

## Three Aspects that Prevent Loving

Study Guide for Online Meetings on PL 107

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

**Week 1: Practice Quieting the Inner Noise**

**Week 2: Aspect 1 – Disconnection as an act of Separation**

**Week 3: Aspect 2 - Overreliance on Outer Authority,**

**Week 4: Aspect 3 - Overwhelm as a defense against Emotions**

**Week 1: Practice Quieting the Inner Noise**

Greetings, my dearest, dearest friends. God bless you. Blessed is this hour.

When I offer these blessings, what does this word mean to you? Is this not often a mere word without meaning, without reality? Yet it is a very definite reality. If you were but free, really free of all your barriers, of all the layers that prevent you from feeling, from living, from experiencing to the fullest; these blessings would be a reality for you. You would feel the actual stream, the current of love that flows to each and every one of you from a world of light and freedom, from a world of harmony and truth, a world of love!

PL 107

In this lecture, the Guide reviews 3 forms of resistance:

-- **Superimposing Outer Values:** relying upon established social or religious values vs. exploring or honoring your personal experiences.

-- **Disconnecting:** rejecting an emotional experience by withdrawing into intellectualism.

-- **Going into Overwhelm;** embracing (or not resisting) a sudden onset of confusion (submitting to fear), or lack of understanding (justifying avoidance)

**Exercise 1a:** Carolyn Tilove, founder of the Philadelphia Pathwork Region, gave a talk called 'How to Read a Lecture' which emphasized STOPPING the moment you sense any resistance. Carolyn's process matched what the Guide suggests above: noticing whenever she was not ready to open her heart and receive, and not continuing until she addressed her resistance, -- at least to some extent. The example she gave was when she was unable to receive even the simple opening, 'Greetings, my dearest friends' that most lectures begin with!

**Re-read this first sentence** / first paragraph of the lecture. Notice if you are open to receiving it, how the words resonate in you, if there are any of the 3 forms of resistance before continuing.

In the sections that follow, mark or make notes each time you sense one of the 3 Aspects that Prevent Loving. Or, keep a list of the words and/or phrases that bring up resistance.

### Resistance blocks love

But this stream of love is often unable to penetrate or reach you, to be perceived and experienced by you, because the senses that are destined for such perceptions are dulled. They are dulled by your fears, shames, and urgent wishes, by your guards. All these fears, shames, unfulfilled needs, urgent wishes, and guards are based on error, confusion, misconception.

These words can be a reality only if and when you find their particular truth within yourself. And, my friends, this cannot be done by intellectual deductions and findings; but only when you allow yourself to feel, to live through your emotions and thereby determine the specific

misconceptions you have harbored all your life. Awareness of your untruth brings you so much nearer to the love current coming to you from without, and to the love current within yourself

There is no one here, or no one reading these words, for whom one of these aspects is not immediately applicable. If you work with it, you cannot help but register further results. These lectures are destined to the levels of your being where such irrational attitudes exist. They are not addressed to your rational thinking.

Now, my friends, this is food for thought and material for your further work, for each and every one of you. I venture to say that with most people a combination of all these three aspects exists in some way; but with many, one aspect is quite obvious and not difficult to verify.

PL 107

## **Pathwork Meditation Techniques**

In the absence of this profound communication with others, you are in isolation. You cannot possibly be happy. Many aspects prevent this deep communication with others, and constitute an inner no to loving. This inner no is not only due to fear of suffering hurt and disappointment; there are other aspects as well, which have not been sufficiently discussed and which need deeper understanding.

The three aspects to be considered can be found in almost all human beings to some degree. One of the three points might be predominant, while the other two may be of lesser importance. Yet, no matter how little you feel at the moment that they apply to you, it is important that you look into yourself and closely watch your emotional reactions and then translate them.

You are bound to find that one or the other or all of these aspects exist in you in various degrees of strength.

## **Quieting the Inner Noise must be Practiced**

Within each individual exists a well of wisdom and love. There is a treasure deep within that can come to the fore only as you become aware of all those aspects that barricade this treasure. You are accustomed to look for truth, guidance, solutions to your problems outside yourself -- perhaps through wise teachings, by means of a helping hand, or even for guidance that comes from outside yourself. But the most reliable and realistic answers come from inside yourself. In order to tap that well, outside help is necessary, but only if it finally succeeds in bringing you to this inner well.

Apart from this path of self-confrontation, is there an additional way to help you tap this well? Yes, there is. You have to seek calmness, outside and inside.

- ***Every day enter into a meditation*** whereby you become very still so that
- ***The inner noise*** covering this well makes itself precisely known to you.
- ***After translating this noise***, such meditation will finally bring out of that well of wise guidance warm feelings of love and affection, of understanding for others, without your own urgent needs blurring out the realistic perception of others.

He who wants to disregard that inner noise (of fears, shames, guards, defenses, urgent needs), to by-pass it, and to come directly to the well of calmness will not really reach the inner treasure. In relaxed openness, the momentary existence of the barrier and the noise has to be acknowledged and then translated into meaning. Such daily periods of becoming calm so as to determine the meaning of the barrier to the calm will help you greatly. This practice most definitely

**Exercise 1b** Pathwork suggests forms of meditation that are generally seen as ‘active’, in the sense of there being a form of Objective Observer (ref: [Chapter 3 of The Undefined Self](#) by Susan Thesenga, downloadable from my website [www.janrigsby.org](http://www.janrigsby.org) under ‘[Additional Concepts](#)’) or the mature Ego taking note of what is occurring internally. Read though the different goals of various Pathwork lectures on Meditation (below); all of them follow the steps above.

Which goals from the list of meditations appeal to you? Imagine what such a meditation might be like. Would this process be different than you have imagined meditation goals to be?

### **Pathwork Lectures on Meditation emphasize Specific Goals**

009 *The Lord’s Prayer*: Using specific prayers as a form of meditation.

036 *Prayer*: Developing a practice of prayer as a form of communion with the Spirit World.

068 *Suppression of Positive and Creative Tendencies – Thought Process*: Being the best of your personality and your Divine Self. Manifesting your most positive and creative tendencies by transferring background thoughts to conscious foreground thoughts.

170 *Fear of Bliss vs Longing for It*: Establishing an inner connection with your Higher Wisdom (inner universal consciousness, spiritual wisdom) by opening a channel to the solar plexus center.

172 *The Life Energy Centers* and 173 *Basic Attitudes and Practices to Open the Centers*: Becoming aware of your energetic self, life force, and a general concept of chakras.

182 *The Process of Meditation*: unifying the Ego and Universal Self through hearing and finding the positive desires of the child consciousness, even when it expresses destructively.

194 *Meditation: It’s Laws and Various Approaches – a Summary*: Consciously and deliberately creating your life by first eliminating unconscious obstructions.

210 *Visualization Process for Growing into the Unitive State*: Visualizing, then activating, the Divine Self; then integrating it into the Ego Consciousness with commitment, acknowledging any resistance to the All-Consciousness.

224 *Creative Emptiness*: Becoming a receptacle for Divine Essence / Christ Consciousness.

256 *Inner Space, Focused Emptiness; Awakening from Deliberate Anesthesia Through Focusing in Inner Voices*: Opening to direct knowledge of the Inner Universe

**Exercise 1c:** The phrase ‘Spiritual Practice’ implies that action is required for self-development.

For one week, explore a meditation technique or goal that you have not tried before, from the list below or any other source. Keep a daily review (instructions below) of your feelings, thoughts, and emotional reactions about these efforts, as well as any judgements or conclusions. If these seem familiar, where else have you experienced them?

## Week 2: Aspect 1 - Disconnection as an act of Separation

The first aspect is a fear that if you allow yourself to feel as you naturally tend to, you may be forced to do something you do not want to do; to sacrifice when you have no desire to do so; to give in when it is disadvantageous or inconvenient.

You believe that the only way to safeguard yourself against the excessive and perhaps even childish demands of others is by curbing your natural feelings and thereby cutting off the love current from within. Conversely, you believe that if you were to allow yourself these natural feelings, you would be forced to give in. You do not see another alternative. PL 107

### Disconnection is related to dualism around winning or losing

The separation between the self that perpetrates suffering and the victim of suffering is so great that the perpetrator deludes himself to be unaffected from the further effects of his acts. ... This aspect of separation exists with all the three principles I shall discuss here. The delusion of evil in the case of this first principle lies in the misperception that your brother's or sister's pain is not unavoidably also your own pain.

*[Three Principles of the Forces of Evil – Personification of Evil](#)* PL 248

Hence, in the misconception of seeing only these two alternatives, you undermine the organic process of emotional growth by manipulating your feelings in a most negative and destructive way with the gravest of repercussions on your psychic life and upon your relationship with others.

One such repercussions is a deep-seated guilt for this deliberate prohibition to loving; another is a subsequent lack of self-confidence and self-respect. The need to make up for it is often gratified by doing much more for others than one would ordinarily do, and then really being taken advantage of as a consequence. Only, all this is done without love, as a substitute for the love withheld, and therefore the deeds do not remove the guilt. PL 107

### Interlocking Triads of Reason, Will and Emotion Types

PL Ref	Issue	Reason Type:	Will Type:	Love Type:
43	Primary Gift	Clarity, Order	Leadership	Connection
43	Higher Self	Wisdom	Courage	Love
43	Primary Fear	Chaos / Injustice	Helplessness	Disconnection
14/83	Mask / ISI	Serenity	Power	Love
30	Primary Fault	Pride	Self-Will	Fear
84	Lower Self	Withdrawal	Aggression	Submission
248	Primary Distortion or Evil	Materialism / Demand for Proof	Separation / Win/Lose Demand	Half-Truths / Barter for Love
<b>107</b>	<b>Ways to NOT love</b>	<b>Reliance upon Outer Values</b>	<b>Disconnection &amp; Separation</b>	<b>Overwhelm Intensity</b>

**Exercise 2a:** Explore the qualities in the chart above during different 24-hour periods. You will naturally exhibit (or sense) qualities from different columns, as no one is purely one personality type, and different relationships (work, play, personal) activate different aspects.

But how is the situation when viewed with a truthful outlook? It is very possible, indeed, to love without having to fulfill every demand, without having to give in. Is it not better to be selfish if you wish to be, in deeds, while still loving and feeling? Would that not be much better -- and actually much less selfish -- than doing everything possible without loving?

This proves once again how you cannot help but wind up in the very situation you strive to avoid when the means of avoidance are false, unrealistic, and based on wrong conclusions. All the emotions that stem from this misconception -- guilt, resentment for doing what you now do compulsively as a substitute for loving, lack of self-respect -- all these create confusion and make you incapable of coping with people in closer relationships. This produces the further result of your either being constantly involved in a most negative way or of withdrawing and living in bitter isolation, which in turn breeds frustration. These, then, are the barriers to your well of wisdom, love, intuition -- all of which give you the proper inner guidance.

PL 107

**Exercise 2b:** Consider being more honest about your wishes and desires -- at least to yourself -- even if revealing them will lead others to react / create consequences that you would like to avoid.

### **Real Love Does Not Intentionally Imprison Either Party**

It is much easier to assert your rights and wishes, whether they be right or wrong, selfish or unselfish, if you love. When you do not love, this self-assertion is very hard because your gnawing guilt either paralyzes you; or, if you manage to voice your objections, they will come out in a very hurting way. You cannot really hurt another because you refuse, provided you love. Disagreement and refusal no longer represent monsters you have to fight against. They become relaxed and easy and unproblematic.

In your ability to love, you will feel yourself to be more lovable and will, therefore, be able to say "no" outwardly, because the inner "no" to loving and feeling has been removed.

All this does not mean that you artificially try to force love where it does not naturally exist. This would be useless, as you know. But detect that fine and subtle current, often at first quite covered up, in which you withdraw from your organic, natural feelings, stunting them deliberately, as it were.

Once you come across this aspect, become more aware of it, you can then let it go free. In this knowledge, in understanding that the two alternatives are not the only ones, you will stop the prohibition and regain a new freedom with the most joyful, strengthening, and liberating results.

-- **If there are no warm, loving feelings to begin with**, just see what is there. You will find all the negative emotions under discussion. These have to be acknowledged and understood and not pushed away or suppressed.

-- **When you understand them sufficiently**, the warm, natural feelings of affection are bound to come out eventually. For they are in you. They do not have to be given unto you from outside. They are only buried under the negative emotions which are the product of not allowing the productive emotions to come to fruition because you harbor a simple misunderstanding.

-- **Since this misunderstanding is not out in the open**, it is not amenable to correction. This is why the misunderstanding has to be made known first. You have to see clearly why it is a misunderstanding. Then you can proceed.

PL 107

## Demands are often triggered by a desire for real love

If you flow through the scale of feelings, truly experiencing them as they come up, you will probably go through the following sequences:

- A. the misunderstanding causes the deliberate cutting off of natural productive feeling.
- B. This, in turn, results in guilt, fear, uncertainty, anger, resentment, helpless rage, confused fluctuation between giving in too much and being too severe.

All these feelings and confusions have to be fully experienced before you can actually feel the reality of the love in you. First, it will manifest only occasionally, weakly, not dramatically. But when it does, be aware of it, let it, and see what a wonderful effect it has on you and on those about you. One of the effects on others often will be that their excessive demands diminish the moment they sense a love current from you, even if you do not commit any deeds in connection with it. **For their demands are often an unconscious, blind outlet for the love they seek.**

They themselves are too confused to realize that affection, understanding, love are much more important to them than what they demand. Their demands, in turn, are the substitute for what they really seek. Once this is given, the demands are bound to diminish in the ratio of the love you are genuinely capable of feeling.

PL 107

**Exercise 2c:** Keep a log (see Exercise 1b, above) or a Daily Review for **2 days** (if you are experienced with the process of Daily Review, this may not need to be written down).

Focus on moments of resistance, inner tension, a cramped 'closing up'. Code each example (?? Outer Values 'V', Disconnection 'D', Overwhelm 'O' ??) based upon the descriptions of resistance in this lecture. What trends or patterns do you notice?

If even a brief use of Daily Review does not appeal to you, use any other Spiritual Practice that involves reviewing your thoughts and feelings on a regular basis. It's the practicing that matters!

## Daily Review 2.0 PL 28

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf> Graphic created by Shakila F.

**Exercise:** Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware.

Each week, see if you can relate with the sub-topic

All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit: 10 per day). Eventually, this can become a thought process. The Guide refers to Daily Review as 'spiritual hygiene'.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences.



### Week 3 Aspect 2 - Overreliance on Outer Authority

As you know from our work in the past, almost everyone has a symbolic superior world that he wants to be accepted by, he wants to belong in. When this superior world happens to be seemingly unfeeling, undemonstrative, or even tough, you do not dare to let yourself feel that which you naturally feel, out of the fear of being despised by this superior world.

This is especially strong when your natural warm feelings are directed towards someone you are convinced you should look down upon, according to the imagined, or real, standards of this superior world.

Now, whether or not it is true that the people belonging in this world feel that way, the damage you do to yourself is, again, of the gravest consequences. **Chances are that these very same people actually feel very differently from the way you think;** that they would respect, like, and accept you much more if you were a kind and loving person who does not deny and betray the best in himself in order to get approval. They may not be aware of these reactions, but since the unconscious currents are a reality, their reaction would prove this to be so.

You are bound to find this out, but only when you have the courage to be yourself. For some, it takes much more courage to be themselves in their loving selves than it would take to be their self-assertive "strong" selves.

PL 107

**Exercise 3a:** Notice whenever you feel more confident when quoting or referencing an 'outer authority' rather than your own opinions, feelings or intuition. Where it feels appropriate, practice voicing your own views and perspectives. Notice how these are received; some people or groups are not as receptive to individual POVs as others may be.

#### **Materialism as a form of Overreliance of Outer Values**

*(i.e., unless it can be proved, it doesn't exist / doesn't have to be considered)*

Materialism does not only apply to the earth sphere, but equally, and often even more, to a variety of hellish spheres in which entities live in a totally disconnected way, convinced that the dead state of the thickly condensed matter (much more thickly condensed than your matter) is the only reality that exists. There is only deadness and mechanicalness. It is hopelessness itself, as if no change were ever possible. Existence is totally mechanized.

[Three Principles of the Forces of Evil – Personification of Evil](#) PL 248

Let us suppose the superior world of your aspirations is actually the way you think it is. Does this not mean that their representatives are just as immature in this respect as you are?

To emulate such immaturity cannot ever produce self-respect and certainty in your personality. All it can do is create self-contempt and guilt. It must rob you of the firm ground under your feet that only being yourself can grant.

To simulate a pseudo-strength by the denial of loving and by the betrayal of your real self (at the expense of the apparent weaker ones, whom you are supposed to reject and despise) produces the same self-hate as is produced when a person lacks courage and strength and self-assertion, and when he submits in evident weakness. This pseudo-strength is, in reality and essence, just as weak

as submitting. You who belong in this category submit for the sake of approval by denying the best in you. You deliberately set up a process of self-alienation in the simple act of discouraging your natural warm feelings, and artificially producing toughness.

PL 107

### **This process may not be conscious thought**

You may not be at all aware of these inner processes, but if you look closely at some of your reactions, you may well discover that this holds true for you. Or perhaps you are aware of it already to some degree, but have never quite thought about it in these terms.

To do so, to carry the significance of these reactions further, is bound to give you a more comprehensive view about it, and thus to change these very childish attitudes. When you thus have the courage to be true to your real self, even if it loves a person "the superior world" decries you are to despise, **you will discover that the whole division of a "superior world" and an "inferior world" is an illusion.** This discovery will set you free and give you a strength such as you cannot envision now.

For those of you who have not delved into some depth of your being, what I say here might sound rather far-fetched or even silly. But for some of my friends, these words will be a reality and will help them to dissolve some very crippling misunderstandings about life and people.

PL 107

**Exercise 3b:** Continue the process in 3a of practicing voicing your own perceptions, as a gift of your real self to those who profess to care for you and about you. See if you can accept momentary lapses of care – this side of you may be a revelation that they aren't fully prepared for!

### **Interlocking Triads of Reason, Will and Emotion Types**

We have discussed at length how harmful such barriers [to calm] are for you. But the emphasis of our discussion in the past was on yourself and not so much on you in relationship to others. Yet, your unhappiness and confusion is always in connection with others, in connection with the difficulty of coping with your fellow creatures.

Therefore we will now use the knowledge you have gained about yourself, through your work on this path, and apply it to your relationship with others.

When you calmly observe your reactions to others, you are bound to discover and become acutely aware of an inner tension, a cramped closing up. This prevents you from meeting others freely and openly, without restrictions and without inner tension. You cannot reach out without grabbing. You cannot expect without urgent demands. You cannot give out without fear. When you meet others in willingness to love, then and only then can your life be really fulfilled, no matter how worthy your various activities may be.

The fear is always *"but what about all these people who take advantage of such warm, loving feelings? If I do not guard myself and let myself feel, I will suffer."*

It is true that your inner well with its wise guidance, its reliable intuition cannot function when it is thickly covered. By covering it even more thickly through prohibiting feelings, you do



not free that well that cannot lead you astray if it is unblocked. So the remedy must be sought by allowing the covering barriers to reach your conscious understanding.

PL 107

**Exercise 3c:** Unreal fears are empowered by not being thoroughly examined. Explore the threat that you will suffer because you would be *'taken advantage of'*. Consider only the most realistic responses to your opening your heart more than you already have. Focus on the people you actually love, know, or encounter, and how they would likely react if you were kinder, gentler, and more loving in your interactions with them, vs. how you imagine they 'might' react.

PL 107

### Three Basic Personality Types

Reason: The person who conducts his life mainly by the reasoning process is often apt to neglect the emotions. He is afraid of them. He thwarts them, he cripples them, and therefore he cripples one of the most important instruments in life, namely the intuition. He who is afraid of his emotions cannot trust his own intuition because it is blurred by his fear of it, by his distrust that an intuition is supposedly 'intangible'. Often the person of reason secretly looks down on the emotional type of person; he is proud to be steeped in the reasoning process." Pathwork Lecture (PL) 43, Three Basic Personality Types: Reason, Will, Emotion

Will is supposed to be a servant, never a master. In the ideal case, will should serve equally distributed between the reasoning process of man and his emotional and intuitive faculties. The will type makes a master out of the servant. This brings the personality out of focus in a way that might become dangerous if this trend is not recognized in time. Again, unconsciously as the former two types, such a person may look down on both other types."

Emotion types

The emotion type is equally one-sided. They often pride themselves that they are capable of "feeling," contrary to the others. They secretly look down on the type they derogatorily call "intellectuals." It is true that the emotion type tends to have a good intuition and is sometimes less afraid of feeling and inner experience than the reason type of personality."

[\*Three Basic Personality Types: Reason, Will, Emotion\*](#) PL 43

In the healthy person, these three principles work side by side in perfect harmony, alternating according to the specific need of a situation. They complement and strengthen one another. A flexibility is maintained so that none of these three attributes can ever contradict or interfere with another. However, in the distorted personality they mutually exclude one another. One is a contradiction to the other, and so they create conflict. This is so because one of these attributes is unconsciously chosen to serve a major role in the solution to life and to life's problem.

[\*Love Power and Serenity as Divine Attributes and as Distortions\*](#) PL84

**Exercise 3d:** Use the chart on Personality Type Traits (below) to sense into your gifts, desires, fears, and pseudo-solutions or defenses. Allow that you exhibit elements of all 3, but that 1 or 2 may be more prominent, more practiced. Notice if these change in different situations, such as then around strangers vs. at work, or with casual acquaintances vs. close friends or intimate partners.

Then consider the last column, ways to NOT love that are described in this lecture; which feel most familiar (or comfortable) to you?

## Chart of Personality Type Traits

PL 43 Types:	REASON	WILL	EMOTION
1. Real Self PL 43	Wisdom	Courage	Love
2. Qualities Manifested PL 84	Serenity: harmony, balance, clear perception	Power: leadership , direct knowing, courage,	Love, compassion, connection, oneness
3. Perception of child	Parent rejected child, proving that rejection possible	Parent defeated child, so that they felt Unimportant, powerless	Parent frustrated child, forbidding pleasure, safety
4. Worst fear / childhood pain,	Rejection; chaos, pain	Helplessness; annihilation, losing	Rage; frustration, abandonment
5. All or Nothing generalization / image	All love versus No love	Complete control versus No control	Pleasure versus No pleasure
6. Forcing current defensive attitude PL 77 & PL 84	Withdrawal, aloofness	Aggression, winning, safety, retaining control	Submission, bartering for love, looking 'good'
7. Main Image PL 93 "To be loved, I must..."	Get validated approval; objective proof	Become important, famous, successful; I must win	Be good, do it all, please others so they must love me
8. False solution	Demand for serenity	Demand for control	Demand for pleasure
9. Mask / Idealized Self Image PL 83	False serenity: glory, approval	False power: triumph, fame, success	False love/beauty: vanity, spiritual pride
10. Main character flaw PL30:	Rigid pride "I am better than..."	Self-will "I must have..."	Fear "I'm afraid of..."
11. Tries to create safety by	Avoiding negative feelings; Obsession with order; stasis vs. organic flow	Winning, gaining control, separation; blame others if defeated	Exaggerating and dramatizing; <i>any</i> feelings become pleasurable
12. Vulnerable to evil of: PL 248	Materialism	Separation	Half-Truths
13. Repressed need PL 92– unable to:	Allow free flow of feelings; connect with intuition	Serve reason or emotion as appropriate, vs. trying to control them	Accept reality, 50/50; pleasure comes and goes as life flows
14. Real need PL 192	Love, approval for one's Real Self; develop the capacity for real love	Being seen and understood in Real Self, value <i>being</i> as well as <i>doing</i>	Express and assert real needs for pleasure while accepting reality
<b>15. Diminishes self and others PL 107</b>	<b>Deny or reject intuition, rely upon facts and expertise</b>	<b>Separation and superiority to retain control of situations</b>	<b>Confuse with half truths to avoid unpleasure</b>

Chart prepared by Jan Rigsby ©2024

## Week 4: Aspect 3 – Overwhelm as a defense against Emotions

The third aspect of the inner "no" against loving may at first sound paradoxical. People who predominantly have this aspect have such a great need for fulfillment and love that nonfulfillment presents a special fear and threat. **Their remedy is a strong forcing current.** Needless to say, this remedy is, again, unproductive, even destructive.

**The forcing current prohibits a free love-giving.** In its own devious way, it causes an inner "no" to giving in a relaxed and calm way. It grabs and demands. Yes, the person wants to give, but does so compulsively in order to have his demands fulfilled -- not wisely and in sensitive awareness of what the other needs and wants. Therefore the giving is neither free nor genuine.

PL 107

### Forcing Currents -- Summary from PL 77

1. The Forcing Current is a defense using Will level of the human personality structure ref: PL43.
2. It is created by the Will (self-will, little ego) to deal with dualistic 100/100 misconceptions: Happiness OR Unhappiness
3. Forcing Current is the Will's demand that our divine gifts (Wisdom, Courage and Love) manifest -- as Love, Power and Serenity PL84.
4. The Will manipulates feelings as part of the Forcing Current,: a compulsive behavior pattern - 'the will to be happy'.
5. Your faults are the effect of your Forcing Current, not the cause.
6. Forcing Currents separate you from your Real Self.
7. Result = Lack of confidence.

After some constructive work and valid insights have been attained, you are bound to become aware of this compulsive current, and feel it distinctly, **almost as a separate foreign substance within yourself.** All your wrong conclusions and images are a product of this basic current.

[\*Self-Confidence: Its True Origin and What Prohibits It\*](#) PL77

**Exercise 4a:** Observe forcing currents in your daily interactions – yours, and those of others.

### Half-Truths result from relying only upon feelings vs. any other form of feedback

The principle of confusion, distortion, half-truth, lie, (and all the variations that may possibly exist in connection with it) includes using truth where it does not belong or is not applicable, so that the truth subtly turns into a lie --yet cannot easily be traced as such, because the divine truth is pronounced and seems unassailable per se. Thus confusion is wrought. This is not just an extremely effective weapon of evil, it is an evil principle itself.

Confusion and distortion of reality (making a truth out of a lie, and a lie out of the truth) creates a numbness toward subliminal reality, toward the cosmic, eternal aliveness that can be felt deep in the soul of any individual when there is truth and clarity. This numbness, created out of confusion and chaos, inevitably inflicts pain and suffering, as the lie must inflict pain and suffering.

[\*Three Principles of the Forces of Evil – Personification of Evil\*](#) PL 248

**Exercise 4b:** How often do you allow yourself to be submerged by thoughts of untruth and confusion, and drown in them, until their effect disconnects you from the spark of life, and you suffer the pain of untruth and confusion? PL 248

### **A Vicious Circle of Immature Love**

This category is often on the "other side of the fence," so to speak, from the first category [1. *Disconnection* ] that I discussed. They often get into conflict with one another. The demands and the forcing current frighten away the other one even if these demands parade under the guise of "giving."

The one who is so starved and therefore terrified by refusal must be blind to others. All he feels is his own need. He has no room and no calmness to look truly at the other person and sense the other's needs. **Refusal is so devastating that he courts it by his urgency.** When it comes, all he experiences is the confirmation of his own worthlessness. This distorted view prohibits a true evaluation of the situation in question.

His own worthlessness has nothing to do with his defeat. The other person's fears and problems may be as responsible for it as his own blindness to see the world and others only in terms of his worth or lack of it, and the subsequent powerful forcing current employed to dispel the dreaded worthlessness. The realistic remedy for the person who belongs predominantly in this category is, broadly speaking, to face his lack of belief in himself and find out the real reasons -- such as

- his lack of loving, which is often disguised by an over-eagerness to give for the purpose of receiving the love as a child wants to be loved;

- all the distorted concepts and to understand why they are distorted;

- to allow himself to experience all the feelings as they come up in the process of this self-search.

PL 107

**Exercise 4c:** How do you behave when you anticipate refusal of something you feel a strong need for? Work with the aspect of yourself that resonates with the Emotion Type, even if your personality traits don't center there. Or, notice that you resist considering this idea!

### **Forcing Currents resist awareness**

Chances are that underneath the conscious urgent need, he will find some reason for prohibiting his real feelings for affection and loving. This may be so hidden that, offhand, he may deny it utterly. All he feels is his need to be loved, which he confuses with genuine feelings of affection for others. The latter is a much less urgent, much calmer emotion, and is not at all self-centered as the need is. Again, these mature feelings exist, but they have been prohibited from developing, and this point has to be made conscious.

A second remedy is to face that repeated unfulfillment hurts so much more than it needs to hurt because of a childish inability to stand frustration. Before fulfillment can come, the various points as to his lack of belief in himself, as outlined above, have to be followed through.

PL 107

**Exercise 4c:** Sit and meditate a while about your need / desire for love. Be honest with yourself; have you ignored or minimized it in the past? Do you accept it as a real need? If not, why not?

This takes time. In the course of this, more disappointments may come. But now they can be utilized for the work and serve as wonderful means for discovering more about the self. In the meantime, what one can, in full awareness, learn simultaneously is to swing with the tide, not to resist it by a wild struggling of soul forces.

Thus the maturity will come in teaching the soul to be able to stand frustration without repression or anger. This has the healing effect of bringing the pendulum into a more balanced position. From an overactivity (the forcing current, the wild struggling), a serenity is generated which brings the person closer to the state of being.

It cannot be emphasized strongly enough that all the frustrated emotions causing the urgency and the starvation have to be allowed to simmer on the surface, and have to be translated into meaning and thereby into understanding

PL 107

**Exercise 4d:** Consider the above suggestion, to simultaneously “‘swing with the tide’, vs. resist it by a wild struggling of soul forces” in terms of relying less upon forcing currents to get your way immediately.

### **Misinterpreting one’s urgent needs as acts of love**

In this person, another reaction exists that also has to be brought to awareness and faced. When sometimes the needs are fulfilled, the "love" wears off. This should furnish the proof that **what he thought was love is not love but starving need** -- certainly a great difference! In this connection is the fact that this person is as incapable of fulfilling other people's needs as those belonging to the former category. He backs away from them and feels infringed upon by them just as the others do. Recognition of this fact is of primary importance. In this hidden countercurrent, he is just as afraid to let down his guards as are the others; only this fear is covered up by the manifest need and the fear of nonfulfillment.

All he can see is what he wants or what he fears will come into being -- nothing else. He is torn between these two alternatives, interpreting every outer happening into either the one or the other alternative. In neither alternative does he see the reality.

PL 107

So I beg of you, my dear friends, consider the outer conflicts that come to you as an answer to your prayer. If you will only turn into the other direction. Instead of becoming defiant and hurt, turn inside, turn around, no matter how wrong you think others may be! Ask yourself, ask your Father in heaven, *‘Isn't there some grain of truth somewhere? By recognizing it, I will continue to learn and develop.*

*[Three Basic Personality Types: Reason, Will, Emotion](#)* PL 43