

Pathwork on  
**Destructive Power of Feeling Worthless**

This quote from Pathwork Lecture 233 *The Power of the Word* speaks to the power of the inner word (emanating from various psychic nuclear points within our being) that is unconscious but tells us to think of ourselves as unworthy of joy and fulfillment. This unconscious inner negative self-talk is powerful and blocks our fulfillment and joy in life. In our Pathwork process we are to discover the truth of **cause and effect** and thereby become a part of the **positive creative life process of the Cosmos**. In being part of this positive Cosmic creative process we directly experience fulfillment and joy.

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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  
unfulfillment  
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**?

Then you can only continue to block this "knowledge" and defend against it.

As you know,  
it is precisely those **defensive maneuvers**  
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**.

	<p>You <b>fear</b> that <b>if you did acquire these desirable</b> assets, it would only be by "<b>stealing</b>," and you would be <b>punished</b>.</p> <p>So <b>as you speak the word</b> for what you <b>long for</b>, what <b>every human being longs for</b> and <b>should</b> indeed <b>experience</b>, you simultaneously <b>speak the word against it on another level</b>.</p> <p>The same <b>duality</b> applies to <b>everything in life</b>.</p> <p>While you are in this state of <b>division</b> and <b>self-denial</b>, you must feel <b>pessimistic</b> and <b>fearful</b> about the <b>world</b> and see it only in <b>fragments</b>, <b>out of context</b>, <b>reaffirming your fearful visions</b>.</p>
25	<p>Thus the <b>process of the pathwork</b> is <b>essential</b> to <b>establish the one-pointed word</b>.</p> <p>Only through the <b>honesty</b> and <b>courage</b> of <b>self-exposure</b> and <b>purification</b> will you gain sufficient initial <b>self-esteem</b> to expose your <b>devastating belief</b> in your <b>valuelessness</b>.</p> <p>Only when you <b>pierce through</b> the <b>superficial substitute</b> maneuvers of <b>false self-value</b>, making room for <b>facing your painful belief</b> in <b>being valueless</b>, can you begin to <b>see this assumption</b> and <b>cast doubt</b> on your <b>self-doubt</b>.</p> <p>In that way you can <b>constantly pronounce words of truth</b>.</p>
26	<p>Even <b>questions</b> can be <b>words of truth</b>. "Is this assertion of my value a <b>defense</b> or a <b>real expression</b>?"</p>

"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.**

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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.**

	<p>Humankind at this stage of development is becoming increasingly aware of <b>energy</b> and <b>its importance</b>.</p> <p>But you are not sufficiently aware yet that the <b>thought</b> and the <b>word</b> itself are <b>energy</b> – energy of a different kind.</p>
28	<p><b>Every level of the personality</b> is an expression of a <b>different kind of energy</b>.</p> <p>The <b>mental</b> level, <b>feelings</b>, <b>will</b>, the <b>physical</b> level and the level of <b>spirit</b> are <b>different energy types</b>.</p> <p>To <b>feel</b> and <b>recognize</b> the <b>power</b> and <b>energy</b> of the <b>word</b> is <b>immensely important</b> and <b>vastly underestimated</b>.</p>
29	<p>You believe it does not matter what you <b>think</b>, what you <b>say</b>.</p> <p>This is not so.</p> <p>You can <b>say a word</b> with a <b>loud voice</b> or <b>silently</b>, and the <b>silent word</b> is not necessarily less powerful than the <b>uttered word</b>.</p> <p>Many words are spoken with the <u>vocal cords</u> that have <b>much less energy</b> than the <u>internal words</u>, for they are <b>not rooted in strong beliefs</b>.</p> <p>They are <b>lightly said</b>, without <b>feeling</b> or <b>conviction</b>, to <b>fill the void within</b>.</p> <p>The <b>power of these words</b> is an <u>indirect</u> one because they <b>create fog</b> that <b>separates</b> the <b>consciousness</b> from the <b>words spoken within</b> that <u>do</u> have the <b>power</b>, either <b>constructively</b> or <b>destructively</b>.</p>

30	<p>So</p> <p>the <b>lightly uttered words,</b>  <b>without impact,</b>  <b>without depth or roots,</b>  whether they are <b>spoken</b> or are  <b>the pitter-patter of thoughts,</b>  have nevertheless a <b>serious effect</b>  on the <b>creative process</b> that each human being,  wittingly or unwittingly, <b>sets in motion.</b></p> <p><u>Listen</u> to their <b>underground noises,</b>  <u>see</u> their <b>meaning,</b></p> <p>take enough distance from them so that you can  <u>hear</u> and  <u>evaluate</u> them.</p> <p>By <b>observing</b> and <b>identifying</b> them,  you will <b>gain a better understanding</b> of  <u>how you create your life</u> and  <u>what your creative process is.</u></p> <p><b>See the powerful words</b> you speak behind  that <b>curtain,</b>  that <b>fog of separation.</b></p>
31	<p>There are <b>many powerful words you speak,</b>  with hidden thoughts that are unclear  to your <b>observing consciousness,</b>  to the <b>awareness</b>  that would <b>permit you to utilize the hidden material.</b></p> <p>You need to <b>observe</b> and thereby <b>dissolve</b>  the <b>fog</b> of the <b>superficial word</b>  that is</p> <p>merely <b>meaningless noise</b> and  has <b>no substance in your consciousness,</b> either  in <b>feeling</b> or  in <b>belief.</b></p> <p>When you have thus <b>clarified your vision of the power of the word,</b> you can  <b>listen</b> to your <b>words</b> and  <b>contemplate their meaning</b> and  <b>be aware of their consequences.</b></p> <p>Then perhaps you can <b>feel the energy current</b>  in <b>each word you speak</b>  <b>silently</b> or  <b>aloud.</b></p>

	<p>You must  <b>clearly enunciate</b> and then  <b>examine</b> the  <b>feelings,</b>  <b>convictions,</b> and  <b>ideas</b></p> <p>for  their <b>truth</b> and  their <b>effect on</b>  <b>your life,</b>  your <b>behavior,</b>  your <b>receptivity,</b></p> <p>so that you can develop an <b>unhampered perception of <u>reality</u></b> –  <b>your own</b> and  <b>others'</b> and  <b>life's.</b></p>
32	<p>When the <b>words are contrary to divine unalterable truth and beauty,</b>  their energies will take you into a  <b>self-perpetuating,</b>  <b>involuntary</b> pattern  that seems to <b>make life</b>  <b>dangerous,</b>  <b>alien,</b>  <b>something to be defended against.</b></p> <p><b>In this pattern you feel like a <u>helpless pawn.</u></b></p> <p>But when you  discover the <b>power of the word</b> and  <b>choose different words,</b>  <b>words according to the <u>truth of creation,</u></b>  you create a pattern in which the <b>involuntary process carries you</b>  <b>in benign love,</b>  <b>in ever-expanding joy and abundance.</b></p>
33	<p><b>When you do <u>not</u> have</b>  <b>joy and</b>  <b>abundance</b> -- outwardly and inwardly –</p> <p>you must be <b>speaking a word that denies this possibility for you.</b></p>

If you do **not believe in the possibility** of  
**joy and**  
**abundance** for yourself  
because you **secretly** –  
often **without conscious awareness** –  
**feel undeserving**,  
you often **deny that this possibility even exists in creation**.

That **defensive palliative** seems perhaps **less painful**  
than **admitting** that **you** feel  
too **evil** and  
**undeserving**  
to have **fulfillment**.

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**.