

Pathwork Lecture 218: The Evolutionary Process

1996 Edition, Original Given February 6, 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 very dearest friends.</p> <p>Blessings for all of you here.</p> <p><i>Happiness and love</i> follow <i>truth</i> – the <i>commitment to truth</i>, whatever it may be.</p> <p>Deep in your heart is the seed for all these potentials: • truth, • love, • happiness, • wisdom and • peace.</p> <p>You possess these attributes, these <i>states of being</i>, in ample • <i>quantity</i> and • <i>quality</i>.</p>

	<p>It is up to you to realize them [<i>these states of being</i>], which [<i>realizing</i>] you do by first conceiving of these potentialities [<i>as they actually exist</i>] deep inside of your innermost being. <i>[After conceiving of these potentials themselves,]</i> You then conceive of spreading out these slumbering potentials, to awaken [<i>them</i>] and spread them outward, so that they grow from within you into the outer regions of your life.</p>
04	<p>The topic of tonight's lecture is the process of the evolutionary journey, for it is a journey.</p> <p>You begin to notice this [<i>evolutionary</i>] process increasingly as you grow, through your efforts on your path, <i>[you notice it]</i> as an organic reality that communicates itself to you.</p> <p>It [<i>i.e., this evolutionary process of the journey</i>] has</p> <ul style="list-style-type: none">• its own laws,• its own sequences,• its own rhythm,• its own supreme wisdom, and• its own inner meaning.

	<p>At the beginning of your path you sense it [<i>i.e., you sense the evolutionary process of your journey</i>] only vaguely and occasionally,</p> <p>but</p> <ul style="list-style-type: none"> • as you progress, • as you become more anchored <p>in truth inside of you, you see this [<i>evolutionary</i>] process [<i>of your journey</i>] unfolding as an</p> <ul style="list-style-type: none"> • <i>alive,</i> • <i>organismic</i> <p><i>event.</i></p>
05	<p>The mistake you make is in believing that this organismic event, this [<i>evolutionary</i>] process, is a result of <i>your decision to</i> follow such a path [<i>as Pathwork</i>], a path in which you</p> <ul style="list-style-type: none"> • <i>find yourself and</i> • <i>develop.</i> <p>But that is a misconception. <i>The [organic evolutionary] process [of your journey] exists always.</i></p> <p>The only difference is that when you are <i>not</i> on a path [<i>such as Pathwork, a path</i>] that <i>activates awareness of</i> your inner reality, when you are still in blindness and ignorance about yourself and therefore commensurately about the universe, you must also be totally unaware that this [<i>organic evolutionary</i>] process is going on in you.</p>

	<p>So, first of all, it is extremely important that you understand the difference, my friends.</p> <p>The <i>[evolutionary]</i> process is <i>not</i> something that happens only after you enter a developmental path <i>[such as Pathwork]</i>.</p> <p>Entering and progressing on such a path <i>[as Pathwork]</i> enables you to focus your awareness on something that has always existed, but that you have not noticed, and <i>[by entering and progressing on such a path as Pathwork]</i> you will <i>[now]</i> be able to <i>follow the [inner organic evolutionary] process</i> by involving the <i>[conscious] ego personality</i> rather than letting it <i>[i.e., letting the conscious ego personality]</i> stay behind <i>[the evolutionary process that is going on in and around you]</i>.</p>
06	<p>This is another aspect of <i>awakening consciousness,</i> and in that sense this lecture is also a sequel of the preceding one.</p> <p>Consciousness does not happen suddenly. It is rather a process of <i>[gradual]</i> awakening to something that has always been there.</p>

Awakening consciousness
suddenly perceives

- **psychic events,**
inner as well as outer events,
- **states of being**
in the self and
in others,
- **connections and**
- **interrelationships**
between
people and
things,
between
individual and
cosmic
consciousness.

Why has it [*why have all these events, states of being, connections and interrelationships*]
always been there?

Because

time [that spreads things out and separates them from one another]
is but the illusion
of the limited mind.

The *limitation* of that mind
is also responsible for
not perceiving what is there.

As the mind becomes
less limited,
it becomes capable of
perceiving what is there.

	<p>It will make all the difference for you, my friends, not to confuse this with the "sequence of events," for this new perception will <i>activate an aspect</i> <i>of your consciousness</i> <i>that is still slumbering:</i> <i>your power to perceive in reality.</i></p> <p><i>In the slumbering state</i> <i>you always confuse</i></p> <ul style="list-style-type: none">• <i>cause and</i>• <i>effect,</i> <p>you always look through the wrong end of the telescope – and thus become more confused.</p>
07	<p>Now, you may begin to conceive of the <i>process of</i> <i>your inner evolutionary journey</i> as being <i>always</i> <i>present and</i> <i>ongoing,</i> <i>whether you know it</i> <i>or not.</i></p> <p>Let us now speak more specifically about this [<i>inner organic evolutionary</i>] process, so that you will obtain further help in self-understanding and can begin to focus [<i>your conscious ego</i>] in the right direction.</p> <p>I might define this <i>evolutionary process</i> that exists within</p> <ul style="list-style-type: none">• <i>all aspects of consciousness,</i>• <i>all entities and</i>• <i>all organismic realities,</i> <p>as an <i>ongoing journey.</i></p>

08

**People often have dreams
in which they are
either**

• on a train ride,

or

**• are about to take a train and
anxious that they
may miss it,**

or

• have missed the train,

or

• are getting off it.

**Almost all human beings have these recurrent dreams.
They are universal dreams that come sporadically.
When they come,
*they convey your relationship to
your own [inner evolutionary] process.***

**Do you [i.e., does your conscious ego]
follow the train's movement
or do you
stay behind?**

**The [evolutionary] process goes on
as the train continues its ride,
but the *ego consciousness*
has a *choice*.
It can choose
to go with it
or
to stay behind.**

**The choices are *not* always *consciously* made,
but they are nevertheless made
in *distinct intentionality*.**

**Incidentally,
when you do not happen to have a train dream,
it is not an indication or proof that
you are following
the inner journey.**

**The unconscious may not always succeed in
sending its message to the consciousness,**

or

the messages may be given in a different form [from a train dream].

09

For example,
 when you choose
 to enter such a path [*as Pathwork*],
 to search within yourself and
 make more meaning
 out of your life,
that is as much of a choice as
 when you choose
 not to do so,
 regardless of the
 rationales and
 excuses
 you may manufacture for yourself.

When you live the day
 as if it [*i.e., as if the way you live the day*]
 did not matter,
 that is
 as
 active and
 distinct
 a choice

 as when you
 allow yourself
 to feel the inner urging
 to follow
 your inner journey.

When you are
 • **passive and**
 • **inert,**
 it is as much of a choice
 as when you are
 • **active and**
 • **take the initiative.**

These are all choices.
 Do you
 go with your inner,
 evolutionary process,
or
 do you
 stay behind?

10

**The choice is
determined by
how much
you give in to
the always existing
fear and
resistance
that are so tragically misplaced.**

Because if you need to

- fear and
- resist

anything, it is

- the non-movement,
- the stagnation,
- the denial of going with
the process

**that evolves [organically and naturally] out of
your innermost being
as the**

- wisest,
- most meaningful
reality conceivable.

**Therefore, my friends,
when you resist
following the inner movement**
*[that is naturally and spontaneously evolving and arising
within you and]*
that is
**so much wiser,
so much more profound
than what the human brain
can think of,
you make a weighty decision.**

It is important for you to understand

- what that decision
*[to resist or not resist following that
organic natural inner movement] means.*
- What does it [i.e., the decision] imply? And, also,
- what are its [i.e., the decision's] ramifications?

11

**I want to say here that
the decision in question
is more than just
whether or
not**

to enter such a path as this [*Pathwork*].

Even if the general decision

for [rather than against taking] such a path [as *Pathwork*]
has been made,

**there may nevertheless
be areas**

where a reserve is kept.

- "I will go only so far and no further.
- Here I will *not* go along with
the inner train of my [*natural evolutionary*] movement.
- Here or there I will *hold on and stay behind*.
- I will *not change* in this respect.
- I will go that far and then I will get off the train,
even while I still follow the pathwork in other areas."

You see, my friends,

in psychic reality

it is possible to be

***on* the train**

in some respects,

but

***off* the train**

in others.

These others [*these other respects in which I decide to get off the train*]
count heavily

because they create

an imbalance and

a discrepancy.

Did you get off your train

in some areas, my friends,

and perhaps dwell in

an interim station and

then try to get on again [*later*]?

	<p>Don't you realize that the train does not wait? Your inner movement follows its innate [evolutionary] plan and when the ego gets off, the inner [evolutionary] movement still goes on.</p> <p>It is then so much more difficult to catch up again.</p> <p>When you are in such a predicament [because you got off the train], you experience</p> <ul style="list-style-type: none">• long,• drawn-out <p>states of</p> <ul style="list-style-type: none">• disharmony,• anxiety,• crisis,• depression,• upheaval.
12	<p>It is of course realistically quite impossible to always follow the inner movement exactly one hundred percent.</p> <p>Were you <i>that</i> aware, you would not be in the human state.</p> <p>The human state is in itself the result of disconnection and thus <i>you need to struggle</i> to find the connection again with the inner reality.</p>

	<p>No human being, no path-follower can boast of never going through periods of darkness and crisis.</p> <p>They [i.e., these periods of darkness and crisis] are inevitable, and it is good that way, because these very states [of darkness and crisis] are</p> <ul style="list-style-type: none">• reminders,• messages and• signposts <p>to spur you on to make a redoubled effort to find again the harmony with the inner meaning of the individual process.</p>
13	<p>I am speaking here of <i>protracted</i> states</p> <ul style="list-style-type: none">• of disharmony,• of escape,• of resistance <p>on a <i>larger scale</i> <i>to deal with certain areas</i> <i>of the self.</i></p> <p>The question can be simply stated as follows: Are you totally committed</p> <ul style="list-style-type: none">• to all of yourself,• to the whole truth,• to complete non-avoidance [<i>of</i>] and surrender to the will of God?

	<p>Only you can give a truthful answer to this question.</p> <p>You can easily know the answer <i>if you wish</i> to know it.</p> <p>You can easily determine if and how you hold out, what are the areas where you hold back and make reservations, and <i>where you deny</i> <i>the holy process of</i> <i>your inner movement into</i> <i>divine reality.</i></p>
14	<p>Some form of <i>battle</i> is always required to make you understand <ul style="list-style-type: none">• the signs,• the messages,• the directions of your inner <i>[evolutionary]</i> process, so as to get into its swing again.</p> <p>Each stopping <i>[and getting off the train]</i> is much more of a delay than you realize.</p> <p>When I speak of delay, I do not want to give the impression that you should be hasty and rushed in your mental attitude,</p>

	<p>but that you should</p> <ul style="list-style-type: none">• realize and• learn to tune in on the movement of your <i>[natural evolutionary]</i> process and• learn to understand its <i>messages</i> and its <i>meaning</i>, <p>as well as the <i>meaning</i> of your</p> <ul style="list-style-type: none">• <i>fear</i> and• <i>resistance</i> <p>that make you get off the train and stay behind.</p>
15	<p>If you truly examine the simple core of the fear and resistance and translate its meaning, what will inevitably come to the surface is something like this:</p> <ul style="list-style-type: none">• <i>"I do not trust divine reality.</i>• <i>I do not trust divine life.</i>• <i>I do not trust my higher self.</i>• <i>I do not trust God's creation and God's will for and in me.</i>• <i>I rather trust my</i><ul style="list-style-type: none">• <i>ego-defenses and</i>• <i>protective blockings,</i> <i>no matter how destructive they may happen to be.</i>• <i>I may regret this destructiveness, but since I trust it more than God, I will continue with it."</i>

	<p>You rather trust the <i>pseudo-reality</i></p> <ul style="list-style-type: none">• of your misconceptions,• of your puny fears and defenses,• of false safety,• of illusions,• of the laziness and the lure of the <i>line of least resistance</i>. <p>You particularly trust the illusion that it is <i>not necessary [to get on and stay on the train and]</i> to move along with your evolutionary process.</p> <p>Thus you deny yourself the awareness that it [i.e., your evolutionary process] even exists.</p>
16	<p>You distrust the <i>beauty of</i> <i>the inner [organic evolutionary] movement,</i></p> <p>and</p> <p>you trust <i>stagnation.</i></p> <p>You distrust the <i>truth</i></p> <p>and</p> <p>trust the <i>denial of truth.</i></p> <p>You trust in <i>closing your sensibilities</i> to the <i>messages of your [evolutionary] process.</i></p>

**You never even give yourself
 the chance
 to find out
 how much**

- **God,**
- **the [evolutionary] process,**
- **truth, and**
- **total commitment to
 confronting
 all that is in you and
 thus following your
 [evolutionary]
 process**

**can be trusted,
 while you despair about
 your *constant disappointments,*
 refusing to connect them [i.e., your *disappointments*]
 with
 the fact that
 you consistently trust
 the wrong things.**

You choose to trust *wishful thinking.*

**You follow the motto that
 what you do not know
 does not exist and
 will not hurt you.**

**You deny that
 you miss out on
 fulfilling the
 potential within you.**

**Thus you create
 more illusion,
 more false reality
 and become more**

- **disconnected,**
- **confused,**
- **empty –**

***choosing not to understand why and
 accusing life of being bad.***

	<p>You</p> <ul style="list-style-type: none">• <i>fear</i> and• <i>resist</i> <ul style="list-style-type: none">• the <i>truth</i> and• <i>beauty</i>,• the <i>benign reality</i> you could live in. <p><i>All this</i> may not apply to <i>all</i> of you, but even if it applies only to part of you, to some aspects, it represents waste and unnecessary struggle.</p>
17	<p>Consider all this, my friends.</p> <p>Ponder the question of misplaced <i>trust</i> and misplaced <i>distrust</i> that make you decide to get off the train and stay behind, even if only temporarily.</p> <p>It is very important that you account to yourself for your decisions and trust and confront these issues, even if you manage not to know that you are making decisions every day and every hour of your life.</p>

These are *decisions*

- about what to think,
- about how to view
events in your life and
your reactions to them,
- about whether
to direct your attention
in your daily life
to the outer projections
of your inner realities
or
to the inner realities themselves.

**All these are decisions
that you make constantly.**

**If you test yourself
as to the meaning
of these decisions – and [*realize*]
that they are indeed decisions –
at least you will stop
the creation of an
illusory and
false
reality
that gives so much
pain and
fear.**

**"Illusory reality"
may sound like a contradiction,
but it is not,
for you constantly**

- manufacture and
- believe in
temporary,
illusory
realities.

Life on earth is the best example of it.

18

**It is therefore
essential that you
question yourself deeply about
how you relate to
your own [*organic evolutionary*] **process and
what that means.****

Then,
when you have answered yourself,
the next question should be,
what is the meaning of
this answer?

**Are you really allowing
that *inner [spontaneous involuntary]* movement
to guide you?**

**It is only at the
beginning of
each such decision
that making it [*i.e., making such a decision*]
seems an effort.**

**But [*even*] that effort
in itself is
one of the *illusions*
you created by
constant belief in falsity –
in this case [*the falsity*] that
non-movement
is *effortless* and
movement
is *struggle*.**

	<p>In reality, the <i>effort</i> lies in staying behind [and not getting on the train] and [thereby] resisting the [natural inner organic evolutionary] movement, while • effortlessness, • ease and • inner relaxation lie in the harmony that is being established between the <i>ego</i> and the <i>inner</i> [spontaneous evolutionary] process of movement [made possible] through the decision to follow at the same speed, [i.e., to get on the train] to discover the meaning of your [spontaneous evolutionary] process.</p>
19	<p>That brings me to the next aspect of this topic, which is that there is no event in your life, big or small, outer or inner, that is not an <i>intrinsic message</i> or a <i>meaningful manifestation</i> of the whole process.</p> <p>Your task and path consist of deciphering these messages, of understanding the <i>meaning</i> behind the • events or • moods you are in.</p> <p>To the degree you make deliberate efforts to do so, you will succeed, though not immediately and not always in a straight line.</p>

	<p>But the meaning will evolve, surely and inexorably.</p> <p>The more this is the case, <i>the deeper your</i> • <i>security,</i> • <i>peace</i> and • <i>joy</i> will be.</p> <p>Conversely, the <i>meaning</i> of your life and your experiences, your moods and states of mind, will never take on <i>deeper meaning</i> without serious effort and commitment.</p> <p>To the degree you do <i>not</i> make this effort and commitment, your life will be • sterile and • anxiety-ridden.</p>
20	<p>When you experience events as • isolated • haphazard happenings, life <i>must</i> appear • meaningless, • frightening, • confusing and • burdensome.</p>

When *[on the other hand]* you begin
to perceive
the incredible meaningfulness,
the much wider
wisdom and
purpose
of every event –
how it is
deeply connected with and
a part
of the
wise and
wholesome
totality
of your life,
of the sequences of life –

then *all*
• fear and
• confusion
must vanish,
because *everything* you experience
has its
deepest
meaning and
connection.

That awareness
can be established
only when your outer consciousness
is willing to make the effort
to overcome the always existing temptation
to yield in the direction of
least resistance.

Usually you just put it aside –
• this event, or
• that mood or
• inner climate, or
• a particular state
of emotional reaction –
as one of those things
that happen because of an
isolated,
disconnected
coincidence.

Even though you may no longer
[intellectually continue to]
pay lip service to
coincidence *[now thinking intellectually*
that there are no coincidences, that everything fits
together in a purposeful cause and effect way],
your emotional reactions *[to life,*
in contrast to your intellect's knowing better]
are still geared to it *[i.e., still geared to coincidence],*
as if your experience
were a product of "it,"
[i.e., a product of a "coincidence,"
an "it" "out there"].

"If only this or that would have happened differently,
then I would be happy" or,
"If only this particular person could react differently,
then all would be well" –

these familiar reactions,
although not necessarily expressed in these exact words,
indicate a lingering belief
that life is haphazard and
that your state of mind
depends
on others and
on circumstances
that have little if anything to do
with a meaningful reality
beyond the surface.

This is *why* you become

- depressed,
- anxious,
- confused.

	<p>It is only when you ask yourself about whatever happens to you, every day and every hour of your life – "How could this [<i>incident or happening or mood</i>] be • a message, or • a reflection, or • an indication, or • a sign of a total picture about my life and its course that I still do not completely grasp?" –</p> <p>that you will gain meaningful answers, that the inner cohesive reality will reveal itself to you.</p> <p>Then all the little pieces of • your life, • your experiences, • your state of mind, will fall into place.</p>
21	<p><i>Believe me, my friends, there is nothing you experience that does not have to be exactly the way it is.</i></p> <p>This is not because some deity predestines it for you in a spirit of • punishment or • reward.</p> <p>That kind of [<i>punishment/reward</i>] thinking totally misses the point. It is much rather like this: <i>your experiences are the product of where you are on your journey within your own process.</i></p> <p><i>This is why you cannot be at any other place [<i>than where you are</i>].</i></p>

22

**Let us assume an organism,
human or
any other,
is**

- very angry,
- very self-rejecting,
- very impatient

**because its own [evolutionary] growth process
is only halfway accomplished.**

[Consider this analogy:]

**Let us assume
a child
is**

- angry and
- impatient,
- guilty and
- self-rejecting

because it is not yet an adult.

Would that not be foolish?

*[You would easily see that] The growth process [in the child]
is in itself*

- beautiful,
- meaningful, and
- to be respected.

It is the same

with the evolutionary process

***[a process] that includes the
purification of***

- distortions and
- negativity.

***If an organism is only
half grown,***

***that is exactly where
that organism is***

and

**to scold it –
or for it to scold itself –
is senseless.**

Only

when that *[half-grown]* state is

- **fully accepted and**
- **not obstructed,**

when its meaning *[i.e., the meaning of its half-grown state]*

with its ramifications *[the ramifications of its half-grown state]*

is clear –

which includes an

assessment of

the effect of *[the inevitable]*

negativity

*[in that half-grown
state] –*

**is the *[natural, evolutionary]* growth process
free to evolve.**

• **Rejection**

of the current *[half-grown]* state and

• **anger**

about it *[anger about being only half-grown]*

are *obstructions* that are like

barricades,

prohibiting the

"train" *[meaning your natural*

evolutionary process]

from taking its *[natural]* course.

**If you apply this principle to the
physical level**

it is easy to see.

Imagine that you squeeze a

growing physical organism into

a tight container.

This would

thwart

the growth and

cripple

the organism.

It is the same with

- **mental and**
- **psychic**

processes.

	<p>Misunderstanding the</p> <ul style="list-style-type: none"> • dynamics, • meaning and • necessity <p style="padding-left: 40px;">of growth – with its <i>[i.e., with growth's natural evolutionary]</i> process of</p> <ul style="list-style-type: none"> • purification, • consciousness-expansion and • deepening of perception – <p>and thus feeling impatient about your present <i>[half-grown] state [with its but limited purification, consciousness, and perception] –</i></p> <p>only leads to</p> <ul style="list-style-type: none"> • self-hate, • denial, • repression, • self-justification and • projecting onto others. <p>This in turn leads to</p> <ul style="list-style-type: none"> • more negativity, • real guilt, and • confusion – <p style="padding-left: 40px;">in short, <i>[leading] to</i> • <i>crippling</i> <i>the [living] growing organism.</i></p>
23	<p>Offhand it may appear as if this attitude of impatience with the limited state of the self indicated an eagerness to grow and goodwill toward a more perfected state and consciousness.</p>

	<p>These attributes <i>[i.e., eagerness to grow, and to be in a more perfected state and consciousness]</i> are, of course, the original divine qualifications behind the distorted expression <i>[distortion of impatience with the self] –</i> and this <i>[understanding that there is original divine nature behind the distortion]</i> is good to know.</p> <p>But it is just as important to know that the way this <i>[original divine nature]</i> manifests is <i>[currently]</i> in distortion and is far from <i>[actually]</i> furthering the <i>[natural organic]</i> growth process.</p>
24	<p>You can see where you are <i>[in truth]</i> once you free yourself of the additional, unnecessary burden and negativity of the denial of your present <i>[half-grown] state.</i></p> <ul style="list-style-type: none">• Denial and• repression <p>lead to</p> <ul style="list-style-type: none">• self-justification,• destructive guilt and• blaming of others. <p><i>Your pathwork helps you to shed these burdens.</i></p> <p>Then <i>[with the help of your Pathwork]</i> you can perceive <i>[in truth and with curiosity and without moralizing]</i> your present <i>[half-grown]state,</i> <i>[a state]</i> for which you have entered the process of evolution, for which you have contracted for a chain of incarnations.</p>

	<p><i>You thus are</i> <i>[,having entered the process of evolution and having contracted for a chain of incarnations,]</i> part of the divine plan to bring light into the void.</p> <p>Wherever your manifest [but incomplete] consciousness has <ul style="list-style-type: none">• "forgotten" its connection and• lost touchwith its divine nature, there lies your task which is destined to reestablish the connection <i>[between your manifest but incomplete consciousness and its essential divine nature].</i></p>
25	<p>Ignorance of these principles and truths leads to hating the <i>[half-grown and] incomplete present state,</i> which, in turn, results in hate of self <i>[seeing self only in its half-grown and incomplete state and not seeing its potential],</i> therefore fear of self [in its half-grown and incomplete state], therefore resistance <ul style="list-style-type: none">• to the whole [essential nature] of your being,• to view it impartially <i>[while it is in its current half-grown and incomplete state],</i>• [to] assess it objectively <i>[in that incomplete state] and</i>• [to] infuse it with truth.</p>

**You can see the
logical sequence of
psychic events here in
clear demonstration.**

**When you
no longer**

- fear and
- hate yourself,

you will not

- fear and
- resist

the journey.

[Rather,] You will go with it.

**When you have
nothing to fear
in you,
you have
nothing to fear
of the journey of life,
of change.**

**On the contrary,
you will look for
the *[various]* different landscapes
with
*joy and
excitement,*
in
*complete trust.***

**You must understand, my friends,
the inexorable connection
between
fear of self
and *[resulting]*
fear of life,
as opposed to *[what happens, because of this connection
between self and life, when we make a]*
total commitment to
all of the self,
hence
increasing**

- loss of fear of self,
- trust in self,
- trust in life.

	<p>Making the total commitment to <i>yourself</i> means making the total commitment to <i>following harmoniously</i> <i>the movement of</i> <i>your [natural evolutionary] process.</i></p> <p>• Hating and • rejecting your present [<i>half-grown and incompletely developed</i>] state means <i>fearing yourself,</i> which means obstructing your • journey and • movement.</p> <p>This means <i>"missing your train."</i></p>
26	<p>Each [<i>evolutionary</i>] process is • intrinsically your own, • different from the next one.</p> <p>Each individual has his or her own reality, even though that reality must be in concordance with the <i>universal</i> reality, based on its laws and truths.</p> <p>The <i>acceptance</i> of the [<i>half-grown and incomplete</i>] state you are in leads to going with your movement, with your [<i>evolutionary</i>] process, fearlessly letting out what there may be <i>[coming up in your limited half-</i> <i>grown and incomplete state].</i></p>

My friends,
let these words be an

- *incentive and*
- *inspiration*

to you
to make a

- *fuller and*
- *more total*

commitment to
all of yourself,

for in that way
you will
find the
trust in
your inner [evolutionary] process and
understand
its truly heavenly beauty!

You will
know
its language
that will communicate itself to you and
through which [language]
you will discover

- *the immeasurable beauty*
of that process,
- *the wisdom*
of it,
- *the meaning*
of it, and
- *the peace*
that is contained in it.

You will
feel
the ongoing aliveness
that you know
you
possess and
are a part of,
regardless of [present]
outer
manifestations.

The *[present]* outer manifestations are,
as I said,

in themselves a

- *meaningful* and
- *alive*

part of the whole,

*even though they may
momentarily
seem*

- *painful,*
- *ugly* and
- *not alive.*

But

when you make

the connection

between

the *[outer]* manifestations

and

your *[natural evolutionary]* process,

your perception

must change drastically.

What you experienced as

senseless –

and therefore

frightening and

ugly –

suddenly becomes

infused with

divine meaning.

27

A number of laws

apply to the

evolutionary inner process.

These laws *[applicable to the evolutionary inner process]*

must *not* be confused with

the *general universal laws,*

which apply

to all states of consciousness and

to all entities.

	<p>They [i.e., these general universal laws] apply</p> <ul style="list-style-type: none">• to those beyond the evolutionary process,• to those not yet within the evolutionary process, as well as• to those who are within it. <p>But then there are the laws of the [evolutionary] process itself that apply <i>only</i> to those who have entered into this [evolutionary] process.</p> <p>Some of these laws [that apply only to the evolutionary process] you will learn in the course of our future lectures.</p> <p>Now I would like to speak about two important such laws, which will be very useful for you to work with.</p>
28	<p><i>The first law [applicable to the evolutionary process]</i> is that</p> <p>the further the inner consciousness is advanced in one's [evolutionary] process – or, to put it differently, the greater one's spiritual potentiality</p> <ul style="list-style-type: none">• to go with the [evolutionary] process,• to be aware of it and• to understand<ul style="list-style-type: none">• it [i.e., to understand the evolutionary process]and• its meaning [i.e., to understand the meaning of the evolutionary process] – <p><i>the greater must be</i> <i>the repercussion</i> <i>if that potentiality</i> <i>is not developed.</i></p>

	<p>If you are, for example, ready to follow such a demanding path of self-confrontation and growth [which Pathwork is], but resist your</p> <ul style="list-style-type: none">• <i>experiences</i> and• <i>states of mind,</i> <p>you will lack</p> <ul style="list-style-type: none">• <i>peace,</i>• <i>joy,</i>• <i>meaning and</i>• <i>aliveness.</i> <p>This is <i>not</i> true of an individual who is simply not yet at the point where such a path [as Pathwork or other paths of self- confrontation and growth] can be followed.</p>
29	<p>When I speak of repercussions, I do <i>not</i> necessarily mean tragedy, although that, too, is part of it.</p> <p>The greater the discrepancy between <i>your spiritual potentiality</i> and <i>the actual direction you take in life,</i> <i>the more severe your experiences are.</i></p> <p>But often it is <i>not</i> a tragic [sudden one-time] event that indicates such a discrepancy.</p> <p>It may even be <i>more often</i> a <i>chronic</i> [ongoing over a long time] state of</p> <ul style="list-style-type: none">• <i>depression,</i>• <i>anxiety and, indeed,</i>• <i>disconnectedness.</i>

The same principle applies *[not only to those who have the potential for growth but who have said “No!” to taking such a path as Pathwork or other path of self-confrontation and growth, but also]*
to those who are already on such a path
[of self-confrontation and growth].

They may, on the whole,
be committed to it
[be committed to Pathwork or other path of self-confrontation and growth],
but keep a part of themselves
in reserve.

They do not commit
all of themselves
to the *[evolutionary]* **process** *[arising organically in them],*
[rather,] they
hold back in

- fear,
- shame,
- secrecy and
- the wishful thinking

that this *[holding back in some areas]*
will not matter.

The
resulting and
inevitable
blindness,
be it only momentary,
must present experiences that are

- *puzzling,*
- *painful,*
- *disquieting,*
- *confusing, or*

that

- *simply rob you of*
momentary peace.

30

Learn to view
your *daily*, even
your *hourly*
life
so that you see what
• your *moods*,
• your *experiences* and
• [*your*] *perceptions*
reveal about
your [*natural evolutionary*] *process*.

Then you
will go with
the [*natural evolutionary*] *process* and
will recognize that
the disturbance is a
reflection of some
***blindness*.**

The blindness
lies often in a
totally different direction
from the one [*direction*]
you half-consciously
fear and
assume.

The moment you know that
[the disturbance is a reflection of some blindness],
you have
the freedom and
the possibility
to use this knowledge [*about your disturbance*]
as
• your gauge,
• your doorway,
• your key.

31

**Do you *have* to allow
the discrepancy
between
and**

- **your [organic and natural evolutionary] process**
- **your ego state
to accumulate into
more disturbing elements,
so that the repercussions
become more unpleasant?**

**This is *not* a *punishment*, my friends.
[Rather,] It is the
grace of God
that has made it so,
in order to help you**

- **to not stay behind
in a useless stagnation,**
- **to give you the incentive,**

**if you only choose
to *open your eyes*,
to *use these experiences* and
[to] pray deeply
for the guidance
to understand,
to let yourself
be open to
the guidance, and
trust yourself
to the will of God and
go with it [i.e., let yourself go with the will of God].**

**Let yourself
be carried with it
[i.e., Let yourself be carried with the will of God].**

32

Make,
on the one hand,
all effort possible
• to see,
• to comprehend,
• to search deeply
for the meaning,
• to overcome resistance.
On the other hand,
surrender yourself
to the inner *[evolutionary]* movement
that will carry you.

These are *not*
two contradictory attitudes.
[Rather] They are
mutually interdependent.

Use the
positive ego-attributes
for the *effort*
to overcome resistance
and also *surrender*
the ego control
to the guidance of
the divine inner
will and
movement.

You have the potential,
if you keep this *[two-pronged approach – effort and surrender]* up,
to create a
faultlessly
peaceful and
happy
life.

Being in the
human shell of
blindness,
you have to battle against
the as yet
unrealized and
undeveloped
aspects in yourself.

	<p>Use every opportunity to avoid staying behind.</p> <p>This will prevent repercussions to a considerable degree.</p> <p>The <i>degree</i> is really all that matters, for some blindness, as I said, is quite inevitable [in your limited human shell].</p>
33	<p>The more your path [of Pathwork or other self-confrontational growth path] progresses, the more aware you become of the inner meaning of the [inner organic evolutionary] process.</p> <p>You can take the <i>tiniest disturbing mood</i> and ask yourself:</p> <ul style="list-style-type: none">• "What does this mean for my inner process?"• Where am I blind?• What could I see differently?"
34	<p><i>The second law</i> [of the evolutionary process applicable for those who have entered the evolutionary process]</p> <p>I wish to speak about is <i>making connections.</i></p> <p>When connections are made, the process evolves in its full glory [for you to see, understand, and celebrate].</p> <p>When connections are <i>not</i> made [however], the [organic evolutionary] process remains hidden [from you] and events take on an isolated and disquieting appearance.</p>

	<p>You have to make connections primarily between your <i>outer experiences</i> and the <i>inner [organic evolutionary] process,</i> on the one hand, and, on the other, between <i>[all of the] inner attitudes</i> that <i>[currently]</i> seem totally disconnected from one another.</p> <p>Let me briefly speak about both.</p>
35	<p>The first – connections <i>[of this Second Law of Making Connections, connections]</i> between <ul style="list-style-type: none">• the outer life,• your inner moods,• reactionsand <ul style="list-style-type: none">• the <i>[evolutionary] process –</i>can be made only in the way I said before: first <ul style="list-style-type: none">• consider the possibility of such a connection,• open yourself up to its realization.</p> <p>The moment you raise that question and open up to receiving the answer, the meaning will communicate itself to you, sooner or later.</p>

	<p>As the meanings become clear, as you begin to see <i>all experiences as intrinsically meaningful events</i> relating</p> <ul style="list-style-type: none">• to your <i>total inner reality</i> and• to your <i>entire path</i>, <p>as well as</p> <ul style="list-style-type: none">• [to] <i>every particle thereof</i>, <p>you will gain a</p> <ul style="list-style-type: none">• <i>totally new</i> and• <i>infinitely more connected understanding of life.</i>
36	<p>The <i>second category</i> [of connections of this <i>Second Law of Making Connections, that is,], making connections between</i></p> <p><i>[the various] inner aspects – problematic aspects, for example –</i></p> <p>is something you begin to experience as you progress on your path.</p> <p>But</p> <p>much more of that <i>[experience of connection among inner aspects]</i> can and will happen.</p> <p>You discover, in the course of your path, <i>apparently isolated problems – outer as well as inner – such as</i></p> <ul style="list-style-type: none">• faults,• shortcomings,• impurities,• conflicts,• difficulties <p>whose inner dynamics you as yet ignore – and they <i>seem</i> to have nothing to do with one another.</p>

	<p>And yet, as you go deeper, there is a <i>direct connection</i> between the <i>apparently disconnected</i> <i>attitudes and</i> <i>aspects.</i></p>
37	<p>For example, what connection could there be between</p> <ul style="list-style-type: none">• a difficulty in establishing fulfilling relationships <p>and</p> <ul style="list-style-type: none">• a blockage in your career? <p>Or what connection could exist between</p> <ul style="list-style-type: none">• a greedy and • pushy attitude <p>and, say,</p> <ul style="list-style-type: none">• sexual dissatisfaction? <p>Or between</p> <ul style="list-style-type: none">• submissiveness, • lack of self-assertion, on the one hand, <p>and</p> <ul style="list-style-type: none">• covert hostility on the other? <p>I could name many more such examples.</p> <p><i>Seeing the connection between them will give you a wholesome sense of meaning and a new understanding.</i></p> <p><i>Suddenly things are no longer so fragmented and anxiety-producing.</i></p>

38

First

**you may only sense
overall connections,**

but

little by little

**it [i.e., the profound connection among all aspects and parts]
will become a**

real and

strong

understanding

in depth.

The parts of the whole are all put together.

There is nothing in you

that does not connect with

everything else,

whether

• good,

• bad, or

• indifferent,

• positive or

• negative.

Not only are

• various *positive* aspects

that seem different in kind

from one another

connected,

not only are

• different *negative* aspects

connected,

but

• *positive and negative*

aspects

are also directly linked [*with each other*]

on an inner level.

39	<p>To establish the connections you can and should use your mental abilities to whatever degree you can in a spirit of exercising your mind.</p> <p>But the insights must primarily come from within. <i>[That is,] You must allow the</i> <i>[inner] intuitive faculties</i> <i>[the felt-sense that arises from the deep heart]</i> to provide you with the connections. <i>[When you do this]</i> Then everything will take on a new form, a new shape.</p>
40	<p>It is very important for you to understand these two laws <i>[that apply to all those on the evolutionary process]</i> <i>[The First Law</i> <i>that the further the inner consciousness</i> <i>is advanced in one's evolutionary process the greater</i> <i>must be the repercussion if that potentiality is not</i> <i>developed.</i></p> <p><i>And</i></p> <p><i>The Second Law</i> <i>of making connections among all aspects of one's life].</i></p> <p>Such an understanding will help you make the deliberate choice of finding out what your outer life means in terms of your inner <i>[evolutionary]</i> process.</p>

Renew the
daily
choice and
commitment
to trusting
the movement of that
[natural inner evolutionary] process.

Follow it *[let your ego get on the “train” of your evolutionary process]*
and do not stay behind *[while the “train” moves on ahead].*

The more you do this,
the more
• exhilarated your
• *consciousness and*
• *energetic system*
will become,
the more
• *joyful,*
• *peaceful,*
• *secure and*
• *meaningful*
your *life* will be –
meaningful in terms of the
total creative process
[across many, many lifespans]
not just for this
one individual lifespan.

You will
know and
sense deeply
that you are a part of a
larger *[evolutionary]* process
of which this
one little lifespan
is only a small link
in a very long chain.

41

As I
leave you and
give you
blessings and
love,
I want to say
to all of you
that there is
so much growth,
so much change
happening in
so many of my friends.

There is
so much
sincere devotion to
your path and
so many
real fruits
that you begin to reap.

That is a beautiful sight
for us in spirit.

We see the *form* of it,
we see the *light* of it,
we see the *glory* of it.

And we know
the *value* of it,
how you contribute to
all of life
with each
little,
individual
step of progress
you make.

You are *blessed,*
all of you,
my dearest,
dearest friends.

Be in peace.

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.