

Pathwork on  
**Being Happy for the Purpose of Making Happy**

These words from Pathwork Lecture 39 *Image-Finding* and 166 *Perceiving, Reacting, Expressing*, we see that happiness is not our goal in life but rather a byproduct and a *means* by which we contribute to and enable the happiness and fulfillment of others.

From Pathwork Lecture 39

42	<p>In this connection you must understand how God's laws work: Only those who are happy can bring happiness to others. I do not mean cheap and easily obtainable happiness, but the real thing that comes only by hard labor and that no one can take away from you. You will never see an unhappy person who can truly bring happiness to others. That is impossible. An unhappy person may do a good deed, a single unselfish act, but cannot possibly make another person happy. Therefore, your purification and development should be the main intent of your prayer, apart from praying for others, and consider the resulting happiness a byproduct, a means to an end, rather than the end itself.</p>
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From Pathwork Lecture 166

23	<p>The combination of these two points of awareness, my friends, is a key. Those of you who are near this point, or have already made some recognitions in this respect, can now proceed. As you meditate, say into yourself: "I invest the best I have into my life. I will not withhold anything of myself. I want to contribute to the cosmic unfoldment and plan of evolution with all the faculties I have -- those already manifest, but perhaps not used in this way, and those that are still dormant in me. I want to contribute, and only as a thoroughly fulfilled and happy person can I do so -- not ever as a suffering one."</p>
24	<p>Your negativity is a defense, my friends. It arises out of the tragic misunderstanding of duality, the dichotomy that is rampant on this earth sphere, where it is so often a question of either/or. In this case, you believe it to be a question of your happiness versus the happiness of the other. You secretly feel that by giving to others you will be impoverished, put to some sort of disadvantage, while by grabbing for what you want and by withholding yourself you add to your advantage. This belief is always there, underneath, half-conscious or completely unconscious. It creates a terrible conflict.</p>
25	<p>When you examine dispassionately the irrationality of your negation, of your destructive insistence on remaining separate and ungiving, you will indeed come to see that this unrealistic dichotomy is present in your attitude. When you bring it out you will be able to correct it. Little by little, you will recondition your perceptions, your emotional reactions, your deep inner knowing of the way life is. You will then know that the happier you are, the more you contribute to others.</p>