

# Pathwork™ Steps

## Energy and Consciousness in Distortion: Evil

Study Guide for Online Meetings on PL 197

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*Hyperlinks below refer to previous Pathwork Steps study guides*

**Week 1: Energy and Consciousness: Unified and Dis-Unified States**

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**Week 1: Energy and Consciousness: Unified and Dis-Unified States**

The universe consists of consciousness and energy. In the unified state, consciousness and energy are one. In the dis-unified state, they are not necessarily one.

Energy can be an impersonal force that does not seem to be, or contain, or be an expression of, consciousness. It seems a mechanical force that consciousness can direct, but the energy itself seems totally alien to consciousness, to determination, to self-knowledge -- in short, to everything that distinguishes consciousness. Think, for example, of electricity or atomic energy. Even the energy of mind seems often quite disconnected from the source of its consciousness. Perhaps you can feel into what I mean, to a certain extent.

For instance, many of you have experienced that the power of your thought, the power of your attitude, the power of your feelings does not have an immediate effect. It has an indirect effect, which at first seems so disconnected that it requires specific attention and awareness until you truly comprehend what I discussed in the last lecture [[the link between cause and effect, PL 196](#)] Only when your consciousness expands can you sense the oneness of this tremendous mind power and the energy it sets in motion. This works both in a constructive and a destructive way. The principle is the same.

The separated, dualistic human state creates the illusion that energy and consciousness are two different manifestations. The same split in perception exists about life and self; God and man; cause and effect -- and many other concepts or phenomena of life. **Both are one.** Since thought is movement and energy, it is impossible to separate consciousness from energy in their essence, although in their manifestation there might be an apparent disconnection.

In reality -- ultimate reality in its oneness, its unified state -- there is no evil. Thought is pure and in truth; feelings are love, joy, bliss; will direction or intentionality is utterly positive and constructive. Therefore there is no evil. But the same consciousness can "change its mind," as it were. It can turn into an untruthful, limited thought process; into feelings of hate, fear, cruelty; into negative will direction and intent.

The reality of evil, as manifested on this plane of development, must be accepted by each individual in order to learn to cope with it and thus to truly overcome it. Evil must be faced and overcome primarily within the self. Only then can evil be dealt with outside the self. The attempt to reverse this process must lead to dismal failure, for everything must always start from the center out -- and the center is the self.

## Pride, Self-Will, and Fear

In our approach to self-development, we find again and again that the basic evil triad is [Pride, Self-Will, and Fear \[PL 30\]](#). We see how all else falls into this triad. Every one of these three attitudes (which are always interconnected) is a result of resistance and breeds further resistance -- or evil.

Self-will says, "*I resist any other way but my way,*" and "*my way*" is so often anti-life, anti-God. Self-will resists truth, love, union -- even if it appears to want it. But the moment the tightness of resistance, of self-will, exists, divine aspects are hindered from manifestation.

Pride is resistance to the oneness between entities. It separates itself from others, elevates itself, and thus resists the truth and love that are creative manifestations of life. Pride is the opposite of humility, not of humiliation. He who resists humility must be humiliated because the resistance must always finally come to a breaking point. The refusal to expose the truth and to admit what exists is due to pride, and this pride causes resistance as much as it is a result of resistance.

Resistance breeds fear and fear breeds resistance. The tightened state of resistance and the slowing of the energy movement darken the vision and the scope of experience. Life is perceived in a frightening way. The more resistance, the more fear -- and vice versa. Resistance to truth occurs out of fear that truth can ever be harmful (if you think you distrust the universe), and resistance to truth must compound this fear. The hiding becomes forever more difficult, and exposure forever more threatening.

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### **Exercise 1a: Consider your primary character flaw in terms of how the ‘voices’ of Pride, Self-Will, and Fear would defend it:**

Pride: "*I must be above.*" "*I will never admit that I am hurt.*"

Self-Will: "*I resist any other way but my way.*" "*I must not be hurt.*"

Fear: "*If I am hurt, I will DIE!!!*"

### **Fear of Truth Negates the Truth of the Self.**

Fear of truth -- hence resistance -- negates the benign quality of the universe. It negates the truth of the self, with all its thoughts, feelings, and intents. This self-negation -- a result of resistance -- is and creates evil. **When you want to avoid your feelings and your hidden thoughts and intentions, you create resistance.** Resistance is, in one way or another, always connected with "I do not want to be hurt" -- whether this hurt is an actual one or an imagined one, whether this hurt is due to self-will that says, "*I must not be hurt,*" or to the pride that says, "*I will never admit that I can be hurt,*" or to the fear that says, "*if I am hurt, I must perish.*" It is again an expression of distrusting the universe.

In reality, hurt must pass, for it is no more an ultimate state than evil is. The more pain is experienced in its full intensity, the faster it must dissolve itself into its original components -- flowing, moving energy which creates joy and bliss.

Whether resistance comes from self-will, pride, or fear, whether it be ignorance and negation of what is, does not matter. Resistance obstructs God, good, the flow of life. It creates walls, and the walls create separation from truth and from love -- from your inner unity.

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**Exercise 1b: Say these words. Notice any objections that arise:**

*"I say yes to life, to myself, to deserving the best, to giving the best, to being in a state of joy, abundance, and flow; to give and receive love; to feel the joy of it.*

*I devote my life to the will of God, to the task that I have come for whatever it is going to be; to give my best and therefore I deserve my best.*

*I am an expression of God. I am God's beauty, God's wisdom, and God's joy. And I can allow myself to experience this, and I will allow myself to experience this.*

*This is my commitment."*

PL 238QA

## **Daily Review PL 28**

**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

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 2: Energetic and Conscious Evidence of Dis-Unification: Evil

Now, how about the question whether good and evil are personified, actual entities or whether they are just principles? Again, the answer must be: both. Every man and woman is a manifestation of God, but the distorted state implies that every man and woman must also express the devil. A being who is completely unified and pure would express God in a total way. God can thus manifest as an individualized form. Conversely, an entity who has distorted his consciousness and energy movement to the extreme degree could be called a devil.

Neither one of these two extremes in the spectrum exist in the human consciousness. The human consciousness finds itself in a state of development where both the pure and the distorted, the good and evil, God and the Devil exist. It is the task of every human being in the long road of evolution, lifetime upon lifetime (and indeed it takes thousands of lifetimes, not hundreds) to purify the soul and to overcome evil.

PL 197

### Evil in Terms of Energy

Let us look for a moment at what evil means, both from the point of view of energy and from the point of view of consciousness. When energy is turned into a destructive manifestation, its frequency slows down, commensurate with the distortion of the consciousness which determines this state by the choice and will direction of the thought process and attitude pattern instituted. The slower the frequency of movement, the more the distortion of consciousness has advanced, and the more we can speak of a manifestation of evil. Another alteration of the energy flow in its distortion, or in its evil aberration, is the way it condenses. The higher developed the entity, the purer the energy, the faster its frequency, and the more radiant its matter. The more distorted, the more destructive, the more evil, the slower its frequency, and the more condensed is the form in which the consciousness manifests.

Unobstructed, unresisted energy flows smoothly and harmoniously like a gentle river. When resistance stops the movement of the energy current, the movement slows down, the form condenses, the energy flow congests and clogs up the channels. Resistance tightens and thus coarsens the manifestation of energy. It holds what should move.

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When one feels stagnation, it is always due to an inner, perhaps hidden, unwillingness to face some area of his being. This resistance always applies to the most important area that ought to be tackled at the very moment. That is why stagnation is felt. Therefore I say to those friends who feel discouraged and in stagnation to ask themselves very, very truthfully, "Is there not a wall in me that prevents insight?" Are you not, in some manner, to some extent, guarding against something, perhaps through justification, self-pity, hopelessness, or a superficial rationalization of outer circumstances? **Test yourself very carefully**, and you will have to see that this is the reason for such stagnation. Once you recognize it, you are so much farther towards liberation and growth.

Wherever there is stagnation, discouragement, depression about the validity of your work, in some corner of your being you do evade yourself. All those who, step by step, overcome this resistance that is universal do feel their own growing, do feel their liberation from shackles.

*Sadness vs. Depression* PL 106

## Evil in Terms of Consciousness

The consciousness responsible, so to speak, for the thickening must exist accordingly. This is not quite correct, but human language is incapable of expressing the essential oneness of consciousness and energy so that we must compromise and regard it as though consciousness were "responsible" for the energy flow. Anyhow, from your vantage point this expression will be quite adequate.

The thoughts, intentionality, feelings, and attitudes embrace a resistive attitude to what is; to the truth; to life; to God; to any aspect of the goodness of the universe. This consciousness resists trusting the life process; it issues forth ill will (negative intentionality). There is no evil attitude conceivable unless resistance to good is involved. Conversely, wherever life manifests unobstructedly without resistance, it must be good and blissful, harmonious and creative.

Resistance is a stemming against the flow, closing up, tightening up. It prevents the movement of the universal energy: the movement of love, the movement of truth -- the ever ongoing movement of life where divine manifestation unfolds unobstructedly. Resistance is always obstructing some valuable, beautiful aspect of creation. Obstruction evidently blurs out truth, vision, love, life. Resistance is therefore a manifestation of evil.

When you look into yourself, feel into yourself, and go deeply enough into yourself, you will relatively easily perceive your own resistance. Others always can unless they are extremely blind, undeveloped, or dependent on not seeing it. They may have a stake in agreeing with you, in keeping an idealized image of you. But if this is not the case, they are aware of it; you, too, can be aware if you wish to be! You will then see what this resistance means.

PL 197

For the yes-current to express in any given area of your life and personality, your entire being must be of one piece, a wholeness. Your consciousness cannot be divided with different levels expressing different aims, goals, opinions, concepts, and emotions.

**The yes-current cannot manifest by talking yourself into it.** People are misled into a temporary hopefulness and a positive approach to life, into a temporary success in certain ways, but it cannot be whole, real, and permanent unless all levels of your being are filled with one expression and there is no area left that does not know the truth, that nurtures doubts and fears, and that does not express the truth. **Such a complete reorientation of the personality cannot be a slipshod affair.** It does not come cheap and easy. It requires your total involvement and investment into the process. It demands some fierce overcoming of stubborn, easily misleading resistance, and the turning away of temptation from the self. There is no short cut except that it appears easy when the transformation has already taken place and the psyche is already free from division and contradiction in any given area of success.

*[Transition from the NO-Current to the YES-Current](#)* PL 125

### **Exercise 2a: Remember the many times on this path you were in a fierce and fearful no.**

Yet, after you overcame it, the relief and release, the renewed energy, the increased understanding and health, and also the knowledge and certainty that what you had feared before was entirely groundless, all that was in proportion to the fear and resistance that you harbored.

PL 125

## Resistance as Distrust

Now of course you do not want to let go and give up this holding because you do not trust. But you cannot have an attitude toward life or other people that differs from your own deepest, most hidden suspicions about yourself. In many ways you may be a loving and giving person, but if the part of you that is not so remains unrecognized, you may inwardly accuse yourself of much more than you deserve because you make that stingy ungenerous part of you your whole reality. Therefore you must distrust the universe. You cannot believe differently. You must assume that the universe is no different: ungenerous, stingy, withholding, hoarding, tight, ungenerous, leaving you poor. You expect from it the same as what you sense yourself to be: just as rejecting, unloving, ungenerous, overly cautious.

Into such a universe you cannot wish to move freely and trustingly; you cannot wish to release your bounty into such a projected universe.

## Resistance as Greed

There is always the greed: *"If I leave behind this thing, this state, this hour, this experience, I will lose something irreplaceable, and I do not want to let go of anything. I want to hoard it all. I want to experience the next hour, but I do not want to let go of this hour. I want to receive love, but I do not want to pour out my heart."*

The expanded state of consciousness that you so long for, the state in which you experience life and yourself in so much beauty, cannot come. It can come only when you have the faith, the generosity, the courage to let go, to give up, to open your inner hands and heart, and trust. Giving up is giving, it is a form of giving. You need to let go of this in order to go there.

The intent to let go, even of this so much improved state, in order to attain a still so much better state must not be confused with greed. It is not a greedy, impatient attitude I advocate here. It is rather a deep inner knowing of the infinite nature of life, the infinite expansion that is every living being's destiny.

## Resistance as Denial

There is one more aspect about the dynamics of movement that I should like to mention.

When the organic movement is being denied, an imbalance often accrues. The movement denied, where it is appropriate and part of the growing organism, seeks an outlet and then manifests as a compulsion to move where this is not appropriate and organic. For example, a person rigidly holds on to a defensive, obsolete attitude, does not want to give it up, let it go, and he stagnates inwardly as a result of it. Consequently a compulsive restlessness may develop that may manifest as an inability to be still, to be totally "there," to follow through with anything, to have perseverance. **Such an individual may then begin many things and never finish**, or be unable to endure staying in the same place. A compulsive restlessness may make him travel all over the earth, looking for a new place outwardly.

## Exercise 2b: Meditation

Now, my dearest friends, let us relax. Let go, center into yourselves, become very quiet. Feel the powerful blessing that is here. Visualize that this powerful force can aid every one of you in your commitment. And now let all of you speak in unison these words:

*"I commit myself to the will of God, I give my heart and soul to God, I deserve the best in life, I serve to the best cause of life, I am a blessed manifestation of God."*

[The Dynamics of Movement and Resistance to Its Nature](#) PL 241

### Week 3: Evil in / as Resistance

Wherever you have difficulties to attune to the vibration, wherever you sense a resistance, you can be sure of unrecognized violations of the laws in your soul.

*Prayer and Meditation PL 9*

When you face and accept your deeply ingrained negative intentionality you can link this up with resistance. Negative intentionality is perforce a resistive attitude, and it is obviously an evil one. Resistance always says in one way or another, "***I do not want to know the truth about this or that.***" Needless to say, this is a destructive attitude. It must create an evil force. It obstructs the ongoing movement of truth.

PL 197

Underneath the resistance to face the lower self is the pain of an unjust, chaotic, meaningless creation. Much of the resistance you encounter in your personal purification process is based on this existential fear of a meaningless universe and the pain of life and the passage of time that results from it.

The lower self is a direct result of the fear and pain in regard to apprehending injustice, meaninglessness, chaos. It then becomes self-perpetuating and works both ways: due to the pain of injustice, negativity ensues (the lower self). And, conversely, the guilt about the lower self fosters an attitude of not deserving salvation, i.e., eternal life, goodness, joy, utter justice. Resistance to making connections between cause and effect [PL 196] covers fear and pain in regard to no such connections existing.

**Find the moments of relief** in your past work when, after having overcome resistance, you realized the intrinsic fairness of life and that you really feel much more secure about life after seeing the connections. With this insight into hitherto obscure and vague and unnamed reactions, you will have made the pain of injustice conscious. **This clarity of vision totally eliminates all fear and pain of injustice.** It makes it obvious that you live in an infinitely just creation in which no error is ever possible. But this awareness cannot be "given" gratuitously. It must be "developed into" through the personal struggle of each entity to overcome the resistance to make every 'crevice of self' known -- and to take responsibility for it.

Scripture of many religious and spiritual orientations have always hinted at this ultimate justice. "Judgment Day" means nothing else but that. It is human consciousness, with its present limitations, that interpreted this in a very undesirable and fearful way. The word judgment seems to imply an unloving attitude of those who were supposed to judge, even an unfair, arbitrary, rejecting judgment. This is clearly a projection of humanity's own state of affairs. **Divine justice is nothing more nor less than the full vision of all an entity expresses** so that the inevitable consequences become the measure and the medicine to grow into wholeness -- that is, holiness.

*[Pain of Injustice](#) PL 249*

The original positive quality in being judgmental is **a great capacity to distinguish, to differentiate, and the power to recognize, to be one-pointedly aware.** If this ability is being used creatively and constructively, it is obviously a wonderful asset without which a person would be incomplete. So, you see, nothing as such must be "thrown out," destroyed, negated. It must be transmuted.

*[Q&A Section of](#) PL 219*

## The Spiritual Meaning of Crisis

Crisis is an attempt of nature, of the natural, cosmic lawfulness of the universe, to effect change. If change is obstructed by that part of the consciousness that directs the will, crisis must be the result in order to make structural change possible.

Without such structural change in the entity, balance cannot be attained. Every crisis ultimately means this whether the crisis appears in the form of pain, difficulties, upheaval, uncertainty, or merely the insecurity of going into unaccustomed new ways of living after giving up old familiar ones.

Crisis in any form, shape, or manner attempts to break down old balance structures which are based on false conclusions and therefore on negativity. It shakes loose ingrained, frozen life styles so that new growth becomes possible. It tears down and breaks up, which is momentarily painful, but transformation is unthinkable without it.

Once an individual takes on the habit, of first of all questioning his hidden wrong assumptions and destructive reactions when anything unwelcome comes his way, and fully opens up to truth and change, **his life will alter in a very drastic way**. Pain will become proportionately less frequent and joy more and more the natural state. Crisis becomes superfluous. Therefore, eventually death becomes superfluous.

This may sound like an extreme statement especially to those who are still awed by the mystery of death (therefore also of life), but it is nevertheless true. The rhythm of growth can then proceed smoothly without the leaps and bounds of breaking up negative structures in the soul substance.

*The Spiritual Meaning of Crisis* PL 183

A person who finds himself on the road of evolutionary growth, who searches and gropes -- incarnation after incarnation -- for fulfilling himself, for fulfilling his task **in a mixed inner state**. There is a great deal in human beings that is already free and developed. But there is also distortion, blindness, ill will, resistance, evil. The human being who is in a partial state of inner freedom -- movement of truth, love, and light (on the one hand) and distortion, negative intentionality, revenge, greed, hate, spite, self-will, pride, and fear (on the other) must find his way out of this conflict. One part resists the truth that these feelings and attitudes are there and resists giving them up, while the other part is seriously striving for development and purification.

**This dual state must cause crisis.** Such crisis is unavoidable. When two completely opposite movements, directions, and strivings exist, a breaking point must be reached. Such a breaking point manifests as a crisis in an individual's life. The thus resulting crisis must break down the faulty structure.

### Exercise 3: Say these words. What protests, objections, judgments, shame or guilt come up?

One movement says, *"Yes, I want to admit what is evil. I want to confront myself and dispense with the pretenses which are, after all, nothing but lies. I want to expand myself and bring forth the best in me so that I can contribute and give to life as I wish to receive from it. I want to give up the childish, cheating position with which I want to grab at life angrily and resentfully while I refuse to give anything to it -- except my demands and my resentments. I want to stop all that and ride trustfully with life. I want to honor God by accepting life at its own terms."*

The other side persists in saying, *"No. I want it my way. I may even want to develop and become decent and honest but not at the price of looking at this, of exposing that, of admitting anything that is too self-incriminatory."*

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## Week 4: The Power of Positive Intentionality

Only as you venture forth step by step, overcoming the inherent resistance to transcend this separated state, do you find out gradually that there is another life beyond the ego state.

*The Meaning of the Ego and Its Transcendence* PL 199

### **What is of true value will automatically and organically rebuild itself.**

Such a process calls forth an energy movement that is almost impossible to describe. Resisting evil means not to face and accept the evil in you. This resistance creates a tremendous accumulation of energy which finally comes to a sort of explosion. The deeper meaning of the ensuing destruction is truly marvelous. It destroys the very evil that has created it.

In the person's manifest life much may go to pieces. The energy movement of the soul substance tears down the rotten structure even if this means that temporarily all seems to go to pieces. What is of true value will automatically and organically rebuild itself.

Soul substance is torn apart and rebuilds itself simultaneously in the process. Creation is taking place. Every crisis is an integral part of creation. Therefore, crisis should be embraced and accepted by the wise ones. It should serve to remove more and more resistance.

Do not resist evil in you. That means, give up the appearance, the pretense. Give in, go with the movement of life.

The process of destruction/creation is a magnificent sight for spirit eyes. The blind entity may suffer temporarily, but how good it is! The process is awesome in its benign violence. New movements come forth, old movements change direction, color, hue, sound. For in spirit; sight, sound scent, and many other perceptions are one.

If you go deeply into yourself and intuitively feel into the meaning of your crisis, you may gain a glimmer. You will perhaps sense the creative process involved. The creative process must be simultaneously an apparently destructive process -- destructive, as I just said, as far as defective soul material is concerned.

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After continued work and courageously going through the temporary periods of discouragement and resistance, you will come to the point when this hard shell breaks down and you are no longer dead inside. **But the first reaction will not be pleasant.** It cannot be.

All the repressed negative emotions, as well as the repressed pain, will at first come into awareness, and it will then seem to you that your withdrawal was right. Only after plowing ahead will you have the reward of good, constructive feelings.

*Meeting the Pain of Destructive Patterns* PL 100

## **The Power of Positive Intentionality**

One of the most important attitudes to acquire for proper self-respect and self-acceptance is the ability to admit being wrong without feeling unworthy and unlovable. This is the great struggle.

Man believes that in order to be a lovable, honorable person he must never be wrong. This belief brings so much havoc and confusion. It is possible to admit the destructiveness without feeling hopelessly worthless. **Receptivity is part and parcel of positive intentionality.** Negativity and receptivity are therefore mutually exclusive. The negative person is thus constantly deprived. It appears to him that the outside world does the depriving, but in reality he cuts himself off from the reality of ever available abundance

*Transition to Positive Intentionality* PL 198

The eternal, ultimate, essentially benign nature of creation is most eloquently demonstrated in the fact that evil must finally destroy itself. It can build up only for so long, but eventually the breakdown must occur. You will all agree that the destruction of destructiveness is a constructive, creative phenomenon.

Thus, in the long run, every destruction is constructive and serves creation -- always. But in the manifestation of an individual's life, this is not always perceived. The further you are on the path, the more you will see this.

It will be helpful if you can meditate so as to truly experience this phenomenon because then you will aid the process by your conscious determination to relinquish resisting evil, the evil in you which you project outwardly -- that is, you believe it comes to you from outside, while it can of course never, never do that.

It is possible to influence and to diminish the violence of the constructive destruction if your commitment to truth takes on a new impetus and if you unearth your negative intentionality and change it into a positive intentionality.

When negative intentionality is expressed in concise words, you can create a new movement. It is up to you. But even before you do so, by your very admission of your deliberate ill will, you will automatically be more in truth and less inclined to act out the evil and even feeling self-righteous about it. You will know who you are.

And, strangely enough, the more you own up to the evil, the more honorable you become, and the more you will know it and appreciate yourself.

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#### **Exercise 4: Practicing self-acceptance.**

For one week, focus on each of the following 7 statements every day. Practice that particular form of acceptance as many times during the day as possible. Notice any changes in your attitudes.

It is the same with pain: the more you accept it, the less you will feel it.

Resistance to pain will make the pain often unbearably painful.

The more you accept your hate, the less you hate.

The more you accept your ugliness, the more beautiful you become.

The more you accept your weakness, the stronger you are.

The more you admit your hurt, the more dignity you will have,

-- regardless of the distorted views of others.

These are inexorable laws. This is the path we tread.

PL 197

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