

Pathwork on
Homework Between Sessions

This quote from Pathwork Lecture 96 *Questions and Answers and Additional Comments on Laziness as Symptom of Self-Alienation*, gives a helpful and practical suggestion for **homework** on the Path.

32	<p>QUESTION: You used to give me homework. Can you give me something now?</p> <p>ANSWER: There are phases on this path when the best homework is to go through your recent work session. Try to apply it and observe yourself, your reactions, and emotions from that point of view. Try to observe your feelings and see what they really say. Translate your emotions. This is always the very best homework.</p>
----	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------