

Pathwork on
Experiencing Spiritual Bliss On Earth – In Union

This quote from Pathwork Lecture 156 *Questions and Answers*, describes how we humans are capable of experiencing bliss in our incarnation on earth. The lecture says the true experience of bliss combines spirit, mind, emotions, and the body – and is possible on earth only when one is capable of love and union in a sexual relationship.

45	<p>QUESTION: Can you say something about this blissful state? I understand the anxiety, but this bliss is almost unbelievable.</p>
46	<p>ANSWER: It is. However, it is almost impossible to put such profound truths of existence into language. I shall try. Words cannot do it justice and will make it sound trite. What I will say is that usually, when you hear of such things, you think of another world, a different, spiritual world. In reality it is not so. True spirituality is not a state up in heaven. This misunderstanding is, in a sense, a tragedy because it creates a split and thus makes spiritual self-realization impossible. As long as human beings separate earth from heaven, body from spirit, you cannot experience the true bliss of unity.</p>
47	<p>The blissful state of spiritual realization combines the spirit, the mind, the emotions and the body. In the middle of the body is the solar plexus. For years and years I have spoken about this. Right in that region, right in the body, all bliss exists -- not as something unphysical, but as something that must be felt within the body. If you expect spiritual bliss as something away from your body, you find yourself on a way of duality and error, of conflict and dissension.</p>
48	<p>A nucleus of energy will make itself known, right in the body. It comes from the real self. Its intense reality makes the truth of all these teachings a profound experience that cannot be denied or thought to be illusion. It is this truth and reality that is so reassuring and so hopeful, no matter what relapses may occur. When compressed energy dissolves and flows through a person's entire being, one enters into this blissful state.</p>
49	<p>Compressed energy is the result of holding back, of fearful denial of what is. The dissolution of this compressed energy is the result of the process I so often describe, in so many ways. The more the self is met, the more aware you become -- first of the compression that feels almost like a foreign body, as I said before. As you acknowledge this foreign body and meet it in the right way, it begins to dissolve. And this opens up paradise on earth. There are many, many degrees in which the fluidity of energy, of spiritual matter and substance, of thought and feelings, can be experienced. The degree depends on the state of growth. First people fear this fluid state more than anything. They think they must make themselves compact; they hold on to this compactness as if it alone could guarantee life. It is only when the compactness becomes too painful that</p>

	they may reverse the direction and set out to make the compression fluid again.
50	<p>This experience makes you one with the universe. It is totally safe. Everything feels home and peaceful and so intensely pleasurable that it is almost like a physical taste in your mouth. The bliss also comes from the fact that you know you can cope with any situation because you do not have to have your way, because you can lose without suffering -- or if it is painful at first, the pain is not the end of the world and you know you can meet it. Thereby it ceases to be pain. You begin to see and perceive in an entirely new way. Whatever you experience will have a new tone and a new flavor, a new color. You will never have to fear any longer, because you now know that all the treasure of life is embedded in you, all truth, all wellbeing, all answers to all your problems and questions.</p>
51	<p>There are two basic aspects of self-realization: the knowing of truth and the feeling of pleasure. Both are equally important and both should be cultivated. Some schools of thought concentrate on one aspect, others on the other. Each may think their approach is the true and only one. Both together, combined, form one whole.</p>
52	<p>As I said in the last lecture, everyone knows, or senses in their depths, that this state could exist. Do not ever resign yourself to thinking that it is impossible to attain. It is indeed possible. This blissful state of total delight exists in your memory, my friends, and it can be attained in this life only when the individual becomes capable of love and union with the opposite sex. For this relationship combines all functions and potentials, it leaves out nothing if the relationship is truly deep and whole, if there is no shallowness and restrictive compromise. Once the afflictions have been overcome, the possibilities of expansion of the real self, the degrees of pleasure and delight, the degrees of more creative unfoldment, are infinite.</p>