

Pathwork™ Steps

Notes for the Teleconference Tutorial on **Three Principles of Evil; The Personification of Evil**

Pathwork Guide Lecture 248

1. Taking Self-responsibility

- Apology for inaccurate response during Ego tutorial; overactive Ego is not equivalent to an overdeveloped Ego. An underdeveloped Ego may use overactivity as a mask, as a false support or crutch.
- Tutorials are presented as starting points and support for your own exploration of the lectures – not as answers.

129 lectures contain the phrase ‘Ask yourself...’ The Pathwork Process is built on individual self-analysis rather than dictated principles. The guide often said “Do not accept my word for it, my dear ones. I always ask you never to do that. But think about it. When you really think about it, you will see for yourself [what] is so.” PL 104

“Use your good will to see the truth. The key is to raise pertinent questions. I mentioned this before. The first question would be: What is the truth here? I want to know the real truth. The second question is: Do I want to know the truth in this or that issue? If these two questions can be answered truthfully in depth, not superficially, you dispel the clouds of darkness in which are contained the three principles of evil.” PL 248

“When the effort is being made to question one's own thoughts and to claim one's determination to follow the way of the truth and of the light, the power of spirits of lying instantly wanes.” PL 248

2. 3 major concepts in this lecture

Evil

Personification of Evil

Christ's role in the Plan of Salvation

I will not be presenting any of the materials regarding Christ or Christ consciousness. This is an informal gathering of relative strangers for the purpose of exploring and expanding upon Pathwork concepts and principles. A discussion of religious beliefs exceeds the scope of this forum. I base my teaching upon the Guides teaching in the Stages of Commitment: “You do not have to believe anything, but you need to remove a tight no in you that may barricade experience.” AD6. Pathwork is not a religion. You are free to choose.

“the cosmic Christ... transcends all human bickering, separatism, and "me versus you" attitude. He has nothing to do with the mass image of Jesus Christ that I talked about in the last lecture.” PL 248

Specific religious beliefs, political affiliations, or causes may represent important stages of our emotional, intellectual, and spiritual development. Some have been wounded or experienced trauma in these areas. Others may have found healing and re-connected to the divine by participating. Such experiences can create strong emotional associations. It is my choice not to teach in these areas.

3. Defining Evil

“If you do not consider the fact that lies may be whispered into your thinking apparatus, how can you bring to bear your capacity to question and doubt that thought material that filters through you.

It is necessary to make the connection between your lower self that -- due to its ignorance, fear, and lack of faith -- creates destructive solutions and negative intentionality on the one hand and the voices of satanic entities on the other.” PL 248

(My first definition of manifested Evil; a refusal to consider, a closed mind. Questions that are never asked can never be answered – jr)

Wikipedia: a broad term used to describe intentional negative moral acts or thoughts that are cruel, unjust or selfish.

Catholic Encyclopedia: the sum of the opposition, which experience shows to exist in the universe, to the desires and needs of individuals

Evil-Bible.com: This web site is designed to spread the vicious truth about the Bible.

What the Lecture proposes is that Evil just is, and that our task is to transform and purify our inner evil:

“it was God's will that evil can have its sphere of activity and influence; that only in this way evil can be truly overcome from within the soul of all fallen spirits” PL 248

“to the degree your lower self is conscious and you are therefore able to choose not to act upon it and you pray for help to purify it, **to that degree you are invulnerable by evil.**” PL 248

“You are an electromagnetic field that attracts always according to certain levels of your inner being what is commensurate with those levels.” PL 248

4. Personification of Evil

“The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth.” *Four Stages of Evolution*, PL 127

A. First principle: Separation

On a human level: “**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.** On the contrary, the person filled with evil (whether in human form or a disincarnated entity) experiences excitement and pleasure when wringing havoc, destruction, suffering, pain.” PL 248

Separation can manifest when we recoil from or condemn the acts of others. Any time we refuse to admit or allow that on a spiritual level, we are all one, we embrace the illusion of separation.

Separation is the evil most associated with the Will personality type or defense, which demands control to prevent feelings of helplessness. Control requires that we subjugate others, and when we do this – and in order to do this – we fall prey to the illusion of duality: ‘I’ vs ‘you’, ‘them’ vs ‘us’.

Even in a personality where will is not well-developed, separation can still be used to offer some protection to the undeveloped parts of the being: ‘they’ may be wrong / bad even if ‘they’ have power over ‘me’.

Being ‘special’ can be an entry point for the illusion of separation to flourish.

Other examples:

-- Advocating an enjoyment of Evil ("How evil are you?") as if it were a game.

-- A website page called "The Scales of Good and Evil" listing the "Top Ten" evil people of all time followed by a list of the "Top Ten" good people of all time -- sorted in order of evilness and goodness.

Separation can manifest on a spiritual level by denying that Evil exists: "instead of fearing the devils, you need to recognize their voices, and you need to learn to distinguish where these voices come from. This is in itself an extremely necessary development. If you ignore and deny their existence, how in the world can you become aware of them and counteract them? If you do not know that they surround and inspire you at times, how can you counter them? If you do not consider the fact that lies may be whispered into your thinking apparatus, how can you bring to bear your capacity to question and doubt that thought material that filters through you. It is necessary to make the connection between your lower self that -- due to its ignorance, fear, and lack of faith -- creates destructive solutions and negative intentionality on the one hand and the voices of satanic entities on the other." PL 248

B. Second Principle: Materialism

In the 21st century, we may have some trouble understanding the second principle because for "The last hundred years or so, the second principle has overtaken in influence." Resulting in "an alienated reality in which mankind prided itself on its advanced state.. in that man became the only reality untio himself".

Materialism expanded during the age of reason, when superstition was replaced by factual explanations which could be repeated under laboratory conditions, or argued based upon statistics and logic which could be proven.

Materialism was a fundamental principle in the Puritan society of the American colonial period. Your spiritual reality was determined by what you were able to manifest. Good people manifested good lives; bad people manifested poverty, disease, wickedness, and social retributions as a manifestation of God's judgement. Puritanism continues to influence American culture, through judgement and bias towards those who do not seem to live by society's norms and values. "God helps those who help themselves".

A desire for status symbols – money, possessions, or even validation – is an expression of materialism.

Materialism is associated as the evil of the Reason defense or personality type.

An example of philosophical materialism:

The Problem of Evil – Stanford Encyclopedia of Philosophy:

1. If God exists, then God is omnipotent, omniscient, and morally perfect.
2. If God is omnipotent, then God has the power to eliminate all evil.
3. If God is omniscient, then God knows when evil exists.
4. If God is morally perfect, then God has the desire to eliminate all evil.
5. Evil exists.
6. If evil exists and God exists, then either God doesn't have the power to eliminate all evil, or doesn't know when evil exists, or doesn't have the desire to eliminate all evil.
7. Therefore, God doesn't exist.

Whether the argument is sound is, of course, a further question, for it may be that one of more of the premises is false.

C. Half-Truths

It is the principle of confusion, distortion, half-truth, lie, and all the variations that may possibly exist in connection with it. It includes using truth where it does not belong, is not applicable, so that the

truth subtly turns into a lie, yet cannot be easily traced as such because the divine truth is pronounced and seems unassailable per se.” PL 248

Half-truths are associated as the evil of the Emotion defense or personality type. If one fears annihilation / disconnection about all else, and they may use self-will to gain or maintain connection at the expense of fact.

Half-truths can be a false submission to reason, designed to win at any cost. It can reflect disrespect for other perspectives or points of view, an unwillingness to concede a point even momentarily. “The confusion and half-truth is a result of the third principle, that breeds the second principle, which in turn must ultimately cause the first principle.” PL 248

“Only when you become clearly aware of this, can you recognize when devilish forces and spirits want to destroy you; want to inflict pain on you through others; want to create the illusion in you that you are separated, isolated, that no God exists, that no life beyond the one of your present body exists; and finally, want to drive you crazy with confusion, dualistic splits, false either/or’s, half-truths, and subtle distortions that you cannot sort out.” PL 248

Recent PBS documentary: One of the officials in charge of Ellis Island during the massive immigrations of the early 1900s believed that immigrants from certain countries were less intelligent and more prone to retardation and mental illness. When his data did not prove this to be true, he simply changed the data – and published it. Thus half-truth presented as scientific fact (materialism), supported fear of others (separation)

A few decades later, two actions occurred almost simultaneously. In 1928 President Coolidge dedicated The Statue of Liberty as a national monument – and signed the National Origins Law, which restricted immigrants from specific countries and regions deemed ‘undesirable’.

5. Seeing these principles from the Unitive State:

“I will give an example of how this interaction of the three principles works. 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. You may experiment with these three principles, starting with any one of them most prevalent in an individual's or collective manifestation, and you will see that they must all coexist and reinforce one another.” PL 248

“Cruelty will be hidden under the guise of expressing your feelings, while, in reality, maligning and distortion are the tools of cruelty and giving hurt. Disconnection from deeper reality will blind you to the true meaning of events. Confusion will be rampant so that truth will be used for lying and lies will be made the truth. The forces of evil have been allowed to find entrance through your lower self that is not dealt with sufficiently.” PL 248

“When the effort is being made to question one's own thoughts and to claim one's determination to follow the way of the truth and of the light, the power of spirits of lying instantly wanes.” PL 248

“the hidden part of your lower self that resists exposure and transformation is unable to allow the personality to stand the light... this hidden area makes you react with pain to this light. What exists in the microcosm with the human soul, also exists in the macrocosm. The individual’s role in this battle, on whatever level it takes place, very much depends on his choice – his conscious, deliberate choice where he wants to be.” PL 248

Presentation notes by Jan Rigsby February 2009
Guide Lecture quotes © The Pathwork Foundation 1999
Full text of this plus all other lectures may be downloaded from www.pathwork.org

THE CONCEPT OF EVIL

Quotes from Pathwork Lecture 134

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

Evil is, or results from, numbness and a confusion about the execution of control. Why is evil numbness? ... Numbness is also a protection against its own contradictory responses, impulses, and reactions. Under such circumstances, this might even be a salvation. But when such numbness has become second nature and is maintained long after the circumstances have changed, and when the personality is no longer a helpless child, in the smallest measure it is the beginning of evil, and this is how evil is born.

Numbness and insensitivity towards one's own pain in turn means equal numbness and insensitivity towards others. When examining one's reactions closely, one might often observe that the first spontaneous reaction to others is a feeling for and with them, a compassion or empathy, a participation of the soul. But the second reaction restricts this emotional flow. Something clicks inside and seems to say no. ... The numbness, instituted for oneself, must be continued towards others just as every attitude towards the self is bound to expand towards others.

We might differentiate three stages of numbness. First is the numbness towards the self as protective mechanism. The second is the numbness towards others. In this stage, it is a passive attitude of indifference. ... Just because it is less crass, in the long run it is more harmful, for active cruelty induces quicker counterreactions. Passive indifference, however, born out of numbness of feelings, can look on for a long time and go by unnoticed because it can so easily be camouflaged. ... Indifference may not be as actively evil as committed cruelty, but it is as harmful in the long run.

The third stage is one of actively inflicting cruelty. This stage comes about due to fear of others who seem to expect such acts; or due to an inability to cope with pent-up rages; or due to a subtle process of strengthening the protective device of numbness. Offhand, this may appear incomprehensible. But when you think of it deeply, you will find that man may occasionally, almost consciously, stand on the brink of a decision: "Either I allow my feelings to reach out in participation with the other, or, in order to refuse this strong influx of warm feelings, I have to behave in the exact opposite way." The next moment, such reasoning is gone, the conscious decision forgotten, and what remains is a compelling force towards cruel acts.

In all these instances, it can be seen again and again how all harm, all destructiveness, all evil, results from the denial of the spontaneous real self, substituting secondary reactions which in one way or another are always connected with fear.

The borderline between passive numbness and active infliction of cruelty is often a very thin and precarious one, very much dependent upon apparently outer circumstances.

When active cruelty is committed, it is an increased numbing process, prohibiting not only the influx of spontaneous positive feelings, but it also is supposed to ward off fear and guilt. The active deed of inflicting pain on others simultaneously kills off one's own ability to feel. Hence, it is a stronger device to attain numbness.

There must always be a differentiation between the active deeds -- of either indifference or cruelty -- or the existence of these trends in the emotional reactions. Even the indifference or numbness may not actively be executed. ... Confusing the impulse with the deed and therefore denying both, results

in extreme disturbance of the self, and therefore indirectly affecting others, with no hope of change so long as the process remains unconscious.

Seen in this light, it will be clear that numbness, to its extreme and followed to its logical end, becomes active cruelty. The difference between these two is only one of degree. It is exceedingly important for you, my friends, to understand this. For he who is most shocked, afraid of, and unable to cope with the existing cruelty in the world, he who suffers most by the mere knowledge that it exists, is inevitably the person who has in some way made himself numb and suffers from the guilt of its consequences.

The second facet of evil is the question of control. ... The imbalance this creates induces rigidity where flexibility should exist, and a helpless loss of self where resilient firmness should prevail.

All suffering occurs by dint of helplessness. The greater the helplessness, the less the personality is able to avoid pain.

The helplessness continues to exist in the adult where his psyche has remained childish or immature. The trouble spots in one's inner life are always marked by this feeling of utter helplessness, while in the healthy areas, this feeling is absent.

On a broader scale, helplessness is one of the most problematic aspects of mankind. The significance of this is vastly overlooked.

Man does not have any more control over the faculties of his inner body and psychic processes than he has over his life, nor does he have less. To the extent that he has found the key to his inner processes, to that extent has he found the key to the apparently fateful occurrences governing his life.

... suggestion for meditation. Let us combine the aspects discussed tonight: control through the inner being and giving up the unconscious deliberate numbness. The way to approach the relationship between the outer ego faculties of mind and will, and the inner being for the purpose of eliminating numbness might be the following: "My outer direct will faculties cannot reach those areas in which I have numbed my faculties of perception, of experience, of feeling, and of sensitivity. Therefore I wish to contact my inner being of higher intelligence and greater power than my outer mind, to take the necessary steps to defreeze these faculties, to bring them to life so that I will become a fully functioning human being. Wherever there is fear and misconception involved in this respect, I wish to understand them so that I may eliminate what stands in the way. It is the useless prohibitions I do not yet quite know which cause me to be only partially alive. I want to be fully alive. In order to bring this about, I contact the inner self to help eliminate obstructions, to bring to my consciousness what I need to know so that I will reawaken and live in the state of fulfillment, selfhood, and beauty."

Guide Lecture quotes © The Pathwork Foundation 1999
Full text of this plus all other lectures may be downloaded from www.pathwork.org

Pathwork™ Steps

THE MEANING OF EVIL AND ITS TRANSCENDENCE

Quotes from Pathwork Lecture 184

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

Every human being is continuously confronted with the deep problem of how to handle the destructive forces residing within himself and within those others with whom he has to deal. The great difficulty man is up against in this respect is that in his mind with which he tries to solve this problem, he is within the system of duality. He conceives of two opposite forces: a constructive one as opposed to a destructive one, good as opposed to evil. The moment he becomes involved in this kind of conceptualizing, he is unable to solve the problem. For he begins to negate, deny, evade, repress that in him which is indeed destructive. Consequently he is partially unaware of its existence and totally incapable of seeing it and the way in which it manifests. In other words, he is forced to act out the destructiveness indirectly -- with damaging results nonetheless. Thus guilt compounds, because the evil which he hoped to eliminate only increases when it is repressed and acted out indirectly.

In this dualistic approach man becomes split off within himself, for he rejects a whole part of himself, which is essential, potent creative energy and without which he can never be a full human being. His sense of awareness dims as a result of repressing the undesirable part of himself. The less awareness, the weaker he is.

Most religions are involved in the aforementioned dualistic approach to this great question. The dualistic approach reinforces man's fear of himself and his guilt; therefore it only increases the chasm within his soul. These energies are used to force himself to be good and not to be bad. Blindness, compulsion, and an artificial picture of life create self-perpetuating patterns with many negative chain reactions and ramifications.

On the other hand, there also exist philosophies which postulate that there is no evil. The denial of evil on this plane of consciousness is as unrealistic as it is untrue to believe that two separate forces exist: one good and one evil, so that the latter must be destroyed, whisked away, made to disappear -- as if anything could be made to disappear in the universe! Between these two alternatives, man must struggle to find the answers. Both approaches lead to repression.

You have all experienced how threatened you feel, how anxious and uncomfortable, when you are confronted with certain undesirable attitudes, traits, and characteristics in you. If you examine the cause each time you feel anxious, you will always find that, in the last analysis, you are apprehensive of your own evil, regardless of how threatening another person or an outside event appears to be. If you then translate this anxiety into clear-cut words, as I just mentioned; if you can verbalize your inner thought that certain attitudes or feelings "should not exist in you," you can then confront this attitude of yours to the evil in a much better way. For the evil itself is not half as damaging as your attitude to it. Catch your fear and your thought behind the fear "I should not be that way." If this fear is ignored, the problem becomes worse.

This word acceptance has been used a great deal -- for lack of a better one -- but the meaning often gets lost behind the word. So we must pay more attention to how this acceptance is to be brought about. For only when acceptance occurs in the right way, can evil be incorporated and reformed -- in the truest sense of the word. You can then transform a force that has gone awry. Most human beings totally forget or ignore the fact that what is worst in them is essentially creative power and universal flow and energy that is highly desirable. Only when you truly realize this, my friends, will you learn to cope with every aspect of yourself.

Whenever you are in an unpleasant mood, in a threatening situation, in confusion and darkness, you can be sure that, whatever the outer circumstances may be, the essence of the problem is the denial and fear of your own destructive attitudes and your not knowing how to handle them. Admission of this fact alone brings immediate relief and deactivates the negative power of them almost instantly.

The first step must be the application of the theory that destructiveness, evil, is not a final, separate force. ... But still, after all this time, it is not yet possible for any of you here to truly understand that what you dislike most in yourself is essentially a highly desirable, creative power. You dislike it because it is not desirable in the form it manifests at the moment. In other words, you have to be able to learn to fully acknowledge that the way the power manifests is undesirable, but the energy current that produces this manifestation is desirable in itself. For it is made of the life stuff itself. It contains consciousness and creative energy. It contains every possibility to manifest and express life, to create new life manifestations.

Thus you will see that by denying the evil in you, you do greater harm to the whole of your personality, to your manifest spirituality, than you realize. For by denying it, you inactivate an essential part of your energies and creative forces so that they stagnate. ... This is why not all supposedly negative emotions are necessarily always undesirable. For instance, anger can be an expression that furthers life and is directed against its negation. But denial of anger turns into hostility, cruelty, spite, self-hate, guilt, confusion between blame of others and blame of self, and is thus a destructive energy current.

The essential key to a total integration of the evil, to its transformation, is the understanding of its original nature and of the ingrained possibility for it to manifest again in its original form. This must be the aim, my friends.

When you no longer negate the ugliness in you, you will not have to negate the beauty in you any longer. When you can perceive both -- not one wiping out the other -- you will have made a substantial step toward a realistic picture of life and of yourself that will enable you to deal with life and yourself and to integrate what now tears you asunder. ... No expansion of consciousness, no integration and transcendence is possible when consciousness is dimmed, when awareness is blocked.

Pride, self-will, and fear are all different forms of denial and are therefore more dangerous than the evil itself which they deny. ... Self-will makes one rigid, and rigidity is contrary to the flow of life movement. Self-will says, "I do not accept the reality as it is now, it must be now as I insist it is." This makes truthful admission impossible.

Pride says, "I do not want to have such ugly traits in me." Truth requires both flexibility and humility. It also requires courage. Fear assumes that acceptance and acknowledgment of the ugliness will make this ugliness overwhelming. So fear also denies the justified faith in the way the world is created. If truthful admission of what is would mean doom, annihilation, danger, chaos, then the logical sequence of this assumption then would mean that the world is built on deceit, pretense, negation. Even though such thoughts are hardly ever actually articulated, for they are senseless, many individuals unwittingly build their lives on these assumptions. Their attitudes express this underlying philosophy.

Pathwork™ Steps

ENERGY AND CONSCIOUSNESS IN DISTORTION -- EVIL

Quotes from Pathwork Lecture 197

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

The various concepts of what evil is and where it comes from are all true, provided they are not perceived as exclusive from the apparently opposite approach. If you say that evil does not exist at all on any level of being, this would be wrong. But if you state that in ultimate reality there is no evil, it is true. Any one of these postulates is incorrect when it is seen as the only truth. This may appear as paradoxical, as is so often the case. But when we go deeper and consider the question from a more profound and broader vantage point, what appear as opposites suddenly conciliate and complement each other.

In the unified state, consciousness and energy are one. In the disunified 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.

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. 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.

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.

Jesus Christ has spoken the words, "Do not resist evil." This saying has been misunderstood in many ways. It has been interpreted in a too literal and therefore erroneous way. It has been taken to mean that you should allow others to exploit you, to step over you, not to assert your human rights and your human dignity. It has preached a meekness and masochism that are not in keeping with divine truth. On the contrary, they help to perpetuate evil and allow the perpetrator to act it out upon his environment. Since we are discussing tonight evil as a manifestation of consciousness and energy, I shall interpret "do not resist evil" from this angle. "Do not resist evil" points very clearly to the fact that resistance itself is and breeds evil. From the energy phenomenon, this is as obvious as from the phenomenon of consciousness.

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.

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.

When you face and accept your deeply ingrained negative intentionality you can link this up with resistance. Negative intentionality is performed as 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.

In our approach to self-development, we find again and again that the basic evil triad is pride, self-will, and fear. We see how all else falls into this triad. Everyone 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 antilife, antiGod. 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.

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.

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. 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.

Pathwork™ Steps

THREE PRINCIPLES OF THE FORCES OF EVIL; PERSONIFICATION OF EVIL

Quotes from Pathwork Guide Lecture No. 248

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

In this lecture I wish to instruct you again about certain laws and realities about evil.

The strength of his lower self and his inability and unwillingness to face and therefore transcend it made him frequently the prey of evil influences. The lack of self-knowledge inevitably also led to lack of self-responsibility. ... In other words, we are dealing once again with a duality. Either the self is responsible for the individual's fate, or the angels or devils are. Humanity has matured sufficiently to unite this duality. After a long period of concentrating on the self at the expense of invisible forces, the time has come when you can combine the two facets of reality and truly make them the one reality it really is from our vantage point.

You have begun to understand that to the degree your lower self is conscious and you are therefore able to choose not to act upon it and you pray for help to purify it, to that degree you are invulnerable by evil. To the degree you commit yourself to the will of the Highest and dedicate your life to follow in Christ's footsteps, to that degree evil spirits cannot approach you.

There are three basic principles of evil. ... 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. On the contrary, the person filled with evil (whether in human form or a discarnated entity) experiences excitement and pleasure when wringing havoc, destruction, suffering, pain.

The second principle is materialism. This 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. ... Imagine a life in which there is total absence of nature in the surrounding. Nothing is alive, all is condensed matter. Nothing has flavor. By the same token, the entity's inner nature is equally inaccessible. There is only deadness and mechanicalness. There is only alienation from all that is pulsating life, within and without. There is no birth and no death, but not in the sense of eternal life that is truly heavenly. In this form of manifestation, it is the distortion of eternity. It is hopelessness itself, as if no change were ever possible. Existence is totally mechanized.

These two principles have been known by spiritually aware people. Since every principle and every spiritual reality can, and frequently does, also manifest as entity, two different kinds of devils were also recognized by some visionaries.

However, the third principle of evil is little known, and although recognized in a vague way, perhaps as a by-product of evil but hardly ever as a powerful principle itself, it is as effective as the other two principles I discussed above. This principle, too, has its own personification, its own hierarchy, its own realm. It is the principle of confusion, distortion, half-truth, lie, and all the variations that may possibly exist in connection with it. It includes using truth where it does not belong, 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.

It will be easy to see, my friends, how important it is for you to understand this now. You will find all these principles represented in your world, around you and within your own lower self.

I will give an example of how this interaction of the three principles works. 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. You may experiment with these three principles, starting with any one of them most prevalent in an individual's or collective manifestation, and you will see that they must all coexist and reinforce one another.

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 until you suffer the pain of untruth and confusion. This is sad because it is unnecessary.

The Great Light of the cosmic Christ reaches a soul in darkness, first through pain. To some degree all of you on this wonderful path have occasionally experienced this, of course to a much lesser degree. You have come in touch with a reaction that first seems inexplicable, in which you retract from happiness, fulfillment, pleasure, love. You close up your centers of receptivity for God's abundance.

What exists in microcosm with the human soul, also exists in the macrocosm. Every inner drama is a reflection of an outer drama, and vice versa. Every battle within the human soul between the forces of light and of darkness, between the higher self and the lower self, also exists on a universal level enacted by many entities of different stages of development. Every personality goes through this battle within himself or herself, experiences it occasionally outside in his or her surroundings, and, last but not least, will become involved in larger issues that also represent this universal battle between good and evil.

The individual's role in this battle, on whatever level it takes place, very much depends on his choice -- his conscious, deliberate choice where he wants to be. When issues are being viewed tinged by personal emotions that belong in the realm of darkness and these personal emotions are not being recognized in their ability to taint the vision, then one truly becomes a further target to one or all of the three principles of evil. Cruelty will be hidden under the guise of expressing your feelings, while, in reality, maligning and distortion are the tools of cruelty and giving hurt. Disconnection from deeper reality will blind you to the true meaning of events. Confusion will be rampant so that truth will be used for lying and lies will be made the truth. The forces of evil have been allowed to find entrance through your lower self that is not dealt with sufficiently.

The key is to raise pertinent questions. I mentioned this before. The first question would be: What is the truth here? I want to know the real truth. The second question is: Do I want to know the truth in this or that issue? If these two questions can be answered truthfully in depth, not superficially, you dispel the clouds of darkness in which are contained the three principles of evil. Clarification will come when the truth is really wanted, even if part of the truth happens to be, at this moment in time, that you do not want the truth, but want to attack, to blame, to see something or someone in the worst way. The reason why you secretly wish this can be explored only when you no longer deny feeling this way. The truth will shimmer through slowly but inexorably once you admit a negative intentionality that draws expert spirits of lying and of confusion. Clarity will dissolve pain -- the pain of your guilt that is frequently denied being able to surface by strengthening the destructive process of projecting on others what you fear in yourself. And clarity will also dissolve the pain that is inflicted on others as a result of this evil process set in motion.