Pathwork™ Steps

Process in the NOW – Psychic Nuclear Points Cont'd

Study Guide for Online Meetings on PL 215

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Group feedback re: PL 214 is that it inspires a sensory, poetic experience of these concepts, while the practical examples outlined in PL 215 translates them by offering everyday examples. A sequential multi-part lecture, other examples include the creation lectures (PLs 18-22), images (PLs 28-41) and alternating forces of distortion and divine attributes (PLs 84-86).

Week 1: **Examples of Psychic Nuclear Points**
Week 2: Without mind, time does not exist
Week 3: The Now Point
Week 4: Shortcuts Superimpose a False Reality
Week 5: Displacement, Projection, Denial

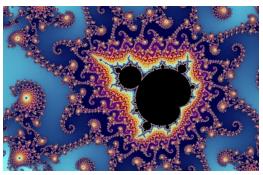
Week 1: Examples of Psychic Nuclear Points

Every smallest particle of creation consists of endless series of psychic nuclear spiral configurations, that are intense energy movements winding up in a climactic point, which brings the particular creation into manifestation, on any level of reality.

Each of these configurations consists of a series of psychic events -- of consciousness content. In other words, these energy movements are not merely mechanical constructs that simply exist separately from mind. They are always expressions of mind -- greater mind or smaller mind, as the case may be.

Each creation has sequences of several such configurations that intertwine, interweave, overlap, form, reform themselves, create and fall apart and recreate themselves in ever self-renewing, perpetuating, extending patterns of interacting spiral configurations.

Each pattern may seem, and be, a creation within itself, quite different and purposeful within its more narrow framework. Yet, at the same time, it is part of a larger scheme of purposeful patterns of creation. PL 215



An analogy: Mandlebrot Sets

Mathematically simple in theory, but not fully documented until 1980 because only a computer could complete the vast numbers of calculations needed. https://en.wikipedia.org/wiki/Mandelbrot_set
YouTube documentary with Arthur C. Clarke and Benoit Mandlebrot 53 mins

The sequence of Psychic Nuclear Points in a simple physical activity

Let us suppose you decide to get up from your chair, to move through this room, walk down the stairs and out to the street corner -- for whatever purpose. That total plan is one configuration, one spiral. This formula is very important for you to understand, because it represents the scheme of creation itself.

1. As you arrive at your destination, the explosive, climatic point has brought the plan into manifestation. This particular creation has made its appearance on this level of reality.

2. However, before this result can come into being, you have to take so-and-so many steps. Each step is a plan in itself, is an intent to move certain muscles - because even though you may move these muscles automatically by now, this intent still exists. The intent, the movement, and the execution of the intent follow a certain plan.

3. The plan, together with the execution in each particle, creates many smaller (the terms small or large are not correct on this level of reality, but I have to use them for lack of better words in your language) spiral configurations, complete in themselves. Each step is a creation of a spiral form and psychic nuclear end point, complete with consciousness content, purpose, plan, and execution.

4. The total walk consists of a "larger" such total form consisting of those "smaller" ones (the individual steps). But the walk from here to the corner is not an isolated creation either. It, too, is part of a larger scheme, a plan, a purpose, an intent of which the walk is just as much a partial creation, as the step is a partial creation of the walk from here to the corner. PL 215

Exercise 1a: Break down a variety of your daily activities into discreet steps, even though most of your daily activities may seem like singular actions. Notice what causes you to determine what separates one step from another, ,such as junctions between inner inspiration vs planning by the Ego/mind, Ego decision-making vs. deciding which action should come next, and then determining the sequence of steps that will result in the desired result. . Notice any 'pause' points, where you may wish to verify that the operation is adhering to the plan, or where you might wish to take different action.

The sequence of Psychic Nuclear Points in building a house

Suppose you wish to build a house. Again the same principle applies. So-and-so many partial, creative, spiral forms converge into a whole which in turn is, again, only a part of a larger plan.

1. When planning your house, you may first have to work for a number of years, to be able to purchase the property and then to hire the architect who plans and designs the house.

2. The architect, in turn, must execute his own plan: hire a contractor who organizes the work with various sub-contractors who must cooperate with one another; then laborers and interior decorators work until the house is finished.

3. Each goes through an infinite number of a series of interacting psychic nuclear points, each totally formed in its own perfection, the whole of which becoming part of a larger plan and scheme, and so on and on. Each step in its smallest particle is a creation in itself. Each "little" creation is an explosion of a psychic spiral formation.

4. The larger creation consists of so many smaller ones which extend and extend. For example, the purpose of the house itself is only an infinitesimal step of a whole larger series of creative, intertwining events. PL 215

You may follow through yourself, with some imagination, how this house is relatively only a small step in a larger scheme. This larger scheme, too, is only an infinitesimal step in a still larger scheme -- as this one human life is when considered over a whole period of its evolutionary spiral movement.

This is a very important process for you to intuitively visualize. The examples I gave are very simple. Yet even in these simple examples, you can perhaps imagine how many psychic nuclear points are necessary to exist and weave a whole network of larger psychic nuclear points, which in turn move, create, explode, fall apart, form together in a new meaningful pattern related to the larger plan. PL 215

Exercise 1b: Observe activities around you that just seem to 'appear' as the finished product or event. Visualize the different steps that had to be taken, by individuals or various groups, to produce what you are seeing.

Week 2: Without mind, time does not exist

Without mind, time does not exist. Time it is the result of man's limited, faulty thinking, of misconception, ignorance, duality with its split concepts, conflicts, confusion and strife**.** The higher the state of consciousness, the more do time, space and movement unify.

Movement is the bridge between time and space. The world of thought is of finer substance than the physical world of manifestation. Hence, movement of thought requires less "space" and less time to reach its destination than a body moving from one place to another.

Man's Relationship To Time PRS Chapter 28

Time, Space, and Movement Unify in Higher States of Consciousness

In your dimension, time and space are two separate factors. In order to bridge distance, movement is necessary. So, movement is the bridge that combines time and space.

In the next dimension…movement, time, and space are one. In other words, you are in one space. Thought, which is movement, brings you into another area of space, regardless of the distance as measured in your dimension. *Man's Relationship to Time* PL 112

Exercise 2a: Grasping the concept that time doesn't exist is difficult (if not impossible) when interacting on the material plane. Instead, close your eyes and visualize other times and places. That's easier because the mind doesn't have to move anything around (like driving to a location, or instructing your legs to move). You simply make a decision to 'see'.

You may also decide to recall – or re-create – sensory input that supports this inner experience. You may notice that you have intermixed the original memory with input from other experiences, or knowledge you have gained since then. Notice if this experience differs from the last time you recalled this memory or spoke about it.

Accessing Inner Knowing

Once again I ask you to open your innermost sensitivity and intuitiveness in order to understand, at least to some degree, the deep meaning of this lecture. Bringing your intellect alone to it will not give you an adequate comprehension of the depth of this topic. And again, like with the last lecture, what may first appear as purely abstract cosmic knowledge about creative processes will, when you pursue it and follow me all the way, lead into the second part of the lecture and become clearly and immediately applicable to your life here and now.

Your own inner processes will become more comprehensible when you perceive, to whatever degree, how these processes are directly related to and part of larger cosmic processes that continuously exist. PL 215

Exercise 2b: Do you have any sense of the mind needing to 'grasp' these concepts? Break this need down into steps, like the previous examples in Week 1. Identify the initial impulse or desire, then what it activates or 'turns on (such as an energetic 'push'). Then, what mechanical / real-world steps will need to be taken to achieve the desire.

For instance, if a passage feels confusing, we may force ourselves to read it again more slowly, taking one 'bite' of understanding at a time, testing that out before going on to the next.

Then, recall what your original impulse was when you began reading. Why do these concepts feel important? What do you hope to gain by understanding them?

The Innate Genius of Divine (Free) Will

Trying to imagine the, for you, unimaginable meaning and purposefulness behind these plannings may give you an inkling of the divine mind at work at all times in its benign, loving wisdom and power of creation.

Understanding these principles even to a small degree will give you another insight, namely that even an insignificant act like walking from here to the street corner is indeed a creation.

It requires the most brilliant creative genius to set in motion the energy systems, the muscular coordination and control, and the innumerable components necessary to execute such a creative act with all that forms part of it. And walking from here to the street corner is not an isolated creation. You must have a reason to walk there, and that reason, again, is only a small part of a larger plan or scheme. This interweaving, forever accelerating, enlarging, self-perpetuating process of creative patterns, each in itself a perfection within its own fragment and this fragment only a part of a larger fragment and so on and on, is a vague sketch of the creative process per se, always at work. PL 215

Exercise 2c: If you cringe from considering your own inner genius, observe very young children or animals. Notice their innate capacity to visualize what is needed to fulfill their desires, and how they go about the process of building the skills needed to obtain them.

Free Well is your Superpower!

The inner psychic forces of a person, once utilized, are much more potent than any one of you realizes at present. But when, how, and in what direction it is advisable to use these powers is another question.

You can will and want out of your intellect, and out of your soul. The intellectual will power may also be a strong one, but it will never have the effect the soul will power has. Will coming from the brain region will lead to tension unless it is substantiated by will coming from the spiritual magnetic field.

Whoever has a thought, an idea, or a wish evolving from his spiritual field will be completely filled with happiness and certainty. He will know without a shadow of a doubt that he has a true thought and that truth is living in this moment within. *Free Will* PL 18

Exercise 2d: Make a list of 10-20 decisions you made in the past week, no matter how big or small they might have seemed. Notice which ones flowed easily, and which ones required effort.

Embody Your Power to Create

Imagine the creation of a planet; of the human anatomy; of a mathematical system; of the literally infinite qualities contained in the ether, and still you may not even vaguely perceive how many entire systems of creation, systems within smaller systems are contained in the creation of each of these examples. There could be no smallest particle of air, that is not in itself a perfect creation of a psychic nuclear spiral point and climatic explosion. Each of these particles is a part of a larger scheme, as I illustrated with other examples.

I only wish to convey that the smallest or biggest creation -- from your point of view -- undergoes the same serial law that is the basis of creation itself. This is why I repeat myself. It will help you to perceive this process when you look at your inner makeup, your reactions, and the creations of your mind. For the same principle exists of course with positive and negative creations. PL 215

Visualization is quite essential to the creating and recreating work you do in meditation. Unless you can visualize the state you are to grow into, it is hardly possible to reach it. Therefore, an example or a prototype provided by a figure who already has attained the desired state is essential if you are to print the proper concept onto your mind. This "map," or "blueprint," is the first step. It is the idea that later materializes. Without the idea, materialization is completely impossible. *Visualization Process for Growing into the Unitive State* PL 210

Exercise 2e: Visualize, with reverence and respect, the power of creation inherent in the simplest act of imagining something before it actually exists. The process is the same, whether the thing that is visualized is trivial or life-changing, positive or negative.

Nuclear Points Cont'd

Since the universe is filled with being, there could be no smallest measure where there is nonbeing. Now, each of these nuclear points has a content and has a meaning. It is not separate from consciousness. It is an integral part and a result of consciousness.

And when you understand the inner meaning of a nuclear point, when you perceive a nuclear spiral point, fully comprehending its meaning and purpose, its message, you will have transcended, to a certain degree, the narrow confinement in which you suffer from seeing the world out of context.

Now, the less you see that these smaller part-creations are only fragmentary particles of a whole, the more you believe that the smaller particle is all there is and has no connection with anything else -- simply because you cannot perceive more, and thus the more fragmentized you must be yourself in your momentary consciousness or sense of awareness. When I say momentary, I mean by this as long as you reside within the narrow confines of human limitations.

Conversely, the more you perceive that everything that you can experience is only a smaller part and fragment of a larger and still larger ongoing plan -- like the one step you make as part of the whole walk and the walk being a fragment of a larger plan in your mind -- the more you are aware of and connected with the All-Consciousness, the Whole. Therefore, you are nearer to bliss.

Time itself is a manifestation of this fragmentization. For time, as I often said, is nothing but the illusion of a disconnected view of reality. In the framework of this particular topic, time is a perception only of the partial steps, the "smaller" creative units of spiral nuclear points, without seeing the whole structure of this particle. This is why man suffers so often of the feeling of senselessness. When he is in this limited state of consciousness, he is indeed fragmented and oblivious of the larger process. PL 215

Exercise 2f: Recall events where you experienced some sense of timelessness - unrushed, expansive, rich, when you felt filled with a sense that everything was (or would be) all right. Compare these moments to others where you felt empty, pressured, and scared.

Week 3: The Now Point

Time, according to man's state of consciousness, is experienced as a sequence and not as a part of a whole -- the whole is experienced not linearly, but all the way, endlessly in width, depth, and scope, in dimensions that the human mind cannot even perceive at this point of its development.

Each moment of time, to speak in your terms -- each moment of being, to speak in my terms -- is in itself a psychic nuclear construct containing meaning and consciousness, containing a purposeful design. Each fragmentary second is that.

If you string along second upon second upon second -- not only sequentially, but in depth and width -- you may perceive that there is no time, and that this is a point of creation that is endless and is always there.

And that is what we might call the "now point." PL 215

Mediation Exercise 3a: Recall moments when you held your gaze in order to make a moment last longer, to savor its effect. Close your eyes and listen to life happening around you – or hear the echo of silence a pause can reveal. Visualize when you held something in your mouth in order to prolong the sensation of tasting it. Re-play the sensory memory of loving caresses, the warmth another being emanates.

Then be in the Now. Allow the wisdom of the body to determine the pace of your breathing. Focus on being aware of all the tactile feedback that connects you to surroundings and to yourself: the weight of your body, location of your limbs, the surfaces that keep you from being pulled into the center of the planet! Listen in to the busy-ness of the body's autonomic systems, constantly in motion just underneath your skin. Sense the readiness of your muscles, awaiting a call to action. Imagine organs puppy-piled together within the confines of the torso. Allow yourself to experience all that is required to be alive in this moment – your inner metropolis.

Allow Bliss vs. attempting to capture it

It is not entirely impossible, in man's present state of development, to occasionally experience the now point -- the sense of it. Yet this requires much higher states of consciousness, and that must be earned.

Mankind, as a whole, has now just about left kindergarten. When consciousness grows and matures a little, and therefore perceives life not only as the immediately obvious fragment, but instead senses that the fragment is a part of a larger fragment and so on and on; then the consciousness prepares itself for experiencing the now point.

A person may have only occasional inklings of such a perception, but these will be enough to imprint on the mind that there is much more to this life than what he immediately experiences in life. This is what we are going to talk about in the second part of this lecture PL 215

Exercise 3b: Trying to capture bliss is like the proverbial *'catching lightning in a bottle'.*

Instead, decide to experience what IS. Dedicate 5 minute intervals, off and on over several days, to experiencing the Now Point. Be fully present to whatever is going on in the moment.

If it helps, spend the first few moments recalling previous experiences, bringing these *into* the Now by allowing the body to re-experience them as sensations, vs. as a mind event

Wash, rinse, repeat as needed…

Only when you are in the eternal now are you truly in bliss, are you truly safe, secure, fearless, and absolutely certain -- not as wishful thinking, but as absolute, realistic, justified inner certainty, as a fact -- of the beautiful meaning of life that is a continuum, that does not stop merely because certain momentary manifestations seem to stop. That sense of eternality is the true bliss.

For when there is no fear, there is complete relaxation. PL 215

Exercise 3c: Repeat the 3a meditation, even if you are reading the study guide sequentially / without pausing. Focus by simply relaxing. Notice that each moment is different, in some way.

A Fearless State of Being

The word "relaxation" could be misleading and I hesitate to use it, but the human language is limited, and we have to do as best as we can with the terms available. So let me perhaps describe a little what I mean here.

A completely fearless state, without contraction and tension, is the state that makes this personality susceptible to the ever-existing bliss of the universe. This, however, is far from being a passive state.

Lack of tension does not imply flaccidity, motionlessness. It is an ever-moving state, in which the pulsatory changes of tension, in a different sense, alternate with openness and total receptivity.

In the ordinary, human sense, the flexing is associated with tightening and defense. In the pure state, the tightening is a kind of charging so as to give spring to the creative movement that follows from it. This alternating movement of charge and let go is a creative whole which makes the entity participate in the creation. Both these movements are relaxed in the sense of being without fear and defense. They express a state of deep knowing that all is well in the universe.
PL 215

Exercise 3d: Repeat relaxing into the Now. Visualize allowing your system to charge and discharge by following the breath in and out. Then notice if the two 'systems' have a slightly different rhythm, one moving faster or slower than the other. Allow the differences.

This state is immensely blissful.

Deep in the heart of all human beings, the longing for this bliss can never be extinguished. When man fragmentizes his consciousness, and creates the false reality of the three-dimensional world, inwardly he is still connected with the greater reality of eternal being and with the eternal now point. His manifest consciousness will constantly strive for this state, whether he knows it or not.

This striving is in itself the motivating force to grow, to search, to move, to accept the temporary hardships which are self-created, and to walk through them as through tunnels -- so as to free the self from the obstruction. PL 215

Striving for Bliss provides the Motivating Force

This requires, as you all know, a motivating force. For you constantly fluctuate in a battle between wanting to move and follow the longing, or resisting to move and give up what your heart knows exists. This is a tremendously important struggle that each entity must go through.

At one period in the evolutionary ascent, the struggle is won. The commitment is made to the movement, even if it seems to bring momentary discomfort or hardship. Of course that is an illusion. What is discomfort and hardship exists and must manifest whether or not the entity decides to move in the direction of his own inner destiny.

To follow this move is the only real way the hardship can be understood and therefore really dissolved. Denial of the hardship only appears temporarily to eliminate it so that the further illusion that the hardship appears to be created as a result of the decision to turn inward into the direction of the real self then comes into existence.

The striving for the bliss is the motor force, the motivational force that tips the scale of the inner battle between movement and stagnation, between reality and illusion, between fulfillment and despair, on the side of movement, reality, and fulfillment. This must occur at one stage or another. PL 215

Exercise 3e: Are you willing to accept the workload of striving? It may feel contradictory that the goal of simply 'being in the Now' has such a pre-requisite! Explore if / why you would not be willing to 'pay the price' suggested above. Notice if your answer would change if the Bliss that was promised would be experienced on Earth as permanent and eternal, vs. momentary.

Unification is the only Reality

Only when the now point is a result of slowly earned development, will the new perceptions be truly yours. The blissful now point is truly a result of unification.

If this unification is not honestly attained, and shortcuts are being sought, then instead of unifying, an even greater split will occur. In fact, in such a case the personality started off less split than it will find itself after temporarily tasting and savoring the blissful now points by artificially induced means, including mechanical exercises and practices.

There is only one safe and secure way to attain the blissful now point, the revelation of reality in its unlimited dimensions, and that is by fulfilling the task for which you have come. Only a path such as this can help you do so. You must learn to go through your pain -- the pain of your illusion, of your guilts, of your undeveloped side. Ultimately this is what it all amounts to.

What is really the nature of the state when that now point is lost? It is not being aware of, it is being cut off from, spiritual reality. It is thinking that the temporary reality you have created, an illusory reality (if I may coin this apparently paradoxical phrase), is reality. PL 215

Week 4: Shortcuts Superimpose a False Reality

However, man also seeks shortcuts. He sometimes wants to attain the fulfillment of the longing without paying the price. The price is the labor of search, of seeking and finding, of learning, of growing, of changing, of self-purification, of traversing all self-created pain and evil. PL 215

1. Sexual Activity.

In sexual experience the blissful now is most often experienced, although very rarely sustained. When sexuality is an escape from problems, difficulties, and unpleasant aspects of reality, then it is sought as a cheap way of attaining a semblance of universal bliss which the heart knows exists.

When the blissful universal state of the eternal now is attained through honest growth, sexual union will be but one expression of it as the result of two beings relating on the deepest, most honest level, who fuse their spirituality, their emotional selves, their minds, and their physical beings. The bliss that results from this is then a foretaste of the now point. Or, the now point will be temporarily experienced. PL 215

Exercise 4a: Recall your experiences of trying to find, use, or depend upon shortcuts.
The 'grain of truth' that they do work, albeit momentarily. They can also occur 'naturally', without specific intent -- a purely physical experience, that the mind may interpret as evidence of spiritual enlightenment, even of entitlement.

2. Biochemical adjusters:

The most blatant false search for the now point is through drugs. Indeed, the drug experience removes the physical, three-dimensional boundaries and thus reveals the reality behind the great curtain. But when this revelation occurs without earning it by making the state of consciousness compatible with this experience, then the price is high. The same applies, of course, to alcohol.

It is always a combination of two aspects of the personality: the great urge to be in a blissful state, which a part of the personality "remembers" and desires, and *resistance to the work that should be done*. The false search for the now point is a violation, in that it wants to gain the result without paying the price. The insistence to be in heaven without being ready for it makes the personality plunge into hell. Pl 215

Law of Paying the Price

There is a price to be paid for each desired gratification. PL29
Every advantage has its disadvantage. PL41 The disadvantageous side of each alternative or decision has to-be faced and accepted. PL32
The price for illusion is extremely high. The more youwant to evade paying the natural and fair price, the heavier the toll becomes. This is unalterable law. PL60
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Exercise 4b: Explore how taking shortcuts violates the Law of Paying the Price. Consider additional forms of 'biochemical adjustments'. Endorphins create the euphoric 'runner's high'. Pheromones intensify feelings of attractions and romance. Foods of all kinds create a sense of satisfaction and pleasure. The desirable effects of adrenaline can cause us to invite fear.

3. Meditational Exercises:

If the meditational exercises are mechanical, the way is an illusory one.

Offhand it would appear that this is an honest search, for it almost always entails a lengthy practice of concentration exercises and sometimes even a quite ascetic way of life which is supposed to prepare the personality for the experience. This, too, is ever so often an illusion.

Extended fasting, concentration exercises, chanting, and self-hypnotic reiteration of meditational phrases can indeed produce results. There can be a temporary experience that reveals the great world behind the curtain.

But if these practices are substitutions for self-search, self-purification, and for change from the depths of the distortions, they will in essence be similar to the more crassly destructive escape routes such as we mentioned before. Pl 215

Exercise 4c: Were you surprised to see this listed as a 'shortcut'? Why?
Review your understanding of biochemical adjusters, to include activities that can bring on a sense of spiritual euphoria. Skip ahead to the Week 5 section on Projection, and notice if you regularly project your values onto those engaging in similar activities.

Using Time as a Superimposed False Reality

I now come to the most crucial part of this lecture. I said before that being in the now point is being aware, intensely aware, of the meaning of this now point. Whenever you strive away from the now point, you lose the meaning of it, you lose awareness of the meaning of it. You then create a **superimposed false reality**.

Not being in the eternal now, in terms of time, is due to being either in the past or in the future -- not in the present, in the infinitesimal present. PL 215

Present: One can be in the present to some degree but still not truly aware of the now point.

Future: When you are in the future, you are in each minute already ahead -- perhaps in the next minute, the next hour, the next day, or even some far away "future" in a wishdream, of how one day it will be, or should be, or could be, -- by magic. But you bypass the now point that could give you the key to actually working toward that cherished future point. PL 215

Exercise 4d: Explore how easy it is to believe you are in the Now, when you are not.

Past: Or you hang on to something from the past that governs you, often without your even knowing it. Often you become aware only after laborious groping how your past has influenced you. For instance, it makes you react to something that takes place now as if it were still the past, and in this distorted vision you actually believe the event to be the same as a past one.

Not that this belief is articulated. If it were, you would be nearer to the Now point.

PL 215

Exercise 4e: Explore why knowing – and the articulating the difference -- would mean you are nearer the Now point.

Being governed by the past is harder to realize because it's based on your version of reality, unlike 'wishdreams' about the future that might be more easily identified as 'maybes'. This is the same reason why we are often unable to distinguish genuine feelings (these are always in the Now) from emotional reactions (based on history, often transferential)

See *Feelings vs Emotional Reactions* Worksheet by Margit Colograndе).

Consequences of confusing Past, Present, and Future

The fact that you are convinced your present reaction is an appropriate one to the now is a measure of your alienation from the now point. The degree of such superimpositions from the past to the present is much, much stronger than even you, my friends, realize.

As you grow further, you will become more conscious of this "time projection." What you often believe are free actions determined by the current situations are not at all freely chosen actions, but are determined by events and reactions you had that may or may not have been appropriate then. In either case, they are not appropriate now -- and lead to distortion of reality, thus to a false creation that blots out your connection with the real now.

By the same token, when you objectively view your life, you will see how much your wishes and your striving into the future determine your experience -- and therefore your lack of true depth experience -- now.

So you lose the now point as a result of the past and the future that tear at you, as it were, from both directions. Crassly speaking, this lack of awareness of what really takes place creates the time illusion. Or, to put it differently, the false reality, the lack of self-awareness creates a fragmentation and a disconnectedness. PL 215

The Role of Will

However, to be in the now point, to comprehend its meaning, not to live in the past or in the future is not something you can directly determine in your mind by an act of will.

The act of will comes into play, but it must go toward establishing self-awareness in all those mundane aspects that are unwelcome for you to face and deal with. Only then will you be in truth, only in that way can you establish a sense of reality.

And only as a consequence of that, will a new sense of timelessness evolve spontaneously, effortlessly, when you least expect it. It will come as a by-product of your search for your truth. Only indirectly as a result of self-exploration, will the past cease to be the present. You will then completely trust the future because you will know that it can only be an extension of the now. If you are in full truth in the now, you build a "future" (in your terms) that can be wholly trusted. Thus you don't need to toy in a wishful way with the future because you don't need to escape from the present. Then the forever now takes on a new reality. PL 215

Week 5: Shortcuts of Displacement, Projection, Denial

Other ways in which you lose the now point of each fragmentary moment in time in which you exist, in which you breathe, in which you think and will and feel and experience are very familiar to you who have spent time and effort on this path.

They are even quite known in this material world by psychological schools who attempt to find the inner self. They seem to have little to do with cosmic and creative processes. In your world today, they seem quite humdrum concepts far removed from such topics as we discuss now. But they are indeed very intensely connected with the processes under discussion. PL 215

1. Displacement

Suppose there is something painful in you that you struggle against (and you all know how much you struggle in that respect). You lose the now point, for example, through displacement.

Let us take the example when you love a person dearly who hurts and angers you.

1. You do not wish to offend that person. If you show your feelings, the consequences may incur the loss of that person whom you need and are dependent on. This would cause a pain you wish to avoid.
2. Nevertheless that person has done something to you that pains and angers you.
3. Acknowledging that pain may also destroy a bubble of illusion you do not wish to give up. Perhaps the illusion is that the beloved person ought to be perfect, and never do things to hurt you. The purpose of your illusion itself is to avoid unpleasantness (in this case, confrontation) and/or risk (the possible loss of the loved one).
4. You hope to avoid all risks, discomforts, and pains by building an illusion into which you invest quite a bit of energy so that you can maintain its fictional reality.
5. Nevertheless, the energy of the pain and anger you experience is very real, and it needs to be disposed of. It is another aspect of the illusion that by not acknowledging pain and anger they will simply "go away."
6. The mechanism by which you try to "solve" this problem (often so automatic that it is not even perceived) is that the feelings for this beloved and important person are put onto another person, perhaps on another issue.

This other person may not mean as much to you; his anger, rejection, and retaliation may be less "dangerous" to you. Or you are so secure in this person's love, tolerance, and understanding that you can safely put this load on him.

In that way, you have "solved" the problem by finding a necessary outlet for a tight energy accumulation -- without jeopardizing the relationship with the all-important figure in your life.

This is what I call displacement. Quite apart from the guilt about the dishonesty of such a shrewd device, it also creates a false reality. This is easy to see. You begin to live in a self-created world that has no bearing on what reality is. This makes you completely unaware of every fractional now point. You cannot discern its meaning or message until you are willing to set it all straight again. PL 215

Exercise 5a: Take an example from your own life, and follow the outline of steps above and break down your issue into steps (similar to the exercises of breaking down thought processes in Week 1). Even though this is a universal human defense, if you are in denial of doing this (see

below!), you may not be able to find an example in your own life! If so, use examples from others in your life, literature, movies, or news articles. Practicing the process will help you identify such shortcuts more easily.

Awareness is a Now Point

Many of you have sufficiently advanced on your path and have experienced any number of times that when you fully face the most undesirable, dishonest, and petty infringements of truth in you, you get into a state of bliss even *before* you necessarily change that part of you simply by honestly dealing with the issue.

The reason for this is that you are in this particular now point of your untruthfulness, of your deceitfulness, of your negativity. PL 215

Exercise 5b: Have you ever experienced a moment of bliss by realizing you were wrong? You may have mis-characterized the feeling as relief. Recall some of those moments and explore them.

Displacement creates chaos and disorder

It creates a total confusion about what really is. It creates a total disconnectedness from the continuum of your inner existence. Thus it must create fear and fragmentation. The example I used is a very frequent one and exists in your lives to a much larger degree than you presently realize. Here and there you see some of your displacement, but not nearly to the degree they still go on in all of you.

You so often shift something from one person to another, from one situation to another. Sometimes you are just too lazy and too resistant by habit to deal with the real situation. Then it "comes out" in the false one.

There can be no question about coming into your forever changing and self-renewing and ongoing now point unless you stop that procedure, unless you fully make up your mind to see what you are doing and to what extent you are doing it. The lack of awareness of how you are doing it makes the problem only much greater.

The minute you see you have the problem of automatic displacement, the problem is already diminished. PL 215

Exercise 5c: Awareness is underrated! It is how humans experience the moment of creation – where there was darkness, there is now light. Debating the amount of light is only possible once it exists at all! Notice moments of awareness, and feel into what changes immediately, permanently.

2. Projection

You are a little more familiar with projection, but even here you are still often quite blind to how you react to others precisely because you do not wish to see something in yourself. You do this because you wish to maintain an illusion about yourself -- namely that you do not have the trait in question.

Sometimes the other person may indeed have the undesirable trait, though at other times this may not even be the case. But whether or not it is, it matters little. The important thing is that the energy that should be used toward facing, confronting, dealing with the aspect is being abused by becoming angry and annoyed at the other person. PL 215

Exercise 5d: Make a list of 5-10 human traits that aggravate you. Then find these in yourself. If they are safely 'locked away', notice if your irritation is about how others don't understand theirs should be locked away also. Or, that they get to act badly while you have to be 'good'.

The Blame Game from PL 180

Difficulties and fear arise to the exact degree that [you] still project [your] difficulties in relating onto others, and still render others responsible for anything that goes against [your] liking. This can take many subtle forms. One may constantly concentrate on the faults of others even though, at first glance, such concentration appears justified.

One may subtly overemphasize one side to the exclusion of other aspects. These and other distortions indicate projection and denial of self-responsibility for difficulties in relating -- hence dependency on perfection, consequently fear and hostility for feeling let down.

One of the roles or games we have discussed recently, which is one of the most favorite tendencies of mankind, is the one that says *"you are doing it to me"* -- making the other person guilty. The game of making others guilty is so overall that it constantly passes by unnoticed. It is so taken for granted. One human being blames the other, one country blames the other, one group blames the other. This is a constantly ongoing process at this state of development. It is indeed one of the most harmful and illusory processes imaginable.

The Spiritual Meaning of Relationship PL 180

Exercise 5e: Find examples of where you blame. What are you trying to displace, escape, avoid?

3. Denial

Denial is of course quite self-explanatory. You neither displace nor project what you do not wish to experience, but you attempt to simply deny its existence. You create -- by force -- a new reality, that is not founded on truth. PL 215

All three attempt to evade the Now Point

All these procedures -- being influenced by the past; striving toward the future; displacement, projection, and denial -- are attempts to get away from the now point, in the illusion that something can be avoided that is in any way unpleasant.

In essence this means abusing the creative faculties. What really is accomplished is the creation of more fragmentization, a further alienation from the psychic nuclear now point with all its glorious meaning and relationship to the whole PL 215

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