

Pathwork on
Role of Making Affirmations

Quote on making affirmations as a spiritual practice from Pathwork Lecture 56...

44	<p>QUESTION: I wondered if you could explain about the different new movements that claim that a shortcut is possible to partake of the Life Force by simply exchanging a truth for an untruth.</p>
45	<p>ANSWER: Unfortunately, it is not as simple as all that, for the human personality is a very involved and complicated machinery, if I may use this word. If it were merely a question of substituting a truth for an untruth, that would be fine. But do you realize what truth is at all times? You have to find truth. And before you can find the great universal truth, you have to find your own truth. That is the only way you can get to universal truth. You cannot get it outwardly by learning things, or by performing certain rites, or whatever it may be. You can only get it by looking at and into yourself. And I hardly need to say -- you will all readily agree with me -- that it is not an easy matter to find your own truth, your distorted and temporary "truth." What may appear true to you today - - and it may even be true on a certain level as a half-truth or a quarter-truth -- may no longer hold true tomorrow, when you have gained additional knowledge, not only generally speaking, but also about yourself. Only after you have removed all the layers of falsity and half-truth, of distortion and confusion, can the great Universal Truth, as well as the Life Force have access to your soul.</p>
46	<p>I do not say that many of these new movements do not bring some good. I will now explain when such shortcut methods are successful. No human being is in untruth and deviation or imperfection in all areas of his personality. Complete imperfection in a human being exists no more than complete perfection. This earth plane incarnates only those in whom there is a mixture. You all have some healthy elements in you. If a person joins a movement such as you describe and learns certain practices, in areas where he was healthy anyway and where he may just need a little "outer push," he will respond. But he cannot respond where his problems lie in uncleared areas. There is no shortcut. I would say that this path is a shortcut. It is the shortest "cut" there is! Time is relative. The years you need to learn to know yourself and gain a firm stronghold on life count as very little time indeed.</p>
47	<p>The movements you describe may have their good points and their truths. They may also be beneficial in waking people up to wider awareness. They may also be helpful wherever people have a healthy element within to begin with, which for lack of incentive and because of intellectual ignorance could not unfold. But where deviations, complications, and confusion reign in the soul, there is no other way than the labor of the search and the pains of growth. It is good that way, it could not be any other way. If you think objectively, you will surely see that this is so.</p>