

Pathwork on
Fear of Pleasure

This quote from Pathwork Lecture 148 *Positivity and Negativity: One Energy Current*, describes how we fear pleasure, fear spontaneity, fear play – and in the end fear Life itself, the Life that arises spontaneously from within and wants to manifest and fulfill our purpose, our reason for being incarnated on this planet.

34	QUESTION: The way I experience fear of pleasure is by experiencing a fear of losing myself in pleasure. Is that what you meant?
35	ANSWER: Yes, this is precisely what I meant. This can be explained when you think about it in terms of trust. When you, consciously or unconsciously, deeply sense the hidden little mechanisms by which you avoid being straightforward with life itself, when your response to life is negative in any form and consequently your sense of integrity is impaired, you cannot trust yourself. Nor can you trust yourself when you run away from the nucleus of your negative pleasure principle, as explained in this lecture. It has to be accepted, understood, and inwardly lived through in full self-acceptance before you can trust yourself to be unguarded.
36	As I have often said, your innermost self, your own psychic energies, and the life energies are of one and the same substance; you cannot trust yourself without trusting life. If you distrust yourself on some level for any reason -- right or wrong -- how can you abandon yourself to plunge into your inner depths and into the stream of life? To lose yourself in this way, trust must exist and this trust is, in principle, absolutely justifiable. But in practice, in specific manifestations, it is often not justifiable. Full self-acceptance must be established before trust can exist. Then there will no longer be any fear of losing yourself, because such loss of self will be experienced as bringing you back to yourself, richer than ever.