

Pathwork on
**Deep Internal Words of Self-Valuing Required
 For Giving and Receiving Love**

This quote from Pathwork Lecture 233 *The Power of the Word* speaks about giving and receiving as being one, as they are in Truth along the giving/receiving axis of Unitive consciousness. In dualistic consciousness giving and receiving seem like opposites. When we speak words devaluing ourselves into ourselves we come to see ourselves as unworthy of love and get stuck in worthy/unworthy dualistic thinking. In this dualistic worthy/unworthy self-devalued state we seek love from the outside, love that we are unwilling to give to ourselves because of our sense of unworthiness. But this doesn't work. As we grow in consciousness we come to learn to speak the word that values ourselves into our deepest places in order to feel our worthiness of love. From feeling our value we give love, and receive it – first with ourselves and then with others. This higher level of consciousness leads us to the experience that giving and receiving love are, indeed, one.

43	<p>In connection with this I would like to say a few words about receiving and giving.</p> <p>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.</p> <p>But, again, this knowledge is often merely mental and superficial and not yet experiential.</p> <p>Emotionally and experientially there still is quite a division [between giving and receiving]. But you are becoming increasingly aware of the oneness, even within the division.</p>
44	<p>Let me be more explicit.</p> <p>When you speak the word of <u>self-devaluation</u> into your inner being, you must become fearful, you avoid moving out, you prevent your heart from flowing to the next heart.</p> <p>In this <u>miserable state</u>, you believe that all you need to be helped out of this state is to <u>be loved</u>.</p> <p>But when love is given to you, no matter how you long for it, you <u>cannot accept it</u>. You find ways and means to <u>prevent taking it</u>.</p>

	<p>Here, even in your divided consciousness, you find the unchangeable unity: as you do not give, you cannot receive.</p>
45	<p><u>Taking in love</u> directly depends on your awareness of having earned the right to do so, of being worthy of it, for if you are <u>not</u> 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 <u>worthlessness</u>.</p> <p>And <u>giving your love</u> is equally dependent on that,</p> <p>for you can give love only when you can feel you deserve the pleasure of doing so.</p> <p>You can receive love only when you feel you deserve it, which cannot happen if you do not wish <u>to</u> love.</p>
46	<p><u>No one else can give you</u> the worth and the love that <u>you first</u> need to extend to yourself.</p> <p>The fallacy of the thought that if you were loved you could then also love, no longer has any room in your consciousness. It 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.</p>
47	<p><u>You are often given to,</u> but you reject what is given in sincere love from others and God, from life itself.</p> <p>The word you speak out of this rejection creates the false unity of neither being able <u>to</u> love nor to receive it.</p>

Only when you spea**k** different words,
deep inside,
with all the **feelings** and
all the **conviction**,
as a **result of penetrating those deeper levels** and
transforming the
false words into
one clear-cut strong creative movement of the word,
will
loving and
being loved
become a **oneness**,
and not an impossible division.

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In a similar way, when **new people**
enter this path and
come into
the purifying and
strong energetic environment of the Center,
they **will not be able to take in the love**.

And yet they must first take in what the
pathwork and
the Center
have to offer
in order to move on.

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**.

	<p>But when the other takes it, this person gives to you.</p>
49	<p>You must see constantly that in the taking is the giving and in the giving is the taking, the receiving.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>It will become an endless flow.</p> <p>Giving and receiving will no longer be differentiated, for they are indeed undifferentiated.</p> <p>But in your words deep inside of you they seem opposites, and thus you create conflict.</p>