

Doing Pathwork Example 1: Write It Down

This quote from Pathwork Lecture 142: *The Longing for and the Fear of Happiness – Also, the Fear of Releasing the Little Ego* – gives a practical application of “doing Pathwork.” In a “daily review” fashion it speaks of facing every anxiety, finding the common denominators behind these anxieties by writing down words that come up in these anxieties, seeing patterns, and making statements of intention to do this work using one’s healthy ego. With this consciousness we can begin working our way out of our patterns by calling upon and accessing our inner wisdom. Sometimes deep discussions with a helper can be used to assist in this process and to reinforce our commitment to finding the truth behind our problems.

28	<p>QUESTION: Lately, I have had mental blocks. Whenever I concentrate and work and use the methods you just described, there is just a blank. It is very difficult to go through it, and very tiring and energy-consuming. Can you help me in this?</p>
29	<p>ANSWER: In the first place, when you observe yourself very closely, you will find that when certain topics come up -- topics that you want to discuss or meditate about, or even topics that come to you from the outside -- you feel an anxiety. First this anxiety may register only as a vague feeling of unrest, of impatience, or irritation. Instead of immediately trying to penetrate the anxiety or explain it away, put down some key words in writing. It is important to do so, because otherwise it eludes you so easily. Just what are these moments when you feel uneasy? What was the occasion? What fleeting thought passed through you when the camouflaged anxiety came up? Try to pinpoint it. Hold it fast. When you collect this information over a period of a few days or a week, you will have a whole list of key words. Out of this a clear pattern or a common denominator will arise. This may be comparatively easy for you to do and you will soon sense an overall larger negative energy field which you block because you evade the truth.</p>
30	<p>Such evasion always causes needless suffering, an oppressive burden, fears, and escape from the self. Once this area is totally faced, relief and growth become possible. As you acknowledge that you fear the truth, you can then say to yourself, "I will not fear the truth. This is an irrational, illogical, unfounded fear. My fear has no foundation in reality. I will not give in to it. I determine to make up my mind to face whatever it is. And I request all the help to do so."</p>
31	<p>When you thus determine with your outer, volitional self what the negativity is, the way will open again and the blocks will yield. If you cannot see the common denominator and therefore the problem which you are still reluctant to face, perhaps one session with the medium may open the way. You can then go on from there. Sometimes an opening can occur in one session of good and deep discussion. If you can discover the negativity without such outside assistance, you will know the way automatically. You can also ask me again and</p>

	I will try to help you from another angle. Do you understand? Do you think you will do this?
32	<p>COMMENT: I will work at it, I think I will...</p> <p>ANSWER: If you say, "I think I will," you are capable of observing how you are deliberately blocking, even quite consciously. This is exactly where you have direct recourse to your outer will faculties. This block is not completely out of your reach; hence you are not a helpless victim of it. for it is within the realm of the possible for you to say, "I will do this" instead of "I think I will," and mean it, too.</p>