

THE LANGUAGE OF THE UNCONSCIOUS

Excerpts from Pathwork Lecture 124

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The most powerful aspect in man's life is his unconscious. ...the unconscious is so much stronger than the conscious mind ... because conscious misconceptions and unrealistic outlooks are more easily detectable in their unrealism and can therefore be corrected. That which is hidden from awareness continues to govern you without your being able through your reason to change the unconscious outlook. Hence it is of utmost importance to detect such hindering outlooks hidden within.

It is often forgotten that the unconscious does not only harbor petrified wrong conclusions, destructive behavior patterns resulting from images, and negative emotions due to unresolved problems, but it also contains utter wisdom, divine truth, and the most constructive elements in the universe, constantly building up in unending creativity and love. These wells can be tapped to the degree that the obstructions are let out of their hiding place -- the unconscious. Then and then only will all the productive elements, which, too, are still hidden, rise to the surface.

The universe, up to a certain degree of development or awareness, consists of two primary currents: a yes-current and a no-current. The yes-current means everything constructive because it is according to truthful insight, which cannot help but breed love and unity. The no-current means destructiveness because inadvertently it deviates from truthfulness, thereby breeding hate and disunity. This general explanation, in which is contained an entire history of creation, applies to man's individual daily life as well as to great concepts in the history of creation.

Language in any shape or form is a conglomeration of symbols. What else is language? When you say the word "table," it is a symbol for the object you use, that you know as such. The same applies to the language of your personal unconscious mind. And it is just as possible to learn its language as it is to learn any other language. But it takes as much time, effort, and practice. It no more comes to you by itself than your suddenly learning a new language without organized effort. Only it is infinitely more rewarding, more essential for your personal life to know the language of your unconscious than the knowledge of a dozen foreign earth languages.

The work on this path is many things. We have described it in various analogies and defined it in several ways. Among all the things this path signifies, it is also the learning of the language of the unconscious. When you do so, you are bound to detect the yes- and the no-current.

The yes-current is often (not always) the more predominantly noticeable because it is often conscious. Whenever you find yourself disturbed because of a persistent unfulfillment, you can be sure that both currents must be strongly at work, thus putting the brakes on. Consciously, the yes-current is the stronger in order to blot out the

unconscious no-current. The more the latter is squelched in the erroneous idea that this eliminates it, the more is it driven underground where it continues to do its work. And the more this is the case, the more urgent and frantic does the yes-current become. They pull the personality in two opposite directions, creating stronger and stronger tension and pressure. The way to eliminate this short circuit is to uncover the no-current, understand its faulty premises, and thereby gradually shed the "necessity" for its existence.

In those areas of your life where things go easy, where you appear to be lucky, where most of the time you are fulfilled without any problematic and confusing crises, you can be sure that there is very little no-current involved and a predominant yes-current -- not only consciously but there is no contradictory hidden undercurrent. You are not split in motivation and in desire.

Any goal you consciously desire and nevertheless do not attain is proof that an undetected no-current is at work

The only way change can come about is through detection of how the no-current continues to work, even prohibiting the very change so ardently striven for by the yes-current. For that purpose, you really have to master the language of the unconscious.

When you become aware of the constantly working no-current, even before fully understanding its presence, you will find relief of hopelessness and the way out will be in sight. Discovering all these mechanisms is learning the language of the unconscious. If daily you devote a little time to this all-important issue, the results will be most wonderful.

Ask yourself these questions. (1) Which is the goal I want now? Where am I dissatisfied? What would I want to be different? (2) How much do I want it? (3) To what extent is there something in me that does not want it? or fears it? or, for one reason or another, says no to it? (4) If this no-current exists regarding the very thing I wish, it must also exist in the pathwork itself. In what way does it manifest there? (5) How can I detect the various forms and manifestations of the no-current in my daily life?

If you clearly formulate these five questions and begin truthfully to answer them, your work on the path will be most dynamic, and your progress will astound and delight you.. Each observation may bring deeper and wider understanding.

Uncovering the No Current

The Language of the Unconscious PL 124

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Conscious mind:

Misconceptions and unrealistic outlooks are more easily detectable in their unrealism.

Unconscious mind:

We cannot use our reason to change the unconscious outlook.

Even regarding the constructive elements in the unconscious – wisdom, divine truth – we are uncertain of the source of our inspiration, so lack confidence.

Unconscious is not unknown, except in rarest cases. It can be indicated by noticing: half-conscious thoughts, immediate emotional reactions, fantasy life.

Disintegration always results from contrary forces. These create tension and result in two opposing energy currents:

Yes-current:

- Constructive because is it according to truthful insight
- Breeds love and unity.
- Often conscious.
- When active, proof is that you appear to be lucky, fulfilled without any problems or confusing crises. Easy, relaxed energy without a tinge of desperation
- When the Yes-current is urgent, forced, or strong:
 - NOT proof of absence of No-current; rather proof that the No-current is active and present.

No-current:

- Destructive because it deviates from truthfulness
- Breeds hate and disunity.
- When active, proof is that you seem repeatedly unlucky, goals consciously desired cannot be attained.
- Indicators of a No-current:
 - Slight cringe at thought of fulfillment, vague feeling of uneasiness
 - Feeling of fear or false guilt that you do not deserve fulfillment
 - Vague, hazy emotional impressions
 - Where you do not take into consideration the human imperfections
in all concerned
 - Fantasy of having it all your way; one-sided, unreal
 - Expectation to be favored, to the exclusion of flexibly adjusting to new circumstances
 - Frustration, desperation, feat that fulfilment will never come and that life feels dismal without that fulfilment
- Indicators of awareness of the No-current
 - Relief from hopelessness
 - Way out will be in sight
- No-current can ‘sleep’ in the petrified part of the unconscious; must be shaken up

Solution:

- Uncover No-current
- Understand faulty premises
- Shed the necessity for its existence.

Step 1

Gain understanding of images and misconceptions, false guilt's, destructive attitudes, fear of the very fulfillment you wish (manifests as subtle attitude of rejecting the fulfillment), and illusory reasons around not wanting to pay the price or not deserving happiness.

Step 2

Change innermost, subtle emotional reactions by detecting how the No-current continues to work against the change / Yes-current.

Requires *learning the language of the unconscious, which requires practice, perseverance, and patience.*

“The clearer you see how you push away or withdraw from the very fulfillment that you crave for – see it again and again in action – the closer do you come to eliminating the No-current. You weaken it by the mere observing of it.” PL 124

Questions to ask yourself in order to find a No-current:

1. What is the goal I want? Where am I dissatisfied? Why would I want to be different?
2. How much do I want it?
3. To what extent is there something in me that does not want it? Or fears it? Or says no to it?