

Pathwork on
The Importance of Feeling Pain on the Path of Growth

This quote from Pathwork Lecture 86 *The Instincts of Self-Preservation and Procreation in Conflict*, points out that doing our spiritual and psychological growth work is sometimes painful. Yet feeling the pain, going through it, is central to maturing and growing, central to feeling joy that is the Essence of Life, and central to eliminating our pain once and for all. Finally the reflection question is asked, “What is our attitude toward this growth work along the Path?”

37	<p>As you ... find what you really feel, rather than trying to feel as you think you should, in order to stick to your private solution, and if you have the courage to acknowledge what you feel, right or wrong, you will prepare the way to become aware of the next layer and its predominant pseudo-solution. You will also find other defense mechanisms. You will find the main components of your idealized self-image, comprising, perhaps, all three tendencies. Only after this is explored will the underlying neglected and shamefully covered core of your problem evolve into emotional awareness. You will then experience these emotions.</p>
38	<p>This is a painful process, my friends. I want to say to all of you who do this work, do not shy away from the pain for it is healthy, and indispensable to eliminating your pain once and for all. Without your going through this pain, it will persist in your soul and damage you, whether you know it or not. The freedom and happiness, the security and safety, the marvel of life experience can be fully yours only if you have the courage to go through this. Then, and only then, will you realize how worthwhile this process is. You will then know that shying away was an ostrich policy that never got rid of the pain deep within. By drawing out the pain you will lose it. By keeping it locked up and covering it, you continue to suffer. The courage to go through this pain, which you may encounter on various levels, as well as at the core, has to be experienced. Life and this path will help you if you so decide. Help will come also through outer events that will focus your attention on the causal inner factors.</p>
39	<p>Your inner will to go through your pain must always be cultivated anew. The inner will to face the truth in you, regardless of whether it is pleasant or flattering, must always be resolved afresh. This will give you the strength to be successful. It will help you to keep on going at the most crucial crossing, when the temptation to give up is always strongest. Pursue, persist, and persevere! This is my advice, my friends.</p>
40	<p>I also advise you to ask yourself what is your attitude to this work. When certain painful points are reached, what are your reactions to the work, to yourself, to the people who help you, to the whole idea as such? Many ways of reacting are possible.</p>