

Pathwork on
Healing Physical Illnesses

Quote from Pathwork Lecture 14

25	QUESTION: How is it possible to undo what your lower self has manifested in the way of physical illness?
26	ANSWER: In the first place, my dear friend, you should not try to eliminate the consequences first; that would be too easy. If your lower self has created an illness, the illness has to be accepted first. You should go about finding the roots or the part of your lower self that has created this illness. The lower self has to be met and completely explored. Your aim must be purification and perfection for its own sake. You do it for the love of God that you have in you, and not in order to avoid putting up with a discomfort. True, it takes a lot of overcoming and inner strength to sufficiently purify the motives first, but that is the necessary foundation. While doing this, you are at the same time learning a lot of other things. Thus spiritual strength grows as you learn to apply absolute self-honesty. Once your motives are pure, the sickness will not matter half as much as the state of your soul. To the degree that the ego and the comfort of all that goes with it loses importance, you will have followed a very important spiritual law. Thus health will be gradually restored. This law has to do with the giving up of the ego-self which Jesus taught. Only thus will you win your life.
27	So begin by meeting your lower self with courage, optimism, humility, and in a spirit of warfare, so to speak. Once you discover your lower self, and shed all the masks and all the covering layers, you will begin to work on the different aspects of the lower self. You do this by daily observation and self-testing, observing again and again how far your inner currents still deviate from what you wish them to be. As you do so, and become master over your lower self, you learn real self-honesty, and your motives for development become purer and purer. Your vision will widen, enlightenment will be given to you, and your illness will gradually disappear.
28	So you should not even think of your illness first, but of the root of the problem. That will be the only lasting success -- the only one, my dear! If your wish is recognized in the spirit world, if you truly want to purify yourself, not merely rid yourself of unpleasant consequences that are most visible or noticeable to you, help and guidance will come to you, so that you can do battle with your lower self, since no one can do it alone.