

Quotes from Pathwork Lecture 203
Opening To Movement and Change

Helper Retreat
10/18/09

**Movement is a Byproduct of
Aliveness, the Unitive State**

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Movement is one of the essential byproducts of aliveness, of the unitive state. The vacuum is fixed; the spark of the all is constantly moving. You are constantly battling between these two states. You hanker for nonmovement. So you experience fear of the vacuum. You want nonmovement in the illusion that movement will carry you into the vacuum, where your consciousness will cease. Yet the life spark within pushes toward movement.

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Hence, **on your path**, you are **learning to move your body**; learning to move your **feelings**; learning to move your **mind**, **so that your spirit can move you.**

The moving spirit must be allowed to manifest; that is why all other personality levels must align with the spirit's innate nature: *movement*.

Move Body, Feelings, Mind

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You **move your body** so that the energy flow can penetrate your entire physical system, your physical energy.

You **move your feelings** by learning to let them out and feel their movement in you.

You **move your mind** by opening it to new ways of looking at things.

This is an **essential task**. **Your fixed ideas prevent the spirit from moving your mind and inspiring it by higher truth**. I am not just talking about general concepts, but about your current situations. What happens is **you adopt certain opinions and judgments and then invest so much energy in them that you eventually believe that these are your real feelings**. The **negative energy** is being **created by rigid** and therefore **unavoidably false thoughts**. The **limited truth**, which **you believe is the whole truth**, then **becomes the tool of error and self-deception**.

Moving Out of JOY

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The **healthy individual continues to move** -- not for therapeutic reasons, but **out of joy**. Movement is then no longer a chore; it is a pleasure. As long as movement is a chore, the temptation to become stagnant and give in to the vacuum is great. This must be overcome by **moving your mind into new directions**; by deciding to **move on all levels, so that your spirit can penetrate and enliven all levels with its life and its truth**.

Your spirit wants to bring light into the darkness and movement into the stagnation. If you stop moving, you begin to die.

Make Yourself Fluid and Flexible

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This practice of **making yourself fluid and flexible** is very important for your ultimate **alignment with your divine center**. ...

Take any situation you are in now that is bothering you; any disturbance in your life. **Look at the construct you have built in your mind with your tightly fixed conclusion to convince yourself and eliminate disturbing self-doubts**. Probe with your active, deciding faculty to **envisage alternatives other than the one you chose**. Play with these other alternatives. Again, **allow your spirit to inspire and guide you into new channels**, which can show you that **you will not be annihilated if you abandon your view fixed to the present interpretation**. This **fixed view** is to a considerable extent **responsible for the very disturbance you suffer**. See this.

Beliefs Have to Become Flexible

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Often you must first **unearth what it is you really believe**. But once this has happened, **those beliefs have to become flexible**. **Consider other beliefs**. **Broaden your outlook** about the very subject you so doggedly protect with certain opinions. You wish to believe that **your judgments, thoughts, and opinions result from a specific disturbing situation**. I say that it is the **other way around**. The **disturbing situation** is a **result of your tendency to harbor just such thoughts, judgments, and opinions because of an underlying motivation and intention**. Perhaps these can be faced with less resistance when you **allow your mind to become more flexible** and **try out new alternative interpretations**. ... The more you are willing to do this and **request inner guidance and inspiration** so that your mind can step beyond the confines of the construct, the **more flexible your mind will become**.

Bring Your Whole Being Into Alignment with the Divine Center

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As the years go by, you will learn to do this better and better. **Bring your whole being** -- your **physical** being, your **emotional** being, and your **mental** being -- into **alignment with the divine center** through the **ability to be fluid and flexible on all levels.**

That should be the motto for the work you begin this season.