

## Doing Pathwork Example 2: Role Of Healthy Ego

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.” The quote establishes the proper role of the healthy ego as making clear intentions, finding negative pleasure as the basis for negative behavior, and using this understanding to declare one’s intention to find even more pleasure in positive situations.

33	<p>QUESTION: I think I have some very positive magnetic fields. And then there are some very unhappy ones. Now, where the ego is concerned, I have the feeling that either the ego runs the show or it goes away completely. It is sort of an either/or business.</p>
34	<p>ANSWER: That is exactly what I meant in this lecture. You are a wonderful demonstration and example and it is therefore good that you bring it out here, for it shows what I mean in an actual case. Because the negative magnetic field exists in you, letting go of your ego is naturally very frightening to you. It appears as if you were giving yourself up to something dangerous. The other alternative is that you hold on too tightly which, of course, is what you habitually do.</p>
35	<p>It is therefore necessary for you now to use the approach I have outlined in this lecture, where you first of all assert the fact, "Here is a negative field. This negative field need not exist. It is not something given to me by a fate which cannot be changed. It can be changed, provided I understand exactly why the negative field exists and what makes it a negative, self-perpetuating process. Therefore, I declare that I am going to build a positive field which can only be done when my own negativity and destructiveness in this particular area become conscious. Where in this respect is my pleasure principle attached to a destructiveness? I intend to see all this."</p>
36	<p>This then will show you quite clearly how the energy is constantly regenerated through the attachment of the pleasure principle to the negativity. This is the way you can go about it. As I have indicated in the past, a negative self-perpetuating field can only exist when the pleasure drive is negatively attached to a particular destructive pattern. Part of your resistance to correcting these unhappy areas is a hidden, irrational fear which comes from the misconception: "If I give up this entire structure, this entire field, consisting of my negativity and the pleasure attached to it, then there will be no pleasure." The fear is that your pleasure will be taken away when the negativity is given up. The fear must be countered by the conscious, rational thinking self, once it has been ascertained that one's pleasure is not being taken away. Pleasure can be yours in infinitely better and more desirable ways in a positive situation. In fact, a human being's natural, original inclination before any distortion has taken place is to be in utter positive pleasure.</p>