

Pathwork on
Facing Doubts, Faith by Grace And Work

Quote from Pathwork Lecture 33 Occupation with Self – Right and Wrong Faith

15	... Many people are sincere in their endeavors to pursue spiritual development, yet their faith is not whole. Somewhere there is always the hidden doubt: "Is it really true? Is it not imagination? Am I not being deluded about all this?" I should like to talk about what to do with such a tendency, my friends.
16	In the first place, it is not advisable to push the sneaking doubt aside. You do this so often in sincere good will, for part of you does not want to have these doubts. And somehow you think that by hiding them they will disappear. But as you know, nothing can really be successfully dealt with that is pushed into the unconscious. You are afraid to let the doubts rise to the surface because you assume that they might change your course; you might then fail in your spiritual endeavors.
17	However, this need not be so. Once you clearly understand that your doubting part is not the whole of your personality and notwithstanding its existence, there is another part of you that does believe, you will not fear that the recognition of your doubts may lead you to give up your spiritual strivings. The human soul is full of contradictory currents in all respects. The sooner you understand this and do not despair when you encounter the negative part that you do not want to recognize, the better it will be for you. The trouble connected to doing so arises from your mistaken notion that either one or the other trend is true. Yet both have their reality in your soul and fight with one another. This fight can never be won as long as you lack the courage to acknowledge the side in you which you do not like to own. It will be easier to do that, as I said, if you understood in principle that you can, and in fact do, consist of two contradictory currents simultaneously. Whether this concerns the issue of faith versus doubt, or any other inner problem makes no difference. Once you have acknowledged in yourself the doubting part, follow this advice: Know that it is God's grace when this complete knowledge to which I do not even give the name of faith and the experience of God's existence is given to a person. Develop your own humility about your lack of complete faith. Say to yourself: "I have not yet deserved this grace. I am not the judge of what I deserve or not. I have to fight my way through with my half-faith; the willing part in my being wants to develop and become a better and emotionally more mature person, so as to handle life better and love and help others more effectively. In this endeavor I will patiently and humbly wait until the grace of God is given to me."
18	If you cultivate these thoughts and feelings, continuing to battle with your lower self that always wants to obscure the way and obstruct your path, one day, I can promise you, this complete faith must be yours. Then you will have experienced God in such a way that you will be utterly convinced. However, just

	<p>as other people's experiences and grace cannot be convincing for you regardless of how hard they may try to tell you, so will it be when you experience God's truth and existence in your life. You will not be able to transmit this to others who are still battling for the attainment of this divine grace -- complete faith. Each individual has to gain this major experience and fundamental change in soul development by his or her own efforts.</p>
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