

Pathwork Guide Lecture No. 224
An Unedited Lecture
October 23, 1974

CREATIVE EMPTINESS

My most beloved friends, blessings for everyone of you here. A golden force is flowing through your inner being now and forever if you so wish, if you open yourself to it. I spoke to you in the last lecture about the coming of a new era. This requires that many, many human beings are ready for this spiritual event. For many years, you on this path have worked for that purpose whether or not you had been aware of it. You have filed away at your impurities, and you still do so. And you make yourself available for a powerful force that has been released in the universe -- in the inner universe.

As I have said before, many spiritual teachers and channels know this. But many have misinterpreted this event. They believe that it will bring cataclysms on a human level, in a geographical way. I have said it before: this is not true. The changes that are occurring, already now in progress, are changes of consciousness. And you are working at this. You see, as you evolve and develop and purify yourself, you become more and more ready for an inner enlightenment and awakening that has not occurred before and that is indeed self-perpetuating in its force. It is unprecedented in history. For there was no other time in mankind's history when this power was as available as it is now. What you experience in an increasing manner is the result of this power's coming upon a receptive channel. This is what we must be concerned with. For if this power hits an unreceptive channel, crisis arises, as you also well know. Even if only a part of you blocks great creative, beneficial forces that could make you thrive in an entirely new way, you put yourself under a great inner psychic, emotional, and spiritual stress. This needs to be avoided.

So, on your path, you have learned to contact more and more those deeper levels of intentionality where you deny truth and love and a greater knowing and a greater power that operates differently from the outer ego power you so strive for. This truth and love, this knowing and power come from within.

In tonight's lecture I am going to speak about the importance of being receptive to this force, this energy, this new consciousness: the Christ consciousness that tries to spread and is spreading and is seeping through human consciousness wherever this is possible. In order to do this, you also need to understand another principle, and that is the principle of creative emptiness.

Most human beings create an agitated mind, an over-activity of the thinking processes, of inner and outer over-activity because they are basically frightened of the possibility that they may be empty, that there may be nothing there from within to sustain them. This thought is rarely conscious. But on a path such as this, the time comes when you become conscious of this thought. And then the first reaction is very often, "I do not even want to acknowledge that I am afraid of this. I'd rather continue busying my mind in order not to face this terror that I am nothing inside, that I am but a shell that needs the sustenance from without and that needs to deny this fearful knowledge."

This is obviously a futile course of total self-deception. It is of utmost importance that you

face this fear and deal with it openly. You need to create an atmosphere and a climate within yourself in which you allow this emptiness to exist. For otherwise you live in a perpetually self-deceiving way that is also wasteful because the fear is unjustified. How can you ever live in peace with yourself if you do not know what you fear and if you therefore make it impossible to find out that what you fear is not so?

As a result of a continuous process over centuries and centuries of your existence, you have conditioned yourself to make the outer mind a very busy place so that when that busyness ceases temporarily, the resulting quiet is confused with emptiness. It indeed seems empty. The noise must recede, and you must indeed embrace and welcome the emptiness as the most important prerequisite and channel through which to receive your innermost Godself.

Let me put it this way: if you cannot let yourself be empty, you can never be filled. Out of the emptiness, a new fullness will arise; yet you cannot disregard and deny and step over that fear of your emptiness. It must, like everything else, be gone through. My advice here is that you challenge that belief and at the same time welcome the emptiness as the doorway to your divinity.

There are several psychic and spiritual laws which you need to comprehend in order to nurture this emptiness and make out of it a creative venture. Some of these laws are, or seem, contradictory. For example, on the one hand you need to challenge the emptiness; on the other hand, you need to welcome it. This seems a contradiction. Yet it is not. Both attitudes are necessary.

Another apparent contradiction is that it is extremely important that you be receptive in an expectancy, yet this expectancy must be without preconceived ideas and without impatience and without wishful thinking. This seems very hard to explain in human words. It is something you have to feel into to perceive what I am saying to you here: have positive expectancy and yet be free from specifics and preconceived notions of how and what should happen. There is also another related apparent contradiction. You need to be specific, as I often pointed out, yet this specificity must be light and neutral. You must be specific in one way but not in another. If this seems confusing now, ask your inner being to relay the comprehension to your mind rather than try to understand with your mind.

The workings of the greater self so far surpass the mind's imagination and ability to conceive, that specificity would be a hindrance. Yet the mind must know what it wants, be prepared for it, reach for it and claim it, know that it deserves it and will not misuse it. The outer mind must make constant changes and readjustments in order to adapt itself to the greater scope of the inner God consciousness. Your outer mind must become still and empty and receptive, yet it must hold itself poised for all possibilities. Thus it will be able to mate with the inner stillness and what appears first as emptiness. As you do this in a spirit of positive expectancy yet empty in mind and in soul, patient and persevering; a new fullness and filling can take place. The inner stillness will begin to sing, as it were. It will convey light and warmth from the energetic point of view. Strength you never knew you possessed will arise. From the point of view of consciousness -- knowledge, guidance, truth, inspiration, wisdom, and advice will come for all your daily affairs, for your life in the biggest and smallest issues.

I have said this before, but it needs to be repeated. The process of receptive, creative emptiness must truly be nurtured. You must listen with an inner ear, and yet it is necessary that you do not put pressure on it but become receptive to when and how it will fill you. This is the only

way, my friends, to find your inner sustenance, to find your divinity, and to become a receptacle for the great universal power that is being released and that will manifest in your life even more than a number of you have already experienced and increasingly experience.

This is a new important time in the history of evolution, and you are all needed to comprehend and perpetuate a renewal, a great change in thinking and perception, in the laws and the values that the Christ consciousness is spreading. The way must be open from within and from without so as to make as many receptacles as possible.

The mind is an instrument that can be of hindrance or of aid to this process. You all know that your mind is limited only to the degree of your own concept of its limitations. To the degree you limit your mind, to that degree you cannot perceive what is beyond the mind. The mind is finite, and it must aim to spread the boundaries of its finiteness until it measures up with the infinite that is beyond the mind and that is within yourself, right here, right now. Then the mind merges into the infinite consciousness of your inner universe in which you are one with all that is and yet infinitely personal.

As it is now, you carry your mind with you almost as a burden. It is a burden because it has become a closed circuit. Inside that circuit there is a certain leeway for ideas, opinions, knowledge, concepts, possibilities you have made room for in your life as a result of your education, the mores of your own society. That circuit contains what you have chosen to learn and adopt as your own knowledge, both as part of the group consciousness and as your personal experience. To the degree you have grown and expanded, to that degree the closed circuit of your mind has widened. However, it is still a closed circuit. You are still burdened down with ideas of limitation for yourself and for your world. It is therefore necessary in order to elicit and encourage creative emptiness that you be fully aware of the importance and significance of what I am saying here. And also that you perhaps visualize the boundaries of your mind by questioning yourself about all the things that you think are impossible for you. Where you are hopeless and frightened there must be an idea of finiteness that is simply locked in your mind. Thus you lock out the great power that is here for all those who are ready to receive it honestly.

Again we have an apparent contradiction. On the one hand, it is extremely necessary that this limited mind open itself up to other, new ideas and possibilities as you have already learned to do in your own process of meditation. And you have seen infallibly that where you have made room for a desirable new possibility, it indeed came into your life. And you have also experienced that when it does not come into your life, then you deny that it can do so for whatever reason. It is therefore necessary that you begin to puncture that closed circuit. You cannot immediately dissolve it. You live with a mind and you need your mind. It has functions in your life at this point. So what you need to do is puncture it. Where it is punctured, the flow of new energy and consciousness can penetrate. Where it is not punctured, you stay locked within the narrow confines of this limited mind that your spirit is outgrowing fast. On the other hand, as I have said, your mind must rest, not hold opinions, be neutral in order to be a receptive vehicle for the great new force sweeping the inner universe of all consciousnesses.

But let us return to the process of puncturing the limited mind. How do you do this? As I said so often, you do this by first making it known to yourself that you do hold limited beliefs, instead of unquestioningly taking them for granted. The next step is to challenge them. This requires taking the trouble to walk through in the well-practiced attitude of self-observation and self-confrontation your limited beliefs and to truly think about them. Sometimes it is not just that

you have a false belief but also that you have a stake in it. This must be examined. Once you put together the negative belief, the possible negative intentionality in holding on to it, you can see how you keep the circuit closed and deprive yourself of the inner filling you yearn for.

Another law of great importance for this purpose is that the opening to the greater universal consciousness must not be approached in a spirit of magic that is supposed to eliminate the becoming, the growing, and the learning process. Now, in whatever way this ultimate of power is supposed to fill and sustain you, your outer mind must go through the steps of acquiring whatever knowledge and know-how are necessary. You all know this in the fields of arts and sciences. You cannot be inspired as a great artist, no matter how much genius you have, unless you learn the craft and the technical outer dexterity. If the childish lower self wants to use the channel to the greater universe in order to avoid the initial tedium of learning and becoming, the channel will remain closed. For this amounts to cheating, and God cannot be cheated. It is then that the personality may become seriously doubtful that anything beyond the mind exists because no inspirational response comes forth on the basis of using magic to coddle the sense of laziness and self-indulgence. The same is true of science or any other field.

Now, how about this same law in respect to inspiration for your personal life and decisions? Here, too, you must not fail to go through the work that the outer self has to do in order to become a proper channel for the God consciousness. You do this in the pathwork. You need to truly know yourself, your pitfalls, your weaknesses, your lower self, where you are corruptible, where you are dishonest or tend to be. This is, as you all know, hard work, and it needs to be done. By avoiding it, the channel will never be reliable and may contain a lot of wishful thinking stemming from man's "desire-nature," or it may reveal "truth" that is based on guilt and fear and is thus equally unreliable. Only when you work in this fashion on your development will you come to a point when you no longer confuse gullibility and wishful thinking with faith, or doubt with discrimination. As a great pianist can only be a channel for higher inspiration when he goes through the finger exercises and hard long practice that make his playing finally effortless, so must the God-inspired person work on his purification process, on deep self-knowledge and self-honesty. Only then does the receptacle become commensurate with the higher truths and values and can then be influenced, molded, and used for higher purposes to enrich the world and self.

At the same time, you need to cultivate a neutrality. Your devotion to fulfilling the will of God needs to establish an attitude that whatever comes from God is all right whether you desire it or don't desire it. Too much desire is as much a hindrance as the absence of all desire that manifests as resignation and hopelessness. The refusal to endure any kind of frustration creates an inner tension and defensive structure that closes up the vessel of the mind and maintains the closed circuit. In other words, you, the receptacle, need to be neutral. You need to give up the strong, tight, self-willed yes or no to make way for a flexible trust to be guided by your inner God. You need to be willing, pliable, flexible, trusting, and forever ready for another turn, another change you had not contemplated. What is right now may not be right tomorrow. There is no fixedness when it comes to the divine life that springs from within your innermost being. This idea makes you insecure, for you believe that security lies in fixed rules. Nothing could be further from the truth. This is again one of those beliefs that need to be challenged. Envisage that in the idea of forever meeting every new situation by being inspired anew, by knowing that what is right in one situation may not be right in another, there lies a new security that you have not as yet found. This is one of those laws of the new age that is opposed to the old laws, that which what is fixed, "unstable," unmoving, unchangeable is supposedly secure.

The laws that pertain to this new venture into your inner creativity and life need to be studied very carefully. They must be worked with by you. These are not just words to listen to; you need to make them your own. These laws are apparently full of contradiction. I say that you need to acquire knowledge and know-how, the mind must be widened and expanded, it must be able to conceive of truthful possibilities, and yet, I say, make your mind neutral and empty. This seems very contradictory from the point of view of the dualistic dimension of consciousness. But from the point of view of the new consciousness that is spreading through your inner universe, these are not contradictions at all. For years, I have tried to show you in many, many areas how this principle works: that something that is in truth and commensurate with the higher laws of life conciliates opposites that are mutually exclusive on the lower level of consciousness. What is conflict-producing on the lower level is mutually helpful and interactive on the higher level.

More and more you discover the truth of unification where dualities cease to exist and contradictions are no longer contradictions; where you experience two previous opposites as two aspects of the same truth, and both as having their validity. When man begins to comprehend this principle and applies it to his own life, his outlook, his values, then indeed he is ready to receive the new consciousness released in realms far beyond your own.

So also when I say you must not approach the divine channel in you in an attitude that it saves you labor and work and the reality of living and growing, I am not saying it as a contradiction to the necessity of being passively receptive. It is simply a shift of the balance structure. Where you were before overactive with your mind, you now need to quiet down and let happen. Where you insisted to take over the controls, you must now relinquish this control and let an inner, new power take over. On the other hand, where you tended before to be lazy and self-indulgent and looked for the line of least resistance and therefore made yourself dependent on others, you now need to take over and actively nurture the principles that help establish the channels to your inner God. You also need to actively express its messages into life. So, as I said many years ago, activity and passivity need to be reversed.

Your mind will thus become an instrument. It will widen and open up and puncture its limitations and acquire new concepts, new considerations -- lightly, not tightly -- new concepts with which your mind "plays around" for a while. It is this attitude of lightness in your perceptions, of flexibility, of movability, of motility of mind that will make you the most receptive instrument so that you can receive from your apparent emptiness.

Now, my friends, as we approach this emptiness, how does it feel? What is it all about? Again, the human language is extremely limited, and it is almost impossible to squeeze experience such as this into the context of language. However, I will try my very best to give you some tools and some further helpful hints. As you listen into your inner "chasm," it seems to be a black chasm of emptiness at first. What you feel at this point is fear. This fear seems to fill you up. What is this fear? It is as much a fear of finding yourself to indeed be empty as of finding yourself with a new consciousness, with a new being evolving from within you. Although you yearn for this, you also fear it. The fear exists from both ends: you want the new consciousness so much that you fear the disappointment, and yet you also fear finding it for all the obligations and changes that this might impose upon you. You must travel through the fear -- both of these fears. You have received the tools on your path to deal with such fears in questioning your lower self.

But the time comes when you are ready, notwithstanding the still existing fear, because you already have made the connections, you have the knowledge of what your lower self wants, why you

have negative intentionality, etc. The time comes when, in spite of the fear, you decide calmly and quietly to go into the emptiness. So you make yourself empty in mind in order to meet the emptiness from deep within. Lo and behold, very soon that very emptiness will feel, not full, not in the same way full as you are used to, but the emptiness will contain a new aliveness that the old fullness made impossible. In fact, you will soon find out that you made yourself artificially dull by packing yourself tight: tight in the mind by its noise and tight within your channel by contracting your energy system into hard knots of a defensive stance. You killed your aliveness by this fullness. So you become needier because without your inner life you cannot be fulfilled in a real sense. The vicious circle was established by striving to get it from outside of you since you refused to go through the necessary steps to establish it within.

In one sense you fear the aliveness more than the emptiness. And perhaps you had better come face to face with that. When you make yourself sufficiently empty, the first initial response is an inner aliveness, and you tend to immediately shut the lid tight again. And yet by denying that you fear the aliveness, you also deny that you are really very unhappy about the lack of aliveness. But the lack of aliveness is the result of the fear of it, and it is the fear of aliveness that can make way to allowing the aliveness by letting yourself be creatively empty. You will feel your whole inner being including your body and your energetic inner being as if there was an "inner tube" that is alive, vibrantly alive. Energy goes through it, feelings go through it, and something else is vibrantly coming to the fore. You cannot as yet name it. And as you do not shy away from that unnamable something, it will sooner or later turn out to be immanent instruction, constant inner ongoing instruction -- truth, encouragement, wisdom, guidance specifically destined to your life right now wherever you need it most. That emptiness, that vibrant alive emptiness is God talking to you. At any moment of the day, it is talking to you where you need it most. If you really wish to hear it and attune to it, you will discern it, first vaguely, later strongly. You need to condition your inner ear to recognize it. As you begin to recognize the vibrant alive voice that speaks in wisdom and love -- not in generalities, but specifically to you -- you will know that this voice has always existed in you, but you have conditioned yourself not to hear it. And in that conditioning you have tightened and packed up that "inner tube" that is to fill you with the vibrant music of the angels. When I say the "music of the angels," I do not necessarily mean this literally although that too may exist. But what you need more is the instruction, the guidance, the help in every thought, every decision about what opinion, what attitude to adopt in a given situation. That instruction is truly comparable to the music of the angels in its glory. This fullness cannot be described in its wonder, in its treasure. It is beyond all words. It is what you constantly look and yearn for, but most of the time you are not aware of this searching in you and project it on substitute fulfillments that are to come from outside.

What you need to do is a reconditioning of and re-focusing into what has always existed, is always existing within you, but your mind and outer will have gone through such complicated procedures of confusing the issue and thus complicating your life that it is like finding your way out of a maze, a maze you have created. You can recreate your inner landscape without that maze.

Now, my dearest friends, at the end of this lecture I would like to say a few words about the new man in the new era. What is the new man? The new man is indeed always a receptacle of the universal intelligence, the divine consciousness, the Christ consciousness, that permeates every particle of being and of life. The new man is not functioning, deciding, thinking from the habitual head and intellect. For many centuries the intellect had to be cultivated as a steppingstone on the evolutionary scale. By now, the overemphasis has gone on too long. This does not mean to revert back to the purely blind, emotional "desire-nature," but it means to open up to a higher realm of consciousness within man and let this unfold. There was a period in evolution when it was as hard

for man to find his ability to think, to weigh, to discriminate, to retain knowledge, to remember -- in short, to use all the faculties of the mind -- as it now seems hard to find contact with his higher self. The new man has established a new balance in his inner system. The mind, the intellect, must not be left out. It is a tool that must become unified and one with the greater consciousness. For many ages man believed that the faculties of the mind and intellect were the highest form of development, and some still believe this now. So they make no attempt to journey further and deeper into their inner nature to find greater treasures. On the other hand, there are many spiritual movements which practice to discard and inactivate the mind altogether. This is equally undesirable because it creates split rather than unification.

Both these extremes are half-truths though they can have relative validity. For example, in the past men were like beasts -- undisciplined and irresponsible as far as their immediate desires were concerned. They were totally driven by emotions and desires regardless of concepts of ethics and morality. So, for that stage, the development of the intellect fulfilled its function. And the intellect also fulfilled its function as a very sharp tool of learning, of discriminating. But when it ends there, it becomes a farce. Man becomes a farce when he cannot become animated by his divinity. By the same token, the practice of leaving the mind temporarily inactive is advisable. But to accuse the mind as if it were the devil and to oust it of man's life is missing the point.

In either way, man is not full, and he needs all his functions intact in order to express his divinity. Without a mind, he becomes a passive amoebae. When the mind is deemed the highest faculty, he becomes an over-active robot. The mind then becomes a computerized machine. True aliveness exists only when you wed the mind with the spirit and allow the mind for a while to express the feminine principle. All the time the mind has been engaged in the masculine principle -- action, drive, doing, control. Now the mind has to express the feminine principle -- receptivity. This does not mean that man will become passive, by no means. In a different sense he will be more active, more truly independent than he was before. For when the mind receives inspirations from the God consciousness, they must be put into action. But this putting into action is harmonious, effortless, not like a cramp. When your mind is receptive, it can be filled with the higher spirit within you. Then the functioning becomes totally different, forever new, and exciting. Nothing becomes routinized; nothing becomes stale; nothing becomes redundant. For the spirit is forever alive and changing. This is the energy and experience you have increasingly at your Center, where the new influx works so strongly.

The new man makes all his decisions from this other consciousness because he has worked his way through to be truly receptive to his own spiritual being. Thus the results in his life would sound utopian for someone who has not begun to experience this. And I am so happy to say that quite a number of you are already part of this strong cosmic movement for which you have made yourself available. You experience hitherto undreamed-of expansion and joy, resolutions of problems that you never thought possible. And it continues. There are no limitations to your fulfillment, to the peace, to the productivity, to the creativity of living, in every way and on every level -- to joy, love, and happiness, and to the meaning your life has as you serve a greater cause. The time has passed where each individual can live only for his selfish, immediate little life. This can no longer be. Those who insist on this lock themselves out from a power that would turn destructive in a mind that is still geared to selfishness. For that selfishness comes from the false belief that you are happy only when you are selfish and you are unhappy when you are unselfish. That false belief is one of the first myths you need to explore and challenge.

So you create a new life for yourself and your environment, of a kind that mankind has not

yet known. You are preparing for it, others are preparing for it here and there all over the world, quietly. These are golden nuclei that spring up out of the gray matter and dark matter of untruthful thinking and living. So further that channel in you. It is the excitement and the peace you always wanted. Enter this new phase, my dearest friends, with courage and affirmation. Get out of that attitude toward yourself as if you were beaten down. You are not beaten down unless you affect this role. You can come up and become who you truly are and experience life at its best.

All of you are blessed, my very dearest ones. The blessings will give you the sustenance you need to go all the way with all of yourself and become enlivened, activated, actualized by the God within. Go in peace.

For information to find and participate in Pathwork activities world wide, please write:

The Pathwork Foundation
PO Box 6010
Charlottesville, VA 22906-6010, USA
Call: 1-800-PATHWORK, or
Visit: www.pathwork.org

The following notices are for your guidance in the use of the Pathwork® name and this lecture material.

Trademark/Service Mark

Pathwork® is a registered service mark owned by The Pathwork Foundation, and may not be used without the express written permission of the Foundation. The Foundation may, in its sole discretion, authorize use of the Pathwork® mark by other organizations or persons, such as affiliate organizations and chapters.

Copyright

The copyright of the Pathwork Guide material is the sole property of The Pathwork Foundation. This lecture may be reproduced, in compliance with the Foundation Trademark, Service Mark and Copyright Policy, but the text may not be altered or abbreviated in any way, nor may the copyright, trademark, service mark, or any other notices be removed. Recipients may be charged the cost of reproduction and distribution only.

Any person or organization using The Pathwork Foundation service mark or copyrighted material is deemed to have agreed to comply with the Foundation Trademark, Service Mark and Copyright Policy. To obtain information or a copy of this policy, please contact the Foundation.