

Pathwork on
Resistance to and Meditation for Pleasure

This quote from Pathwork Lecture 156 *Questions and Answers*, describes how we humans resist pleasure. It then provides a prayer for opening up to experiencing the pleasure that is possible for us on earth.

36	<p>Nothing seems to require as much courage at first as partaking in the pleasure supreme which creation is and which the created entity is destined to experience, if it is not interfered with and is not distorted. You have to muster courage again and again, by deliberately instructing your still unwilling and tentative unconscious: "I let go, I let myself be in pleasure. The possibility for it exists in me, I reach for it, I claim it, and I want to fulfill all conditions to make it a reality. Whatever stands in the way -- all violation of my integrity, all untruthfulness and role playing, all cowardly defenses, all self-centeredness that makes me treat others differently from the way I want to be treated -- I intend with all my being to face and change."</p>
37	<p>Such meditations set up a powerful force. As you put such intentions into practice, you will permit yourself happiness, you will not cringe away from the delight life is in its essence. You will no longer feel obliged to submit to senseless rules of restriction. The moment you let be what there is, you will find yourself -- which is a treasure, even if what manifests first is distasteful to you. You will find bliss, the universal state of being. This does not need to wait for a life after death. It is available at any minute, in any human being's life, right here and right now. But you must be realistic and expect fluctuations. They must be calmly observed. Such a major transition can never be accomplished in one sweep. Speeding up the process to connect with the dissenting, fearful side -- the side that resists the liberation -- is so much more effective than repressing it and then becoming impatient and putting pressure on oneself.</p>
38	<p>This is a new beginning of a new phase and there is, indeed, a beautiful vista to behold. A new land must open up when one gets to this point -- a state that usually seems unattainable and hopelessly far away. But it really is not. It truly is not! ...</p>