

Pathwork on  
**Experiencing the Emergence of the Real Self**

This quote from Pathwork Lecture 102 *The Seven Cardinal Sins*, describes the mysterious feelings within oneself when the real self begins emerging. As the real self emerges it is as if a new birth is happening from within.

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| 65 | QUESTION: I'm becoming aware of a new kind of feeling. As depressions, fears, and repressions dissolve, there emerges a personality that has no personal involvement and feelings, so that one first realizes that love has two sides: a kind of negation and a positiveness, both in a personal involvement with the self as the object. Thereby love becomes an understanding and a non-personal involvement, such that you may feel for a stranger whom you do not like particularly and with whom you have no personal involvement. It is just an acceptance. In a personal relationship, this becomes a process of growing between two people, without questions like "who loves most." It is a deep personal giving, a most interesting feeling. You feel as though you have lost your body.  |
| 66 | ANSWER: Yes, it is as though someone else spread this feeling through you. As though some new being took hold of you inwardly. You may perhaps experience the same with thoughts, as though a thought is thought in you, as though it is not your own thought process that thinks, and yet it is very much your own, but it comes from a new and unaccustomed area of your being. It is something calmer and wiser that thinks and feels through you.   |
| 67 | This is what I talk about again and again. It is the real self that is slowly coming to the fore, emerging out of all the layers of disturbance. As you learn to understand and accept yourself the way you are, and therefore resolve conflicts -- not by repression and escaping from them, not by pseudo-solutions and defenses, but by squarely facing all that is in you, understanding it and comparing it with reality and truthful concepts; as you go through this pathwork -- this real self begins to manifest. What you describe is the manifestation of the real self. Now, this does not come in all areas of living and being at once. It may first appear in the areas where conflicts of lesser seriousness have been resolved. The next step will be to resolve the more serious problems which reveal the existence of a deep, subjective and destructive involvement, even if non-involvement is being used as superficial pseudo-solution. In the new state of the real self there is indeed a deep involvement, but in an entirely different way -- in a way that does not weaken and confuse. This involvement is productive for all concerned and fills you and those in touch with you with a meaningfulness you could not experience in non-involvement or in childish dependency and over-involvement. |
| 68 | From a certain point on the path, you may find yourself on a plateau where you experience, as the result of your efforts, the manifestation of the real self.   |

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|  | <p>Yet, you may have to come away from it again, as you tackle the still unresolved problems, repeating the cycles you have gone through on a deeper level, until you reach the next plateau. At a time like this, as you describe it, the feelings I spoke about before, the awe of God, and the realization of one's own limitation to grasp the Creator, may come simultaneously. A divine aspect in yourself begins to fill you, first with a feeling as though it were something else, and then penetrating, enveloping you from inside out, until you know it is an integral part of you: your real self.</p> |
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