

# Pathwork Lecture 225: Evolutionary Stages of Individual and Group Consciousness

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This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The **original text** is in **bold, italicized, and mostly underlined**. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

*Blessings on your journey, Gary*

¶	Content
03	<p><b><u>Greetings.</u></b></p> <p><b><u>Blessed be</u></b> <b><u>this hour</u></b> [i.e., <i>Blessed be this time we now spend together in this lecture</i>].</p> <p><b><u>Blessed be</u></b> <b><u>every one of you,</u></b> <b><u>my beloved friends.</u></b></p> <p><b><u>Once again I am allowed to</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>come to you through this channel and</u></b></li> <li>• <b><u>bring you</u></b> <b><u>what you need</u></b> <b><u>at this particular juncture on your path.</u></b></li> </ul> <p><b><u>This need</u></b> <b><u>may not always</u></b> <b><u>be quite clear to you.</u></b></p>

by Eva Broch Pierrakos

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	<p><u>Some of you</u> <u>may not immediately realize</u> <u>why this particular lecture</u> <u>is just what you require</u> <u>at this point.</u></p> <p><u>Others</u> <u>may immediately</u> <u>• be touched by it and</u> <u>• know that this is</u> <u>exactly</u> <u>what they need.</u></p>
04	<p><u>I will start,</u> <u>as many times before,</u> <u>with a general discussion of some</u> <u>• cosmic realities and</u> <u>• philosophical premises,</u> <u>but once again</u> <u>you will see that they [i.e., that these cosmic realities</u> <u>and philosophical premises]</u> <u>have</u> <u>• immediate</u> <u>• practical</u> <u>value for you.</u></p> <p><u>It is often said that</u> <u>this period of your history,</u> <u>• the Aquarian Age, or</u> <u>• the New Age,</u> <u>is bringing in</u> <u>a new group consciousness.</u></p> <p><u>This [new group] consciousness</u> <u>manifests in many different ways.</u></p> <p><u>• Groups and</u> <u>• community life</u> <u>are taking entirely new forms.</u></p>

These developments [i.e., These developments of new forms of groups  
and community life that are arising out of  
manifestations of a new group consciousness]

express something deeper;  
it is not enough  
simply to see this occurrence  
out of context, as it were.

It is very important  
for you to understand  
the dynamic principle  
of the evolution of consciousness at work here.

You need to gain an overview,  
so that you can grasp  
the deeper meaning  
of what is happening today.

05

Ever since  
human beings have incarnated,  
an evolution of consciousness  
has existed on this earth plane  
that alternately  
emphasizes  

- individuation [or individual consciousness]

and  

- group consciousness.

The emphasis must change  
in different phases  
of human development.

In one period,  
people need to  

- gather their energies inward and
- concentrate all their faculties

on their personal lives.

In other phases  
they need to  
develop through  
their relationship to their surroundings.

	<p><u><i>This alternation</i></u> [i.e., <u><i>This alternation between periods when people concentrate inwardly to develop their personal lives (individual consciousness) and periods when they concentrate outwardly to develop their relationships to others and their surroundings (group consciousness)</i></u>]</p> <p><u><i>occurs</i></u> <u><i>in</i></u></p> <ul style="list-style-type: none"><li>• <u><i>an overall movement,</i></u></li></ul> <p><u><i>as well as</i></u> <u><i>in</i></u></p> <ul style="list-style-type: none"><li>• <u><i>smaller cycles,</i></u></li></ul> <p><u><i>both</i></u></p> <ul style="list-style-type: none"><li>• <u><i>historically</i></u> <u><i>for humanity as a whole</i></u></li></ul> <p><u><i>and</i></u></p> <ul style="list-style-type: none"><li>• <u><i>personally,</i></u> <u><i>for the individual.</i></u></li></ul>
06	<p><u><i>In each [alternating] phase</i></u> <u><i>a higher level of development is reached,</i></u> <u><i>so that</i></u></p> <ul style="list-style-type: none"><li>• <u><i>what was gained</i></u> <u><i>through the emphasis on, say</i></u><ul style="list-style-type: none"><li>• <u><i>individuality,</i></u></li></ul></li><li>• <u><i>the group consciousness,</i></u></li></ul> <p><u><i>and</i></u></p> <ul style="list-style-type: none"><li>• <u><i>what is learned in</i></u><ul style="list-style-type: none"><li>• <u><i>group relating</i></u></li></ul></li><li>• <u><i>individual development.</i></u></li></ul> <p><u><i>I will now give a brief, somewhat simplified picture of this.</i></u></p>
07	<p><u><i>At the dawn of human evolution,</i></u> <u><i>there were only a few human beings</i></u> <u><i>scattered over the earth.</i></u></p> <p><u><i>Each individual</i></u> <u><i>lived more or less</i></u> <u><i>alone.</i></u></p>

People  
fought the elements as best they could  
by themselves.

They were generally  
in such a state of  
fear  
that they  
could just about cope with

- the environment,

but they  
could not yet handle

- other human beings.

Of course,  
they did live with

- relatively small family groups, or
- clans.

They already understood to some degree  
that they needed others  
to cooperate  
in fighting the enemy,  
whether this was

- the elements,
- beasts, or
- other clans.

So even at  
this highly individualized period  
at the bottom of the evolutionary scale,  
there existed the need  
to cooperate with others.

The lessons learned  
at this [highly individualized] stage  
could then be brought into  
the following phase,  
enriching  
a group consciousness.

08	<p><u>Later,</u> <u>as the population increased,</u> <u>humanity developed the ability</u> <u>to cope with the elements.</u></p> <p><u>People learned</u> <u>to take care of themselves more efficiently.</u></p> <p><u>The need then arose</u> <u>to widen the circle</u> <u>of human relationships.</u></p> <p><u>Thus</u> <u>group consciousness</u> <u>came to be emphasized.</u></p>
09	<p><u>From</u> <u>• family clans</u> <u>came</u> <u>• tribes</u> <u>and people had</u> <u>to learn</u> <u>to get along with others.</u></p> <p><u>They were</u> <u>not yet able</u> <u>to widen their relationships</u> <u>beyond</u> <u>a relatively small circle</u> <u>of their own clans.</u></p> <p><u>Eventually,</u> <u>• larger groups,</u> <u>and, much later,</u> <u>• nations</u> <u>came into existence,</u> <u>but only after</u> <u>further alternations</u> <u>between</u> <u>• individual</u> <u>and</u> <u>• group</u> <u>consciousness</u> <u>had taken place.</u></p>

10	<p><u>Even today,</u> <u>humanity</u> <u>is not yet</u> <ul style="list-style-type: none"><li>• <u>willing and</u></li><li>• <u>able</u></li></ul><u>to get along with</u> <u>all</u> <u>brothers and sisters inhabiting the earth.</u></p> <p><u>The</u> <u>old consciousness</u> <u>still makes for</u> <u>separation.</u></p> <p><u>But humanity is</u> <u>now ready for</u> <u>a new influx</u> [<u>of group consciousness that will inspire and empower people</u> <u>to move from separation toward oneness</u>], <u>so that</u> <u>those who</u> <ul style="list-style-type: none"><li>• <u>resist the movement</u> [<u>i.e., who resist the influx of new consciousness that</u> <u>inspires movement away from separation toward oneness</u>] <u>will experience</u> <ul style="list-style-type: none"><li>• <u>a painful crisis,</u></li></ul></li></ul></p> <p><u>while</u> <u>those who</u> <ul style="list-style-type: none"><li>• <u>follow it</u> [<u>i.e., who follow the influx of new consciousness that</u> <u>inspires movement away from separation toward oneness</u>] <u>will experience</u> <u>unprecedented</u> <ul style="list-style-type: none"><li>• <u>richness and</u></li><li>• <u>blessing.</u></li></ul></li></ul></p>
11	<p><u>Let us now return to</u> <u>the second phase</u> [<u>i.e., the phase of group consciousness that followed the first</u> <u>phase of evolution, the development of individual consciousness</u>] <u>of this great cosmic movement.</u></p> <p><u>Group consciousness</u> <u>at this very early stage</u> <u>meant</u> <u>learning to get along with others.</u></p>

*In this [very early] phase [of group consciousness],  
getting along  
could best be learned  
for a negative reason:*

- *fear of an enemy.*

*As human development proceeds further,  
getting along with others  
will no longer come  
from*

- *fear and*
- *need*  
*only,*

*but also  
from*

- *love and*
- *mutuality.*

12

*Group consciousness  
means  
finding*

*the oneness  
between*

- *the self*
- and*
- *others.*

*In the early development of consciousness*

*this [i.e., this finding the oneness between the self and others]*

*happened in a  
very*

- *primitive and*
- *superficial*  
*way.*

*Nevertheless this stage [i.e., this stage of getting along and finding oneness  
between the self and others, but doing so only out of fear and need],  
too, had to be traversed.*

Human consciousness  
had to learn this particular lesson  
of cooperating  
out of fear.

So for extended periods of history  
individuals  
existed within the tribe  
finding security in it.

They could find security  
only when  
they learned how to get along with others.

Then  
the tribe would act out

- enmity,
- suspicion, and
- negative aggression,

not so much by  
fighting between individuals  
within the tribe –  
although this, too, always existed within

- tribes,
- nations, and
- families –

but mainly by  
opposing  
other tribes.

In the expression  
of negative aggression,

- loyalty to one's tribe

and

- protection of the other members of the tribe

had to be learned.

13	<p><i><u>So you can see, my friends,</u></i> <i><u>even the negative manifestation</u></i> <i><u>of the lower development –</u></i></p> <ul style="list-style-type: none"><li>• <i><u>hostility toward the other,</u></i></li><li>• <i><u>warfare –</u></i> <i><u>can be used</u></i> <i><u>to promote</u></i> <i><u>the evolution of consciousness.</u></i></li></ul>
14	<p><i><u>As</u></i></p> <ul style="list-style-type: none"><li>• <i><u>population increased and</u></i></li><li>• <i><u>civilization advanced,</u></i> <i><u>this movement [i.e., this movement toward group consciousness at a level</u></i> <i><u>of getting along and finding oneness between the self and others,</u></i> <i><u>but doing so only out of fear and need to protect one's own tribe]</u></i> <i><u>had to reach</u></i> <i><u>its next alternation,</u></i> <i><u>in order for evolution</u></i> <i><u>to take its course.</u></i></li></ul> <p><i><u>As you know,</u></i> <i><u>in more recent history,</u></i> <i><u>just a few hundred years ago,</u></i> <i><u>the emphasis</u></i> <i><u>began to focus</u></i> <i><u>[less on the group or tribe or nation or religion and]</u></i> <i><u>more on</u></i> <i><u>the individual.</u></i></p> <p><i><u>Individualism</u></i></p> <ul style="list-style-type: none"><li>• <i><u>became very important and</u></i></li><li>• <i><u>has continued to increase in recent years.</u></i></li></ul> <p><i><u>Humanity</u></i> <i><u>had learned certain lessons</u></i> <i><u>in bridging the gap</u></i> <i><u>from the</u></i></p> <ul style="list-style-type: none"><li>• <i><u>self</u></i></li></ul> <p><i><u>to the</u></i></p> <ul style="list-style-type: none"><li>• <i><u>other.</u></i></li></ul>

	<p><u><i>So now</i></u> <u><i>the emphasis had to return</i></u> <u><i>to</i></u> <ul style="list-style-type: none"><li>• <u><i>the individual,</i></u></li></ul><u><i>to</i></u> <ul style="list-style-type: none"><li>• <u><i>individual rights,</i></u></li><li>• <u><i>the right to be oneself,</i></u></li></ul><u><i>to</i></u> <ul style="list-style-type: none"><li>• <u><i>be perhaps different,</i></u></li></ul><u><i>to</i></u> <ul style="list-style-type: none"><li>• <u><i>not conform,</i></u></li></ul><u><i>to</i></u> <ul style="list-style-type: none"><li>• <u><i>become more self-responsible.</i></u></li></ul></p>
15	<p><u><i>This phase [of individual consciousness]</i></u> <u><i>is now approaching its end.</i></u></p> <p><u><i>The importance of</i></u> <u><i>the individual</i></u> <u><i>is</i></u> <u><i>not</i></u> <u><i>diminishing,</i></u> <u><i>but the emphasis</i></u> <u><i>is again shifting</i></u> <u><i>to</i></u> <u><i>the group consciousness</i></u> <u><i>on another level of reality.</i></u></p> <p><u><i>The principles [of group consciousness]</i></u> <u><i>that were previously learned on</i></u> <ul style="list-style-type: none"><li>• <u><i>lower levels [i.e., on levels of group consciousness at the lower level of getting along and finding oneness between the self and others, but doing so only out of fear and need to protect one's own tribe]</i></u></li></ul><u><i>can now be applied to a</i></u> <ul style="list-style-type: none"><li>• <u><i>higher evolutionary level.</i></u></li></ul></p> <p><u><i>The lessons learned [more] recently</i></u> <u><i>in the phase of</i></u> <ul style="list-style-type: none"><li>• <u><i>high individuality</i></u></li></ul><u><i>can now be brought into</i></u> <u><i>the new phase of the development of</i></u> <ul style="list-style-type: none"><li>• <u><i>group consciousness.</i></u></li></ul></p>

16

Once again you see here  
the familiar spiral movement of creation  
that you detect so often,  
in many individual forms,  
on your own path.

The same spiral movement [that operates in many individual forms  
on you your own path]  
exists, of course,  
in the development  
of humanity as a whole.

The spiral  
always seems to go around in circles,  
yet  
if the growth is real,  
these are not circles  
that repeat on the same level.

[Rather,]

They repeat  
on ever

- deeper, or
  - higher,
- levels:

higher in  
• development,  
deeper in  
• consciousness.

17

Let us look at an example.

The more  
self-responsible you are,  
the more  
you contribute to the group.

The more  
you can assert  
your  

- rights and

your  

- individual needs,

the less  
you  

- need from or
- conform to

the group.

The freer  
your  

- love and

your  

- ability to give to the group,

the more  
you can  
receive from it.

For the self-sufficient person  
has valid needs for  

- love,
- intimacy,
- closeness, and
- warmth

  
to be happy.

*The greater  
the individuality,  
the better  
your integration  
with the group consciousness  
will be.*

*It is therefore  
a great mistake  
to think of this development  
in either/or terms [i.e., EITHER you focus on the development of  
group consciousness OR you focus on the  
development of individual consciousness].*

*There are those  
who believe that  
• group living  
is contradictory to  
• individuality.*

*And there are those  
who accuse  
• practitioners of individualism  
of being opposed to  
• love and  
• brotherhood.*

*Both [of these positions]  
are wrong,  
as you can see.*

18

*There are many more  
such alternations [i.e., alternations between development of individual  
consciousness and development of group consciousness]  
historically speaking,  
that I cannot go into at this time.*

Actually there is  
a spiral within  
the larger spiral.

The spiral I have discussed here  
is a  
fourfold alternation  
that holds true  
on the overall scale of human evolution.

But  
within the fourfold alternation [alternation between individual consciousness  
and group consciousness for both the group as a subgroup  
interacting with other groups and the individual as an entity  
interacting within its own or with other groups]  
exists  
a smaller spiral movement  
in which  
subdivisions  
of many more such alternations  
exist.

For instance,  
within  
the larger overall phase of  
either the  

- individual

or the  

- group

consciousness,  
constant smaller fluctuations  
of the same alternations  
take place.

And within  
that secondary spiral movement  
exist  
many more alternations of  

- individual and
- group

consciousness.

19

An entity  
is born many times  
within  
one overall phase  
that may last  

- many hundreds

or even  

- thousands of years,

but  
each individual life  
must still go through  
the same alternations.

One incarnation  
may emphasize  
one form of consciousness  
much more than another.

And even within  
this same incarnation,  
you go through periods of your life  
in which,  
whether you know it or not,  
you concentrate  
first on  

- one form of development,

then on  

- the other.

So, for example,  
a small infant  
is almost entirely  
in the individual state.

Do not believe  
that no lesson  
is learned in that [first individual] phase.

School age  
is the first phase  
in this particular lifetime  
of learning how to get along with a group.

As you continue [beyond the second, or school-age phase,]  
to go through each alternation,  
each [i.e., each alternation between development of individual  
consciousness and development of group consciousness]

- fulfills a purpose and
- presents a lesson.

This [i.e., After the school-age, this period of continuing alternation between  
development of individual consciousness and development  
of group consciousness]  
constitutes  
a third spiral  
within the larger spirals.

There are periods where  
living alone  
fulfills an important function.

At other periods  
living alone  
represents

- stagnation and
- a refusal

to follow the organic movement.

The same  
holds true for the reverse.

There are periods when  
group development  
is essential  
for the development  
both of

- the individual

and

- humanity as a whole.

There are other periods where  
staying within that [group] framework  
represents stagnation.

**But one cannot generalize about  
when one or the other applies** [i.e., about when development of individual  
consciousness applies or when development of group  
consciousness applies].

**Each** [period of a person's development]  
**has to be evaluated  
in terms of  
the person's own path.**

**The only thing that can be generalized  
is that**

- **when people  
follow their inner path movement,  
they will find**
  - **peace and**
  - **joy;**
- **when they  
do not** [follow their inner path movement],  
**they will be**
  - **discontented and**
  - **anxious.**

21

**Living with  
one other person  
in real intimacy  
can also come under the heading of  
group living,  
at least to some extent.**

**Once again  
it can be quite misleading  
to try to judge  
whether it is**

- **right**

**or**

- **wrong  
to be**
  - **alone**

**or**

- **with others.**

It [i.e., Whether it is right or wrong to be alone or with others]  
depends on  
what phase of  
all the intermingling spiral movements  
an individual is in.

If you  
truly follow your path,  
you will  
know that  
what is  
at one time

- important and
- advisable,

may  
at a later period  
be

- a sign of  
stagnation and
- inadvisable  
for you.

So you have to be aware  
that  
no specific thing  
is always right,  
  
for there is  
a continuous movement.

**When**  
**an entity –**  
• **individual entities** [i.e., When an individual as an entity]  
**or**  
• **the entity of the planet –**  
**is ready for**  
**an alternation,**  
**when its** [i.e., when the entity's]  
**development**  
**approaches the switching point,**  
**there are always**  
**strong new energies released into**  
• **the planet or**  
• **the individual**  
**from higher spheres.**

**This** [i.e., This strong new energy]  
**manifests**  
**on the inner plane**  
**as a strong movement.**

**When this movement** [on the inner plane]  
**is halted**  
**by the ever-existing tendency**  
**to stagnate,**  
**it creates**  
**a painful crisis.**

**You may look at**  
**all the upheavals in human history**  
**from this point of view** [i.e., from the point of view that upheavals are  
a result of resisting the strong new energy that is manifesting  
as a strong movement on the inner plane].

**Most such periods** [i.e., Most such periods of upheaval in human history]  
**were manifestations of**  
**exactly this principle** [i.e., the principle that when new energy manifests  
on the inner plane is halted, a painful crisis is created].

*When the new movement  
is halted,  
what would express itself  
in a*

- *blessed,*
- *rich*  
*way,*

*can manifest  
only in a*  

- *distorted,*

*therefore*  

- *painful*  
*way.*

*You*  
*create the distortion*  
*by*  
*not*  

- *feeling,*

*not*  

- *trusting, and*

*not*  

- *following*  
*the course*  
*of the inner process.*

23

*Let me give you*  
*a specific example*  
*of something that is happening*  
*right now.*

*Humanity*  
*as a whole*  
*is ready to approach*  
*a much deeper phase*  
*of*  
*group consciousness.*

The natural manifestation  
of this [i.e., of this much deeper phase of group consciousness],  
if followed,  
would be

- the transformation of  
nations  
into  
one human government;
- religious differences  
would disappear  
because  
the One  
would be recognized  
as undifferentiated.
- All humanity  
would apply laws of
  - equality,
  - justice, and
  - loveto all,  
sharing  
the wealth of the earth.
- New laws and  
• new approaches  
would be instituted  
that would yield  
undreamed-of results.
- The "other"  
would no longer be  
"the enemy."

24

*But since humanity by and large*  
*resists*  
*this*  
*natural*  
*development,*  

- *those who*  
*follow it* [i.e., *those who follow*  
*this natural development*]

*necessarily separate from*  

- *those who*  
*do not.*

*They* [i.e., *Those who follow this natural development*]  
*create*  
*their own communities*  
*where this new spirit*  
*will increasingly manifest.*

*In the meantime,*  
*the great new movement*  
*halted by*  
*the resisters*  
*manifests*  
*in a distorted way.*

*This is why you find today*  
*the regrettable manifestations of*  
*"group consciousness"*  
*in*  

- *overpopulation,*
- *overcrowded cities,*

*in*  

- *the emergence of monopolies*  
*in which*  
*large groups*  
  - *master*  
*the masses and*
  - *dictate*  
    - *laws and*
    - *values.*

	<p><u>The self-alienation</u> <u>of overcrowded</u></p> <ul style="list-style-type: none"><li>• <u>living and</u></li><li>• <u>working,</u> <u>in which</u><ul style="list-style-type: none"><li>• <u>human qualities</u></li></ul></li></ul> <p><u>give way to</u></p> <ul style="list-style-type: none"><li>• <u>robotic qualities,</u> <u>is by now</u> <u>well known.</u></li></ul>
25	<p><u>Those</u> <u>who are not connected –</u></p> <ul style="list-style-type: none"><li>• <u>consciously or</u></li><li>• <u>intuitively –</u></li></ul> <p><u>with the</u></p> <ul style="list-style-type: none"><li>• <u>movement and</u></li><li>• <u>development</u> <u>of consciousness</u><ul style="list-style-type: none"><li>• <u>are regressive and</u></li><li>• <u>try to halt the movement,</u> <u>• <u>fearing it</u> [i.e., <u>fearing the movement and development</u> <u>of consciousness</u>],</u></li></ul></li></ul> <p><u>and</u></p> <ul style="list-style-type: none"><li>• <u>believing it</u> <u>is bad</u> [i.e., <u>believing the movement and development</u> <u>of consciousness is bad</u>].</li></ul> <p><u>But they</u> [i.e., <u>But those who are not connected with the development of</u> <u>consciousness, who try to halt the development of consciousness –</u> <u>fearing such development and believing that development of</u> <u>consciousness is bad</u>]</p> <p><u>cannot</u> <u>really</u> <u>halt the movement,</u> <u>which</u> [i.e., <u>the movement and development of consciousness</u>] <u>then hits a</u> <u>closed channel</u> <u>that is alien</u> <u>to its own benign nature</u> <u>and thus</u> [the movement of consciousness] <u>creates negative conditions.</u></p>

The group [of those who try to halt the influx of new consciousness]  
becomes  
an amorphous mass.

Instead of  
• highly individuated members,  
such groups have  
• a mass-consciousness  
that must not be confused with  
group consciousness.

The halted movement  
of group consciousness  
expresses itself in  
• large groups  
selfishly  
running the masses;  
• big concerns  
in which  
all personal connection  
to  
• others,  
to  
• employers,  
to  
• aspects of the work itself,  
is almost lacking.

• These [manifestations of the halted movement of group consciousness],  
and  
• many more such manifestations in your modern life,  
are not the result  
of  
• overpopulation,  
but [rather are the result]  
of  
• halting the movement of consciousness,  
of  
• not  
• feeling and  
• following  
it [i.e., of not feeling and following  
the movement of consciousness].

	<p><b><u>Overpopulation itself</u></b> <i>[rather than being the cause of problems in the world today]</i> <b><u>is one such manifestation</u></b> <i>[of halting the movement of consciousness, of not feeling and following the movement of consciousness].</i></p> <p><b><u>Modern people</u></b> <b><u>are</u></b></p> <ul style="list-style-type: none"><li>• <b><u>small cogs in a big machine,</u></b></li><li>• <b><u>depersonalized</u></b> <b><u>because they halted</u></b> <b><u>both movements:</u></b><ul style="list-style-type: none"><li>• <b><u>their own individuation and</u></b></li><li>• <b><u>the group consciousness.</u></b></li></ul></li></ul>
26	<p><b><u>As the movement</u></b> <i>[and development of consciousness]</i> <b><u>is blindly</u></b></p> <ul style="list-style-type: none"><li>• <b><u>halted,</u></b></li><li>• <b><u>feared,</u></b></li><li>• <b><u>denied,</u></b><ul style="list-style-type: none"><li>• <b><u>population increases;</u></b></li><li>• <b><u>greater communities</u></b> <b><u>develop</u></b><ul style="list-style-type: none"><li>• <b><u>a mass consciousness</u></b></li></ul></li></ul></li></ul> <p><b><u>instead of</u></b></p> <ul style="list-style-type: none"><li>• <b><u>a group consciousness –</u></b> <b><u>in</u></b><ul style="list-style-type: none"><li>• <b><u>urban and</u></b></li><li>• <b><u>industrial</u></b> <b><u>life,</u></b></li></ul></li></ul> <p><b><u>in</u></b></p> <ul style="list-style-type: none"><li>• <b><u>the disconnection from</u></b> <b><u>nature.</u></b></li></ul> <p><b><u>As</u></b></p> <ul style="list-style-type: none"><li>• <b><u>group consciousness</u></b> <b><u>distorts into</u></b><ul style="list-style-type: none"><li>• <b><u>mass consciousness,</u></b></li></ul></li></ul> <p><b><u>so does</u></b></p> <ul style="list-style-type: none"><li>• <b><u>individual consciousness</u></b> <b><u>turn into</u></b><ul style="list-style-type: none"><li>• <b><u>separatism and</u></b></li><li>• <b><u>alienation from the other.</u></b></li></ul></li></ul>

27

If the movement [and development of consciousness]

is

- followed,
- unobstructed

by

- blind resistance,

by

- fear of change,

but is

- trusted and
- honestly accepted,

then

these negative manifestations [such as group consciousness deteriorating into mass consciousness, and individual consciousness deteriorating into separatism, and alienation from each other] will fall by the wayside.

As for those who

follow the movement,

- they will  
not be affected by  
the distortions of
  - mass consciousness.

- They will  
create  
a new
  - group consciousness.

There is a

great difference

between the two [i.e., between mass consciousness and group consciousness]

as you, my friends,  
can surely perceive now.

Mass consciousness

- eliminates  
individuals;

group consciousness

- honors and
- furtheres  
them [i.e., honors and furtheres individuals].

[In group consciousness]  
Each individual  
is, of course,  
an integral part of the whole.

The more fully  
you function  
as an individual,  
the more  
you have  
to add to the group.

The less  
you are  
a full-fledged individual,  
the less  
you can contribute  
to it [i.e., the less you can contribute to the group].

28

In the mass consciousness  
this is entirely different.

Mass consciousness  
does not require  
individuation;  
instead,  
it imposes  
a blind  

- following and
- conformity.

The halting of the movement [and development of consciousness]  
creates a perversion  
of what  
group consciousness  
would create.

29

*This [i.e., This difference between mass consciousness and group consciousness] is very important to understand, my friends.*

*Within*  
• *yourself,*  
*as well as*  
*within*  
• *the consciousness of humanity,*  
*group consciousness*  
*has*  
*definite*  
• *gradations and*  
• *categories.*

*There are*  
*three major phases*  
*of development*  
*in this respect [i.e., in respect to group consciousness].*

*Both as*  
• *a whole,*  
*and as*  
• *the individuals*  
*that form part of it [i.e., the individuals that form part of the whole],*  
*humanity*  
*has gone through these three stages [of development].*

*You are also going through them*  
*on*  
• *deeper,*  
*and respectively*  
• *higher*  
*levels of*  
*consciousness-organization,*  
*until*  
*total oneness*  
*with the All*  
*is achieved.*

30	<p><u>On the lowest scale</u> <u>you need</u> <u>the group</u> <u>because</u> <u>you are</u> • <u>frightened,</u> <u>you are</u> • <u>dependent, and</u> <u>you are</u> • <u>not yet able</u> <u>to be responsible for yourself.</u></p> <p><u>You do</u> • <u>not yet have the ability</u> <u>to establish a channel</u> <u>to your own</u> <u>limitless creative potential.</u></p> <p><u>This [first] phase can be likened to</u> <u>the infant</u> <u>who needs</u> <u>the mother.</u></p>
31	<p><u>You often find individuals</u> <u>who are ready to move into</u> <u>the next [i.e., second] phase</u> <u>of</u> • <u>being self-responsible and</u> • <u>establishing their own channel,</u> <u>but</u> <u>are unwilling to do so.</u></p> <p><u>I might say,</u> <u>you have all found</u> <u>this resistance</u> <u>on your path [i.e., this unwillingness to move into the next phase of</u> <u>your path by being self-responsible and</u> <u>establishing your own channel]</u> <u>when encountering</u> <u>your lower self.</u></p>

Since the planet  
also has  
a lower self,  
there are  
factions of people  
who express  
a similar resistance.

So you must differentiate  
between being  
unable  
to take on selfhood  
individually,  
and being  
unwilling  
to do so [i.e., unwilling to take on selfhood individually],  
insisting that  
others –  

- parents or
- groups –

give you  
the sustenance  
that only  
the divine self  
can give.

32

People who  
• use the group  
as a crutch  
to substitute for  
individuation  
halt the movement [and development of consciousness]  
as much as  
those who  
• use individualism  
as a cover for  
their inability  
to be  
• intimate,  
to be  
• open and  
• undefended,  
and who therefore  
• fear  
the group.

Such people [i.e., people who fear the group and use individualism as a cover]  
will have a stake in  
confusing  
• conformity and  
• mass consciousness  
with  
• group consciousness  
and will  
use the rightful arguments against  
• the former [i.e., arguments against conformity and  
mass consciousness]  
to blot out the existence of  
• the latter [i.e., blot out the existence of group consciousness].

33

When individuals  
organically  
take the next [i.e., the second] step  
from  

- needing the group

to  

- emancipation and
- self-responsibility,

the pendulum may first  
swing slightly too much  
in the direction of  
individualism.

They then  

- rebel against  
the group and
- deny its value.

You also find  
this rebellion  
within you, and  
you now know  
that  
to the degree you  

- deny,
- fear and
- distrust

autonomy,  
to that exact degree you will  

- dislike  
  - yourself and
  - those on whom you depend.

Thus  
you  
need  
to rebel.

But if you proceed organically,  
that rebellion  
will not last long,

for

- you will recognize the rebellion  
for what it is and
- your emphasis will be put on
  - the self,
- rather than on
  - those against whom you rebel.

You then learn to utilize  
your  
dormant divinity,  
but you are still in a phase  
where you must concentrate  
mainly  
on your individual process.

Of course,  
this does not mean  
going into isolation.

- Help and
- reactions  
from others  
are always an integral part  
of this [second] phase.

- Contact with others  
is always necessary.

- Others  
can mirror to you  
where the self is stuck,

and

- the self  
deeply needs this awareness  
of its effects on others  
during its  
individuation process.

In this entire [second] phase,  
the emphasis is on  
individuation.

34

The third phase of development comes  
when individuals

- have developed  
full self-realization

and

- can thus
  - benefit from and
  - give to  
the group  
without losing
    - selfhood,
    - autonomy, and
    - self-responsibility.

They do not  
lose

- privacy,
- the right to be different,

nor do they  
deny their need

- to express their uniqueness.

Quite the contrary.

In such an evolved group  
there is no conflict  
between

- individual needs
- and
- those of the whole group.

35

Group consciousness  
does not

diminish  
uniqueness,

but

furtheres  
it [i.e., furthers uniqueness].

The self  
no longer  
uses the group  
as a crutch  
because  
it cannot handle life.

Nor is  
the group  
an authority  
that one needs to rebel against.

The group  
is truly  
an extended self  
in which one can function  
as a free agent.

The highest organization  
of group consciousness  
occurs  
when  
each individual  
has found his or her  
autonomy.

36

In the overall development  
the [three] phases  
are never that clearly defined.

- They overlap and
- there are  
many spirals  
within the spiral,  
yet the movement  
is
  - not haphazard
- but
  - an expression of  
such profound
    - harmony and
    - lawfulness
  - in a larger scheme  
that the human consciousness  
can sense it  
only vaguely, at best.

So I would say to you, my friends, that  
in this period of your history,  
humanity is  
ready for

- the individual autonomy  
that can form groups and

  
ready for

- the group consciousness  
that becomes  
an entity in itself.

Those who obstruct group consciousness

- distort
  - it [i.e., group consciousness]
- into
  - mass consciousness,
- and [distort]
  - individual consciousness
- into
  - separatism.

But those who  
follow  
the movement of autonomy  
within  
a new group consciousness  
will create  

- the new world,
- the life of the New Age.

Community living  
is springing up increasingly,  
  
and although it does not always express itself  
in its perfect form,  
it moves toward it [i.e., community living moves toward its perfect form]  
so that it [i.e., so that community living]  
will blossom.

37

Now, in your particular community,  
you will find  
each of these three phases of human consciousness  
represented.

Even people who are, on the whole,  
sufficiently highly developed  
to form part of this  
New Age community living,  
have areas within them  
that represent lower phases.

You all  

- know this and
- have been working with these aspects.

You find  
that part in you  
where you desperately need others  
because  
you fear you  

- are not enough and
- have not actualized  
your inner God.

*This [i.e., Having a part in you where you desperately need others because you fear you are not enough and have not actualized your inner God] does not mean that you should now separate yourself from the group, for alone you could hardly accomplish the task of development.*

*But you need to be aware of your wish to misuse the group in order to avoid meeting yourself.*

38

*And you also find that part in you that*

- *rebels against the group and*
- *wants to shun it*
  - *because you fear*
    - *exposure and*
    - *rejection,*
    - *your need and*
    - *your weakness*

*and*

- *because you do not yet know how to function without the pretenses of*
  - *your mask and*
  - *your defensive games.*

*Again this does not mean that you should now abandon all your*

- *individual needs and*
- *forms of self-expression*

*and submerge into an amorphous group organism.*

*It merely means to*

- *see and*
- *pay attention and*
- *understand and*
- *proceed from there.*

*So even while*

*all these aspects*

*may still exist in you to some extent,*

*this does not mean*

*that you are not ready*

*to become*

*a fully autonomous individual*

*who is part of the group,*

- *being enriched by it and*
- *enriching it.*

*You can find*

*your*

- *privacy and*
  - *individuality*
- totally intact,*

*your*

- *group living and*
  - *intimacy*
- totally unhampered.*

*In the course of your movement on this path,*

*you will find*

*the [three] phases I mentioned;*

- *all of them*
- are represented.*
- *They [i.e., the three phases I mentioned]*
- coexist*
- within the soul,*
- and that*
- has to be recognized.*

39

Most of you  
have already found your  
dependency,  
be it on

- family,
- a mate,
- the group.

First

• unconsciously,  
and later

• consciously,  
you expect  
the group  
to do for you  
what you

- think you cannot or
- will not  
do for yourself.

You have also discovered  
that you

- become
  - frightened and
  - uncomfortable
- in the group and
- want to run from it
  - because of your
    - expectations from and
    - demands on

it [i.e., expectations from and demands on the group],

as well as

- because of the hidden
  - guilt and
  - shame
- of your lower self.

So you

- turn against  
the group and
- rebel against  
it.

40

*You are all perfectly well aware of  
these tendencies,  
but you have applied them  
exclusively  
to the parental situation:  
you, as a child,  
still want to have*  

- a father and*
- a mother*

*figure.*

*This is true  
in a purely psychological sense,  
in terms of this life,  
but  
putting it into a cosmic framework,  
it is also true  
that in the phase of  
group consciousness  
you endow the group  
with the power  
that you resist  
developing within yourself.*

*You therefore  
go into the second phase:*  

- rebellion against the group,*
- resenting it,*
- avoiding it.*

*You find that [second phase] part in you, too.*

41

*But many of you are becoming  
increasingly ready to go into  
the third phase*

- *where you will find*
  - *true self-responsibility,*
  - *your own inner strength,*
  - *your autonomy,*
  - *your own channel to the highest,*
- *where you can indeed*  
*stand on your own two feet*  
*because*  
*you have within you*  
*what you need.*

*Therefore [i.e., Because you have within you what you need to enter the third phase]*

- *you*  
*need not*
  - *fear and*
  - *rebel against*  
*the group.*
- *You no longer*  
*need the group*  
*in a debilitating way;*
- *you*  
*need the group*  
*out of*
  - *love and*
  - *a desire for*  
*mutual*
    - *giving and*
    - *receiving.*

- You
  - share and
  - experience
    - the struggle of growth and
    - the joys of life,
    - the pain and
    - the pleasure  
of living, and
- you are
  - grateful for  
this richness of  
life with others  
in which  
being together  
in no way infringes on  
your
    - privacy,your
    - uniqueness, andyour
    - need to be by yourself.

That kind of relating  
is  
true intimacy.

42

This kind of relating  
must also exist for  
a couple  
in order for  
the one-to-one relationship  
to be  
truly fulfilling.

If you  
use a mate  
because  
you do not wish to  
 fend for yourself,  
the relationship  
becomes  
unbearable.

By the same token,  
if you use  
a group  
because  
you  
feel frightened  
• alone,  
you will simultaneously  
• fear  
and  
• hate  
• that group.

43

The negative expressions  
vary  
in the different phases.

In phase one [i.e., In the first phase where you depend on the group]  
you will be

more in touch with

- the fear [of life] and
- the need [for the group or mate]

and

less in touch with

- the hate [toward the group or mate] and
- the rebellion [against the group or mate].

Feeling the fear of life

more,

you will need

- the group, or
- the mate

more.

The hate

for those one

- needs and
- depends on

is more dormant in  
the first phase.

*In the second phase*

*the*

- *hate and*
- *fear*  
*of the group [or mate]*  
*is predominant*

*as is the*

- *desire to run from it [i.e., as is the desire to run from the group or mate],*
- while*
- *need [for the group or mate] and*
  - *dependency [on the group or mate]*  
*are more dormant.*

*A false independence*

*is then courted*

*in which*

- *give*

*and*

- *take*

*cannot be learned,*

*neither can*

- *flexibility and*
- *openness.*

*People in this [second] phase*

*continue to cultivate a*

- *rigid,*

- *inflexible*

*attitude*

*in which*

- *they think they*  
*can control*  
*everything*
  - *within and*
  - *around*  
*them.*

- *They cultivate*  
*an unyielding*  
*false*  
*selfhood.*

44

All the phases of  
the alternation  
of

- individual
- and

• group  
consciousness  
exist

not only

on

- the planetary level,

on

- an overall scale of  
the total evolution

of

- the planet Earth,

of

- humanity as a whole;

they [i.e., all the phases of the alternation of individual and  
group consciousness]

exist

within each human being.

From this point of view [i.e., From the point of view that all the phases of the  
alternation of individual and group consciousness  
exist within each human being]

it will become

quite significant for you, my friends,  
to see where you are.

To be aware of this [i.e., of where you are in this matter]  
is of great importance.

It [i.e., the framework describing the three phases of the alternation of individual  
and group consciousness that exist within each human being]

will be a map for you

with which you can

chart your way

through an inner situation.

*Without this awareness [i.e., Without this awareness of where you are in terms of the framework of the phases of the alternation of individual and group consciousness within your being]*

*it would be much harder for you to understand*

- *where you are,*
- *what you do, and*
- *what your reactions truly mean.*

*You will come into an even deeper understanding of the*

- *unitary principles of life.*

*In this particular instance, the*

• *dualistic principle proclaims that*

*either*

- *individualism is*
  - *"right" and*
  - *group consciousness*
    - *"wrong" or*
    - *"bad,"*

*or*

*vice versa.*

*Each "wrong" is easily*

*rationalized*

*by the use of the distorted form of its true expression.*

45

From the unitary principle you understand that both [i.e., both individualism and group consciousness] have

- their function

and both have the

- healthy,
- truthful expression,

or both can have a

- perverted,
- distorted expression.

So it is of utmost importance for you

- to see where you are in relation to the group;
  - to probe yourself with questions.
- Are you needful of the group?
  - Are you afraid of being alone?
  - Do you expect the group to do for you what you
    - do not wish to do or
    - believe you cannot do?

The answer may not always apply to the whole group;  
it may apply to only one other individual,  
but the principle remains the same.

The moment you  
fear  
your aloneness,  
you must also understand  
that relating to  
the other –  
be it  

- one person or
- a group –

will be as difficult as  
being alone.

And  
only when  
your aloneness  
is no longer difficult  
will  

- the group living or
- the one-to-one living

be a true joy.

46

You will then move into  
the new consciousness  
that  

- spreads its wings,

that  

- is rich from within

and therefore  
adds to what is without,  
and  
that  

- can also take in

from without  
and bring it back into  
the inner world.

**In a group**  
**that consists predominantly of**  
**autonomous individuals,**  
**the richness**  
**• multiplies and**  
**• compounds**  
**with almost incomprehensible speed.**

**This** [i.e., this richness multiplying  
and compounding with almost incomprehensible speed]  
**is a phenomenon**  
**you, in your work here,**  
**begin to perceive.**

**Those**  
**who are following**  
**this new stream** [of consciousness]  
**• will**  
**and**  
**• do**  
**perceive it** [i.e., will and do perceive the richness multiplying  
and compounding with almost incomprehensible speed].

**Those**  
**who**  
**• may be very active in this work**  
**but**  
**• are not yet within that stream** [i.e., not yet within  
that new stream of consciousness]  
**are blind to it** [i.e., are blind to the new stream of consciousness and  
to the resulting richness multiplying and compounding with  
almost incomprehensible speed among others around them].

**They** [i.e., Those who are not yet within  
the new stream of consciousness]  
**are not able to differentiate**  
**between**  
**• the healthy**  
**and**  
**• the unhealthy**  
**attitude**  
**toward**  
**• group and**  
**• individual**  
**consciousness.**

They [i.e., Those who are not yet within  
the new stream of consciousness]  
cannot differentiate  
between  
healthy  
• selfishness and  
• unselfishness  
as two expressions  
of the same source.

But those  
• who are within that stream [i.e., within the new stream of consciousness],  
• who have reached  
their first foothold  
in that cosmic current,  
which constantly expands,

will know that  
the group  
will never eliminate  
• their privacy or  
• the autonomy  
of their being.

It [i.e., The group]  
will further  
• it [i.e., will further the privacy or  
autonomy of your being]  
as well as  
• your independence.

As you develop,  
you  
enrich  
the group,  
and  
the group  
enriches  
you.

47	<p><u>New</u> • <u>communities,</u> <u>new</u> • <u>living centers</u> <u>of the new consciousness,</u> <u>are springing up on Earth.</u></p> <p><u>They</u> [i.e., <u>These new communities and new living centers of the new consciousness</u>] <u>will</u> <u>increasingly</u> • <u>manifest and</u> • <u>practice</u> <u>this consciousness.</u></p>
48	<p><u>It is important that you</u> <u>be well aware of</u> <u>the unitary principle.</u></p> <p><u>This possibility</u> [of you being well aware of the unitary principle] <u>is speedily ripening</u> <u>into a reality</u> <u>manifest on your earth plane.</u></p> <p><u>Thus you can</u> <u>follow the various spirals</u> <u>within you,</u> <u>knowing</u> • <u>where you are and</u> • <u>what you move toward.</u></p> <p><u>It is one thing</u> <u>to know about these phases</u> <u>as conditions</u> <u>within the human personality,</u> <u>but it is another</u> <u>to understand them</u> • <u>within the framework</u> <u>of a larger cosmic scheme,</u> • <u>as a meaningful manifestation</u> <u>of a cosmic movement</u> <u>that you are part of.</u></p>

	<p><i><u>Such understanding</u> [i.e., <u>Understanding these phases within the framework of a larger cosmic scheme, as a meaningful manifestation of a cosmic movement that you are part of]</u></i></p> <p><i><u>will help you</u></i> <i><u>to</u></i> <i><u>not</u></i> <i><u>bring this new force</u></i> <i><u>to a halt</u></i> <i><u>so that it would manifest</u></i> <i><u>negatively,</u></i></p> <p><i><u>but you will</u></i> <i><u>go with it</u> [i.e., <u>go with this new force</u>]</i> <i><u>in the best possible way.</u></i></p>
49	<p><i><u>On each threshold</u></i> <i><u>from one new phase</u></i> <i><u>to the other,</u></i> <i><u>new energies</u></i> <i><u>are being released.</u></i></p> <p><i><u>So it is</u></i> <i><u>not the first time in history</u></i> <i><u>that new energies</u></i> <i><u>are being released onto your earth plane.</u></i></p> <p><i><u>Each period</u></i> <i><u>had its own</u></i> <i><u>newly released</u></i> <i><u>energy-and-consciousness</u></i> <i><u>streams</u></i> <i><u>brought into</u></i> <i><u>the inner awareness</u></i> <i><u>of individual beings.</u></i></p> <p><i><u>But humankind</u></i> <i><u>has now reached</u></i> <i><u>a much higher potential of development</u></i> <i><u>and those who follow this potential</u></i> <i><u>will therefore</u></i> <i><u>be swept onward</u></i> <i><u>by this inner movement</u></i> <i><u>as never before.</u></i></p>

50

If you wish,  
you can  
• tune into this force and  
• truly use it  
for  
your transformation.

In this respect [i.e., in respect to your tuning into this force and using this new force,  
this influx of new energy-and-consciousness, for your transformation]  
you are not yet doing  
as much as you could,  
although your progress  
• individually  
and as  
• a group  
is very substantial.

You do not yet  
tune in enough  
to this force,  
which is operative  
• in the universal consciousness  
and therefore also  
• in you.

You still  
cling to the belief  
that this or that  
• problem or  
• attitude  
of yours  
cannot be changed.

*By doing that [i.e., by clinging to the belief that this or that problem or attitude of yours cannot be changed]*

*you not only*

*make yourself*

*unavailable to*

- *the new consciousness and*
- *this energy force*

*that streams inside of you,*

*but you also*

*endanger yourself*

*because*

*this force*

*will then*

- *reverse the process and*
- *bring you into a crisis*  
*that could have been avoided.*

*The force*

*is there,*

*whether you*

- *use it consciously*
- *or not.*

*If you*

- *use it*

• *consciously and*

• *wisely and*

- *follow it,*

- *go with it,*

*it will bring you into*

*undreamed-of*

- *unfoldment and*
- *enrichment.*

*[Conversely]*

*If you*

*stem against it [i.e., against this new consciousness and energy force that streams inside of you]*

*in blind*

- *fear and*

- *stubbornness,*

*it will*

*turn against you.*

*This is the law.*

*It is no  
evil force per se  
that is doing it [i.e., that is actively working to defeat you];*

*it [i.e., that which seems to be actively working to defeat you]  
is only  
the denial of*

- *the movement of the whole,*
- *the divine flow.*

*Whether you deny it [i.e., deny the movement of the whole, the divine flow]  
because of*

- *ignorance,*
- *stubbornness, or*
- *anything else*  
*makes little difference.*

*So I say to you, my friends,*

- *you are in a wonderful process of  
awakening;*
- *wake up more.*
  
- *Take yourself  
out of your numbness.*
  
- *Look at*
  - *it,*
- *feel*
  - *it,*
  - *the force within you.*

*It [i.e., The force within you]  
is  
the living Christ force  
that can  
transform*

- *the negative material,*
- *the stagnant attitude*

*into*

- *an entirely new expression.*

Do not  
hug  
your  
negative  
• thoughts and  
• convictions.

The force  
is there  
the moment you  
• embrace it,  
the moment you  
• turn to it,  
the moment you  
• lift your face to it,  
• allegorically,  
• inwardly,  
• symbolically.

• Lift your hands to it,  
• allow it, and  
• go with it.

So much has already happened  
in this respect [i.e., in respect to you embracing, turning to, lifting your face  
and hands to, allowing and going with this force].

It [i.e., This force]  
can be activated more  
to the wonderful unfoldment  
of each of your lives.

51

Universal love  
is highly concentrated here, at our meetings [i.e., during this time we spend  
together in these lectures],  
so that you do not receive  
just words,  
important as the contents of these lectures are for you,  
• to understand and  
• to work with.

Most of you  
who do not numb yourselves  
are indeed aware of  
this very concentrated [universal] love force  
• penetrating and  
• enveloping  
you.

You  
• feel it [i.e., You feel this very concentrated universal love force]  
and  
• are enriched by it [i.e., and you are enriched by this very concentrated  
universal love force].

So I say,  
open  
• your  
inner  
• eyes and  
• ears and  
• all your faculties of  
intuitive perception  
to soak in  
the force that is here,  
so that  
what your mind learns  
• on the level of consciousness  
can become  
• a vibrant truth –  
• not just a cut-off intellectual understanding.

You  
• live and  
• move and  
• have your being  
in this  
• love  
and  
in this  
• truth  
at all times,  
only most of the time  
you are not yet aware of it.

	<p><b><u>What you have to learn</u></b> <b><u>is know it [i.e., learn to KNOW that you live and move and have your being</u></b> <b><u>in this love and in this truth at all times],</u></b></p> <p><b><u>that is all.</u></b></p> <p><b><u>You are</u></b> <b><u>all</u></b> <b><u>blessed,</u></b> <b><u>my very beloved friends.</u></b></p>
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