

Pathwork on
Destructive Power of Feeling Worthless

This quote from Pathwork Lecture 233 *The Power of the Word* speaks to the power of the inner word (emanating from various psychic nuclear points within our being) that is unconscious but tells us to think of ourselves as unworthy of joy and fulfillment. This unconscious inner negative self-talk is powerful and blocks our fulfillment and joy in life. In our Pathwork process we are to discover the truth of **cause and effect** and thereby become a part of the **positive creative life process of the Cosmos**. In being part of this positive Cosmic creative process we directly experience fulfillment and joy.

24

Let us concentrate now on **specific words**
that **reach very deep levels of your being**.
I mean here the **word you speak about your own value**.

There is a **direct linkage** between the **power of the word** and **self-value**.

How can you **speak the word of faith**
in your own unfoldment and
unfulfillment
if you **secretly believe that you have no value**
and therefore **no right to experience bliss?**

How can you even challenge the assumption of your **worthlessness**
that you all carry inside your hearts to some degree
if you are **terrified that worthlessness**
is the ultimate truth of your being?

Then you can only continue to block this "knowledge" and defend against it.

As you know,
it is precisely those **defensive maneuvers**
that **reinforce your belief** in your **unacceptability**,
because **all defenses** are
negative,
destructive, and
create guilt.

So **even when you try to tell yourself** -- belligerently -- that **you do deserve**
fulfillment,
peace of mind,
pleasure and
abundance,

underneath you will fear
not being able ever to attain all this,
not really deserving it.

	<p>You fear that if you did acquire these desirable assets, it would only be by "stealing," and you would be punished.</p> <p>So as you speak the word for what you long for, what every human being longs for and should indeed experience, you simultaneously speak the word against it on another level.</p> <p>The same duality applies to everything in life.</p> <p>While you are in this state of division and self-denial, you must feel pessimistic and fearful about the world and see it only in fragments, out of context, reaffirming your fearful visions.</p>
25	<p>Thus the process of the pathwork is essential to establish the one-pointed word.</p> <p>Only through the honesty and courage of self-exposure and purification will you gain sufficient initial self-esteem to expose your devastating belief in your valuelessness.</p> <p>Only when you pierce through the superficial substitute maneuvers of false self-value, making room for facing your painful belief in being valueless, can you begin to see this assumption and cast doubt on your self-doubt.</p> <p>In that way you can constantly pronounce words of truth.</p>
26	<p>Even questions can be words of truth. "Is this assertion of my value a defense or a real expression?"</p>

"Underneath my
superiority and
arrogance,
do I
falter and
doubt my intrinsic value?"

And when **answers** to these questions
show that these negative beliefs about the **self** are indeed there,
then the **word of truth** can be expressed,
perhaps again by an initial question:
"Is it **true** that this or that **lower-self aspect** makes me
undeserving,
unlovable,
bad,
valueless?

Or is there something else in me
that would justify my
appreciating and
loving myself,
that **deserves**
esteem and
fulfillment?"

Such questions are also often words of truth.

27

Begin to **see** the words **you speak**
to yourself
about yourself
behind the smoke screen.
On those deepest levels **you malign yourself**
by **speaking negative words about yourself.**

Those words need to be **crystallized.**

They may exist only in a
vague,
hazy,
unarticulated way.

The **power of the word** is **no less** when it is **inarticulate.**
There always is an **immense power** in it
because it is **full of energy.**

	<p>Humankind at this stage of development is becoming increasingly aware of energy and its importance.</p> <p>But you are not sufficiently aware yet that the thought and the word itself are energy – energy of a different kind.</p>
28	<p>Every level of the personality is an expression of a different kind of energy.</p> <p>The mental level, feelings, will, the physical level and the level of spirit are different energy types.</p> <p>To feel and recognize the power and energy of the word is immensely important and vastly underestimated.</p>
29	<p>You believe it does not matter what you think, what you say.</p> <p>This is not so.</p> <p>You can say a word with a loud voice or silently, and the silent word is not necessarily less powerful than the uttered word.</p> <p>Many words are spoken with the <u>vocal cords</u> that have much less energy than the <u>internal words</u>, for they are not rooted in strong beliefs.</p> <p>They are lightly said, without feeling or conviction, to fill the void within.</p> <p>The power of these words is an <u>indirect</u> one because they create fog that separates the consciousness from the words spoken within that <u>do</u> have the power, either constructively or destructively.</p>

30	<p>So</p> <p>the lightly uttered words, without impact, without depth or roots, whether they are spoken or are the pitter-patter of thoughts, have nevertheless a serious effect on the creative process that each human being, wittingly or unwittingly, sets in motion.</p> <p><u>Listen</u> to their underground noises, <u>see</u> their meaning,</p> <p>take enough distance from them so that you can <u>hear</u> and <u>evaluate</u> them.</p> <p>By observing and identifying them, you will gain a better understanding of <u>how you create your life</u> and <u>what your creative process is.</u></p> <p>See the powerful words you speak behind that curtain, that fog of separation.</p>
31	<p>There are many powerful words you speak, with hidden thoughts that are unclear to your observing consciousness, to the awareness that would permit you to utilize the hidden material.</p> <p>You need to observe and thereby dissolve the fog of the superficial word that is</p> <p>merely meaningless noise and has no substance in your consciousness, either in feeling or in belief.</p> <p>When you have thus clarified your vision of the power of the word, you can listen to your words and contemplate their meaning and be aware of their consequences.</p> <p>Then perhaps you can feel the energy current in each word you speak silently or aloud.</p>

	<p>You must clearly enunciate and then examine the feelings, convictions, and ideas</p> <p>for their truth and their effect on your life, your behavior, your receptivity,</p> <p>so that you can develop an unhampered perception of <u>reality</u> – your own and others' and life's.</p>
32	<p>When the words are contrary to divine unalterable truth and beauty, their energies will take you into a self-perpetuating, involuntary pattern that seems to make life dangerous, alien, something to be defended against.</p> <p>In this pattern you feel like a <u>helpless pawn.</u></p> <p>But when you discover the power of the word and choose different words, words according to the <u>truth of creation,</u> you create a pattern in which the involuntary process carries you in benign love, in ever-expanding joy and abundance.</p>
33	<p>When you do <u>not</u> have joy and abundance -- outwardly and inwardly –</p> <p>you must be speaking a word that denies this possibility for you.</p>

If you do **not believe in the possibility** of
joy and
abundance for yourself
because you **secretly** –
often **without conscious awareness** –
feel undeserving,
you often **deny that this possibility even exists in creation**.

That **defensive palliative** seems perhaps **less painful**
than **admitting** that **you** feel
too **evil** and
undeserving
to have **fulfillment**.

But the **conscious awareness** may be at **first**
merely a general sense of
pessimism,
nihilism and
vague fears, along with a
total disconnectedness
from the inner process of self-creation.

The **feeling of helplessness is overwhelming at this stage**.

Only when you begin to **clearly pursue**
the chain of **cause and effect**
between your **words** and your **experience**
will you gain a **deep security**
in which **you become part of the creative life process**.