

Pathwork Lecture 233: The Power of the Word

1996 Edition, Original Given September 24, 1975

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><i>Greetings,</i> <i>my <u>very beloved friends</u> here.</i></p> <ul style="list-style-type: none">• <i><u>Blessings</u> and</i>• <i><u>love</u></i> <p style="padding-left: 40px;">• <i><u>envelop</u> you and</i></p> <p style="padding-left: 40px;">• <i><u>penetrate</u> your very <u>core</u>.</i></p> <p><i>With <u>joy</u></i> <i>do I <u>resume</u></i> <i>my communication with you.</i></p> <p><i>I say resume,</i> <i>although <u>this communication</u></i> <i>has <u>never really been broken</u>.</i></p>
04	<p><i>Most of you can</i> <i><u>feel clearly</u></i> <i>that you are</i> <i><u>deeply involved in</u></i> <i>a <u>magnificent process</u> –</i></p> <p><i>the process of</i> <i><u>the spirit penetrating</u></i> <i>that which has <u>alienated itself</u></i> <i><u>from the spirit</u>.</i></p>

by Eva Broch Pierrakos

© 1996 The Pathwork® Foundation (1996 Edition)

Edited by Judith and John Saly; Devotional Version Posted 5/22/14

*As I have explained before,
the alienated part*

- *is on its own and*
- *creates its own momentum.*

It becomes involved in this momentum,

- *creating and*
- *recreating*

its own patterns.

*Translated into human terms, this means that
negative creation*

seems to be

the stronger aspect in people's lives.

They [i.e., the people involved in this negative creation]

appear to be

- *caught in it [i.e., caught in negative creating],*
- *unable to reverse this pattern [to positive creating].*

They [i.e., the people involved in this negative creation]

*seem to be its [i.e., the negative creation's] victim
and do not realize*

how they directly created

this [negative] movement that carries them.

On this path,

with the work you have done,

you begin to realize that

it is indeed possible to

- *come out of the negative pattern*
- *of your creation, and*
- *reverse the momentum*

*that takes hold of you as if it [i.e., as if the
negative pattern/momentum]
had an independent life of its own
that has nothing to do
with you.*

05

In the creation

- *of the pathwork,*
- *of your Center,*
you

- *experience and*
- *witness*

*that this movement [i.e., the pathwork and Center]
is part of a grand scheme
transcending the*

- *volitional,*
- *conscious*

aspect of your being.

You are now engaged

*in a positive momentum
that is the stronger aspect,*

notwithstanding

the continuing presence

of lower-self aspects.

The higher self

is becoming

constantly predominant.

This [higher self]

is not superimposed

in a wishful denial

of the lower self.

[Rather] It [i.e., the higher self and its predominance]

is the result of

a genuine transformation,

well grounded in reality.

You see the fruits of this

in your personal life

to an ever-growing degree, and

you see the fruits

in the

- *growth and*
- *expansion*

in

- *depth and*

- *width*

of the community as a whole.

06

*I want you to be very aware of the fact
that the higher purpose
of this [pathwork] movement
goes far beyond
your present life.*

*It is preparation for
important changes
in evolution
and you are instruments,*

- *all of you,*
- *each in your own way.*

*Each of you
needs to realize
the importance of your task
from an inner place that is*

- *not ego-involved,*
- *not steeped in*
 - *vanity or*
 - *pride.*

*And that [i.e., realizing the importance of your task without pride] is possible
right now.*

*If you choose,
you can know the happiness
of being an instrument
fulfilling a task*

- *without*
 - *pride and*
 - *vanity*
- *for a higher cause
of the deepest significance.*

*By doing this [i.e., by knowing the happiness of fulfilling a task] right now,
you can further contribute to*

- *the energy and*
- *the consciousness
that create this [pathwork] movement.*

07	<p><i>The <u>movement of consciousness</u> is the <u>opposite</u> of how <u>human beings imagine it.</u></i></p> <p><i>The <u>truth</u> is that the</i><ul style="list-style-type: none">• <i><u>dualistic,</u></i>• <i><u>cut-off</u></i> <i>life</i><p style="text-align: right;"><i>is <u>not "raised,"</u> as it is often said, into <u>higher realms of being.</u></i></p><p><i>This is a <u>reversed view,</u> reflecting a <u>consciousness</u> still <u>locked into</u></i><ul style="list-style-type: none">• <i><u>space</u> and</i>• <i><u>time-bound</u></i> <i>terms.</i><p><i>It would be <u>more accurate</u> to say that <u>higher realms</u> <u>come "down" and</u> <u>penetrate the lower realms,</u> thus causing in them a <u>transformation.</u></i></p></p></p>
08	<p><i>According to the concept that <u>lower realms</u> <u>raise themselves up</u> into <u>higher ones,</u> the <u>earth sphere</u> would <u>remain</u> at its <u>present level of development,</u> while its <u>inhabitants</u> would <u>rise up.</u></i></p> <p><i>This is <u>only partially true.</u></i></p>

*In the actual
evolutionary movement,
the earth
is increasingly penetrated
by the energies of higher consciousness,
• transforming and
• spiritualizing
the earlier cruder
• energies and
• consciousness.*

*This is the task
in which you are deeply involved,
first with
your own personality,
then in conjunction with
higher planes for others.*

09

*In the process
of your individual path
you experience how
what is
• clear and
• truthful
in you
and encompasses limitless spans
• of being,
• of generosity,
• of love,
infiltrates into
the realms of the lower self
with its little faithless concerns.*

*The mass consciousness
works similarly
in those of its aspects
which are not too resistant
to embrace
the movement
of the Christ consciousness
which is sweeping through
the inner levels of reality
from realms
that might be designated as*

- *"higher,"*
- *more evolved and*
- *purified.*

*As this happens,
petty feelings of*

- *egotism and*
- *jealousy*

*make way for
a deep knowledge*

- *of your own value,*
- *of your right*
*to stretch your whole being
into rich fulfillment and*
- *of your unity
with all other life.*

10

*Let this awareness
fill*

- *your soul,*
- *your mind,*
- *your heart, and*
- *your body –*
• your whole being.

Let yourself know that

- *you are
divine beauty and*
- *so is the next human being,*
- *so are all human beings.*

*You are all one
and you need not fight
for what is yours.
Simply claim
what you were always
meant to experience.*

*However,
your inner self
will let you do this fully only
• when you purify yourself,
• when you become deeply honest,
• when you have the
• courage and
• integrity
to
• expose all your
lower-self aspects and
• consider their effects.*

*Let this process motivate you
for the great task
of self-transformation,
which is
• not only possible,
but is
• the natural movement
of your soul
that your
• fear and
• ignorance
try to stop.*

11

*Let the light of
• truth and
• love
• fill your day,
• fill your actions,
• fill your attitudes toward yourself.*

Let the

- involuntary
- constructive
forces

of the Christ consciousness

- take over and
- carry you to
 - create and
 - again create,

making your life

the glory that is yours

- to behold and
- to experience.

As you expand into it [i.e., expand into the Christ consciousness, and the glory that is yours as a result]

*more and more,
you can only stand in awe.*

The

- expansion and
- transformation
[of your life and lives of others]

that you witness

is only a beginning.

Much more is yet to come.

Your own development

*will make you capable of
sustaining the highest energies of*

- joy and
- fulfillment.

12	<p><i>What you <u>already experience</u></i></p> <ul style="list-style-type: none">• <i>in your <u>lives</u> and</i>• <i>in your <u>community</u></i> <p><i>is a <u>result of</u></i></p> <ul style="list-style-type: none">• <i><u>combined constructive input;</u></i>• <i><u>honest</u></i><ul style="list-style-type: none">• <i><u>investment</u> and</i>• <i><u>commitment;</u></i>• <i><u>thoughts,</u></i>• <i><u>intentions</u> and</i>• <i><u>actions</u></i> <p><i>of the <u>highest nature.</u></i></p> <p><i>In turn</i></p> <p><i>these [investments, commitments, actions] <u>eliminate the walls</u></i> <i>between</i></p> <ul style="list-style-type: none">• <i>your <u>human consciousness</u></i> <p><i>and</i></p> <ul style="list-style-type: none">• <i><u>entities of high development,</u></i> <i>whose</i><ul style="list-style-type: none">• <i><u>force</u> and</i>• <i><u>sphere of influence</u></i> <p><i><u>merge with your</u></i></p> <ul style="list-style-type: none">• <i><u>love,</u></i>• <i><u>truth,</u></i>• <i><u>goodwill</u> and</i>• <i><u>giving to the universe.</u></i> <p><i>The <u>result</u> [of this merging] is a</i> <i><u>mutuality of the highest order,</u></i> <i>that also <u>creates the momentum</u> that <u>carries you.</u></i></p>
13	<p><i>In tonight's lecture</i></p> <p><i>I will speak very precisely about</i></p> <ul style="list-style-type: none">• <i>how <u>such a process</u> can be <u>initiated</u></i> <i>in an even <u>more conscious way,</u></i>• <i>how you can <u>change</u></i><ul style="list-style-type: none">• <i>from a <u>negative</u></i>• <i>to a <u>positive</u></i><ul style="list-style-type: none">• <i><u>self-perpetuating motion</u> and</i>• <i><u>creation,</u></i>• <i>how you can <u>create an</u></i> <i><u>involuntary movement</u></i> <i>through the <u>voluntary system.</u></i>

14	<p><i>I promised to speak about the <u>power of the word</u>. This will be the topic now.</i></p>
15	<p><i><u>What is the word?</u></i></p> <ul style="list-style-type: none">• <i>The word is the <u>creative agent</u>.</i>• <i>The word is a <u>psychic nuclear point</u> that <u>creates</u><ul style="list-style-type: none">• <i>movement and</i>• <i>a <u>systematic chain reaction</u>, one link</i><ul style="list-style-type: none">• <i>logically and</i>• <i>inexorably</i><i>following another, until the <u>word has become</u><ul style="list-style-type: none">• <i>deed,</i>• <i>fact, and</i>• <i>finished creation.</i></i></i>
16	<ul style="list-style-type: none">• <i>The <u>word creates</u> an <u>energy pattern</u> of <u>additional psychic nuclear points</u>,<ul style="list-style-type: none">• <i>each link,</i>• <i>each point</i> being a <u>word too</u>, a <u>secondary creative agent</u>.</i>• <i>Each word is a <u>blueprint</u> essential for building the structure.</i>• <i>The <u>word is both</u><ul style="list-style-type: none">• <i>expression and</i>• <i>creation.</i></i>• <i>It is<ul style="list-style-type: none">• <i>plan,</i>• <i>knowledge,</i>• <i>opinion,</i>• <i>consciousness.</i></i>

	<ul style="list-style-type: none">• <u>The word is</u><ul style="list-style-type: none">• <u>feeling,</u>• <u>attitude,</u> and• <u>intentionality.</u>• <u>The word</u> <u>carries immense energy powers of its own kind,</u> <u>differing from other energies.</u>• <u>The word is</u> <u>what is behind all creation.</u> <u>Creation cannot exist</u> <u>without a word</u><ul style="list-style-type: none">• <u>spoken,</u>• <u>known,</u>• <u>held,</u>• <u>believed in and</u>• <u>committed to,</u><u>in each area of specific creation.</u>
17	<ul style="list-style-type: none">• <u>The word is</u> <u>a conglomerate</u><ul style="list-style-type: none">• <u>of all of these,</u> and• <u>more.</u>• <u>The word</u> <u>that is spoken</u> <u>reveals</u> <u>the will</u> <u>that motivates</u> <u>this particular utterance.</u>• <u>It can be</u><ul style="list-style-type: none">• <u>the divine will or</u>• <u>the will of the</u><ul style="list-style-type: none">• <u>cut-off,</u>• <u>ignorant and</u>• <u>destructive</u><u>particle of consciousness.</u>• <u>Be it conscious or not,</u> <u>the word is the sum total</u> <u>of your beliefs</u> <u>in any given area</u> <u>where you speak the word.</u>

	<ul style="list-style-type: none">• <i>It [i.e., the word] is the <u>sun</u> that creates the <u>planets</u>.</i>• <i>It is <u>energizing force</u> and</i>• <i>it is <u>design</u>.</i>
18	<p><i><u>So much is contained in the word.</u></i></p> <p><i>It is significant that <u>Scripture</u> starts with the postulate that <u>in the beginning</u> was,</i> <i>or actually is,</i> <i><u>the Word.</u></i></p> <p><i>The word is <u>eternal</u>.</i> <i>It always will be.</i></p> <p><i><u>God spoke the word</u> and from that word <u>all creation</u>, including your personality, came into being.</i></p> <p><i>It [i.e., the word] is the <u>blueprint</u> behind all you can</i><ul style="list-style-type: none">• <i><u>see</u>,</i>• <i><u>experience</u>, and</i>• <i><u>feel</u>.</i></p> <p><i>There are many words bringing into manifestation the <u>diverse aspects of creation</u> –</i><ul style="list-style-type: none">• <i>in the <u>planetary system</u>,</i>• <i>in the <u>mass consciousness</u>, and</i>• <i>in the <u>individual consciousness</u>.</i></p>
19	<p><i>How can you <u>apply this truth to yourself</u> in a <u>practical way</u> in your <u>everyday life</u>?</i></p>

*Perhaps you will glean
from the work on your path
that every situation you experience
is the product of a word
you have spoken,
and are perhaps still speaking
constantly within,*

- *in one way
or another,*
- *on one level of awareness
or another.*

*Our goal on the path
is to make all these words you speak,*

- *day in and day out,*
- *every hour and*
- *every minute,*

*conscious,
so that you can understand
your creation.*

20

*Most of the time
you –
all of humanity –
are extremely "busy"
blocking out
the words you speak.*

*You produce noise
in your inner system
so that you do not hear your own words.*

You can now

- *contemplate and*
- *enter into*

*a new phase on your path
to make yourselves
very conscious of*

- *the words you speak, and*
- *what and*
- *how*

they create.

21

*The word
can also be divided
within itself.*

*When you speak
opposite words that
on different levels of awareness
cancel each other out,*

- *you become confused and*
- *you create accordingly [i.e., you create according to the opposite words on various levels, i.e., you create according to your confusion].*

*If you create fog
so as*

- *not to know the words you speak,*
- *to overshadow them with other words,*

*it is necessary to crystallize
the word most responsible for
the negative creation in your life.*

*Do this [crystalizing of words giving rise to your creations]
with both the*

- *positive and*
- *negative*

creations.

*In a sense
you have already done it,
but not in such a clear way.*

*Now you are more ready
to handle the sharp tool
that the spoken word can be.*

22

*The knowledge of
the power of the word*

- *has been postulated
throughout the ages and*
- *is professed
in various corners of the earth.*

	<p><i>But it [i.e., the powerful spoken word] is often <u>applied</u> <u>on top of</u></i></p> <ul style="list-style-type: none">• <i>the <u>confusing fog</u> and</i>• <i>the <u>negative words</u>, <u>without first sifting out the</u></i><ul style="list-style-type: none">• <i><u>obstacles</u> and</i>• <i><u>counter-currents</u>.</i> <p><i>I spoke of this a long time ago but only fleetingly, because everyone had so much work to do before I could come back to this topic in a meaningful way.</i></p> <p><i>The <u>timing</u> here is <u>crucial</u>.</i></p>
23	<p><i>When you speak words of</i></p> <ul style="list-style-type: none">• <i><u>truth</u> and</i>• <i><u>creative beauty</u></i> <p><i><u>but the underlying material</u> [i.e., material alive at levels of consciousness beneath the levels of consciousness that speak truth and creative beauty] is <u>not made compatible with</u> <u>the levels of consciousness</u> that <u>speak these words</u>,</i></p> <p><i><u>you create</u> at best</i></p> <ul style="list-style-type: none">• <i>a <u>short-circuit</u>,</i> <p><i>at worst</i></p> <ul style="list-style-type: none">• <i>a <u>split</u> and</i>• <i>a <u>division</u> <u>in consciousness</u>.</i> <p><i>This is why it is preferable for a while to <u>honestly</u></i></p> <ul style="list-style-type: none">• <i><u>admit</u> and</i>• <i><u>expose</u> the <u>word</u> of</i> <ul style="list-style-type: none">• <i><u>your negative intentionality</u> and</i>• <i><u>your lower-self motives</u>.</i>

Such an admission [of negative intentionality and lower-self motives]
implies attitudes of

- *truthfulness,*
- *humility,*
- *courage,*
- *faith – and*
- *many other higher-self qualities.*

But speaking words

that reveal principles of divine nature
when the lower self is

- *hidden and*
- *denied*

implies attitudes of

- *wishful thinking,*
- *pride,*
- *lack of faith,*
- *fear of exposing what is not perfect,*
- *shirking the process of*
 - *becoming,*
 - *growing,*
 - *developing, of*
 - *transforming*

in a realistic way.

So you see, my friends,
it is a matter of

subtle awareness

[as to] when the word of

- *divine,*
- *limitless*

abundance

can be spoken in truth.

24

Let us concentrate now on
specific words

that reach

very deep levels

of your being.

I mean here

the word you speak

about your own value.

*There is a direct linkage
between
the power of the word
and
self-value.*

*How can you
speak the word of faith
in your own
• unfoldment and
• fulfillment
if you secretly believe that
• you have no value and therefore
• no right to experience bliss?*

*How can you even
challenge the assumption of
your worthlessness
that you all carry
inside your hearts
to some degree
if you are terrified that
worthlessness
is the ultimate truth
of your being?*

[With these secret negative beliefs about yourself]

Then you can only continue to

- block this [negative false] "knowledge" and
- defend against it [i.e., defend against this negative false "knowledge" about your worthlessness being revealed to yourself or others].

*As you know,
it is precisely
those defensive maneuvers [defending yourself against revealing
the false "knowledge" that you are worthless]
that reinforce your belief
in your unacceptability,
because all defenses are
• negative,
• destructive, and
• create guilt.*

*So even when you
try to tell yourself – belligerently –
that you do deserve
• fulfillment,
• peace of mind,
• pleasure and
• abundance,
underneath
you will fear
• not being able ever to attain all this,
• not really deserving it.*

*You fear that
if you did acquire
these desirable assets,
it would only be
by "stealing,"
and you would be punished [for "stealing"].*

*So as you speak the word for
• what you long for,
• what every human being longs for
and should indeed experience,
you simultaneously
speak the word against it
on another level.*

*The same duality
applies to everything in life.*

*While you are in this state of
• division and
• self-denial,
you must feel
• pessimistic and
• fearful
about the world and
see it [i.e., the world]
• only in fragments,
• out of context,
reaffirming
your fearful visions.*

25

Thus
the process of the pathwork
is essential
to establish the
one-pointed word.

Only through the
• honesty and
• courage
of
• self-exposure and
• purification
will you gain
sufficient initial self-esteem
to expose your devastating belief
in your valuelessness.

Only when you
pierce through
the superficial substitute maneuvers
of false self-value,
making room for
facing your painful belief
in being valueless,
can you begin to
• see
this assumption [that you are valueless] and
• cast doubt
on your self-doubt.

In that way
you can constantly
pronounce words of truth.

26

*Even questions
can be words of truth.*

*"Is this assertion of my value
• a defense or
• a real expression?"*

*"Underneath my
• superiority and
• arrogance,
do I
• falter and
• doubt my intrinsic value?"*

*And when answers to these questions
show that these negative beliefs
about the self
are indeed there,
then the word of truth
can be expressed,
perhaps again by an initial question:*

*"Is it true
that this or that lower-self aspect
makes me
• undeserving,
• unlovable,
• bad,
• valueless?"*

*Or is there something else in me
• that would justify my
• appreciating and
• loving
myself,
• that deserves
• esteem and
• fulfillment?"*

*Such questions are also often
words of truth.*

27

*Begin to see
the words
you speak
to yourself
about yourself
behind the smoke screen.*

*On those deepest levels
you malign yourself
by speaking negative words
about yourself.*

*Those words
need to be crystallized.
They may exist only in a*

- *vague,*
- *hazy,*
- *unarticulated*
way.

*The power of the word
is no less
when it is inarticulate.
There always is
an immense power in it
because it is full of energy.*

*Humankind at this stage of development
is becoming increasingly aware of*

- *energy and*
- *its importance.*

*But you are not sufficiently aware yet
that*

- *the thought and*
- *the word itself*
are energy –
energy of a different kind.

28

Every level of the personality
is an expression of
a different kind of energy.

- The mental level,
- feelings,
- will,
- the physical level and
- the level of spirit
are different energy types.

To

- feel and
- recognize
the
- power and
- energy
of the word
is
- immensely important and
- vastly underestimated.

29

You believe
it does not matter

- what you think,
- what you say.

This is not so.

You can say a word with a

- loud voice or
- silently,

and the silent word
is not necessarily
less powerful than
the uttered word.

Many words
are spoken with the vocal cords
that have much less energy
than the internal words,
for they [i.e., the words spoken aloud]
are not rooted
in strong beliefs.

	<p><i>[Rather] They [i.e., words spoken aloud] are</i> <u>lightly said,</u> <u>without</u></p> <ul style="list-style-type: none">• <u>feeling</u> or• <u>conviction,</u> <p><i>[but rather are said aloud at all merely in order] to fill the void within.</i></p> <p><i>The power of these words [that are said lightly, without feeling or conviction] is an <u>indirect one</u></i> <i>because they create fog</i> <i>that separates the consciousness</i> <i>from the words spoken within</i> <i>that do have the power,</i> <i>either</i></p> <ul style="list-style-type: none">• <u>constructively</u>or• <u>destructively.</u>
30	<p><i>So the</i></p> <ul style="list-style-type: none">• <u>lightly uttered words,</u>• <u>without impact,</u>• <u>without</u><ul style="list-style-type: none">• <u>depth</u> or• <u>roots,</u> <p><i>whether they</i></p> <ul style="list-style-type: none">• <u>are spoken</u> or• <u>are the pitter-patter of thoughts,</u> <p><i>have nevertheless</i> <i>a <u>serious effect</u></i> <i>on the <u>creative process</u></i> <i>that each human being,</i></p> <ul style="list-style-type: none">• <u>wittingly</u> or• <u>unwittingly,</u> <p><i>sets in motion.</i></p> <ul style="list-style-type: none">• <u>Listen to their underground noises,</u>• <u>see their meaning</u>• <u>take enough distance from them</u> <i>so that you can</i><ul style="list-style-type: none">• <u>hear</u> and• <u>evaluate</u> <p><i>them.</i></p>

	<p>By</p> <ul style="list-style-type: none">• <u>observing and</u>• <u>identifying</u> <p>them,</p> <p>you will gain a better understanding of</p> <ul style="list-style-type: none">• <u>how you create your life and</u>• <u>what your creative process is.</u> <p><u>See the powerful words you speak</u> <u>behind</u></p> <ul style="list-style-type: none">• <u>that curtain,</u>• <u>that fog of separation.</u>
31	<p>There are</p> <p>many powerful words</p> <p>you speak,</p> <p>with <u>hidden thoughts</u></p> <p>that are <u>unclear</u></p> <ul style="list-style-type: none">• <u>to your observing consciousness,</u>• <u>to the awareness</u> <p><u>that would permit you</u> <u>to utilize the hidden material.</u></p> <p>You need to</p> <ul style="list-style-type: none">• <u>observe</u> and thereby• <u>dissolve</u> <p>the <u>fog of</u></p> <p>the <u>superficial word</u></p> <p>that</p> <ul style="list-style-type: none">• <u>is merely meaningless noise and</u>• <u>has no substance</u> <p><u>in your consciousness,</u></p> <p><u>either</u></p> <ul style="list-style-type: none">• <u>in feeling</u> <p>or</p> <ul style="list-style-type: none">• <u>in belief.</u> <p>When you have thus</p> <p><u>clarified your vision of</u></p> <p><u>the power of the word,</u></p> <p>you can</p> <ul style="list-style-type: none">• <u>listen to your words and</u>• <u>contemplate their meaning and</u>• <u>be aware of their consequences.</u>

	<p><i>Then perhaps you can <u>feel the energy current</u> <u>in each word you speak</u></i></p> <ul style="list-style-type: none">• <u>silently</u> or• <u>aloud.</u> <p><i>You must</i></p> <ul style="list-style-type: none">• <u>clearly enunciate and then</u>• <u>examine</u> the• <u>feelings,</u>• <u>convictions,</u> and• <u>ideas</u> <p><i>for</i></p> <ul style="list-style-type: none">• <u>their truth</u> and• <u>their effect on</u><ul style="list-style-type: none">• <u>your life,</u>• <u>your behavior,</u>• <u>your receptivity,</u> <p><i>so that you can develop an <u>unhampered perception</u> <u>of reality</u> –</i></p> <ul style="list-style-type: none">• <u>your own</u> and• <u>others'</u> and• <u>life's.</u>
32	<p><i>When the words are <u>contrary to</u> <u>divine unalterable</u></i></p> <ul style="list-style-type: none">• <u>truth</u> and• <u>beauty,</u> <p><i><u>their energies</u> will take you into a</i></p> <ul style="list-style-type: none">• <u>self-perpetuating,</u>• <u>involuntary</u> <u>pattern</u> <p><i>that seems to <u>make life</u></i></p> <ul style="list-style-type: none">• <u>dangerous,</u>• <u>alien,</u>• <u>something to be defended against.</u> <p><i>In this pattern <u>you feel like</u> a <u>helpless pawn.</u></i></p>

	<p><i>But when you</i></p> <ul style="list-style-type: none">• <i>discover</i> <i>the power of the word and</i>• <i>choose</i> <i>different words,</i> <i>words according to</i> <i>the truth of creation,</i> <p><i>you create a pattern in which</i> <i>the involuntary process</i> <i>carries you</i></p> <ul style="list-style-type: none">• <i>in benign love,</i>• <i>in ever-expanding</i> • <i>joy and</i> • <i>abundance.</i>
33	<p><i>When you do not have</i></p> <ul style="list-style-type: none">• <i>joy and</i>• <i>abundance –</i> • <i>outwardly and</i> • <i>inwardly –</i> <i>you must be speaking a word</i> <i>that denies this possibility for you.</i> <p><i>If you do not believe in</i> <i>the possibility of</i></p> <ul style="list-style-type: none">• <i>joy and</i>• <i>abundance</i> <i>for yourself</i> <i>because you secretly –</i> <i>often without conscious awareness –</i> <i>feel undeserving,</i> <p><i>you often deny</i> <i>that this possibility</i> <i>even exists in creation.</i></p> <p><i>That defensive palliative</i> <i>seems perhaps</i> <i>less painful</i> <i>than admitting that you feel</i></p> <ul style="list-style-type: none">• <i>too evil and</i>• <i>undeserving</i> <i>to have fulfillment.</i>

*But the conscious awareness
may be at first
merely a general sense of
• pessimism,
• nihilism and
• vague fears,
along with
a total disconnectedness
from the inner process
of self-creation.*

*The feeling
of helplessness
is overwhelming
at this stage.*

*Only when you begin
to clearly pursue
the chain of
• cause and
• effect
between
• your words
and
• your experience
will you gain
a deep security
in which you become part of
the creative life process.*

34

*People who cling to
nihilistic philosophies
invariably hide the process
I just described.
This kind of world view
cushions them against
the painful belief
that they themselves
are unworthy of
• love and
• joy and
• fulfillment.*

*All of you, my friends,
carry such a word in you,*

- *some more,*
- *some less,*
- *some in one way,*
- *some in another.*

Find that word in you.

*Find the word
with which you consistently say,*

- *"I will not love,*
- *love is dangerous,*
- *it will hurt me."*

*It [i.e., that word in you, which says "I will not love, love is dangerous]
is another word of untruth*

- *that creates its pattern
that makes it
seem a truth,*
- *in which you
cannot experience
the fulfillment
your soul longs for.*

*You are then caught
in an involuntary process
that indeed manifests
that word [i.e., manifests that word which says I will not love,
love is dangerous, love will hurt me].*

35

The manifestation of

- *the process in your life,*
- *the involuntary life*

you create for yourself,

while you believe

you have no say in it,

is the

- *direct and*
- *indirect*

result of those words

you speak –

- *sometimes loudly,*
without knowing
 - *what you say and*
 - *why you are saying it,*
- *sometimes silently,*
without being at all aware
that you say such a word –
yet not necessarily
unconsciously.

[Not necessarily unconsciously.]

For when you begin to observe

the ongoing dialogue within,

you will often see

that your words are there

on a quite conscious level,

but you do not take notice of them.

At other times

the words you speak

are really not on a conscious level

and need to be dredged up.

But there are always

- *hints and*
- *clues*

you can follow

that make their existence quite obvious,

if only you choose

to make the connections.

36

In your busyness

*[i.e., in your staying busy in order] **not to***

- **hear and**
- **understand**

your words,

***you do not take responsibility**
for the words you speak.*

I purposely say

- **"words"**

rather than

- **"thoughts,"**

for thoughts

***are only the outcome**
of the underlying factors
creating the word.*

The word is

the energy explosion.

The word is

that which immediately creates.

The thought is

the content,

the word is

- ***its [i.e. the thought's] inception,***
- ***its expression,***
- ***its realization***
in its first stage.

A thought

without the word

would be impossible,

it [i.e., a thought without the word] would be meaningless,
it could not exist.

	<p><i>So the <u>thought</u></i> <i>is the <u>underlying consciousness factor</u></i> <i>of the energetic process.</i></p> <p><i>The <u>spoken word</u></i> <i>is the <u>finished product</u></i> <i>of the thought behind it.</i></p> <p><i>I repeat: this <u>finished product</u> of the thought – <u>the word</u> –</i> <i>is <u>not necessarily</u></i></p> <ul style="list-style-type: none">• <u>conscious</u> or• <u>articulate</u> or• <u>vocal</u>.
37	<p><i>So my friends,</i></p> <ul style="list-style-type: none">• <u>take care with your words</u>.• <u>Make room for clarity in them</u>.• <u>Take responsibility for the words</u> <i>you speak within.</i> <p><i><u>Your words are your life creation.</u></i></p> <ul style="list-style-type: none">• <u>Question the words you speak,</u> <i>see whether they come from</i>• <u>a thought of truth</u> or• <u>a thought of untruth</u>. <p style="text-align: right;"><ul style="list-style-type: none">• <u>A thought can be revised,</u>• <u>it can be rejected,</u>• <u>it can be debated.</u></p> <p><i>The <u>word</u> is already</i> <i>the <u>finished product</u></i> <i>of the <u>thought</u></i> <i>and is therefore</i> <i>the <u>beginning of the creation.</u></i> <i>It [i.e., the <u>word</u>] is that</i> <i>which <u>clinches the thought</u>, as it were.</i></p>

38

*So differentiate
between*
• *the word*
and
• *the thought.*

*For example,
if you think you are unworthy
of the best life has to offer,
you can question that thought.*

*But if you speak that word [i.e., speak the word that you are unworthy]
within you,
it is already a creation
that is*
• *taken for granted,*
• *never challenged,*
• *never debated*
and therefore [remains] uncorrected.

*And in that way
it [i.e., the word spoken inwardly to yourself declaring you unworthy]
is given constant power
that is not*
• *visible or*
• *noticeable*
to you.

*It is an undercurrent
on which*
• *the boat of your life,*
• *the vehicle of this incarnation,*
constantly
• *swings and*
• *rocks.*

*It is as though
you are carried
by that current,
and indeed you are.*

	<p><i>But you are no longer <u>consciously connected</u> with the <u>current</u>.</i></p> <p><i>You do not know that you <u>created the current</u> through the <u>thoughts</u> that <u>create the words you speak</u> – the</i></p> <ul style="list-style-type: none">• <u>unchallenged,</u>• <u>unquestioned</u> <u>thoughts</u> you utter <u>within your own mind.</u>
39	<p><i>So realize that <u>where the creation is</u> • <u>undesirable</u> and • <u>limiting,</u> you must</i></p> <ul style="list-style-type: none">• <u>look for</u> and• <u>challenge</u> the <u>word</u> <u>responsible for this state.</u> <p><i>You must begin to <u>say different words.</u></i></p>
40	<p><i>My dearest friends, it is also important for you to understand that the <u>word</u> that is <u>superficially spoken,</u> while the <u>opposite word</u> <u>persists underneath,</u> will only create a <u>short circuit.</u></i></p> <p><i>So if you say <u>on only a superficial level of your mind,</u> <u>"Yes, I am worthy"</u> this will <u>not work.</u></i></p>

*You constantly pay lip service
to many truths
• in your mind and
• in your thoughts,
saying the words,
but you do not challenge
the words
that are opposite.*

*The only way you can know, at first,
that you speak
such opposite words
at all
is by
• the results and
• the manifestations
in your life.*

*This [i.e., your life]
is the absolute proof
of what words
are spoken within.
There can be no mistake about that.*

41

So
• look at
the life situations
that make you feel
less than happy;
• acknowledge
the involuntary process
that carries you
in that continuing pattern.
And then
• search within you
for the word
you say
that creates
the unhappiness.
What is specifically
the word
in a particular situation?

42

*My friends,
it will not be so difficult
for you to unearth this now.*

*At the beginning of your path,
before your present awareness,
you would have been convinced
that the*

- superficial,
- positive
word

was all there was

*and you would have
used the fact
that the opposite experiences
exist nevertheless
as proof*

- that life is
 - unfair and
 - untrustworthy and
- that your own
inner processes

*have no bearing on it [i.e., no
bearing on your life].*

*You would have only
convinced yourself
further
that people
are victims
of life.*

Now, however,
you have gone deeply enough
to know
not only

- your lower self and
- its negative intentionality,

but also

- your unfortunate
hate for yourself and [your]
- lack of faith
 - in your higher self,
 - in deserving fulfillment,
 - in your rights to
 - expand and
 - stretch

your consciousness into
more alternatives
for fulfillment.

Knowing all that,
you will be able to find the words
you still speak
in various areas of your life.

43

In connection with this
I would like to say a few words about

- receiving and
- giving.

You do know by now –
for

- we have often discussed this and
- you are beginning to see it increasingly –

that

- giving

and

- receiving

are one.

*But, again,
this knowledge
is often merely
• mental and
• superficial
and not yet
• experiential.*

• Emotionally and
• experientially
*there still is quite a division [in you between
giving and receiving].*

*But you
are becoming
increasingly aware of
the oneness,
even within the division.*

44

Let me be more explicit.

*When you speak
the word of self-devaluation
into your inner being,
• you must become fearful,
• you avoid moving out,
• you prevent your heart
from flowing to the next heart.*

*In this miserable state,
you believe
that all you need
to be helped out of this state
is to be loved.*

*But when love is given to you,
no matter how you long for it,
you cannot accept it.*

You find

- ways and
- means

to prevent taking it [i.e., to prevent taking love given by the other].

Here,

even in your divided consciousness,
you find

the unchangeable unity:

- as you do not give,
- you cannot receive.

45

Taking in love

directly depends on

your awareness

- of having earned the right
to do so,

- of being worthy of it,

for if you are not aware

of your worthiness,

receiving love

- threatens a worse punishment and

- exposes you to the pain

of your real feeling –

which is the sense of

worthlessness.

And giving your love

is equally dependent

on that [i.e., on your awareness of your worthiness],

for you can give love

only when you can feel

you deserve the pleasure

of doing so.

You can receive love

only when you feel you deserve it,

which [in turn] cannot happen

if you do not wish

to love.

46

No one else
can give you
• the worth and
• the love
that you first need to extend
to yourself.

The fallacy of the thought
that if you were loved
you could then also love,
no longer has any room
in your consciousness.

It [i.e., the thought that if you were loved by others then you could love others]
simply does not work.

It is a false word
you speak to yourself
on some level.

As you
• try it out and
• observe it objectively,
you will see
there is no truth to it.

47

You are often
given to,
but you reject
what is given [to you, and what is given]
in sincere love
• from
• others and
• God,
• from life itself.

The word you speak
by thusly rejecting what is given to you
creates the false unity of
• neither being able
to love
• nor
to receive it.

	<p><i>Only when you speak <u>different words</u>,</i></p> <ul style="list-style-type: none">• <i><u>deep inside</u>,</i>• <i><u>with</u></i> <ul style="list-style-type: none">• <i><u>all the feelings</u> and</i>• <i><u>all the conviction</u>,</i> <i>as a <u>result of</u></i> <ul style="list-style-type: none">• <i><u>penetrating</u></i> <i><u>those deeper levels</u> and</i>• <i><u>transforming</u></i> <i><u>the false words</u></i> <i>into</i> <ul style="list-style-type: none">• <i><u>one</u></i>• <i><u>clear-cut</u></i>• <i><u>strong</u></i> <i><u>creative movement</u></i> <i><u>of the word</u>,</i> <p><i>will</i></p> <ul style="list-style-type: none">• <i><u>loving</u></i> <p><i>and</i></p> <ul style="list-style-type: none">• <i><u>being loved</u></i> <i>become</i>• <i><u>a oneness</u>,</i> <i>and <u>not</u></i>• <i><u>an impossible division</u>.</i>
48	<p><i>In a similar way, when <u>new people</u></i></p> <ul style="list-style-type: none">• <i><u>enter this path</u> and</i>• <i><u>come into the</u></i> <i>• <u>purifying</u> and</i> <i>• <u>strong</u></i> <i><u>energetic environment</u></i> <i>of the <u>Center</u>,</i> <i>they will <u>not</u> be able</i> <i>to take in the love.</i><p><i><u>And yet</u></i> <i>they <u>must first</u> take in what</i></p><ul style="list-style-type: none">• <i><u>the pathwork</u> and</i>• <i><u>the Center</u></i> <i><u>have to offer</u></i> <i><u>in order to move on</u>.</i>

As they
take in the love,
so do they
give it out.

Even in
only taking love
there is the act of
giving it out.

Not being willing
to accept what is given
is a crass form of
ungivingness.

Taking
is already
a giving,
if it comes from
sincerity
rather than from the

- *cheating,*
- *grabbing,*
- *acquisitive*
- *little*

lower self.

If you have something
to give another
and it is

- *not wanted,*
- *not taken,*

it hurts.

But when
the other takes it,
this person
gives to you.

49

*You must see constantly
that*

- in the taking
is
- the giving and
- in the giving
is
- the taking,
- the receiving.

*Even when the process alternates,
you will find yourself
in one stage*

- more receiving and
- less able to give,
or giving
through
your sincere receiving.

That is all right.

Receive in

- truth and
- beauty,
and you shall become stronger
in the other kind of giving too –
where you give actively
from your resources.

Speak

- the appropriate word*
to yourself,
the word that will create
the greater power to
 - give and
 - receive,
each in
 - truth,
 - wisdom,
 - beauty, and
 - divine will.

*It will become an
endless flow.*

	<p><i><u>Giving and receiving</u></i> <i>will <u>no longer be differentiated,</u></i> <i>for <u>they are indeed</u></i> <i><u>undifferentiated.</u></i></p> <p><i><u>But in your words</u></i> <i><u>deep inside of you</u></i> <i>they <u>seem opposites,</u></i> <i>and thus <u>you create conflict.</u></i></p>
50	<p><i>My friends,</i> <i><u>pay attention</u></i> <i>to <u>your words.</u></i></p> <p><i><u>Observe</u></i> <i>the <u>shallow ones.</u></i></p> <p><i><u>Observe</u></i> <i>the <u>words of untruth, and</u></i> <i><u>consider in what way</u></i> <i><u>they are untruth.</u></i></p> <p><i><u>And then have the courage</u></i> <i>to speak the <u>word of truth.</u></i></p> <p><i><u>Visualization</u></i> <i><u>cannot exist</u></i> <i>without a <u>word of truth</u></i> <i><u>being spoken.</u></i></p> <p><i><u>This must become</u></i> <i><u>very clear to you,</u></i> <i>so that you can</i> <ul style="list-style-type: none">• <i><u>challenge and</u></i>• <i><u>give up</u></i><i><u>more false words.</u></i></p>
51	<p><i>It <u>seems to take</u></i> <i>a lot of <u>courage</u></i> <i>to say the <u>word of truth.</u></i></p>

For example,

- "I
*can and
will
give the best.*
- I will
*let God
give through me*
 - *in sincerity,*
 - *in strength,*
 - *in truth,*
 - *in wisdom,*
 - *in beauty."*

*Why does it seem to take courage
to speak these words, my friends?*

For several reasons.

- *First, your lack of belief
that these words*
 - *are actually a creation, and*
 - *will create accordingly,*
requires
bridging the gap
 - *from*
not knowing
 - *to*
experiencing.

*This gap
can be bridged
only by
faith
*and that [faith], in turn,
is a question of commitment.**

*It [i.e., faith] is extending yourself
into*

- unknown,
- unexplored
- new
 - alternatives and
 - vistas –

and that is always

- *a matter of courage,*
- *a matter of commitment
to believing in
this possibility,
even if
you have not yet
experienced its truth.*

*The courage to
strongly pronounce
these words [i.e., the words, “I will give my best,
I will let God give through me.”]
is a*

- necessary step and
- prerequisite.

Faith is always comprised of

- courage and
- strength.

52

*For another reason [why courage is required to speak these words],
it is courageous
to speak the truth
because the false safety measures
into which
so much false faith
was invested,
often for a long time,
need to be relinquished.*

*Unless this [relinquishing false safety measures and false faith] is done,
the true word
cannot be spoken, therefore
the creation
cannot be forthcoming.*

	<p><i>The</i></p> <ul style="list-style-type: none">• <u>positive</u>,• <u>involuntary</u> <p><u>process</u></p> <p><i>that is like a</i></p> <p><u>gently rolling sea</u></p> <p><i>with an</i></p> <ul style="list-style-type: none">• <u>immense</u> and• <u>benign</u> <p><u>energy</u></p> <p><u>cannot be set in motion</u></p> <p><u>unless you speak the truth.</u></p> <p><i>You are <u>experiencing this now</u></i></p> <p><i>in your <u>beautiful venture</u>,</i></p> <p><i>the <u>Center</u>.</i></p> <p><i>You marvel more and more</i></p> <p><i>at what is happening</i></p> <p><i>as a <u>strength from within</u></i></p> <ul style="list-style-type: none">• <u>takes over and</u>• <u>stretches beyond</u> <p><u>your limited</u></p> <ul style="list-style-type: none">• <u>vision</u> and• <u>consciousness.</u> <p><u>You marvel at it</u></p> <p><u>and you are right to do so.</u></p>
53	<p><i>Know that this [i.e., the creation of the Center]</i></p> <p><i>is</i></p> <ul style="list-style-type: none">• <u>the result and</u>• <u>the creation</u> <p><i>of the <u>many words of</u></i></p> <ul style="list-style-type: none">• <u>truth,</u>• <u>strength,</u>• <u>giving,</u>• <u>commitment,</u>• <u>faith,</u>• <u>goodwill and</u>• <u>action – in short,</u> <p><i>of the <u>initial word</u></i></p> <p><i>that <u>set all this in motion</u> –</i></p> <p><i>that <u>many of you have spoken.</u></i></p>

*Even though
words of untruth
are still spoken
in those same consciousnesses,
the words of truth
that are also spoken
have created a stronger power.*

*And that power in turn
has made it possible
for divine*

- spirits and
- entities and
- guidance
to come forth
in ever stronger measure,
in conjunction with
your own inner divinity.

54

*I am sure you all know
that in this first lecture of the year
you have received
a new tool*

- that can now be used
meaningfully and
- that could not have been used this way
in the past.

- Use it,
- try it,
- experiment with it
and see the beauty of life
opening up more and more.

*The love of all of us
in our world
constantly flows to you.
Receive it.*

*You are blessed.
Be in God!*

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.