

Pathwork on
Right Use of Time

This quote on the right use of time is from Pathwork Lecture 112 *Humanity's Relationship to Time*. **Exercise:** During events of the day keep a journal of moments of frustration, anxiety, anger, depression, disharmony, and the like. Then do your personal work of getting to the roots of these negative moods and emotions in your life. This, the lecture says, is the right use of time.

09	<p>Time is a very limiting existential modality. It is a fragment, cut from a wider and freer dimension of experience. The limited fragment, called time, is at the disposal of human beings so that they can grow, fulfill themselves, experience, and reach happiness and liberation up to the limit commensurate with this dimension. To the degree they fulfill their potential through inner growth, their life will be a dynamic and full experience within which the limitation of time will not be a hardship.</p>
10	<p>At this point, because it has so much bearing on this topic, I should like to interject once again that it is possible to be on a path of self-development on the whole and nevertheless miss many an opportunity for growth. How many times does it happen that you find yourself in a negative mood without learning the deep lesson behind it, or seeing its significance for your innermost being? Instead, you simply wait for the mood to pass by itself. You will be exposed more and more often to such periods of depression, anxiety, uncertainty, and disharmony, and if you do not pay attention to them, finding the inner cause will become more difficult. In these instances you do not utilize time well and it becomes a burden and a source of conflict. If you use each such growth opportunity for going to the root of the negative incident or mood, you will experience deep understanding and liberation. Then the exhilaration and trust in life and in yourself that you now experience only occasionally will become a more permanent state. Then you will be at one with the time element of your dimension, thereby organically growing into an extended time dimension.</p>
11	<p>Listlessness, depression, impatience, nervousness, anxiety, tension, frustration, boredom, apathy, and hostility -- all these emotions and many others - - are in the last analysis a result of unutilized time. If you don't do the utmost possible to understand yourself and dissolve inner conflict and confusion, you cannot avoid the negative emotions that are unleashed when time goes by unutilized.</p>
12	<p>To those of my friends who have experienced liberation from such emotions with an influx of strength and inner joy, feeling that they are at one with life, I say: you can repeat this experience whenever you do not shirk the effort of looking deep into yourselves until you discover the origin of all the negative emotions. As you recall these times of liberation, you know that they were always connected with such efforts on your part. And to those of you who have not, as yet, had this experience, because you may be too new on this path, I say: it can be yours if you do what is necessary.</p>