

A Pathwork Group Spiritual Exploration THEME: Where's the Joy?

Isn't Joy supposed to be the "beef" of life? So where's the "beef"? We'll explore this as each of us contemplates his or her own joy, or lack thereof, and see how **Pathwork Lecture 17 *The Call – Daily Review*** helps us find the joy. (blue = quote from Pathwork Lecture 17)

Preparation Questions: Looking over the past week, where have I found my greatest joys? What made these joys great? Where, on the other hand, did I experience disharmony? What made these disharmonies unpleasant? **Discussion...**

Reading 1 --- ... "Ask yourself: 'How happy am I? How satisfied am I with my life and with myself?'"

Reflection, Sharing... Where am I on the "Life Satisfaction Scale" (0-10 High)?

Reading 2 --- "Whoever is not quite happy and harmonious can truthfully declare: 'I have **not quite followed God's call.**' How happy are you? How well-balanced are you? How harmonious are you "inside"? **Outside you may have troubles, but if you are truly on the right path and fulfill God's will for you, no matter what your outer difficulties may be, you must be happy.**" **Discussion...**

Who is this God who is Calling you? Who is the you being called? How do you feel about being *Called by God* (triggered, resistant, honored, grateful, proud, anxious, confused, etc.)? How do you relate *happiness* to *following God's Call* – to what degree do you agree that following God's Call results in your happiness? What *seem* to be other roads to your happiness?

Reading 3 --- "There are many people who are called. God is calling them. Whether this call will come forth or not **depends on a person's spiritual development.** Granted, there are many, many people living on earth who have not experienced such a call. They are still in their spiritual childhood and such a call would be meaningless for them. They have not yet attained the strength and development necessary to follow it; therefore **God waits until they have reached sufficient maturity** in the course of their various incarnations, where they **gather experience and wisdom, and, step by step, develop spiritually.** But at some time the call must come forth, and I venture to say that everyone of you, my friends, has been called." **Discussion:** How do you *feel* God's Call? Do you sense that you are, in fact, Called by God? What stands in the way of your sense of *being Called by God*? What stands in the way of your *answering that Call with YES*?

Reading 4 --- "What God wants from each and every one of you, as the first step and necessary prerequisite before you can give to others, is

1. self-development,
2. self-purification, and
3. self-knowledge.

It is tearing off your masks; tearing away all your self-delusions about yourself and your inner or outer motives. God expects this from you." **Discussion:** Why is spiritual development (leading to self-purification and self-knowledge) necessary for responding to God's Call? How do you approach self-development, self-purification, and self-knowledge? Does this *self-development* seem to be the road to happiness? Could the insights gained in self-development BE part of the happiness you want?

Comment: Through (sometimes years of) self-development we come to see that the God referred to in these Pathwork paragraphs is in fact the God *within*, our *Higher Self*, our *Divine Essence*. Earlier in our journey we may have thought that God was an authority outside of us, and in response to this "outside" authority we may have either on the one hand obeyed out of duty (donning a love mask of submission - - and feeling cheated for not experiencing joy as a result of being "good") or on the other hand rebelled outright to this or any other authority. To come to a felt sense that the God referred to in these words of the Pathwork Lecture is *within* and is, in fact, *ME* changes everything we have known about God in a

profound way. We come to Know that following Divine Guidance from this Divine aspect of me will, of course, lead to my happiness. How could it not since this Divine aspect is ME? This transition in perspective about God from *God outside* to *God within* is a major step along our Soul's journey. It usually happens slowly over time (years, decades, lifetimes), but it will happen. **Discussion**

Reading 5 A Tool for self-knowledge – Daily Review.

“The **best way to find out about your unconscious** ... is by doing what I call the **Daily Review**. With its help you can **find out your true reactions** to certain events; you begin to **pull off masks** and **stop pretenses**. You can **find out where your actions go against a spiritual law**.

The daily review should be conducted in the following manner: Let the whole day pass in front of your eyes and in your memory; **think of everything that has happened and has given you, in some way, a disharmonious feeling or reaction**. And no matter how wrong the other person may have been, the moment you have been negatively touched by it, there must be something wrong within you. **Write down in a few words the occasions, your reactions and associations**.

If you follow this practice through for some time to come, and not just once or twice, but **faithfully**, you will see after a while a **clear pattern emerging**. ...

As with a puzzle, when you look at the pieces, you cannot see the picture, but if you patiently put them together, you will succeed. Thus you will **uncover your hidden anxieties and complexes** ...”

Invitation to embrace a Spiritual Practice: Commit to doing this Daily Review practice each day for one or two weeks (or, if it helps you, a lifetime) – notice what you come to notice about who you are. In this process you will come first to see and then accept (without moralizing as BAD) how you (with your beliefs, distortions, conditioning, enculturation and limitations as being merely and utterly human) are responsible for many (if not all) of your disharmonies. Indeed, over time you may come to take responsibility for your life and thereby, of your own free will, find the happiness promised.

Reading 6 Going deeper – Resistance, Negative Intentionality --- “If you **really want** to follow the call, **you can**. Do not say, ‘I do not know how or where to turn; I cannot do it alone.’ Of course, **you cannot do it alone**. However, first **you must really want to do it**; first you must **decide for it clearly and unconditionally**, then God will guide you wherever you need to go and through whatever means may be best for you so that you receive the necessary help from outside, so that you can develop yourself within to the highest degree that can be expected of you.” **Warning:** Do you really **want** to follow the Call, or, on the other hand, if you are totally honest, do you feel forces fighting against following your Call, yes, fighting against your own happiness? Do you feel any part of yourself wanting to stay a victim of life and unhappy? **Discussion**. ...

Life Hint: Pray to God for help in this – we cannot do this spiritual development work alone!

Concluding thoughts for reflection: Where is the Joy in Life? Joy in Life is a **state of being**, a state we can have both in times of trouble and in times of ease. This state of Joy comes from following God's Call. *Alignment with Spiritual Law* is the *root of Joy*, the “beef” of Life.

Reading 7 A Closing Blessings --- “...Receive God's love, for there is **actually a great blessing in this room, right now**. And if you are open to it, though perhaps not all of you can see this shining force, **you may feel it and receive it and use it for God**. **Be in peace!**”