

Highlights from Lecture #144: The Process and Significance of Growing

Human consciousness perceives everything in opposites – good or bad, desirable or undesirable, life or death. As long as we live in this dualism, conflict and unhappiness must persist.

Absolute, universal, cosmic truth is always unified and transcends opposites in the realization that the belief in opposites is illusion. The Good of the unitive principle is not the same as the “good” of the dualistic. Unification conciliates opposites while duality separates them.

Growth on the dualistic plane is a cyclic movement with an upward curve (constructive), a peak, and downward curve (destructive). Perceiving life in dualistic terms, we fear growth, believing that reaching a goal will bring on its destruction. To avoid destruction, we “postpone” fulfillment and stagnate.

Growth in the unitive state means infinite expansion and a widening experience of the infinite possibilities of beauty, life and goodness. It has transcended the principle of cause and effect.

Self-liberation, or the transition from the dualistic to the unitive state, cannot come about by accumulated knowledge and theoretical understanding. It can only come by being in the now, by discovering that everything already exists within, behind the layers of confusion and pain.

The most insignificant problem can show you how you embrace error and opposition, a no-current, out of fear and ignorance. To remember that an untruth must exist somewhere in you whenever you find yourself in an undesirable inner and/or outer state will help you search for and abandon the untruth.

Along the road of transition from the dualistic to the unitive state, when we are engaged in intense self-search by facing our personal inner errors and self-deceptions, our psyche goes through profound upheavals.

This crumbling of the old structure is desirable because the old way only appeared to give us satisfaction. In the act of destroying error, truth reconciles construction with destruction and makes them one movement.

Growth in the unitive state manifests in increasing trust in the self and brings a peaceful joyousness that makes every moment vibrant, interesting and totally free from anxiety or boredom.

At the same time, we continue to react in the old way, with fear, distrust, anxiety, despair and tight self-will, usually in areas where misconceptions are deeply engraved and require more extended and patient work. This side very gradually catches up with the side that is already partly in the unitive state.

The unitive state can be reached principally by two roads: from either the “good” side, or the opposing “bad” side, of the dualistic state. From the “good” side, where we are already somewhat free from fear and possess confidence and a genuine sense of the benign nature of universe, we can find the unitive principle deep within ourselves. This happens without fear or opposition because we feel deeply deserving.

From the “bad” side, when we are afflicted with doubt, fear, guilt, conflict and error, we can transcend this state only by accepting what we fear and by not running away from ourselves.

Fear cannot be relinquished by insisting that what one fears stay away. The only way to genuinely free oneself from fear is to taste and discover that it holds no terror. We stop opposing what we fear by questioning the concept that under lies the fear. May the tools offered by this Pathwork help make your transition easier.