <u>surpasses</u> <u>self-awareness.</u></i></p> <p><i>It [i.e., the state of being] <u>has reached</u> <u>universal awareness.</u></i></p> <p><i>To put this differently, and possibly more accurately: <u>the self</u> <u>is recognized</u> <u>as being in all that exists.</u></i></p>
27	<p><i>If you</i></p> <ul style="list-style-type: none">• <u>ponder and</u>• <u>meditate</u> <p><i>about the <u>deeper meaning</u> of these <u>three states</u>, you will</i></p> <ul style="list-style-type: none">• <u>see a great deal and</u>• <u>understand much more</u> <u>about the greater life</u> <u>of which you form a part.</u> <p><i>The "<u>innocent</u>" <u>state of being</u> <u>can exist in purity only.</u></i></p> <p><i><u>This purity can exist</u> <u>in one who is [either] still</u></i></p> <ul style="list-style-type: none">• <u>blindly unaware,</u>• <u>unconscious,</u>• <u>powerless, or [on the other hand]</u> <p><i><u>in one who has regained</u> <u>the state of innocence</u> <u>through the</u></i></p> <ul style="list-style-type: none">• <u>laborious descent and</u>• <u>simultaneous ascent</u> <u>of self-purification.</u> <p><i>Then power can merge with the <u>timeless state</u> of the <u>eternal now.</u></i></p>

28

There is a
self-protective lawfulness
in the lack of awareness
of the innate potency
of consciousness
as long as
the soul is not purified.

As you can all
so clearly observe on your path,
this power [of consciousness] increases
in exact proportion
to your ability
to be in truth with

- yourself and
- others.

If you could be aware of
the potency to create
while there is evil intent in you,
you could

- harm,
- wreak
 - havoc and
 - destruction

to a much stronger degree

than what now
must exist
for the purpose of
the self-activating principle
in which the negative result [of your
evil intent]
becomes the medicine.

29

However unjust
an evil manifestation
may now appear to you,
it only appears that way
because in your

- limited
- time-bound
state

you are not in possession
of the connections.

*Were you thus aware [i.e., aware of the connections between cause and effect],
 you would see that
all negative manifestations,
 no matter how*

- cruel or
- unjust

*they may seem,
 are self-created medicine
 for the purpose of*

- ultimate purification and
- ultimate bliss.

Evil

- does not and

- cannot

destroy –

it can do so only

- temporarily and

- within the framework

*of what I just mentioned [i.e., framework of self-
 created medicine for ultimate bliss].*

If consciousness could expand

without the simultaneous expansion

of the self-purifying agents,

evil could destroy

the divine.

So, as an in-built protective mechanism,

negativity

closes the perceptive organs:

- blindness,

- deafness,

- dumbness, and

- numbness

set in.

*The only way
to come out of this state of
• ignorance,
• limitation,
• powerlessness, of
• being severed from
the nucleus
where there is
all-connecting life,*
is by
*the consistent attempt
to know yourself
where you are now –
not to know*
• the universe or
• anything outside you.
*That comes later –
gratuitously, as it were.*
*To concentrate on that [i.e., on the universe or anything outside you]
would be
pursuing a delusion.*

30

*Knowing yourself
is a*
• slow,
*• step-by-step
process.*
*It doesn't ever require
an impossible feat of you.*
*It only demands
what is indeed possible,
to deal with something
right there in front of your eyes,
if only you choose to see it.*

You can use your best
• will and
*• intent
to find out
what you ought to
know about yourself
at every step of the way.*

There is
no fraction of time
in your life, my friends,
where this is not possible.

You can be sure that
when you are in a
disharmonious state,
you are not as aware
as you could be.

To become more aware
often requires intense

- groping and
- searching.

And that is indeed
part of your life task.

You may often
look in the wrong direction
for the answer
to the present disharmony.

Indeed,
you often resist
because you fear something
much "worse"
than what actually exists.

You would find this out
if only you had the

- courage and
- determination

to go

- all the way,
- at all times.

31

- *The disharmonious state,*
- *the anxious state,*
- *the unhappy state,*
- *the depressed state,*
- *the state of*
 - *unrest* and
 - *fear* and
 - *negative,*
 - *contracted*

*is always a reflection of
something you might
know right now,
but choose – yes, literally choose –
not to know.*

*That choice [not to know what could be known right now]
creates a
very potent
negative energy field.*

*This path [i.e., this pathwork]
helps you to deactivate
these negative energy fields
by changing the
consciousness content
in them.*

*The first vital step here [i.e., to change the consciousness content] would be
to transform the*

- *"I do not want to know"*

into an

- *"I want to know,"*

and follow it through.

*You can give yourself
this adventure of discovery.*

32

*In the preliminary stages
of this phase
of evolutionary development,
you must eliminate
the blind spots
about the self,
so that the self
can find out the answers
about itself.*

*You cannot awaken
into a higher state
as long as
you do not know*

- *what you choose,*
- *what you think,*
- *what you feel,*
- *what you need,*
- *what you desire.*

*Once you do know,
you have increased
your power to change
what is*

- *destructive and*
- *undesirable.*

33

*As you go on in this way,
there will come a period
in which you
know yourself fairly well,
but you
are not yet fully aware
of others.*

*Thus you grope
with the manifestation
of others.*

	<p><i>In your <u>blindness to</u></i></p> <ul style="list-style-type: none">• <i><u>another person's negativity</u>, or</i>• <i><u>its exact nature</u>,</i> <p><i>you may often <u>lose yourself in</u></i></p> <ul style="list-style-type: none">• <i><u>confusion and</u></i>• <i><u>disturbance.</u></i> <p><i><u>Further honest work</u></i></p> <p><i>will lead you to</i></p> <p><i>a <u>clear awareness</u></i></p> <p><i>of <u>others.</u></i></p> <p><i>This [i.e., this clear awareness of others] will</i></p> <ul style="list-style-type: none">• <i><u>bring you peace</u> and</i>• <i><u>show the way</u></i> <p><i>to <u>deal with situations.</u></i></p> <p><i>Along the way,</i></p> <p><i>you will discover <u>new aspects,</u></i></p> <p><i>often <u>very positive ones,</u></i></p> <p><i>about <u>yourself.</u></i></p> <p><i>Often <u>only a crisis</u></i></p> <p><i><u>with others</u></i></p> <p><i>can bring forth</i></p> <p><i>such <u>previously ignored aspects.</u></i></p>
34	<p><i>The <u>first phase</u>, in this regard, is</i></p> <p><i>purely <u>self-explorative.</u></i></p> <p><i>The <u>second phase</u> –</i></p> <p><i>often overlapping with the first –</i></p> <p><i>expands into <u>knowledge of others.</u></i></p> <p><i>The <u>third phase</u></i></p> <p><i>leads to</i></p> <p><i><u>universal knowledge</u></i></p> <p><i><u>beyond</u></i></p> <p><i>the <u>human state.</u></i></p> <p><i>That [i.e., this series of three phases] is the</i></p> <p><i><u>organic development</u></i></p> <p><i>of <u>this path.</u></i></p>

*When I say knowledge, my friends,
remember that there are
different ways of
interpreting this word.*

*You may have knowledge
on a purely mechanical level.*

*Such knowledge
is not*

- insight,
- wisdom,
- true perception.

*It does not give you
a sense of*

- wonder and
- awe,

nor does it

fill you with

- peace and
- joy.

[Rather] It is

- dry,
- cut-off

knowledge.

*I am talking about
a different kind
of knowledge,
in which*

*a kind of comprehension
takes place that
unites*

fragmented understanding.

It is a

- deep and
- feeling

knowledge

that indeed brings

- peace and
- joy,
- awe and
- excitement.

*A revelation
fills you that
removes all dissension.*

You

- experience and
- relate

in a new way.

*But this comes
only much later
on the path, my friends.*

*At first
you will experience the
beginnings of
this kind of knowledge
only occasionally.
It manifests much more
when you are, for instance,
in a helper position.*

35

*The more
you expand,
the more
this kind of knowledge
will fill you.*

*And as that goes on,
little by little,
cosmic knowledge occurs.*

*It comes from something
deep within you.*

It transcends the personal.

*It [i.e., cosmic knowledge] is timeless and
it gives you
a deep awareness of the
• ongoing,
• ever-present
life
• that you are and
• that everything is.*

*This fills you
with indescribable
• joy,
• peace,
• security and
• gratitude for what exists.*

*You must
earn*

*this awareness, my friends,
for you cannot
aim directly at
cosmic consciousness.*

*It is the final state of
expanded self-awareness
that you cultivate
on a path such as this [pathwork].*

36

*What I told you in this lecture
is specifically designed
to make you aware
• of the potency of
• your thoughts,
• of the potency of
• each thought
that you decide to think,
• each attitude
you decide to adopt.*

Thought

will create

- experiences and
- responses, and

will also create

- within you.

There [i.e., within you]

it will

either create

a new energy field or

it will

- enforce,
- reaffirm and
- fasten

an old one [i.e., existing energy field],
depending on whether the

- thought or
- intent

is

new or

is

a repetition
of the old.

*Obviously, both alternatives [i.e., both creating a new
or enforcing an existing energy field]*

can apply to

either

- real or
- false,
- constructive or
- destructive
energy fields.

*When you are truly conscious
of this potency,*

you become

- more responsible and
- more capable of creating.

You then approach the state

in which you know

that God-consciousness

is within everything.

	<p><i>The <u>ego</u> only decides which way to turn. Right now, within your thinking mind is the <u>potentiality</u> to <u>express God's consciousness</u> any way you choose.</i></p> <p><i>And when your <u>experience</u> is <u>negative</u>, make sure to <u>find out</u></i><ul style="list-style-type: none"><i>• <u>what created it and</u></i><i>• <u>how it was created.</u></i></p>
37	<p><i>You can all discover the <u>truth of</u> the <u>power of</u> your <u>consciousness</u> by <u>making the commitment</u></i><ul style="list-style-type: none"><i>• <u>now</u>,</i><i>• <u>again and</u></i><i>• <u>again</u>,</i><p><i>to <u>be in truth</u> with yourself</i></p><ul style="list-style-type: none"><i>• <u>in your daily concerns</u>,</i><i>• <u>in your reactions</u>,</i><i>• <u>in experiences</u> that <u>leave you</u></i><ul style="list-style-type: none"><i>• <u>puzzled</u>,</i><i>• <u>confused</u> or</i><i>• <u>disturbed.</u></i><p><i>When you <u>feel resistance</u>, <u>admit the resistance</u>, rather than <u>glossing over it</u>, as you may be tempted to do.</i></p><p><i>Admit it anyway, in spite of the resistance. <u>Have faith in the truth.</u></i></p></p>

	<p><i>More and more, you will <u>become</u> • <u>free</u> and • <u>joyous</u> and will <u>liberate yourself</u> of the <u>shackles</u> that now still keep you <u>confined</u> in a <u>state</u> less than your <u>birthright</u>.</i></p> <p><i><u>Make the commitment to truth</u> • in <u>every possible situation</u>, • about <u>any conceivable incident</u>.</i></p>
38	<p><i><u>With this</u> • <u>message</u> and • <u>suggestion</u> <u>I bless you all</u> with <u>deep love</u> – <u>the love of the universe</u> – for <u>all of you</u>, <u>my most beloved friends</u>.</i></p> <p><i><u>Be in peace</u>.</i></p>

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork® Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.