

Pathwork on
Getting to Know Our Real Values

This quote from Pathwork Lecture #84 *Love, Power, Serenity as Divine Attributes and as Distortions* helps us discover our *real* values underneath the layers of our idealized Self Image defenses and their concomitant false values. This quote also speaks to the slow process of our growth.

28	<p>It does not suffice to comprehend intellectually that the more you are involved in your pseudo-solutions, the less of your real self can manifest. You also need to experience this. Such experience must happen if you allow your emotions to come to the fore and work with them. Then, and then only, will you begin to sense the intrinsic value of your real self. Only then will it become possible to let go of the false value of your idealized self. It is a mutual process: by allowing yourself to see the false values, however painful this may be, your real values will gradually emerge so that you no longer need the false ones.</p>
29	<p>Since the idealized self alienates you from your real self, you are utterly unaware of your real values. Throughout your life you concentrate unconsciously on false values: either on values you lack but think you should have, while you pretend to yourself and others that you do have them, or you concentrate on values which are potentially there, but have not yet been developed to the extent that they can be rightfully called yours. Since your idealized self does not admit that these values still need development, you do not develop them and yet you claim them as though they were already fully ripe. Because you use all your efforts in concentrating on these false or unripe values, you do not see the real values. Because you cannot see them, you are frightened to let go of the false ones fearing that then you will have nothing. Thus your real values do not count. You do not feel they exist, either because they contradict the demands of your idealized self, or because everything that comes naturally and without effort does not appear real. You are so conditioned to strain for the impossible that it does not occur to you that there is nothing to strain for, because what is actually valuable is already there. But as you do not utilize these values, they often lie fallow. This is a great pity, my friends, because after all, you established the idealized self-image, as I indicated in the previous lecture, because you did not believe in your real worth. Because you build the idealized self and try to be it, you cannot see what in you is actually worth accepting and appreciating.</p>
30	<p>To unroll this entire process is painful at first, because the emotions of anxiety, frustration, guilt, shame, and so on, have to be acutely experienced. But as you courageously proceed, you will gain a very different outlook on everything. Last, but certainly not least, you will begin to see yourself as you really are for the very first time. You will see your limitations. At the beginning it will be a shock to have to accept these limitations which are such a far cry from the idealized self. But as you learn to do so, you will begin to sense values in</p>

	<p>yourself you have never truly been aware of. Then a feeling of strength and self-confidence will make you see life and yourself in a very different way. Gradually the process of growing into the real self will take place. It will strengthen your true independence, so that being appreciated by others will no longer be the yardstick for your self-value. Validation by others assumes such great importance only because you do not evaluate yourself honestly. Thus validation by others becomes a substitute. As you begin to trust and like your own self, what other people think about you will not matter half as much. You will rest secure within, and you will no longer need to build false values with pride and pretense. You will no longer rely on an idealized self, which cannot really be trusted, and therefore weakens you. The freedom of shedding this burden cannot be described in words.</p>
31	<p>But, my friends, this is a slow process. It does not come overnight. It comes from steady self-search and analysis of your problems, your attitudes, and your emotions. As you proceed in this way, the real you with its real values and capacities will evolve through a process of inner and natural growth. Your individuality will then become stronger and stronger. Your intuitive nature will manifest without inhibition, with a natural and reliable spontaneity. This is how you will make the best of your life -- not faultlessly, not by being free of all failure, not excluding the possibility of making mistakes. But your attitude to your failures and mistakes will be very different. More and more you will combine the divine attitudes of love, power, and serenity in a healthy way, as opposed to a distorted way.</p>