

Pathwork on
Doing Pathwork Example 3: In Relationship

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 relationship with another. It is very practical, emphasizing being in truth at all times and being open to whatever outcome arises out of this truth. Growth and mutuality are key.

38	<p>QUESTION: I started a new relationship and I think I could be very fond of this person, ultimately. I would like to be somehow appreciated by this person more than I actually am. There is a compulsiveness in me about this relationship because I feel I can't progress more now than the pace of my work allows, and my still-existing problems may impede the relationship and ultimately cut it off.</p>
39	<p>ANSWER: I will first answer the last part of your question. You fear that your still existing blocks will impede the relationship and might even jeopardize or destroy it. Now this, of course, is perfectly true. It would not be honest of anyone to tell you that this could not happen. But think of how much more this could happen again and again until you would become so bitter that you would completely withdraw from living. Think of how much more painful it must be when one ascribes these occurrences to false reasons, and how much more constructive your life is when you learn from everything you experience. For no one, absolutely no one, goes through life without destroying some chances. Every single incarnated soul has unresolved problems and blocks. The healthy approach I recommend would be this: "Yes, I have a problem here. It is very possible that my still-existing problems might contribute to an imperfect relationship which might finally cease. But this is life and I intend to learn the utmost from everything and bring the most constructive attitude to what comes to pass."</p>
40	<p>You also must know that you cannot be drawn to anyone who does not have equal problems -- more or less. Therefore the other person must be equally responsible if the relationship does not work. It is not only your doing; it cannot only be your doing. It is neither yours nor her doing exclusively; it must be the creation of you both. When you feel that others cannot blunder and you feel guilty for not being "like others," then you will feel compulsive and overanxious. But when you know that perfection does not exist and that no one can do more than his or her best in any given phase, you will be more relaxed. The most important thing is that you accept your present limitations with all their consequences. This is a fundamental requirement to eliminate the limitation. In that spirit you can still derive a great deal of joy, even increasing joy, out of each encounter. And each new contact will be an improvement until you are no longer afraid of people, of contact, of love, of yourself. In this way you will derive more of a lesson, more help, and you will also contribute more to the other person which in turn will increase your own security. With this attitude, you will not be in illusion or in distortion and you will see reality and grow from what you see. You cannot expect to have your blocks disappear in one fell swoop. And</p>

	<p>yet you will get more pleasure out of such encounters than before. Do not think that on the other side of the fence are all other human beings and that they have no problems and only complete relationships. Do not believe that they never destroy anything while you are all alone on this side. Do not think that if only you could quickly get rid of this block, you too would be among the privileged ones. All people destroy chances constantly and inadvertently in the sphere of human life. But mistakes are not the end of the world. If you learn and look at it in this way, you will not need to be so frightened.</p>
41	<p>The fact that every relationship is a mutual proposition, whether or not that relationship is good, must be brought home to all who are involved. Relationship cannot be a one-sided thing. When you know this, you will also discover your own power. There is a strange and apparently paradoxical balance: the more egocentric the little child within a person is, the more one-sidedly it expects only to receive. The weaker and more helpless such egocentric people become, the more they tend to blame themselves alone for the failure of a relationship. Since they experience only their own needs and desires, and since they believe only they count, they cannot share the brunt of failure when the relationship does not work. Nor can such a person be aware of his or her inner power to give to another person.</p>
42	<p>On the other hand, when egocentricity has been outgrown and you can experience yourself as being on the same level, your concern for the other in a relationship must grow. This will automatically give you the feeling that you have as much power to make someone happy or unhappy as you had hitherto ascribed only to the other person. Hence you will feel much more secure. Once you are willing to give, you will feel entitled to receive. When that shift occurs, you will experience a certain fluctuation between blaming the other and blaming yourself.</p>
43	<p>When you do not go to the other person as a begging child, you will know your strength and your potential to give. This will enable you to use intelligence, observation, and intuition. It will also help you to distribute your energies between making both active and passive contributions to the relationship. It must give you freedom and a sense of proportion to realize that both of you are involved. If the other person were free of problems, his or her healthy state would overcome all difficulties, for this is the strength of true spiritual health.</p>