

# *Pathwork™ in Texas*

## What is the Path?

Excerpts from Pathwork Guide Lecture No. 204

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

Greetings and welcome, my friends. Blessings for every one of you. In this lecture I would like to discuss what this path is and what it is not.

First, I should like to say that this path is not new: it has existed in many different forms for as long as human beings have lived on this earth. The forms and the ways must change as humanity evolves, but the fundamental path remains the same. ... Every human being senses an inner longing that goes deeper than the longings for emotional and creative fulfillment, although these are, of course, part of the deeper and more essential desire. Perhaps the most accurate "translation" of this longing would be a feeling or sensing that another, more fulfilling state of consciousness and a larger capacity to experience life must exist.

As you translate this longing into conscious terms, you may become involved in some confusion and contradiction. Confusions and apparent contradictions come from the dualistic consciousness permeating the state the human mind is in at this time. The dualism is always present. For humans perceive reality in terms of either/or, good or bad, right or wrong, black or white. This way of perceiving life is at best only half true. In this way one can only perceive fragments of reality; the full truth can never be found in the dualistic way. Truth always comprises more than what the dualistic way of seeing reality can grasp.

There is an inner voice telling you there is much, much more to your life and yourself than you are capable of experiencing at this time.

The longing is realistic when you start from the premise that the clue to fulfillment must lie in you; when you wish to find the attitudes in you that prevent you from experiencing life in a fulfilled and meaningful way; when you interpret the longing as a message from the core of your inner being, sending you on a path that helps you to find your real self.

Do not abandon the longing per se. Take it seriously. In fact, cultivate it and learn to understand it, so that you will follow its message and take the inner path to your core; go through that part which you want to avoid, but which is the real culprit, solely responsible for your less than fulfilled and joyful state.

Do not abandon the longing that comes from the sense that your life could be much more, that you could live without painful tortured confusions and function on a level of inner resilience, contentment, and security.

This path demands from an individual that which most people are least willing to give: truthfulness with the self, exposure of what exists now, elimination of masks and pretenses, and the experience of one's naked vulnerability. It is a tall order, and yet it is the only real way that leads to genuine peace and wholeness. Once the investment in pretense and hiding is given up, it is no longer a tall order but rather an organic and natural process.

So this path is simultaneously the most difficult and the easiest. It merely depends from what point of view you look at it and choose to experience it.

The reluctance to be truthful with oneself applies to even the most honest people. A person may be noted for his or her honesty, truthfulness, and integrity on one level, yet there can be deeper levels where this is not so at all. This path leads into the as yet concealed more subtle levels which are difficult to pinpoint but certainly ascertainable. ... How can you gauge whether or not this untruthfulness on a deeper level exists in you? It is really extremely simple. There is an infallible key which, if you choose to use it, will give you faultless answers. This key is: how do you feel about yourself and about your life? How meaningful, fulfilled, and rich is your life?

Exhilaration, enthusiasm, joyousness, and the unique blend of excitement and peace which connotes spiritual wholeness are a result of inner truthfulness. When these states are absent, then truthfulness must be absent. It is as simple as that, my friends.

If you demand of your life, and therefore of any path you contemplate entering, to bypass feeling your anxiety and your pain, to avoid owning up to your dishonesties, your cheating, your spitefulness, your games, and your more or less subtle pretenses, then it might be better for you not to start on this path. But if you expect a real effort and are prepared to embark on the journey into yourself to find, acknowledge, and bring out whatever is in you, if you summon all your inner truthfulness and commitment for the journey, if you find the courage and humility not to appear other than you are even in your own eyes, then you have indeed every right to expect that this path will help you realize your full life, and fulfill your longing in every conceivable way. This is a realistic hope. You will increasingly know it to be so.

Little by little you will begin to function from your innermost center, which is a very different experience from functioning from your periphery. You are now so accustomed to the latter that you cannot even imagine how else it could be. Now you are constantly dependent on what happens around you. You depend on appreciation and approval from others, on being loved, and on being successful in terms of the outside world. Whether you are aware of it or not, you inwardly strive to make sure you will obtain all this so as to have peace and fulfillment.

When you function from your center, security and joy spring from a deep well within you.

This is basically the pathwork. This path is therefore difficult only because people with their vanity have false ideas of how they should already be. The only difficulty is your illusion about how you are and how you should be, and your illusion that you could not and must not have certain problems and attitudes. Unless you give up these illusions and take stock of whatever is in you, you must remain alienated from your own spiritual essence.

This, then, is the pathwork, my friends. Very, very few people on this earth are willing to undertake this path. Even fewer follow it through all the way. Most people wishfully think that they may find another way to reach fulfillment, one that will lead them around their dark spots. They do not want to know that it is those dark spots that render them unhappy and lonely. Some make beginnings, but when they approach those dark spots they pull back in self-revulsion and turn all their destructive energy outward against those who help them find their way. They do not wish to take a chance on themselves or on finding the way through their own darkness.

But for those who have the courage to go all the way, relentlessly and patiently, what glory awaits them in their innermost center! ... Be open to find the way from within that enables you to be totally honest and see the worst in yourself without losing faith in yourself. Though this seems like a miracle, it really is quite logical. It will come to pass that precisely because you have faced and admitted the worst, you will find your true value.

Anyone entering this path should be prepared for this miracle to happen. ... When the path opens up from within you, you begin to experience, maybe for the first time in your life, your own potential of being, your own divinity. You will feel your potential for pleasure and security, awareness of yourself and others, and therefore your infinitely greater power to relate to others, comprehend and be with them without fear.

## *Pathwork™ of Texas*

### **RÉSUMÉ OF THE BASIC PRINCIPLES OF THE PATHWORK: ITS AIM AND PROCESS**

Quotes from Pathwork Lecture #193

*Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)*

...We summarize and discuss the fundamentals but cannot go into all the manifold details and considerations. The levels to be worked with on the path -- and each level in a different way -- are the following aspects of the human personality: (1) the level of mind and thought; (2) the level of will; (3) the level of feelings; (4) the level of physicality and physical expression.

When all these levels are conscious, when their inevitable divergence from each other is faced and accepted, a unification process can begin. When the lower self is understood, accepted, and dissolved, when the mask is dispensed with, then unification in the spiritual reality of being can take place in a realistic way. Now let us see what the different approaches to the different personality levels are.

(1) The level of mind must deal with the concepts, that is to say the misconceptions. ...Thoughts and thought processes that are directed into an erroneous channel affect all other levels. They always create vicious circles. ... It is therefore imperative to clearly see, understand, and give up these components of attitude and behavior that create the vicious circle. This always means to basically change a concept, a thought process, an approach to reality. ... It is not enough to have a theoretical understanding of these inner processes. Only through the emotional experience can the misconception be replaced by a true conception.

Misconceptions can be quite conscious, but you do not necessarily know that they are misconceptions. Therefore your conscious beliefs must also be tested and investigated. Misconceptions can be vaguely conscious in a nebulous way when your actions and reactions testify to the fact that you are governed by misconceptions, but you have not concisely specified what these are and what their consequences are. Therefore this also must be done. Or misconceptions can be unconscious. In that case, the pathwork must deal with making them conscious. This can only be done by examining the life manifestation. One's life does not lie. It expresses exactly what you really, inwardly believe. You may consciously claim that you are a loving person and indeed believe in love. But if you suffer from a loveless life, it testifies clearly that somewhere inside of you, you do not believe in love, do not want to love, and have your "reasons" (i.e., misconceptions) for not loving. Hence, unconscious misconceptions can only be unearthed by looking at the person's life, his suffering, his frustration, his unfulfilled longings.

All levels must be dealt with in the conscious and in the unconscious. These two approaches vary from personality aspect to personality aspect. You have to work differently with the level of mind than with the levels of will, of feeling, and of the body.

(2) In order to work on the level of will, you have to understand first of all that there is an outer and an inner will. To put it differently, there is a voluntary and an involuntary will action. These two levels of will also have to be scrutinized, understood, and made conscious. Where distortions, misconceptions, negativities exist in a psyche, the will forces are out of balance. Where the will should be active, it is often paralyzed and stagnant. Where it should be receptive and passive, it is tight, forced, and active. Thus, a reestablishment of balance must occur as the purification proceeds.

(3) The level of feelings -- again, where there are misconceptions of the mind (whether they be conscious or unconscious) and where there is an imbalance of the inner and outer will level, feelings are destructive, stagnant, painful. The energy of the feeling body is paralyzed and blocked. ... The refusal to experience painful feelings rests on the misconception that they will annihilate you or that they will prove that you are

no good. This misconception must be challenged and replaced. If it is not, you will not allow yourself to experience painful feelings. The refusal to do so also creates a tight will current so as to ward off what you believe to be annihilation. Hence, the will must be relaxed so that it becomes possible for you to experience what is already in you and what must paralyze all your best functioning unless you go through it and thus transcend it.

... (4) the level of the body, of physical expression. ... The physical body expresses conceptual error, will-imbalance, and stagnant, denied feelings by muscular blocks. The tensions and energy stagnation caused by distortions on any of the other levels can affect the body by distorting it, by creating all sorts of symptoms and, when neglected long enough, physical illness.

Where energy is blocked, consciousness cannot penetrate. Every cell in the human body is conscious -- a consciousness unto itself. When areas are blocked off in the body, the cell system in these areas is prevented from being permeated with the divine energy stream and the divine consciousness. ... When this is done for the purpose of making distorted levels of soul substance conscious and re-orienting them so as to unify all split off soul substance, meditation takes of course a different road from the kind of meditation that is used for the sole purpose of realizing the divine self while disregarding the dark aspects of the self. It is a current illusion and wishful thinking that this latter approach automatically deals with the dark side of human nature. This cannot be so. You cannot overcome what you have not consciously and fully experienced.

You have to release blocks in order to meditate, and you must meditate in order to release blocks. ... A spiritual block can exist by either adopting a false, escaping, separating spirituality, or by negating the greater reality altogether. In both instances, misconceptions must be eliminated in order to free the channel for the real spiritual influx. Often real spirituality is rejected by wanting to reject the false, escapist spirituality, and confusing the two. ... When the blocks to spiritual influx begin to be eliminated, the whole process can be speeded up -- the process of awareness, liberation, healing, and unification.

Just as the mind level can be conscious or unconscious, so can be the will, the feeling, and even the body level. It is therefore imperative that the degree of consciousness be increased on all levels; that you connect, for example, a physical symptom (a pain or a tension) with the mental attitude, the thought, emotion, and the will that correspond and motivate the specific physical manifestation.

It is one of the immutable spiritual laws that lack of awareness of one area prohibits awareness of another. So, for example, if you manage to stave off awareness of your lower self and your mask self, you will not be aware of the already manifest higher self. ... However, by masking anything of yourself, you inevitably also mask your higher self from yourself.

This is why the path is, above anything else, a process of making things conscious.

*[Level #5]* is the level of life experience. ... It is overlooked that every person's life experience is as intrinsic an expression of his inner being as his body is.

The truth leads to man's assuming self-responsibility in every conceivable respect. Most human beings are loath to accept this. They had rather see themselves as helpless, innocent victims with all the suffering and hopelessness that go with it than accept the hope, light, and freedom of self-responsibility. This indicates the emotional immaturity of mankind as a whole. It also indicates the sense of guilt that is attached to admitting fallacy and distortion.

It is an intrinsic aspect of this work that you eventually shed the illusion of your being an innocent victim and avail yourself of the key to freedom -- which is self-responsibility.