

Pathwork Steps

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The *Path to the Real Self* is sold in electronic format and as a book by the International Pathwork Foundation. However, since it is a synthesis of the first 150 lectures this study guide refers to the individual lectures that are available for free download at www.pathwork.org

Cosmic Principles Manifest in Soul Currents

Quotes from Chapter 7 of **The Path to the Real Self** (PRS7)
By Eva Broch Pierrakos

Part 1: Reason, Will and Emotion

Part 2: Restrictive, Expansive, Static

Part 3: Pride, Self-Will, and Fear

We now know that identical principles apply to the individual and the Cosmos, to the Creator and the created. Let us discuss a few of them.

These forces exist and take their course, according to the prevailing circumstances -- exactly as with any physical powers man knows of. Let us take, for example, the force of electricity. Electricity is, regardless of whether or not man knows it, or how he uses it. According to man's knowledge, and the apparatus and type of use, it can work constructively to make life easier and more pleasant for him; or it can be destructive to the point of killing. It is the same with all forces, whether they be physical or spiritual. They just are.

Fundamentally, they all have one common denominator, they possess one key. The more the created entity progresses in his evolution, the more these manifest forces unify. The manifold expressions will become one expression, without being impoverished, but enriched.

[Part 1 April 5]

Let us begin with the threefold principle of **reason, emotion and will**. *[See PL 43 plus 30,84, 248]* It may be a

novel thought to consider these human attributes as universal, cosmic forces, manifesting throughout the entire creation, in many other facets of cosmic expression. To gain a glimmer of this cannot be done through words; it can only be done by understanding one's personal inner self, with all its hidden aspects.

Considering the masculine and feminine Divine Principles, in connection with reason, will and emotion, we might state that reason and will are part of the former, emotion of the latter. Reason is divine wisdom, will is divine activity, emotion is divine love. The entire universe is permeated with these aspects, nothing can be created and come to fruition without these aspects working together in harmony.

The same applies to man. All three principles have their function, each fulfills its role. The more harmoniously they interact, complementing and strengthening one another, the better equipped is the individual to cope with life. But, since man is imperfect and his balance out of kilter, these three forces often interfere with one another. One faculty is over-emphasized because, at one time in the individual's evolution, he deemed it opportune to concentrate exclusively on this faculty. Thus, a so-called personality-type is created, in which one function is predominantly in the foreground, to the detriment and underdevelopment of the other two.

[Part 2 April 12]

Another set of cosmic principles are the expanding, the restricting and the static principles. *[See PL 55 plus 187, 235]* All creation and growth is determined by the same breathing movements. Outward movement: expanding, giving of itself. Inward movement: drawing in, receiving, absorbing, preserving what is worthwhile to be preserved, thus enriching. This path, any productive, realistic self-realization, undergoes the same rhythm. Any human relationship does. Any leaf growing on a tree follows these laws. ...the universe does all

three movements. It breathes...is a living organism, just as the cell, or a plant, or an animal, or the human entity, or a single planet. Let us consider them in their positive and negative aspects.

The principle of **expansion**, in its pure, harmonious form, stands for: creativity, growth, building, forward movement, search, activity, the outgoing quality necessary to relate to others -- therefore unselfishness, lack of egocentricity, generosity, and many more.

The principle of **restriction**, in its positive aspects, includes: introspection, inward movement, caution, patience, sense of responsibility, thoughtfulness, self-search -- in contrast to the search of another soul, as contained in the principle of expansion.

The **static** principle, in its positive aspects, stands for: equilibrium. It balances the outgoing quality with the introspective one. It brings harmony between the former two principles -- expansion and restriction. It prevents either one from getting out of hand. It stands for preservation. It is the highest spiritual state -- the state of being, of timelessness.

[Part 3 April 26]

Let us take a few examples of common human faults and I shall show that they are all distortions of divine attributes, flowing through the soul of the entire universe. *[Pride, Self-Will and Fear, See PL 30]*

They are interconnected. It is impossible to have one without the other two, even though one may be outstanding and evident, while the other two may be hidden. In order to gratify the demands pride makes, one must have a strong self-will, which cannot bear to relinquish. The stronger the pride, the less is relinquishing possible -- hence the stronger the self-will. The prospect of non-gratification of pride's demands, of self-will's inadequacy causes fear.

This triad is a distortion of a benign triad, which is: dignity

and integrity; determination and self-assertion; and caution. It is easy to see that a person, expressing this benign triad, lives life productively.

Pride is a distortion of dignity; stinginess of caution; foolhardiness and being a spend-thrift of generosity; laziness of relaxation; selfishness of healthy self-consideration and self-assertion; masochism of givingness and the ability to accept frustration; hostility of courage and assertion -- and so on, and so forth.

If **self-will** expresses "I must have what I want, I cannot bear forfeiting it" (even if this wish has, first, nothing to do with pride) not being able to give up the wish itself is largely a result of the apparent humiliation of not getting one's way. Hence, pride must be a by-product of self-will, as self-will must be a by-product of pride.

Fear is a result of both. It may appear a novel idea that fear is a fault. However, it once considers its by-products, it must be evident. Fear induces defensiveness, hate, distrust, withdrawal, separateness, rejecting others, unhealthy, egocentric self-concern, hostility, anger -- with their further chain reaction of guilt. Guilt, in turn, is unbearable to face, hence pretense, hiding, instituting a facade, are further results of fear.

*Please download the complete study guide from
www.pathworksteps.org/teleconferenceschedules*

Quotes from The Path to the Real Self © The Pathwork Foundation 1999 Full text
may be downloaded from www.pathwork.org

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Monthly or quarterly newsletters are sent to everyone on the mailing list.

2014

Free Weekly Teleconferences

Saturdays 7pm US EDT

Advances to Sundays 9am AU EDT on April 6th

due to AU Daylight Savings time changes

verify your time zone at www.timezoneconverter.com

During 2014 we are studying one chapter of the Path to the Real Self each month, looking at it from different angles or dividing into concepts that are supported by individual Pathwork lectures.

If you wish to participate in the weekly meeting, the only requirement is to read the weekly study guide segment (**in this notice**) before the meeting. You may pass (skip your turn) at any time for any reason.

Meet online! We use Zoom.us teleconferencing software. Simply click on the access link. You may also call in via landline, mobile, or VOIP line.

Audit a meeting! Feel free to listen in. There is no obligation. Reading requirements apply only if you wish to participate by sharing.

To receive weekly meeting access links and updates, click on the link at the bottom of this email and tick the "Pathwork Steps Weekly Meeting Notices" in your MailChimp group preferences. Each week you will receive the portion of the study guide we will be using for the next Saturday meeting. You may unsubscribe from the weekly notices at any time.

Unable to attend a meeting? *Use the study guide on your own! Allow the weekly reminders to encourage you to read a few pages a week. Use the worksheets, watch the films, download additional lectures from www.pathwork.org.*

www.pathworksteps.org/teleconferenceschedules Download full study guides here. Archives of past topics are available at www.janrigsby.com. Study guides include 2 pages of quotes from the primary lecture or source material plus worksheets, suggestions for further self-study, tips on observing Pathwork concepts in our personal lives. There is often a list of film suggestions, with links to to online clips or shorts that may illuminate the concepts. Those who wish to share are encouraged to read the full lecture plus the study guide, but *participants are only asked to read the assigned 1-3 pages each week.*

The **Path to the Real Self** (PRS) encourages a holographic understanding of the Pathwork lectures, bringing an overall perspective to concepts that may be touched upon in 20-30 different lectures. The PRS can deepen our appreciation of the individual lectures by giving them a larger context.

May:

Parents - Images PRS Chapter 11
References PL 52, 66, 73, 83, 118

The entire PRS is included on the newest DVD-Rom of all the Pathwork lectures, now \$40 at www.pathwork.org. You do not need to purchase the PRS in order to participate; just download (free) the lectures that are referenced in the study guide.

A Request from the Pathwork Foundation

This letter was sent out on March 26, 2014 by the International Pathwork Foundation:

Dear Pathwork Friend,

Sevenoaks Center—the only remaining physical center for Pathwork in the United States—is at a crossroads. We ask for your help in setting a new direction.

Sevenoaks, a Pathwork center since 1974, has served countless people from around the world seeking personal transformation through the Pathwork teachings. As you know, it also has been the site of many national and international Pathwork gatherings.

Unfortunately, in the last few years there has been a steady and painful decline in attendance at Pathwork events. The Pathwork of the Mid-Atlantic by itself can no longer sustain the Sevenoaks Center.

In contrast, the facility has attracted many like-minded groups who have found in this place a warm and welcoming environment for their work. Rentals to groups interested in meditation, yoga, movement, healing, shamanism, transformation, and awakening have been steadily increasing every year. Although this is encouraging, the rental business is not yet robust enough to fully support the Center. A sustainability goal is to increase year-round occupancy rates from the current 35% to 50%.

Deferred maintenance can no longer be delayed. We have operated without a Center manager and with staff doing minimal outreach and marketing. Sevenoaks no longer has a residential community.

Mid-Atlantic Pathwork (MAP) has been through some tough times. Some years ago disputes arose that led to the painful departure of a number of students and faculty, but that also led us to establish a Helper's Guild and a successful monitoring process for our teachers. Our founders retired. The 2008 recession hit.

On a positive note, Sevenoaks has very little debt, a staff and core group of leaders who are extraordinarily dedicated, and devoted rental clients. We could probably continue for a few years as is, but instead we want to create a future which is not just sustainable, but expansive.

The Sevenoaks mission is to create a nature sanctuary, a place of beauty and safety for all people to deepen their relationship with themselves, with nature, with spirit, and with one another. We have a mission to join with like-minded people called to usher in a planetary transformation.

We are reaching out to you to join us in our mission.

The MAP Board, which oversees Sevenoaks, has set up three committees to explore different options for our future.

- 1) Sustainable Growth is exploring growing rental revenues, obtaining gifts and loans.
- 2) Partnership is seeking other groups with similar missions to partner with us at Sevenoaks.
- 3) Possible Sale is considering the best way for the mission

of this land to be carried forward by another group, which might also then rent space to the Pathwork.

Here are some specific ways you can help:

- **Become a dues-paying member of MAP (Supporting Member = \$85; Full Member = \$175)** (<http://pathwork.us5.list-manage1.com/track/click?u=149b578a83345b140d3028616&id=2b7d250cc7&e=48d93c7706>)
- **Contribute money or other resources and spread word about our need for support.** (<http://pathwork.us5.list-manage.com/track/click?u=149b578a83345b140d3028616&id=9c1bf03a49&e=48d93c7706>)
- **Contact potential renters (for meetings, workshops, weddings, retreats) or let us know whom to contact** (<http://pathwork.us5.list-manage2.com/track/click?u=149b578a83345b140d3028616&id=c37bc2f338&e=48d93c7706>)
- **Let us know about potential suitable long-term partners or appropriate buyers** (<http://pathwork.us5.list-manage1.com/track/click?u=149b578a83345b140d3028616&id=d59ece0472&e=48d93c7706>)
- **Help on a specific project, e.g., join a committee, solicit a grant**
- **Volunteer to teach or lead a workshop as a gift to MAP**
- **Share your ideas with us (see email addresses below; or** (<http://pathwork.us5.list-manage2.com/track/click?u=149b578a83345b140d3028616&id=2ac68b5379&e=48d93c7706>)
- **Pray with us. Sevenoaks has joined with the International**

Pathwork Foundation to set a daily prayer time: 6 p.m. West coast; 9 p.m. East coast; 2 a.m. UT

Join us in whatever way you can. Thank you for listening.

With blessings for your path,

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Quick Online Lecture Word Search!

In Google search: copy and paste the following sentence into the search box:

"*your phrase*" site:pathwork.org/lectures

Replace the words -- *your phrase* -- with the word or phrase you are searching for; keep the quotes!

Choosing Love over Hate: Oldest Holocaust survivor, Alice Herz- Sommer, dies at 110

By Ofer Aderet for Haaretz 2014-02-23

Edited version: read full article at <http://www.haaretz.com/misc/article-print-page/.premium-1.575973?trailingPath=2.169%2C>

[I chose to include this article because sometimes the Pathwork teachings can sound like a version of 'just turn the other cheek'. That is, the instruction to focus upon ourselves instead of finding and listing the sins / errors / omissions of others can feel like we are 'letting them off the hook'. Yet this view is based upon an intellectual evaluation of the teachings - just thinking about it. Like sensory experiences, spiritual epiphanies, and even falling in love, the enormous power for change that comes from doing ones own personal process work daily cannot be taught: it has to be experienced. It can be motivating to hear the stories of others. Here is the story of a woman who decided not to allow herself to hate anyone. JR]

The world's oldest Holocaust survivor, Alice Herz-Sommer, died Sunday at the age 110 in London. Herz-Sommer, a pianist, born in Prague, was the subject of a

documentary "The Lady in Number 6: Music Saved My Life", nominated for an Oscar this year.

"Young people take everything for granted, whereas we, the elderly, understand nature," Herz-Sommer told Haaretz in an interview at age 106. "What I have learned, at my advanced age, is to be grateful that we have a nice life. There is electricity, cars, telegraph, telephone, Internet. We also have hot water all day long. We live like kings. I even got used to the bad weather in London," she said.

When World War I broke out, she was 11. In 1931 she married Leopold Sommer, also a musician. Six years later their only son, Rafael, was born. In 1939 the Nazis invaded Czechoslovakia. But the hardest times of all still lay ahead. In 1942 the Germans arrested her sick mother, Sophie, who was 72 at the time, and subsequently murdered her.

"That was a catastrophe," Sommer said. The bond between a mother and her child is something special. I loved her so much. But an inner voice told me, 'From now on you alone can help yourself. Not your husband, not the doctor, not the child.'

In 1943, Sommer was sent to the Terezin-Theresienstadt concentration camp, along with her husband and their son, who was then 6 years old. In September 1944, her husband Leopold was sent to Auschwitz.

In May 1945, the Soviet army liberated Theresienstadt. Two years later Sommer and her son immigrated to Palestine, where they were reunited with her family: her twin Mariana, who had meanwhile married Prof. Emil Adler, one of the founders of Hadassah Medical Center (their son, Prof. Chaim Adler, is an Israel Prize laureate for education), and with Irma and her husband Felix (their grandson is actor Eli Gorenstein).

I don't hate the Germans," Sommer declared. "[What they did] was a terrible thing, but was Alexander the Great any better? Evil has always existed and always will. It is part of our life."

In 1962, she added, she attended the Eichmann trial in Jerusalem: "I have to say that I had pity for him. I have pity for the entire German people. They are wonderful people, no worse than others."

For almost 40 years Sommer lived in Israel, making a living by teaching music at a conservatory in Jerusalem. "That was the best period in my life," she recalls. "I was happy."

In 1986, Sommer followed her son, a cellist, and his family to London. She continued playing and teaching; to this day she devotes three hours a day to practicing. She speaks lovingly of her two grandchildren, whose father, Rafael, died of a heart attack in Israel in 2001, at the end of a concert tour. He was 64.

His birth was the happiest day of my life, and his death was the worst thing that happened to me," she notes, but manages to find a bright spot even here. "I am grateful at least that he did not suffer when he died. And I still watch my son play, on television. He lives on. Sometimes I think it will be possible someday to postpone death through technology."

When asked in 2006 what the secret of her longevity was, she answered: In a word: optimism. I look at the good. When you are relaxed, your body is always relaxed. When you are pessimistic, your body behaves in an unnatural way. It is up to us whether we look at the good or the bad. When you are nice to others, they are nice to you. When you give, you receive." "My

recommendation is not to eat a lot, but also not to go hungry. Fish or chicken and plenty of vegetables.”

When asked whether she was afraid of dying, she replied: “Not at all. No. I was a good person, I helped people, I was loved, I have a good feeling.”

Integrating Lessons from the March meetings With Concepts on Personality Types

Over the years, I have learned that deep sharing can occur without having to reveal personal life details. In fact, without the details, the sharing feels more universally relevant. During the weekly teleconference meetings, we explore our personal feelings and emotional reactions to Pathwork concepts. Their truth can resonate deeply in our own lives. Both Inner and Outer work is required to shift established patterns of thinking and believing.

Slight adjustments in our attitude can change a tight 'no' into a willingness to explore and question what is present for us. I take notes during the meeting, scan and email them to participants along with suggestions to support further self-study of what we discussed. This article was inspired by what was shared over the past few weeks, relevant to the Reason Will Emotion portion of this month's study guide.

The topic for March was Initial Steps on the Path (PRS2) which expands upon Finding Our Faults PL26 and several other lectures. It suggests that we take a personal inventory of our lives, on every level. One of Eva's favorite phrases was 'Your life does not lie!'. Before making any changes, it is useful to take a 'snapshot' of who we are and where we are in life. If the Pathwork lectures are like a roadmap, we need a 'You are HERE' starting point to use them.

My favorite aspect of the weekly meetings is that they can't be planned out. I now begin by asking how everyone is going with the topic, then working with whatever is brought up. The second round of sharing brings up even deeper material, as we resonate with the experiences of others and their paths.

Negativity was a hot topic in March! I could not have guessed how deeply we would go into questioning our self-worth, re-living childhood fears about not doing homework (at all, much less correctly) or whatever else had been asked of us. Many

condemned themselves as bad because the reading assignments brought up so much resistance.

Personality types (see PL43 and April's topic, PRS7) are an ingenious way to describe primary styles of behavior. They also circumscribe the central misconception that we have come here to transform. Our greatest fear is that our divine gifts are flawed, that we do not deserve them, and that we will be unable to play our part in the Plan of Salvation (PL 17-22) Here are some examples of the paradoxical relationship between fears and divine gifts:

Reason type fears chaos, disorder, lack of clarity; offers the gift of wisdom, divine knowing.

Emotion type fears disconnection, lack of pleasure, no love; offers the gift of unitive love.

Will type fears helplessness, lack of control; offers the gift of courage, leadership.

Study guides from 2008 and 2014 presentations on personality types can be downloaded at no charge from www.janrigsby.com. Videos are available on YouTube.

Using the personality type model, emotional reactions can be categorized into three groups. A Reason type in defense may become fixated upon technical details, or over-complicate them, so that the exercise can never begin. An Emotion type may fear rejection (= disconnection --> no love), and exaggerate or dramatize any negativity or discomfort so that the work never gets finished. Will types think in terms of win (life affirming) or lose (death in any form). Because losing = death, the Will feels compelled to seize control of a situation so that they can define the outcome ('winners write the history books') and convert any perception of 'loss' into some form of win. Will types may sacrifice integrity (the 'win' of the Reason type) or their ability to connect with others (the 'win' of the Emotion type) in order to declare victory. While "winning" means different things to each type, only an activated Will element switches back and forth between Reason and Emotion defensive strategies.

The purpose of studying personality types is to understand a

deeper rationality in own actions and those of others. Yet it is only a model. Will cannot be completely separated from Ego (a topic from the 2013 teleconferences). For instance, anyone who is engaged in a significant endeavor (like studying Pathwork lectures) is in a phase of Will development. When challenged to transform on a spiritual level, we often feel as if we are being asked to abandon our beliefs and give in to an authority we don't fully understand -- or the imperfect interpretations of a human teacher. There is a sense of loss, a fear of the unknown: who will we be if we change? (See *The Abyss of Illusion* PL60) The Ego fears it will die; the Will fears it will lose. Such fears are based in dualistic thinking (*Unity and Duality* PL143) as losing is a form of death.

In the dualistic thinking of the defended Will type, if you are not 100% good you must be 100% bad. All of life must reduce to I win or I lose. The belief 'If I am imperfect, I must be evil' makes it impossible for us to admit our basic human imperfections, much less the misconceptions and false beliefs that we have come here to transform.

Even though the self-inventories were to be kept completely private, there was tremendous discomfort at the idea of peeking inside ourselves. The Will fears exposing its faults and failings. It even fears what might be in the unconscious! Instead, using Ego Tricks (the nickname for PL199, *The Meaning of the Ego and Its Transcendence*), the Will calls itself 'bad' for not doing the assignment, requests overly specific help so that the work becomes rote and useless, or becomes emotionally distraught. If we are 'bad', that's why we haven't been 'good'. Better to be the baddest bad than a terrible good!

In *Daily Review* PL28, the Pathwork Guide suggests that we look at self-analysis as spiritual hygiene. While it may have been common a few decades ago to bathe only on special occasions, most of us bathe more regularly today. Undergoing a 10- or 15-minute review of the disharmonies of the day is a form of spiritual bathing.

In that same spirit, it can be useful to see negativity like dust mites, bacteria, or viruses. These are everywhere; some are dangerous under specific circumstances or in huge concentrations, but most can be processed by our bodies without ill effect. Before we understood cause and effect (see Commitment, Cause and Effect PL196) we were at the mercy of trial and error experiences or superstition. Negativity used to be thought of as demons who would infest and seduce us against our will. Pathwork teaches that even mild disharmonies in our lives are the result of negativity that we attract and harbor, because we unconsciously want what it promises or gives us. Such negativities make their homes in us before we are fully conscious of their meaning or consequences.

To suddenly discover that there are aspects of us that are mean, self-centered, selfish, greedy, etc. can horrify us to the point where we go numb or instinctively deny what we see / saw in order to keep our self-respect. It's like having someone show us an electron microscope picture of the dust mites in our carpets, or apply a stain that displays the bacteria on our teeth, skin, or furniture. How can we live with such creatures and filth all around us! Yet most micro-creatures, bacteria and viruses do not cause serious harm (and many offer benefits that we could not live without). It's just that we were unaware of their presence.

On every level of human life, awareness is the most difficult stage of spiritual evolution (PL127). By its nature, awareness must be present before understanding can begin. We often overlook household chores until we see the mould colonies or smell an off-odor. The same is true with negativity: we may not realize the implications of a false belief or misconception until we see the effects they cause.

Evil can be described as 'knowing and not caring'. That is, having full awareness of negativity and its destructive results while being content to do nothing to stop it -- or actively collaborating with it.

Human beings are usually only able to fully embody evil when they are mentally ill, such as sociopaths or psychopaths.

Most of us can only sustain evil for a short period of time. Guilt from even a moment of 'knowing and not caring' is real -- and enormous! -- whether it was in our thoughts or actually acted out. It is important to remember that evil people don't feel guilty. Real guilt indicates our inner knowing is alive and well. False guilt is a cover-up, an exaggerated or dramatized show meant to distract ourselves and others from deeper issues that we do not want to address. (see PL 49,108,109,201)

'Negative intentionality' refers to having the intention to do harm. We may harbor a negative intention without fully realizing what it is or what its effects might be. We cover up / mask a negative intention because we want what it will give us, yet know (or suspect) that it is wrong. We may not be willing to admit our faults, but we care that they are faults.

The paradox is that it is our Positive Intentionality that creates the tension and anxiety. We already have an inner knowing that is in the process of awakening. As sculptors believe, the piece is ready inside the material; the task is to remove what does not belong to it.

Lecture 94: The desire to change can arise only out of true and genuine repentance. This is a strength and a courage which has, as a first step, to accept the blindness, ignorance, and imperfections that still exist, with the realization that all these, in essence, are character defects.