

Pathwork on  
**Faith and Doubt Concerning Life After Death**

What is true Faith and where does doubt fit in, especially concerning Life after Death? Q&A 113 describes the need to be in truth, even if the truth is “I doubt” what I think I need to believe. Courageously facing doubt is closer to True Experiential Faith than is denying doubt.

11	<p>QUESTION: Regarding the lecture, "Man's Relationship to Time," how can one truly face death and accept the reality of after- death so as to live in the now?</p>
12	<p>ANSWER: <b>How can you truly <u>face death</u> and accept the <u>fact of the after-death</u>.</b> All right my friends. I will remind you at this point, of a lecture—or two lectures rather—I have given a considerable time ago. The ones about the duality. Now, if you have a <b>concept or a belief</b> about the continuation of life after death—but <b>this concept is not yet <u>fully experienced in your whole being</u>; it is still something you cling to through superimposition</b>—then you have to <b>admit to yourself</b> that <b>inwardly</b> you may <b>doubt</b>, you may <b>hope</b>, you may <b>believe to a degree</b> of your personality <b>that all these teachings are truth</b>. <b>But</b> you have to <b>face and admit and meet your doubts</b>, as you have to do with your fears. Now when you do so, <b><u>in that area of doubt you are not sure that life continues</u></b>. And in that area you have to <b>meet this fear and this doubt and go through it and accept it at the moment</b>—that <b><u>this is the way you feel</u></b>.</p> <p>It is the <b>same process as</b>, for instance, you know through all teachings, spiritual, religious, metaphysical teachings, <b>that <u>love is the key to the whole universe</u></b>. Yet you have to <b>admit to yourself first in what areas <u>your heart does not know about this</u></b>, where in your <b><u>innermost self</u> you feel <u>hate</u></b> where you would want to feel love. <b>You cannot produce that love if you do not admit hate, resentment, and hostility</b>. And <b>when you admit it and meet it and face it and <u>understand it</u></b>, then it dissolves and you are free for loving.</p>
13	<p>It is the <b>same thing with your doubts</b>, whether this doubt relates to continuing life after physical death or to anything else for that matter. So naturally the very way this question is put together mutually excludes what I am saying. <b>You cannot, in the moment of doubt, live your belief</b>—whatever this belief may be—<b>where you doubt</b>. So there you have to admit, <b>"I am not sure. I am afraid. <u>I am afraid of dying, because I do not know that life continues</u>."</b> <b>Or</b> <b>"I am afraid of dying because I am afraid that life <u>does</u> continue."</b></p> <p>These very thoughts have to be met. <b>Then you will come <u>gradually</u> through the <u>inner experience</u> that life is an unending process, that it could not be anything else but that</b>. And even if you are actually afraid that life may continue, you will no longer fear it wherever you stand. Or if you were afraid that life may not continue, <b>you will deeply know and sense its truth without having to superimpose it and talk yourself out of the fear</b>. You see this question is very, very much related to the very first question that I was asked -- namely, the one regarding courage and fear. In this case <b>you have to have the courage to admit your doubt and face it</b>. <b>You cannot combine facing death realistically and not admitting your doubts. ...</b></p>