

# Pathwork Lecture 240: Aspects of the Anatomy of Love: Self-Love, Structure, Freedom

1996 Edition, Original Given April 7, 1976

This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Version** 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 Version 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 rendition 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, sometimes underlined, but never bolded.]*

To learn more of my Devotional Version 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 Vollbracht*

¶	Content
03	<p><i><b><u>My most beloved friends,</u></b></i>  <i><b><u>blessed are</u></b></i>  <ul style="list-style-type: none"> <li><i><b><u>• you</u></b></i></li> </ul> <i><b><u>in your whole being,</u></b></i>  <i><b><u>blessed is</u></b></i>  <ul style="list-style-type: none"> <li><i><b><u>• your path,</u></b></i></li> </ul> <i><b><u>blessed are</u></b></i>  <ul style="list-style-type: none"> <li><i><b><u>• your endeavors</u></b></i></li> </ul> <i><b><u>to</u></b></i>  <ul style="list-style-type: none"> <li><i><b><u>• grow and</u></b></i></li> <li><i><b><u>• struggle and</u></b></i></li> <li><i><b><u>• find</u></b></i></li> </ul> <i><b><u>your inner truth.</u></b></i></p>

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04

The love of the universe  
permeates  
all that is.

It is always available,  
although often  
you are not aware of it  
because of  
the false direction  
of your thinking.

As you  
struggle  
on your path,  
you discover  
the many

- conflicts and
- confusions

of your mind.

But  
when you  
work your way through  
these  
ever-narrowing  
spiral movements,  
the issues  
become  
so much simpler.

And in  
the final nuclear point of your being,  
the issue is  
love.

Love  
is the key to all.

Love  
is the medicine  
that heals

- all illness and
- all sorrow.

05	<p><i>We shall talk about <u>certain aspects of love</u> in this lecture.</i></p> <p><i><u>To completely cover the topic</u> <u>would be absolutely impossible</u> in one lifetime, <u>even if it were discussed every hour of the day,</u></i></p> <ul style="list-style-type: none"><li>• <i><u>so deep and</u></i></li><li>• <i><u>so far-reaching</u> is it.</i></li></ul> <p><i>We shall discuss <u>those aspects of love</u> <u>that you most need on your path</u> <u>at this juncture.</u></i></p>
06	<p><i><u>There is</u> <u>much discussion in your world</u> <u>about what love really is.</u></i></p> <p><i><u>To many</u> <u>it seems to be</u> <u>primarily</u> <u>a feeling.</u></i></p> <p><i><u>What is it really?</u></i></p> <p><i><u>Is it</u> • <i><u>a force,</u></i> <u>is it</u> • <i><u>a feeling?</u></i></i></p> <p><i>Now I say to you, my friends, <u>it is all that,</u> <u>and more.</u></i></p>

Let us speak of  
the fundamental personality structure in the human being  
in terms of  
• reason,  
• will, and  
• emotion,  
and apply  
love  
to these functions.

In the following example  
we will see that  
love  
is literally  
• all and  
• everything.

07

It is obvious  
that  
love  
is a feeling,  
but it is  
not so obvious  
that this  
feeling  
must result from  
an act of  
• will  
motivated by  
• intelligence.  
So love  
is certainly  
• intelligence.

If you truly look at  
any single issue  
in the full scope it deserves,  
you will have to conclude that  
hatred  
is ignorant,  
no matter  
how justified it may appear.

It [i.e., hatred]  
is  
lack of intelligence.

There are, of course,  
many  
• forms of hatred  
that are never acknowledged as such;  
there are also  
many  
• degrees [of hatred].

Lack of love [i.e., various forms and degrees of hatred]  
can simply manifest in  
• separateness, in  
• hopelessness, in  
• lack of faith, in  
• depression, in  
• a bleak vision of the universe, in  
• fears, in  
• feeling victimized.

It [i.e., lack of love or various forms and degrees of hatred]  
can also manifest in  
• resentment,  
• blame,  
• hostility, and  
• overt hatred,  
with many shades in-between.

08

Love  
is certainly  
pure  
• intelligence and  
• reason.

The deeper  
the understanding of  
the prevailing circumstances,  
the farther  
the vision goes,  
the closer  
the person is  
to truth,

the less  
will it be possible to  
experience  
hate, and  
the more  
love  
must grow.

09

The emotion of  
love  
is impossible  
without  
the will  
moving toward  
a loving state.

If you  
do not wish  
to love,  
if you  
do not purposely express  
the desire  
to love  
which means  
to fully understand, and  
if you  
do not intend  
to love,  
you will not love.

You will never be able to  
feel love,  
and you will often wonder why.

Sometimes  
the will to  
love  
stimulates  
the will to  
understand fully,  
and consequently  
understanding  
grows from love.

Other times  
the understanding  
occurs first  
and results in  
the awakening of  
the will to love.

Either way,  
the  
• feeling of love  
cannot exist  
without  
• intelligence and  
• intention,

or, to put it differently,  
• the emotion [of love]  
follows  
• reason and  
• will.

10	<p><i><u>If you have</u></i> <i><u>misconceptions</u></i> <i><u>that</u></i></p> <ul style="list-style-type: none"><li>• <i><u>to love</u></i></li></ul> <p><i><u>is</u></i></p> <ul style="list-style-type: none"><li>• <i><u>to lose,</u></i></li><li>• <i><u>to be</u></i><ul style="list-style-type: none"><li>• <i><u>impoverished or</u></i></li><li>• <i><u>taken advantage of,</u></i></li></ul></li></ul> <p><i><u>or that</u></i></p> <ul style="list-style-type: none"><li>• <i><u>to love</u></i></li></ul> <p><i><u>means</u></i></p> <ul style="list-style-type: none"><li>• <i><u>to be</u></i><ul style="list-style-type: none"><li>• <i><u>weak,</u></i></li><li>• <i><u>submissive, and</u></i></li><li>• <i><u>spineless,</u></i></li></ul></li></ul> <p><i><u>then your ideas</u></i> <i><u>reflect</u></i></p> <ul style="list-style-type: none"><li>• <i><u>a lack of</u></i><ul style="list-style-type: none"><li>• <i><u>reason and</u></i></li></ul></li><li>• <i><u>a lack of</u></i><ul style="list-style-type: none"><li>• <i><u>intelligence,</u></i></li></ul></li></ul> <p><i><u>which will hamper</u></i> <i><u>your</u></i></p> <ul style="list-style-type: none"><li>• <i><u>will</u></i> <i><u>to love.</u></i></li></ul>
11	<p><i><u>Love</u></i> <i><u>is also</u></i> <i><u>much more</u></i> <i><u>than</u></i></p> <ul style="list-style-type: none"><li>• <i><u>reason,</u></i></li><li>• <i><u>will, and</u></i></li><li>• <i><u>emotion.</u></i></li></ul> <p><i><u>It [i.e., love]</u></i> <i><u>is</u></i></p> <ul style="list-style-type: none"><li>• <i><u>sensation</u></i> <i><u>on every level of your being.</u></i></li></ul> <p><i><u>This is easily verified</u></i> <i><u>if you pay attention to</u></i> <i><u>your own reactions.</u></i></p>



When you are  
in a state of love,  
you  
• see differently,  
you  
• hear differently  
you  
• taste differently.

Life around you  
has  
an altogether different  
flavor.

You  
• feel and  
• touch differently.

You  
• perceive and  
• experience  
everything that comes to pass  
in a very different way.

12

When you are  
not  
in a state of love,  
your sense perceptions  
highlight experiences  
that you find undesirable.

They [i.e., experiences that you find undesirable]  
appear unjustified to you.

Certainly,  
whatever intelligence  
you bring to bear on the situation  
constructs reasons  
that justify  
the reality  
you  
want  
to perceive.

*In other words,  
your unloving perceptions  
appear  
absolutely correct.*

*But, my friends,  
question this [i.e., question whether or not unloving perceptions are correct].*

*It is only  
a very limited truth  
you perceive  
in the unloving state.*

*It [i.e., the limited truth you perceive in the unloving state]  
is, in fact,  
so limited  
that you cannot call it  
reliable perception.*

*You merely perceive  
isolated fragments  
of the truth.*

13

*When you are in  
a state of love  
your body  
functions very differently.*

*Your  
• breathing  
is different,  
your  
• heartbeat and  
• pulse  
are different.*

*Your  
• bloodstream  
functions differently  
from when you are in  
a state of hate,  
whether or not  
you are aware of hating.*

When you love  
you remain  
in a state of health.

Although  
the lack of health  
is not necessarily  
a direct reflection  
of your hate,  
it [i.e., the lack of health]  
may be a necessary byproduct  
of your struggle  
to find the way  
out of

- hate and
- fear

into

- love and
- trust.

For that [struggle to find your way out of  
hate and fear into love and trust]  
is always  
the inner struggle,  
whether you know it or not.

14

There are  
many other

- experiences,
- perceptions,
- sensations,

some of which  
you do not even know exist,  
that are

- indications and
- expressions

of love.

	<p><i><u>They</u> [i.e., <u>these other experiences, perceptions, and sensations that are indications and expressions of love</u>]</i> <i><u>reflect</u></i> <i><u>your state of consciousness,</u></i> <i><u>whether</u></i> <i><u>it is already</u></i> <ul style="list-style-type: none"><li>• <i><u>enlightened and</u></i></li><li>• <i><u>loving</u></i></li></ul><i><u>or still</u></i> <ul style="list-style-type: none"><li>• <i><u>unenlightened,</u></i></li><li>• <i><u>defensive,</u></i></li><li>• <i><u>hating, and</u></i></li><li>• <i><u>fearful.</u></i></li></ul></p>
15	<p><i><u>So</u></i> <i><u>love</u></i> <i><u>is</u></i> <i><u>in everything.</u></i></p> <p><i><u>Thus we</u></i> <i><u>now come to</u></i> <i><u>the very important aspect of</u></i> <i><u>loving yourself.</u></i></p> <ul style="list-style-type: none"><li>• <i><u>Self-love</u></i></li></ul> <p><i><u>and</u></i></p> <ul style="list-style-type: none"><li>• <i><u>love for others</u></i> <i><u>are intricately connected.</u></i></li></ul> <p><i><u>Here I need to repeat a statement</u></i> <i><u>I have often made:</u></i> <i><u>you cannot</u></i> <i><u>love yourself</u></i> <i><u>if you do not</u></i> <i><u>love others,</u></i> <i><u>and you cannot</u></i> <i><u>love others</u></i> <i><u>if you do not</u></i> <i><u>love yourself.</u></i></p>

Conversely,  
if you  
hate  
yourself,  
you also  
hate  
others.

Again,  
you may not be aware  
• of this correlation [between self-hate and hating others]  
and  
• of the unconscious process  
that makes you  
• deny your self-hate  
and therefore [because of the correlation between self-hate  
and hating others, makes you also]  
• be in need of hating others.

16

The inner struggle  
to find the ability  
to love yourself  
is unceasing.

Humanity  
gets confused  
in this struggle [to find the ability to love oneself]  
by  
the dualistic state of mind.

This confusion [i.e., one's confusion in finding the ability to love oneself  
brought about by of the dualistic state of mind]  
is extremely important  
for you to understand.

*The confusion* [i.e., *your confusion in finding the ability to love yourself*  
*brought about by of the dualistic state of mind*]

*is:*

*if you love yourself,*  
*do you then also*  
*indulge yourself?*

*Do you then*  
*follow the line of least resistance?*

*Do you then*  
*rather*  
*blame others* [for resisting your lower-self acting out]  
*than*  
*honestly look into*  
*your lower self?*

*Does self-love*  
*mean*  
*giving free rein*  
*to the aspirations of*

- *your lower self and*
- *your mask self?*

*Or does*  
*the necessity on the path*  
*of facing the truth*  
*of your lower self,*  
*with its*

- *subterfuges and*
- *deceptions,*

*mean that you*  
*have to*

- *express and*
- *live*  
*the self-hate*  
*embedded in*  
*this [lower-self] aspect*  
*of your personality?*

17

**This** [confusion regarding, on the one hand, self-love meaning giving free rein to your lower self or, on the other hand, the necessity of facing the truth of your lower self meaning you have to express and live the self-hate embedded in this lower self aspect of your personality]

is a

- very deep and
- tragic  
struggle  
for all of humanity.

It [i.e., this dualistic confusion and resulting struggle to love yourself]

is tragic,

on the one hand,  
because

- to hide from it [i.e., to hide from this struggle to love yourself],
- to deny it [i.e., to deny from this struggle to love yourself]

makes it

much more

- painful and
- prolonged

than it needs to be.

Yet,

on the other hand,

this struggle [to find a way to love yourself]  
is also beautiful.

You begin to

experience

its beauty

when

you find

your first foothold  
in true security.

Security

lies in

your first

- admitting the struggle [to find the capacity to love yourself],
- becoming aware of it.

	<p><b><u>When you are</u></b> <b><u>not aware</u></b> [<i>of the dualistic confusion and resulting struggle to love yourself</i>], <b><u>you seek</u></b> <b><u>the false solution</u></b> <b><u>to self-love,</u></b> <b><u>which is</u></b></p> <ul style="list-style-type: none"><li>• <b><u>self-indulgence and</u></b></li><li>• <b><u>blaming others</u></b> [<i>for your self-hate resulting from your self-indulgence</i>].</li></ul>
18	<p><b><u>You all know on your path</u></b> <b><u>how</u></b></p> <ul style="list-style-type: none"><li>• <b><u>tempting this game</u></b> [<i>i.e., this game of self-indulgence and blaming others for your self-hate resulting from your self-indulgence</i>]</li></ul> <p><b><u>appears and</u></b> <b><u>how</u></b></p> <ul style="list-style-type: none"><li>• <b><u>unsatisfactory and</u></b></li><li>• <b><u>constricting</u></b> <b><u>it really is.</u></b></li></ul> <p><b><u>It</u></b> [<i>i.e., this game</i>] <b><u>makes you</u></b> <b><u>constantly fluctuate</u></b> <b><u>between</u></b></p> <ul style="list-style-type: none"><li>• <b><u>self-righteous accusations</u></b> [<i>of others</i>]</li></ul> <p><b><u>and</u></b></p> <ul style="list-style-type: none"><li>• <b><u>morbid self-recrimination and</u></b></li><li>• <b><u>guilt.</u></b></li></ul> <p><b><u>The accusations</u></b> [<i>against others</i>] <b><u>never</u></b> <b><u>deeply convince you,</u></b> <b><u>because</u></b> <b><u>no matter how accurate</u></b> <b><u>some of them might be,</u></b> <b><u>you suffer</u></b> <b><u>the uncertainty</u></b> <b><u>that comes from</u></b> <b><u>hiding from yourself.</u></b></p>



Thus  
you find it impossible  
to

- love and
- esteem

yourself  
on a conscious level.

You swing  
between  
conscious hate for

- yourself

and  
hate for

- others,

and that is truly  
a very painful state  
that you need not endure.

19

Most of you  
fluctuate  
between hatred for

- self

and [hatred for]

- others.

It remains  
for you to find the places  
in your inner being  
where you still  
live in  
the pseudo-solution  
of loving yourself

- by indulging yourself,
- by blaming others [for restricting your self-love],
- by
  - excusing and
  - justifying

your own lower-self traits  
and all the more

- severely heaping accusations

on others [for not accepting your lower self].

Your view of  
• yourself  
and  
• others  
is thus  
always somewhat lopsided;  
you live  
in inner turmoil  
due to  
your frantic attempt  
to hide your self-hate  
from yourself.

The more  
you do this [i.e., the more you hide your self-hate from yourself],  
the more  
you mistakenly believe  
that this [i.e., that hiding your self-hate from yourself]  
is the way to attain  
• self-love and  
• self-esteem.

The  
• true,  
• guilt-free  
awareness of  
• other people's wrongdoing,  
clearly seen  
as separate from  
• your own inner wrongdoing,  
will come  
when you dispense with  
the false solution [of hiding your self-hate from yourself].

It [i.e., the true awareness of other people's wrongdoing  
as separate from your own]  
will come  
when you search arduously  
to attain  
a truthful balance in

- facing  
your lower self  
honestly

and [at the same time] –  
not in spite of this discovery [of your lower self]  
but because of it –

- loving and
- honoring  
yourself  
the more.

20

The tragedy  
of this pseudo-solution  
to your self-hate [i.e., the pseudo-solution of indulging yourself,  
denying your self-hate, and blaming others]

is that  
as long as you use it,  
you become  
further alienated from  
true

- self-love and
- self-esteem.

Therefore,  
if you want to find  
the real way  
to love yourself,  
it is absolutely necessary  
to ascertain

- that you lack balance,
- that you are on the wrong road to finding your
  - true
  - divine
  - eternal  
values, and
- that you are trying to eliminate self-hate  
through false means.

The moment

you can admit this [i.e., admit that you are on the wrong road],  
you can

open

- your heart and
- your mind  
to all your  
true  
values.

You can begin

to give yourself  
honest recognition  
without

- hiding and
- justifications.

Most of all,  
you can

open yourself  
to the inner inspiration  
that will guide you  
to experience  
how you can  
acknowledge  
your lower self  
without  
becoming ensnared in  
self-hate.

You will then see clearly  
that

- the more you do this [i.e., the more you can acknowledge your lower self without becoming ensnared in self-hate],
- the more you can  
truly
  - love and
  - respect  
yourself.

21

Now,  
as you love yourself  
in the true way,  
without  
indulging  

- your lower self and
- its childish demands [to freely act out your lower-self traits],

you will find  
that  

- being firm with yourself

is as much an expression of love as  

- is tenderness [with yourself].

If you can  
be firm  
with yourself,  
as opposed to  

- self-destructively and
- unlovingly

devaluing yourself,  
you can also  
be tender  
with yourself.

A beautiful balance  
will emerge clearly:  

- self-discipline,
- strict honesty with the self, and
- firmness with  
the lower self's desire  
to act out

will create  

- self-honor,
- tenderness, and
- deep appreciation for the self.

The distortion  
of this [beautiful] balance  
is  

- self-indulgence [by acting out your lower-self traits]  
at the expense of others and
- lacerating self-hate.

	<p><b><i><u>The distortion [of this beautiful balance]</u></i></b></p> <ul style="list-style-type: none"><li>• <b><i><u>is, to begin with,</u></i></b> <b><i><u>unconscious and [therefore]</u></i></b></li><li>• <b><i><u>needs to be perceived</u></i></b> <b><i><u>through its</u></i></b> <b><i><u>indirect</u></i></b> <b><i><u>manifestations.</u></i></b></li></ul>
22	<p><b><i><u>Only when you</u></i></b></p> <ul style="list-style-type: none"><li>• <b><i><u>seek and</u></i></b></li><li>• <b><i><u>gradually attain</u></i></b> <b><i><u>the right balance [i.e., attaining the beautiful balance of firmness in</u></i></b> <b><i><u>restricting the acting out of your lower-self traits and self-love]</u></i></b></li></ul> <p><b><i><u>can you</u></i></b></p> <ul style="list-style-type: none"><li>• <b><i><u>be receptive to</u></i></b> <b><i><u>your own divinity and</u></i></b></li><li>• <b><i><u>finally merge with it [i.e., merge with your own divinity] and</u></i></b></li><li>• <b><i><u>find your identity in it [i.e., find your own identity in your own divinity].</u></i></b></li></ul> <p><b><i><u>In a meditation</u></i></b> <b><i><u>of the deepest sort</u></i></b> <b><i><u>you bestow</u></i></b> <b><i><u>tender love</u></i></b> <b><i><u>upon</u></i></b></p> <ul style="list-style-type: none"><li>• <b><i><u>every aspect of</u></i></b> <b><i><u>your manifestation;</u></i></b></li><li>• <b><i><u>every organ</u></i></b> <b><i><u>that you neglect loving;</u></i></b></li><li>• <b><i><u>every attitude,</u></i></b> <b><i><u>no matter how distorted.</u></i></b></li></ul> <p><b><i><u>Once you</u></i></b> <b><i><u>face yourself</u></i></b> <b><i><u>in truth,</u></i></b> <b><i><u>you can find</u></i></b> <b><i><u>your underlying divinity.</u></i></b></p>

	<p><b><u>But that [i.e., but finding your underlying divinity]</u></b> <b><u>is genuinely possible</u></b> <b><u>only when</u></b> <b><u>you no longer</u></b></p> <ul style="list-style-type: none"><li>• <b><u>excuse,</u></b></li><li>• <b><u>hide,</u></b></li><li>• <b><u>deny,</u></b></li><li>• <b><u>rationalize,</u></b></li><li>• <b><u>project, and</u></b></li><li>• <b><u>hate others</u></b></li></ul> <p><b><u>in order</u></b> <b><u>not to feel</u></b> <b><u>your self-hate.</u></b></p>
23	<p><b><u>The self-hate</u></b> <b><u>is a prison</u></b></p> <ul style="list-style-type: none"><li>• <b><u>in which</u></b> <b><u>you are truly suffocated and</u></b></li><li>• <b><u>from which</u></b> <b><u>you seek a way out.</u></b></li></ul> <p><b><u>For the longest time</u></b> <b><u>in human evolution,</u></b> <b><u>the search</u></b> <b><u>for a way out of</u></b> <b><u>this particular prison [of self-hate]</u></b> <b><u>has not been made conscious.</u></b></p> <p><b><u>When you</u></b></p> <ul style="list-style-type: none"><li>• <b><u>are committed to</u></b> <b><u>an intense path like this and</u></b></li><li>• <b><u>follow through consistently,</u></b></li></ul> <p><b><u>an awareness of</u></b> <b><u>self-hate</u></b> <b><u>rises to the surface.</u></b></p> <p><b><u>At first,</u></b> <b><u>this growing awareness [of your self-hate]</u></b> <b><u>does not include</u></b> <b><u>the knowledge</u></b> <b><u>that this inner condition [of self-hate]</u></b> <b><u>has always prevailed.</u></b></p>

Nor do you see  
that you are about to  
eliminate it [i.e., eliminate your self-hate]  
by courageously  
following the path further.

Often  
people believe  
that  
the particular orientation of the outer path [here, pathwork]  
creates  
this growing self-hate.

Of course  
it [i.e., the self-hate itself]  
is not really growing;  
only  
your awareness [of the self-hate]  
is growing,  
but from the vantage point  
of the still-imprisoned individual [i.e., the person still in the prison of self-hate]  
it appears that way [i.e., appears that the self-hate itself  
is growing because of this path].

Such a misperception [that the self-hate itself is growing because of this path]  
sometimes creates  

- fear of and
- rage against

this path,  
and you cling to  
the old "protective" illusion  
that your painful feelings  
of self-rejection [and self-hate]  
are caused by  

- something or
- someone

outside.

In such instances  
the old pseudo-solution [i.e., the pseudo-solution of freely indulging your lower  
self, blaming others for your resulting self-hate, and then  
denying your self-hate,]  
is still coveted,  
if only in the form  
of putting your self-doubts to sleep  
through a one-sided  
positive approach.



24	<p><b><u>If</u></b></p> <ul style="list-style-type: none"><li>• <b><u>this crucial stage on the path</u></b> [i.e., <u>the struggle of finding the solution to dealing with your self-hate</u>] <b>is successfully overcome, however, and</b></li><li>• <b><u>the temptation to flee it</u></b> [i.e., <u>temptation to flee your struggle</u>] <b>is intelligently recognized</b> <b>for what it is,</b></li></ul> <p><b><u>then the</u></b> <b><u>awareness</u></b> <b><u>of this particular struggle</u></b> [to free yourself from the prison of your self-hate] <b>is already</b> <b>a liberation.</b></p> <p><b><u>But as long as</u></b> <b><u>you are under the impression</u></b> <b><u>that your lack of freedom</u></b> [in your prison of self-hate] <b>is imposed on you</b> <b>by</b></p> <ul style="list-style-type: none"><li>• <b><u>other people or</u></b></li><li>• <b><u>conditions,</u></b></li></ul> <ul style="list-style-type: none"><li>• <b><u>you struggle in vain</u></b> [to free yourself from the prison of self-hate] <b>and, in fact,</b></li><li>• <b><u>you only tighten</u></b> <b><u>the chains that bind you</u></b> [within your prison of self-hate].</li></ul>
25	<p><b><u>We come now to</u></b> <b><u>another aspect of the problem.</u></b></p> <p><b><u>We have discussed</u></b> <b><u>the search for liberation</u></b> <b><u>in many different ways.</u></b></p> <p><b><u>When you</u></b> <b><u>rebel against authority figures,</u></b> <b><u>you believe that</u></b> <b><u>through your rebellion</u></b> <b><u>you will attain freedom.</u></b></p>

When you  
protest indignantly  
about every frustration  
that life puts in your way,  
you believe  
that if there were  
no frustrations,  
you would truly be free.

Thus  
you are furious  
about what  
you believe  
is done  
to you  

- by authority,
- by frustrations.

26

Now I would like to shed light  
on a  

- similar,
- related

reaction,  
and that is  
your innate rebellion  
against  
any  

- boundary or
- structure,

against anything  
that you experience as  

- confining.

I say to you here, my friends,  

- structure and
- boundaries

are part of  
the loving creation.

In one form or another  
they exist  
in every part of reality.

If there were

- no laws and
- no boundaries,

the world

would disintegrate

in

- chaos and
- destruction.

What keeps

the planets in place

and prevents them from colliding into one another?

It is

- wise law;

it is

- boundaries and
- structure.

There can be

no organization in the universe,

- big or
- small,
- planetary or
- minuscule, and

no community

of living entities

without

- structure,
- law,
- boundaries

that may seem confining  
to some individuals.

At least at first

they [i.e., the structure, law, and boundaries]

may seem so [i.e., may seem confining to some individuals].

In the real sense

they

are not confining.

27

It will be of  
great importance, my friends,  
to face  
why  
you are so angry  
about this fact of life [i.e., the fact that there are structures and laws  
in life].

Why are you  
so suspicious  
that it hardly ever occurs to you  
to be open to  
the possibility  
that  

- laws,
- boundaries,
- structure,
- rules –  
name them what you will –  
come from
  - truth and
  - love,

rather than from

- hostility and
- a desire to thwart you?

Aside from  
your childhood experiences,  
or your interpretation of them,  
the true reason [that you think rules and laws come from hostility and  
from the desire of an outer authority to thwart you]  
is  
that you  
distrust  
the tyrant  
of your own lower self  
that wants  
to rule

- selfishly and
- cruelly.

*In hiding this tendency [to distrust the tyrant of your own lower self who wants to rule selfishly or cruelly]*

*you project it [i.e., you project out the tyrant of your own lower self] outward,*

*so that you assume*

*all*

- *rules and*
- *laws,*

*all*

- *restrictions and*
- *boundaries*

*spring from*

*lack of love.*

*When you*

*identify*

- *love*

*with*

- *indulgence [including allowing you to freely act out your lower-self traits], and*

- *frustration*

*with*

- *hate,*

*then you are*

- *constantly confused,*
- *distorting reality, and*
- *blind to*

*the magnificence of Creation.*

28

- *Structure and*

- *law*

*can be found*

*in every loving aspect of Creation.*

*Look at the life of animals –*

*of*

- *birds or*

- *ants,*

*for example.*

Animals  
living free in nature  
obey  
the structure  
of the highest creation  
• in poise,  
• in ease, and  
• with tenderness.

They  
embrace  
the structure and  
• breathe and  
• expand  
within it [i.e., within the structure]  
in great freedom.

The angry rebellion  
against  
any structure  
which you interpret as  
a manifestation hostile to you  
is an expression  
peculiar to humanity,  
stemming  
from  
• your own evolutionary place and  
• the rhythm of your  
rising consciousness as well as  
from  
• your lower-self drives.

29

There are, of course,  
• boundaries,  
• laws, and  
• rules  
in the human condition  
that directly express  
your own limited consciousness.

For example,  
the conflict we discussed before  
that comes  
equally from  
using false means  
to follow the urges  
• to love yourself and  
• to be free.

For  
• freedom  
and  
• loving  
are inseparable.

You  
cannot be free  
without loving, and  
you  
cannot love  
without being free.

So  
when you  
• do not love,  
you are  
• unfree;

you find yourself  
imprisoned  
in this conflict.

You chafe against  
this lack of freedom;

your life is  
full of frustrations,  
• many of them  
in your inner condition,  
• some also manifesting  
as outer creations.

30

Obviously,  
these  
• infringements and  
• restrictions  
[blocking your freedom]  
are not really necessary.

They are  
not  
an intrinsic part  
of Creation's divine reality.

They are roadblocks  
you yourself  
have unwittingly  
put in your own way [by refusing to love].

They [i.e., these roadblocks against your freedom put in place by your  
refusal to love]  
are in a different category  
from the laws  
that hold life together.

Yet  
• your rebellion and  
• your reactions of outrage  
against restrictions [of your freedom, restrictions that you put in place  
by refusing to love]  
are not only  
misplaced,  
but,  
because they [i.e. because your rebellion and outrage]  
are  
an inappropriate reaction [to restrictions],  
they  
also increase  
your  
• frustrations and  
• restrictions.

So  
you need to develop  
a new reaction [other than the reactions of rebellion and outrage  
in your struggle against these self-created restrictions].



31

First,  
you need to distinguish  
between the two kinds of boundaries:

- loving,
- meaningful  
ones –  
whether they are
  - cosmic or
  - human –

and  
the ones  
you create yourself  
through

- error and
- misperceptions.

When you  
clearly recognize  
both [kinds of boundaries],  
it will be

much easier  
to reeducate the

- willful,
- tyrannical  
child inside you,

and you  
will be able to accept  
lovingly  
both kinds of boundaries:

- the first  
in recognition of their  
intrinsic  
meaningfulness,
- the second  
in recognition of  
your own limitations.

You can  
use these boundaries  
to understand

- yourself and
- the universal laws  
better.

By thus  
embracing  
your self-created boundaries  
you  
transcend them  
most meaningfully.

Soon  
your frustration  
will become  
a new doorway  
to freedom.

What first  
appeared to be  
an infringement  
will soon become  
an opportunity to

- grow and
- become freer.

32

You often  
find yourself  
rebellling against  
your own tight structure  
of false needs.

Take the need  
to be always indulged,  
for example.

Again,  
as long as you fight it,  
you only  
pull your chains tighter.

Only when you

- relax  
your rebellion and
- open your
  - mind and
  - intuition

so that

you can comprehend  
what your struggle  
is all about

will you see

what your tight structure  
really does to you.

By

temporarily  
accepting  
the structure  
you have created,  
with its own  
inner

- logic and
- laws,

you can

- relinquish it [i.e., relinquish the structure you have created],

you can

- grow beyond it, and

you can even

- choose it.

33

You constantly overlook  
the tremendous freedom  
you possess  
in how to

- think,
- interpret, and
- react  
in any given situation.

You fail to comprehend  
that  
through freedom of choice  
you have  
the power to  

- create and
- change

conditions.

Instead,  
you are mostly busy  
demanding from others  
that they present you  
with the conditions  
that you fail to create  
through your own choices.

34

These concepts  
are of utmost importance  
for you to understand,  
my dearest ones.

For all too often  
you continue  
this unnecessary  
struggle [i.e., your struggle and rebellion against the restrictions and  
infringements].

The more you  

- rebel against

what does not require rebellion  
and  

- overlook

what within you  
creates your self-infringement,  
the less you  
find  
true  

- self-love and
- liberation.

35

As you

- accept the narrow structure and
- recognize it for what it is –  
the product of your  
limited thinking –

so will your  
scope of freedom  
widen.

But it [i.e., your scope of freedom]  
does not widen

- by rebelling  
against
  - the necessary  
outer boundaries, and
- against
  - what appear  
to be restrictions.

Freedom

- comes  
from
  - an intelligent recognition  
of the structure and
- from
  - the choice to accept it.

This choice [to accept the structure] is made  
not out of

- fear and
- weakness,
- dependency and
- submission,

nor is it [i.e., nor is this choice to accept (or reject) the structure]  
a rebellion

- of the inner tyrant,  
which  
disregards
  - reason and
  - wisdom.

[Rather]

It [i.e., this choice to accept the structure]

is made

with the will

to

- see the
- truth and
- meaning and
- lovingly accept,

on those grounds [i.e., the grounds of truth  
and meaning],

the narrow structure of the present,

even if

this seems

at first

to restrict personal desires.

This

is the act of

• love

and

• freedom.

The first two alternatives of

• fearful acceptance [of the structure with its restrictions] and

• blind rebellion [against the structure with its restrictions]

are obviously

• unloving

and

• unfree.

They [i.e., the first two apparent “choices” – either to accept the structure in  
fear and submission, or reject the structure in rebellion]

are not deliberate choices,

but [rather are]

• blind,

• automatic

reactions, and

they bear the seed of

• hate,

• distrust,

• suspicion,

• selfish demands,

• maligning of truth.

36

There will come a time  
when you will find  
that outer infringements  
of your freedom  
diminish steadily.

When you are  
without

- childish temper tantrums and
- blind rebellion,

you will be able to  
dissolve  
these infringements.

In order to attain  
this ever-widening  
scope of freedom,  
it is necessary  
to first find  
how often  
your reactions  
are thoroughly misplaced.

Then you can develop

- a knowing reaction

instead of

- a blind one [i.e., instead of a blind reaction].

The

- knowing,
- conscious,
- probing,
- objective,
- deeply honest

search for

- the particular truth

of the  
particular  
circumstances

will immediately  
fill you  
with the self-esteem  
that can never develop  
when you pursue a road of

- blind self-will and
- accusing fury.

37

An open  
• mind and  
• heart  
allows you  
to  
• love and  
• be free,  
to  
• be in truth,  
and thus to  
• trust and  
• respect  
yourself.

You will then  
see  
which  
• boundaries,  
• restrictions, and  
• rules  
are meaningful,  
and  
which  
are not [meaningful].

You will  
create conditions  
that make  
the meaningless restrictions  
unnecessary,  
and you will  
• tenderly and  
• lovingly  
embrace the restrictions  
that  
you  
find meaningful.

You will accept them [i.e., the restrictions you find meaningful]  
even when  
they at first  
seem to impose  
a momentary disadvantage  
on you.



	<p><u>You can cultivate</u> <u>an</u></p> <ul style="list-style-type: none"><li>• <u>open and</u></li><li>• <u>intelligent</u></li></ul> <p><u>frame of mind</u> <u>much faster than you think,</u></p> <p><u>if</u> <u>you will only</u> <u>stretch your consciousness</u> <u>and make room for this possibility.</u></p>
38	<p><u>Freedom</u> <u>does not mean</u> <u>what the infant</u> <u>imagines:</u></p> <ul style="list-style-type: none"><li>• <u>no boundaries at all,</u></li><li>• <u>taking the line of least resistance.</u></li></ul> <p><u>That [i.e., having no boundaries at all]</u> <u>is the strongest enslavement imaginable.</u></p> <p><u>Nothing</u> <u>could be</u> <u>less free.</u></p> <p><u>In that attitude</u> <u>you depend</u> <u>constantly</u> <u>on something</u> <u>that cannot be,</u></p> <p><u>no matter</u> <u>how much</u> <u>you try to</u></p> <ul style="list-style-type: none"><li>• <u>force,</u></li><li>• <u>manipulate, and</u></li><li>• <u>cajole.</u></li></ul> <p><u>You become</u> <u>the slave of</u> <u>unreality,</u></p> <p><u>and</u> <u>reality</u> <u>defeats you.</u></p>

39

*I suggest to all of you,  
my dearest friends,  
a small assignment  
that you may incorporate into*

- *your self-observations and*
- *your daily review.*

*When you find yourself  
in rebellion,  
no matter how you try to*

- *explain and*
- *justify*  
*it [i.e., explain and justify your rebellion],*

*forget for the moment*

- *the issue and*
- *the pros and cons.*

*Focus rather  
on what are  
your feelings.*

- *Do you feel rebellious?*
- *Do you react blindly?*
- *Do you let in other considerations?*
- *What is your state of mind?*

*In these questions*

- *you will get  
the clearest answers you need and*
- *you will immediately  
be able to determine  
whether you are  
in a state of*
  - *love**or in a state of*
  - *hate.*

	<p><u><i>You can then further</i></u></p> <ul style="list-style-type: none"><li>• <u><i>ask,</i></u></li><li>• <u><i>compare and</i></u></li><li>• <u><i>think,</i></u></li></ul> <p><u><i>how you</i></u> <u><i>really feel</i></u> <u><i>when you are in</i></u> <u><i>a state of</i></u> <u><i>love</i></u></p> <p><u><i>and how that</i></u> <u><i>differs from</i></u> <u><i>the</i></u></p> <ul style="list-style-type: none"><li>• <u><i>rebellious,</i></u></li><li>• <u><i>blind</i></u></li></ul> <p><u><i>state you find yourself in now.</i></u></p>
40	<p><u><i>When you are in</i></u> <u><i>a state of love</i></u> <u><i>you do not</i></u> <u><i>submit.</i></u></p> <p><u><i>Submission is</i></u> <u><i>the price you wish to pay</i></u> <u><i>in the hope of</i></u></p> <ul style="list-style-type: none"><li>• <u><i>attaining</i></u> <u><i>self-love</i></u> <u><i>through others, or</i></u></li><li>• <u><i>placating</i></u> <u><i>a benign authority</i></u> <u><i>in return for</i></u> <u><i>a life of</i></u> <u><i>unrestricted indulgence.</i></u></li></ul> <p><u><i>For this impossible aim</i></u> <u><i>you sacrifice</i></u> <u><i>your</i></u></p> <ul style="list-style-type: none"><li>• <u><i>freedom and</i></u></li><li>• <u><i>integrity</i></u></li></ul> <p><u><i>and then</i></u> <u><i>blame</i></u> <u><i>the outer world</i></u> <u><i>for the result.</i></u></p>

You conceal  
the true motives  
for your submission  
by pretending  
you are  
• innocent and  
• good,  
your only "fault" being  
that you have not yet learned  
• to rebel and  
• to hate.

41

In a state of  
• love and  
• freedom  
you  
• probe and  
• weigh  
with  
an utterly open mind  
and then  
choose  
whatever truth  
you find in that state.

The choice [in that state of love and freedom]  
is totally  
voluntary.

You may want  
to choose to  
• embrace and  
• accept  
a particular infringement  
on your freedom.

In that frame of mind,  
your choice  
will be  
a totally different act  
from submission.

*It [i.e., your choice to embrace and accept  
a particular infringement on your freedom]*

*will make you*

- *stronger,*
- *freer,*
- *more loving*

*to*

- *yourself and*
  - *others and*
- *open to*  
*the issue in question.*

*Or*

*you may [choose to]*

*reject the infringement [on your freedom]*

*in a*

- *clear,*
- *wise,*
- *intelligent*  
*assertion,*

*comprehending*

*the deeper meaning of*  
*the choice.*

*Again, this [choice to reject the infringement on your freedom]*

*will never be confused*

*with*

- *blind rebellion,*

*with*

- *the false kind of freedom,*

*but will*

*be as creative an act*

*as the acceptance of the infringement*  
*in other circumstances.*

42

*You are all*

*coming into*

*new states of consciousness*

*in which*

*old blind reactions*

*no longer have any room.*

In the past,  
when they [i.e., when old blind reactions]  
were  
• less obsolete  
and therefore  
• less of a discrepancy [to your past state of consciousness],  
you would  
not even feel as uncomfortable  
as you must feel now  
when you  
blindly revert,  
out of habit,  
to outdated reactions  
toward  
• yourself and  
• your environment.

You are no longer  
in a state [of consciousness]  
of needing to  
hate yourself  
when  
you are not  
always  
perfect.

You are  
already  
in a condition to  
• truly face  
aspects of  
your lower self and  
• find more of  
your self-love.

You no longer need to  
• rebel blindly against others and  
• hate them  
when they do something that  
• seems momentarily to your disadvantage or  
• feels unwelcome.

You are no longer in a state  
in which you cannot bear  
a little frustration.

You are already in a state  
in which  
a little frustration  
can become  
a threshold to  

- freedom and
- expansion

for you.

Think about this,  
my friends.

Relinquish your  

- taut,
- habitual

reactions.

43

And now, before ending this particular message to you,  
I would like to speak about  
a state of  
evolving love  
in you  
that,  
as a result of your pathwork,  

- you are bound to encounter and

that  

- you need to comprehend.

There comes, of course,  
increasingly  
the opening up  
from within,  
where  
your heart begins to  
throb in love  

- for others around you,
- for the beauty of Creation.

In this state  
you experience moments  
of an  
intense pleasure  
that permeates  
your total being.

When self-love  
has not yet been  
completely established,  
you contract  
in these moments [of intense pleasure where your heart throbs in love  
for others and for the beauty of Creation]  
in a frightened reaction,  
finding yourself  
unable  
to endure  
the state of lovingness,  
for it is  
too ecstatic.

Inside,  
a tiny voice of  
self-hate  
still proclaims  
that you do not deserve it [i.e., do not deserve this state of  
ecstatic lovingness].

And you close yourself up  
involuntarily,  
in an almost unbidden  
reaction on an outer level,  
against this state [of ecstatic lovingness].

In this  
back-and-forth  
struggle of your soul  
you increasingly  
feel the spreading love  
of the universe.



Yet  
as long as  
self-love  
has not yet quite found  
a foothold in you,  
particular  
kinds of fear  
may arise:  
fear of  
• death,  
fear of  
• illness,  
fear of  
• losing what is dearest to you.

You may then  
revert back to the  
• old,  
• drab,  
• gray  
state  
[in order] to feel  
• more secure and  
• less afraid of loss.

44

Now it is very important,  
my friends,  
that you recognize these manifestations  
for what they are.

When you  
do not love yourself  
and therefore hate others  
in order to  
deny your self-hate,  
when you  
rebel against others  
and wish for impossible false freedoms,  
then

- the experience  
of deepest love
  - for and
  - by  
the universe  
will be unbearable, and
- you will produce  
false fear.

You may experience  
physical manifestations,  
as I said before.

There are  
varieties of ways  
in which  
the same syndrome  
can manifest  
in an individual's life.

Whatever it [i.e., whatever the physical manifestation] is,  
there will appear  
a renewed urge  
for self-destruction  
in this halfway period  
in which

- more ability to
  - love,
  - feel, and
  - perceive  
has grown,
- but remnants of
  - self-hate  
remain  
because a stake to hide  
still exists.

45

*I want to suggest here  
a very specific meditation,  
asking*

*to contact the highest forces*

*• within and*

*• around*

*you*

*in exactly*

*the areas*

*discussed in this lecture:*

*• Where*

*and how*

*do you hate yourself?*

*• Where*

*and how*

*do you project this self-hate*

*onto others*

*and thereby*

*increase the self-hate?*

*• Where do you*

*prevent*

*experiencing*

*your freedom*

*by childish denial*

*of*

*• boundaries and*

*• structure,*

*of*

*• laws and*

*• rules,*

*in*

*• small and*

*• large*

*areas?*

*• And where do you feel within yourself*

*that you are unworthy?*

- Where  
and how  
do you  
love  
your
  - soul,your
  - mentality,your
  - body?

46

Go deeply into  
the meditation  
in which  
you let yourself  
know

- that you are divine,
- that you need to fully face  
all aspects of yourself and
- that this [fully facing all aspects of your self]  
will  
only increase  
your sense of divinity.

Let

- your consciousness

align itself with

- the divine will  
of
  - loving
    - yourself
      - without indulging yourself,
      - without whitewashing your lower self,  
seeing it [i.e., seeing your lower self] straight, and
- loving
  - your beautiful structure,
  - your incarnation
  - all that is around you
  - even that which seems to  
infringe on you in some way.

	<p><b><u>Recognize its [i.e. the infringement's] lesson and begin to love it [i.e., begin to love the infringement and its lesson].</u></b></p> <p><b><i>This is tonight's message.</i></b></p>
47	<p><b><i>I now bless</i></b> <b><i><u>every single one of you</u></i></b> <b><i>• <u>with the golden light</u></i></b> <b><i>of</i></b> <b><i>• <u>Christ,</u></i></b> <b><i>• <u>with the eternal power</u></i></b> <b><i>of</i></b> <b><i>• <u>love,</u></i></b> <b><i>of</i></b> <b><i>• <u>truth, and</u></i></b> <b><i>of</i></b> <b><i>• <u>beauty.</u></i></b></p> <p><b><i><u>Be enveloped in it [i.e., be enveloped in the golden light of Christ and the eternal power of love, of truth, and of beauty],</u></i></b> <b><i><u>breathe in it,</u></i></b> <b><i><u>know it,</u></i></b> <b><i><u>and live it.</u></i></b></p>

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