

Pathwork on
The Key to Happiness

From Pathwork Lecture 31-Shame.

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| 04 | <p>When we spirits observe human beings, we can see how badly you need spiritual nourishment. Your body is nourished, as is your intellect and even your emotional nature -- though the latter not always with the best possible food. But when it comes to spiritual nourishment, most human beings starve themselves. There is a great confusion about what spiritual nourishment really means. It does not merely mean to read, hear, or learn about spiritual truth or law, about God and His creation. It does not even mean prayer and meditation which, of course, if done in the right way, is also a very important part of spiritual nourishment. However, the most important substance of spiritual food is self-development. Your innermost self, your divine spark, is constantly crying out for this food, but your conscious being refuses to hear the cry. When you are sad or depressed, when you are dissatisfied with your life whether for actual and rational reasons or not, it is always because your spirit is starved. Only that person can be truly happy and fulfilled who partakes of this most important food: spiritual development. For there is no human being alive who has not the opportunity to become happy. It is in your hands, my friends. But you so often turn the wrong way; you seek happiness in the wrong direction; you blame others for your misfortunes; you blame fate, you blame God; you blame the alleged injustice of the world. But you do not take the one and only step that leads you to fulfillment through a deep sense of having lived your life the way your Creator had it in mind for you in this particular incarnation. It varies, of course, with each individual, for not everyone has to fulfill an incarnation in the same way. The same work or effort is not expected of everyone. But the one thing you should keep in mind, my friends, is that if you are not quite happy in spite of occasional outer difficulties, you have denied your spirit some of the nourishment it craves - - most probably in the right way of self-development and self-recognition. Anyone hearing or reading these words has sufficient means to acquire this food.</p> |
| 05 | <p>In my previous lectures I have mentioned several attitudes in the human soul which are what you might call God-eclipsing. Last time I explained that pride, self-will, and fear underlie all faults and are responsible for all unhappiness and all untruth that exists in the human soul. To continue this series of lectures on self-development, I will discuss tonight a new subject: shame.</p> |