

Where's the Joy?

Isn't Joy supposed to be the "beef" of life? So where is this "beef"? We'll explore this as each of us contemplates his or her own joy, or lack thereof, and see how **Pathwork Lecture 17 The Call – Daily Review** helps us find the joy.

Preparation Questions: Looking over the past week, where have I found my greatest joys? What made these joys great? Where, on the other hand, did I experience disharmony? What made these disharmonies unpleasant?

Reading 1 --- ... "Ask yourself: 'How happy am I? How satisfied am I with my life and with myself?'" **Meditation, Sharing...** **Where am I on the "Life Satisfaction Scale"?**

Reading 2 --- "Whoever is not quite happy and harmonious can truthfully declare: 'I have **not quite followed God's call.**' How happy are you? How well-balanced are you? How harmonious are you "inside"? **Outside you may have troubles, but if you are truly on the right path and fulfill God's will for you, no matter what your outer difficulties may be, you must be happy.**" **Meditation, Discussion...** Do you sense a "Call" from God? If so, what is your sense of your Call? How do you relate happiness to following God's Call? Does this feel right for you?

Reading 3 --- "There are many people who are called. God is calling them. Whether this call will come forth or not **depends on a person's spiritual development.** Granted, there are many, many people living on earth who have not experienced such a call. They are still in their spiritual childhood and such a call would be meaningless for them. They have not yet attained the strength and development necessary to follow it; therefore **God waits until they have reached sufficient maturity** in the course of their various incarnations, where they **gather experience and wisdom**, and, **step by step, develop spiritually.** But **at some time the call must come forth**, and I venture to say that **everyone of you, my friends, has been called.**" **Meditation, Discussion:** What arises in you from these words? How do you feel your call?

Reading 4 --- "What God wants from each and every one of you, as the first step and necessary prerequisite **before you can give to others**, is

1. self-development,
2. self-purification, and
3. self-knowledge.

It is tearing off your masks; tearing away all your self-delusions about yourself and your inner or outer motives. God expects this from you." **Meditation, Discussion:** How does this affect you as a primary aspect of your Call? How do you approach self-development, self-purification, and self-knowledge?

Reading 5 A Tool for self-knowledge – Daily Review.

"The **best way to find out about your unconscious** apart from dream analysis -- but not everyone knows how to do that -- is by doing what I call the **Daily Review.** With its help you can **find out your true reactions** to certain events; you begin to **pull off masks and stop pretenses.** You can **find out where your actions go against a spiritual law.**

The daily review should be conducted in the following manner: Let the whole day pass in front of your eyes and in your memory; **think of everything that has happened and has given you,**

in some way, a disharmonious feeling or reaction. And no matter how wrong the other person may have been, the moment you have been negatively touched by it, there must be something wrong within you. **Write down in a few words the occasions, your reactions and associations.**

If you follow this practice through for some time to come, and not just once or twice, but **faithfully**, you will see after a while a **clear pattern emerging**. At first, these disharmonious incidents will appear entirely unconnected and isolated; they will be meaningless for you. Later on you will begin to sense and, in time, clearly understand the pattern. This will help greatly.

You should **pray for enlightenment and guidance every time you conduct the daily review**. Then ideas will flow into you and will eventually furnish you with further clues, though at first they may not make sense to you. **Do not discard any of the ideas**; do not resist them. Later on, all of them will form a clear picture.

As with a puzzle, when you look at the pieces, you cannot see the picture, but if you patiently put them together, you will succeed.

Thus you will **uncover your hidden anxieties and complexes ...” Meditation, Practice, Sharing**. Pray for guidance in this practice. What arises as disharmonies over past 24 hours? How does your ego deal with these disharmonies (mostly unconsciously)?

Reading 6 Going deeper – Resistance, Negative Intentionality --- “If you **really want** to follow the call, **you can**. Do not say, ‘I do not know how or where to turn; I cannot do it alone.’ Of course, **you cannot do it alone**. However, first **you must really want to do it**; first you must **decide for it clearly and unconditionally**, then God will guide you wherever you need to go and through whatever means may be best for you so that you receive the necessary help from outside, so that you can develop yourself within to the highest degree that can be expected of you.” **Meditation, Sharing**. Do you see any force fighting against following your Call? How does that show up? Remember: Prayer for help in overcoming negative intentionality – we cannot do this work alone!

Concluding thoughts for reflection: Where is the Joy in Life? Joy in Life, whether in times of trouble or times of ease, comes from following God’s Call. This begins with Self-Development. Yes, Joy comes from self-development! Daily Review is one Key for this work – leading to self-knowledge. But, because of our negative intentionality to stay separate from God we need God’s help to come to really wanting to follow our Call. Prayer is key – not prayer for removing blocks or giving us joy directly but for helping us see where we block joy in each moment of our life and showing us where we are not aligned with Spiritual law. Alignment with Spiritual Law is the root of Joy, the “beef” of Life.

Reading 7 A Closing Blessings --- “...Receive God’s love, for there is **actually a great blessing in this room, right now**. And if you are open to it, though perhaps not all of you can see this shining force, **you may feel it and receive it and use it for God**. **Be in peace!**”

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