Pathwork on The Central Purpose of Pathwork

This beautiful quote from Pathwork Lecture *167 Frozen Life Center Becomes Alive* succinctly states the central purpose of Pathwork. Enjoy.

04

This lecture continues to address where most of my friends are now on their path. The progress so many of you have made is a tremendously joyful event. For the first time you gain personal experience of this path as a reality that leads truly to bliss. For the first time you experience that the key to every conceivable possibility of happiness lies within you -- that you harbor the richest treasure, life in its essence. For quite a few of you, what you know in theory is now a felt reality. You have experienced your own inner life center -- the goal of all pathwork. You have thus seen what a world of difference there is between *intellectually knowing* about something and *emotionally experiencing* it.