

Pathwork on
Facing Fear

This quote on working with fear is from Pathwork Lecture 75 *The Great Transition in Human Development from Isolation to Union*.

42	<p>... First, understand the basis of your fears. When you go deeply enough, and don't shy away from following through, you are bound to see that you are in error. All fears, with the exception of the healthy instinct of self-preservation, are based on illusion and misconception. When you understand the basis of your fears, you will be able to give them up naturally. You will then have the transcendent insight that your fear is unnecessary, futile, illusory, and completely senseless. In that realization you will again, not abruptly but little by little, cease being afraid. Thus you will tune into a different current. Your awareness and understanding of the negative is the essential part. All fears and other negative emotions are the result of confused and faulty thinking, which can be conscious or unconscious. By deeply analyzing such negative emotions, you are finally bound to reevaluate your thinking, your concepts, and thereby straighten out the existing confusion.</p>
43	<p>Often the greatest difficulty is that people are not even aware of being afraid. When you know that you are afraid it is so much better. So the first step is to be aware that you have fears. The second step is to pin down exactly what it is you are afraid of, why, and where the fear comes from. This is hard work, I admit. It needs patience and perseverance. It needs the absolute will to find out. Then you will encounter the original fear and its underlying misconception. At that moment the fear begins to vanish. That is the only way. Harboring the fear that you might tune into the wrong current is the most unproductive approach imaginable. Thinking you must guard yourself against it by forceful measures avails you nothing. You cannot protect yourself by isolating yourself even more. The only way to master your fear is the willingness to go through it. It means acceptance of life as a whole, including the necessary manifestations due to one's remaining imperfections. This is the only healthy approach.</p>