

Finding the Family One Longs for in a Spiritual Group

From Pathwork Additional Material #1 May 5, 1972 (Paragraphs 6 and 7)

06	<p>Now let us first consider for a few minutes what the meaning of such a group as yours is, even for your immediate selfish interests, quite apart from the ultimate goal of spiritual development, which is truly the reason for existence in this life. Your immediate selfish reasons for such a group is that it can be, and has indeed begun to be, the ideal family you long for in your heart of hearts. Now what does that really mean, the ideal family? This does not mean parents in the sense of the infant who does not want to stand on his own two feet, and wants to be a parasite and be taken care of. It certainly does not mean that. This is a false ideal that can never be realized. But there is a real ideal that can be reached, a simple concept, such as the justified trust that you <u>can be accepted for who you really are</u>. You will give yourself the chance to experience this by risking and you will risk showing yourself in the measure you learn to accept yourself for who you really are. Do not run from this into all your evasions and defenses and therefore confusions and alienation from your center. If you accept yourself you can accept others and you can take risks in which you can expose who you really are. You have indeed already begun to experience this in your group my friends -- I mean this group as a whole. But you have only done so in a very minimal way and a lot more can be done. Just imagine the blissfulness of being really yourself and knowing you do not have to perform. You do not have to put up an image and a pretense. You can be accepted and loved for who you are.</p>
07	<p>Now these are qualities of an ideal family in the real sense, not in the illusory neurotic sense. This group can be a real family with real friendship in the most real sense of the word. You are here for each other. You need each other in the deepest possible way. Your real needs will be heard but not the neurotic ones. Your real needs will be met, you will be given friendship, understanding, good feelings, warmth. You long for all this my friends, from the bottom of your heart; you crave for it. In the course of this work, you become increasingly aware that you are inwardly pining for this closeness and in despair for it, and you are running from pillar to post to obtain it, but mostly you go about it in the wrong way. You are running after it in neurotic deviated ways, concealing your desire, not showing it, projecting, and misplacing and not knowing what you really respond to and why. But as you find yourself in this work you become more aware, first of what your neurotic unreal needs are, and consequently of what your real needs are. And as you become more honest and you can see the dishonest games you play with your life, you can shed them. You can risk being real. To the degree you risk being real you fulfill yourself and you find real friends and a spiritual family who is in an equal frame of mind.</p>