

Quotes from Pathwork Lecture 51

Facing What You Cannot Change

Helper Retreat

10/18/09

Obstacles Arise From Blindness

04

You all seek the kingdom of God, the **kingdom of love**. Yet, you encounter **innumerable difficulties with other human beings** *despite being full of good will and aware of the basic spiritual truths and the importance of love.*

These **obstacles arise from the blindness** in which you are encased and from your lack of understanding of the blindness of others. The blindness of others hurts you, and in your own blindness you are unaware of how much and how often you hurt the other person. **If you can keep this mutual blindness in mind, my dear ones, it will constitute the basic steppingstone for proceeding further.**

Your Blindness Keeps You in Misery

05

With that in mind, you will be aware of how **your own blindness, and not the other one's, keeps you in your misery** about a real or imagined injustice. True, **something may** seem or even **be unjust**. But you will regard it differently when you realize what I am saying here. **Whenever you suffer because of other people, the others are no more blind than you are** -- and often even less! Understanding this, you may begin ***to look into your own blindness.***

You always make the mistake of **battling against the other's blindness and lack of understanding** instead of **trying to eliminate your own**. You do not realize your error because **you see your own case so "clearly" and continue to strengthen it by thinking in reverse**. Bearing this tendency in mind, you will automatically **cultivate an objectivity**, which is one of the fundamental requirements for unselfishness and the **capacity to love**.

2

Accept What You Cannot Alter

06

The more you concentrate on how you have been hurt, the more difficult will it be for you to leave out your own little ego and see the other person's point of view and to **accept that which you cannot alter**. **The more you battle against all that you cannot change -- *which is everything and everybody except yourself* -- the unhappier will you become.**

Unhappiness must follow whether or not you are "right" and whether or not you find someone to blame for a real or supposed wrong done to you.

3

Accept Another's Wrong in a Healthy Attitude

07

The unhappier you become because of other people's wrongdoing, the less you accept that which you cannot change.

That does **not** mean you should **accept wrong in a sick and masochistic way**, wanting to be tortured or wronged just to satisfy your guilt feelings. **Accept another's wrong in a healthy attitude of realizing that the wrong can never do you any harm in reality, but only so long as you prevail in the wrong attitude.**

4

Every Crisis Caused by a Basic Wrong Attitude

08

Every crisis, every breakdown, is caused by a basic wrong attitude. You need never suffer a breakdown if you change the attitude *in time*.

If you truly want to realize this all-important truth, you can **protect yourself from crises and breakdowns. It is never the outer circumstances that lead to them, but your wrong attitude in such circumstances. ...**

5

The Less You Adjust...

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The **less you adjust** to the world around you, **to conditions that you cannot change**, the **more your life force goes into the wrong channel**, **becoming destructive instead of creative and regenerating** -- and therefore the **unhappier** and **more disharmonious** you are bound to become.

It begins with **very disharmonious and rebellious moods**, **encasing you more and more in a wall of separateness, egocentricity and blindness**. These qualities **make you commit deeds** and **think thoughts** that are bound to bring you unfavorable results, which **create a vicious circle** as you rebel even more strongly against the world around you -- **blind to how you caused the negative results**. ...

6

Emotional Health Depends Upon...

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Sanity and emotional health depend largely on the **ability and willingness to adjust to any undesired condition** by finding out **what can be learned from it** -- by **giving up the battle against it, relaxing inwardly**, and **concentrating on the cause in you that brought it about**.

This requires a certain humility and flexibility. It **dissolves rigid self-love** that cannot take life as it is and **ignores the fact that you have molded your life**. You often do seek the answer in yourself but still do not adjust in the right way. You seek within yourself in the wrong way; **subtly you seek self-justification**, and **you go too far in looking for an answer**. The **real answer** is much **closer than you think** or are willing to see. So the only solution is to turn about and **realize that first you must change before you can expect life to change for you**. If you are truly willing, the answer will come to you. And **perhaps the best answer will be given to you by the very people who have hurt you**.

7

Free Yourself from the Chains of Blindness

14

If you, my dear friends, who **are all so sincere**, will **try this approach**, you will reach the **inner freedom** you are striving for. You must reach it in that way.

If you can give up the slight satisfaction in being hurt and wronged -- yes, there is a satisfaction in it, added to the pain -- and **exchange it for the attitude described above**, a **much greater, fuller, and more durable satisfaction** will be yours **without the pain and disharmony**.

You will **free yourself** from the **chains of blindness** and automatically **increase your understanding for others -- which must eliminate your pain!**

8

Promises of Relief, Clarification, Liberation

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Such words have been **spoken many times** but they **need repetition** for many of you, my dear friends.

I say this with all the love I have for each one of you. I can promise you relief, clarification, liberation if you try.

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